

**DAMPAK PROGRAM MAKANAN SEHAT DAN BERGIZI
TERHADAP PERKEMBANGAN MOTORIK KASAR
PADA ANAK USIA 2-3 TAHUN DI TK
ABDURRAHMAN BIN AUF**

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(Penelitian Kualitatif Studi Kasus di TK Abdurrahman bin Auf)

ABSTRAK

Penelitian ini bertujuan untuk mengetahui dampak program makanan sehat dan bergizi terhadap kemampuan motorik kasar anak usia 2-3 tahun. Hasil penelitian menunjukkan bahwa program makanan sehat dan bergizi memiliki dampak positif signifikan terhadap kemampuan motorik kasar anak, termasuk keseimbangan, koordinasi, dan kemampuan spesifik seperti berjalan, berlari, dan melompat. Penelitian ini melibatkan wawancara dengan kepala sekolah, guru, dan orang tua, serta observasi langsung terhadap kemampuan motorik kasar anak. Hasil penelitian menunjukkan bahwa anak-anak yang mengikuti program makanan sehat dan bergizi memiliki kemampuan motorik kasar yang lebih baik dibandingkan dengan yang tidak. Penelitian ini merekomendasikan bahwa program makanan sehat dan bergizi perlu dilanjutkan dan ditingkatkan untuk meningkatkan kemampuan motorik kasar anak usia 2-3 tahun.

Kata Kunci : Gizi anak, Anak Usia Dini 2-3 tahun, Keseimbangan dan Koordinasi, Kemampuan Motorik Kasar, Program Makanan Sehat.

**THE IMPACT OF THE HEALTHY AND NUTRITIOUS FOOD PROGRAM
ON GROSS MOTOR DEVELOPMENT IN CHILDREN AGED 2-3 YEARS
AT ABDURRAHMAN BIN AUF KINDERGARTEN**

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ABSTRACT

This study aims to determine the impact of healthy and nutritious food programs on the gross motor skills of children aged 2-3 years. The results showed that healthy and nutritious food programs have a significant positive impact on children's gross motor skills, including balance, coordination, and specific abilities such as walking, running, and jumping. This study involved interviews with principals, teachers, and parents, as well as direct observation of children's gross motor skills. The results showed that children who participated in healthy and nutritious food programs had better gross motor skills than those who did not. This study recommends that healthy and nutritious food programs be continued and improved to enhance the gross motor skills of children aged 2-3 years.

Keywords: Child Nutrition, Early Childhood 2-3 years, Balance and Coordination, Gross Motor Skills, Healthy Food Program.

