
TRAINING FOR CHILDREN'S MOTOR DEVELOPMENT AT TPA AL-MUBASYIR DESA DIBAL, KECAMATAN NGEMPLAK, KABUPATEN BOYOLALI, CENTRAL JAVA.

¹Alma Fikri Setya Nugraha, ²Indah Ayu Puji Lestari,
³Suraningtyas Widyaastuti, ⁴Toriqot Armada Muslimin
⁵Yudi Wibowo

¹Desain Komunikasi Visual
e-mail : Almafikri99@gmail.com

²Administrasi Bisnis
e-mail : Indahapl31@gmail.com

³Administrasi Bisnis
e-mail : Suraningtyaswidyaastutio304@gmail.com

⁴Desain Komunikasi Visual
e-mail : haytoriq@gmail.com

⁵ Desain Komunikasi Visual
e-mail: yudiwee.YW@gmail.com

Abstract : Practicing motor skills is important for children, given that childhood is a golden period in child development. One technique in training children's motor skills is to provide guidance or physical exercises that are in accordance with the portion of children's physical abilities. This activity aims to improve motor skills in children through viewing animation movie, coloring pictures, and leisurely strolling for children. The activities carried out showed the attitudes and behavior of children at TPA (Taman Pendidikan Al-Quran) Al-Mubasyir to be better than before, children became more creative, thorough, responsive to the surrounding environment, and enthusiastic in participating in learning.

Keywords: motor, training, children

Introduction

TPA Masjid Al-Mubasyir is located in Dusun III, Desa Dibal, Kecamatan Ngemplak, Kabupaten Boyolali, Central Java, Indonesia. Dibal village is in a position to develop Adi Sumarmo Airport as an international airport and traffic pilgrims to the Donohudan Hajj Dormitory. In addition, Dibal Village is an area that is crossed by the Solo-Ngawi toll road.



Figure 1. TPA AL-MUBAZIR location in map
 (Source : <https://goo.gl/maps/HDGjpJznRQJf31My9>)

Based on the initial observations that have been made, there are social problems found, namely the less optimal learning process, where children as students tend to be less enthusiastic, less concentrated, and less active in responding to activities at the TPA. This prompted us to create activities to train children's motor skills at the TPA Al-Mubasyir.

Child development includes many things, one of which is motor skills. Motor skills are one of the developmental processes that must be passed in every child's life. In childhood, it is known that in general motor skills grow and develop rapidly. To realize children's motor development so that they can develop properly, proper stimulation is needed in developing basic abilities consisting of physical aspects, language, moral and religious values, social emotional and cognitive through varied learning methods, interesting for children and the environment. which supports the development of children's abilities to achieve optimally (Siti Khasanah, 2020: 169).

Many factors that influence the character of children, namely from internal and external. One of the external factors is the negative impact of technological developments such as social media that can affect behavior in children. Rapid technological developments with gadgets that have various kinds of virtual game applications, if not wise in their use can make children tend to be less social and reluctant to move places because they are too busy with the games being played. The impact of this technology needs to be addressed so that children are not fixated on virtual games only, but are also able to engage in creative activities and be able to work together. The right strategy is needed so that children are still able to carry out physical activities that are still fun but not tiring. This activity aims to train children's motor skills to become one of the basic capital for developing individual and social creativity later.

Problems Formulation

1. What activities are appropriate to train children's motor skills at TPA Al-Mubasyir?
2. What is an effective strategy for implementing children's motor skills training at TPA Al-Mubasyir?

Methods

Activities to train children's motor skills will be held on Tuesday, July 19, 2022, on Friday, July 15, 2022, Friday, July 22, 2022, at TPA Al-Mubasyir Desa Dibal, Kecamatan Ngemplak, Kabupaten Boyolali, Central Java. Media to train motor skills are by watching educational videos (animation movie) together, coloring pictures, and leisurely strolling.

Observations are carried out through direct observation of the learning process at the TPA, namely by recognizing the behavior of children as students and recognizing the mindset of these children through library research from library sources relevant to the topic of children's psychological development to facilitate the approach to children, so that children's motor skills can run properly as expected.

After observations and literature studies are carried out, the results of the analysis are used as the basis for determining what activities are suitable for children's motor training. There are three activities carried out, the first is the activity of watching animation and discussing the stories conveyed in the movie. The second activity is coloring pictures on paper with the theme of prayer movements, while the third activity is leisurely strolling while singing children's songs together.

