THE GROSS MOTOR ABILITY PROFILE OF GRADE V STUDENTS IS BASED ON THE GEOGRAPHICAL CONDITIONS OF THE COASTAL AREA AT SDN 003 SERI KUALA LOBAM, BINTAN REGENCY, RIAU ISLANDS PROVINCE

PROFIL KEMAMPUAN MOTORIK KASAR SISWA KELAS V DIDASARKAN OLEH KONDISI GEOGRAFIS WILAYAH PESISIR DI SDN 003 SERI KUALA LOBAM KABUPATEN BINTAN PROVINSI KEPULAUAN RIAU

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Abstract

This study aims to find out the extent of gross motor skills of grade 5 elementary school students in SDN 003 Seri Kuala Lobam. The researcher took research samples at the school location in the coastal area. According to local elementary school teachers and also the results of researchers' observations over the years, there are differences in the development of both academic and non-academic elementary school students between areas adjacent to the sea and those that are not. including in his gross motor development. Motor development is very necessary for children's development, especially in school. gross motor is a skill that requires coordination of a large part of the child's body. Based on the above opinion, it is concluded that gross motor is a physical movement activity that requires coordination of the limbs by using their large muscles. Students who have good motor skills are able to do sports skills than students who have fission skills. From the explanation above, the researcher wants to conduct research on the Gross Motor Ability Profile of students, where this is the main focus because Gross Motor Skills is very important to be mastered by a person because he can do daily activities, without having good movements he will lag behind others, such as: running, jumping, pushing, throwing, catching, kicking and so on, these activities require and use large muscles in a person's body

Keywords : gross motor skills, elementary school students, coastal areas

Abstrak

Penelitian ini bertujuan untuk mengetahui sejauh mana keterampilan motorik kasar siswa SD kelas 5 di SDN 003 Seri Kuala Lobam. Peneliti mengambil sampel penelitian di lokasi sekolah di wilayah pesisir. Menurut guru SD setempat dan juga hasil pengamatan peneliti selama bertahun-tahun, ada perbedaan perkembangan siswa Sekolah Dasar akademik dan non-akademik antara daerah yang berdekatan dengan laut dan yang tidak. termasuk dalam

perkembangan motorik kasarnya. Perkembangan motorik sangat diperlukan untuk perkembangan anak, terutama di sekolah. Motorik kasar adalah keterampilan yang membutuhkan koordinasi sebagian besar tubuh anak. Berdasarkan pendapat di atas, disimpulkan bahwa motorik kasar adalah aktivitas gerakan fisik yang membutuhkan koordinasi anggota badan dengan menggunakan otot-ototnya yang besar. Siswa yang memiliki kemampuan motorik yang baik mampu melakukan keterampilan olahraga dibandingkan siswa yang memiliki keterampilan fisik yang kurang baik. Dari penjelasan diatas, peneliti ingin melakukan penelitian Profil Kemampuan Motorik Kasar siswa, dimana hal ini menjadi fokus utama karena Motorik Kasar sangat penting dikuasai oleh seseorang karena bisa melakukan aktivitas sehari-hari, tanpa mempunyai gerak yang bagus akan ketinggalan dari orang lain, seperti: berlari, melompat, mendorong, melempar, menangkap, menendang dan lain sebagainya, kegiatan itu memerlukan dan menggunakan otot-otot besar pada tubuh seseorang

Kata Kunci : kemampuan motorik kasar, siswa sekolah dasar, wilayah pesisir

1. INTRODUCTION

Physical education aims to develop self-management skills in an effort to develop and maintain physical fitness and a healthy lifestyle through activities. Physical education not only aims to increase physical growth, but also aims to improve the psyche. In essence, the purpose of Physical Education training is movement. One of the most important goals of physical education is to improve the health of students and also the freshness of students (Anandhita et al., 2015) Especially elementary school children. Educational institutions or elementary schools are the first foundation, the condition of elementary school students needs more attention. With good motor skills, students will have a foundation to master motor skills tasks. Children who are in elementary school are individuals who are always active such as running, jumping, throwing and so on.

