

MOTORIC DEVELOPMENT OF AUD AGES 4-5 YEARS AT KHAIRUL UMMAH PAUD MEDAN JOHOR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui perkembangan motorik AUD, pola-pola yang digunakan dalam pengembangan motorik AUD dan Kendala dalam Pengembangan Motorik AUD Di PAUD Khairul Ummah Medan Johor. Penelitian ini menggunakan metode kualitatif yaitu suatu penelitian lapangan yang mengumpulkan data dengan dengan wawancara, observasi serta dokumentasi dan dideskripsikan dengan kata-kata dan kalimat. Hasil penelitian ini menunjukkan adanya perkembangan yang muncul dari anak-anak AUD di PAUD Khairul Ummah, Perkembangan motorik anak usia dini di PUAD Khairul Ummah ini menunjukkan hasil yang sangat baik, anak-anak seusia 4-5 tahun sudah mampu untuk berlari kencang, melompat tinggi, berenang, senam pagi, melipat kertas, menggambar dan mewarnai, menggenggam dengan kuat dan lain-lain sebagainya. Pola-pola yang digunakan oleh guru-guru di PIAUD Khairul Ummah adalah adanya kegiatan anak-anak seperti senam sekali seminggu, olah raga bola kasti, berenang sekali sebulan, menempel gambar, mewarnai, melompat dan ditambah dengan fasilitas bermain seperti perosotan, enjot-enjotan, ayunan anak-anak dan lain-lain. Dan kendala yang dihadapi guru adalah dari siswa itu sendiri yang sebahagiannya dari keluarga yang memadai sehingga banyak orang tua yang sangat over aktif dalam menjaga anak-anaknya dan mereka sangat ketakutan jika anak-anaknya ada kegiatan berenang, bola kasti mereka khawatir anaknya tenggelam atau jatuh dan lain-lain.

Kata kunci: Perkembangan, motorik, anak usia dini, usia 4-5 tahun

ABSTRACT

This study aims to determine the motor development of AUD in PAUD Khairul Ummah Medan Johor, the patterns used in the development of AUD motoric in PAUD Khairul Ummah Medan Johor and the obstacles in the development of AUD motoric at PAUD Khairul Ummah Medan Johor. This study uses a qualitative method, namely a field research that collects data by means of interviews, observations and documentation and is described in words and sentences. The results of this study indicate that there are developments that arise from AUD children at Khairul Ummah PAUD, early childhood motor development at Khairul Ummah PUAD shows very good results, children aged 4-5 years are able to run fast, jump high, swimming, morning exercise, folding paper, drawing and coloring, gripping firmly and so on. The patterns used by the teachers at PIAUD Khairul Ummah are the existence of children's activities such as gymnastics

once a week, baseball, swimming once a month, pasting pictures, coloring, jumping and added with playing facilities such as slides, push-ups, children's swings and others. And the obstacle faced by the teacher is from the students themselves who are partly from adequate families so that many parents are very overactive in taking care of their children and they are very afraid if their children have swimming activities, they are worried that their children will drown or fall and etc.

Keyword: *Development, motor, early childhood, age 4-5 years*

INTRODUCTION

Childhood is the age group that is in a unique development process, because the process occur with sensitive period. Sensitive period is the most appropriate time to provide strong provisions for children. In the sensitive period, the speed of the child's brain development during his life That is, the *golden age* is a very appropriate time to explore all the potential of children's intelligence as much as possible (Slamet Suyanto, 2003: 6).

According to the Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education system in article 1 paragraph 14 (Depdiknas, 2003) it states that early childhood education is a coaching effort aimed at children from birth to the age of six, which is carried out through providing educational stimuli to assist

physical and spiritual growth and development, so that children have readiness to enter further education.

Learning in playing concept, in children ages AUD is greatly need guidance, encouragement guidance in order to get the concept right. Parents and teachers should not prohibit children too much. So that children become brave children, not timid children. In addition, the pre-school is still very difficult if you have to think in abstrak. For this reason, the learning carried out must be able to obtain the correct concept. Basic movement exercises are more emphasized in the form of games that are informal in nature according to the principles of teaching and learning in PAUD, namely playing while learning or learning while playing using an integrative approach (Tadkiroatun Mu sfirah, 2008: 50).

