

ABSTRAK

Keseimbangan adalah kemampuan tubuh dalam mempertahankan posisi dari reaksi perubahan gerak akibat pengaruh gaya gravitasi. Keseimbangan dinamis adalah keterampilan menyeimbangkan tubuh saat berpindah dari satu posisi ke posisi lain. Keseimbangan dinamis anak umur 6 – 8 tahun belum optimal karena masih fase awal perkembangan dan akan meningkat nantinya. Keseimbangan yang tidak berkembang optimal dapat mengganggu kegiatan sehari – hari anak. Tujuan penelitian ini untuk mengetahui pengaruh pemberian modifikasi pola permainan tradisional engklek terhadap keseimbangan dinamis anak umur 6 – 8 tahun yang diukur menggunakan *modified bass of dynamic balance test*. Penelitian ini merupakan penelitian Pre-Eksperimental dengan rancangan *one group pre-test and posttest*. Sampel penelitian sebanyak 15 orang yang ditentukan menggunakan kriteria inklusi, eksklusi serta *drop out*. Penelitian dilakukan selama 4 minggu mulai tanggal 27 April hingga 26 Mei 2023. Pertemuan dilakukan selama 3 kali seminggu di SD N 1 Tegallingah, Karangasem. Hasil uji kemaknaan dengan *paired sample t-test* yaitu $p=0,000$ dengan peningkatan $45,53\pm 6,79$. Hasil tersebut menunjukkan nilai $p<0,05$ artinya terdapat peningkatan keseimbangan dinamis yang signifikan. Kesimpulan penelitian ini bahwa modifikasi pola permainan tradisional engklek dapat meningkatkan keseimbangan dinamis anak umur 6 – 8 tahun.

Kata Kunci: Keseimbangan Dinamis Anak, *Modified Bass Of Dynamic Balance Test*, Permainan Tradisional, Modifikasi Permainan Engklek.

ABSTRACT

Balance is the body's ability to maintain position from the reaction of changes in motion due to the influence of gravitational forces. Dynamic balance is the skill of balancing the body when moving from one position to another. Dynamic balance of children aged 6 - 8 years is not optimal because it is still in the early phase of development and will improve later. Balance that is not optimally developed can interfere with children's daily activities. The purpose of this study was to determine the effect of providing modifications to the traditional engklek game pattern on the dynamic balance of children aged 6-8 years as measured using the modified bass of dynamic balance test. This study is a Pre-Experimental study with a one group pre-test and post-test design. The research sample was 15 people who were determined using the inclusion, exclusion and drop out criteria. The research was conducted for 4 weeks from April 27 to May 26, 2023. Meetings were held 3 times a week at SD N 1 Tegallinggah, Karangasem. The results of the significance test with paired sample t-test were $p=0.000$ with an increase of 45.53 ± 6.79 . These results show a value of $p<0.05$, meaning that there is a significant increase in dynamic balance. The conclusion of this study is that modification of traditional cricket game patterns can improve the dynamic balance of children aged 6 - 8 years.

Keywords: Dynamic Balance of Children, Modified Bass of Dynamic Balance Test, Traditional Games, Modification of Cricket Game.