ABSTRAK

ENDA REJEKINTA KARINA BR PA. Hubungan Tingkat Intensitas Aktivitas Fisik Dengan Kemampuan Gerak Manipulatif Anak Usia 5-6 Tahun Di Tk Amal Shaleh Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026.

Aktivitas fisik merupakan bagian dari pola keseharian anak yang diduga memiliki keterkaitan dengan pencapaian kemampuan gerak manipulatif mereka. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara tingkat intensitas aktivitas fisik dengan kemampuan gerak manipulatif anak usia 5-6 tahun di TK Amal Shaleh Medan. Penelitian kuantitatif korelasional berdesain *cross-sectional* ini melibatkan populasi 22 anak Kelompok B melalui teknik sampel jenuh (*total sampling*). Pengumpulan data tingkat intensitas aktivitas fisik dilaksanakan melalui observasi rekaman video menggunakan modifikasi instrumen *Observational System for Recording Physical Activity in Children-Preschool* (OSRAC-P) yang direkam dengan tiga unit gawai (dua merekam kegiatan, satu pengatur waktu). Kemampuan gerak manipulatif diukur secara spesifik melalui tes unjuk kerja instrumen *Test of Gross Motor Development-2* (TGMD-2). Analisis data dilakukan melalui pengujian hipotesis dengan uji statistik korelasi *Pearson Product Moment*. Hasil analisis memperoleh koefisien korelasi sebesar 0,419 dengan nilai signifikansi 0,052 (> 0,05). Hasil tersebut membuktikan bahwa tidak terdapat hubungan yang signifikan antara tingkat intensitas aktivitas fisik dengan kemampuan gerak manipulatif anak. Ketiadaan korelasi ini sejalan dengan temuan observasi di lapangan, di mana tingkat intensitas aktivitas fisik mayoritas anak (77,27%) terpusat pada kategori rendah. Rutinitas pergerakan anak saat bermain bebas didominasi oleh pergerakan anggota tubuh di fasilitas bermain permanen tanpa adanya interaksi langsung dengan objek bermain. Akibatnya, anak kurang terbiasa melatih koordinasi geraknya menggunakan alat (objek), sehingga capaian teknik gerak manipulatif mereka belum maksimal sesuai kriteria baku instrumen penilaian.

Kata Kunci : Aktivitas Fisik, Gerak Manipulatif, Anak Usia Dini, OSRAC-P, TGMD-2.

ABSTRACT

ENDA REJEKINTA KARINA BR PA. The Relationship Between Physical Activity Intensity Level and Manipulative Movement Skills of Children Aged 5-6 Years at TK Amal Shaleh Medan. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

Physical activity is a part of children's daily routines that is thought to be related to the achievement of their manipulative movement skills. This study aims to determine whether there is a relationship between the physical activity intensity level and the manipulative movement skills of children aged 5-6 years at TK Amal Shaleh Medan. This quantitative correlational study with a cross-sectional design involved a population of 22 Group B children using a total sampling technique. Data collection for the physical activity intensity level was carried out through video-recorded observation using a modified Observational System for Recording Physical Activity in Children-Preschool (OSRAC-P) instrument, recorded with three devices (two for recording activities, one for timing). Manipulative movement skills were specifically measured through a performance test using the Test of Gross Motor Development-2 (TGMD-2) instrument. Data analysis was conducted through hypothesis testing using the Pearson Product Moment correlation statistical test. The analysis results obtained a correlation coefficient of 0.419 with a significance value of 0.052 (> 0.05). These results prove that there is no significant relationship between the physical activity intensity level and children's manipulative movement skills. The absence of this correlation aligns with field observation findings, where the physical activity intensity level of the majority of children (77.27%) was concentrated in the low category. Children's movement routines during free play were dominated by limb movements on permanent play facilities without any direct interaction with play objects. As a result, children are less accustomed to training their movement coordination using objects, so the achievement of their manipulative movement techniques has not been optimal according to the standard assessment instrument criteria.

Keywords : Physical Activity, Manipulative Movement, Early Childhood, OSRAC-P, TGMD-2.