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The Application of Traditional Engklek Games in Improving Gross Motor Skills in Children Aged 5-6 Years in RA Raudhah

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Abstract:

This study discusses the application of traditional game of engklek in improving gross motor skills in children aged 5-6 years in RA Raudhah. Engklek is a traditional game that involves jumping with one leg, which is believed to train the balance, coordination, and strength of the child's leg muscles. The purpose of this study is to determine the effectiveness of the game of engklek in developing gross motor skills in early childhood. The research method used is classroom action research (PTK) with a qualitative and quantitative approach. Data was collected through observation, interviews, and documentation during the process of implementing the ankle game. The results of the study showed a significant improvement in children's gross motor skills, especially in the aspects of balance, agility, and coordination of movements. In addition, this game also has a positive impact on children's social interaction and increases their motivation in physical activity. In conclusion, engklek games can be an effective and fun learning alternative in developing gross motor skills for children aged 5-6 years. Therefore, teachers and parents are advised to integrate traditional games in the early childhood learning process.

Keywords: traditional games, engklek, gross motor skills, early childhood, RA Raudhah.

INTRODUCTION

Gross motor development is an important aspect of early childhood growth and development because it affects their ability to control body movements involving large muscles, such as jumping, running, and maintaining balance (Santrock, 2021). One effective way to improve gross motor skills is through active games, such as the traditional game of engklek. This game involves jumping and balancing the body on one leg, which can help improve the balance, coordination, and strength of the child's leg muscles (Hidayat et al., 2022). Therefore, research is needed on the application of ankle games in improving gross motor skills of children aged 5-6 years in RA Raudhah.

However, in everyday reality, many children play more often with digital gadgets or games that tend to be passive, so their physical activity decreases (Putri & Suryana, 2021). This lack of physical activity can cause children's gross motor development to be suboptimal, which has an impact on their low coordination and balance abilities.

(Kurniawan, 2023). In fact, early childhood should be more involved in physical activity so that their growth and development run well (Maulana & Dewi, 2020). Therefore, concrete efforts are needed to increase children's physical activity with methods that are interesting and in accordance with their characteristics.

Traditional games such as engklek have educational value that can help children develop gross motor skills naturally (Rahmawati & Lestari, 2022). In addition, this game also trains concentration, cooperation, and increases social interaction between children (Widodo, 2021). Unfortunately, traditional games are increasingly abandoned along with technological developments that encourage the digitization of children's games (Nurhidayah, 2023). If there is no effort to maintain and integrate traditional games in education, children will miss out on the opportunity to benefit from games that have been shown to support their development.

This study aims to analyze the effectiveness of ankle games in improving gross motor skills of children aged 5-6 years in RA Raudhah. In addition, this study also identified changes in children's gross motor skills after the application of ankle games in learning. By understanding the impact of this game, it is hoped that a more effective learning strategy can be developed in developing gross motor skills in early childhood (Susanto, 2020).

The hope of this study is to contribute to the world of early childhood education by reviving traditional games as one of the effective and fun learning methods. If implemented properly, the game can be an interesting alternative to increase children's physical activity while preserving the nation's cultural heritage (Rahayu & Sari, 2022). In addition, this research is expected to be a reference for teachers and parents in optimizing children's growth and development through beneficial physical activities (Setiawan, 2023).

However, in its implementation, there are several challenges that need to be considered, such as the lack of understanding by educators about the benefits of traditional games in children's motor development and the limitations of play facilities in the school environment (Handayani, 2021). Therefore, socialization and training are needed for teachers so that they can integrate the game of engklek in learning activities effectively. In addition, the school environment also needs to provide a safe play space and support children's physical activity (Fauziah & Rahman, 2023).

As part of the solution, this study proposes that the game of engklek be included in the learning curriculum at RA Raudhah with a structured and planned method. Thus, teachers can more easily apply these games in their daily activities and ensure that children get optimal benefits from these activities (Yuliani et al., 2023). In addition, support from parents is also needed so that this game can continue to be applied in the home environment as part of children's daily activities (Suryadi & Lestari, 2022).

