



## Finger Painting Activities for Artistic Development and Improving Fine Motor Skills in Early Children

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### **Abstract**

Early childhood experiences stages of rapid growth, that's when artistic abilities and fine motor skills begin to develop. So it needs creative activities that arouse interest to stimulate growth. One way to develop art and improve fine motor skills is finger painting activities. The problem formulations of this research are: 1) How the impact of finger painting activities on early childhood art development? 2) How is the impact of finger painting activities to improve the fine motor skills of early childhood? The type of method used is a qualitative method using a literature study approach. The results of the research are: 1) The impact of finger painting activities on the artistic development of early childhood, namely that with finger painting activities children can experiment with shapes, colors and textures so that they can encourage creativity and self-expression. Finger painting can develop visual and aesthetic skills so that it can help children understand the basic concepts of artistic arrangement and composition. 2) The impact of finger painting activities on improving fine motor skills is that it can increase flexibility, dexterity and regulation of small muscles in the hands and fingers. Finger painting activities involve motor skills from the fingers to the wrist. Finger painting is not only fun for children but is also an important means of developing artistic skills and improving fine motor skills.

**Keywords:** *Finger Painting; Artistic Development; Fine Motor Skills*

### **Introduction**

Early childhood is at an important stage where physical, social, emotional and cognitive development occurs rapidly. At this stage children develop various basic skills which become the basis for learning that will continue to be developed. An early childhood child is a person who undergoes a process of growth and development quickly and is essential in supporting the next period of growth, the child's age ranges from 0-8 years (Ramdini & Mayar, 2019). A child is unique and has characteristics that cannot be compared to adults, so in encouraging growth and development, educators pay special attention to ensuring that children develop well according to expectations. The basic skills that can be developed are fine motor skills because they involve muscle and finger coordination. Fine motor development is very beneficial so activities are needed that can stimulate the development of children's fine motor skills.

For example, by introducing art to children through painting with fingers, so that children can feel the texture of paint and create unique works of art using their fingers. Art activities are very important for children's development, through the development of art children will develop other abilities, namely cognitive, which helps children to encourage critical and creative thinking. Early childhood children have a great interest in art related to color. Therefore, it is necessary to use alternative methods to help young children express their creativity. Useful activities to increase creativity, for example working with finger painting.

Finger painting is a way of painting spontaneously using hands, the materials are paint, thick paper with a smooth surface and using original colors such as red, blue, yellow, black and white (Alfiya, 2023). Finger painting is a type of painting or drawing made by directly applying mixed colors to paper or canvas using your fingers. Finger painting makes children experience a different and unique experience through painting activities using their fingers as brushes. Children feel that they touch the paint and make movements on the paper or canvas spontaneously and freely, so that the resulting drawings or lines are more expressive using colors that children like. Finger painting is a painting technique that only uses hands and fingers with watercolors, no brush (Umahayatul & Akil, 2022). Finger painting is a form of art that involves using the fingers to apply paint to paper or canvas.

The development of art in early childhood is very important. Creating fine arts, including finger painting, allows children to develop an appreciation of visual beauty, develop creativity and imagination and explore forms of artistic expression. Carrying out finger painting can increase children's creativity, increase their imagination, train their abilities and interests, especially in the field of painting (Mayar, Fitri, Isratati, Netriwinda, & Rupnidah, 2022). Painting with fingers using wet paint or liquid paint will be an interesting experience for children, not only trying to create works but also introducing children to colors, textures and emotions during the painting process. The development of art is a diverse and complex process. Factors that influence include experience, environment and children's motor and cognitive development. So parents and teachers need to provide encouragement and support for children to express their creativity. Finger painting can be useful for increasing creativity by moving children's fingers so they can express themselves freely. Through finger painting, children will understand basic art concepts such as line, space, shape and color. They will learn to combine unique elements to create meaningful and unique children's works. Painting with fingers is not only fun but will have a positive impact on artistic development, helping to increase creativity and understanding of artistic concepts. Through free exploration children can expand their artistic skills and develop their imagination.

