ABSTRAK

Gunarti. 2026. *"Meningkatkan Keseimbangan Tubuh Anak Usia 4 sampai 5 Tahun Melalui Permainan Tradisional Bakikak".* Skripsi. Program Studi Pendidikan Anak Usia Dini, FKIP, Di TK-IT Harapan Ummat Pangkur Ngawi" Universitas PGRI Madiun. Pembimbing (I) Dr. Fida Chasanatun, M.Pd., (II) Hermawati Dwi Susari,S.Psi,. M.Pd.

Penelitian ini bertujuan untuk meningkatkan kemampuan keseimbangan tubuh anak usia 4–5 tahun melalui penerapan permainan tradisional bakiak di TK-IT Harapan Ummat Pangkur Ngawi. Latar belakang penelitian ini didasarkan pada hasil observasi awal yang menunjukkan bahwa kemampuan keseimbangan tubuh dinamis anak masih rendah. Hal tersebut ditunjukkan dengan masih banyak anak yang mengalami kesulitan menjaga stabilitas tubuh, koordinasi langkah, serta sering kehilangan keseimbangan saat melakukan aktivitas motorik kasar. Oleh karena itu, diperlukan suatu kegiatan pembelajaran yang menarik, menyenangkan, dan sesuai dengan karakteristik anak usia dini, yaitu melalui permainan tradisional bakiak. Penelitian ini menggunakan metode Penelitian Tindakan Kelas (PTK) dengan model Kemmis dan McTaggart yang terdiri atas dua siklus. Setiap siklus meliputi tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian adalah anak Kelompok A usia 4–5 tahun di TK-IT Harapan Ummat Pangkur Ngawi yang berjumlah 10 anak. Teknik pengumpulan data menggunakan observasi terstruktur dan dokumentasi. Data dianalisis secara deskriptif kuantitatif melalui perhitungan persentase ketuntasan perkembangan anak serta didukung analisis deskriptif kualitatif.

Hasil penelitian menunjukkan bahwa penerapan permainan tradisional bakiak

mampu meningkatkan kemampuan keseimbangan tubuh anak. Ketuntasan klasikal pada kondisi prasiklus sebesar 20%, meningkat menjadi 53,3% pada Siklus I, dan mencapai 80% pada Siklus II sehingga telah memenuhi indikator keberhasilan penelitian. Peningkatan terjadi pada kemampuan anak dalam menjaga stabilitas postur, mengoordinasikan langkah kanan dan kiri, serta mengontrol keseimbangan tubuh saat bergerak. Selain meningkatkan kemampuan motorik kasar, permainan tradisional bakiak juga mendorong kerja sama, konsentrasi, keberanian, dan rasa percaya diri anak selama proses pembelajaran. Berdasarkan hasil penelitian dapat disimpulkan bahwa permainan tradisional bakiak efektif digunakan sebagai media pembelajaran untuk meningkatkan kemampuan keseimbangan tubuh anak usia 4–5 tahun di TK-IT Harapan Ummat Pangkur Ngawi.

Kata kunci: keseimbangan tubuh, permainan tradisional bakiak, motorik kasar, anak usia 4–5 tahun, penelitian tindakan kelas.

ABSTRACT

Gunarti. 2026. *"Improving the Body Balance of Children Aged 4 to 5 Years Through the Bakiak Traditional Game."* Undergraduate Thesis. Early Childhood Education Department, Faculty of Teacher Training and Education, PGRI Madiun University. Supervised by (I) Dr. Fida Chasanatun, M.Pd., (II) Hermawati Dwi Susari, S.Psi., M.Pd.

This study aims to improve the body balance ability of children aged 4–5 years through the implementation of the *bakiak* traditional game at TK-IT Harapan Ummat Pangkur Ngawi. The background of this study is based on initial observation results showing that children's dynamic body balance ability was still low. This was indicated by many children experiencing difficulty in maintaining body stability and step coordination, as well as frequently losing balance during gross motor activities. Therefore, an engaging, enjoyable, and developmentally appropriate learning activity tailored to early childhood characteristics was needed, specifically through the *bakiak* traditional game. This study employed Classroom Action Research (CAR) using the Kemmis and McTaggart model, which consists of two cycles. Each cycle included planning, acting, observing, and reflecting stages. The subjects of this study were 10 children in Group A aged 4–5 years at TK-IT Harapan Ummat Pangkur Ngawi. Data collection techniques utilized structured observations and documentation. Data were analyzed using quantitative descriptive analysis by calculating the percentage of children's developmental completion, supported by qualitative descriptive analysis.

The results showed that the implementation of the *bakiak* traditional game was able to improve the children's body balance ability. Classical completeness in the pre-cycle condition was 20%, increased to 53.3% in Cycle I, and reached 80% in Cycle II, thereby meeting the criteria for research success. Improvements occurred in the children's ability to maintain posture stability, coordinate right and left steps, and control body balance while moving. In addition to improving gross motor skills, the *bakiak* traditional game also fostered cooperation, concentration, courage, and self-confidence in children during the learning process. Based on the research results, it can be concluded that the *bakiak* traditional game is effective as a learning medium to improve the body balance ability of children aged 4–5 years at TK-IT Harapan Ummat Pangkur Ngawi.

Keywords: body balance, *bakiak* traditional game, gross motor skills, children aged 4–5 years, classroom action research.