



The Development of Learning the Arts of Dance to the Ability Early Childhood Gross Motor Development

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ABSTRACT

Art is very important in human life, especially for early childhood development. The function of art in education is to develop early childhood development both physically and mentally. Good learning methods are fun and appropriate to the level of children's needs. The learning process seeks to develop the potential for various aspects of development, such as NAM, physical motor, social emotional, cognitive, language, and art. The purpose of this study is to examine literature, articles and research documents that identify the application of dance learning to gross motor skills of early childhood . To develop children's physical motor development, it can be done by using dance learning methods. Learning the art of dance is expressive, creative and imaginative so that it can trigger children's enthusiasm to carry out activities. In addition, learning the art of dance also develops creativity and helps children's physical and spiritual development. Through the basic movements of the dance, the child's gross motor skills will be trained so that the child's development will develop optimally. The research method used was literature review research in the form of scientific articles with a total of approximately 20 articles consisting of 15 national journals and 5 international journals. Results and discussion: this study obtained the results that the application of learning dance to gross motor skills of children obtained positive results due to significant changes. Conclusion: that there is an influence in the development of the art of dance on gross motor skills of early childhood.

KEYWORDS

Early childhood; dance lessons; gross motoric

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INTRODUCTION

Early childhood is a human being or an individual who has a pattern of development and growth according to individual needs. For this reason, early childhood cannot be equated in the learning process with elementary, junior high, or high school children (Hartati, 2005: 7). Early Childhood Education is a coaching service provided for children from 0-6 years of age by providing education to increase growth and development so that children can be better prepared to enter the next level. There are several aspects of development that must be stimulated from an early age, namely, NAM, physical motor, social emotional, cognitive, language, and art. Aspects of child development will develop optimally if stimulated properly. If the developmental aspects are not given stimulation, development will be hampered.

fine motor skills are movements that involve only a few muscles in certain parts of the body and require accuracy in doing them. While gross motor skills are movement patterns that involve many muscles throughout the body, such as in moving places. One of the activities that can stimulate gross motor skills is through learning the art of dance. Art is an incarnation of a beautiful sense that is owned by the soul in a person (Hadzami, 2010: 213). Dance is an expression as an expression of the human soul that is processed by imagination and then poured through beautiful and orderly movements in accordance with the meaning and rhythm that can make movements more beautiful and meaningful. Which is a type of dance including classical dance, new creation dance, traditional dance, and modern dance (Asrul and Ahmad, 2016: 210). Learning dance for early childhood is a means to improve children's development.

Learning dance must be adapted to the level of children's needs. Because if it is adjusted to the child's condition, learning dance will be easier for children to understand. Dance in early childhood functions as a medium of communication, a medium of expression, a medium for play, as well as the development of talent and a medium for creativity. Learning the art of dance is an activity carried out to gain knowledge as a guide for making changes in attitude or behavior that must be in accordance with the characteristics of the child through vision, hearing and feelings with the movements of all members of the body which are arranged in harmony with music and have certain meanings. Basic motor skills are movement patterns that form the basis for mastering more complex movements. When learning sports, many children are not able to perform rough movements such as jumping properly, lack balance, are not able to kick, throw properly. There needs to be a learning that is able to stimulate the child's gross motor skills so that the child will be able to make balanced and dynamic movements. One of the lessons related to movement is learning the art of dance. If learning is carried out continuously and continuously it will affect the child's gross motoric movements. For this reason, researchers want to identify the development of dance learning towards gross motor skills of early childhood. There needs to be a learning that is able to stimulate the child's gross motor skills so that the child will be able to make balanced and dynamic movements. One of the lessons related to movement is learning the art of dance. If learning is carried out continuously and continuously it will affect the child's gross motoric movements. For this reason, researchers want to identify the development of dance learning towards gross motor skills of



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RESEARCH METHOD

The method used in this paper is qualitative research with literature review method. Literature review means analysis in the form of criticism (building / dropping) of research that has been done on a specific topic or a question about a particular section of science. Literature review contains reviews, findings from other research materials obtained from library sources to form the basis of research. The descriptions in the literature review are geared towards a frame of mind. In this study, researchers analyzed art learning as the dependent variable and enthusiasm as the independent variable. The population is all journals of research results on the enthusiasm of learning dance in early childhood. Literature reviews contain analysis, summaries, and the author's opinion about some of the literature on the points reviewed. The research data taken are described and compared then analyzed.

References are in the form of primary articles from 30 journals found from the internet published in international journals and national journals. Then the researchers found 20 journals that match the variables in the title to be studied. Approximately 20 journals, namely 15 national journals with the last 5

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years and 5 international journals with the last 7 years of quality, are accredited and reputable. The 15 journals can be accessed via google scholar, 10 journals, and 5 journals via google. For international journals, 5 journals can be accessed through google scholar.

RESULTS AND DISCUSSION

Based on the results of analysis from several journals related to the development of dance learning towards gross motor skills in early childhood. The results showed that there were 9 learning method journals that had an effect on gross motor skills in early childhood, it was also found that there were 5 journals which stated that there were learning media that had an effect on gross motor skills in early childhood, there were also 2 journals which stated that There are learning media that have an effect on learning dance, then there are 4 journals stating that there is an effect of learning dance on learning.

