

ABSTRAK

RATU BULQISH INDRIANI. Pengaruh Permainan Tradisional Egrang Bambu Terhadap Koordinasi Gerak Di Kelas V UPT Sekolah Dasar Negeri 066053. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh permainan tradisional egrang bambu terhadap peningkatan koordinasi gerak siswa kelas V UPT Sekolah Dasar Negeri 066053. Latar belakang penelitian didasarkan pada rendahnya kemampuan koordinasi gerak siswa yang ditandai dengan kurangnya keseimbangan, kesulitan menyelaraskan gerakan tangan dan kaki, serta pembelajaran PJOK yang masih monoton. Permainan egrang bambu dipilih sebagai alternatif karena dapat melatih keseimbangan, konsentrasi, dan sinkronisasi gerak tubuh secara terpadu. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen dan desain *One-Group Pretest-Posttest Design*. Subjek penelitian berjumlah 30 siswa dengan teknik sampling jenuh. Instrumen yang digunakan berupa tes kemampuan koordinasi gerak sebelum dan sesudah perlakuan. Hasil penelitian menunjukkan adanya peningkatan nilai rata-rata dari 9,4333 pada *pretest* menjadi 14,0667 pada *posttest*. Uji *paired t-test* menunjukkan nilai *t* hitung sebesar 11,273 dengan signifikansi $0,001 < 0,05$ sehingga H_0 ditolak dan H_a diterima. Dengan demikian, permainan tradisional egrang bambu berpengaruh signifikan terhadap peningkatan koordinasi gerak siswa dan dapat dijadikan sebagai alternatif pembelajaran PJOK yang inovatif berbasis kearifan lokal.

Kata Kunci: permainan tradisional, egrang bambu, koordinasi gerak, PJOK, sekolah dasar

ABSTRACT

RATU BULQISH INDRIANI. The Effect of the Traditional Bamboo Stilts Game on Motor Coordination Among Fifth-Grade Students at UPT State Elementary School 066053. Skripsi. Medan: Faculty Of Education State University Of Medan 2026.

This study aimed to determine the effect of the traditional bamboo stilts game on improving the motor coordination of fifth-grade students at UPT Sekolah Dasar Negeri 066053. The background of this research was based on the low level of students' motor coordination, indicated by poor balance, difficulty synchronizing hand and foot movements, and monotonous physical education learning. The bamboo stilts game was selected as an alternative solution because it can train balance, concentration, rhythm, and body movement synchronization in an integrated manner. This study employed a quantitative approach using an experimental method with a One-Group Pretest-Posttest Design. The subjects consisted of 30 fifth-grade students selected through total sampling. The research instrument was a motor coordination test administered before and after the treatment. The results showed an increase in the mean score from 9.4333 in the pretest to 14.0667 in the posttest. The paired t-test analysis revealed a t-value of 11.273 with a significance value of $0.001 < 0.05$, indicating that H_0 was rejected and H_a was accepted. Therefore, the traditional bamboo stilts game had a significant positive effect on improving students' motor coordination and can be used as an innovative and culturally based alternative strategy in physical education learning.

Keywords: traditional game, bamboo stilts, movement coordination, Physical Education, elementary school.