ABSTRAK

AIREN KRETY. Analisis Pelaksanaan Senam Anak Indonesia Hebat Pada Anak di TK Santo Thomas 2 Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan, 2026.

Senam Anak Indonesia Hebat (SAIH) merupakan program pembiasaan aktivitas fisik yang bertujuan membentuk kebiasaan hidup sehat dan mendukung perkembangan anak usia dini. Penelitian ini bertujuan untuk menganalisis pelaksanaan Senam Anak Indonesia Hebat pada anak di TK Santo Thomas 2 Medan. Penelitian menggunakan pendekatan kualitatif dengan metode deskriptif. Subjek penelitian terdiri atas kepala sekolah, guru kelas, dan 20 anak di TK Santo Thomas 2 Medan. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi, kemudian dianalisis dengan 3 cara yaitu reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa pelaksanaan SAIH dilaksanakan melalui tiga tahapan, seperti perencanaan, pelaksanaan, dan evaluasi. Anak berpartisipasi aktif selama kegiatan dengan mengikuti gerakan senam, memperhatikan instruksi guru, menyesuaikan gerakan dengan irama musik, serta berinteraksi dalam kegiatan kelompok. Keberhasilan pelaksanaan didukung oleh kesiapan guru, dukungan sekolah, serta ketersediaan sarana dan prasarana, sedangkan hambatan yang ditemukan berupa perbedaan kemampuan konsentrasi anak dan kendala teknis selama kegiatan. Secara keseluruhan, pelaksanaan SAIH di TK Santo Thomas 2 Medan telah berjalan dengan baik dan mendukung pembiasaan aktivitas fisik serta pembentukan karakter positif pada anak usia dini.

Kata Kunci : Senam Anak Indonesia Hebat, Pelaksanaan Program, Anak Usia Dini

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ABSTRACT

AIREN KRETY. Analysis of the Implementation of Senam Anak Indonesia Hebat for Children at Santo Thomas 2 Kindergarten Medan. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

Senam Anak Indonesia Hebat (SAIH) is a physical activity habituation program designed to promote healthy living habits and support early childhood development. This study aimed to analyze the implementation of Senam Anak Indonesia Hebat among children at TK Santo Thomas 2 Medan. The study employed a descriptive qualitative approach. The research participants consisted of the principal, classroom teacher, and 20 children at TK Santo Thomas 2 Medan. Data were collected through observations, interviews, and documentation, and were analyzed using three stages: data reduction, data display, and conclusion drawing. The findings revealed that the implementation of SAIH was carried out through three main stages, namely planning, implementation, and evaluation. During the activities, children actively participated by following the exercise movements, paying attention to the teacher's instructions, synchronizing their movements with the music, and interacting with their peers in group activities. The successful implementation of the program was supported by teacher preparedness, school support, and adequate facilities and infrastructure, while the main challenges included differences in children's concentration levels and technical constraints during the activities. Overall, the implementation of SAIH at TK Santo Thomas 2 Medan was carried out effectively and contributed to fostering physical activity habits and promoting positive character development among early childhood learners.

Keywords : Senam Anak Indonesia Hebat (SAIH), Program Implementation, Early Childhood

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