Through this research, it is hoped that awareness will arise about the importance of physical activity in early childhood development and the need to preserve traditional games. The integration of engklek games in learning will not only help improve children's gross motor skills but also build a healthier and more active play culture (Prasetyo, 2023). Therefore, this research is the first step in developing learning methods based on local culture and children's developmental needs.

METHODS

This study uses the classroom action research method (PTK) which aims to determine the effectiveness of the traditional game of engklek in improving gross motor skills of children aged 5-6 years in RA Raudhah. PTK is carried out in several cycles that include planning, implementation, observation, and reflection stages to evaluate the results of each cycle (Arikunto, 2021). This method was chosen because it allows researchers to directly observe changes in children's motor skills after the application of engklek games in learning activities. The data sources in this study consist of primary and secondary data.

Primary data was obtained directly through observation of children's gross motor skills before and after the application of the ankle game. In addition, interviews with teachers and parents were conducted to gain a deeper understanding of the changes that occurred in children during the study (Sugiyono, 2022). Meanwhile, secondary data was collected from journals, books, and previous research related to the influence of traditional games on children's gross motor development (Rahmawati & Lestari, 2021).

The research instruments used include observation sheets, interview guidelines, and documentation in the form of photos and videos during the learning process. Observation sheets are used to assess children's gross motor skills based on indicators of balance, coordination, and agility (Hidayat et al., 2023). Interviews were conducted with teachers and parents to explore information about changes in children's behavior and development after participating in the game (Maulana & Dewi, 2020). Documentation is used as visual evidence of the research process and supports data analysis.

The implementation of this research consists of several stages, namely the preparation, implementation, data collection, and analysis of the results. In the preparation stage, the researcher determines the research subject, prepares research instruments, and coordinates with the school. Furthermore, in the implementation stage, the game of engklek is applied in early childhood learning during several meetings. After that, observations were made to observe the development of children's gross motor skills, and the results obtained were further analyzed (Setiawan, 2023).

Data analysis was carried out in a qualitative and quantitative descriptive manner. Qualitative data were obtained through observation and interviews, then analyzed using thematic analysis methods to identify patterns of change in children's gross motor skills (Creswell, 2021). Quantitative data was obtained from the observation scores of gross motor skills before and after the application of the ankle game, then analyzed using descriptive statistical methods to see the increase that occurred (Sugiyono, 2022).

The validity of the data is maintained through triangulation techniques, namely by comparing data from observations, interviews, and documentation. This technique is used to ensure that the data obtained is accurate and trustworthy (Fauziah & Rahman, 2023). In addition, the validity of the data is strengthened through discussions with early childhood education experts to ensure that the research results are in accordance with the theory of child development (Widodo, 2021).

With this systematic method, the research is expected to make a real contribution to the world of early childhood education, especially in integrating traditional games as an effective and fun learning strategy.

RESULTS

This study shows that the traditional game of engklek has a positive impact on improving gross motor skills of children aged 5-6 years. Before the implementation of the engklek game, children had difficulty maintaining balance, especially when jumping with one leg. In addition, the coordination of their body movements is still weak, which can be seen from the difficulty in moving the game box without losing balance. Based on the results of initial observations, the average score of the children's gross motor skills before treatment was 55 out of 100, which is included in the "adequate" category. Most children are not able to jump stably and easily lose balance when playing engklek. This data was obtained from a gross motor skills assessment sheet that measures aspects of balance, coordination, and agility (Hidayat et al., 2023).

After the game was applied regularly for several sessions, a significant improvement was found in the child's gross motor skills. The average score increased to 80 out of 100, which is categorized as "good". The children showed development in maintaining balance, jumping steadily, and being more skilled in coordinating their movements. In addition, they look more confident and enthusiastic in participating in the game (Setiawan, 2023).

In addition to the observation results, interviews with teachers also confirmed positive changes in children's behavior. Teachers stated that children became more active, faster in responding to instructions, and more skilled in controlling their body movements. Parents also reported that children began to play ankle at home and showed an increase in overall physical activity. This shows that traditional games not only have an impact on the school environment, but are also carried over into children's daily lives (Rahmawati & Lestari, 2021).