Children's fine motor skills can be developed through finger painting activities because it trains the coordination of hand and eye movements in doing so (Listyowati & Sugiyanto, 2014). Activity This helps children develop hand movement coordination, when they try to make patterns or pictures they have to direct their hand movements appropriately. So it involves the use of small muscles in the fingers and hands. Finger painting activities offer a unique combination of fine motor skill development and sensory learning. This activity improves fine motor skills, when children use their fingers to create shapes, paint and mix colors directly. This activity is fun for children and provides many benefits in the development of children's fine motor skills. Because by mixing colors, drawing and making patterns using fingers, children can develop flexibility, strength and coordination of small muscles in children. It also encourages them to use their fingers and hands in different ways which can help strengthen fine motor skills. Finger painting helps children express feelings, coordinate eyes and hands (Naomi & Kurnita, 2020).

The benefits of finger painting activities are many, for example in artistic development and improving fine motor development. This activity teaches children about basic understanding of shapes and patterns, color mixing and composition. This activity can also help and stimulate emotional and cognitive development, so that children can express themselves. Apart from that, it also supports the holistic development of early childhood. Understanding this activity and implementing it effectively will help children develop their skills and give them space to express their imagination and creativity. It is

important to introduce art activities that can create works for children. Feelings of satisfaction and success in work can increase appreciation and self-esteem (Arslan, 2014). Making paintings with your fingers can make children feel happy, because with this activity children can create works using their fingers directly and don't need to use other tools, so children are free to choose their favorite colors.

Based on the background that has been discussed, the article This will discuss further the various benefits of finger painting for the development of art and fine motor skills of young children. The problem formulation for this article is: 1) What is the impact of finger painting activities on the artistic development of early childhood? 2) What is the impact of finger painting activities on improving the fine motor skills of young children? It is hoped that this article can provide information and provide understanding to parents and educators regarding the impact of finger painting. So that children can enjoy a learning process that is both beneficial and enjoyable for the child's overall development.

### ***Method***

The type of method used in this research is a qualitative method, the approach used is a literature study approach. Literature study is a method for collecting research data by researching and mastering theories from literature sources related to problems in similar research (Adlini et al., 2022). Researchers use various literature to obtain research data and the method is qualitative, the data obtained is in the form of descriptions or words. Qualitative methods are used in research where the object conditions are simple so that a researcher is useful as a key instrument, the way to collect data is by using triangulation, the process of studying qualitative is inductive, the results obtained prioritize meaning (Sugiyono, 2016).

Researchers collected data using sources such as journals, books and results from previous research studies according to the theme in this article. Literary study research or library research has several characteristics, including the researcher dealing directly with processing data, the researcher does not directly observe and conduct field research, the data obtained is a secondary source, the material obtained is not original first person, the literature study material obtained is not limited by time and space which makes researchers obtain fixed or static information (Zed, 2008). The library data was obtained from various references related to the problem and then analyzed critically, systematically and in depth, after which the data material was described. The aim of describing the data in the article is to describe the impact of finger painting on artistic development and improving fine motor skills in early childhood.

### ***Results and Discussion***

#### **The Impact of Finger Painting Activities on Early Childhood Art Development**

Finger painting activities have an impact on children's artistic development, namely developing creativity, imagination and can hone artistic skills, especially painting (Mayar et al., 2022). Finger painting is an effective creative activity for advancing children's art knowledge. These activities are beneficial for the advancement of various artistic skills, including understanding colors, shapes, patterns, and increasing aesthetic appreciation. Children's imagination is developed by creating creative works from fingerprints in the form of different paintings. Children's artistic abilities will develop by giving them freedom to act, experiment by mixing and exploring through creative work. Finger painting is an activity that prioritizes expressing thoughts, feelings, not only what is depicted but there are visual elements that need to be highlighted, namely lines or strokes, the quality of the strokes and play of color in media (Hayati, 2023). So it is necessary for parents and educators to integrate finger painting into the learning process to support children's artistic development.

