Identification of Non-Locomotor Basic Motion in Primary School Students

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Abstract

**Objective:** The purpose of the study is to find out how the movements of each of the tests such as manual dexterity, aiming and catching balance, and non-locomotor motion overall from the Students Technical Service Unit Public Elementary School 12 Api-api District Bayang. The problem of this research is the lack of ability of children in carrying out the classification activities in Public Elementary School 12 Api-api Bayang subdistrict is likely caused by the ability of the basic mobility of non-locomotor, the students have less discipline in following the study of the classification.

**Method:** The instruments used are MABC-2 (Movement Assessment Battery for Children Age Band 2) namely, Placing Pegs (Placing Stakes), Threading Lace (cremated lace), Drawing Trail, Catching with two hands, Throwing beanbag onto the mat (throwing bead pads), One board balance (one balance board), Walking heel to toe forward (walking with fingertip step touching heel), Hooping on mats (jumping step above the mattress). This type of research is descriptive, implemented from May to July 2019. The population of this research is a student of UPT State Elementary School 12 Api-api which amounted to 130 students, with a sampling of research is purposive random sampling means sample withdrawal according to the requirement of 32 male students consisting of Grade 2 and Grade 3.

**Results:** Analysis of data on the results of the study found that from 32 respondents to UPT Public Elementary School 12 Api-api, Manual test section Dexterity (dexterity) obtained on average (74.3%) By medium category, while in the test section Aiming & Catching (aiming and throwing) was obtained on average (52.4%) medium category, as well as in the balance test section at the average gain (47.7%) medium category, while the results of non-locomotor motion overall can be average (62.0%) medium category.

**Conclusion:** Thus it can be interpreted that it is necessary to increase again for the basic mobility ability of non-locomotor students of state Elementary School 12 Api-api District Bayang.

**Keyword:** Non-locomotor basic motion capability

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INTRODUCTION

The circumstances that the authors see in the field, the students in the capture motion are still many students who can not dodge, for fear of getting hit by the ball. The child tends to protect himself from rather than catching the ball.
in the ball throwing activity. According to (1)"because this sport has meant not only for health but more than that is as a means of education even achievement".

Teachers provide capture material to train the capture and agility of the child in capturing and throwing the ball so that the body parts that are worthy of protection are not exposed to the ball. According to (2)"characteristic, elementary school children have an interest in performing various physical activities in the form of games, so naturally, children have an interest in various sports activities".

Before starting the exercise activity, we certainly need to do stretching to avoid injury to the body. According to it is described (3) “Basic motion skills are the basis of all physical activity of children which involves the strength of the muscles of the hands and feet”. At the time of stretching to start sports activities, students tend not to follow the instruction done by the teacher in front.

Students still do what the teacher is modeled on, but at the time of stretching the child is more reflective and that is done does not fit into the form of the teacher. (4) "To achieve the function and purpose of learning in primary schools, the implementation of learning should encourage teachers to be better prepared to perform learning activities with careful planning and the ability to perform the learning process well. The implementation of learning must be arranged systematically, intact, and thoroughly".

When entering the practice of gymnastics, the floor of the gymnastic twisting body such as Kayang, Guru has modeled the form of the movement and also tries to tell the students to impersonate the movement even be assisted or guided by the teacher to perform the movement. But students still do not want to do the movement because of the difficulty and fear of his back hurts.

It forms a situation where the teacher does not care about the students in learning to teach, a statement gives clarity that is according to (5) "From the teacher side the follow-up is concluded with the evaluation process of learning outcomes, from the student side learning outcomes is the end of the term and peak learning process”.

Then in the next practice, the path of the hand holding a cross or rope, the teacher gives a clue to the movement of the road hand holding the cross or rope, the student is pleased to do so because the movement makes the students afraid to fall. The statement was strengthened my opinion (6) "Physical education is a medium to foster development, physical, reasoning, the passion of values (attitude, mental, emotional, social and cultural), and the habituation of a healthy lifestyle besides can affect the balanced growth and development of learning outcomes is something that students have achieved after attending school lessons.”

