

DEVELOPMENT OF GROSS MOTOR ABILITY IN EARLY CHILHOOD
THROUGH PLAYING MINI OUTBOUND

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Background Study

The development of gross motor skills in early childhood is needed to support the development of potential child growth in daily life. This qualitative study was designed to determine the effect of playing mini outbound on gross motor skills in young children or preschool children. The sample used in this study consists of 68 children aged between 5 to 6 years old, amounting to 68 children. The initial tests were carried out with the five instruments that are speed, balance, agility, arm power, and leg power. Data analysis was performed based on Z-score using ANOVA with significance level of 5%. The results showed that physical activity with mini outbound playing will be able to develop motor skills in early childhood significantly.

Material and Method

Physical activity becomes very important during the first five years of life, so that children have readiness in the future. The development of motor skills that develop optimally will have a positive effect on children's lives, self-confidence in children will be greater. The elements of gross motor skills that must be developed such as balance, strength, speed, agility, endurance, and power, because these elements are very necessary in sustaining daily life, because the gross motor ability development at an early age must be optimized. The reduced ability of the basic elements of motion makes motor skills will also decrease. Gross motor development is characterized by an increase in the ability of the elements of motion that are controlled by the nervous system and muscles. In general, the function of nerves is to receive stimuli, send stimuli in the form of nerve impulses from one place to another and process stimuli both stimuli through sound, touch and light to make a reaction to these stimuli. Basically, the body is no exception in children, there are five types of receptors that detect sensory stimuli, namely mechanoreceptors, thermoreceptors, nociceptors, electromagnet receptors and chemoreceptors.

Result

Table 1: Test results before and after treatment

No.		Assumption	F	Sig	t	df	Sig (2-tailed)
1	Run	Equal variances assumed	0.130	0.910	3.748	66.000	.000
		Equal variances not assumed					
2	Balance	Equal variances assumed	0.140	0.906	8.535	66.000	.000
		Equal variances not assumed					
3	Agility	Equal variances assumed	0.750	0.785	8.634	66.000	.000
		Equal variances not assumed					
4	Arm Power	Equal variances assumed	3.556	0.064	-7.638	66.000	.000
		Equal variances not assumed					
5	Leg Power	Equal variances assumed	2.295	0.135	-11.875	66.000	.000
		Equal variances not assumed					

From Table 1, it can be seen that the mini outbound treatment is very influential on speed, balance, agility, arm power and leg power all of which show significant differences $p < 0.05$. Next, Table 2 shows the a decrease in running time which means an increase in speed, a decrease in time to walk the beams means an increase in balance and a decrease in running time back and forth means an increase in agility. These improvements were statistically significant at $p < 0.05$.

Table 2: Decreased time before and after treatment

No	Agility	Time Before Treatment	Time after Treatment	Difference
1	Speed	4.3391	3.3391	1.0000
2	Balance	6.9574	6.0403	0.9171
3	Agility	3.9291	3.3506	0.5785