



Development of Early Childhood Dance to Improve Gross Motor Skills in Children Aged 5-6 Years

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Abstract

This study aims to develop new learning media in the form of "Digital Video Disc (DVD) Dance Creations" to stimulate the gross motor development of children aged 5-6 years. The method used is research and development (R&D) with the Borg and Gall model. Of the ten development steps, researchers focus on six main steps: identification of potential problems, data collection, product design, design validation, product revision, and small-scale trials. Data were obtained through questionnaires from media experts, material experts (dance), and early childhood education experts. The Creation Dance DVD is proven to be effective as a learning media to stimulate the gross motor of children aged 5-6 years. Validation shows very positive results from experts with a high average rating and a "very feasible" category in the aspects of appearance, movement, image color, and suitability of movements with early childhood characteristics. Media experts gave an average percentage of eligibility of 94% with the category "very feasible", material experts (dance art) gave 97% with the category "very feasible", and early childhood education experts gave 93% with the category "very feasible". After expert validation and product revision, a small-scale trial was conducted and resulted in an average feasibility percentage of 95% in the "very feasible" category. This research makes an important contribution to the development of learning media that suits the needs and characteristics of early childhood, and provides strong recommendations for the implementation of dance in learning for children aged 5-6 years.

Keywords: Development of learning media; dance; early childhood

Introduction

Early Childhood Education (ECE), abbreviated as PAUD, refers to education aimed at children from birth to eight years old, focusing on providing educational stimuli to support their physical and mental growth and development, ensuring readiness for subsequent education levels. As outlined in Government Regulation No. 57 of 2021 on National Education Standards, the PAUD Content Standards are designed to specify the scope of materials aligned with developmental achievements defined in the Early Childhood Development Achievement Standards (STPPA).

STPPA emphasizes various aspects of child development, including Pancasila values, motor skills, cognition, language, socio-emotional growth, and moral and religious values. One significant area explored in this research is motor skills development. Like regional development in other fields, the evolution of motor skills serves as an indicator for evaluating early childhood growth and development. Motor skill development is a process in which children achieve

coordinated and structured activity, fostering organized physical movements. Gross motor development is particularly critical for young children as it is closely linked to other developmental domains and requires adequate stimulation (Ade, 2022).

Recognizing the importance of developing gross motor skills during early childhood, specific efforts, such as creative dance activities, are essential (Eva, 2020). These activities enable children to express themselves freely, enhance their overall well-being, and stimulate their imagination. Creative dance, often taught in schools, is an art form that contributes significantly to skill-building. Although typically considered an extracurricular activity, creative dance has become a sought-after and enjoyable part of the curriculum (Ardian, 2016). Through dance, children can creatively express themselves, making it an engaging way to learn while playing. Dance encompasses elements such as rhythm, movement,

energy, and space, serving as a holistic method to improve posture, thinking, and gross motor skills in ECE.

Observations conducted at TK HKBP Tarutung involving 85 preschool children reveal a lack of media to support gross motor development. While dance activities can effectively enhance these skills, most existing dance materials cater to adults or older children, making it challenging for younger participants to engage. These children often struggle with prolonged sessions, losing interest and focus. Furthermore, educators lack age-appropriate dance routines or instructional media designed to stimulate gross motor skill development in younger children. To address these gaps, this research introduces child-friendly dance and movement techniques specifically designed to enhance early gross motor skills (Nurul, 2023).

Needs analysis underscores the importance of using dance as a stimulus to develop gross motor skills in young children. Additionally, the study recommends incorporating digital media, such as dance-themed videos or DVDs, to facilitate an enjoyable and educational learning process. Based on these findings, the development of tailored teaching materials and engaging learning media is crucial for fostering motor skill growth in children aged 5–6 years. Consequently, the author aims to explore innovative teaching methods that effectively nurture intelligence and overall development in early childhood education.