That age is the age they are having fun playing. This is included in the development of Motor. Motion and motor are inseparable things in human development, because these two things are interrelated with each other. The development that is included in physical terms is part of gross motor. According to ((Rugged et al., 2019) gross motor is the ability of children to be active with the ability of large muscles While the opinion of Sujiono (Scarlet, 2013) gross motor is an ability that requires coordination of most of the child's body. Based on the above opinion

It is concluded that gross motor is a physical movement activity that requires coordination of the limbs by using their large muscles. Students who have good motor skills are able to do sports than students who have poor physical ability. The differences in the development of one area from one to the other certainly have differences, one of which is the coastal area. Coastal areas are coastal areas, within coastal communities where Lag occurs. We must understand how abilities are also affected by spatial heterogeneity, such as the topography of conditions in the area where a person lives (Philips et al., 2018). Of course, this also has negative and positive sides. Especially in the ability of gross motor movements in children. As described above, technology in this area is still quite difficult to develop, this makes some children choose to play outside instead of playing with gadgets. From the explanation above, the researcher wants to conduct research on the Gross Motor Ability Profile of students, where this is the main focus because Gross Motor Skills is very important to be mastered by a person because he can do daily activities, without having good

movements he will lag behind others, such as: running, jumping, pushing, throwing, catching, kicking and so on, these activities require and use large muscles in a person's body.

2. RESEARCH METHOD

This type of research is research This research is classified as quantitative descriptive research. Quantitative descriptive research is to describe, research, and explain something that is studied as it is, and draw conclusions from phenomena that can be observed using numbers (Sulistyawati et al., 2022) this research uses a survey strategy According to Sugiyono (2018) (III, 2018) the survey method is a quantitative research method used to obtain data that occurred in the past or current, about the beliefs, opinions, characteristics, behavior of variable relationships and to test some hypotheses about sociological and psychological variables from a sample taken from a particular population

Data Instrument

An instrument is a tool that is used as a tool to measure a measuring object or collect data from a variable (Zhang et al., 2014). The test instrument used to measure the motor ability of elementary school children using Tests and Measurements with survey approaches using Observation Sheets. The following are the instruments, implementation procedures, norms that will be carried out based on the book Test and Measurement of Basic Motor Abilities for elementary school students in grades 4 – 6 (age 10 – 12 years) by Drs. Widodo, M.Pd. (Widodo et al., n.d.)

1. Seat And Reach
2. Stork Stand Positional Balanced 10 Second
3. Pushing the Ball Test
4. Ball Dribbling Test
5. Throw and catch the Ball
6. Hitting the Ball
7. Kicking The Ball
8. Down and Standing Test
9. Zig-Zag Run 20 Second
10. Long Jump without a starting
11. Sit-Up 20 Second
12. Bleep Test

Population and Sample

The population in this study is grade V students at SDN 003 Seri Kuala Lomam, Bintan Regency, Riau Islands Province. The sample taken is all grade V students consisting of 30 students in grade V of State Elementary School 003, Seri Kuala Lobam District, Bintan Regency, Riau Islands Province.

Data Analysis Technique

The data analysis in this study uses quantitative descriptive statistics with percentages to determine gross motor skills, the rough results of each test item are coded into numbers/values, then the results of the test item values are summed. The results of the

summation are the basis for determining the classification of the Ability Profile of children aged 10-12 years. After knowing the classification of the Ability Profile of each sample/participant, it can be found how much the percentage is for each classification using the percentage formula. How to calculate the percentage with the following formula:

The results of gross motor analysis that have been obtained and calculated are then grouped into the following

No.	score	category
10	120 >	Very Good
9	108 – 119	
8	96 – 107	Good
7	84 – 95	
6	72 – 83	Average
5	60 – 71	
4	48 – 59	Poor
3	36 – 47	
2	24 – 35	Very Poor
1	<23	

(Widodo et al., n.d.)

