

# THE INFLUENCE OF MODIFIED ONE-HOLE GAME MEDIA IN IMPROVING FINE MOTOR SKILLS IN EARLY CHILDHOOD

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**Abstract:** Fine motor development in children is strongly influenced by children's play activities, one of which is educational games. There are many types of educational games that can help develop children's fine motor skills, one of which is the one-hole game. But unfortunately, activities to improve children's motor development have not been optimized and the frequency is still lower than in previous years. As a result, children's fine motor development is not optimal. The purpose of this study was to determine how much influence the use of educational game tools one hole game has on the fine motor development of preschool children. This study used quasi experiment with pre and posttest approach with control. Data collection tools using the Developmental Pre-Screening Questionnaire sheet. Data analysis technique using paired-samples t test. The results of the study informed that there was an increase in children's motor skills after intervention with one hole game in early childhood school in Jugo Village, Jepara Regency. The results showed that the intervention of One Hole Game educational game has a great influence on the fine motor development of preschool children. Conclusion: Based on the results of the study, one hole game has an influence on the fine motor development of preschool children. The implication of this study is that parents need to know the right way to stimulate children's growth and development, namely with one-hole games that provide many good benefits for early childhood.

**Keywords:** Fine motor, Media, Accuracy, One hole game.

## INTRODUCTION

Children's world cannot be separated from play activities, thus allowing children to be more selective in choosing various play activities. According to Pratiwi (2017), a child's world is the world of play. Of course we understand this, children do not get tired easily when playing, this is also in accordance with the energy surplus theory that we know. The energy surplus theory itself is a theory that reveals excess energy in children who use excess energy for play activities (Muslihin et al., 2020). In addition, providing children with various sports experiences through play activities can help increase bone density. The purpose of children's games cannot be separated from the psychological aspects, through games emotional control, self-confidence, a sense of responsibility and other characters can be developed in children (Susanto et al., 2021).

Currently, all kinds and types of games are popping up like mushrooms after the rain and even going viral in various media, especially since the hobby of playing the game La Torato is not only loved by children, even adults are also enjoying this viral game. According to Mayesty, playing is an activity that children do all day long because for children playing is life, and life is about playing. Apart from that, playing through traditional games can stimulate children's character and critical thinking (Susanto et al., 2022). One of the games that is currently popular is the lato-lato game, this game has very high hypnotic power because it is so interesting that many people challenge themselves to try playing it. Lato-lato itself relies on finger stability and balance to maintain the rhythm of the collision of two plastic balls.

Stimulation of fine motor development is also carried out by cutting which provides the benefit of training cooperation between hands and eyes and increasing concentration in children. Stimulation with collage is able to train finger, hand and eye muscle cooperation (Sari Kumala et al., 2012). Another method is finger painting which is useful for establishing eye and hand cooperation and training concentration and can be used as a medium to express emotional conditions in children (Nurjanah et al., 2017). The method of playing puzzles is useful for training hand and eye muscle coordination and training accuracy (Ayu, 2022). Stimulation of early childhood fine motor development should be done by the child's parents. In addition to parents, stimulation of fine motor development can also be done by their teachers when early childhood is in their school (Saleh et al., 2023). The fine motor skills of individuals can be seen from the ability to complete tasks in everyday life, such as editing, writing, grasping objects, brushing teeth, using clothes, cleaning up toys, typing, folding, holding cutlery (Johnstone et al., 2022). Early childhood can practice grasping objects such as balls to improve their fine motor skills. Early childhood can practice brushing their own teeth so that they will become accustomed (Bondi et al., 2022).

This game not only trains fine motor skills but also cheers up the mood. However, behind the benefits that we hear and see in various media, the game La Torato itself, if not played wisely, can cause various kinds of injuries to those who play it, such as facial injuries, physical injuries, etc. Injuries to the head and hand area. It is true that children's games must of course comply with safety rules when playing, with the aim of minimizing the risk of injury through methods such as using good safety equipment, not using sharp materials or tools in the game, and always adhering to the rules of the game.

Fine movement is the process of contracting small muscles due to body movement activities. Fine motor skills are motor skills that involve small muscles that coordinate the eyes and hands in a balanced manner (Sutini et al., 2018). Furthermore, fine motor movements are movements that involve certain parts and carry out small muscle movements (Primayana, 2020). One of the smooth muscles that needs to be trained is the fingers. For this reason, media or tools are needed as training to stimulate these smooth muscles. Elizabeth Hurlock (1950) mentioned several reasons why motor development plays a role in personal development: First, motor skills keep children entertained and give them a sense of joy. Throwing and catching, playing hole games, and using other tools.

