



## The Effectiveness of Dance Learning on Locomotor Movement Skills Development Children Aged 5-6 Years in PAUD Sekar Nagari

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### Abstract

*Locomotor movement skills can be developed through many ways, one of them with dance learning. The form of dance learning is music and movement because the children can do the dance according to the music and song lyrics. Locomotor skill is are movements that require the body to move in space. Locomotor movement skills in this dance include running, stepping and jumping. Type of research method used quantitative research using experiment, pre-experimental design, namely one group pretest-posttest. This research giving treatment and examining the assessment from before and after the treatment. This study aims at observing to develop of locomotor movement skills of 5-6 years old with dance learning. Indicate that increase in locomotor movement skills of children with dance learning, the score of pretest-posttest. After the research is conducted, the result obtained is grades of locomotor movement skills of children in dance learning in early childhood Sekar Nagari. Through the music and movement dance learning, it is expected that children can improve the aspect of locomotor movement skills using motions and song of "dua mata saya", because the dance is simple and every children can do this dance with memorize the song lyrics to move their body.*

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## INTRODUCTION

Early childhood education is a coaching effort aimed for children who were born until the age of six years old. It is done by giving stimulation of education to help physical and spiritual growth and development, so children has readiness when they enter the next levels of education (Law No. 20/ 2003, 1:14). One of the ways to give stimulation is through dance lessons. Astuti (2013) outlines some efforts to be made by early childhood teachers to optimize the gross motor development of early childhood, among which provide a comfortable and safe environment, provide confidence in children, teach concentration, teach motor skills, assisting the process of training, and provide guidance and motivation. Dance lesson is one of the lessons that can develop children basic skills, namely motor, language, music, social, emotional, art, and cognitive skills. Art as a means or tool to form students to become human skilled, conscious culture, sensitive, creative, fit, elegant and can meet the needs of children to actualize themselves (Hartono, 2012:5).

However, not all schools have this extracurricular. Therefore, what teachers can do is add dance lessons in daily learning activities in the school. Dance learning for children vary, there are music and movement, themed formed dance and storytelling of dance. Of all the three kinds of dance, the most suitable and easiest for early childhood is music and movement dance. Dance lessons are only an extracurricular in the schools. Also, it is only done when there are certain occasions which need routine practice. The role of teachers here is only to give dance lessons when there are special occasions in the school.

Motions development of the children experiences decrease/their body parts become stiff, which is evident from the lack of physical training related to motions. Practice does not necessarily have to be done for a long period of time, it can be done routinely in several minutes in order for the children to get used to doing the moves especially the dance. Besides, there are many factors which make dance lessons in school less effective, one of them is teachers. More specifically, lack of teachers who are good at dancing, so that the school has to

recruit dance teachers from outside of the school to give dance lessons. It does not necessarily have to be dance major graduates, teachers from ECE major graduates can also be dance teachers. Therefore, what they learn during college can be applied in every learning process in the school.

The new music educational methods brought a sweeping revolution in education worldwide and the importance of music and movement education was undoubtedly recognized for its contribution to the child's holistic and multifaceted development Haselbach, 1978; Nye & Nye, 1985; Mason, 2011 (Lykesas Georgios, et.al, 2017). Dance lessons given will focus on music and movement, because this dance are very simple. The children can differentiate between one move to another by using lyrics. They can also sing while moving. Not only does it improve children's cognitive and language skills, it also improves children motion skills. One of them is locomotor movements, that is, the movements which require the body to move through space. As an example, children can learn calculation while moving forward, backward, right, and left, while making circles, vertical or horizontal positions, and so forth. There are many references that teacher can use, one of them is from youtube. There are many kinds of various music and movement dance which can be used as references in children dance updates. Besides, teachers can modify the dance according to the age and levels of children motor skills development. The selection of music and movement dance is very easy, teachers can use various children songs. Besides introducing the songs to the children according to their ages, the simple and easy to memorize song lyrics can also improve their cognitive and language skills.

Teacher can make small group or classical learning, because children can follow the dance if together with another friends. Dance art learning for early childhood will contribute more if done through group learning or classical learning because early childhood tends to imitate their environment. Suryosubroto (Rakimahwati, 2014) says that classical learning is learning by using the classical method in which a teacher in the classroom faces a number of students at the same time, delivers the same teaching method to all of the students.

