

Alivia Fiddaroini, 2025. Efektivitas Permainan *Jump Shape* Dalam Menstimulasi Perkembangan Motorik Kasar Anak Usia 4-5 Tahun. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing Mardiyana Faridhatul Anawaty, M.Pd.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas permainan *Jump Shape* dalam menstimulasi perkembangan motorik kasar anak usia 4–5 tahun di TK La Tresna Klampis. Pendekatan yang digunakan adalah kuantitatif eksperimen dengan desain one group pretest-posttest. Subjek penelitian berjumlah 30 anak kelompok A. Instrumen yang digunakan adalah lembar observasi perkembangan motorik kasar anak, meliputi aspek kekuatan, kecepatan, dan keseimbangan. Hasil penelitian ini diketahui bahwa uji validitas dengan hasil item instrumen valid berjumlah 8 item, uji reliabilitas sebesar 0,950, uji normalitas pretest sebesar 0,695 dan posttest sebesar 0,728, uji homogenitas sebesar 0,303 dan uji hipotesis paired sample t-test sebesar 0,000 dengan taraf signifikansi sebesar 0,05. Hasil penelitian menunjukkan adanya peningkatan signifikan antara nilai pretest dan posttest setelah diterapkan permainan *Jump Shape*. Nilai posttest rata-rata kekuatan 7,4, kecepatan 14,56 dan keseimbangan 7,1. Nilai total rata-rata pretest sebesar 14,95 dan nilai rata-rata posttest sebesar 29,3. Kesimpulan dari penelitian ini adalah bahwa permainan *Jump Shape* efektif dalam meningkatkan kemampuan motorik kasar anak usia dini. Rekomendasi bagi pendidik adalah mengintegrasikan permainan serupa dalam kegiatan pembelajaran untuk mendukung perkembangan anak secara optimal pada unsur kecepatan, kekuatan dan keseimbangan anak.

Kata kunci : Permainan *Jump shape*, motorik kasar dan anak usia dini

Alivia Fiddaroini, 2025. *The Effectiveness of Jump Shape Game in Stimulating Gross Motor Development of Children Aged 4-5 Years*. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Trunojoyo University, Madura. Advisor Mardiyana Faridhatul Anawaty, M.Pd.

ABSTRACT

This study aims to determine the effectiveness of the Jump Shape game in stimulating the gross motor development of children aged 4-5 years at La Tresna Klampis Kindergarten. The approach used is a quantitative experiment with a one group pretest-posttest design. The subjects of the study were 30 children in group A. The instrument used was an observation sheet for the development of children's gross motor skills, including aspects of strength, speed, and balance. The results of this study showed that the validity test with the results of valid instrument items amounted to 8 items, a reliability test of 0.950, a pretest normality test of 0.695 and a posttest of 0.728, a homogeneity test of 0.303 and a paired sample t-test hypothesis test of 0.000 with a significance level of 0.05. The results showed a significant increase between the pretest and posttest scores after the Jump Shape game was implemented. The average posttest score was 7,4 for strength, 14,95 for speed and 7,1 for balance. The average pretest score was 14.95 and the average posttest score was 29.3. The conclusion of this study is that the Jump Shape game is effective in improving the gross motor skills of early childhood children. The recommendation for educators is to integrate similar games into learning activities to support optimal child development in the elements of speed, strength and balance.

Keywords : *Jump shape game, gross motor skills, early childhood.*