From the problems that occur in the field, the examples are included in the non-locomotor movement. Because the movement is a movement that is done in place without moving the place. The incarnation is given an opinion according to Explain all the confusion in the (7) “The locomotor ability is the motion that moves the body from one point to another while the ability of control object is the object manipulation movement”.

Then, the problems that occurred in the SD is also no measurement process about the non-locomotor motion. Furthermore, the non-locomotor movement is an activity that moves the limbs on its axis and the perpetrators do not move the place. Bakhtiar (2015:15).

METHOD
The method section should only include the information available at the time the planned study or protocol was written; All information obtained during the implementation of the research is included in the results section. This type of research according to Barlian (2009:10), “Descriptive research (Descriptive research) is a study conducted to answer questions relating to the status of research objects at the time of research held, or in other words, informing the situation as it is”. In this study will describe or describe the ability of the basic motion of non-locomotor Motion in the children of the state elementary school 12 Api-api Bayang regency Pesisir Selatan. The study was conducted in July 2019 at the 12th State Elementary School of Fire, the population is the overall research object. Arikunto (2010: 175), "The sample is partially or a representative of the population studied". The sample withdrawal of this research was done with a purposive random sampling technique which means the sample withdrawal according to the needs.

Based on the opinions that have been submitted by the experts, according to the needs of this research then the samples taken are students of class II male gender and III class of integrated service Unit (UPT) state Elementary School 12 Api-api Bayang amounting to as many as 32 people. This is because male and female physical abilities are not the same and the size of the height varies.

1. Field Data Retrieval methods
This research through observation in the school is done in a structured, research that concentrates the achievement of special behavior so that it can be compiled guidelines as a behavior of what should be observed. In this case, the behavior is observed in the form of movement of the child in performing non-locomotor motion.

So from the opinion of the above researchers can conclude that the method of collecting data used in this research is through the test Movement Assessment Battery for Children Age Band 2. The process of observation of the object studied for some time by noting that the invention is possible or qualified to be used into the interpretation level of analysis, wherein this research researchers use non-participatory observation with the type of structured observation so that researchers only observe the stage of motion performed by the child in displaying non-locomotor motion skills.

2. Instruments exist on research
The tools required to carry out the Movement Assessment Battery for Children Age Band 2 test are (1) Cork, (2) box without Roof, (3) yarn, (4) Needles, (5) Ball Kasti, (6) Pouch beads, (7) mattress, (8) whistle, (9) Stopwatch, (10) Table, (11) Pencil, (12) seat, (13) meter, (14) Duct tape.

Explaining according to Arikunto (2010:136-137), "said that research instruments are tools or facilities used by researchers in collecting data so that their work is easier and results are better, in a more careful, complete and systematic sense that is easier to be processed". Where there are several types of research instruments in the Movement Assessment Battery for Children Age Band 2 test.

a. Execution time
In the implementation of the Movement Assessment Battery for Children test each child takes about 15-20 minutes. Components of non-locomotor motion skills test in this study are: 1) Placing Pegs, 2) Threading Lace, 3) Drawing Trail, 4) Catching with two hands, 5) Throwing beanbag onto a mat, 6) One board balance, 7) Walking heel to toe forward, 8) Hooping on mats.

b. Instrument execution
If testers do not want to compare students’ scores with normative data, the instructions, procedures, and performance criteria can be tailored to the child’s needs. However, if testers want to compare student scores with normative data, then they should follow these standard procedures:

1) Before the test, fill in the Profile/testers record form and re-read all performance criteria for each skill
2) Give accurate demonstrations and clear instructions about the skills to be displayed.
3) Allow students to try first to see if they understand what will be done.
4) Provide additional demonstrations if the child seems to have not understood.
5) Perform 2 test tests and risk individual performance criteria for each experiment.
6) Make sure if the field/room to carry out the test is quite large at least 6x6 m, as well as one side of the room, has a wall to be used as a target to throw and catch the ball.

c. Instrument Assessment
The research process is assisted by friends who are willing to help with research. As a timer and calculating the movement errors in the test that refer to the student's fault, Devalia does not act as a documentary retrieval, Fanny Okhsa the daughter who acted in the calming voice of the students as well as helping to prepare the equipment for the next test, and the appraisers on the MABC-2 test is one of the sports teachers in the elementary school namely the father of Juli Harmet, S. Pd.

