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The Influence of Creative Dance Learning Through the Tik Tok Application Media on the Physical Development of Gross Motor Children Aged 5-6 Years

Ana Septiyani Mutiya✉, Sri Sularti Dewanti H

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Universitas Negeri Semarang, Semarang, Indonesia

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Abstract

The problem that occurs in the field is that the growth and development of early childhood is hampered during the COVID-19 pandemic. One of the important developments to be developed is gross motor development. This study aims to determine the effect of creative dance learning through tik tok application media on the gross motor physical development of children aged 5-6 years. The tik tok media application was chosen because of increasingly sophisticated technology and of course children follow the trends and developments of the times at this time. This study uses quantitative research methods with the type of research one group pre-test-post-test design. The sample of this research was children aged 5-6 years in Banjurpasar village totaling 31 children with purposive sampling technique. Data collection used in the form of interviews, observations and documentation. In this study, the results of the pre-test on the effect of gross motoric physical development of children aged 5-6 years in Banjurpasar village, had an average of 2.3 which was in the 6-7 category range. The post-test results obtained after treatment showed an average score of 41.45% with a maximum score of 54. The results of the calculation of the t-test analysis obtained a value of 0.000 with a sig level of 0.00 <0.05 meaning Ha is accepted so that there is an increase in the development of creative dance through tik-tok media application on gross motoric physical of children 5-6 years old in Banjurpasar village. The results of this study concluded that the tik tok media application can improve the gross motor skills of children 5-6 years old. Based on the results of this study, the researcher recommends the tik tok media application to improve gross motor physical development.

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✉Correspondence Author:
E-mail: anasep1999@students.unnes.ac.id

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INTRODuCTION

Growth and development are related to physical and psychological changes. Development is a lifelong process that begins at conception and stops only at death (Gallahue, Ozmun, Goodway, 2012). Early childhood children are in the golden age, where development and growth will be good if given the right stimulus. In the orami.co.id article, it is explained that "The Golden Age is a period when the process of growth and development occurs very rapidly. What is formed in the golden age is carried over to teenagers, adults and beyond," explained Dr. Catharine Mayung Sambo, specialist pediatrician, consultant on growth and development – social pediatrics at Pondok Indah Hospital (Wahyu, 2020). Berk, explained that children in the golden age are in the age range 0-8 years (Urbaningrum, Suminah, & Madyono, 2018).

Early childhood education is very important and needs attention because at this time children experience a rapid growth and development process.Early childhood education (PAUD) is education provided to early childhood to help the child's overall development and growth to help the child be ready to enter further formal education (Yuliastuti, Kurniah, & Ardina, 2020).Child development includes moral and religious development, physical motoric, emotional, cognitive, social, language and communication. However, during the Covid-19 pandemic, it is a challenge and limitation for children to grow and develop because their movements are not as widespread as before the pandemic. The Covid-19 outbreak has hampered several activities that require gatherings of teachers and students at school to switch to online or online learning from home (Rahmawati, Bahrun, & Rosmiati, 2021). Almost all activities that are usually carried out are blocked due to the Covid pandemic and the still high number of Covid-19 cases in Indonesia (Muthalib, Juliana, Wijayanti, & Syah Putri, 2021) so that students or in this case young children have difficulty carrying out activities that support growth. and its development.

An important development for early childhood is gross motor development. Motor development is a continuous change in motor behavior throughout the life cycle (Gallahue, Ozmun, Goodway, 2012). Gross motor skills are children's basic movement abilities to carry out daily tasks which include walking, running, throwing, jumping (Setyawan, Hadi & Royana, 2018). Lack of gross motor learning activities in children results in children's gross motor skills being underdeveloped. The Halodoc editorial team (2018) explains that "gross motor skills are body movements that use large muscles which are influenced by the child's age, weight and physical development. In children, gross motor development disorders can be seen from uncontrolled or unbalanced movements. For example, unbalanced movements between the right and left parts of the body, impaired body reflexes, and impaired muscle tone."

If a child's gross motor skills do not develop, it will disrupt the learning process and play activities in the surrounding environment so that the child has difficulty adapting to the environment and his peers. This is the same as the observations that researchers made in Banjur Pasar Village on April 10 2021 with 10 children aged 5-6 years, 5 girls and 5 boys. A total of 3 children were seen actively carrying out activities while playing such as jumping, running, tiptoeing, and being skilled at using both hands and the other 7 children did not carry out activities actively and rarely moved so that the children's motor development had not been maximized. Apart from that, children seem to get tired and bored easily when doing activities related to gross motor skills. Andriana (2013) stated that children's gross motor development that is not optimal can cause children to have difficulty adapting.

