



THE EFFECT OF SENSORY INTEGRATION ACTIVITIES ON FINE MOTOR ABILITIES OF EARLY CHILDHOOD

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ABSTRACT

Masalah yang diidentifikasi dalam penelitian ini adalah rendahnya kemampuan motorik halus pada anak usia dini, yang teramati dari hambatan dalam melakukan aktivitas seperti memanipulasi gunting, meronce, dan kegiatan yang membutuhkan koordinasi tangan dan mata. Hal ini berdasarkan teori integrasi sensorik, yang menjelaskan bahwa stimulasi melalui berbagai indera dapat memfasilitasi penguatan keterampilan motorik dan perkembangan anak secara menyeluruh. Tujuan penelitian ini adalah menganalisis pengaruh kegiatan sensory integration activities terhadap kemampuan motorik halus anak. Metode yang diterapkan adalah desain pre-experimental dengan pendekatan One Group Pretest-Posttest. Sampel penelitian ditentukan menggunakan teknik sampling jenuh, sehingga seluruh populasi anak berusia 4-5 tahun dalam kelompok yang diteliti dijadikan subjek penelitian. Hasil penelitian menunjukkan peningkatan signifikan dalam kemampuan motorik halus setelah diberikan perlakuan. Rata-rata skor motorik halus meningkat dari 23,00 pada pretest menjadi 47,80 pada posttest. Analisis menggunakan uji Wilcoxon mengungkapkan tingkat signifikansi $0,001 \leq 0,05$, yang memperkuat efektivitas kegiatan sensory integration activities dalam meningkatkan kemampuan motorik halus. Penelitian ini menyimpulkan bahwa penerapan sensory integration activities memiliki dampak positif terhadap pengembangan motorik halus anak usia dini.

ABSTRACT

The problem identified in this research is the low level of fine motor skills in young children, which is observed from the presence of obstacles in performing activities such as handling scissors, throwing, and activities that require hand-eye coordination. This is based on the sensory integration theory, which explains that stimulation through different senses can facilitate the strengthening of motor skills and the overall development of children. The aim of this research is to analyze the effect of sensory integration activities on fine motor skills in children. The method applied is a pre-experimental design with a single-group pre-test and post-test approach. The research sample was determined using a saturated sampling technique, so that the entire population of children aged 4-5 years in the studied group were used as research subjects. The results of the study showed a significant increase in fine motor skills after receiving treatment. The mean fine motor skills scores increased from 23.00 in the pre-test to 47.80 in the post-test. Analysis using the Wilcoxon test revealed a significance level of $0.001 \geq 0.05$, which enhances the effectiveness of sensory integration activities in improving fine motor skills. This study concluded that the application of sensory integration activities has a positive effect on the development of fine motor skills in early childhood.

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1. INTRODUCTION

Early childhood education is a school in the form of informal, formal and non-formal that provides guidance to students from the age range of 0-6 years. As one of the formal education, Kindergarten can provide stimulation that can develop and provide quality education to develop all aspects of child development. Kindergarten should provide good stimulation for the growth and development of students, both physically and spiritually (Syamsuardi et al., 2019). Preschool education plays an important role as a place for children to develop their potential, especially at an early age (Intisari et al., 2024). Children are small humans who have potential that