

Abstract

Tri Wahyuni. 2026. *Meningkatkan Kelenturan Otot Jari Tangan Anak Melalui Kegiatan Menjepit Dengan Media Loose Parts Pada Anak Usia 3-4 Tahun di KB Amanah*. Skripsi. Program Studi Pendidikan Guru Pendidikan Anak Usia Dini. FKIP. Universitas PGRI Madiun. Pembimbing (I) Dr. Rischa Pramudia Trisnani, M.Pd, (II) Dr. Rosyida Nurul Anwar, S.Pd, M.Pd.I

Penelitian ini dilatarbelakangi rendahnya kelenturan otot jari tangan anak usia 3-4 tahun di KB Amanah. Tujuan penelitian untuk meningkatkan kelenturan otot jari tangan anak usia 3-4 tahun di KB Amanah melalui kegiatan menjepit menggunakan media *loose parts*. Jenis penelitian adalah PTK model Kemmis dan McTaggart dalam dua siklus, dengan subyek 12 anak. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi. Hasil penelitian menunjukkan peningkatan signifikan. Persentase ketercapaian meningkat dari 20% (Belum Berkembang) pada pra-siklus, menjadi 53% (Mulai Berkembang) pada Siklus I, dan mencapai 87% (Berkembang Sesuai Harapan/Sangat Baik) pada Siklus II. Penggunaan media *loose parts* yang variatif seperti jepitan baju, sedotan, batu, manik-manik terbukti efektif memotivasi anak melakukan gerakan menjepit, sehingga kegiatan ini dengan media *loose parts* efektif meningkatkan kelenturan otot jari tangan anak dan disarankan sebagai strategi pembelajaran inovatif di PAUD.

Kata Kunci: Kelenturan Otot Jari, Kegiatan Menjepit, Media *Loose Parts*, Anak Usia 3-4 Tahun.

Abstract

Tri Wahyuni. 2026. *Improving Children's Finger Muscle Flexibility Through Pinching Activities Using Loose Parts Media in Children Aged 3-4 Years at KB Amanah.* Undergraduate Thesis. Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisors: (I) Dr. Rischia Pramudia Trisnani, M.Pd., (II) Dr. Rosyida Nurul Anwar, S.Pd., M.Pd.I.

This research was motivated by the low finger muscle flexibility and fine motor skills of children aged 3-4 years at KB Amanah. This study aims to improve the finger muscle flexibility of children aged 3-4 years at KB Amanah through pinching activities using loose parts media. This type of research is Classroom Action Research (CAR) conducted in two cycles with 12 subjects, based on the Kemmis and McTaggart model. Each cycle includes the stages of planning, implementation, observation, and reflection. Data were collected through observation, interviews, and documentation, then analyzed using descriptive qualitative and quantitative methods. The results showed a significant improvement in children's finger muscle flexibility. The percentage of achievement increased from 20% (Not Yet Developed) in the pre-cycle, to 53% (Beginning to Develop) in Cycle I, and reached 87% (Developed as Expected/Very Good) in Cycle II. The use of varied loose parts media, such as clothespins, straws, stones, and beads, proved effective in motivating children to perform pinching movements. In conclusion, pinching activities using loose parts media effectively enhance children's fine motor skills and are recommended as an innovative learning strategy in Early Childhood Education (PAUD).

Keywords: *Finger Muscle Flexibility, Pinching Activities, Loose Parts Media, Children Aged 3-4 Years.*