

The Feasibility of Traditional Games POP UP Book Based on the Sariswara Method to Improve the Gross Motor Skills of Elementary School Students

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ABSTRACT

This study aims to determine the feasibility of the results of the development of traditional game pop up book media based on the sariswara method to improve the gross motor skills of elementary school students. This research is a development research with the ADDIE development model which consists of 5 stages, namely Analysis, Design, Development, Implementation, and Evaluation. This research was carried out at SD Negeri Tambakrejo and the subject of the study was students grade I. Based on the results of the feasibility assessment from material experts, media experts, class teachers, and student responses, it can be seen that traditional game pop up book media based on the sariswara method is declared feasible to be used to improve the gross motor skills of elementary school students. The result of the assessment is a material expert with a score of 4.6 at stage 1 and 4.93 at stage 2 with the criterion of "excellent". Media experts with a score of 4.1 at stage 1 with the criterion of "good" and 4.5 at stage 2 with the criterion of "excellent". Teacher of grade I with a score of 4.6 with "excellent" criteria. Student responses with scores of 4.33 on limited trials and 4.22 on broad-scale trials with "excellent" criteria.

Keywords: *The Feasibility, Pop Up Book Media, Traditional Games, Gross Motor.*

1. INTRODUCTION

Education is the main capital for a person to achieve a better quality of life. This is in line with (Marwiyah, 2012: 78) that education is a system that is generated from the process of learning experiences experienced by a person. A decent education is rooted in the quality of education. Talking about the quality of education, learning in the classroom must be carried out effectively. Besides being influenced by external factors such as educational policies, the quality of the learning process is also largely determined by internal factors such as student motivation and the creativity of educators (teachers). As mentioned in Education Channel Indonesia (Elisa, 2016) that students who have high motivation and educators who can facilitate this motivation, will lead to the achievement of learning targets. Students will more easily achieve learning targets if the learning design is well prepared, supported by adequate facilities, and coupled with high teacher creativity.

The success of teaching is influenced by the existence of learning media because it can help teachers in delivering subject matter to achieve learning objectives. The teacher must choose communicative learning media, and attract students' attention, according to the material and learning objectives. The use of media in elementary school education is important because the age of children at that level is the age that is still at the stage of concrete thinking and has not been able to think about things that are abstract (main, 2020). As mentioned in Jawa Pos (Suprapti, 2020) states that children at the elementary school level have two characteristics, namely physical and cognitive development that takes place between the ages of 6 to 12 years. In connection with the physical development of elementary school children, things to note are the development of gross motor skills. The child's gross motor skills are closely related to the child's gestures. Motorbike skills are one of the important points in the process of child development.

Motor skills of gross are motion skills that involve large muscles which can do motions like walking, running, capturing, and jumping (Sukoco, 2016: 4). At the elementary school level, motor learning is currently a concern of many people, this is because the age of elementary school is an

intellectual period or a period that determines further growth and development (Hasbi, 2021: 377). This is in line with the opinion of Puspita et al. In Hanifah & Oktadinata (2020: 577) that motor development that is not well mastered by students at the elementary school level results in delays in the mastery of motion compared to students with a good motor. Therefore, gross motor skills in elementary school children really need to be considered.

The existence of learning media has an important role in teaching and learning activities. This is in line with the opinion of Praheto (2019: 771) that learning media has an important role in the world of education, especially in the technical learning of teaching in the classroom. Learning media that can attract students' attention to participate in learning to be active and fun, namely the pop-up book media. The characteristics of the pop-up book media that will be developed in this study have three-dimensional elements that can provide more interesting story visualization. Starting from the display of the image to the material to be delivered, this media can move when the page is opened. The pop-up book media developed in this study is a pop-up book that contains traditional games. The pop-up book media collaborates with traditional games and the application of the Sariswara method is a new alternative as an effort to improve the abilities of gross motor skills while introducing traditional games to students at the elementary school level.

The traditional game contained in the pop-up book media is traditional crank, jumping rope, and dragon snake. The integration of the Sariswara method into the pop-up book media is an innovation to attract student's attention and is easy to understand. The Sariswara method is a teaching method that integrates wiraga, wirama, and wirasa which is to combine the body (wiraga) with the rhythm of songs or stories (wirama) and taste (feeling or wirasa) as a means of delivering material in learning (Salsabila, et al., 2021: 1071). In addition, traditional games integrated with the Sariswara method will form the character or character of children. This is in line with the opinion (Purnama Sari, 2021: 1305) that the Sariswara method has the function of building the character of the independence of the soul of each individual.

