

ABSTRAK

Penelitian ini bertujuan mengetahui persiapan kegiatan bermain *outbound* dan mengkaji strategi dalam menyampaikan nilai-nilai kegiatan bermain *outbound*, juga mengetahui hasil peningkatan kemandirian dan kedisiplinan anak usia dini melalui kegiatan bermain *outbound* di taman kanak-kanak Aisyiyah Butstanul Athfal (ABA) Siliran Yogyakarta.

Jenis penelitian ini deskriptif pendekatan kualitatif yang datanya diambil dari lapangan (*field research*) yang bersifat deskriptif kualitatif. Sebagai penelitian lapangan, maka yang dibutuhkan dalam penelitian ini adalah data primer, yaitu data yang langsung diambil dari lokasi penelitian. Teknik pengambilan data dengan observasi, wawancara, dan dokumentasi. Teknik analisis data kualitatif menggunakan pengumpulan data (*data collection*), reduksi data (*data reduction*), penyajian data (*data display*), penarikan kesimpulan (*conclusion drawing / verification*). Subyek dalam penelitian ini adalah 27 anak usia dini, guru, dan orangtua. Obyek dalam penelitian ini adalah kegiatan bermain *outbound* yang ada di TK ABA Siliran Yogyakarta.

Hasilnya menunjukkan bahwa (1) Pelaksanaan Kegiatan bermain *outbound* di TK ABA Siliran Yogyakarta sudah menjadi sebuah program dari sekolah yang dilaksanakan setahun dua kali. Kegiatan *outbound* ini bertujuan untuk melatih aspek motorik, kinestetik, kognitif, dan kreativitas anak. (2) Strategi yang dikembangkan dalam kegiatan *outbound* dengan cara kelompok dan individu. Nilai-nilai yang terdapat dalam kegiatan *outbound* adalah melatih anak untuk lebih mandiri, disiplin, kerjasama sesama teman, keberanian, melatih konsentrasi anak, melatih sistem motorik anak, dan kecermatan anak. (3) Sebelum mengikuti kegiatan *outbound* anak cenderung kurang aktif dalam kegiatan belajar di sekolah dan setelah mengikuti kegiatan *outbound* peningkatan anak menjadi lebih mandiri dan disiplin dalam kegiatan belajar di sekolah.

Key-Word: Kemandirian, Kedisiplinan, Kegiatan *Outbound*

**The Self-reliance and Discipline of Children in Early Childhood in
*Aisyiyah Butstanul Athfal (ABA) Kindergarten Siliran Yogyakarta***

Eka Puspita Saputri

ABSTRACT

This study is aimed to investigate the preparation of an outbound activity and to study the strategy in conveying the values of outbound activity, and to investigate the result of increased self-reliance and discipline of children in early childhood through outbound activities in *Aisyiyah Butstanul Athfal (ABA) Kindergarten Siliran Yogyakarta*.

This study was descriptive and used qualitative approach where the data were taken from the field (field research). As a field research study, then what is needed in this research is primary data, which is data which were directly retrieved from the research sites. Data collection techniques in this study used observation, interviews, and documentation. Qualitative data analysis techniques used data collection, data reduction, data display, conclusion drawing (verification). The subjects in this study were 27 early childhood, teachers and parents. The objects in this study are the outbound activities in TK ABA Siliran Yogyakarta.

The results show that (1) The implementation of outbound activities in TK ABA Siliran Yogyakarta is already a regular school program which is implemented twice a year. This outbound activity aims to train the aspects of motoric, kinesthetic, cognitive, and creativity of children. (2) The strategy developed in outbound activities by means of groups and individuals. The values contained in outbound activity are to train children to have more self-reliance, discipline, cooperate with their friends, brave, to train the children's concentration, to train the children's motoric system, and the carefulness of children. (3) Before following the outbound activities, children tend to be less active in learning activities at school and after following the outbound activities, children become more independent and disciplined in learning activities at school.

Keywords: Self-reliance, Discipline, Outbound Activity