Table 1. Results of journal analysis

No.	Indicator	Number of journals	Percentage
1	Learning methods that affect gross motor skills.	9 journals	45%
2	Learning media that affect gross motor skills	5 journals	25%
3	Learning media that affect learning dance	2 journals	10%
4	The influence of	4 journals	20%



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learning dance
on learning

Based on the table above, it shows that learning dance can have a significant influence on children's gross motor skills. The factors that influence include the following:

1. Learning methods that affect gross motor skills.

The research was conducted by Ustadiyah, et al. (2018) that the method of learning dance using musical accompaniment has a significant effect on children's motor skills, which is clearly visible when performing dance activities accompanied by cheerful music, so the child's facial expression becomes happy and there is an interaction between children and teachers make children active. Then May, et al. (2016) learning the art of gandrung dance can make children actively move and can improve gross motoric and fine motoric development in children. Meanwhile, Veny, et al. (2015) stated that the traditional gobak Sodor game can stimulate gross motor development because this game has an element of competition so that children in playing the gobak Sodor method become more enthusiastic.

Then the menu According to Nurwati in (2018), there is a significant change in gross motoric development using traditional game methods of jumping rope, angklek, and hoops. The game includes children's activities consisting of jumping, balance, flexibility and agility. These activities can stimulate children's gross motor skills. The game is also fun so that learning is not boring and the gross motor skills will develop properly. Meanwhile,

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according to Syafura et al. (2020) gross motor skills can develop significantly through the obstacle course method.

Another study was conducted by Ni Gst Ayu, et al. (2015) there is an increase in the learning process seen in children's learning outcomes towards gross motor development. At the beginning of the game, many children have difficulty playing crank games. After playing the game several times as exemplified by the teacher, the children have started to understand the rules of the game. Children who initially don't want to wait their turn finally want to wait their turn to play. This proves that the demonstration method affects gross motor skills. Meanwhile, according to Yudho, et al. (2015) playing a game with a demonstration method of making games with animal themes such as cat jumping movements. These activities can stimulate movement skills, increase creativity, imagination and self-confidence. Then according to Sutriana, et al. (2019) the jump rope game that is carried out using the demonstration method can improve children's gross motor skills. Meanwhile, in the stage of the year (2019) contemporary-based physical activity can improve gross motor skills from an early age and kinesthetic physical activity is more effective than contemporary physical activity in improving gross motor skills.

2. Learning media that affect gross motor skills.

This research was conducted by Reni in (2019) that games using hula hoop media can improve aspects of development in the field of children's gross motor skills. As an aspect of assessment at the time of playing the aspects of strength and balance.



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The child is able to jump and reverse. Then according to Ratna (2016) the traditional game of karetan can improve children's gross motor skills. This is because the rubber activity has a jumping motion with two legs so that the child's muscle strength will develop and have good coordination between eyes, hands and feet, can also train fine motor skills, gross motor skills, and balance. Another study, namely Machampang (2018), there was a significant change between before and after conducting a game experiment using clogs media, namely increased gross motor skills. Another study by Indah Tahun (2016) has an influence on the provision of modified games media on gross motor development of preschool children.

Through creative play, children have more opportunities to enrich their movements. Meanwhile, according to Rachma, et al. (2018) the gross motor skills of children develop rapidly at that age, children develop new skills and increase their skills, this ability is also shown by good stability in climbing the board.

3. Learning media that affect learning dance.

The research was conducted by Ratna in (2016) that the surrounding environment can be a medium for expression, exploration and experimentation in learning creative dance. Utilizing the surrounding environment as a learning medium, including a creativity that is owned by educators. Meanwhile, according to Hartiningsih, et al. (2019) the use of Umo'ara dance media in learning dance is very influential because children no longer fight for property and are more compact with their groups. Because the nature of the Umo'ara dance is a demonstration and

imitation model and is carried out in stages and prioritizes attitude during the learning process.

4. The influence of learning dance on learning

The research was conducted by Wa Ode, et al. (2019) that learning dance can develop children's character because in dance learning there is thought that means being intelligent or thinking to gain knowledge. Cultivating the heart is instilling in each other the attitude to say, behave and behave honestly. Meaningful feeling can feel something that is happening in the surrounding environment and have a sense of sympathy for others, and exercise means maintaining a healthy body and understanding the condition of the body that is being experienced. Then according to Lailatul, et al. (2018) through wax dance can improve kinesthetic abilities, namely locomotor and non-locomotor movements of children. Meanwhile, according to Ni Kadek (2019) there was an increase in children's locomotor movement skills.

There is a significant change from the development of learning dance to gross motor skills in early childhood. There are so many other factors that influence the two variables, namely, methods, media and other learning. The use of dance learning methods, the method of playing cranks, and other traditional games. besides that, there are also media that affect gross motor skills and also dance learning. In addition, according to Ayu (2018) there is an increase in children's gross motor skills through learning the art of dance for children to be more concentrated, interested, confident, and enthusiastic about learning to move and coordinate all parts of their bodies.



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CONCLUSION

Dance is a human body movement that involves all members of the body to create a movement that has a specific purpose as an expression of the soul's expression so that it can be conveyed to others. Gross motor skills are movements that involve all members of the body when doing activities such as moving places. In implementing the art of dance, movements that involve all members of the body are necessary to create beautiful movements in accordance with the music accompaniment. Learning dance involves hearing, seeing, and feeling so that many aspects of development are stimulated by learning the art of dance. One aspect of development that can be stimulated is the aspect of physical motor development, namely the gross motor skills of children. The application of dance will be trained continuously so that development will increase. So it can be concluded that there is an influence in the development of the art of dance on gross motor skills of early childhood.

SUGGESTION

Teachers are expected to use interesting and varied media for teaching and learning activities in stimulating gross motor skills. In addition, parents must also be able to work together with teachers to carry out activities at home so that children can easily understand the movements and games that have been done at school. In delivering information or learning materials, the teacher should create a learning environment that suits the needs of the child by using existing media in the surrounding environment.

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