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ABSTRAK

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Hubungan Tingkat Kemampuan Motorik Kasar dengan Keseimbangan Dinamis pada Anak Tunagrahita di SDLB Wiradesa

Pendahuluan: Anak tunagrahita memiliki hambatan motorik kompleks akibat gangguan integrasi sensorimotor sehingga mengakibatkan penurunan kapasitas motorik kasar dan keseimbangan dinamis. Penelitian ini bertujuan mengetahui hubungan tingkat kemampuan motorik kasar dengan keseimbangan dinamis pada anak tunagrahita di SDLB Wiradesa Kabupaten Pekalongan.

Metode : Penelitian ini merupakan jenis penelitian kuantitatif korelasional dengan *cross-sectional*. menggunakan desain observasional analitik. Sampel diperoleh secara *purposive sampling* melibatkan 35 anak tunagrahita. Menggunakan kuesioner TGMD-2 dan TUGT. Analisa data menggunakan univariat dan bivariat dengan uji normalitas *Shapiro-Wilk* dan uji korelasi *Spearman Rank*

Hasil : Hasil uji *Spearman Rank* yang tidak signifikan menunjukkan p value >0,05 sebesar (0,389) sehingga tidak ada hubungan signifikan tingkat kemampuan motorik kasar dengan keseimbangan dinamis pada anak tunagrahita di SDLB Wiradesa Kabupaten Pekalongan

Diskusi : Hasil penelitian menunjukkan tidak adanya hubungan tingkat kemampuan motorik kasar dengan keseimbangan dinamis. Rendahnya motorik kasar tidak selalu berbanding lurus dengan buruknya keseimbangan dinamis. Hal ini disebabkan karena keseimbangan dinamis pada anak tunagrahita bersifat multifaktorial yang dipengaruhi oleh kontrol biomekanika (*center of gravity* terhadap *base of support*), tingkat kognitif, gangguan sensorik.

Kata Kunci: *tunagrahita, keseimbangan dinamis, motorik kasar, tgmd-2, tugt*

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ABSTRACT

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The Relationship Between Gross Motor Skill Level and Dynamic Balance in Children with Intellectual Disabilities at SDLB Wiradesa

Introduction: Children with intellectual disabilities have complex motor impairments due to sensorimotor integration disorders, resulting in decreased gross motor capacity and dynamic balance. This study aims to determine the relationship between gross motor skill level and dynamic balance in children with intellectual disabilities at SDLB Wiradesa, Pekalongan Regency.

Method: This study is a correlational quantitative research with a cross-sectional approach using an analytic observational design. The sample was obtained through purposive sampling involving 35 children with intellectual disabilities. The instruments used were the TGMD-2 and TUGT questionnaires. Data analysis was performed univariately and bivariately using the Shapiro-Wilk normality test and Spearman Rank correlation test.

Results: The Spearman Rank test results showed a non-significant p-value of > 0.05 (0.389), indicating that there is no significant relationship between gross motor skill level and dynamic balance in children with intellectual disabilities at SDLB Wiradesa, Pekalongan Regency.

Discussion: The research findings indicate the absence of a relationship between gross motor skill level and dynamic balance. Low gross motor ability does not always correlate directly with poor dynamic balance. This is due to the fact that dynamic balance in children with intellectual disabilities is multifactorial in nature, influenced by biomechanical control (center of gravity relative to base of support), cognitive level, and sensory impairments.

Keywords: Intellectual disabilities; dynamic balance; gross motor skills; TGMD-2; TUGT