



## Modeling Traditional Gobak Sodor Games Through a Play Approach to Improve Physical Fitness of Grade V Students of SDN 1 Rantebua

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### Abstract

This study aims to improve children's physical fitness in the traditional game of gobak sodor. The method used in this study used a pre-experimental research method with a single group pretest - posttest research design (The One Group Pretest Posttest Design) with a sample of 30 SDN 1 Rantebua students. The data collection technique used was carried out using the Physical Fitness Test. The results of this study indicate that the average value (mean) of the *pretest* is 59.73 and the *posttest* is 69.00 Std.Deviation *pretest* 5.819 and *posttest* 5.318. minimum value *pretest* 50 and *posttest* 60. The maximum value *pretest* 68 and *posttest* 75. Then the probability number of sig is  $0.000 > 0.05$  which means  $H_0$  is rejected. Thus it can be concluded that there is a significant effect on increasing physical fitness in class students of SDN 1 Rantebua which means that the traditional game model program gobak sodor through a play approach to improve the physical fitness of SDN 1 rantebua class students can improve physical fitness in students.

**Keywords:** Improvement; Physical Fitness; Gobak Sodor.

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## **A. Introduction**

Play is an activity that creates or creates a sense of pleasure for the perpetrator. Play is one of the means that is beneficial for development and provides opportunities for children to learn about themselves and others and the environment. (Heru Nurgiansah & Al Muchtar, 2018).. Traditional games are games that contain certain cultural values that have the function of training players to do things that will be important and useful for their lives in the community. (Syamsurrijal, 2020). Traditional games have movement activities that certainly contain moral values such as honesty, responsibility, helping each other, working together in teams, practicing skills and building a spirit of nationalism. (Bella et al., 2021). Indonesia is an archipelago country that has many ethnic groups and also different cultures in each region. (Isnaini & Dewi, 2021). of course, traditional games in each region. In the modern era, children begin to forget traditional culture, preferring outside culture, which does not necessarily have a good influence, especially in traditional games (Setyawati et al., 2021). (Setyawati et al., 2021). There is a very big difference between traditional games and modern games because modern games usually use digital media and there are many kinds of games that we can play just by staying still without the need to move (Pertiwi &

Hidayah, 2021). (Pertiwi & Hidayah, 2021).. In traditional games there is physical activity so that it trains motor and cognitive development in children, besides being able to develop all aspects in children by playing traditional games, it can preserve local culture, in traditional games it is usually played in groups or at least two people. (Maghfiroh, 2020). Traditional games are slowly being forgotten by Indonesian children and even among them do not recognize traditional games at all (Saputra, 2017). (Saputra, 2017). One of the causes of the loss of traditional games is online games, online games can cause negative effects on the development of elementary school children, especially on children's interpersonal intelligence. (Anggraini & Nurhafizah, 2020) Many children are more interested in online games, making children less aware of traditional games, one of which is the game of gobak sodor. (Puspitasari et al., 2022)

In the game, play is one type of physical activity that is found in helping children's development from all aspects. (Brata Susena et al., 2021). In the game a lot of physical activity is gobak sodor making the players have to be able to run fast so that they are not touched by their opponents, this game is played by 2 groups of 3 to 5 people each in 1 group. (Community Service et al., 2022).. The game of gobak sodor is a traditional game that uses

movements on the hands and feet by playing like running fast and touching the opponent, the shape of this game is rectangular then there are groups that become defense guards and there are groups that become defense breachers (Widiyanti et al., 2022). (Widiyanti et al., 2021)..

Physical fitness is the ability or ability of the body, a condition that is highly desired by every human being. (Darmawan, 2017). Health and sports physical education is a forum in the world of education that is useful to help children be more active in moving, so that later it will create physical fitness, where children in carrying out their daily activities, both those carried out in the school environment and in the living environment, do not easily experience significant fatigue. (Rusli & Jasmani, 2018). Physical fitness is strongly influenced by various factors, namely, genetics, age, gender, physical activity, rest, health status and history, and lifestyle so that everyone has physical fitness can also make the body healthy and many people easily like it. (Pratama et al., 2020). In improving physical fitness at this time, it is very necessary to provide guidance to students to support the success of an effective and optimal learning process through physical education. (Wulandari &

Jariono, 2022).. With play activities children can improve their physical fitness so that it requires a game model to improve the physical fitness of traditional games, namely gobak sodor.

