

## **The Effect of the Traditional Game of Gobak Sodor on Dribbling Agility in Basketball Games for Extracurricular Students**

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**Abstract:** Gobak sodor game is performed with the aim of increasing the agility of the players in the basketball game. This type of research is quantitative research that uses the “pre-experimental design” research method, namely (one-group pretest-posttest design). The population in this study was 40 people. The sample in this study is a total of 40 people. Based on the results of the research, it can be seen that this traditional game, in addition to being fun and motivating students in training, has other advantages, namely, it enables students to exercise. Therefore, students’ agility becomes more enhanced in driving and defending than before physical training with this game. The results of the hypothesis test show that the calculated t value is greater than the table t ( $9.102 > 2.021$ ). Thus, the alternative hypothesis ( $H_a$ ) is accepted which reads there is a significant effect of traditional gobak sodor game on dribbling agility in basketball games for extracurricular students at SD Negeri 72 OKU.

**Keywords:** Agility Dribbling, Basketball Games, Gobak Sodor, Traditional Games

### **A. Introduction**

Extracurricular activities are activities that are carried out outside the main subjects in the curriculum in order to help develop the talents, interests and potentials of students in schools according to the needs to achieve the goals of education (Arwih, 2019). Traditional games are an alternative in learning physical education at school. Extracurricular sports can hone skills and improve physical strength, but in practice they require regular training accompanied by physical exercise (Aryanto, 2015). Traditional games also have elements such as aerobic and anaerobic endurance, leg muscle endurance, agility, reaction speed, sprint speed, accuracy in determining steps and the ability to work in groups, so from the elements and values contained in this game, traditional technique is very suitable for achieving the goal of physical fitness in athletes (Ekayati, 2015). One of the sports that can be used to practice with the traditional game of gobak sodor is basketball. Basketball is a sport that uses a large ball played with the hands. The ball can be passed (thrown to a friend), it can bounce off the ground (on the spot or while walking) and the goal is to put the ball in the opponent’s basket (basket).

Basketball is a highly skillful and physically demanding sport that enjoys immense popularity in our country (Yuan et al., 2021). Basketball players require excellent fitness, flexibility, power, strength, agility, endurance, and vertical jump skills to achieve their sporting goals (Sukhiyaji & Patel, 2020). Speed is also a crucial factor for players (Daulatabad et al., 2020), as the game's high tempo demands active and quick movements (Setia & Winarno, 2021). Therefore, both athletes and the general public must prioritize fitness to maintain their physical health (Suryadi et al., 2021) The game is played by 2 teams, each consisting of 6 players, and each team tries to get the ball into the opponent's basket and defend as little as possible or prevent the basket from passing. The playing field consists of earth, cement or flat floors bounded by rectangular lines measuring 28 x 15 meters (Erdiana, 2016).

One of the traditional games that children often play is gobak sodor. Gobak sodor is a team sports game that requires teamwork in a team and cooperation between individuals in a team (Rahyubi, 2014). Gobak sodor is a traditional game played by two groups, consisting of the guard group and the attacking group. In the guard group, each player is responsible for creating a layered defense by extending their arms to prevent the opponent from passing (Setiawan, 2014). Additionally, one player is assigned to the center line, moving perpendicular to the other guards. This game is widespread in various regions, and while it may have different names in different places, the rules and implementation remain quite similar. For example, it is called gobak sodor in Central Java, galasin in Jakarta, and margalah in North Sumatra, among other names. To avoid fixating on one regional name, the Director of Sports chose to name the game "hadang," as it reflects the players' task of blocking the opponent (Soemitro, 2000). The game of gobak sodor is usually played on a court with an area almost equal to a badminton court (6 mx 13 m) or a volleyball court (9 mx 18 m), then divided into 8-10 sections, by each player it requires being able to move quickly and nimbly in a room that isn't that wide to get past a team of guards and win the game (Saputra & Ekawati, 2017). Gobak sodor game is performed with the aim of increasing the agility of the players in the basketball game. Yusuf (2016) Mobility is the ability of a person to change direction or position as quickly as possible according to the given situation and desire, without losing balance (Tatag, 2016). Based on the background, it is necessary to conduct experimental activities by implementing traditional games in basketball extracurricular training activities in schools. Fun traditional games according to the characteristics of students who still love to play.

