

ABSTRAK

LULU LOLYTA PANDIANGAN. Pengaruh Modifikasi Permainan Ular Tanga Jumbo Terhadap Kemampuan Motorik Siswa Kelas 1 SD Negeri 030293 Laehole. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan, 2026.

Penelitian ini dilatarbelakangi oleh rendahnya kemampuan motorik kasar siswa sekolah dasar, khususnya pada aspek keseimbangan, kekuatan, dan kelincahan. Hal ini disebabkan oleh kurangnya variasi pembelajaran yang menarik serta minimnya aktivitas fisik siswa. Oleh karena itu, diperlukan inovasi pembelajaran yang menyenangkan melalui modifikasi permainan ular tangga jumbo agar siswa lebih aktif bergerak. Tujuan penelitian ini adalah untuk mengetahui pengaruh modifikasi permainan ular tangga jumbo terhadap kemampuan motorik kasar siswa kelas I SD Negeri 030293 Laehole. Aspek yang diukur meliputi keseimbangan, kekuatan, dan kelincahan. Metode penelitian yang digunakan adalah eksperimen dengan desain *one group pretest-posttest design*. Sampel penelitian berjumlah 32 siswa dengan teknik *total sampling*. Instrumen berupa tes praktik kemampuan motorik kasar. Data dianalisis menggunakan uji normalitas dan uji hipotesis. Hasil penelitian menunjukkan nilai signifikansi *pretest* sebesar 0,76 dan *posttest* sebesar 0,93, sehingga data berdistribusi normal. Uji hipotesis menunjukkan nilai signifikansi sebesar 0,000 ($p < 0,05$), yang berarti terdapat pengaruh signifikan. Kesimpulannya, modifikasi permainan ular tangga jumbo berpengaruh dalam meningkatkan kemampuan motorik kasar siswa dan dapat digunakan sebagai metode pembelajaran yang efektif dan menyenangkan.

Kata kunci: modifikasi permainan, ular tangga jumbo, kemampuan motorik kasar.

ABSTRACT

LULU LOLYTA PANDIANGAN. The Effect of Modifying the Giant Snakes and Ladders Game on the Motor Skills of First Grade Students at SD Negeri 030293 Laehole. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

This study was conducted based on the low level of gross motor skills among elementary school students, particularly in terms of balance, strength, and agility. This issue is often associated with the lack of engaging instructional strategies and limited opportunities for physical activity during the learning process. Therefore, an innovative and interactive approach is required, such as the modification of the giant snakes and ladders game, to enhance students' physical engagement in learning activities. The objective of this study was to examine the effect of the modified giant snakes and ladders game on the gross motor skills of first-grade students at SD Negeri 030293 Laehole. The measured components of gross motor skills included balance, strength, and agility. This study employed an experimental method using a *one-group pretest-posttest design*. The sample consisted of 32 students selected through a total sampling technique. Data were collected using a performance-based test designed to assess students' gross motor skills. The data were analyzed using a normality test and hypothesis testing. The results indicated that the significance values for the pretest and posttest were 0.76 and 0.93, respectively, confirming that the data were normally distributed. Furthermore, the hypothesis testing yielded a significance value of 0.000 ($p < 0.05$), indicating a statistically significant effect of the treatment. In conclusion, the modified giant snakes and ladders game has a significant effect on improving students' gross motor skills and can be considered an effective and engaging instructional strategy in elementary education.

Keywords: game modification, giant snakes and ladders, gross motor skills.