In addition to the above concept, Ningsih fadhilah (2016), think that in Islam, the influential factors toward children include not only the environmental conditioning, but also heredity. Besides, there is also one the most important thing above all: God's will or iradah, approval and blessing. These tauhid principles are the distinguishing factors between Islamic education and child development theory. So to go deeper on the motor development of children, the researchers conducted entitled "Motor Development Childhood at Khairul Ummah PAUD Medan Johor.

The formulation of the problem is :

1. How is AUD Motor Development at Khairul Ummah PAUD Medan Johor?
2. What patterns are used in AUD Motor Development at Khairul Ummah PAUD Medan Johor?
3. What are the Obstacles in AUD Motor Development at Khairul Ummah PAUD Medan Johor

This study aims to determine:

1. AUD Motor Development at Khairul Ummah PAUD Medan Johor.

2. Patterns are used in AUD Motoric Development at Khairul Ummah PAUD Medan Johor.
3. Obstacles in AUD Motor Development at Khairul Ummah PAUD Medan Johor.

Definition of Development

Rini Hildayani said development is growth and changes that occur in one's body / body / body (Rini, 2015: 3.4). Desmita means that development includes physical changes, and in which changes occur continuously from physical and spiritual functions to higher stages. mature. (Desmita, 2013: 23) In addition, Seifart and Hoffnung say that development is a feeling that grows in a person and results in long-term changes in thinking patterns, social relationships and motor skills.

Motor development is a development where a person has started to be able to control the movement that he has experienced, if a child learns to walk then he will fall first but from the fall he will gain an experience so that he can walk by balancing the steps between the right foot with the right foot. Left Foot.

According to Rini Hildayani, motor development is a progressive change in the control and ability to perform movements that are obtained through the interaction between the maturity factor and exercise during life which can be seen through the changes/movements made (Rini, 2015:3.4).

Stages of child development from prenatal to adolescence.

1. Prenatal Period

This period lasts approximately nine months in the womb. where this period of development takes place so quickly, starting from a single cell organism to developing into a fetus. In the Qur'an Surah *Al-Mu'minun* verses 12-14 describes the process of fetal development in a mother's womb, in that verse Allah SWT explains in detail about the creation of humans which only begins with a drop of semen that comes from juice. soil starch, then the semen after merging with the ovum then the fertilization process occurs so that it turns into a clot of blood and becomes flesh and so on into bones which in the end creates a human being.

2. Baby and toddler period

This period is from birth to 18-24 months of age. This period of time someone's baby depends very *extreme* in adults to meet their basic needs, such as: Spot, clothing and shelter. This period lasts approximately the first year of life.

3. Early childhood period

This period lasts about 2 to 6 years. This period is also known as the preschool period, where the child's body is longer and leaner. At this age children are better able to control themselves and take care of themselves and can develop school readiness skills.

4. School age period

This period is aged 6 to 11 years, children learn a wider environment mastering responsibilities that resemble adult responsibilities, children are able to play athletes, participation in games that have more logical thinking process rules, mastery of basic reading, writing and arithmetic skills and self-understanding, morality and friendly relations

5. Teenage Period

Ages around 11-18 years, this age begins the transition to adulthood,

thinking becomes more critical and idealistic, preparation has led to college education and the world of work (Rini, 2015:2.4).

Physical Development and Factors Affecting It

1. Heredity

Research on twins shows that identical twins have relatively the same body size. heredity factors play an important role in influencing the physical, both parents contribute equally to the development of their children's height, in general it can be concluded that two parents who have a tall body will have a high body and vice versa.

2. Hormone

A child can be said to carry the blood of his parents, meaning there are hormones in their blood, there are several hormones that affect a person's physical growth. For example: growth hormone (GH) is secreted by the pituitary gland which is located at the base of the brain near the *hypothalamus*. GH is processed through the liver and produces another hormone called *somatomedin*, which can cause muscle and bone growth. another hormone, namely *thyroxine* which is released by

the *thyroid* gland in the neck, this hormone is important for the proper development of nerve cells in the brain, a lack of this hormone will cause a child to suffer from mental retardation / mental retardation.

3. Nutrition

Nutrition plays an important role at every stage of human development. but what is most needed in the first two years of growth during infancy, the development of the brain and body goes very fast. Research results prove that the most important nutrition for babies is found in breast milk.