Creativity can be developed through finger painting activities, developing creativity is important to create a good experience and help young children increase their self-confidence (Hader, Taib, Wahid,

& Arfa, 2021). Finger painting activities are interesting and can develop creativity in children. If creative abilities develop, they will produce good and innovative ideas and imagination. Art activities can increase creativity, increase the ability to reflect and solve problems creatively (Syafarudin, 2011). Through finger painting activities, children experiment with combining colors. Finger painting can also be useful for introducing children to primary colors and can introduce the concept of color. This activity allows children to express their imagination directly because they are given the freedom to paint and create whatever works are in their minds using existing media. Finger painting activities can stimulate the desire to learn, can encourage the development of children's artistic creativity by allowing them to play with their favorite colors. Creativity in early childhood will function to express and develop something new so that children dare to explore other artistic activities that children like, creativity will help find solutions to problems (Santrock, 2011). Finger painting allows children to express their creativity, develop artistic skills, understand the basic concepts of art and encourage more spontaneous authentic expression. Finger painting activities can provide benefits for development of imagination and creativity in children (Hanan, Sudadio, & Haila, 2023). Finger painting helps develop fine arts skills, indirectly learning about color combinations and creating creative works.

Children's imagination through finger painting activities can increase because they were given the opportunity to try to freely express their ideas. Finger painting provides benefits and influence to increase children's knowledge of fine arts, this activity is very useful for stimulating the emergence of ideas and stimulating imagination. Painting with fingers allows children to express themselves and make paintings freely and create new works according to imagination (Ramdini & Mayar, 2019). Children's imagination develops when given the opportunity to try to express their ideas. Painting using fingers can help develop creativity and increase imagination, the uniqueness of finger painting plays a very important role in developing children's interest in fine arts, especially painting (Wahyuningsih, Wahyuni, & Siregar, 2023). There are no strict rules in finger painting which allows children to explore their imagination without fear of making mistakes. Children will be more daring in creating unique shapes, trying different techniques and styles. Children feel free to express feelings and ideas through art. They will also appreciate the beauty of a work.

Children's color knowledge can be sharpened through this activity. The choice of colors used when carrying out finger painting activities usually prioritizes the main or primary coloring. Primary coloring which is always prioritized in creating works of fine art, especially painting, therefore primary colors are often called principal colors. The primary colors are blue, red and yellow. Finger painting for children can include alternative activities that help children to explore the colors they make, the colors that children choose and use more clearly, for example primary, secondary and tertiary colors (Amelia & Susanti, 2023). Fine art has an important element that can be enjoyed directly by the five senses, one of which is color. Color is a beauty that is created from the reflection of light so that it makes an impression on the eyes. Children can be directly involved when mixing colors, so that if children already know and understand the concept of mixing main or primary colors they can creating new colors, namely secondary colors, orange, purple, green and tertiary (Oktafiani, Muslihin, & Loita, 2023). Children will express their aesthetics and create creative and interesting work. Finger painting can expand children's knowledge regarding the basic concepts of coloring, they can gain proficiency and new experiences that have a good impact when learning color concepts.

Children will learn about composition and layout, they will begin to learn about layout and the basic concepts of fine art composition through this activity. Children who create works through finger painting will learn and understand how to place art elements on canvas, paper, or other surfaces to create fine art principles such as harmony and balance. Finger painting helps to express ideas and feelings freely (Ramdini & Mayar, 2019). When painting with fingers, children feel touch and do it spontaneously using their fingers. Finger painting is done using your fingers to spread wet paint onto a drawing medium (Hendri & Wulandari, 2022). Basically, finger painting activities are very easy for children to follow. Even though they only use their hands and fingers without tools such as brushes, children can create

images according to their imagination with various shapes and patterns. Drawing geometric shapes or random patterns children will learn to understand visual structure and composition. Finger painting has an important role in all aspects of art skills and knowledge in children (Azila, Fitri, & Darnius, 2023).

