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The Effect of Animal Hunting and Rounders Games on Locomotor and Manipulative Motion Capabilities

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ABSTRACT

Elementary school-age children are very active so they prefer to play. Before starting the learning activities, the teacher designs a learning model that is interspersed with games so that the child can receive the material well and is not easily bored during the learning process. In other words, the activities carried out by children are more directed to the activities of playing and moving. One game that is loved and often played by children is hunting animals and baseball. The purpose of this study is to analyze: (1) studying and analyzing the effect of the application of animal hunting game learning models on locomotor and manipulative motion abilities. (2) to study and analyze the effect of the application of baseball game learning models to increase locomotor and manipulative motion skills. (3) to find out, study and analyze the effect of learning based on game hunting animals and baseball to increase locomotor and manipulative mobility. This type of research used in this study is quantitative with a research design using a two-group pre-test post-test design, with data analysis using paired sample t-test and independent sample t-test. The results showed: (1) there was an effect of the application of animal hunting games to locomotor and manipulative mobility. (2) there is an effect of the application of baseball games on locomotor and manipulative motion abilities. (3) in an animal hunting game, the locomotor base motion has an increase of 2.17 and manipulative motion has an increase of 5.1. In a baseball game, the locomotor base motion has an increase of 1.5 and manipulative base motion has an increase of 3.77. Based on the above analysis, it can be concluded that there is an increase in locomotor and manipulative movement abilities for each group after being given a game. Also, there are differences in influence between the animal hunting group and the baseball group as seen from the increase in locomotor motion through independent sample t-test where the game of animal hunting gives a better effect than the game of baseball.

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1. INTRODUCTION

Education is one of the holders of an important role in the progress of a nation. Education provides knowledge to our students to face the modern world and live their lives in the future. Education in Indonesia continues to experience development by the times. According to Law Number 20, the Year 2003 concerning the National education system article 3 is "to develop the potential of students to become human beings who believe in and fear God Almighty, have noble, healthy, knowledgeable, capable, creative, and become democratic citizens, and responsible." "Also, education in Indonesia has a goal to prepare Indonesian people to face challenges in the future. Of course, education must be given to someone from childhood because that's when the process of the first time someone enters the world of education. Education given to children must be fun because it is natural that in childhood children will be more happy to play.

Early childhood is often referred to as the play period because in this period almost all learning activities have

games. According to Hartati (2012: 3) "through playing, children can reap a variety of benefits for the development of physical-motor, intelligence, and social-emotional aspects." Play is a learning activity for children, even a basic activity in childhood. Playing is also a means for improvisation and a combination in learning. Small children have great potential and are diverse, that potential will only develop well if they have the opportunity or are used according to the pattern of development of each child. For most children, the initial period of development lasts from the age of 2 to 6 years and the final period lasts from the age of 6 until the time comes for the child to mature physiologically. At that age children also experience growth and development with the characteristics of a game that is appropriate for their age. Game activities in education can be obtained from physical education subjects at school.

According to Hartono (2013: 2) "PJOK is essentially an educational process that utilizes a physical activity to describe and produce holistic changes in individual quality both physically, mentally and emotionally." Physical

physical education is an inseparable part of human life, through physical education, children can learn more things that are related to affective, cognitive, and psychomotor which is a human provision to achieve life goals. Physical education must have been inculcated since I was a child because in general if you want to master a variety of activities, the basis must be placed in childhood and according to adults most of their hobbies are based on experience in childhood. Primary school age is a period that greatly determines physical growth and development as well as a movement that plays an important role in the formation of quality individuals in the future.

Considering the importance of children in primary school education in overall human development, the education of elementary school children needs to be provided through various stimuli to help physical and spiritual growth and development to be better prepared to enter further education. According to Rosdiani (2013) "PJOK in primary schools is certainly very popular with students because elementary students are still playful or moving." So essentially elementary school is an effort to stimulate, guide, nurture and provide learning activities that will produce abilities and skills in children in elementary school. At the age of 0-6 years is a sensitive period for children because the development of children's intelligence has increased very significantly. In its development, children aged 4-6 years are very active, they have mastery over their bodies and love their own activities. Because large muscles are more developed than the control of the hands and feet, so they have not been able to do complicated activities. Thus childhood can be interpreted as a period where the child will learn about motor skills that he has never had and this is a new form of experience needed to learn until their muscles are trained in motor skills. At this time children form the basis for the motion. Basic motions for skills include locomotor, non-locomotor and manipulative motion. By realizing the motion that will be done is the basis of various kinds of skills and the child can carry it out swiftly. Children who show good motor activity at pre-school age will influence aspects of motor development in the future. One stimulus for the development of motor skills is the provision of the game.