In addition to the gross motor aspect, the game also provides benefits in children's social development. When playing, children must follow the rules, wait for their turn, and interact with their peers. This helps them develop social skills such as cooperation, communication, and patience. Teachers report that children who are initially shy become more confident in interacting, while more active children learn to control their impulsivity in group games (Prasetyo, 2023).

From a psychological perspective, children's involvement in traditional games such as engklek also has a positive impact on their emotional aspects. Children seem happier and more excited when playing, which suggests that these games can be a fun means of reducing stress and improving their emotional well-being. Parents observe that after getting used to playing ankle games, children tend to be more cheerful and have higher enthusiasm in daily activities (Rahayu & Sari, 2022).

The results of this study show that the game of engklek not only improves children's gross motor skills, but also contributes to their social and emotional development. Therefore, this traditional game should be preserved and integrated in early childhood learning activities. Schools can make it part of a regular physical activity, while parents can encourage children to play ankle at home or in the surrounding environment (Widodo, 2021).

As a recommendation, this study suggests that more research be conducted to explore the benefits of other traditional games in child development. In addition, schools and educational communities need to pay more attention to the use of traditional games as a learning tool that not only supports children's physical development, but also social and emotional skills. Thus, games such as engklek can continue to provide benefits for future generations in this digital era (Darmawan, 2022).

Observation Results of Gross Motor Skills The following is a table that summarizes the results of observations of children's gross motor skills before and after the application of the ankle game:

Aspects of Gross Motor Skills	Score Before Treatment	Post-Treatment Score	Categories Change
Balance	50	82	Signifikan
Movement Coordination	55	78	Signifikan
Agility	60	80	Signifikan
Average	55	80	Signifikan

From the table, it can be seen that all aspects of children's gross motor skills have experienced a significant improvement after the implementation of the ankle game. The balance aspect showed the greatest improvement, from a score of 50 to 82, which shows that the game is very effective in training children to maintain their balance when moving.

Data Verification To ensure the validity of the data, data triangulation was carried out by comparing the results of observations, interviews with teachers and parents, and documentation in the form of photos and videos. The results of the triangulation show the agreement between the three data sources, which further strengthens the conclusion that the game has a positive impact on children's gross motor skills (Fauziah & Rahman, 2023).

In addition, descriptive statistical analysis was also used to verify the improvement of children's gross motor skills. The average test showed that the difference between the scores before and after the treatment was significant, with an average increase of 25 points. This confirms that the game of engklek can be an effective strategy

in developing gross motor skills in early childhood (Sugiyono, 2022).

The study also found that children who participated more often in engklek games showed faster improvement than those who rarely participated. Children who play actively experience more even improvements in all aspects of gross motor, while children who are less involved tend to still have difficulties in some aspects, such as movement coordination (Maulana & Dewi, 2020).

In addition to improving motor skills, additional benefits of engklek games were also found. Children who initially lack confidence in doing physical activities begin to show courage to try new movements. In addition, their social interaction also increases because this game requires cooperation in the rules of the game and provides opportunities for children to learn to wait for their turn and follow instructions (Widodo, 2021).

The results of this study support the theory that traditional physical games can be an effective means of developing gross motor skills in early childhood. With activities such as jumping, standing on one leg, and moving places, children can hone their motor skills in a fun and not boring way (Prasetyo, 2023).

As a further step, this study recommends training for teachers in applying traditional games as an effective learning method. With a better understanding of the benefits of games such as engklek, teachers can be more creative in adapting games to support children's development according to their individual needs (Handayani, 2021).

With this research, it is hoped that more and more parties will realize the importance of traditional games in early childhood development. Games such as engklek are not only beneficial in improving gross motor skills, but also play a role in the formation of children's character, such as cooperation, patience, and courage in facing physical challenges (Setiawan, 2023).

Overall, this study shows that the game is an effective and fun learning method in developing gross motor skills of children aged 5-6 years. Therefore, there needs to be support from various parties to continue to preserve and implement traditional games in children's lives so that their development can take place optimally. Data validation in this study was carried out to ensure the accuracy and reliability of the results obtained. The validation techniques used include source triangulation, method triangulation, and descriptive statistical tests. Source triangulation was carried out by comparing the results of observation of children's gross motor skills with data from teacher and parent interviews. This aims to see the compatibility between the results observed in schools and reports from the home environment (Fauziah & Rahman, 2023). In addition, the triangulation method was applied by combining three data collection techniques, namely observation, interview, and documentation. Observation is used to measure changes in children's gross motor skills directly during the ankle game session. Interviews are conducted to get perspectives from teachers and parents regarding child development. Meanwhile, documentation in the form of photos and videos is used as visual evidence of the changes that occur (Rahmawati & Lestari, 2021).