The aim of finger painting is to increase children's creativity in developing imagination in the form of images, so that they can produce images with abstract shapes from the child's finger strokes (Ni'mah & Rachmawati, 2022). Finger painting provides an important experience for children in their artistic development. Children will feel the texture of the paint in their hands, see the colors when mixing and creating works of art. Art is a strong medium for expressing children's emotions, children will learn to express and understand their feelings. *Finger painting* This is done by directly applying the color mixture or paint that has been made on a flat surface using your fingers (Oktafiani et al., 2023). Children are given time to share their ideas and creative ideas through scribbles or drawings created using their fingers. The results of his work will make children confident in their abilities. Finger painting contributes to children's visual skills and aesthetic development by learning hands-on experiments with various textures and colors.

Improving expressive skills and exploring imagination with various colors can be done with finger painting activities, child can create new colors to express language through painted imaginary stories (Wulansari, Masitoh, & Bachri, 2020). Through finger painting, children learn to mix colors and recognize works. They can see firsthand how basic colors can be combined and become new colors. Colors are not obtained directly and understood by children, so it is necessary to introduce colors to children. It is also hoped that this activity will make it easier to understand colors so that their abilities can develop optimally, so that children no longer have difficulty creating new colorings as a result of mixing the colors they make. Finger painting allows children to show progress in the use of color, the ability to express ideas visually and the recognition of shapes. The development of art through finger painting can be maximized by teachers or educators by creating a stimulating and supportive environment for creating. So finger painting is not only a recreational activity but also an important tool for advancing art knowledge for preschool children.

Finger painting Supporting children to develop art in various ways, finger painting can be used to improve artistic abilities and increase creativity in early childhood (Naomi A & Kurnita, 2020). Finger painting activities will provide maximum benefits if implemented appropriately. Some ways to apply or implement finger painting are to create interesting themes that children like, such as animals, landscapes, cartoons or fairy tales. This makes it easy for children to imagine and connect art activities with their surroundings. Art is a means to hone one's thinking power to understand oneself and others (Mulyani, 2017). Children will also explore various techniques and textures when painting using materials such as canvas, paper and three-dimensional surfaces such as cardboard. Activities can also be done collaboratively, working together with other friends, so that they get lots of ideas for creating works. You can also give appreciation by holding a small exhibition related to children's finger painting work. This was done to increase self-confidence in the work he had created and to give appreciation for the results of his work. Introducing various finger painting techniques to children, such as printing using fingers using tools such as sponges and stamps, will make children learn to create texture.

### **The Impact of Finger Painting Activities on Improving Fine Motor Skills in Early Childhood**

Finger painting activities have various benefits for children's growth and development, including improving fine motor skills (Hoiroh & Prasetya, 2023). Fine motor skills affect small parts of the body and muscles. Positive impacts for children include training motor skills because they are carried out using the fingers (Mawardah, 2024). Indicators of fine motor skills are that children can paint using their fingers, for example making squares, circles and drawing freely, children can match colors and dip their fingers in the given color, children can control their fingers when painting and can follow patterns, children use both palms and fingers and The child coordinates hand and eye movements (Tumangger et al., 2023). Training

the development of fine motor skills using the finger painting method is very important for preschool age children. Learning to paint with your fingers allows children to express their thoughts, ideas and imagination in a work. When doing finger painting activities, the hands and fingers are involved in complex movements, directly helping to stimulate a child's fine motor skills. Fine motor development can be stimulated through finger painting activities when the process of mixing colors involves pressing and rotating hand movements thereby increasing strength and flexibility in the muscles of the hands and fingers. The activity of painting using fingers can develop children's fine motor potential and does not violate the rules of children's play because this activity is a useful game, not only conveying ideas but painting can be used for play (Pamadhi, 2015).

