Physical Education, Health and Recreation; Vol. 10, No. 2 (2025) 8-11
ISSN-E: 25489208- ISSN-P:25489194
Published by Study Program Physical Education, Health and Recreation _Universitas Negeri Medan
Email: pjkr@unimed.ac.id

IMPROVING GROSS MOTOR SKILLS THROUGH TRADITIONAL COCONUT SHELL STILTS IN ELEMENTARY SCHOOL CHILDREN

Dea Amanda Kamalia *, Vera Septi Sistiasih, Eko Sudarmanto, Anugrah Nur Warthadi

Correspondence: Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

Email: a810210110@student.ums.ac.id

ABSTRACT

Abstract Content

This study aims to see an increase in gross motor skills in early childhood using the method of playing coconut shell stilts. This research is a quantitative research. In the *pre test* , it was found that 80% of children who were not able to play the gross motor skills of children or 12 children who had not mastered the game of coconut shell stilts and 3 more children who could basically play coconut shell stilts. With poor results, the researcher carried out *treatment* by introducing and training the basic technique of coconut shell stilts to get better results. In the *post test* , the results were obtained that 93.33% of children or 14 children were able to play coconut shell stilts classically. As a result, children are seen to be active in the motor learning process at SDIU Nawa Kartika Selogiri. The impact can be seen on the mastery of movement and can ultimately improve children's gross motor skills. The implication of this research is that teachers at SDIU Nawa Kartika are expected to use coconut shell stilts as a method to improve the gross motor skills of elementary school children.

Keywords**: **Rough Motor, Child, Coconut Shell Stilts

INTRODUCTION

Children who have good gross motor skills will have good mental development because children are able to adjust to the surrounding environment so that their confidence will continue to increase and will have a positive effect on their cognitive motor skills. The main elements that play an important role in stimulating children's motor development are teachers and parents. Teachers provide stimulation in the form of activities that involve the child's gross muscles at school while at home parents stimulate with activities that children can do daily.(Hidayanti, 2013). Traditional games are games that are inherited from generation to generation and influenced by certain cultural backgrounds. Each region in Indonesia has its own unique game. Traditional games can be dexterity, role play and manipulative play. Traditional games not only train children's physical and motor skills, but can also be a means of instilling the values of love for Indonesian culture in children. This traditional game activity also helps children to develop all aspects of child development.(Widiyanti et al., 2023)

Batok stilts are a type of game that can be played by both men and women. Egrang Batok is classified as a game for children. In playing it, usually children will compete quickly. To play Egrang Batok initially, players consisting of 3 to four people will prepare at the starting line. The players will ride the Egrang which is made of coconut shells. Then, as a sign of the start of the game, the players will be given a cue. If a signal is heard, the players will race each other with their respective Egrang to determine who gets to the finish line first. If a player reaches the finish line first, he will be crowned the winner. Gross motor includes large movements that involve large muscle groups. These abilities include activities such as walking,

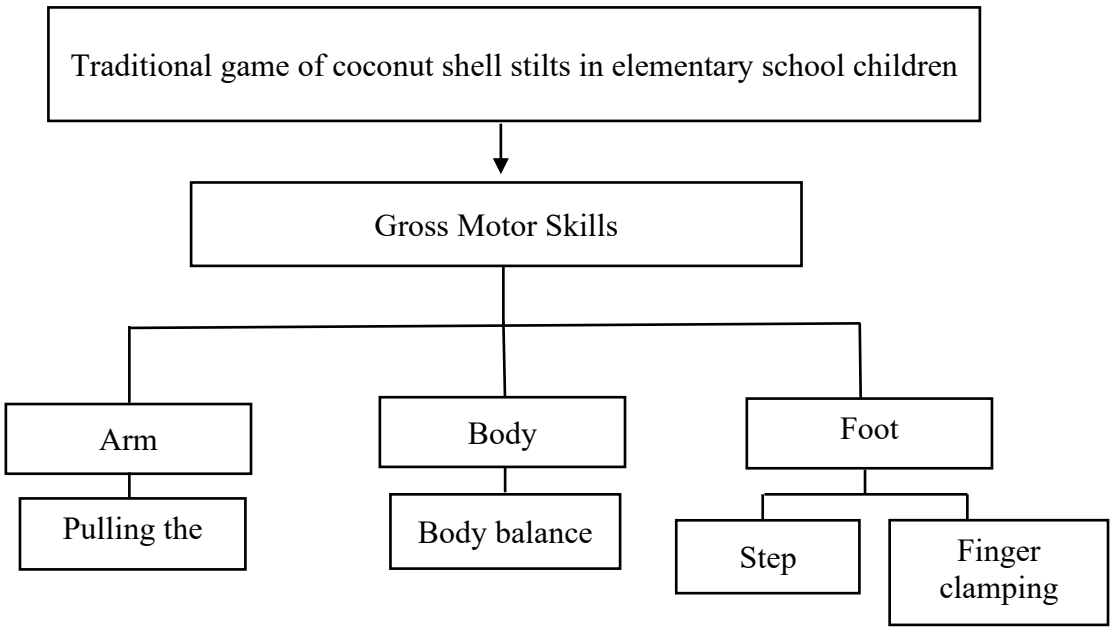
Physical Education, Health and Recreation; Vol. 10, No. 2 (2025) 8-11
ISSN-E: 25489208- ISSN-P:25489194
Published by Study Program Physical Education, Health and Recreation _Universitas Negeri Medan
Email: pjkr@unimed.ac.id

running, jumping, and climbing. By the age of 7-9, children have usually mastered the basics of gross motor and are ready to perform more complex activities. Gross motor development is important to support daily activities and contribute to the child's overall physical health. Coconut Shell Stilts is a game that involves using coconut shells as tools for standing and walking. The game requires balance and coordination skills. In addition, Egrang Batok Kelapa also involves social elements, where children can interact and compete in a healthy way. These games have high cultural value and can introduce children to traditional heritage. Gross motor skills can be obtained through simple movements such as traditional games.

