

Alfiyah Tsaniyah. 2023. *Pengaruh Kegiatan Cooking Class Terhadap Kemandirian Anak Usia 3-4 Tahun*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing: M. Busyro Karim, S.Ag., M.Si.

ABSTRAK

Kemandirian perlu diajarkan pada anak usia 3-4 tahun karena pada usia tersebut anak mulai memasuki dunia persekolahan yaitu taman kanak-kanak sehingga anak harus belajar mandiri dan tidak bergantung pada orang tuanya. Penelitian ini akan menguji cobakan kegiatan *cooking class* untuk menstimulasi kemandirian anak. Tujuan dari penelitian ini untuk mengetahui pengaruh kegiatan *cooking class* terhadap kemandirian anak usia 3-4 tahun di PAUD Mazra'atul Ulum 01 Paciran. Penelitian ini menggunakan metode penelitian kuantitatif dengan jenis penelitian eksperimen. Desain penelitian ini yaitu *Pre-eksperimental design* dengan tipe *One Group Pretest-Posttest*. Populasi dalam penelitian ini adalah semua anak kelompok bermain PAUD Mazra'atul Ulum 01 yang berjumlah 40 anak. Sampel penelitian ini berjumlah 40 anak. Teknik pengumpulan datanya yaitu observasi dan dokumentasi. Instrumen penelitian ini menggunakan lembar observasi. Teknik analisis data penelitian ini yaitu uji normalitas, uji homogenitas, dan uji hipotesis. Hasil penelitian menunjukkan bahwa terdapat peningkatan pada kemandirian anak sesudah diberikan perlakuan dengan kegiatan *cooking class*, dimana pada *pretest* 15 anak kemandiriannya BB (belum berkembang), 21 anak MB (mulai berkembang) dan 4 anak BSH (berkembang sesuai harapan), sedangkan setelah diberikan perlakuan (*posttest*) 1 anak kemandiriannya BB (belum berkembang), 5 anak kemandiriannya MB (mulai berkembang), 22 anak BSH (berkembang sesuai harapan), dan 12 anak BSB (berkembang sangat baik). Adapun rata-rata nilai kemandirian anak pada *pretest* yaitu 30,625 dan *posttest* 55,475. Berdasarkan uji hipotesis diperoleh nilai $t_{hitung} 25,945 > \text{nilai } t_{tabel} 2,024$, sehingga H_a diterima dan H_o ditolak. Berdasarkan hasil penelitian yang telah dilakukan dapat disimpulkan bahwa terdapat pengaruh kegiatan *cooking class* terhadap kemandirian anak usia 3-4 tahun di PAUD Mazra'atul Ulum 01 Paciran. Hasil penelitian ini diharapkan dapat menjadi acuan untuk mengembangkan penelitian yang sejenis dengan model kegiatan yang lebih bervariasi dan menarik dalam menstimulasi kemandirian anak.

Kata Kunci: Kegiatan *Cooking Class*, Kemandirian Anak, Anak Usia 3-4 Tahun.

Alfiyah Tsaniyah. 2023. *The Effect of cooking class activities on the independence of children aged 3-4 years old*. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Education, University of Trunojoyo Madura. Supervisor: M. Busyro Karim, S.Ag., M.Si.

ABSTRACT

Independence needs to be taught to children aged 3-4 years because at that age children begin to enter the world of schooling namely Kindergarten, so children must learn to be independent and not depend on their parents. This research will test the cooking class activities to stimulate the children's independence. The objective of this research is to know the effect of cooking class activities on the independence of kids aged 3-4 years at Kindergarten Mazra'atul Uloom 01 Paciran. This research uses quantitative research methods with the type of experimental research. The design of this research is a pre-experimental design with a type one group pretest-posttest. The population of this research is all the children of play group Kindergarten Mazra'atul Uloom 01 Paciran, a group of 40 children. The sample of this research is 40 children. The technique of collecting data is observation and documentation. The instrument of this research uses an observation sheet. The technique of data analysis of this research is normality test, homogeneity test, and hypothesis test. The result of the research showed that there is an enhancement on children's independence after given a treatment by cooking class activities, where in the pretest 15 children have an undeveloped independence (BB), 21 children have a start growing (MB) and 4 children growing as expected (BSH). While after given a treatment (posttest), 1 children have an undeveloped independence (BB), 5 children have a started growing (MB), 22 children growing as expected (BSH), and 12 children growing very well (BSB). The average value of children's independence in the pretest was 30,625 and in the posttest it was 55,475. Based on the hypothesis testing obtained the t_{count} value which is 25,945 > t_{table} value 2,024, then the H_a was accepted and H_o was rejected. Based on the results of the research it can be concluded that there is an effect of cooking class activities on the independence for children aged 3-4 years at Kindergarten Mazra'atul Uloom 01 Paciran. The results of this research are expected to be a reference to developing similar research with more varied and interesting activity models to stimulate children's independence.

Keywords: *Cooking Class Activities, Children's Independence, Children aged 3-4 years.*