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# Impact of Kids Yoga on Preschoolers' Gross Motor Skills

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## ABSTRACT

Gross motor development is a crucial aspect of early childhood growth and is significantly influenced by appropriate stimulation. Kids Yoga serves as an enjoyable form of physical stimulation by incorporating body movements, balance, coordination, and self-awareness. This study aimed to determine the effect of Kids Yoga on gross motor development in preschool children aged 4–6 years. A quantitative method was applied using a pre-experimental one-group pretest-posttest design. The sample consisted of 16 children selected through purposive sampling at Dharma Wanita Persatuan 2 Kindergarten, Sumbersuko Village, Dampit District, Malang Regency. The instrument used was the Test of Gross Motor Development-2 (TGMD-2), and data were analyzed using the non-parametric Wilcoxon Signed-Rank Test. Before the intervention, out of 16 children, 4 (25%) were in the "Poor" category, and 12 (75%) were in the "Fair" category. After the intervention, no children remained in the "Poor" category. A total of 9 children (56.25%) were in the "Fair" category, and 7 (43.75%) improved to the "Good" category. The Wilcoxon test showed a statistically significant result with a p-value < 0.001. In conclusion, Kids Yoga has been proven effective in enhancing gross motor development and can serve as an alternative educational activity in early childhood education settings.

Keywords: *KIDS YOGA; GROSS MOTOR DEVELOPMENT; PRESCHOOL; EARLY CHILDHOOD EDUCATION; MIDWIFERY.*

## Introduction

The preschool period marks a crucial stage in early childhood development, where physical, cognitive, emotional, and social abilities undergo rapid growth. One of the essential components of this phase is motor development, which involves the regulation of body movement through the coordination of the central nervous system, peripheral nerves, and muscles [1]. In particular, gross motor development characterized by movements involving large muscle groups such as walking, running, and jumping is fundamental in shaping children's basic physical abilities [2]. Therefore, engaging and developmentally appropriate interventions such as Kids Yoga are considered effective strategies to support children's physical development during this critical phase.

Numerous studies have underscored the importance of gross motor stimulation in early childhood. For instance, data from the United Nations Children's Fund (UNICEF) indicates that Indonesia had the

fourth-highest number of children globally in 2018. However, this demographic advantage is accompanied by a developmental challenge: approximately 56.34% of preschool children in Indonesia exhibit signs of delayed development, and an estimated 13–18% experience developmental disorders [3]. These issues reflect a broader concern for child health and development in the country. A preliminary assessment conducted on 30 children at Dharma Wanita Persatuan 2 Kindergarten in Sumbersuko Village, Dampit District, Malang Regency revealed that while the majority of students were in the "fair" to "good" category for gross motor development, some children fell into the "poor" category based on the Test of Gross Motor Development (TGMD). These findings suggest the necessity for well-designed interventions that can promote motor development in preschool-aged children.

Previous research has demonstrated that delays in gross motor development are frequently linked to insufficient stimulation. Without adequate early stimulation, children may struggle to reach developmental milestones, potentially resulting in long-term psychological and cognitive challenges, such as diminished self-confidence and poor concentration [1]. It is therefore crucial for parents, educators, and communities to actively engage in providing appropriate developmental stimuli. Among the available options, Kids Yoga has gained popularity as a creative and holistic approach. It incorporates breathing techniques, simple and enjoyable body postures, and structured relaxation phases into a cohesive routine tailored for young children [4]. The activities typically take place twice a week, lasting 30–45 minutes per session, and are designed to be playful and interactive through storytelling, singing, and dancing[5]. Despite growing awareness of its benefits, implementation in early childhood educational settings remains limited. Additionally, some studies, such as Fitrianingtyas et al. (2022), found improvements in balance, flexibility, and muscle strength among children practicing yoga, though methodological limitations such as reliance on subjective observation and a lack of standardized measurement tools suggest the need for further empirical investigation.

In light of these issues, this study identifies a research gap in the objective measurement of gross motor development improvements through structured Kids Yoga programs in early childhood settings. The importance of this study lies in its potential to provide evidence-based insights that can inform curriculum development, teacher training, and parental involvement in early motor stimulation. By using a standardized instrument such as the Test of Gross Motor Development (TGMD-2), this study aims to provide more reliable and valid data. The purpose of this study is to examine the effect of Kids Yoga on gross motor development in preschool children aged 4–6 years at Dharma Wanita Persatuan 2 Kindergarten, Sumbersuko Village, Dampit District, Malang Regency.

