

ABSTRAK

Ika Dewi Rachana. 2026. *Peningkatan Kemampuan Keseimbangan Tubuh Anak Usia 4-5 Tahun Melalui Permainan Tradisional Engklek di TK Dharma Wanita Paras Pangkur Kabupaten Ngawi*. Skripsi. Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Dahlia Novarianing Asri, M.Si. , (II) Hermawati Dwi Susari, S.Psi., M.Pd

Penelitian ini di latar belakang oleh masih rendahnya kemampuan motoric kasar khususnya kemampuan keseimbangan tubuh pada anak usia 4-5 tahun di TK Dharma Wanita Paras. Hal ini disebabkan oleh penggunaan metode pembelajaran yang kurang variatif serta meningkatnya ketergantungan anak pada permainan modern yang minim aktifitas fisik. Tujuan penelitian ini adalah untuk meningkatkan kemampuan keseimbangan tubuh anak melalui permainan tradisional engklek. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) atau sering disebut sebagai *Classroom Research* yang dilaksanakan dalam dua siklus. Dengan tahapan perencanaan, pelaksanaan tindakan, observasi dan refleksi. Subjek penelitian ini adalah anak kelompok usia 4-5 tahun di TK Dharma Wanita Paras Kecamatan Pangkur Kabupaten Ngawi. Pengumpulan data dilakukan dengan observasi aktifitas anak. Hasil penelitian menunjukkan bahwa penerapan permainan tradisional engklek terbukti efektif melatih kemampuan keseimbangan tubuh anak. Pada prasiklus, persentase ketuntasan kemampuan keseimbangan anak masih rendah . Setelah dilakukan tindakan melalui modifikasi permainan engklek pada siklus I dan siklus II terjadi peningkatan yang signifikan pada setiap indikatornya. Hal ini membuktikan bahwa permainan engklek yang menyenangkan mampu menjadi stimulus perkembangan keseimbangan tubuh anak.

Kata Kunci : Kemampuan Keseimbangan Tubuh, Permainan Tradisional Engklek, Anak Usia Dini

ABSTRACT

Ika Dewi Rachana. 2026. *Improving Body Balance Skills in Children Aged 4–5 Years Through the Traditional Engklek Game at TK Dharma Wanita Paras, Pangkur, Ngawi Regency*. Undergraduate Thesis. Early Childhood Teacher Education Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisors: (I) Dr. Dahlia Novarianing Asri, M.Si., and (II) Hermawati Dwi Susari, S.Psi., M.Pd.

This research was motivated by the low level of gross motor skills, particularly body balance, among children aged 4–5 years at TK Dharma Wanita Paras. This condition was attributed to the limited variety of learning methods and children's increasing dependence on modern games that involve minimal physical activity. The purpose of this study was to improve children's body balance skills through the traditional engklek game. This study employed Classroom Action Research (CAR), which was conducted in two cycles consisting of planning, action implementation, observation, and reflection. The research participants were children aged 4–5 years at TK Dharma Wanita Paras, Pangkur District, Ngawi Regency. Data were collected through observations of the children's activities. The results showed that the implementation of the traditional engklek game was effective in training children's body balance skills. In the pre-cycle, the percentage of children who achieved the expected body balance criteria was still low. Following the implementation of modified engklek activities in Cycle I and Cycle II, significant improvements were observed across all indicators. These findings demonstrate that the enjoyable traditional engklek game can serve as an effective stimulus for developing children's body balance skills.

Keywords: Body Balance Skills, Traditional Engklek Game, Early Childhood