In introducing this traditional game, a child's play approach is used so that it attracts interest in the game of gobak sodor in this game, it is very necessary for land or field as a means of playing the game. Elementary school students are where children get education as a place for children to play (Subur et al., 2019). So that it can integrate learning in games such as Physical Education learning. In a good school, a school that can present a pleasant environment for students in fostering a sense of comfort as if they are playing but actually learning (Taek Bete & Kaleb, 2019). (Taek Bete & Kaleb Saidjuna, 2022).. In introducing this traditional game to elementary school students through when children are resting which they usually use to play, this will make them interested in something new they know the curiosity or interest of students in this game model will be incorporated into physical learning. (Subur et al., 2019). The application of this game model is applied when students rest until they can play later by using a play approach students will enjoy these activities with a happy atmosphere,

The place of this research will be conducted at SDN 1 Rantebua which is located in Issong, Lembang Pitung Penanian, Kec. Rantebua, Kab. North Toraja Prov. South Sulawesi. The purpose of this research is to improve children's physical fitness in the traditional game of gobak sodor. With the results of these findings can be utilized by teachers in improving students' physical fitness and also as a learning model.

## **B. Methods**

The type in this study includes pre-experiments, with a non-separated sample, because it cannot control all variables that

affect the experimental results The design used in this study is (The One Group Pretest Posttest Design) in its implementation before students are given treatment, students first conduct an initial test (pre-test) then the sample will be given an exercise, namely rhythmic gymnastics to measure the final ability (post-test) The population in this study were grade V students of SDN 1 RANTEBUA. Students who participated in this study amounted to 30 samples The research design is as follows:

Pretest	Treatment	Posttest
T1	X	T2

Description:

T1 : Pretest, to measure physical fitness before treatment

X : The treatment given, namely rhythmic gymnastics

T2 : Posttest, to measure physical fitness after the subject is treated.

The sampling technique used in this study used saturated sampling technique or total sampling with a total of 30 5th grade students of SDN 1 RANTEBUA. Then the data collection technique in this study was carried out using the Indonesian Physical Fitness Test (TKJI) (Sukoharjo et al., 2022). With 5 standardized implementation

test items, namely:

1. 30-meter sprint run
2. pull up
3. 30-second sit-ups
4. Upright jump / vertical jump
5. 600 meter run

Data collection from this study is primary data collection because this research has never been done before on the sample in the study. Tests and measurements are data collection techniques that will be used during the implementation of the study, *pre-test* strength to determine the initial data on the strength of each individual research subject.

Then given the treatment of *rhythmic gymnastics* exercises. *Post test* strength to determine the final results of the research subject after doing the rhythmic gymnastics exercise model to train the strength of the final results.

The instrument used in this study is a pull up for 60 (seconds) to determine the level of endurance in arm strength, the opportunity given is 3 times the maximum opportunity. The data analysis technique in this study uses data description,

### Data Description

Table 1. Data Description

	Descriptive Statistics					
	N	Range	Minimum	Maximum	Mean	Std. Deviation
Pretest	30	18	50	68	59.73	5.819
Posttest	30	15	60	75	69.00	5.318
Valid N (listwise)	30					

Based on the table above, the number of samples in this study were 30 samples. With an average value (mean) *pretest* of 59.73 and *posttest* of 69.00 Std. Deviation *pretest* 5.819 and *posttest* 5.318. minimum value *pretest* 50 and *posttest* 60. Maximum

prerequisite analysis and hypothesis testing.

### C. Results and Discussion

The results of data calculations from this study, namely pre-test and post-test data with a sample of 15 people, are described in descriptive statistics which include a) number of samples, b) mean, c) median, d) Std. Deviation, e) range, f) minimum value, g) maximum value.

value *pretest* 68 and *posttest* 75.

### Normality test

The normality test is carried out to determine whether the data to be tested is normally distributed or not.

Table 2. Normality test

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		30
Normal Parameters <sup>a,b</sup>	Mean	0E-7
	Std. Deviation	2.60756352
	Absolute	.165
Most Extreme Differences	Positive	.144
	Negative	-.165
Kolmogorov-Smirnov Z		.903
Asymp. Sig. (2-tailed)		.389

- a. Test distribution is Normal.
- b. Calculated from data.

Based on the table above, it can be seen that the sig value of the pre-test and posttest  $> 0.05$ , then the data is normally distributed, because the data is normally distributed, it can be continued.

### Homogeneity Test

The homogeneity test aims to ensure that the variants of each group are equal or not similar, so that comparisons can be made fairly.

