

THE BENEFITS OF JUMP ROPE GAMES FOR THE DEVELOPMENT OF GROSS MOTORCY IN EARLY CHILDREN

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Abstract. Development motor rough man can develop optimally when stimulated with the right way , very diverse game for functioning children stimulate motor rough for example game traditional jump rope . In the study this aiming For know and understand benefit from game traditional jump rope for development motor rough child age 5-6 years . Based on results use study textual descriptive stated that game traditional jump rope own variety usefulness for development motor rough child age early . Based on researcher data analysis interesting conclusion that game traditional jump rope own usefulness for development motor rough child age 5-6 years.

Keywords : Early Childhood, Games Traditional, Gross Motor

INTRODUCTION

Children aged early have a characteristics typical namely like play , almost No Once missed every the day For activity play , therefore That as parents also have task For facilitate playtime child . Of course . with games that can support developmental stimuli in children . Children whose playtime not enough facilitated so later development child will disturbed and not develop optimally . Through play child will helped in release feelings as well as his emotions , things That show importance play for children . Lots of them. Variety game for child age early , one of them is game traditional jump rope . (Siti Aisyah, 2011)

Game traditional alone is existing and developing games somewhere area certain Where matter the is a culture that must be as well as preserved . There are various type game traditional that is game jump rope , game hopscotch , game traditional congklak , tiles hide and seek, bekel, etc. Adults also have a very important role in do supervision safety moment child play games . Because many very found that underprivileged children under surveillance moment play possibility the magnitude that is happen a accident. Through activity play, child will move in a way free and able practice flexibility, gross motor agility. Every child Certain have different developments, one of which is development child is factor environment for example can stimulated through A games. For example If in the A game Certain There is a rule certain that will agreed , from That's it child will Study in solve problem as well as Study in face challenges. There are several possibility reaction child in face challenge in game. Someone is angry armpit lose, someone cries when failed, someone laughed himself when No can. That is is A form expression child when face challenge. (Mardiana . 2017).

One of game traditional fit For to support development child age early is game jump rope . Play jump rope is a good activity for body. In physique child So more skilled , because Can Study method technique deep jump game This of course need skills alone. If often done , child can grow become agile , nimble and dynamic . His muscles are solid and full , strong, as well as trained . In addition to training physical , toys this is also possible make children proficient jump high . Jump rope can also help reduce obesity in children. According to (Achroni K. , 2012) game jump rope or "play rubber " ever popular among child class of 70's to 80's. Game jump rope can played in a way shared by 3 to 10 children.

RESEARCH METHOD

Types of research This use study textual descriptive . Research textual descriptive is type study qualitative Where study the in search source the data done with method No jump direct spaciousness. For search source the data done research with method research works written previously from research that has been done or those that have not published (Evanirosa , Bagenda , 2022). In addition study this also uses study literature Where in get information data source from various media provided in the library, such as books, historical records, magazines, documents, etc. Research This focuses on studying benefit game jump rope For develop gross motor aspects in children.

Data collection techniques in article This that is documentation from book data source with reading, taking notes, classifying, analyzing and concluding. According to Sugiono (2008) the study document in a study qualitative is A complement from results activity observation and interviews. Through studies document This even Can increase credibility in the method research . According to the Big Indonesian Dictionary (KBBI), a document That have the meaning of the image in film, recording sound, and whatever becomes complement from studies observation and interview. Documentation study this also has excess namely the source originate from original and real data. Data analysis techniques used in the article study This is analysis contnt.

RESULT AND ANALYSIS

This In the discussion that I wrote then There is Several gross motor variables are developed in jumping games rope .

1. Game Jump rope

According to Harsono (Ismayadi , 2011) Games jump rope is game jump with obstacle course in the form of rope made of from knitted rubber become long . Games jump rope given to students with objective increase ability Work from muscle legs , where muscle legs the will experience change consequence given game . More carry on according to Anggaini Sudono , jump rope / skipping already Can played since child age early (kindergarten). So around 4-5 years Because motor rough they has ready . Moreover play rope can cover curiosity they will How it feels like jump .

Implementation of How to Play Jump rope

For the procedure game jump rope Alone own Lots version depending on the level difficulty or rules applied . Below This is a basic procedure game jump rope :

Preparation :

- a. Prepare Rope : Use it rope of the size Enough long as well as own Power strong resistance For jump .
- b. Election Players : Determine order the player who will later will jump . Usually player will in a way alternate For jump over rope .