The results of the initial observations that have been carried out in class I SD Negeri Tambakrejo, there are students who have low gross motor skills where students are less able to balance, jump, and run. The results of observations also show that students lack knowledge of traditional types of games and how to play it. This research was conducted as an alternative solution to the gross motor skills of elementary school children and knowledge of low traditional games which are packaged in the development of traditional pop up book media based on the Sariswara method to improve the abilities of the gross motor of elementary school students who will be applied in class I learning in elementary school Negeri Tambakrejo. The development of these media is known to be the feasibility of the media to be discussed.

2. METHODS

This research is part of research and development (research and development) at the product feasibility validation stage. Data was obtained from the questionnaire. The questionnaire sheet includes the validation sheet of material experts, media experts, class teachers, and student response questionnaires to the media. Validation data results are analyzed descriptively qualitative and quantitatively. Data Analysis Techniques for Material Experts, Media Experts, Classroom Teachers, and Student Response Using Alternative Likert Scale 5 Answers namely Strongly Disagree (1), Disagree (2), Disagree (3), Agree (4), Strongly Agree (5). Then to determine the quality of the Pop Up Book media traditional game based on the Sariswara method, the data obtained is analyzed by calculating the average score obtained.

$$X_i = \frac{\sum x}{n}$$

Information:

- X : Average score
- $\sum X$: Number of Scores obtained
- N : The ideal number of all items

The average assessment results obtained are converted into qualitative data regarding the media feasibility category. The reference for changing the score to scale 5 according to Sukardjo in Yuliawati (2017: 134) is presented in the following table:

Table 1. Quantitative data conversion

Score Range (i)	Classification	Criteria
$X > Xi + 1,8 \times Sbi$	>4,2	Very Good
$Xi + 0,6 \times Sbi < X \leq +1,8 \times Sbi$	>3,4 – 4,2	Good
$Xi - 0,6 \times Sbi < X \leq + 0,6 \times Sbi$	>2,6 – 3,4	Enough
$Xi - 1,8 \times Sbi < X \leq Xi - 0,6 \times Sbi$	>1,8 – 2,6	Not Enough
$X \leq Xi - 1,8 \times Sbi$	$\leq 1,8$	Very Less

Source: Sukardjo in Yuliawati (2017: 134)

Pop Up Book Media Traditional games based on the Sariswara method can be declared feasible if determined with the minimum value of “B” with good criteria.

3. RESULTS AND DISCUSSION

One of the criteria for media pop-up book traditional quality games is a media that has a high level of validity. Validation is done by asking experts to provide an assessment of the media. The selection of experts is determined based on their field of expertise in accordance with the media developed. Validation by material experts assesses aspects of content, language aspects, and learning aspects. While validation by media experts assesses aspects of attractiveness, appearance aspects, balance aspects, and aspects of media benefits. In addition, media is validated by class teachers from the aspects of material, applicability, effectiveness, and attractiveness.

Validation is carried out in 2 stages, when the validation of the material and media experts there are still some evaluations and improvements to be suitable for use. The validation results from material experts, media experts, class teachers, and student responses are as follows:

Table 2. Data from the Validation of the First Stage Material Expert

No	Rated Aspect	Score	Criteria
1.	Feasibility Content	4,6	Very Good
2.	Language Feasibility	4,2	Very Good
3.	Learning Aspects	5	Very Good
Total Score		13,6	
Average Score		4,6	Very Good

Table 3. Data from the Validation of the Second Stage of Material Expert

No	Rated Aspect	Score	Criteria
1.	Feasibility Content	4,8	Very Good
2.	Language Feasibility	5	Very Good
3.	Learning Aspects	5	Very Good
Total Score		14,8	
Average Score		4,93	Very Good

Based on Table 2 The first phase of assessment, the results of the content feasibility obtained a score of 28 with an average of 4.6. In the language feasibility aspect, the number scores of 17 with an average of 4.2. In the learning aspect, it gets a score of 25 with an average of 5. So the total score is 13.8 with an average of 4.6 in the criteria very well. Whereas based on table 3 the second stage of assessment, the content feasibility aspect obtained a score of 29 with an average of 4.8. In the language feasibility aspect, it gets a score of 20 with an average of 5. In the learning aspect, it gets a score of 25 with an average of 5. So the total score of 14.8 with an average of 4.93 in the criteria is very good. Based on the results of the assessment of the second material expert, it was concluded that the media

pop-up book traditional game based on the Sariswara method is feasible to be tested by the field with revision.