RESULTS

1. Data Description of research results based on grouping Item

a. Manual Dexterity (Agility)
From the Age Band-2 MABC test results, especially those incorporated into the Dexterity grouping (manual) such as arranging the pegs with the right hand and left hand, creaking lace, and the image traces done by UPT students State Elementary School 12 Api-API Bayang District with the number of respondents 32 people, obtained the average count (Mean) = 74.3, Standard deviation = 15.3 Medium category. Further distribution of non-locomotor basic motion survey of students can be seen in table 1.

<table>
<thead>
<tr>
<th>Category</th>
<th>Interval classes</th>
<th>Frequency</th>
<th>Absolute</th>
<th>Relative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>≥97</td>
<td>3</td>
<td>9.4</td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>82-96</td>
<td>7</td>
<td>21.9</td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td>66-81</td>
<td>13</td>
<td>40.6</td>
<td></td>
</tr>
<tr>
<td>Below</td>
<td>51-65</td>
<td>3</td>
<td>9.4</td>
<td></td>
</tr>
<tr>
<td>Less than once</td>
<td>≤50</td>
<td>6</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Total Amount</td>
<td></td>
<td>32</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
b. Aiming and Catching

Aiming & Catching is also a subtest of capturing the ball with both hands and throwing bead pads on the mattress. From the test results, MABC Age Band-2 The aiming and catching that is done on students UPT Public Elementary School 12 Api-api District Bayang with the number of respondents 32 people, obtained the average count (Mean) = 52.4, Standard deviation = 26.1 Medium category. Further distribution of non-locomotor basic motion survey of students UPT Public Elementary School 12 Api-api table Please see the below attention 2.

<table>
<thead>
<tr>
<th>Category</th>
<th>Frequency</th>
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<th>Relative</th>
</tr>
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<tbody>
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<td>Excellent</td>
<td>≥91</td>
<td>5</td>
<td>15.6</td>
</tr>
<tr>
<td>Good</td>
<td>65 – 90</td>
<td>4</td>
<td>12.5</td>
</tr>
<tr>
<td>Middle</td>
<td>39 – 64</td>
<td>13</td>
<td>40.6</td>
</tr>
<tr>
<td>Below</td>
<td>13 – 38</td>
<td>7</td>
<td>21.9</td>
</tr>
<tr>
<td>Less than once</td>
<td>≤12</td>
<td>3</td>
<td>9.4</td>
</tr>
<tr>
<td><strong>Total Amount</strong></td>
<td></td>
<td><strong>32</strong></td>
<td></td>
</tr>
</tbody>
</table>

Pictures 2. Histogram Chart Aiming&Catching
c. Balance
Balance is a subtest of a one-board balance test, running straight with the toes meeting with the heel, as well as jumping forward with one leg. From the test results MABC Age Band-2, The balance done in students UPT Public Elementary School 12 Api-api the number of respondents 32 people, acquired average count (Mean) = 47.7, standard deviation = 28.5 medium category. Further distribution of non-locomotor basic motion survey of students UPT Public Elementary School 12 Api-api can be seen in table 3.3

<table>
<thead>
<tr>
<th>Category</th>
<th>Interval classes</th>
<th>Frequency</th>
<th>Absolute</th>
<th>Absolute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>≥96</td>
<td>1</td>
<td>3,1</td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>67-95</td>
<td>7</td>
<td>21,9</td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td>38-66</td>
<td>9</td>
<td>28,1</td>
<td></td>
</tr>
<tr>
<td>Below</td>
<td>8-37</td>
<td>14</td>
<td>43,8</td>
<td></td>
</tr>
<tr>
<td>Less than once</td>
<td>≤7</td>
<td>1</td>
<td>3,1</td>
<td></td>
</tr>
</tbody>
</table>