Children with good fine motor skills can carry out activities independently, good fine motor skills support academic activities such as drawing, coloring and using props in class. Finger painting is not only a fun activity but also an important tool for developing children's fine motor skills and improving their skills (Yumalasari & Aprianti, 2022). Regular finger painting shows significant improvement in their fine motor development and helps to reach maximum potential. Finger painting activities, if practiced regularly and consistently, can develop children's fine motor skills. So it will train the form of regulation between the eyes and fingers in daily activities, for example painting, drawing, cutting, coloring, sticking, squeezing and so on. There are various types of finger painting activities, including drawing types of animals, plants, animals, vehicles, natural landscapes, geometric shapes, buildings and so on. Fine motor skills are very beneficial for the development of children aged 4-5 years. They can be used to coordinate motor movements, for example coordinating eye movements with hands while paying attention to how children draw or scribble (Yumalasari & Aprianti, 2022). When implementing creative techniques using fingers, children experience a thinking process that helps them concentrate better, increases their imagination and allows them to react more smoothly and precisely. This creative process involves children's skills in directly understanding the media for painting using their fingers as the main tool.

The basic ability that must continue to be honed and developed is fine motor skills. Fine motor skills are activities that utilize coordinated movements with small muscles in the hands. The result is an action such as painting or drawing. This ability is the same as basic movement, which is an ability that can involve movement. Carrying out painting using finger techniques can optimize the fine motor skills of preschool children, the use of finger muscles in the work can have the benefit of developing fine motor skills (Jumriatin & Anhusadar, 2022). Motor skills in children can improve coordination of movements in the body that involve conditions and muscles, these nerves will improve fine motor movements and daily activities such as drawing, writing, crumpling paper and so on. This activity requires an ability to coordinate and regulate fine muscles. Fine motor skills will improve coordination of body movements such as wrists or fingers when carrying out finger painting activities. Finger painting is an effective method for developing fine motor skills for children (Wahyuningsih et al., 2023). Finger painting activities will show better skills in creating works that require fine motor precision such as connecting dots, drawing complex and intricate shapes, proper hand-eye coordination when creating works.

Improved fine motor skills refer to the skills and ability to observe things, involving movements in other parts of the body. For example, activities carried out by pressing, spreading and mixing paint, children's muscles and fingers become strong and flexible. Smooth muscle activity will control physical movement activities. If there is no fine motor control, children will be hampered and hampered in their development. So the child will show improvement in terms of control and precision of hand movements. They are able to apply paint with greater precision and make targeted movements. Fine motor skills are movements related to movements and areas of the body that can only be done by fine motor skills. Finger painting is a practice that can provide stimulation for fine motor development. Finger painting activities are a fun and interesting learning strategy to improve fine motor skills (Mawardah, 2024). The motor development of preschool children is facilitated by coordinated motor actions with the nervous system, brain and muscles. The movements produced are the result of the development of reflexes and activities that have existed and continue to develop since birth. Success in improving fine motor skills requires

providing space for children to be able to imagine, be creative and be involved in finger painting activities regularly and accompanied by educators.

Improving fine motor coordination with finger painting activities is when doing activities to mix colors, combine and create works with your fingers freely. Children will have confidence in their work through this activity. Motor skills in children are divided into two types, namely fine motor skills and gross motor skills. Fine motor skills improve the regulation of a movement (Nababan & Tesmanto, 2021). The use of fine motor skills is the regulation of an action carried out by the movement of small muscles or other parts of the body when carrying out training or experimenting activities consciously. Meanwhile, gross motor skills are usually influenced by large muscle movements and involve various movements in the body. The use of fine motor skills involves coordination of the hands, fingers and eyes (Pratama, Halimah, & Sari, 2023). These fine motor skills will play a major role in children's skills in playing or learning. Fine motor skills have a function, including emotional, social and finger muscle development. Motor development is related to body movements that are connected to the muscles and nerves of the brain (Nababan & Tesmanto, 2021). The use of fine motor skills in children who initially cannot coordinate well will develop well, because the important principle in developing these motor skills is practice or training. When children try activities related to the use of fine motor skills, they will be motivated to move widely again.