Table 4. Data from the results of the first stage of media expert validation

No	Rated Aspect	Score	Criteria
1.	Aspect of Attractiveness	4,2	Very Good
2.	Display Aspect	3,8	Good
3.	Balance Aspect	4	Good
4.	Aspect of Media Benefits	4,6	Very Good
Total Score		16,6	
Average Score		4,1	Good

Table 5. Data from the results of the second stage of media expert validation

No	Rated Aspect	Score	Criteria
1.	Aspect of Attractiveness	4,5	Very Good
2.	Display Aspect	4,1	Good
3.	Balance Aspect	4,5	Very Good
4.	Aspect of Media Benefits	5	Very Good
Total Score		18,1	
Average Score		4,5	Very Good

Based on table 4 the first stage of assessment, the aspect of attractiveness obtained a score of 17 with an average of 4.2. In the display aspect, it gets a score of 23 with an average of 3.8. In the balance aspect, it gets a score of 8 with an average of 4. In the aspect of the benefits of the media obtained a score of 14 with an average of 4.6. So the total score is 16.6 with an average of 4.1.

Whereas based on table 5 the first stage of assessment, the aspect of attractiveness obtained a score of 18 with an average of 4.5. In the display aspect, the number of scores of 25 with an average of 4.1. In the balance, the aspect obtained a score of 9 with an average of 4.5. In the aspect of the benefits of the media obtained a score of 15 with an average of 5. So the total score of 18.1 with an average of 4.5 in the criteria is very good. Based on the results of the assessment of the second stages of media experts, it was concluded that the media pop-up book for traditional games based on the Sariswara method is feasible to be tested by the field by revision.

Table 6. Class Teacher Validation Results Data

No	Rated Aspect	Score	Criteria
1.	Theory	4,6	Very Good
2.	Applicability	4,5	Very Good
3.	Effectiveness	4,6	Very Good
4.	Attractiveness	5	Very Good
Total Score		18,7	
Average Score		4,6	Very Good

Based on Table 6, the assessment in the material aspect obtained a score of 23 with an average of 4.6. In the applicable aspect obtained a score of 9 with an average of 4.5. In the aspect of effectiveness obtained a score of 23 with an average of 4.6. In the aspect of attractiveness obtained a score of 15 with an average of 5. So the total number of assessments was 18.7 with an average of 4.6 in the criteria very well. Based on quantitative to qualitative data conversion guidelines, the development of pop-up book media is feasible to be tested without a revision.

In addition to products validated by a team of experts, the media was also given an assessment of students' responses to the media pop-up book traditional game based on the Sariswara method. Researchers conducted limited trials and broad trials. The results of a limited trial obtained an average score of 4.33 with a very good category. While the results of the trial area obtained an average score of 4.22 with a very good category. Based on the description above, it can be concluded that the feasibility level of the Pop Up Book media based on the Sariswara method is included in the very good category

and is able to improve students' gross motor skills so the pop-up book media is suitable for use for elementary school students.

Based on the results of validation carried out by media experts, material experts, and class teachers stated that the media pop-up book traditional games are suitable for use. After the media is declared feasible to use and has been improved according to suggestions, then the media pop-up book traditional games are used for research. The study was conducted in class I SD Negeri Tambakrejo with 25 students. The study was conducted to determine the response of students to the media. After the research conducted it can be concluded that the media pop-up book traditional game based on the Sariswara method that has been made is suitable for use as an intermediary media to improve the gross motor skills of elementary school students.

4. CONCLUSION

Assessment of the feasibility of the pop-up book media is carried out by material experts, media experts, class I teachers, and student responses. The assessment results in the validation obtained an average score of the material expert stage 1 which was 4.6 and stage 2 of 4.93 with very good criteria. Then the results of the validation of media experts obtained an average score in stage 1 of 4.1 with good criteria and stage 2 of 4.5 with very good criteria. Meanwhile, the validation of class I teachers obtained an average score of 4.6 with very good criteria. Based on the recapitulation of the results of the assessment of the Expert Team and Class Teacher, the Pop Up Book media meets the criteria and is suitable for use. The results of the student response to the pop-up book based on the Sariswara method after the product trials are limited with the number of respondents 10 obtained an average score of 4.33 with very good criteria and broad trials with the number of respondents 15 obtained an average score of 4.22 with criteria very good. Based on the recapitulation of student response results, this pop-up book media meets the criteria and is worth using to improve the gross motor skills of elementary school students.

In this study, there are still limitations and deficiencies. This media can still be developed better. In addition, the development of pop-up book media based on the Sariswara method is expected to be able to develop and modify the media appropriately so that it will get maximum research results.

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