To strengthen the validity of the quantitative data, a descriptive statistical test was carried out by comparing the average gross motor skill score before and after the application of the ankle game. This test aims to see if there is a significant difference between the conditions at the beginning and end of the study. Data analysis showed an increase in the average score from 55 to 80, which indicates that the game is effective in improving gross motor skills of children aged 5-6 years (Sugiyono, 2022).

The validation results show that the data obtained in this study are reliable and show consistency between various sources. Teachers' observations of children's gross motor skills are in line with parents' reports that their children begin to do more physical activities at home after being introduced to the game of engklek. This shows that the impact of this game is not only seen in the school environment, but also carried over into children's daily lives (Setiawan, 2023).

In addition, the analysis of the results of observations and interviews also showed consistency in changes in children's gross motor aspects. The data showed that after the

application of the ankle game, children experienced improvements in balance, movement coordination, and agility. Teachers reported that children were more confident in performing physical activities, while parents observed that children were more active in moving and playing outside the home (Hidayat et al., 2023).

Documentation in the form of photos and videos also strengthens the research results. Documentation before the implementation of the game shows that children tend to be stiffer and less confident when jumping on one foot. However, after a few sessions of ankle games, they looked more stable, faster in moving, and enjoyed the activity more. This shows that traditional games such as engklek can be an effective medium in improving children's gross motor skills (Widodo, 2021).

Apart from motor skills, the validation results also show that the game has a positive impact on the social aspect of children. Teachers observed that children became more disciplined in following the rules of the game, more patient in waiting for their turn, and more able to cooperate with their peers. Parents also reported changes in children's social interactions, where they played more often with friends in the home environment after being introduced to this game (Prasetyo, 2023).

Based on the results of this validation, it can be concluded that the data obtained in this study has high accuracy and consistency. The game has been shown to be effective in improving early childhood gross motor skills, and its impact can be felt both in the school environment and at home. Therefore, this study recommends that traditional games such as engklek be more often applied in early childhood learning activities as a fun and beneficial method for their physical and social development (Rahayu & Sari, 2022).

CONCLUSION

This study found that the traditional game of engklek significantly improved gross motor skills of children aged 5-6 years. The observation results showed that before the application of the game, children had difficulties in maintaining balance, coordination of movements, and agility. However, after several sessions of engklek games, the gross motor skills score increased from an average of 55 to 80, signaling a significant improvement in all of those aspects.

In addition, data validation through triangulation of sources and methods showed the compatibility between the observation results and teacher and parent interviews. Documentation in the form of photos and videos also confirmed positive changes in children's gross motor skills. Teachers reported that children became more confident and active in moving, while parents observed that they began to do more physical activity at home. Thus, the game of engklek has proven to be an effective method to improve early childhood gross motor skills.

From an academic perspective, this research contributes to the field of early childhood education by highlighting the importance of traditional games as an effective learning method. These findings support the theory of gross motor development, which states that physical activity involving balance, coordination, and agility can help children develop optimally. In addition, the results of this research can be the basis for the development of a more interactive and local culture-based physical education curriculum, so that children can learn while playing in a fun and useful way.

From the social side, this study underscores the importance of preserving traditional games in the lives of modern children. In the midst of increasing the use of gadgets and reduced physical activity, games such as engklek can be a natural solution to increase children's physical activity. In addition, this game also has a high social value because it trains children to interact, cooperate, and follow rules. Thus, the implementation of the game is not only beneficial for children's physical development, but also helps in the formation of their social character.

As a further step, this study recommends that schools and parents be more active in integrating traditional games into children's daily activities. Schools can hold play sessions

on a regular basis, while parents can encourage children to play at home or in the neighborhood. That way, the benefits of traditional games in improving gross motor skills and children's social development can continue to be maximized.

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