Methods

This study employed a Research and Development (R&D) approach conducted at TK HKBP Pembina Tarutung, aiming to develop a dance media product for early childhood education. As defined by Sugiyono, R&D involves systematic efforts to create innovative products and evaluate their effectiveness within a practical context. Utilizing the Borg and Gall model, the research framework consists of ten steps, including identifying potential and problems, collecting data, designing and validating the product, conducting trials, and refining the final output. However, due to time and resource constraints, this study focused on six steps, deemed sufficient to assess the feasibility and effectiveness of the developed product.

Data collection methods included the use of questionnaires, observations, and documentation. Questionnaires provided insights into participants' perceptions and knowledge regarding the developed dance media. Observations were conducted to gather direct insights into the implementation and practical challenges faced during the activities at TK HKBP Pembina Tarutung. Documentation served as a supplementary tool, compiling relevant textual and visual evidence to validate findings.

The Likert scale was employed for data analysis to measure respondents' attitudes toward the media's quality and its practical utility in enhancing motor skills (Adam, 2018). Likert responses ranged from "Strongly Agree" to "Strongly Disagree," with corresponding scores assigned to evaluate the feasibility and effectiveness of the product (Abil, 2020).

Calculations followed established statistical methodologies, including the formula for percentage evaluation:

$$P = \frac{F}{N} \times 100 \%$$

Where:

P = Percentage score,

F = Frequency of participant responses,

N = Maximum possible score,

100 = Constant multiplier.

Feasibility was categorized based on predefined score ranges, with ratings from "Not Feasible" to "Very Feasible." This classification provided clarity in interpreting the product's suitability for educational purposes.

The research focused on developing a DVD-based media for creative dance activities, aimed at enhancing gross motor skills in children aged 5–6 years. The effectiveness of this media was assessed through small-group trials, with evaluations emphasizing its ability to support structured learning while maintaining engagement. Feedback from these trials informed refinements, ensuring the product met educational objectives effectively. Through these methods, the study demonstrated the viability of using innovative teaching tools in early childhood education.

Result and Discussion

The development of early childhood dance media, particularly a Digital Video Disc (DVD) to enhance motor skills, was explored through structured research and development at TK Pembina HKBP Tarutung. This study revealed promising results in promoting creative movement and motor skill development among children aged 5–6 years. The research focused on addressing identified gaps in early childhood dance media, refining the product through expert validation, and evaluating its feasibility through small-scale trials.

Identifying Potential and Issues

The potential for creative dance media to enhance motor skills in early childhood education was a significant motivator for this research. Preliminary observations identified a lack of structured and engaging dance media tailored for young learners. This gap hindered the development of gross motor skills and the integration of creative expression into early childhood curricula. The research aimed to address these shortcomings by creating a resource that combines entertainment, education, and skill-building.

Information Gathering

Extensive information was collected to ensure the relevance and appeal of the dance media. Consultations with kindergarten teachers, school administrators, and thesis advisors provided valuable insights into the needs of early learners and the expectations of educators. Online research further contributed to understanding contemporary trends in dance media design, culminating in a clear framework for the DVD's development.

Product Design and Validation

The product design phase utilized modern tools such as Canva for visual design and video editing software to produce engaging dance sequences. Validation by media experts, dance practitioners, and early childhood educators was conducted in two stages.

Media Expert Validation

Media experts assessed visual design, animation quality, and audio clarity. Initial feedback resulted in revisions to improve alignment with developmental appropriateness. The final validation showed high feasibility, with ratings averaging 3.8 and a suitability percentage of 95%.

Dance Practitioner Validation

Dance experts evaluated movement appropriateness, thematic coherence, and the balance between creativity and educational value. Their feedback led to refinements in choreography and music synchronization. Final evaluations reflected a high suitability score of 96%, indicating the product's strong alignment with early childhood needs.

Early Childhood Educator Validation

Educators assessed the media's ability to stimulate gross motor skills, engage attention, and align with developmental milestones. Their validation highlighted the media's effectiveness, with a suitability score of 93%.