Urbaningrum, Suminah, & Madyono (2018) found an effective way to improve gross motor skills in children through creative dance. It has been proven that creative dance can improve gross motor skills at an early age because it is fun and not monotonous. Plus, children dance accompanied by music so that children don't get bored. In line with Tsompanaki's (2019) research, creative dance is able to improve several motor, cognitive, emotional and general health areas in preschool children because the program is created in an atmosphere that attracts children's attention.

The same research was also conducted by Yuliastuti, Kurniah, & Ardina (2020) who said that through training methods using audio-visual media in creative dance, it was able to improve children's gross motor skills from an average in the first cycle of 2.965 with less criteria and in the second cycle it was 2.965. 4.01 with good criteria. The use of interesting audio-visual media and learning methods with repetitive practice so as to improve movements optimally.

From several studies above, researchers have the idea of conducting learning using the TikTok application media to improve gross mo-

tor skills in early childhood or preschool age. The TikTok application is a digital platform for sharing short videos so that users can make dancing and singing videos easily. (Afifiyah, 2021). In this tik-tok, children can practice gross motor skills by dancing freely according to their preferences and there are many choices of movements and music. This application was created by Alex Zhu and Luyu as a new concept in the world of social networking. Researchers chose this Tik Tok application because it is in accordance with the implications of research by Yuliastuti, Kurniah, & Ardina (2020) for further research to develop audio visual media with more varied methods to improve children's gross motor skills in creative dance, especially in the gross motor aspect. Of course, this Tik Tok application is very suitable if used by children to develop the gross motor skills of children aged 5-6 years because there is content for dancing with various music and songs that children can choose themselves so that children are interested and feel happy to practice their gross motor skills. . Movement and songs are effective in improving gross motor skills in children aged 5-6 years (Fitrianti & Reza, 2013) so this Tik Tok application is expected to be able to improve children's gross motor skills.

The Tik Tok application media for improving the gross motor physical skills of children aged 5-6 years is a main problem that is important to research so as to increase studies and knowledge related to media innovations used to improve children's gross motor physical skills. Apart from that, the Tik Tok media application was chosen because it is one way of utilizing technology that has been innovated in the education sector, namely as a learning medium for early childhood. It is very important to optimize children's gross motor skills because they support the development of other aspects. For this reason, studies and research treatments related to the Tik Tok application media are needed to improve children's gross motor physical skills. The aim of this research is to determine the effect of Creative Dance Learning through the Tik Tok application on the physical development of gross motor skills in children aged 5-6 years in Banjurpasar Village.

METHOD

The approach in this research is a quantitative approach with an experimental research approach. This research uses a one group pretest post-test design. The population of this study were children aged 5-6 years in Banjurpasar village. Researchers took samples from children aged 5-6 years in Banjurpasar village, totaling 31 children. The independent variable in this research is creative dance learning media through the Tik Tok application media, while the dependent variable in this research is the gross motor physical development of children aged 5-6 years. Data collection methods use interviews, observation sheet instruments, and documentation, then for data analysis techniques use prerequisite tests, hypothesis testing with paired sample t-test, and descriptive analysis.

RESuLTS AND DISCuSSION

Banjurpasar Village is a village in Bulus Pesantren subdistrict, Kebumen, Central Java with postal code 54391. This village is located at 7* 45'54" 5, 109* 41'50" E withThe area is 226,755ha\m2 which consists of settlements, rice fields, cemeteries and other public infrastructure.

Descriptive Analysis Results

Table 1. Interval Class Analysis Results*Pre-test*

Intervals	Criteria	Frequency	*Percentage*
0 – 1	BB	13	41.93%
2 – 3	MB	10	32.25%
4 – 5	BSH	4	12.90%
6 – 7	BSB	4	12.90%
Total		31	100%

Based on the table above, it is explained that the interval classes for the pre-test are divided into 4 levels, namely BB, MB BSB, and BSH. Class BB has a range from 0 – 1 with a frequency of respondents of 13 children or 41.93% of the total respondents. Furthermore, the MB class level has a value range of 2–3 with a frequency of 10 children or around 32.25% of the total number of respondents. Then the BSH level class has a value range of 4-5 with a respondent frequency of 4 or 12.90% of the total number of respondents and the BSB level class has a value range of 6-7 with a respondent frequency of 4 or 12.90% of the total number of respondents. Based on this data, it means that the average pre-test regarding the influence of creative dance learning through the TikTok application media on the physical development of gross motor skills of children aged 5-6 years in Banjurpasar village is at the starting level class.