## **B. Methods**

This study used a One group pretest posttest design, because the author will first give a pretest, and after the pretest is administered, the students will receive an activity in the form of exercises the conducted research was a quasi-experimental design with one group pretest - posttest. The subjects in this study were 40 students who were

involved in an extracurricular soccer course at SD Negeri 72 OKU. An initial measurement (pretest) was performed before the subject was treated, then he was treated (treatment), and then a second measurement was performed (posttest). The treatment provided in this study is in the form of a traditional cart sodor game on ball handling agility in a basketball game for extracurricular students at SD Negeri 72 OKU, which can be measured by the Illinois Agility Test. Treatment or treatment took place in 12 sessions in the form of playing a traditional game called green-black, which was then performed after a post-test with a similar test. The analysis of data processing was performed with SPSS 25 for Windows using the Paired-Samples T-Test method with a significance level

### C. Results and Discussion

#### Agility pretest and posttest

Pre-test and post-test dribbling agility in the game of basketball Patra Mandiri High School Palembang extracurricular students achieved a minimum *pre-test score* of 5.65 and a maximum score of 3.01, while a minimum *post-test score* of 5.32 and a maximum score of 3.00. The results of the descriptive statistical analysis of *pre-test* and *post-test* dribbling agility in the basketball game for out-of-school students at SD Negeri 72 Oku can be explained as follows:

**Table 1.** Descriptive Statistics *Pre-Test* and *Post-Test* Dribbling Agility in Basketball Game For Extracurricular Students at SD Negeri 72 OKU

Statistics	<i>Pretest</i>	<i>Posttest</i>
<i>n</i>	40	40
<i>It means</i>	4.5859	4,3881
<i>Median</i>	4,8049	4,4499
<i>std. Deviation</i>	0.47737	0.47498
<i>Range</i>	1,53	1,32
<i>The smallest</i>	3,01	3.00
<i>The most</i>	5,65	5,32
<i>sum</i>	216,73	2 08,86

#### Normality test

Testing for normality of research data should be done to get information about how the variables are distributed. There are normal results or no data. The formula used in the normality testing of this research is the *Kolmogorov-Smirnov formula*. Data processing takes place with the help of the SPSS 2 5 application program. The following are the results of the data normality test:

**Table 2. Summary of Normality Test Results**

<b>Group</b>	<b>P</b>	<b>Sig.</b>	<b>Information</b>
<i>Pretest</i>	0.036	0.05	normal
<i>Posttest</i>	0.100	0.05	normal

Based on the results of Table 2 above, it can be seen that all the data have a *p -value* (Sig.) > 0.05, so the data *before* and *after testing* are normally distributed.

### **Homogeneity test**

Testing the degree of homogeneity of sample variables in samples drawn from a population using the rule of homogeneity, if  $p > 0.05$  the data are declared homogeneous and if  $p < 0.05$  the data are considered inhomogeneous. You can see the results of the homogeneity test in the table below:

**Table 3. Summary of Homogeneity Test Results**

<b>Group</b>	<b>df<sub>1</sub></b>	<b>df<sub>2</sub></b>	<b>Sig.</b>	<b>Information</b>
<i>Speed pretest</i>	1	38	0.793	Homogeneous
<i>Posttest speed</i>	1	38	0.570	Homogeneous

Based on the table 3 above, it can be seen that *the pretest-posttest sig* > 0.05, so the data is homogeneous

### **Hypothesis Test Results**

The researcher determined the research hypothesis that: “There is a significant effect of the traditional cart sodor game on dribbling agility in the basketball game for out-of-school students at SD Negeri 72 OKU “. The results of the study were considered significant if  $t_{count} > t_{table}$  and value ( $sig < 0.05$ ). On the basis of the analysis, which was carried out with the help of the SPSS 21 program, the following results were obtained:

**Table 4. Pre-Test and Post-Test t-test Results Agility**

<b>Pretest and Posttest Results</b>	<b>Mark</b>
<i>It means</i>	0.18564
<i>Standard deviation</i>	0.12560
<i>Lower</i>	0.14291
<i>Great</i>	0.23936

<i>t count</i>	8,091
<i>Sig. (bilateral)</i>	0.000

The table 4. above shows that if the value of Sig (2-tailed) is  $0.000 < 0.005$ , then  $H_0$  is rejected and  $H_a$  is accepted. Based on Table 5, it is also known that the average value is 0.1 8564 with a difference in agility scores of 0.1 4291 - 0.2 3936. In addition, the above table shows that the  $t$  number of 8.091 is greater than the  $t$  table ( $8.091 > 2.021$ ). Thus, the alternative hypothesis ( $H_a$ ) is accepted which reads: "Traditional gobak sodor game has a significant effect on dribbling agility in basketball games for extracurricular students at SD Negeri 72 OKU.

#### **D. Conclusion**

The results of the study show that in addition to being fun and motivating students in training, traditional games have other advantages, namely providing physical exercise to students. Therefore, students' agility becomes more enhanced in driving and defending than before physical training with this game. The results of the hypothesis test show that the calculated  $t$  value is greater than the table  $t$  ( $9.102 > 2.021$ ). Thus, the alternative hypothesis ( $H_a$ ) is accepted which reads there is a significant effect of traditional cart sodor game on dribbling agility in basketball games for extracurricular students at SD Negeri 72 OKU.

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