

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING
JURUSAN KEBIDANAN
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Imroatul Khasanah

Pengaruh Permainan Lantara Terhadap Motorik Kasar Anak Usia 60-72 Bulan di TK Gelora Mekar Tanjung Raya, Kecamatan Way Tenong, Kabupaten Lampung Barat Tahun 2025.

(xvii+ 57 halaman + 8 tabel + 4 gambar + 12 lampiran)

ABSTRAK

Masa usia 5–6 tahun merupakan periode emas dalam perkembangan anak, namun prevalensi gangguan perkembangan motorik kasar masih tinggi di Provinsi Lampung, termasuk di Kabupaten Lampung Barat. Berdasarkan hasil observasi di TK Gelora Mekar, Tanjung Raya, ditemukan anak-anak yang belum mampu menguasai keseimbangan serta belum familiar dengan permainan Lantara, yang didalamnya permainan terdapat gerak motorik kasar seperti melompat, berjinjit, merangkak, zig-zag dan berjalan menyamping.

Penelitian ini bertujuan untuk mengetahui pengaruh permainan Lantara terhadap motorik kasar anak usia 60–72 bulan di TK Gelora Mekar, Kecamatan Way Tenong, Kabupaten Lampung Barat tahun 2025.

Metode yang digunakan adalah penelitian kuantitatif dengan jenis *pre-eksperimen* menggunakan desain *one group pretest-posttest*. Subjek penelitian berjumlah 22 anak usia 60–72 bulan dengan teknik pengambilan sampel adalah total sampling. Pengumpulan data dilakukan melalui observasi menggunakan lembar observasi motorik kasar, sebelum dan sesudah diberikan intervensi permainan Lantara selama 6 kali pertemuan dalam dua minggu. Teknik analisis data yang digunakan adalah analisis statistik deskriptif, uji normalitas *shapiro wilk* dan uji *paired sampel test*.

Hasil penelitian menunjukkan terdapat perbedaan signifikan antara nilai rata-rata *pretest* (9,27) dan *posttest* (15,5). Dari hasil uji statistik menggunakan *paired sample t-test* menunjukkan nilai signifikansi (2-tailed) sebesar 0,00 ($< 0,05$).

Dapat disimpulkan bahwa terdapat pengaruh permainan Lantara terhadap perkembangan motorik kasar anak usia 60–72 bulan di TK Gelora Mekar Tanjung Raya, Kecamatan Way Tenong, Kabupaten Lampung Barat tahun 2025. Disarankan agar guru dan orang tua dapat memanfaatkan permainan ini sebagai media stimulasi motorik kasar secara menyenangkan.

Kata Kunci : Motorik Kasar, Lantara, Anak Usia Dini, APE

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The Effect Of Lantara Games On The Gross Motor Development For 60-70 Months Children In TK Gelora Mekar, Tanjung Raya, Way Tenong District, West Lampung Regency, In 2025.

(xvii + 57 pages + 8 Tables, + 4 Figures + 12 Attachments)

ABSTRACT

The ages of 5–6 years are considered a critical period in early childhood development, particularly in gross motor skills. However, the prevalence of gross motor delays remains high in Lampung Province, including West Lampung Regency. Preliminary observations at TK Gelora Mekar, Tanjung Raya, revealed that several children had not yet developed adequate balance and were unfamiliar with Lantara, a game designed to stimulate gross motor movements such as jumping, tiptoeing, crawling, zigzag walking, and side walking.

This study aimed to examine the effect of the Lantara game on the gross motor development of children aged 60–72 months at TK Gelora Mekar, Way Tenong District, West Lampung Regency, in 2025.

A quantitative approach was applied using a pre-experimental design with a one-group pretest-posttest model. A total of 22 children were selected through total sampling. The intervention consisted of six sessions of Lantara gameplay over two weeks. Data were collected using a structured gross motor observation checklist before and after the intervention. Data analysis involved descriptive statistics, the Shapiro-Wilk normality test, and the paired sample t-test.

The findings demonstrated a significant improvement in gross motor scores, with the mean increasing from 9.27 (pretest) to 15.5 (posttest). The paired sample t-test yielded a p-value of 0.00 ($p < 0.05$), indicating a statistically significant difference.

It is concluded that the Lantara game has a positive effect on enhancing gross motor development in children aged 60–72 months. The game is recommended for educators and parents as an engaging tool to support gross motor stimulation in early childhood settings.

Keywords : Gross Motoric, Lantara, Early Childhood, APE

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