**RESEARCH METHOD**

Research method is a way to obtain data for certain purposes by using the right strategies according to the issues. The method selected is experimental method, in which it is employed to observe the possibilities of cause and effect in certain conditions. The method employed is pre-experimental design, which is, one group pretest-posttest (Emzir, 2015:96-97). In this research, there is no control group and there is only one treatment given, which is, music and movement dance lessons. The research design used is as follows:

Table 1. *One Group Pretest-Posttest* Research Design

Pre-test	Treatment	Pos-test
O <sub>1</sub>	X	O <sub>2</sub>

**RESULTS AND DISCUSSION**

Music and movement “dua mata saya” can be a learning dance for early childhood. Locomotor movements in this dance which consist of running, jumping, and stepping from various motoric activities done in school are presented in the following:

Table 2. Comparison Data of Locomotor Movement Skills

Subject	Pre-est	Pos-test
A-1	63	78
A-2	61	83
A-3	53	80
A-4	58	79
A-5	63	82
A-6	60	74
A-7	62	85
A-8	62	82
A-9	57	79
A-10	61	77
A-11	64	75
A-12	66	89
A-13	68	88
A-14	66	87
A-15	68	87
A-16	67	89
A-17	64	83
A-18	64	81
A-19	62	84
A-20	66	83

Pretest data show that children locomotor movement skills is poor, not only when running, jumping, and stepping, but also when moving things to other places, jumping from a 30 cm high place, and keeping in balance by walking by the board while holding something in their hand.

The results obtained consist of assessment of every move, which are running, jumping, and stepping. The assessment is done by observing the dance moves done by each child, with formed music and movement dance.

From the results obtained, it can be explained that children locomotor movement skills have well improved. It is evident in the changes of children locomotor movements before and after the treatment is given, that is, by giving music and movement dance lessons entitled “dua mata saya”. The calculation, which used SPSS, demonstrates that there is a change in the mean score of 62,75 to 82,25. The p significance value is 0,004, which is  $p < 0,05$ , indicating that there is a significant correlation between locomotor movement skills and dance lessons.

Learning process in ECE must be in accordance with children development stages listed in standard of achievement level of children development, where every aspect has different stages. One of the ways to improve children motor skills is through dance lessons. Dance lessons are one of the ways to improve various aspects, including motor (locomotor, nonlocomotor, and manipulative), social emotional, culture understanding, and so forth. Dance lessons in kindergarten can be done by various kinds of dance, one of them is music and movement. This dance can make children can move according to song lyrics. Therefore, the lyrics can be the benchmark of one motion movement to another. Dance lessons should refer to children development, where the dance can benefit the children. Every dance move should be able to develop imagination and have meanings for every child. This process of perception and experiencing music and movement activities has a physiological basis in the brain co-ordination of the areas responsible for anticipation and association of auditory and movement images M. Kodejska (Eva Králová & Maciej Kałodziejwski, 2016).

The form of music and movement dance is a simple, easy dance which can be performed by children from the age of three. Music and movement can be performed according the theme and subtheme around the children surroundings. This dance, it is expected that teachers can give learning experiences for the children. Currently, development of music for adults varies and it beats music or songs for children. The impact of songs for adults is not very good for children, therefore,

through dance lessons in the form of music and movement dance, other than to improve aspect of children locomotor movements i.e running, jumping, and stepping, children can also sing along as the move, memorize the motion motions using the lyrics.

When the children move their body, they need balance, because in order to achieve a balance, technique should be intertwined with creativity, respective to the maturity of the child. Dance, for the young child should be a joyful experience. children need to enjoy the process of learning dance. in short, dance classes should be fun. in this way, children will develop a love and appreciation for the art.

The implementation of dance lessons is expected to be an extracurricular as well as a learning activity which is routinely done every once in a week or before the main learning process begins. Dance lessons have many benefits including, 1) children will have skills to move every parts of their body, 2) children will have skills to express rhymed moves, 3) children will have skills to make use of rhymed moves in space 4) children will be have skills to make use of rhymed moves as a realization of their experiences and imaginations, 5) children will be happy because they have new experiences, which does not make them feel burdened more than their abilities and the children do not feel like they are forced to be active (Nugraheni, 2015: 3-4). Teachers must vary to provide motion stimulus skills to children to develop gross motor development and dance creation according to the theme in school.

Goals for dance in early childhood: 1) love of moving and dancing, 2) appreciate and understand the art of dance, 3) create a positive experience from which to learn and grow, 4) develop physical skills that are age appropriate, 5) develop social skills: to participate and share within a group, to lead and follow, to appreciate the work of other children, to develop an awareness of personal space and respect the personal space of others, 6) develop body wellness: understand and respect ones's own body, learn how to move safely, 7) educate the parent and greater community about the importance of appropriate dance for young children, (UNITY of American's Dance Organization, 2019)

## CONCLUSION

Based on the results of the study, it is concluded that: skills development of 5-6 years old children through dance lessons (music and movement) has experienced changes. This change can be seen from the aspect of improvement of locomotor movements which are running, jumping, and stepping and the

dance lessons given get positive responses from the children and can be well implemented.

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