Table 3. Homogeneity Test

#### Test of Homogeneity of Variances

improving physical fitness					
Levene Statistic	df1	df2	Sig.		
.210	1	58	.649		

Based on the table above, it can be seen that the sig result is  $.649 > 0.05$ , then the data variants are the same (homogeneous).

### T-Test

The calculation of the t-test in this study using the SPSS application aims to determine

whether or not there is an increase in physical fitness in the gobak sodor game that has been carried out by the research subject. The t-test in question uses paired sample t-Test in statistical calculations, namely paired sample tests.

Table 4. T-Test

#### Paired Samples Test

Paired Differences						t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
					Lower	Upper		
Pair 1	pretest - posttest	-9.26667	2.86397	.52289	-10.33609	-8.19724	-17.721	.000

Based on the table above, it can be seen that the probability number of sig is  $0.000 > 0.05$ , which means  $H_0$  is rejected. Thus it can be concluded that there is a significant increase in the game of gobak sodor. From the results of the research, analysis, and data review that has been carried out, it can be seen that the average

value of the traditional game model of gobak sodor through a play approach to improve the physical fitness of SDN 1 rantebua class students with an average pretest value of 59.73 and posttest 69.00. referring to these results it can be stated that there is an increase from the pre-test to the post-test results there is a significant

increase in physical fitness from the paired t-Test results.

### **Discussion**

In the study of physical conditions on physical fitness is a state that is highly desired by every human being, with physical fitness people will be able to appear more dynamic or enthusiastic and create productivity. Physical fitness is influenced by various factors, namely, genetics, age, gender, physical activity, rest, health status and history, and lifestyle so that everyone has different physical fitness. In improving physical fitness at this time, it is very necessary to provide guidance to students in supporting the success of an effective and optimal learning process through physical education. (Wulandari & Jariono, 2022). With play activities children can improve their physical fitness so that it requires a game model that can improve physical fitness, one of which is through traditional games, namely gobak sodor. This study provides a traditional game model of gobak sodor through a play approach to improve the physical fitness of SDN 1 rantebua class students. By giving the game gobak sodor provides new knowledge in improving physical fitness. This can be seen from the results of the gobak sodor game approach which shows an increase in physical fitness

for 5th grade students. This is because one of the supporting components in improving physical fitness because the game of gobak sodor is very influential in improving physical fitness.

According to Danang Wicaksono & et al (2021) in the title Gobak Sodor: Traditional Games to Improve Reaction Speed and Balance of Children 12-14 Years of Age. The purpose of this study was to determine the effect of traditional gobak sodor games on the reaction speed and balance of children aged 12-14 years. This research is a Quasi Experiment research, using One Group Pre Test Post Test Design. The subjects in the study were children aged 12-14 years totaling 15 children. The instrument used to measure the level of reaction speed ability using whole body reaction and balance using smart balance. Data analysis techniques using t-test with a significance level of 5%. The results of data analysis showed that gobak sodor game can significantly increase the reaction speed of children aged 12-14 years with a t value of 3.346. Balance did not increase significantly with a t value of 1.306, so it can be concluded that traditional gobak sodor games can increase the reaction speed of children aged 12-14 years. It is hoped that this research can be developed by other researchers by involving other physical

condition elements and developing a gobak sodor training program so that it can improve physical condition elements in an integrated manner.

According to the results of the previous research above, there are several differences and similarities in the research conducted, namely located in the location, title and sample as well as the object being studied while the similarities of the previous research above both use the experimental method and look for improvements in the game of gobak sodor.

From this study obtained a statement that the test results stated that there was a difference in pre-test scores and post-test scores on the traditional gobak sodor game model through a play approach to improve the physical fitness of SDN 1 rantebua class students. When comparing the average number of average scores before giving treatment (pretest) obtained 59.73 while the average number of final test scores after treatment (posttest) 69.000. and obtained a tcount value of 17.722 and p. (sig) = 0.000, thus the data is declared significant.

#### **D. Conclusion**

Based on the results of research conducted on SDN 1 rantebua class students, it can be concluded that the average pretest value is 59.73 and posttest 69.000. then the probability number of sig is  $0.000 > 0.05$  which means  $H_0$  is rejected. Thus it can be concluded that there is a

significant effect on increasing physical fitness in SDN 1 Rantebua class students, which means that the traditional game model program of gobak sodor through a play approach to improve the physical fitness of SDN 1 rantebua class students can improve physical fitness in students.

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