## Methods

This study employed a quantitative approach using a pre-experimental design, specifically a one-group pretest-posttest design, to evaluate the effect of the Kids Yoga program on gross motor development in preschool-aged children. The research was conducted from February to March 2025 at Dharma Wanita Persatuan 2 Kindergarten, located in Sumbersuko Village, Dampit District, Malang Regency, Indonesia. The study population consisted of preschool children aged 4–6 years enrolled in the aforementioned kindergarten. A total of 16 children were selected as research participants using purposive sampling based on predefined inclusion criteria, including age, willingness to participate, and absence of physical or neurological disorders that may affect motor performance. Primary data were collected through direct observation and assessment of gross motor development using the Test of Gross Motor Development, Second Edition (TGMD-2). This standardized instrument consists of two subtests: *locomotor* skills (e.g., running, jumping) and *object control* skills (e.g., catching, throwing). Each child was evaluated twice once before (pretest) and once after (posttest) the intervention. The TGMD-2 scoring system ranges from 0 to 48 and was categorized into four levels: poor (0–12), fair (13–24), good (25–36), and excellent (37–48). The intervention involved the implementation of the Kids Yoga program over a four-week period, with sessions conducted twice a week. Each session lasted between 30 to 45 minutes and included a sequence of activities: warm-up and breathing exercises, core yoga poses, and relaxation or cool-down activities. The sessions were led and supervised by trained instructors with the assistance of the researcher. Data collection methods included structured observation, completion of the TGMD-2 score sheets by the researcher, and documentation through photos and field notes. The data were analyzed using the Wilcoxon Signed-Rank Test, a non-parametric statistical test, with the help of SPSS version 27 to determine whether there was a

significant difference between the pretest and posttest scores, thereby evaluating the effectiveness of the intervention. This study obtained ethical approval from the Health Research Ethics Committee of institute of science technology and health RS. Dr. Soepraoen Malang, with ethical clearance number KEPK-EC / 208 / II / 2025, issued in February 2025. All participants' guardians provided informed consent prior to data collection, and all ethical principles related to human subject research were adhered to throughout the study.

## Results and Discussion

Table 1. Frequency Distribution of Respondents' Gross Motor Delay Before Kids Yoga Intervention at TK Dharma Wanita Persatuan 2, Sumbersuko Village, Dampit Subdistrict, Malang Regency

| Before kids yoga | | |
|---|---|---|
| Before kids yoga | f | % |
| Poor ( 0 – 12 ) | 4 | 25.0 |
| Fair ( 13 – 24 ) | 12 | 75.0 |
| Totals | 16 | 100.0 |

*(Sourcer: data primer 2025)*

Prior to the intervention in the form of the Kids Yoga program, a baseline assessment (pretest) was conducted to evaluate the gross motor development level of preschool children aged 4–6 years at TK Dharma Wanita Persatuan 2, Sumbersuko Village. The assessment used the TGMD-2 (Test of Gross Motor Development-2) instrument, which consists of two main subtests: locomotor skills (such as running and jumping) and object control skills (such as throwing and catching a ball). The results were classified into four categories: Poor, Fair, Good, and Very Good.

Based on Table 1, out of a total of 16 children, 4 children (25%) were categorized as Poor, and 12 children (75%) were categorized as Fair. No children were categorized as Good or Very Good. These findings indicate that the majority of children were still at a suboptimal level of gross motor development. Observations during the pretest revealed that several children had difficulty maintaining balance, were unable to properly control body movements while running or jumping, and had not yet developed efficient coordination between hand and foot movements.

These results align with the theory of preschool child development as described by [6] which states that gross motor development at this age is a fundamental aspect of child growth and is highly influenced by environmental stimulation and regular physical activity. Children who lack movement stimulation or physical experiences tend to face delays in achieving basic motor skills.

Furthermore, the theory of growth and development according to [7] emphasizes that gross motor skills will develop optimally when children receive appropriate stimulation according to their age and developmental stage. Without specific interventions or targeted exercises, skills such as jumping, kicking, or maintaining balance will not develop naturally. This is further supported by [8] who state that the lack of structured physical activity, low child motivation, and limited movement experiences can hinder the gross motor development process.