Table 2. Post-test Interval Class Analysis Results

Intervals	Criteria	Frequency	*Percentage*
32 – 37	BB	4	12.90%
38 – 42	MB	13	41.93%
43 – 48	BSB	13	41.93%
49 – 54	BSH	1	3.22%
Total		31	100%

Based on the table above, it is explained that the interval classes for the post-test are divided into 4 levels, namely BB, MB, BSB and BSH. Class BB has a range from 32 – 37 with a frequency of respondents of 4 children or 12.90% of the total respondents. Furthermore, the MB class level has a score range of 38 – 42 with a frequency of 13 children or around 41.93% of the total number of respondents. Then the BSB level class has a value range of 43 - 48 with a frequency of respondents of 13 or 41.93% of the total number of respondents and the BSH level class has a value range of 49 - 54 with a frequency of 1 child or around 3.22% of the total number of respondents . Based on this data, it means that the average post-test related to creative dance learning through the TikTok application media on the physical development of gross motor skills in children aged 5-6 years in Banjurpasar village is at the development level class as expected.

Based on the table above, it is known that the Sig (2-tailed) value is 0.000 < 0.05, so Hrejected andHaccepted. So it can be concluded that there is an average difference between the Pre Test and Post Test learning outcomes, which means there is an influenceon the physical development of gross motor skills in children aged 5-6 years in Banjurpasar village.

This treatment is carried out in 3 meetings a week. In line with the research, 12 meetings were carried out according to Sarwono & Ismaryati (1999 p. 43) "the frequency of good practice repetitions is 5-6 per training session or 2-4 times per week". On the first day, children were given instructions to watch and observe the video first. On the second day, children were asked to imitate dancing movements using videos from the Tik-Tok application that researchers had sent via Android. On the third day, the children did movements like the video given by the researcher. After the 3 day activities were completed, post-test activities were carried out where children did the same thing as during the pre-test, namely dancing creatively using the tik-tok application media with the videos that had been provided. The results obtained after treatment showed an average score of 41.45% with a maximum score of 54. Next, the categories Not yet Developed (BB) 12.90% with a frequency of 4, Starting to Develop (MB) 41.93% with a frequency of 13, Developing Very Well (BSB) 12.90% with a frequency of 13, Developing According to Expectations (BSH) 3, 22% with frequency 1.

Based on the pre-test table and post-test table, it can be seen that the gross motor skills of children after being given training were found to be in the very well developed category. In contrast to before the training was given, there were no children found in the very well developed category. In the category of developing according to expectations, the frequency of children seeing increased compared to before they were given treatment. Meanwhile, in the undeveloped and beginning to develop categories, the frequency is seen decreasing. In contrast to before treatment was given, the categories starting to develop and not yet developing were seen to have more frequency.

After the researcher explained the results of the research that had been carried out entitled the influence of learning creative dance through the tik-tok application media on the physical development of gross motor skills in children aged

Table 3. Paired Sample T-Test Results

	Paired Differences							
			Std. Error	95% Confidence Interval of the Difference				
	Mean	Std. Deviation	Mean	Lower	Upper	t	df	Sig. (2-tailed)
Pair Pretest - Posttest	-39,097	3,270	,587	-40,296	-37,897	-66,577	30	,000

5-6 years in Banjurpasar village in 2021/2022, "which aimed to determine the influence of creative dance using the application. tik-tok on gross motor skills of children aged 5-6 years in Bannjurpasar village. At this stage, children feel that they have great enthusiasm, where they can express themselves through dances that are uniquely packaged using videos. Children's gross motor skills become more refined, more active, and mature and continue to develop. This is in line with what is described in Minister of Education and Culture Regulation number 137 of 2014 concerning the level of achievement of children's development, which is where gross motor development at the age of 5-6 years is: 1. carry out coordinated body movements to train flexibility, balance and agility, 2. Perform coordinating eye-foot-hand-head movements in imitating dance or gymnastics, 3. Playing physical games with rules, 4. Skilled in using the right and left hand, 5. Carrying out personal hygiene activities.

Based on the results of observations, regarding aspects of gross motor activity carried out by researchers, children experience difficulties and need guidance. This action research aims to improve children's gross motor skills through learning to wash their hands while exercising properly using creative dance through the Tik-Tok application. Washing hands using creative dance through the tik-tok application is an artistic activity as the embodiment of an idea, idea of an existing form or a new (pure) creation that can be done using a modern form of dance combined with movement and song through the tik-tok application.