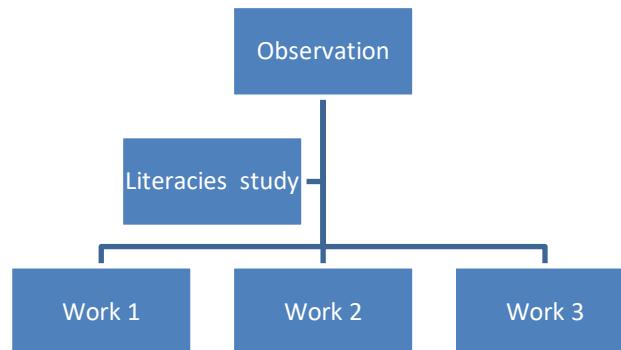


Figure 2 . Activity Sequence
 (Source: Suraningtyas Widyastuti, 2022)

Results

Activities have been carried out well according to the plan that has been prepared. Implementation of Activities is carried out with the following explanation:

a. Watching educational videos

This first activity was carried out on Tuesday, July 19, 2022. The media for motor training by watching educational videos together can develop motor skills for the better. Educational videos were chosen in this activity because in education there are efforts to direct students to have good attitudes and behavior. This is in accordance with the statement of W.J.S Poerwadarminta (in Mahmud, 2011) which explains that education or education means the process of changing the attitudes and behavior of a person or group of people in an effort to mature humans through teaching and training efforts.

The educational video in this activity is the animated film Nussa and Rara which contains examples of how to ask for help and thank you in "Tolong dan Terima Kasih" episode, and the need to be silent when the call to prayer is sounded. This animated film was chosen with the consideration that the story in the film can invite the children who watch it to take part in taking action according to what the characters in the story do. This is in accordance with Airani Demilla's explanation that:

"... setiap episode Nussa dan Rara selalu mengajarkan sesuatu hal mengenai kebiasaan atau kegiatan sehari-hari berdasarkan ajaran Islam, hal ini juga yang menambah pengetahuan mereka dari yang belum tahu, menjadi tahu tentang kebiasaan atau kegiatan sehari-hari yang dilakukan sesuai ajaran Islam".

"... every episode Nussa and Rara always teach something about daily habits or activities based on Islamic teachings, this also increases their knowledge from those who don't know, to knowing about daily habits or activities carried out according to Islamic teachings".
(http://jurnal.umsu.ac.id/index.php/interaksi/article/view/3349/pdf_55).



Figure 3. One of the scene of the Nussa dan Rara animation "Tolong dan terima Kasih"
(Source: <https://www.youtube.com/watch?v=PZOUSuVsRNE>)



Figure 4. Watching Videos activity in TPA Al-Mubasyir
(Source: Alma Fikri Setya Nugraha, 2022)

b. Coloring Pictures of Prayer Activities

The next motoric training activity for children will be held on Friday, July 15, 2022, by coloring pictures and learning prayer movements. According to Hajar Pamadhi and Evan Sukardi S (2010: 7.4) "activities will invite children how to direct children's habits in coloring pictures spontaneously into habits of pouring colors that have educational value". There are several color tools that are usually used in coloring, such as: colored pencils, colored markers, watercolors, oil paints, and crayons (pastels). Among these tools, Philip Berril (2009:8) "chooses watercolor as a more fun drawing tool, because besides being cheap and easy to use, watercolor is a medium that can train fine motor skills in children.

This activity is divided into several groups to teach cooperation, hone creativity, train motor skills, and reduce dependence on playing gadgets in children. We provide pictures of praying procedure, watercolors, and brushes as media for character building in children because with these media children are more interested in learning while playing.



Figure 5. Colored Prayer Activities Picture Material
 (Source: https://tamanpendidikanalquran.files.wordpress.com/2012/06/mewarnai_belajar_gerakan_shalat_gambar_11.jpg)



Figure 6. Coloring Picture Activity
 (Source : Indah Ayu Puji Lestari, 2022)



Figure 7. Image before coloring
(Sumber : Suraningtyas Widayastuti, 2022)



Figure 8. Image colored
(Sumber : Indah Ayu Puji Lestari, 2022)

c. Leisurely Strolling

The last activity was a leisurely strolling which was held on Friday, July 22, 2022. The group of leisurely strolling carried out by surrounding village, RT 04/05 of Desa Dibal. The benefits of a group walk are that it has a direct physiological impact, namely regulating blood sugar levels, stimulating adrenaline and non-adrenaline and improving quality. and sleep quality (Marryam, 2012). This activity also aims to educate children to throw garbage in its place because after the walk activity, food and drinks wrapped in plastic are provided, familiarize themselves with the surrounding environment due to direct interaction, and have a sense of responsibility for the surrounding environment.



Figure 9.Kegiatan Jalan- Jalan Bersama
(Sumber : Toriqot armada Muslimin, 2022)

Discussion

The results of social activities at the TPA Al-Mubasyir have achieved the expected goals with interesting learning media. The activity begins with watching educational videos, coloring pictures of praying activities, and Leisurely Strolling. Previously, the activities of the TPA at The Al-Mubasyir Mosque only read the Koran, but after the training service from the author, there was a very significant social change in children's motor skills because of the training provided with the right media.

Conclusion

Based on the discussion above, it can be concluded that the activity was carried out smoothly and the children at the TPA Al-Mubasyir were very enthusiastic, there was a significant difference before and after the activity. This affects fine motor skills in children, individual attitudes in socializing, and increases children's awareness of the importance of character education, and children's responsibility to the environment at TPA Al-Mubasyir, Desa Dibal, Kecamatan Ngemplak, Kabupaten Boyolali.

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