There are various forms of games including small games. According to Hartati (2012: 27) Little game is one of the physical education activities or playing material in elementary school which is an activity that stimulates growth and development, is also a fun subject that is always awaited by students at school. The game has essentially attracted children to have fun and has a very significant influence on the personal development of children. As in the small game has a positive value that is the child becomes a lot of moves so as to avoid obesity, the socialization of children with other people will be better because the games played are usually done in groups. In addition, in group games they also have to determine strategy, communicate and collaborate with other team members.

Haerani (2013) argues that small or traditional games should develop their position as Indonesian children's games. All parties can introduce and play traditional games with children, even there needs to be an effort to modernize traditional children's games. This is in line with the policy of the Ministry of Youth and Sports (2010-2014) regarding the development of recreational sports, in other words, the government also supports and directs to civilize traditional

games in each region. Some of the small games that are most popular or favored by students, especially elementary school children, are hunting games for animals and baseball. According to the researchers' experience in teaching, students after being given this game are always active and at the next meeting, they always ask to be given again this animal and baseball game hunt. In this game, there are elements of running, throwing, catching and others. Students are required to have good cooperation with friends to play the game competitively. While in the game of baseball there are elements of running, throwing, catching as well as animal hunting games. In baseball games, students are also required to cooperate so that baseball games become interesting games not only for elementary school children but also for adults though. Of the games are certainly related to the development of motor movement, especially in the age of children because it is at that time that motor development must be maximized.

Looking at the state of elementary school activities that are so active, the problem of movement becomes very important and should receive special attention. Planting correct motor movements is very important because it will greatly contribute to the growth of children. Correct planting of a child's motor and optimal development is one of the tasks and functions of physical education in school. In addition, the playgroups were given various stimuli through various creative and innovative activities to form good attitudes, knowledge, and skills. So that all aspects are well developed, it is necessary to develop a model of motor development specifically for group play.

Based on the author's observation of one of the PJOK teachers at SDN 2 Kacangan, that PJOK teachers rarely or do not always implement small games, but the teacher only does great game learning and has never measured the motor skills of their students. Even though the small game is believed by the author to have benefits in increasing children's motor skills. In addition, measuring motor skills is very important to know the growth and development of children. Based on the above background, the researcher wants to conduct a study with the title "Comparison of Animal Hunting Games and Castle Games Against Increased Locomotor and Manipulative Motion of Grade 4 Students of SDN 2 Kacangan".

A. Focus of Research

First, to find out whether there is an influence of the application of learning models of animal hunting games to locomotor and manipulative motion abilities. Second, to find out whether there is an effect of the application of baseball game learning models on locomotor and manipulative motion abilities. Third, to find out how much influence the game of hunting animals and baseball for locomotor and manipulative mobility.

B. Research Object

First, is there an influence on the application of the animal hunting game learning model to locomotor and manipulative motion abilities. Second, whether there is an influence of the application of the baseball game learning model to locomotor and manipulative motion abilities. Third, how much influence the game of hunting animals and baseball for locomotor and manipulative mobility.

2. MATERIALS AND METHODS

The focus of this research is to find out whether there is an influence of animal hunting and baseball games on the locomotor and manipulative movements of students, and if

there is any influence. This study uses a two-group pretest-posttest research design. In this design, there is no control group. Data collection techniques through locomotor tests in the form of a 30-meter run and 4x10 meter run, while for manipulative use the ball throwing test and standing test with one foot.

The design of this study is broadly divided into several stages, namely: (1) the preparatory stage which contains the collection of data or information in accordance with the focus of the research problem in this study; (2) the implementation phase in the form of a study of the application of existing theories by collecting data in the field; (3) the final stage which contains data analysis, drawing conclusions and compiling research reports.