In this context, it is crucial to introduce an intervention program that is not only engaging for children but also provides comprehensive motor stimulation. One program that is considered suitable for early childhood development is Kids Yoga. This activity involves repetitive movements, breathing techniques, and structured body play that can improve coordination, balance, and large muscle strength. The pretest data serves as a critical foundation for designing appropriate interventions and highlights the urgency of implementing activities that stimulate gross motor development in a fun and consistent manner, such as Kids Yoga.

Table 2. Frequency Distribution of Respondents' Gross Motor Delay After Kids Yoga Intervention at TK Dharma Wanita Persatuan 2, Sumbersuko Village, Dampit Subdistrict, Malang Regency

| After Kids Yoga | | |
|---|---|---|
| After Kids Yoga | f | % |
| Fair ( 13 – 24 ) | 9 | 56.3 |
| Good ( 25 – 36 ) | 7 | 43.8 |
| Totals | 16 | 100.0 |

*(Source: data primer 2025)*

After the implementation of the Kids Yoga intervention program, a posttest was conducted to evaluate the gross motor development of preschool-aged children using the same TGMD-2 instrument. The program was carried out over one month with a total of 8 sessions conducted routinely in a fun and developmentally appropriate manner. The sessions emphasized active movement, balance, flexibility, coordination, and basic breathing techniques. Each session was designed not only as a physical activity but also as a kinesthetic learning experience that integrated movement and concentration.

The posttest results showed a positive and significant improvement descriptively. None of the children remained in the "Poor" category. A total of 9 children (56.25%) were classified as "Fair," while 7 children (43.75%) showed improvement and moved to the "Good" category. No child experienced a decline from their previous category, although 2 children did not show improvement. Several children who initially struggled with movements such as jumping, balancing, or kicking were now able to perform these tasks more confidently and effectively.

This improvement aligns with the theory of preschool child development described by [6] which emphasizes that gross motor skills develop through a combination of maturation and environmental stimulation. Children who receive appropriate and regular physical training will experience accelerated development in fundamental movement skills such as running, jumping, and maintaining body balance. Furthermore, [5] in their study confirmed that Kids Yoga is effective in improving balance and muscle strength, as well as training body coordination through simple poses that children can perform independently.

[2] also stated that yoga asanas are highly effective in enhancing gross motor skills because they directly involve large muscle systems and optimize joint and bone function. Directed yoga movements such as stretching and core poses can expand the range of motion, strengthen large muscles, and improve coordination all of which are essential for the physical development of preschool-aged children. Theoretically, it is explained that factors such as exercise, motivation, and experience greatly influence the improvement of children's gross motor skills. Kids Yoga serves as a form of stimulation that provides varied and enjoyable movement experiences, enriching children's motor learning through structured yet flexible activities suitable for their age. Based on these results, it can be concluded that the Kids Yoga program not only successfully improved children's physical gross motor abilities but also contributed to psychosocial aspects such as increased self-confidence, body control, and the ability to concentrate on completing movement tasks.

Table 3. Cross-Tabulation Analysis of Gross Motor Delay Before and After Kids Yoga Intervention at TK Dharma Wanita Persatuan 2, Sumbersuko Village, Dampit Subdistrict, Malang Regency

| Before Kids yoga | After Kids yoga | | Totals |
|---|---|---|---|
| | Fair (13-24) | Good (25-36) | |
| Poor (0-12) | 4 (100%) | 0 (0%) | 4 (100%) |
| Fair (13-24) | 5 (41,7%) | 7 (58,3%) | 12 (100%) |
| Totals | 9 | 7 | 16 |

*(Source: data primer 2025)*

Based on Table 3, the cross-tabulation results show an improvement in the gross motor development of children after the Kids Yoga intervention. Prior to the intervention, all 16 children were

classified in the “Poor” category (score 0–12). After completing the Kids Yoga program, all of these children (100%) showed improvement and moved into the “Fair” category (score 13–24). No child improved directly from the “Poor” to the “Good” category (score 25–36). Meanwhile, of the 12 children who were in the “Fair” category at pretest, 5 children (41.7%) remained in the same category, including 2 children who showed no score improvement at all, while 7 children (58.3%) progressed to the “Good” category. Overall, after the Kids Yoga intervention, 7 children (43.8%) reached the “Good” category of gross motor development. Notably, none of the children were in this category prior to the intervention.Following the implementation of the Kids Yoga program as the main intervention in this study, data analysis was conducted using the Wilcoxon Signed-Rank Test, a non-parametric statistical test. The results, processed using SPSS version 27, indicated that the significance value (Asymp. Sig. 2-tailed) was < 0.001, which is lower than the threshold of 0.05. Therefore, the null hypothesis ($H_0$) was rejected and the alternative hypothesis ($H_1$) was accepted, indicating a statistically significant difference in gross motor development scores before and after the Kids Yoga intervention.