A child's gross motor development is influenced by the organs and functions of the central nervous system or brain. The nervous system plays a major role in the motor ability to coordinate every movement that a child makes. The mature development of the brain's nervous system that regulates muscles allows the development of children's competence or motor skills. When a child begins to improve his gross motor skills such as moving his arms and legs, he also begins to develop his fine motor skills such as grasping, touching and so on. Without proper gross motor skills, children will have problems with their fine abilities that will later be needed for formal things at school.(Hasnah, 2019)

Gross motor development is important to support daily activities and contribute to the child's overall physical health. Efforts to improve gross motor skills using the traditional game of coconut shell stilts in children aged 7-9 years have the aim of finding out the improvement of gross motor skills in children aged 7-9 years.

The following are the reasons for the researcher and the elaboration of the framework of thinking in the application of the agility training method as follows:



METHOD

This research is a quantitative research. The author's reason for using the quantitative method is that it is a quantitative research whose data is numerical and processed using statistical methods. This research is a quantitative research. This research method uses experiments with a pseudo-experimental research approach. This approach was chosen because it makes it possible to observe the influence of coconut shell stilts on children's gross motor

Physical Education, Health and Recreation; Vol. 10, No. 2 (2025) 8-11
ISSN-E: 25489208- ISSN-P:25489194
Published by Study Program Physical Education, Health and Recreation _Universitas Negeri Medan
Email: pjkr@unimed.ac.id

abilities directly, while still controlling for possible variables (Ningsih & Suryana, 2024). The research design used is *one group pre test-post test design*.

Table 1. Indicators of the achievement of the coconut shell stilt game

Yes	Category	Indicator
1	Very Well Developed (BSB)	If the child can walk using coconut shell Stilts for more than 5 minutes.
2	Grow as expected (BSH)	If the child can walk using coconut shell stilts for 4-5 minutes.
3	Starting to grow (MB)	If the child can walk using coconut shell stilts for 1-3 minutes.
4	Not yet developed (BB)	If the child cannot walk using coconut shell stilts.

The population used in this study is all students of SDIU Nawa Kartika Selogiri Wonogiri totaling 194 students. The sample from this study took 25 1st grade students. This study uses *the purposive sampling* technique because in taking the sample, only a few populations are taken to be sampled, and the sampling is in accordance with existing requirements and conditions. Therefore, with the restrictions, the sample used by the researcher amounted to 15 students.

The data analysis used in this study is quantitative descriptive, namely the processing of data collected through observation. According to Suharsimi Arikunto (2002: 29), descriptive analysis is used to illustrate that the actions carried out can cause improvements, improvements, and changes for the better when compared to the previous situation.

RESULTS AND DISCUSSION

Table 2. Washing *pre test* siswa

Yes	Category	Presentation of Results
1	Very Well Developed (BSB)	**0%**
2	Grow as expected (BSH)	**0%**
3	Starting to grow (MB)	**20%**
4	Not yet developed (BB)	**80%**

From the results *of the pre-test* that have been carried out by students in the field of data results in the form of 3 students who have begun to develop and students who have not mastered coconut shell stilts or who are included in the category of not yet developed as many as 12. So that the percentage is obtained as in the table above.

Table 3. Results of *student* post test

Yes	Category	Presentation of Results
1	Very Well Developed (BSB)	**20%**
2	Grow as expected (BSH)	**73,33%**
3	Starting to grow (MB)	**6,67%**
4	Not yet developed (BB)	**0%**

In the *post test* after treatment, satisfactory results were obtained with a percentage of students who developed as much as 93.33% so that the motor development of the students was relatively good.

CONCLUSIONS AND SUGGESTIONS

Based on the results and discussions that have been carried out, it can be concluded that the use of the coconut shell stilt playing method can improve children's gross motor skills consisting of (pulling rope, body balance, stepping, fingers clamping the rope) at SDIU Nawa Kartika Selogiri. The improvement of children's gross motor skills can be seen from the results of the observation of gross motor skills after the *pre-test* and after the post test is carried out .

BIBLIOGRAPHY

Hasnah, D. (2019). Early Age Through the Method of Playing Coconut Shell Stilts in Ra-Alhidayah Medan. *Thematic Journal, Vol. 9, No.1*, 8–16.

Hidayanti, M. (2013). Improving Children's Gross Motor Skills through Clogs Games. *Journal of Early Childhood Education*, *7*(1), 195–200. https://www.neliti.com/id/publications/117598/peningkatan-kemampuan-motorik-kasar-anak-melalui-permainan-bakiak

Ningsih, S. S., & Suryana, D. (2024). The Influence of the Traditional Game of Coconut Shell Stilts on the Gross Motor Skills of Children Aged 5-6 Years at Kartika Kindergarten 1-63 Padan. *Journal of Tambusai Education*, *8*(1), 15845–15856.

Widiyanti, L., Muslihin, H. Y., & Taopik, R. (2023). Improve the gross motor skills of children aged 5-6 years through the traditional game of fishing nets. *Journal of Education and Counseling*, *5*(1), 4093–4096.