Total Amount 32

Pictures 3. Histogram Chart Balance

d. Description of overall research result Data
A description of the data is done in this study to illustrate the Non-locomotor basic motion Survey in the classification. From the test results of the students UPT Public Elementary School 12Api-api the number of respondents 32 people, acquired average count (Mean) = 62.0, standard deviation = 24.1 Medium category. Further distribution of non-locomotor basic motion survey students UPT Public Elementary School 12Api-api can be seen in table 3.4

<table>
<thead>
<tr>
<th>Category</th>
<th>Interval classes</th>
<th>Frequency</th>
<th>Absolute</th>
<th>Absolute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>≥98</td>
<td>2</td>
<td>6,3</td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>74-97</td>
<td>12</td>
<td>37,5</td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td>50-73</td>
<td>11</td>
<td>34,4</td>
<td></td>
</tr>
<tr>
<td>Below</td>
<td>25-49</td>
<td>5</td>
<td>15,6</td>
<td></td>
</tr>
<tr>
<td>Less than once</td>
<td>≤24</td>
<td>2</td>
<td>6,3</td>
<td></td>
</tr>
</tbody>
</table>

Total Amount 32
DISCUSSION

Problems that occur in the field, such as students in the capture motion are still many students who can not avoid the fear of getting hit by the ball, at the time of stretching to start the sport activities students tend not to follow the instruction done by the teacher in front. The explanation corresponds to the opinion (8) “Dietary changes and physical activity in children makes physical growth and motor development of children uninterrupted”.

Then the research finds when it enters the activities of the floor-practice gymnastics movement twisting movements (swerved) body like Kayang students do not want to do the movement because of difficulty and fear of his back hurts, Then in the next practice, the path of hand holding a cross or rope students prefer doing it because the movement makes the students afraid to fall.

According to explaining the explanation above (9) “Construction of Sports is one of the important aspects of today's society. It is fully realized that through the sport will improve performance, physical freshness, and the establishment of attitudes that are following the human development nature of the whole”. Taking place in learning when the teacher explained the students did not see and pay attention to the teacher so that there was an error in the implementation of sports practice learning in the field.

Based on the explanation above it relates to the research on the implementation of non-locomotor motion with the test MABC-2. These basic mobility capabilities allow for coordination in the execution of the movement, based on the explanation stated (10) “Portion of skills possessed by each child for mastering the ability of this control object is different. This difference in ability is influenced by many factors, including eye-hand coordination, body mass index, heredity, gender, social environment, parenting style, parental knowledge, and children's confidence”.

Furthermore, the results of the research from the test were obtained from the test manual dexterity with an average 74.3 with medium category, then test aiming and catching acquired average 52.4 Medium category, while the balance test is obtained on average 47.7 medium category. While the difficulty of the non-locomotor motion has an average 62.0 also in the medium category, this belongs to the yellow zone category because its value ranges from 57 to value 67, which means indicating that the child is at risk of monitoring the necessary movements in performing non-locomotor movements.
In the placing pegs test (stacking stakes) there is the lowest data with time 28 seconds and standard score 8. That belongs to the red zone, because it shows significant movement difficulties, while in the test placing pegs (stacking stakes) there is the highest data with time 17 seconds and standard score 16. The red zone, as it shows significant movement difficulties.

Based on the research findings outlined above, the basic motion survey is important for the growth of one of the supporting children in the formation of physical education of recreational health sports. School education should seek to fulfill all the overlooked aspects of both family, and society or the environment. Descriptions are the same as delivered (2) “Referring to the data, it can be concluded that it is the average in the category that is not compatible with the stages of child development. The low quality of the basic movements of exercise possessed by children in this study can be caused by several factors, including the lack of physical activity carried out by children both in school and in the neighborhood where they live”.

If the shortcomings in the development of basic motion are not recognized and repaired, children may experience problems that are settled with the skills of motion at a later date. The above-mentioned opinion (11) “In increasing the ability of motion and understanding of motion, it is very necessary to periodically update so that an assumption of the problems found in the field of practice can be communicated from the way out in the form of training”.

