

The Effect of Hadang and Bentengan Traditional Games on the Level of Physical Fitness of Students at SDN 02 Riang Bandung (Study of Literature)

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Abstract: This study examines the effect of traditional games on the physical condition of elementary school children. Because of the lack of enthusiasm to move, the child looks unenthusiastic. This of course weakens the condition of students. It also weakens children's mobility and physical condition, and they get sick easily. The purpose of this study: The effect of traditional games on improving student fitness at SDN 02 Riang Bandung. One type of research is library research or often called library research. The nature of the descriptive analysis of this research is so that readers can understand it well. The data used in this study is additional data obtained from the results of research conducted by previous researchers. The data collection method used in this study is the method of recording or documentation. The data analysis used in this article is annotated bibliography analysis. Based on the literature review, it can be stated that the application of traditional games can be a solution to improve the physical fitness of elementary school children. Supporting factors are good student motivation, the role of parents and the environment, and sufficient opportunities to play.

Keywords: Fortress Game, Physical Fitness, Traditional Handicraft.

A. Introduction

Based on Article 17(2) of the Law on the National Sports System of the Republic of Indonesia Number 3 of 2005 it states that "educational sports are organized through formal and informal education through intra and extra-curricular activities". Education is very important nowadays. Over time, every parent wants their child's growth and development to grow and develop optimally since the child starts school. When a child is born into the world, parents begin to prepare everything to provide the best education for their child. Education that can pay attention to the growth and development of their students according to the level of aspects of child development.

According to Muhajir (2013), Physical fitness is the ability and capacity of an organism to adapt (adaptation) to the physical load given to it (from daily work) without causing excessive fatigue. Physical fitness according to Satrio, (2021) Physical fitness has two aspects or components, namely muscle strength, muscle endurance, aerobic endurance, and flexibility. fitness-related performance abilities: coordination, agility, speed, strength, balance. While motor skills by type are divided into 2, namely gross motor and fine motor. The gross motor skills of SDN 02 Riang Bandung students vary, some are good, moderate, and not so good. Good fitness will help students follow the Physical Education learning process at school. Fitness is important to learn in Physical Education learning because fitness is part of the psychomotor domain, motor skills are related to the quality of movement or how to make movements.

Fajar (2017) states that motor skills refer to a person's ability to demonstrate movements for more complex movements. These motor skills are general human abilities related to various skills or movement tasks. There are not a few problems faced by Physical Education teachers in improving students' fitness conditions, because, with monotonous and standard learning, students often look bored. In general, elementary school students are less serious about doing physical exercise to improve fitness with existing forms of exercise, such as forms of fitness training and other forms of exercise. They feel learning is tiring, tense, and boring, causing them to be lazy to take part in learning. The impact of this is that when the physical education teacher tries to see the fitness level of many students, their stamina quickly runs out. This is a sign that the child's physical condition is not good, it could also be due to limited learning time.

To overcome this, it is necessary to carry out activities with other variations, namely playing traditional games so that students' physical fitness is getting better. Traditional games are known as folk games, namely recreational activities that aim to entertain oneself, as well as a means to maintain social relations and comfort and create cooperation. Traditional sports are people's games that live in the daily lives of people who have taken root, grown, and developed from generation to generation, passed down from generation to generation (Kasyanto, 2019).

Many traditional Indonesian games are popular among children, even adults like them. The values attached to traditional games that can be instilled in children are joy, friendship, democracy, full responsibility, obedience, and mutual cooperation, all of which are very good values that are useful in social life. In traditional games there are also elements such as aerobic and anaerobic endurance, leg muscle endurance, fitness, reaction speed, fast running speed, accuracy in determining steps, and the ability to work in groups, thus from the elements and values in the

game, traditional techniques This is very suitable for achieving the physical fitness of athletes (Ningrum, 2018).

One of the traditional games that children often play is Gobak-Sodor and Fort. Hadang and Bentengan are team sports games that require intra-team cooperation and intra-team cooperation. The game of blocking and fortifications is also a sport with complex elements of movement/ because the implementation of these traditional games has many elements that we can use to improve and skills. Traditional Hadang and Bentengan games involve several elements of mastery of skills, including mastery of technical skills, tactical skills, and physical and mental skills. According to Himawan & Muhid (2022) regarding the traditional game of Gobak Sodor states: *Gobak Sodor is a game that is carried out in a square arena bounded by chalk lines, consisting of two teams with three guards each, one team plays as a guard and the opposing team plays as a player, alternately each member of the player's team will try to achieve a back line of the arena ("the door") and members of the guard team will prevent it. If a player is touched by a guard, then the two teams take turns as player and guard.*

Meanwhile, according to the book Summary of Materials: Class 4 SD Thematic Curriculum 2013 Revision, 2019, Benteng is a game that must be played in groups. This group is divided into two parts. Then there are about four to eight people in each group. Traditional games always offer more advantages than digital games. Below are the benefits of playing for 1) maintaining children's fitness; 2) increase endurance, because fortification is a game that trains the body and is the same as doing sports; 3) Fostering cooperation and cohesiveness in groups; and 4) make children more active and reduce the risk of obesity due to lack of movement.