3. FINDINGS AND DISCUSSION

In This study was used to determine the Gross Motor Skills of Students of SDN 003 Seri Kuala Lomam, Bintan Regency, Riau Islands Province The results of the study were described using descriptive statistical analysis with a minimum value (minimum value) of <23 and a maximum value (maximum value) of >120. Descriptions of the results of the Gross Motor research are also presented in the categorization.

Category	Range	Subject	Percentage
Very Poor	<23 – 35	1	3%
Poor	36 – 59	21	62%
Average	60 – 83	11	32%
Good	84 – 107	1	3%
Very Good	108 – 120>	0	0%
TOTAL		**34**	**100%**

Based on the results obtained in the survey results that have been conducted by the researcher, 1 student with a percentage of 3% is in the very poor category, 21

students with a percentage of 62% are in the poor category, 11 students with a percentage of 32% are in the medium category, 1 student with a percentage of 3% is in the good category and the last one for the very good category gets a percentage of 0% and there are no students in it. For more clear results, it will be shown in the following diagram circle.
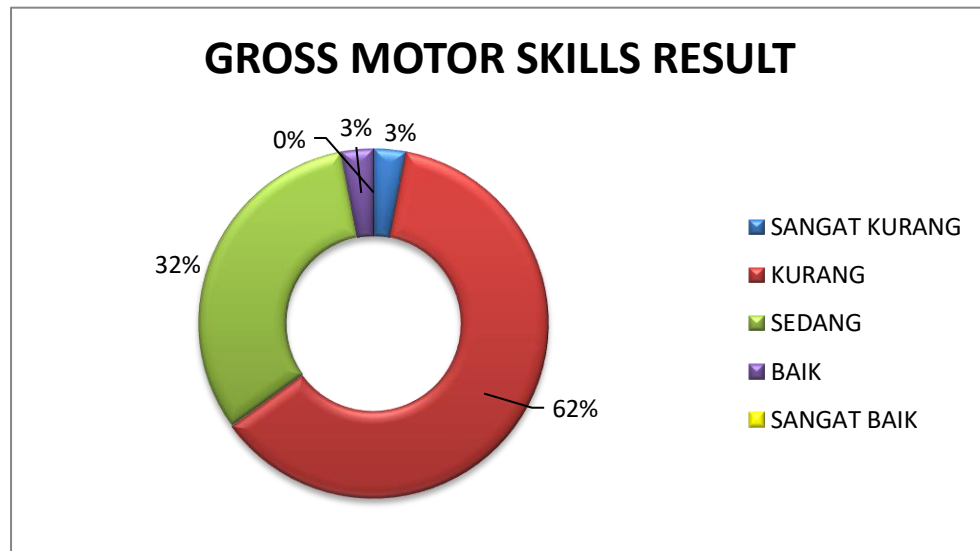
(Bar Chart of Gross Motor Skills Result)

Discussion

This study aims to determine the Gross Motor Ability Profile of Siwa class V in State Elementary School 003 Seri Kuala Lobam, Bintan Regency, Riau Islands Province with 12 Using 12 Instruments Seat and Reach Test, Stork and Stand Positional Balanced Test, Ball Pushing Test, Dribbling the Ball Test, Ball Catch Test, Ball Hitting Test, Ball Kicking Test, Down and standing Test, Zig-Zag Running Test, Long Jump Test without Prefix, Sit-up Test, and finally Bleep Test Then the results of the study were concluded in the form of a range of categories that were very lacking, lacking, medium, good, very good (Widodo, 2011)

1. Bleep Test

The bleep test was carried out in the field with the division of students, in one test, the researcher called 6 students, 3 men and 3 women. The total results obtained from the Bleep Test for male and female students are at a score of 41, where the results are in the Less category. There are almost no difficulties in doing this bleep test because the students and students of class V have already done the practice. The field conditions at the school are also good so that the test can be carried out smoothly.

