ABSTRAK

FIKI TRIWIDIA SAPUTRI. Pengaruh Permainan Lalokatoz Terhadap Daya Tahan Anak Usia 5-6 Tahun di TK Harapan Islamiyah. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan menganalisis pengaruh permainan Lalokatoz terhadap daya tahan anak usia 5–6 tahun di TK Harapan Islamiyah. Penelitian ini dilatarbelakangi oleh rendahnya daya tahan anak yang ditandai dengan anak mudah merasa lelah saat mengikuti aktivitas fisik di sekolah. Permainan Lalokatoz dipilih sebagai salah satu bentuk permainan yang dapat meningkatkan aktivitas fisik anak karena mengintegrasikan gerakan lari, lompat, merangkak, dan tos dalam satu rangkaian aktivitas yang menyenangkan dan terstruktur. Rancangan penelitian yang diterapkan adalah *pre-experimental* berbentuk *One Group Pretest–Posttest Design*, yaitu pengukuran yang dilakukan sebelum dan sesudah pemberian perlakuan pada kelompok yang sama. Penelitian melibatkan 20 anak usia 5–6 tahun sebagai subjek penelitian. Pengambilan sampel menggunakan teknik *random sampling* sehingga seluruh populasi berpartisipasi dalam penelitian. Pengumpulan data dilakukan melalui tes daya tahan kardiovaskuler menggunakan lari bolak-balik sejauh 5 × 10 meter. Selanjutnya, data dianalisis menggunakan statistik deskriptif, uji normalitas *Shapiro-Wilk*, serta *Paired Sample t-Test* sebagai dasar pengujian hipotesis. Hasil analisis memperlihatkan peningkatan nilai rata-rata dari 2,75 pada *pretest* menjadi 3,35 pada *posttest*, atau meningkat sebesar 0,60 poin. Hasil pengujian statistik juga menunjukkan nilai *Sig. (2-tailed)* sebesar 0,014 (<0,05), sehingga hipotesis alternatif diterima dan hipotesis nol ditolak. Berdasarkan hasil tersebut, dapat dinyatakan bahwa permainan Lalokatoz efektif memberikan pengaruh yang signifikan terhadap peningkatan daya tahan anak usia 5–6 tahun di TK Harapan Islamiyah.

Kata Kunci : Permainan Lalokatoz, Daya Tahan, Anak Usia 5–6 Tahun, Kebugaran Jasmani.

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ABSTRACT

FIKI TRIWIDIA SAPUTRI. The Effect of Lalokatoz Games on the Endurance of 5-6 Year Old Children at Harapan Islamiyah Kindergarten. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

This study aimed to determine the effect of Lalokatoz game on the endurance of children aged 5–6 years at Harapan Islamiyah Kindergarten. This study was motivated by the low endurance of children indicated by children becoming easily tired during physical activities at school. Lalokatoz game was selected as an activity that can improve children's physical movement because it integrates running, jumping, crawling, and high-five movements into a structured and enjoyable sequence of activities. The study used a scientific method, with a pre-experimental design that had a one-time test before and after. The group was made up of 20 children aged between 5 and 6 years old at Harapan Islamiyah Kindergarten. The technique used to select the group was random, which means that all of the children in the group were included in the study. We collected data using a test that measured how well the heart and lungs could work. The test involved running back and forth between 5 and 10 meters. The data was analysed using three different tests. The first test was called the 'Shapiro-Wilk normality test'. The second test was called the 'Paired Sample t-Test'. The third test was called 'descriptive statistics'. The results showed that the average pretest score of 2.75 increased to 3.35 in the posttest, which is an improvement of 0.60. The results of the test showed a significance value (Sig. 2-tailed) of 0.014 < 0.05. This indicates that Ha was accepted and H0 was rejected. So, it can be said that Lalokatoz game had a big effect on making children aged 5–6 years old at Harapan Islamiyah Kindergarten fitter.

Keywords : Lalokatoz Game, Endurance, Children Aged 5–6 Years, Physical Fitness.

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