

ABSTRAK

FITRI KHADIZAH HRP. Pengaruh Permainan Tradisional Pecah Piring Bermuatan Kearifan Lokal Batak Toba Terhadap Keterampilan Motorik Kasar Siswa Kelas V SDN 068084 Jalan Denai. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026

Penelitian ini latar belakangnya oleh rendahnya keterampilan motorik kasar siswa kelas V SD, khususnya dalam aspek melempar dari ketiga indikator yang uji yaitu berlari, melompat dan melempar. Rendahnya kemampuan ini disebabkan oleh kurangnya variasi model pembelajaran yang mampu menarik minat siswa sekaligus mengasah ketangkasan fisik secara intensif. Penelitian ini bertujuan untuk mengetahui pengaruh permainan tradisional pecah piring bermuatan kearifan lokal Batak Toba terhadap peningkatan keterampilan motorik kasar siswa. Metode penelitian yang digunakan adalah kuantitatif dengan desain *Quasi-Experimental* tipe *Non-equivalent Control Group Design*. Sampel penelitian terdiri dari 48 siswa yang terbagi ke dalam dua kelompok, yaitu Kelas Eksperimen ($n=24$) dan Kelas Kontrol ($n=24$). Teknik pengumpulan data dilakukan melalui tes perbuatan (*pre-test* dan *post-test*) menggunakan instrumen penilaian keterampilan motorik kasar. Analisis data dilakukan menggunakan uji persyaratan (Normalitas Shapiro-Wilk dan Homogenitas Levene) serta uji hipotesis nonparametrik *Wilcoxon Signed Ranks Test* melalui bantuan IBM SPSS Statistic 31. Hasil penelitian menunjukkan adanya peningkatan yang signifikan pada Kelas Eksperimen. Skor rata-rata *pre-test* kelas eksperimen sebesar 51,01 meningkat menjadi 77,55 pada *post-test*, dengan persentase kenaikan mencapai 52,03% (selisih 26,54 poin). Sementara itu, Kelas Kontrol hanya mengalami peningkatan sebesar 19,61%, yaitu dari skor rata-rata 52,84 menjadi 63,20 (selisih 10,36 poin). Hasil uji Wilcoxon pada kelas eksperimen menghasilkan nilai signifikansi (Asymp. Sig. 2-tailed) sebesar 0,000 ($< 0,05$) dengan nilai Z sebesar -4,292, yang berarti H_a diterima. Berdasarkan temuan tersebut, dapat disimpulkan bahwa permainan tradisional pecah piring bermuatan kearifan lokal efektif secara signifikan dalam meningkatkan keterampilan motorik kasar siswa dibandingkan dengan metode pembelajaran konvensional.

Kata Kunci: Permainan Tradisional, Pecah Piring, Motorik Kasar

ABSTRACT

FITRI KHADIZAH HRP. The Effect of Traditional Plate Breaking Games Loaded with Batak Toba Local Wisdom on the Gross Motor Skills of Fifth Grade Students at SDN 068084 Jalan Denai. Skripsi Medan: Faculty of Education, State University of Medan 2026

This study was motivated by the low levels of gross motor skills among fifth-grade elementary school students, particularly in the throwing aspect, as measured by the three indicators tested: running, jumping, and throwing. These low skill levels are attributed to a lack of diverse instructional models capable of engaging students' interest while intensively developing their physical agility. This study aims to determine the effect of the traditional plate-breaking game, which incorporates local Batak Toba wisdom, on improving students' gross motor skills. The research method used is quantitative with a Quasi-Experimental design of the Non-equivalent Control Group type. The research sample consisted of 48 students divided into two groups: the Experimental Class (n=24) and the Control Class (n=24). Data collection was conducted through performance tests (pre-test and post-test) using a gross motor skills assessment instrument. Data analysis was performed using the Shapiro-Wilk normality test and Levene's homogeneity test, as well as the nonparametric Wilcoxon Signed Ranks Test, with the assistance of IBM SPSS Statistics 31. The results of the study showed a significant improvement in the Experimental Class. The experimental class's pre-test average score of 51.01 increased to 77.55 on the post-test, with a percentage increase of 52.03% (a difference of 26.54 points). Meanwhile, the Control Class only experienced an increase of 19.61%, from an average score of 52.84 to 63.20 (a difference of 10.36 points). The results of the Wilcoxon test on the experimental class yielded a significance value (Asymp. Sig. 2-tailed) of 0.000 (< 0.05) with a Z-value of -4.292, indicating that H_1 is accepted. Based on these findings, it can be concluded that the traditional plate-breaking game, which incorporates local wisdom, is significantly effective in improving students' gross motor skills compared to conventional teaching methods.

Keywords: Traditional Games, Plate Breaking, Gross Motor Skills