

THE EFFECT OF IMPLEMENTATION SENAM SEHAT ANAK INDONESIA (SSAI) ON THE GROSS MOTOR DEVELOPMENT IN PRESCHOOL CHILDREN

(Pra-Experimental Study in TK Dharma Wanita Gondanglor Sugio Lamongan)

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ABSTRACT

Preschool children need stimulation for the development of gross motor. Gross motor skills of children are very important. Child with low gross motor skills will have behavioral and emotional problems. Senam Sehat Anak Indonesia (SSAI) is applied to the preschoolers to train the children motor skills. The purpose of this study was to explain the effect of implementation Senam Sehat Anak Indonesia (SSAI) on the gross motor development in preschool children. The design used in this study was a pre-experimental design with one group pre-post test. The samples were taken using purposive sampling technique with the total samples of 21 children aged 4 to 6 years. The independent variable was Senam Sehat Anak Indonesia (SSAI). The dependent variable was gross motor development. The data were collected using observation sheets in the form of Denver II. The data were analyzed using the Wilcoxon Signed Rank Test with the significance of $\alpha = 0.05$. The results showed that Senam Sehat Anak Indonesia (SSAI) had the effect in improving gross motor development ($p = 0.046$). Thus, it can be concluded that the Senam Sehat Anak Indonesia (SSAI) affects the gross motor development in preschool children. Therefore, the gymnastics can be applied to provide stimulation for gross motor development in preschool children. Furthermore, it also can be used to provide inspirations for further researches related to the development of preschool children.

Keywords: gross motor development, preschool, SSAI