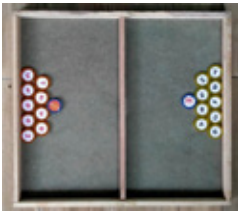

One of the media needed is to create a play tool that can provide benefits for training fine motor skills, especially in children. Another benefit of practicing fine motor skills in children's fingers is that they can train hand coordination. Second, fingers easily adapt to activities that require fingers, such as writing, cutting, etc. Third, there is little chance of feeling tired when using your fingers for activities. By training fine motor skills in early childhood, the aim is to develop children's fine motor skills (Robingatin et al., 2022). According to Endang Rini Sukanti (2015), motor development is a golden process or movement that directly involves movement and innervation of muscles to become a body capable of movement. Beaty (2011), believes that the development of children's fine motor skills refers to the child's ability to express and acquire muscle movements in the form of coordination, dexterity and dexterity in the use of hands and fingers.

There is a need to introduce educational games to preschool children which can improve children's cognitive abilities (Veronica, 2018). Educational games are games that have educational elements, so it is necessary to make a game that can adapt to the development and growth of children (Aprilianto et al., 2018). Therefore, making educational games does not have to be expensive if it is expensive, then we can make a game that uses household waste materials as an educational game.

Remains of building materials such as plywood and boards are often found in homes. Excess materials are materials that come from items that are no longer used (Nurhafizah, 2018). It is no longer used (Nurhafizah, 2018). Therefore, these leftover items can be used to make various useful items, one of which is making children's play equipment. This play tool is made to train fine motor skills, especially fingers. The author himself calls this game "One Hole Game". The equipment needed to play this game is a rectangular chess board measuring 40x45 cm and colored plastic coins with a diameter of 2 cm.

The reason this game is called a one-hole game is because this game is characterized by having only one hole to insert coins. Therefore, the author wants to know how much influence the one-hole game has in developing fine motor skills in early childhood. This one-hole game is inspired by the game karambol. The carambol game is a game that uses a square table with a game tool in the form of carambol coins (Atmaja et al., 2017). The purpose of the carambol game is similar to the one-hole game, which is to train fine motor skills (Yulianti, 2016). The explanation of the similarities and differences between the two games is explained in table 1.

**Table 1.** Similarities and differences between one-hole and karambol games

No	The game	Equation	Difference
1	One hole game 	Aims to train fine motor skills	Rectangular table papa size 40 X 45 cm Coin insertion hole is only 1 (one) hole only Number of players 2 (two) people.
2	Karambol 	Aims to train fine motor skills	Table papa sizes vary between 60 x 60, 75 x 75 and 90 x 90. There are 4 (four) holes for inserting coins Number of players 2 to 4 people.

In the explanation in table 1, although there are several aspects that have similarities and differences between the two games, this will help researchers in testing how big the influence of the one-hole game media is. Therefore, the author wants to know how much influence one-hole games have in improving fine motor skills in early childhood, especially fine motor skills of the fingers.

**METHOD**

This study used a quasi-experimental design with a “one group pretest posttest” approach that refers to Campbell & Stanley’s (1966) theory (Hastjarjo, 2019). The population in this study were children aged 4, 5, and 6 years at the Jugo Village Early Childhood School, Jepara Regency, totaling 30 children. The sampling technique used in this study was total sampling. The sample in this study amounted to 30 children who were divided into one group, namely 30 children in the intervention group. The data collection tool used was the Developmental Pre-Screening Questionnaire sheet which refers to a score of 0-10. This instrument was obtained from the Ministry of Health of the Republic of Indonesia in 2017. Univariate data analysis using frequency distribution and bivariate analysis using paired-samples t test.

**RESULT**

The researcher presents the data from the research that has been conducted. The explanation of the results of this study includes an overview of the research location, demographic characteristics of respondents consisting of gender and age.

**Table 2:** Frequency Distribution Based on Respondent Gender

Gender	Frequency	Percentage
Male	18	60.0
Female	12	40.0
Total	30	100.0

From the explanation in table 1, there are results that of the 30 respondents, the majority are male (60%).

**Table 3:** Frequency Distribution Based on Age of Respondents

Age	Frequency	Percentage
3-4	13	43.3
4-5	10	33.3
5-6	7	23.3
Total	30	100.0

**Table 4:** Frequency Distribution of the Effect of Fine Motor Development of Children 3-6 Years Old Before and After One Hole Game

No	Fine Motor Development	Before		After	
		F	%	F	%
1	Corresponding	6	20.0	18	60.0
2	Doubtful	17	56.7	10	33.3
3	Deviate	7	23.7	2	6.7
Total		30	100.0	30	100.0

Based on table 3, it was found that the fine motor development of children at Jugo Early Childhood School before and after being given the one hole game tool from doubtful to appropriate was 18 respondents (60%), doubtful was 10 respondents (33.3%) and deviant was 2 respondents (6.7%).

**Table 5:** Calculation Results with Paired Sample Test

Paired Differences			t	df	Sig. (2- tailed)		
Std.Deviation	Std.Error Mean	95% Confidence Interval of the Difference					
		Lower	Upper				
.567	.935	.171	.217	.916	3.319	29	.002

Based on the results of calculations using the Paired Sample Test test, the results obtained P value = 0.02 <0.05, meaning that there is an effect of one hole game on fine motor development of preschool children.