AUD motor

Motor is one aspect of the development of human life that plays an important role with cognitive and social roles. in comparison with other living beings that humans experience a long period of physical-motor development, approximately 20% of the life of childhood and adolescence.

While motor development is a progressive change in control and ability to perform movements through the interaction between innate and maturation factors as well as

experiential training during life that can be seen through changes.

Motor development can be divided into:

1. Fine motor development ie, limited movement of parts that include small muscles, especially in the lower part of the fingers, for example: writing, drawing, holding something with the thumb and forefinger
2. Gross motor development is movement that results from the ability to control large muscles, for example: walking, running, jumping and rolling.

Supporting Factors and Children's Motor Development.

The factors that support the motor development of a child are:

- 1) Genetics, namely genes from parents who are in a child, in the sense of the word parents who are healthy, tall, white, etc., then their children will be healthy, tall and white too.
- 2) Nutrition, namely the intake given by parents to children, nutritious food will affect the motor development of a child.

- 3) Parenting, namely the environment in which a child lives, a family environment that provides good care, polite speech, always takes care of his child with a very deep love, so this kind of care is a driving force for the child's motor development.

The factors that hinder the motoric development of children

- a. The low weight of the child at birth, in the sense that the child was born in an abnormal condition, such as a primate child, namely a child who has not yet reached the age of his womb.
- b. Malnutrition in infants, namely babies who lack nutrition and nutrition, because their motor development is in accordance with what they consume, if the nutrition is not fulfilled properly then the child will delay and develop motoric.

AUD Motor Development

The motor development of AUD children is divided into 2 (two):

1. Gross Motor Development

Physical development tasks in the form of coordination of body movements, such as running, tiptoeing, jumping, hanging, throwing and catching, and maintaining balance. At the age of 4 years, children really enjoy physical activities that contain danger, such as jumping from a high place or hanging with the head hanging down. At the age of 5 or 6 years the desire to do dangerous activities increases.

2. Development of Fine Motor Movements

Fine motor development of kindergarten children is emphasized on the coordination of fine motor movements in this case related to the activity of putting or holding an object using the fingers. At the age of 4 years the coordination of fine motor movements of children is very developed even almost perfect.

METHODS

This research was conducted at Khairul Ummah PAUD Medan Johor. The address is at Jl. Karya Jaya No.115 Medan Johor District, Medan city. The method in this research is qualitative, which is a field research that collects data by means of

interviews, observations and documentation and is described in words and sentences. The sources of data in this mini research study are:

1. Head to School
2. PR
3. Teacher

Data collection is done by observation namely collecting data directly to the field, while the need to be observed are:

Table 1. Observation Grid

No	Observation	Indicator
1	How to hon motor development	Games Group division Strategy game
2	Age-appropriate game	The suitability of the game for the age of the child The suitability of the strategy to the game

Interviews are questions and answers between researchers and research subjects. The informants who need in this study are teachers and parents of students.

Table 2. Interview grid

No	Interview about	Indicator
1	Perkembangan Motorik AUD	Folding Scissors Draw a line Coloring Write Jump Run Up and Down Stairs Swimming Gymnastics
2	Motor which develops	- Of the several indicators above, which one is the most developed.
3	Development Strategy	Group settings Gender setting Conformity between motor and age.

Documentation is all traces of records either written or in the form of pictures. The results of data collection will be classified and concluded and written in the form of research results.

DISCUSSION

AUD Motor Development at Khairul Ummah PAUD Medan Johor.

Children's motor development is something interesting to study, as previously stated that motor development is in accordance with the

stimulus given to them, in the 4-5 year period children will be more sensitive to the environment around them and they already want to always try things. interesting things don't even care about the dangers around them. The motor development of children in PUAD Khairul Ummah is quite good, children aged 4-5 years are able to run fast, jump high and swim. Risdah, the principal of PIUD Khairul Ummah said that "Alhamdulillah our children have started to be able to do things that adults can do, such as they can wear their own shoes, eat alone, run fast, jump high even among them there are already start to swim."

From the explanation above, it is clear that the motor development of children in PAUD is quite good in accordance with the development at each age. Everyone certainly has advantages and disadvantages of each, so that is the difference between one person and another. Risydah said "of course the development of children must be different, some are more dominant in the overall motor development of their bodies, there are strong hands holding objects, strong

legs for jumping and running, and so on.