Directly painting with fingers can influence fine motor skills which is beneficial for children and can foster the ability to think creatively in a simple way without using a lot of equipment. In addition to using fingers, children can use fingerprints which enrich their sensory experience and diversify their hand movements. Creating fine arts, especially painting finger painting brings joy to children, because it directly uses fingers without other tools (Susanti & Desyandri, 2022). Finger painting activities can encourage children to try different finger painting techniques, such as making patterns with their fingers, mixing colors with their hands and using other parts of their hands, such as the fingers, palm and back of the hand to create different patterns. Finger painting activities are grouped based on certain themes that children like, the aim is to make them interesting for children. This activity is like a play activity, but children get experience to improve fine motor, emotional and cognitive skills which are packaged in interesting activities so that children don't get bored. Children can express their imagination which involves the movement of their fingers when applying paint to paper or other media.

The technique of painting directly with colored paint, also known as finger painting, allows children to unleash their imagination and make it happen (Nababan & Tesmanto, 2021). Finger painting activities are very suitable for making children's fingers flexible and easy to create works such as drawing or painting because they directly use their fingers to draw or paint so they can help children control their fingers. Fine motor skills involve movement of the muscles so that they create stimulation during physical activities. This activity requires precision and control, which makes children learn to control movements well. This allows children to make good use of fine motor skills and increases children's self-confidence during the learning process and interacting with their environment. Finger painting is a form of activity that has an impact on the development of children's fine motor skills through the process of matching hand movements with what they see. Hand-eye coordination is the basis of fine motor skills. So it will help develop movement control and precision which is useful for fine motor activities.

Finger painting activities can develop imagination, hone fine arts skills, and improve fine motor skills (Ramdini & Mayar, 2019). Several things to pay attention to when carrying out activities to maximize the development of children's fine motor skills, namely the role of the teacher or educator to give children motivation and courage to paint with their fingers, so that children can do it with their fingers without fear of getting dirty with paint or colored powder mixture. This finger painting activity can be used by educators or teachers as a substitute for colored pencils, thus making playing with colors an interesting and fun game for children. This finger painting activity can be used as a substitute for crayons and can make drawing activities more interesting and fun for children. The finger painting

activity is actually simple, easy to do, and there are no rules for implementing it (Mayar et al., 2022). This activity can encourage children to move their fingers to create so that finger painting can help in developing fine motor skills. The process of creating with fingers can improve a child's motor function from the fingers to the wrist. This method can directly hone the fine motor skills of the hands, children learn to enjoy touching the tools and materials needed during activities. Apart from that, the learning environment is comfortable for children so they don't get bored while being rich and imaginative in creating works.

## Conclusion

Based on the results and discussion related to the benefits of finger painting for early childhood, it can be concluded that finger painting activities have an impact on the artistic development of early childhood, encouraging children to imagine and express themselves. Children have the freedom to create works so they can develop creativity. Painting using fingers also allows children to learn to combine and identify various colors, understand the concept of space and shape. Finger painting helps develop fine arts skills, indirectly learning about color combinations and creating creative works. Besides that, Finger painting activities have an impact on improving fine motor skills in young children, children will explore various movements related to their fingers and do exercises for fine motor development. Painting with fingers is useful for developing expression. The painting process will create movement in the hands so that it can train muscle movements in the fingers, hands and eyes. The implication of the study is that through finger painting activities children can develop holistically in their artistic skills and motor skills. It is best to introduce children to finger painting in the preschool curriculum so that it can provide a useful and enjoyable learning experience.

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