

ABSTRAK

Rukma Setianingrum 2024. *Pengaruh Kegiatan Makan Bersama Terhadap Kemampuan Bantu Diri Anak Usia 4-5 Tahun di Cendekia Kids School Madiun*. Program Studi PG PAUD ,FKIP, UNIVERSITAS PGRI MADIUN, Skripsi, Program Sarjana S1. Pembimbing (I) Sofia Nur Afifah, M.Pd., (II) Hermawati Dwi Susari, S. Psi., M. Pd.

Penelitian ini bertujuan untuk melihat apakah kegiatan makan bersama berpengaruh terhadap kemampuan bantu diri anak usia 4-5 tahun. Kegiatan makan bersama adalah salah satu kegiatan pembelajaran AUD memberikan kesempatan kepada anak agar beristirahat dan melepaskan rasa haus dan lapar. Serta kegiatan makan bersama sebagai media mengembangkan aspek psikis dan pengembangan aspek sosial emosional. Kegiatan layanan makan pendidikan anak usia dini sebagai upaya pemenuhan kebutuhan pokok anak sehingga mampu belajar dengan baik. Peneliti menggunakan kegiatan makan bersama karena melalui kegiatan makan bersama ini dapat meningkatkan kemampuan bantu diri anak, dengan menyajikan makanan dan melayani diri sendiri ketika makan tanpa bantuan. Penelitian ini dilakukan di Cendekia Kids School Madiun. Teknik pengumpulan data yang digunakan adalah observasi dan dokumentasi. Desain penelitian ini menggunakan penelitian *Quasi Eksperimen Design* menggunakan jenis *non-equivalent control group design*. Jumlah sampel pada penelitian ini yaitu, kelompok kelas eksperimen berjumlah 18 anak, karena terdapat beberapa anak yang sedang dalam proses masa perkembangan kemampuan bantu diri ketika makan bersama, dan kelompok kelas kontrol berjumlah 18 anak, dengan menggunakan penilaian *pre-test dan post-test*. Dari hasil hipotesis didapatkan hasil perbandingan sebelum dilakukan kemampuan bantu diri dengan kegiatan makan bersama nilai rata – rata 22,88 dan sesudah dilakukan gambaran dan kemampuan bantu diri dengan menggunakan kegiatan makan bersama rata – rata 35,16 . Hasil uji statistic uji analisis bivariate didapatkan nilai signifikansi P Value $0,000 < 0,05$ sehingga H_a diterima yang berarti terdapat pengaruh dari pemberian kegiatan makan bersama terhadap kemampuan bantu diri anak usia 4-5 tahun pada Cendekia Kids School Kabupaten Madiun.

Kata kunci : Anak Usia Dini, Kemampuan Bantu Diri, Kegiatan Makan Bersama.

ABSTRACT

Rukma Setianingrum 2024. *The Influence of Eating Together on the Self-Help Ability of Children Aged 4-5 Years at Pakar Kids School Madiun*. PG PAUD Study Program, FKIP, PGRI MADIUN UNIVERSITY, Thesis, Undergraduate Program. Supervisor (I) Sofia Nur Afifah, M.Pd., (II) Hermawati Dwi Susari, S. Psi., M. Pd.

This study aims to see whether eating together has an effect on the self-help ability of children aged 4-5 years. Eating together is one of the AUD learning activities that provides opportunities for children to rest and relieve thirst and hunger. As well as eating together as a medium for developing psychological aspects and developing social-emotional aspects. Early childhood education food service activities are an effort to fulfill children's basic needs so they are able to learn well. Researchers use group eating activities because through this group eating activity they can improve children's ability to help themselves, by serving food and serving themselves when eating without help. This research was conducted at Pakar Kids School Madiun. The data collection techniques used are observation and documentation. This research design uses Quasi Experimental Design research using a non-equivalent control group design. The number of samples in this study was, the experimental class group was 18 children, because there were several children who were in the process of developing their ability to help themselves when eating together, and the control class group was 18 children, using pre-test and post-test assessments. From the hypothesis results, the comparison results were obtained before the ability to help oneself using eating together activities had an average value of 22.88 and after the description and ability to help oneself using eating together activities had an average value of 35.16. The statistical test results of the bivariate analysis test showed that the significance value was P Value $0.000 < 0.05$ so that H_a was accepted, which means that there was an influence from providing group eating activities on the self-help ability of children aged 4-5 years at the Scholar Kids School, Madiun Regency.

Keywords: Early Childhood, Ability to Help Yourself, Eating Together.