Quantitative research focuses on data obtained during measurements in the field. In detail, the design of this study begins with observing the problem that the researcher wants to solve. The next step is to ask for permission to research the school principal who will carry out the research and related parties who support the ongoing research. After the above process is completed, researchers need to prepare themselves to collect relevant data by the objectives of the study. From the data that has been collected, the process of data analysis is carried out, to strengthen the analysis of researchers comparing data obtained from the field with relevant theories. The end of the research process is to draw conclusions and prepare a full research report for further testing. In this study the researchers prepared the design scheme as follows.

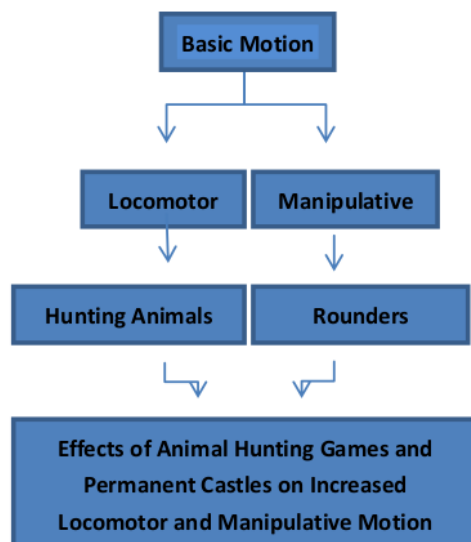


Figure 3.1. Research Design

3. RESULTS AND DISCUSSIONS

In the focus of this study will discuss some of the things that were found when doing and after researching the process of collecting and analyzing field data. The next process will be discussed regarding the effect of the game of hunting animals on increasing locomotor and manipulative motion. The next subject discusses the influence of the game of baseball on increasing locomotor and manipulative motion. The next discussion is about the different effects of animal hunting and baseball games on the locomotor and manipulative motion.

A. Application of animal hunting games to locomotor and manipulative motion

Animal hunting games are included in small games that are very popular with students because they have games that allow students to try various movements such as running, dodging, throwing, catching and others. With these movements, it is expected to stimulate students' basic movements to be more optimal. This is in line with the Competency-Based Curriculum (2004: 6) "that one way to develop students' mobility is to provide a variety of games." From the results of research that has been done shows that game hunting animals can improve students' locomotor and manipulative mobility. This is very logical because when doing animal hunting games students are not only required to run and avoid but also use eye and hand coordination when throwing.

B. The application of baseball games to locomotor and manipulative motion

The game of baseball is also included in a small game that is popular with students because it has elements of competition and solid teamwork. In baseball games there is also a movement to hit the ball that requires students to move their hands in coordination with the eyes. This course will train the basic movements of students to be more improved. In line with Hartati's opinion (2012: 31) "when students play and fight the ball, at that time they express a lot of locomotor, non-locomotor and manipulative movements." manipulative. This is logical because in baseball games students are required to hit the ball which requires students to have eye and hand coordination which includes manipulative movements and then move to a post that requires students to run which includes locomotor movements.

C. Differences in the influence of game hunting animals and baseball for locomotor and manipulative motion

From the results of statistical tests that have been carried out it can be concluded that the locomotor and manipulative motion of the animal hunting game group gives a better influence than the game of baseball. Researchers capture why animal hunting games are more effective because at SDN 2 Kacangan students have never been given an animal hunting game. Unlike the case with baseball games that are often given by PJOK teachers so that students are enthusiastic as usual. Therefore, when students are given an animal hunting game that they have never tried before, then students are very enthusiastic about doing the game and ask for animal hunting games again and again. These reasons are the researchers' answers to the results of the analysis of animal hunting games to be more effective.

4. CONCLUSION

Based on the results of the research and discussion that has been described, it can be concluded the following research conclusions.

First, there is a significant influence on the game of hunting animals to increase locomotor and manipulative movement abilities in 4th-grade students of SDN 2 Kacangan with a significance value <0.05.

Secondly, there is a significant effect of baseball games on locomotor and manipulative improvement in 4th-grade students of SDN 2 Kacangan with a significance value <0.05.

Third, in the animal hunting game, locomotor base

motion has an increase of 2.17 and manipulative motion has an increase of 5.1. In a baseball game, the locomotor base motion has an increase of 1.5 and manipulative base motion has an increase of 3.77.

The following are suggestions that researchers can provide so that the learning process can be in line with the desired goals. For teachers, it is expected to be additional knowledge in the learning process so that learning objectives can be achieved by what we want. For researchers, it can be used as input and comparison of research results if choosing a similar problem as the object of research.

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