Rule Base :

- a. Start Jumping : There will be two people who will hold rope in both end and start move on land , forming moving circle horizontally .
- b. Jump Single : One of player must jump with only use one leg when rope Still low . The players must Can jump over rope only with one foot at a time rope pass they .
- c. Jump Double : After all player succeed jump over rope only with one leg at a time rope move , then levels difficulty can raised with Speed up the rope movement . The players must jump with one leg twice each rope pass they .
- d. Jump Triganda and Next : in this process levels speed added or Can called with add complexity of rope movement , players requested For jump three times, jump in a way cross , or style jump other .
- e. Errors and Substitute Players : If the player when jump stumble or fail jump over rope with true , then turn they has ends and takes turns with the players other .
- f. Additional Challenges : Yes add a number of variation movement hand or body others , for example , jumping while spinning or with do movements certain moment jump .

Variation Game

- Double Dutch : variation This using two moving ropes in a way parallel or can also be mutual intersect with objective For challenge player jump over second rope with various type movement .
- Specific Movement Challenges : Determine various Miscellaneous movement special that must be done player moment jump over rope , for example like movement jump while turn or jump with just one leg .

Game jump rope Can adjusted to the skill level and age of the players . It is very important For ensure safety players and give variation so that game still interesting and fun for all over player .

1. Ability Gross Motor

Sunardi and Sunaryo (Puspitowati, 2012) said that motor rough is ability motion body that uses muscles big , part big or all over member body motor rough needed for children can sit, kick , run , go up and down stairs and so on . More carry on According to John W, Santrock (2002: 145) that skills motor gross motor skills include activity muscles big like move arms and walking .

Through game jump rope, ability child in coordinate part body like eyes, hands and activities leg muscles , can balancing the body and leg strength . Motor skills rough is very important controlled by someone Because Can do activity everyday , without have nice move will left behind from other people, such as : running , jumping , pushing , throwing , catching , kicking and so on .

2. Benefits of Games Jump Rope Against Ability Children's Gross Motor Skills

At the age of this , child start develop skills new and improved skills that have been owned . Development and coaching skills motor skills are very necessary Because is development element maturity and control motion very necessary body for life child .

Development this is also indicated by good balance in jump rope . task motor rough , that is covers development physical form coordination movement body , such as running , tiptoeing , jumping , hanging , throwing , and catching , as well as guard balance . Development motor rough in kindergarten aims For introduce and train movement rough , increase ability manage , control movement body and coordination , as well as increase skills body and manner life healthy , so that can support growth physically healthy , strong and skilled . In accordance with objective development physical said , child educate trained movements the basis that will be help development his motor in the future (DEPDIKNAS, 2008: 2).

1. Balance

Balance is skills somebody For maintain body in various position . Balance in the division into two forms namely : static and dynamic balance . Static balance refers to to guard balance body when stand on a place . Balance dynamic is skills For guard balance body when move from a place to another place without fell . He added that static and dynamic balance is oversimplification . Added second element balance complex and very specific in tasks and movements individual .

In the game jump rope practice balance Because involving good coordination between body part up and down as well as need precise control moment jump . jump rope need good control on leg, hip and core muscle movements to jump at the right time and avoid entangled or stumble . Game This help in development skills motor rough , the important thing is For guard balance , especially moment do movement jump and avoid obstacle .

2. Strength Child's Body

Healthy child always move or do something and almost not never silent. Games physical presented in accordance with development child so that will give Lots chance for child For channeling encouragement This is . will put solid and strong foundation for the future they . Childhood is a period of activity physical-motor skills that are not limited , push For move and desire For play overflowing .

A expert education say that " education will succeed through movement and through movement come true education " . Strength is skills a group muscle For cause power when contraction . Strength muscle must owned child since early . If child No own strength muscle Of course child No can do activity play that uses physique such as : running , jumping , throwing , climbing , hanging , and pushing .

Through game jump rope This child can understand method use strength body they For jump rope without touch rope the .

3. Practice Agility

Agility is skills somebody change direction and position body with fast and right on time move from point to point others . For example : when play jump rope the more fast time taken For touch and also speed For avoid , then the more tall his agility .

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