2. Seat and Reach

Seat and Reach is carried out on a flat plane using a meter according to the guidelines according to Drs. Widodo's book. Seat and reach were carried out at one time, it was found that the total results of Seat and Reach were 51 which were included in the Less category. Grade V students and students did the test for this instrument well and were not rigid because this test had been done with a sports teacher before.

3. Sit-up

Sit-ups for students and students were carried out in the field area and also in the classroom, the change in the research place was carried out due to rain. The sit-ups of male and female students are also divided into several student groups. It was found that the total results of the Sit-Up were 33 which were included in the Very Poor category. For the following test instruments there is no difficulty of severe difficulty. Only a few students can't do it. This test instrument is carried out in the field and also in the classroom.

4. . Throw and catch the Ball

This test instrument is carried out on a flat wall with an assessment using duct tape as a barrier for the throw of the research score. The total results obtained from throwing and catching the ball is 27. This result is in the Very Poor category. This test instrument is one of the most difficult to do because students and students have never tried to do this test before.

5. Down and Standing

This instrument is carried out in a classroom with analysis using a flat plane. Then students are called in turns to take the test. The assessment with the highest score can be achieved if the student does it perfectly, namely standing up as soon as possible with an upright body position. The results obtained from this test are 24, where the score of this result is included in the category of Very Poor. It was found that the results were very poor because the students and students of class V had never done the practice at all. These factors greatly influence the results obtained.

6. Stork and Stand

This test instrument is carried out to calculate the balance test score. students were called alternately to then take the test. The test was carried out by closing the right and left eyes alternately, carried out on a brick as a fulcruth. The results obtained from this test are 42 where these results are included in the category of deficient. The lack of results in the implementation of this test was found because the students and students were new to this practice again after approximately one year of not doing it again.

7. Hitting the Ball

The results of this instrument test were found to be 24 results where the results were in the category of very lacking. The factor that most affects the results of the test is that students have never taken the test. In fact, many of these students are new to this type of test.

8. Pushing the Ball

The results obtained from this test are 16 which this result falls into the category of very lacking. Just like some of the other instruments, many students and students are unfamiliar with this test because they have never done it before, even the average of students and students who are new to this test for the first time.

9. Zig-Zag Run

The results obtained from this test are 29 which is in the category of Very Poor. Although the practice of zig-zag running has been done quite often by some students and students, the results obtained are still not in the satisfactory category. Some male students are able to do with quite good results because these students are used to doing Zig-Zag as a form of Soccer training.

10. Long Jump without a starting

The results obtained from this test are 31. This result is in the Very Poor category. This instrument has never been carried out by students and students, but in practice its implementation, students do not get significant difficulties.

11. Basketball Dribbling

The results obtained from this test are 38, this result is included in the Less category, although this instrument test looks easy to do, but the results obtained by students and students are included in the category of not maximum. In the section The infrastructure of 003 Seri Kuala Lobam Elementary School also does not have a Basketball.

12. Kicking a Spinning Ball

The results obtained from this test are 26, falling into the category of very poor. This test is the last test that the researcher performs. This test is also among the most difficult tests to do because some students and students slip on the field during the process of kicking a spinning ball. And also, there are no students and students who know how to practice this instrument.

4. CONCLUSION

Based on the result of data analysis and the discussion of the result in the When viewed from the overall test results. It can be seen that the Gross Motor Ability Profile of Class V students of SDN 003 Seri Kuala Lobam is in the range of the Less category obtained by 62% or as many as 21 people. This happens because there are no educators or sports teachers who teach at the school, sports activities that are carried out at a low level make it difficult for students and students to undergo the research instruments carried out by the researcher. The lack of facilities and infrastructure is also one of the crucial factors that must be considered by the Bintan Regency Education Office. Their age now is the age where the development of coordination and balance should be maximized. It is really very unfortunate if the school does not have adequate facilities and infrastructure to support the development of students and students in the school, especially students in class.

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