The assessment of gross motor development using the TGMD-2 instrument revealed that, of the 16 children, 9 demonstrated an improvement in category from "Poor" to "Fair" and from "Fair" to "Good." Meanwhile, 7 children remained in the same category, although some of them showed increased scores that were not sufficient to change categories. In general, the findings indicate that the Kids Yoga program had a significant impact on enhancing the gross motor skills of preschool children.

According to the theory of early childhood development described by [6] gross motor development is influenced by the maturation of the nervous and muscular systems, which can be stimulated through appropriate and continuous training. This is consistent with Hurlock’s theory, which states that children’s motor development does not occur automatically but requires environmental support that provides a variety of movement experiences. Kids Yoga, as a guided and enjoyable physical activity, serves as an ideal form of stimulation because it not only involves large muscles but also stimulates children’s balance, coordination, and concentration systems.

These findings are also supported by previous studies. [9] found that yoga significantly improves both gross and fine motor skills. [5] reported that yoga is effective in enhancing children’s body stability and coordination. [2] demonstrated that yoga exercises involving stretching and strengthening of large muscles help expand the range of motion and agility in children. [10] further stated that yoga improves concentration, focus, and children’s enthusiasm for physical activity, while [11] emphasized that kids yoga harmonizes the connection between body and mind from an early age.

According to the researcher, these results suggest that Kids Yoga not only provides quantitative score improvements but also helps foster a more holistic bodily awareness in children. During the program, it was observed that the children became more physically active, showed increased self-confidence, better consistency in following instructions, and greater persistence in completing physical tasks requiring focus. Movements such as the tree pose, mountain pose, and various animal poses not only enhanced balance and strength but also helped children become more aware of their bodies and more motivated to engage in practice. Furthermore, the researcher believes that the Kids Yoga approach is highly appropriate for the developmental characteristics of early childhood, as it integrates motor stimulation with emotional and social aspects. Children learn through their bodies, and by directly engaging in yoga movements, they develop independence, discipline, and self-confidence all of which are essential to the early stages of learning and development.

## Conclusion

This study shows that the Kids Yoga program has a significant effect on the gross motor development of preschool children aged 4-6 years at Dharma Wanita Persatuan 2 Kindergarten, Sumbersuko Village, Dampit District, Malang Regency. The results of the analysis using the Wilcoxon Signed-Rank Test obtained a significance value of 0.001 ($p < 0.05$), which indicates a significant difference between the pretest and posttest results after the implementation of the Kids Yoga intervention. Before the intervention, most children were in the sufficient and deficient categories in gross motor aspects. After four weeks of intervention, there was a significant increase to the good category, indicating that yoga movements involving balance, coordination, muscle strength, and concentration can positively stimulate children's neuromotor development. Scientifically, the results of this study support the theory of motor development

which states that stimulation through structured physical activity is needed to optimize early childhood growth and development. Kids Yoga is proven to be a fun, safe, and effective method in improving gross motor skills, as well as having a positive impact on children's cognitive and emotional aspects. This justifies the integration of yoga activities in early childhood education programs as a relevant and evidence-based approach. In midwifery practice, the results of this study can be used as a reference in efforts to promote holistic child development. Midwives as health workers who play a role in monitoring child development can initiate or recommend stimulation programs such as Kids Yoga to parents and early childhood education institutions as part of efforts to prevent delays in motor development. In addition, this study also opens up opportunities for the development of similar interventions in a broader scope and with a multidisciplinary approach. Future research is recommended to examine the effectiveness of Kids Yoga on other aspects of development, such as fine motor, concentration, or children's emotional regulation, as well as involving a larger sample and longer duration of intervention to strengthen the validity of the research results.


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