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## The Effect Of Bomo Games Training On The Gross Motor Skills Of Slightly Impaired Children In Stake Special Schools in Karawang District

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### ABSTRACT

The Bomo Games game is inspired by Bocce Ball Games, which aims to train the gross motor skills of mentally retarded children. These children experience obstacles in terms of motor focus due to their intellectual challenges. Even though their fine motor skills are trained every day at school, gross motor exercises are only done once a week. Therefore, they are involved in games such as Bomo Games which combine moves from the game of bocce. This study aims to evaluate the effect of Bomo Games training on improving motor skills in mildly mentally retarded children. The research design used a pre-experimental method (one group pre-test post-test) by providing treatment to all samples selected using purposive sampling. The research population consisted of two groups, namely SLB Negeri 1 West Karawang and SLB Negeri Karawang Regency.

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### AUTHORS' CONTRIBUTION

A. Conception and design of the study;  
B. Acquisition of data;  
C. Analysis and interpretation of data;  
D. Manuscript preparation;  
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## INTRODUCTION

Children who have obstacles in physical and psychological development are known as children with special needs (Fadilah Azzahra & Tarigan, 2024). Several categories of children with special needs include individuals who are blind, deaf, mentally retarded, physically disabled, hearing impaired, autistic, and others.

Intellectually retarded children are children whose intelligence is significantly below average, which causes difficulties in adapting behaviour during development as well as obstacles in completing academic tasks. This is caused by imperfect brain development and nerve function (Sulastri et al., 2023). The terms used to refer to children with below-average levels of intelligence vary in Indonesian, such as cerebral weakness, mental retardation, mental retardation, and so on. Disorders experienced by mentally



retarded children have an impact on their motor development. In particular, in terms of fine motor skills, they face difficulties in intellectual learning such as writing, arithmetic and reading. Meanwhile, in terms of gross motor skills, they have difficulty carrying out movements that involve large muscles. Gross motor movement abilities involve coordinating the movements of most of the child's body parts. Physical activity in children influences cognitive development and gross motor skills. A decrease in gross motor development can also affect delayed cognitive development, and vice versa (Gunawan et al., 2024).

To overcome gross motor development in mentally retarded children, repetitive and consistent exercises can be carried out. One effective training method is through playing bomo games.

The Bomo Games game is inspired by the Bocce Ball Games, or bocce ball games, which have been played for more than 7000 years. The game of bocce has become generally popular as an international sport for competition and recreation. Bocce is a sport for everyone, regardless of age, gender or ability, including children with Down syndrome (Puspitaningsari Mecca et al., 2022). This game can train the motor skills of mentally retarded children, where they can practice the movements in the bocce ball game.

Bomo games are a simple modification of the bocce game, which adds movements to train the gross motor skills of mentally retarded children. These exercises include a variety of locomotor, non-locomotor, and manipulative movements to improve gross motor skills.

Motor skills are the process by which a person develops their ability to move with good coordination, control, and regularity. There are two main types of motor skills, namely gross motor skills which involve large muscle movements such as the legs and arms, and fine motor skills which involve hand and finger movements for activities that require precision. These motor skills are important for building physical strength, maintaining body balance, and developing skilled movement coordination (Puspitaningsari Mecca et al., 2022).

The gross motor training model in the Bomo games explains how children can improve their gross motor development by doing certain movements. Bomo games are an innovation in training the gross motor skills of mentally retarded children.

## **METHODS**

This type of research uses quantitative research. Quantitative Research is a type of research that uses numerical data collection and analysis techniques to test hypotheses, draw conclusions, and understand the relationship between the variables studied (Candra Susanto et al., 2024). This research design uses pre-experimental (one group pre-test post-test). The population in this study was located in 2 schools, namely SLB Negeri 1 West Karawang and SLB Negeri Karawang Regency, and the sample for this

study consisted of 10 students with the criteria used including a) Mild mental retardation, b) Boy and girl, and c) 10-15 Years Old.

The data obtained was analyzed using the SPSS 20 computer application. The first analysis was to determine the data description, followed by a normality test using Kolmogorov-Smirnov. After ensuring that all variables are normally distributed, a hypothesis test or different test is carried out for similar samples (paired t-test).

### Procedure

The instrument used is a gross motor skills test. The motor tests that will be carried out are :

**Table 1.**

Gross motor skills test

	40-meter sprint test	Test throwing as far as possible	Test jump from the top of a 15 cm high beam	Test long jump without starting	Test stand on one leg for 10 seconds
Value	Gap (Minute)	Gap (Minute)	Target	Gap (Minute)	Distance (Second)
3	≤8,7"	6,01 m	3	>1,5	7,6 - 10
2	8,8" - 9,9"	3,01 - 6,00 m	2	1 - 1,5	5,6 - 7,6
1	10,0 - 11,9"	1,00 - 3,00 m	1	0 - 1	4 - 5,5
0	≥12,0	1,00	0	Unable	0 - 3,9

## RESULTS AND DISCUSSION

This research involved 8 students with intellectual disabilities who were conducted during 16 meetings on Monday, Wednesday, and Friday. The data taken in the study included 5 test items that had been carried out. After collecting the data, the data was analyzed using SPSS. Based on these data, the following results were obtained:

**Table 2.**

Gross Motor Statistical Test Results for Children with Intellectual Impairment

Statistics	Pre-test	Post-test
N	10	10
Mean	40,00	71,25
Std. Deviation	4,08	8,53
Varian	16,66	72,91
Max	45	80
Min	35	60

Based on the table above, the average pre-test result is 4.00 and the average post-test score is 71.25. while the standard deviation in the pre-test was 4.08 and the post-test was 8.53. The lowest score obtained from the pre-test results was 45 and from the post-test results 80.

**Table 1.**

Distribution of Kolmogorov Smirnov normality test results

Statistic	P-Value	Mean	Normality Test
Pre-Test	0,964	40,00	Normal
Post-Test	0,999	71,25	Normal

Based on the results of the table above, it can be seen that the P Value during the pre-test was 0.900 and the P-Value during the post-test was 0.968. This shows that the data during the pre-test and post-test were greater than the significance value  $\alpha$  (0.05). The mean difference test or T-test was carried out to determine whether there was an effect of Bomo games training on the gross motor skills of children with mild mental retardation in special schools throughout Karawang Regency.

**Table 3.**

Paired Sample Test Results

Variable	Mean	T	P Value	Peningkatan
Pre-test	40,00			
Post-test	71,25	4,619	0,044	78,125%

Based on the calculation results in the table above, the P value is  $0.044 < \alpha$  (0.05) and the T-count is  $4.619 > T$ -table 4.30265. So,  $H_a$  was accepted and  $H_o$  was rejected, showing a significant effect of treatment on the gross motor skills of children with mild intellectual disabilities in special schools throughout Karawang Regency. This influence is 78.125%. Bomo games training has a significant impact because it combines games with motor movements that train the gross motor skills of children with mild intellectual disabilities in State Special Schools in Karawang Regency.

## CONCLUSION

Based on the problem formulation and research results regarding the effect of Bomo games training on improving the gross motor skills of children with mild intellectual disabilities in State Special Schools in Karawang Regency, it can be concluded that:

1. There is an effect of increasing the gross motor skills of children with mild intellectual disabilities in State Special Schools throughout Karawang Regency.
2. The magnitude of the increase in gross motor skills of children with mild intellectual disabilities in State Special Schools in Karawang Regency through bombo games training was 71.25%.

## Suggestion

The following are suggestions based on research results:

1. Students should improve their gross motor skills through bombo games.
2. Researchers need to develop this research further to provide more references for future studies.

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