Product Testing

The small-scale trial involved nine children with diverse abilities, focusing on the media's practical application in a classroom setting. Observations and teacher feedback emphasized the media's potential to enhance social communication, sensitivity, and physical coordination. The trial recorded a suitability score of 95%, underscoring its practicality and engagement.

Revisions and Finalization

Feedback from experts and trial observations informed significant revisions to the product. Adjustments to music tempo, choreography complexity, and visual elements ensured the DVD's inclusivity and accessibility. The finalized product emerged as a comprehensive tool to support creative movement and motor skill development in early learners.

The findings demonstrate the efficacy of the developed dance media in bridging gaps in early childhood education. Dance as a medium fosters not only physical coordination but also cognitive, emotional, and social development (Novi, 2018). Research highlights that movement-based activities like dance contribute to better posture, attention span, and overall motor skills.

This study aligns with existing literature emphasizing the integration of arts in education as a means to enhance holistic development. Creative dance serves as a vehicle for children to explore their environment, express themselves, and build essential life skills. The developed DVD meets these

objectives by offering structured yet flexible learning opportunities.

The high validation scores from diverse experts affirm the media's relevance, while the successful trial demonstrates its practical applicability. This approach sets a precedent for future innovations in early childhood education, advocating for resource development that balances creativity and developmental appropriateness (Sinaga, 2023). The study underscores the need for ongoing refinement and adaptation to incorporate technological advancements and changing educational paradigms.

The findings advocate for the widespread adoption of creative dance media in early childhood settings. Educators are encouraged to utilize resources like the developed DVD to create enriching, interactive learning experiences. Policymakers should consider integrating arts-based methodologies into national curricula to ensure comprehensive development opportunities for young learners. This research highlights the transformative potential of creative dance media in early childhood education. By addressing identified gaps, leveraging expert feedback, and validating the product through trials, the study establishes a robust framework for integrating arts into foundational learning. Future efforts should focus on scaling and adapting such resources to cater to diverse educational contexts, ensuring sustained impact on young learners' developmental trajectories.

Conclusion

This study demonstrates that modern dance DVDs for early childhood education effectively enhance the motor skills of children aged 5–6 years. These DVDs offer a creative, engaging, and structured approach to fostering physical coordination and movement capabilities in young learners. When developed and implemented properly, such media can play a pivotal role in promoting gross motor skills, which are foundational to a child's overall development.

Modern dance DVDs incorporate visually stimulating and age-appropriate choreography that aligns with the developmental milestones of early learners. Through repeated use, children can engage in creative activities that support their cognitive, emotional, and social growth alongside motor skills. This interactive medium not only helps children explore movement but also strengthens their confidence and creativity. Moreover, the incorporation of digital technology makes the learning process adaptable, accessible, and relevant in today's educational landscape.

The study underscores the importance of producing high-quality educational resources tailored to early childhood development. By using expertly designed and validated tools, educators and parents can bridge gaps in current teaching methods and enhance learning outcomes for young children. These DVDs provide a safe and engaging alternative to traditional instruction, ensuring children remain motivated and excited about learning. Furthermore, the integration of arts, such as dance, into foundational education cultivates an

appreciation for creativity while advancing critical developmental skills.

The findings of this research advocate for the continuation of similar innovations in early childhood pedagogy. As the educational environment evolves, incorporating media that combines technology with traditional learning objectives will become increasingly essential. Future research and development efforts should focus on refining such tools to align with advancing technologies and varying educational needs.

In conclusion, modern dance DVDs represent a transformative approach to early childhood education. They demonstrate significant potential in enhancing motor skills, fostering creativity, and positively impacting learning experiences for children aged 5–6 years. By prioritizing the development and implementation of such resources, educators and policymakers can ensure that young learners receive comprehensive and engaging educational opportunities.

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