Patterns used in AUD Motor Development at Khairul Ummah PAUD Medan Johor during the Covid-19 period.

The formation of children's motoric is very influential on the patterns that teachers do in daily learning, teachers at PUAD Khairul Ummah view that the right pattern for developing children's motor skills is by: believing that all students can do things that have not been done that they can also do well. for example, when the teacher teaches them to eat by themselves with their hands, the teacher must make sure they can do it themselves, so that the children will no longer help them to eat. Tangan grip to rice also merupakan memngembang method for an motorik child, each cell they will become a way of menegembangkan motor. Then every time students enter, they are also accustomed to taking off their shoes alone without the help of the teacher. They wear shoes, change clothes when needed, and once a week they also do morning exercises, they are told to jump and

run and even shout to train their oral development. In addition, children's playground facilities are provided, such as slides, rocking swings, rotating chairs. As stated by Mrs. Asmah, "here we always pay attention to how our children's motor development is, and we provide children's play facilities, we also teach them to dance, do gymnastics so that initially weak motor skills become strong and that is what we are most proud of. is that our children are independent and brave children ” .

From the data above, of course, it can be understood that cognitive development can also affect motor development, if a child moves his motor a lot, his cognitive development will also develop, because he will know more and more. Children's motor development plays a very important role in the development of children's independence, children's social, and can also act as knowledge or cognitive development.

Obstacles in AUD Motor Development at Khairul Ummah PAUD Medan Johor during the Covid-19 period.

In the implementation of AUD motor development at Kahirul Ummah PAUD during the covid period, they also had obstacles, while these obstacles were not an excuse for them to allow children's motor development. Mrs. Hamidah said "yes, if the problem is definitely, there are many times, including we still lack children's play facilities, the swings are broken, the slides have started to shake, the place and the playground are very narrow, so it's complete, but even so we are still trying to give the best for children. They are the golden generation if at home sometimes parents don't want to know, so it's our job here to teach children even though they are limited. Sometimes we also draw, color, play in water and so on" and during this Covid-19 period

the most difficult thing for us is to maintain good communication with children because learning is done remotely.

In addition to the obstacles above, it turns out that there are very few PIUD Kahirul Ummah teachers, there are only two teachers plus one principal. Mrs. Hamidah added, "yes, ma'am, we are also only a few teachers here, there are only two teachers and the principal, this can happen because PAUD Kahirul Ummah does not belong to a foundation nor is it waqf, but only belongs to an organization whose finances are very limited, even Our class is also a rented house that we contract to use as the organization's secretariat office.

Table 3. AUD Motor Development Research Results

No	Interview about	Indicator	Results	Observation
1	AUD motor development	Folding	√	Observation results Shows that ana k-PAUD khairul Ummah all are able to do Indic ator question. Except for swimming and gymnastics, in this case the
		Scissors	√	
		Draw a line	√	
		Coloring	√	
		Write	√	
		Jump	√	

		Run Up and Down Stairs Swimmig Gymnastics	√ √ × ×	development of children is not all able to do it.
2	Motor which develops	-Of the several indicators above, which one is the most developed.	-	Of the several indicators of motor development above, the most dominant development possessed by all children is fine motor skills. This can happen because doing fine motor skills does not have to spend a lot of energy.
3	Development Strategy	1. Group settings 2. Sex setting 3. The suitability of the material with age.	√ × √	In motor learning strategies, teachers always use playing and singing methods.

CONCLUSION

1. The motor development of children at Khairul Ummah PAUD is quite good, judging from the ability of the children to carry out learning, at the beginning of the year of student admission there are still many children who have problems, both mentally, children who are not independent, cry,

coward, and still look weak. and not enthusiastic, but with all the motor learning processes so as to produce children who are creative and brave and independent in doing work.

2. The patterns that are carried out are by getting them used to the smallest things such as taking off and wearing their own shoes,

eating by themselves, and getting them used to body exercises such as sports, gymnastics, running, jumping, swimming and others.

3. Constraints faced are the shortage of teachers, inadequate facilities, classrooms are still contracted, do not belong to the foundation so that not much funds can be used for school development.

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