In addition to the possible social consequences that can arise from a skilled deficiency in a significant basic motion can change the concept of a child's self. Therefore, evaluating the development of the basic motion of the child is an important aspect of the early childhood program. The uncertainty of this quotation is conveyed (7) “Portion of skills possessed by each child for mastering the ability of this control object is different. This difference in ability is influenced by many factors, including eye-hand coordination, body mass index, heredity, gender, social environment, parenting style, parental knowledge, and children's confidence”.

For that, it is researched non-locomotor basic motion survey through MABC Age Band-2. Which is a test used to measure the ability of an individual's basic motion, which develops early on. According to given the explanation (2) “Development of early childhood athletes is one of the important factors in achieving sports performance.” From a descriptive analysis of research can be learned from the whole test item MABC non-locomotor, which has been researched from 32 respondents UPT Public Elementary School 12 Api-api Regional districts Bayang With a Katogori "excellent" frequency of 2 people, "good" frequency of 12 people, "moderate" the frequency of 11 people, "less" frequencies 5 people, "less once" the frequency of 2 people.

This manual gives the results of a non-locomotor basic motion survey of students UPT Public Elementary School 12 Api-api. It can be said that overall the capability of the base of the locomotor is in a good category. This is evidenced by the percentage of the basic non-locomotor base motion capability in general (the largest) is 37.5%. Many factors cause this to happen such as health, nutrition, and the mixing of old who in carrying out basic motion development well.

Further from the effort can be made according to the quote (12) “One effort to improve the quality of education is to benefit various learning resources in learning activities. Quality improvement will be carried out well if the facilities and infrastructure of education, educational media, and the participation of teachers in it”.

Referring to the research results stating that the motor skills of the students are in a good category, the explanation is asserted by (3) “A child who has basic movement skills will also have the opportunity to develop his skills well in other fields, especially in sports”.

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It can be concluded that non-locomotor basic motion components, focus, and thoroughness and health greatly affect the student's Non-locomotor basic motion Survey UPT Public Elementary School 12 Api-api In the Act and development of knowledge. Meanwhile, according to the story of a quote (11) “In increasing the ability of motion and understanding of motion, it is very necessary to periodically update so that an assumption of the problems found in the field of practice can be communicated from the way out in the form of training”. These basic mobility capabilities can be enhanced through exercise exercises with adequate infrastructure and playing activities often done by children of elementary school age.

The explanation is in the (8) “In characteristic, elementary school children have an interest in performing various physical activities in the form of games, so naturally, children have an interest in various sporting activities. " Therefore, it is necessary to program and training basic mobility skills for a person in the development process especially for students UPT State Elementary School 12 Api-api area of Bayang district.

CONCLUSIONS
Description based on research results on students' Non-locomotor basic Motion Survey UPT State Elementary School 12 Api-api Students is in Grade 2 and in Grade 3, from 32 people samples of physical health education teachers and sports in learning to provide more learning activities in the form of play and focus exercises and thoroughness, word opinion (1) “A person's activity can be done well if the person has a high concentration level”. This is because the focal and thoroughness activities can increase the ability of the student's Dasarnon locomotor movement.

Students are more able to pay attention to factors that affect the ability of non-locomotor basic movements and are more active and creative in carrying out the study of the classification in schools. Next supports the above sentence(1) “Process of learning the motion-shaped activities observe movement and then try to simulate repeatedly, and apply certain motion patterns in certain situations faced, and also in the form of creating new motion patterns for certain purposes”.

The school to complement the facilities and infrastructures to support the activities of learning to teach the targeting in the school. Because it completes descriptions according(4) “Besides, the implementation of the assessment study can be implemented with many factors that influence it, such as physical freshness, ability, and creativity of teachers in teaching, necessary facilities, and infrastructure, interests, intelligence, selection of appropriate learning methods and media, student motivation in learning, conducive learning environment, nutritional status, motor skills, etc. as well as”.

Parent parents are more concerned with nutrition, children's health to improve their non-locomotor basic motion skills. Other researchers are expected to develop this research with more numbers and samples or other variables that have never been researched.

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