From this explanation, one of the success factors in gross motor skills can be measured or known from the child's muscle movements which become stronger when moving their hands, body, head and legs as stated by Maxim (1993: 34) stating that physical activity also creates a sense of curiosity. children and foster children's creativity and imagination which is included in the child's mental part. Based on research conducted in the learning process, there are children who do not have the ability to coordinate between hands, body and feet in dancing the creative dance of washing their hands using the tik-tok application. This can be seen when the music is played, children are still unable to follow the movements in the correct order. simultaneously. Children are still shy and experience difficulties when doing the hand washing movement where the hand and foot movements are not carried out together as stated by Sugianto and Sujarwo (1991: 23) that the process of motor learning development in early childhood occurs in three stages, namely: verbal cognitive where this stage is the child's initial stage in learning movement, and the child becomes aware of the movement being studied. The second is the associative stage or intermediate stage where children have begun to master movements in series and do them repeatedly. Stage 3 is the automation stage where at this stage the child is able to perform skill movements automatically.

Another difficulty faced by children in dancing the creative dance of washing their hands using the TikTok application is matching the tempo of washing their hands with the existing music. The order and tempo at the beginning of the pre-test were still many children who were embarrassed and still confused about imitating the movements. This happens because children study at home for a long time during the pandemic so that children are less likely to move, especially in their gross motor skills.

During the post-test, there began to be an increase in the coordination aspects of hand, body and leg movements in accordance with the creative dance movements of washing hands using the Tik-Tok application media in accordance with the desired expectations. Based on the results of the data obtained on the development of the first aspect that children can do is be able to follow the hand washing movements that are taught in accordance with creative dance through the tik-tok application media, children are also able to adjust the tempo of the music and dance movements. Through this dancing activity, children can improve gross motor skills such as learning physical abilities, learning creative dancing or creative gymnastics which can improve children's creative abilities. The second aspect is turning and jumping following the tempo of the music, where children imitate jumping and turning movements when creating a hand washing dance using the tik-tok application media to stimulate children's gross motor skills, as stated by Hadis 2003 (in Bambang Sujiono 2005) can be done by train children to jump, run, tiptoe, walk on footbridges and so on. This creative dance of washing hands using the Tik-Tok application is one way to increase children's creativity and gross motor skills by ensuring that children are able to dance, express themselves in order to train the muscles of the hands, head, body and feet simultaneously accompanied by music to make it fun. In simple terms, this research has been successfully carried out to determine the effect of learning creative dance using the tik-tok application which has been proven to increase the physical development of gross motor skills in children aged 5-6

years in Banjurpasar village. This can be proven by existing data. This activity is also very popular with children and is suitable during a pandemic like now.

CONCLuSION

Based on the results of research conducted by researchers, it can be concluded that the results of the pre-test influence the physical development of gross motor skills in children aged 5-6 years in Banjurpasar village, have an average of 2.3 which is in the 6-7 category range so it can be said to be general gross motor skills in the category Not Yet Developed (BB) 41.93% with a frequency of 13, Starting to Develop (MB) 32.25% with a frequency of 10, Developing as Expected (BSH) 12.90% with a frequency of 4, Developing as Expected (BSB) 12.90% with frequency 4.

The post-test results on the physical development of gross motor skills of children aged 5-6 years in Banjurpasar village obtained after treatment showed an average score of 41.45% with a maximum score of 54. Furthermore, the Not Yet Developed (BB) category is 12.90%, meaning there are only 4 children whose gross motor physical development has not yet developed, Starting to Develop (MB) 41.93%, meaning that 13 children have gross motor physical development that is starting to develop, Very Well Developed (BSB) 12.90% with a frequency of 13, and Developing According to Expectations (BSH) 3.22% with a frequency of 1.

By learning creative dance through the tiktok application, there is an increase in the physical development of gross motor skills in children aged 5-6 years in Banjurpasar village. This is shown by the results of the t test on the pre-test and post test on children's gross motor development with a result of 0.000. From these results the sig value. < 0.05. So it can be concluded that there is an increase in the physical development of gross motor skills in children aged 5-6 years. The meaning of the hypothesis proposed in the research, namely Ho (there is no significant increase in creative dance through the tik-tok application media on the gross motor physical development of early childhood in Banjurpasar village) is rejected while H(There is an increase in the development of creative dance through the tik-tok application media on children's gross motor skills in Banjurpasar village) accepted.

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