**DISCUSSION**

Early childhood is known as the golden period, especially gross motor, children love physical activities begin to develop new skills and improve previous skills. Fine motor develops more slowly, but is still assisted by providing the widest possible opportunity, as well as appropriate equipment and materials and continuous support given to children, as well as problems or difficulties faced by children in fine motor development. Children’s fine motor development activities are very useful for training children’s motor coordination skills including coordination between hands and eyes that can be developed through play activities. The purpose of fine motor development is to be able to function small muscles, such as finger movements, being able to coordinate hand and eye speed. Another benefit of fine motor development is to support other aspects of development, such as cognitive, language, and social. Because each aspect of development is not separate from one another (Ariyana & Rini, 2019). Girls are generally easier to manage and obedient to parents, this is in contrast to boys who tend to be difficult to manage, directed and boys usually often argue with parents and are more aggressive (Huedo et al., 2017). Where in this age range the child’s fine motor development is stable and the child has almost completed the developmental tasks of preschool age. Fine motor development at this age can be stable and there is still an increase in growth and development, especially in physical activity and cognitive abilities (Barrocas et al., 2020).

The One Hole Game is a form of play that is thought to help develop fine motor skills and hand-eye coordination. The one-hole game is an interesting educational game tool to be introduced to preschool-age children. In line with the findings of this study, playing one-hole games can stimulate or improve children’s fine motor skills. One-hole game is a game where children throw coins through a hole into each other’s area. When tossing coins, the one-hole game involves the fingers of the hands which are associated with small muscles, especially the hands and fingers. Through playing one hole game activities, without realizing it, children will actively learn to use their fingers to move by pushing coins right into the hole and this can unwittingly train eye and hand coordination well so that it can stimulate children’s fine motor skills. The results of this study are in line with the results of Pramono’s (2008) research on the effectiveness of educational game tools of the type of one-hole game on fine motor development in children aged 4-5 years which states that there is an effect of educational game tools of the type of one-hole game on the fine motor skills of children aged 4-5 years. In addition, the karambol educational game which is almost the same as the one-hole game also improves fine motor skills (Susanti, 2018). These two games that use coins can also stimulate children’s critical thinking (Eni et al., 2020). To refine motor skills, children are required to continue doing various

activities (Rocha et al., 2021). Slow motor factors can be caused by several things. One of the causes of motor development disorders is tonus disorders or neuromuscular diseases. Environmental factors and the child's personality can also affect delays in motor development. The impact of delayed fine motor can result in the child's development being inhibited and not age-appropriate, and there tends to be a disorder of the nervous system (Maghfuroh, 2018).

In addition, there is a type of game that is almost the same as the one-hole game, namely the karambol game. The definition of this game is one of the games that uses a square table with the game tool in the form of coins (Atmaja et al., 2017). Both of these games are the same in using the fingers of the hands in playing the game and the purpose of the game is the same to enter the coin. The purpose of the carambol game is to enter the carambol coin (Karambol Board et al., 2019). But from some similarities in these games, of course, there are differences including, (1) The pin or coin in the one-hole game is directed at the hole to enter the opponent's area, while in the karambol game, the coin is directed at the opponent's coin so that the opponent's coin enters the hole. (2) The board or media used in the one-hole game is smaller than the board used in the carambol game. In addition to improving fine motor skills in children, these two games can improve cognitive and science (Lestari et al., 2023)(Hidayat et al., 2022)(Novitasari 2017). In addition, both games can also control children's emotions (Amin et al., 2023). With the use of one-hole and karambol games can also improve learning outcomes in counting (Susilawati et al., 2022)(Asisningtyas et al., 2017).

## CONCLUSION

The one-hole game is a fun and educational game for early childhood. The researchers informed that most of the early childhood motor skills were doubtful during the pre-intervention assessment. Children's fine motor skills improved or were in the appropriate category after being given treatment by playing the one-hole game and after going through the paired sample t test. One-hole game media is highly recommended for use in early childhood schools because, one-hole modified game media is one form of game that has educational value. Accuracy in this one-hole modification game is needed to train children in inserting plastic coins into the hole, because in this activity children must concentrate when inserting coins into the hole with their fingers so that plastic coins enter the opponent's area. By playing the one-hole game, children learn to understand fine motor skills, accuracy, and the concept of addition. Of course, the coins used in this one-hole game have more diverse shapes and patterns, as well as more attractive colors, so that children are interested in playing it. The implication of this research is that one-hole games provide benefits for child development. In addition, parents need to provide facilities for this game to be played at home and early childhood school teachers also need to stimulate children to play with one-hole games at school.

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### Conflict of Interest

The authors declare that there is no conflict of interest.

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