From the description above, we can see that traditional games have many advantages. The game of Obstacles and Fortress requires players to be active and constantly moving, moving in any direction they want, such as running left or right towards a guard or barrier. Judging from the flow of the game, Block and Fortress can be used to train student mobility which is closely related to the influence of student fitness. Based on the results of the researchers' observations so far, traditional games are played only to decorate spare time and only for entertainment. Because the researcher sees so many advantages in this traditional Hadang and Bentengan game, the title must be examined. The Influence of Traditional Games of Hadang and Bentengan on the Fitness Level of Students at SDN 02 Riag Bandung.

B. Methods

This research uses a descriptive qualitative approach (Thomas et al., 2001) namely, research that aims to develop data theory, where the design of qualitative methods is universal, flexible, and further developed in the research process. The types and

sources of information used in this research are magazines, articles, additional information from previous research, and information from websites by following the research questions. The method used is a descriptive-analytical method, namely research conducted to describe certain symptoms, phenomena, or events (Maksum, 2018). Data collection is carried out to obtain information relating to certain phenomena, conditions, or variables and is not intended to test hypotheses (Arikunto, 2006). namely collecting, compiling, and analyzing survey target data.

Research focuses on discovering theories, propositions, laws, principles, or ideas that are used to analyze and solve the proposed research problems. The essence of this research is descriptive analysis, namely that the information obtained is described sequentially, then understood and explained so that the reader can understand it correctly. The data collection technique used is the method of recording (documentation). This method is a method that is applied by searching or digging data, which involves the meaning of asking questions from the literature (Arikunto, 2013). Although the data used is secondary data obtained through indirect observation. However, this information was obtained from the results of research conducted by previous researchers. Secondary sources of information in the form of original scientific reports contained in books or articles or journals (printed and/or non-printed) about sport in traditional games about its influence and application in improving body fitness.

Table 1. Research Data

Bibliography	Study	Methods	Results
Adhariah, I. (2018). The Effect of Traditional Games on Increasing Physical Fitness of Students. <i>Ibtidai: Journal of Basic Education</i> , 5(02), 273. https://doi.org/10.32678/ibtidai.v5i02.1392	Adhariah, Ida	The method used in this study was a quasi-experimental research design with a non-equivalent control group design, 30 students from class VA and 30 students from class VB were tested using random sampling.	The pretest comparison class means ranged from 43.3 (poor) to 54.03 (fair) for the posttest score. That the physical fitness of the students who were originally malnourished has now increased to a moderate level. The results of this study indicate that traditional games affect increasing students' physical fitness. Traditional games have a positive effect on students' physical fitness in the tower game at SDN Bojong Loa 1. Thanks to this, solid game training have a big effect on improving students' physical fitness so that they are more active. I am more excited to learn.
Ilahi, B. R., Hiasa, F.,	Hiasa	This study used a pretest-	The results of testing the

& Hendrawan, V. (2023). <i>The Influence of Traditional Hadang Games on The Levels of Physical Fitness of Students in SD Negeri 72 City Bengkulu.</i> 4(1), 44-50	Ilahi et al	posttest design and a quasi-experimental methodology. Purposive sampling was used to select 48 students in grades IV and V of SD Negeri 72 Bengkulu City, consisting of 27 boys and 21 girls.	hypothesis with the t-test gave a t-score of 6.093 more than t-table 2.011 ($6.093 > 2.011$), so there was a significant difference between the data before and after treatment. So, it can be concluded that the traditional game of hadang affects the physical condition of the students of SD Negeri 72 Bengkulu City. The physical condition of students at SD Negeri 72 Bengkulu City improved by 12.78% after participating in the traditional hadang exercise program.
Ujiana, N. (2023). <i>The Effect of Galasin Traditional Games for Increasing Physical Fitness of Students In Class Iv Sukadami Mangkubumi District Tasikmalaya. Jurnal Ilmiah Adiraga: Jurnal Penelitian Olahraga</i> , 9(1), 11-21.	Nina Ujiana	This study used a quasi-experimental design with a nonequivalent control group design. Grade IV students at SDN Sukadami, as many as 27 students participated in this study. Saturated samples were used as a sampling technique.	The average pretest score of the experimental group was 13.31 and the average posttest score was 17.31, an increase of 4.00. Meanwhile, the mean pretest score for the comparison group was 14.36 and the post-test score was 15.50, an increase of 1.14. Based on the data obtained, it shows that the experimental group is better than the reference class. The results of the paired sample t-test at a significance level of 5% using SPSS 25 gave a sig (2-tailed) value of 0.000. This means that there is a significant difference in the results of the pretest and posttest of class IV students at SDN Sukadami in the experimental group that was treated with the traditional Galasin game.
Subekti, N., Juhrodin, J., & Mulyadi, A. (2020). <i>Traditional Games in Physical Education Learning to Improve Fitness and Learning Motivation. Journal of Sports Coaching and Physical</i>	Subekti et al	In this, study researchers used the experimental method. The population of this study was students of Al Jamal Islamic Elementary School, Tasikmalaya City with a total population of 268 people. The research sample was class V, which consisted	Based on the results of the paired sample t-test analysis, the significance value of the good match test variable is 0.45, this value is above the alpha value ($0.45 > 0.05$), which means that traditional games do not have a significant effect. on physical growth. Based on the results of the paired sample t-test analysis,

Education, 5(1), 55-62. https://doi.org/10.15294/jscpe.v5i1.38560		of 30 boys and girls.	the significance value of the incentive variable is 0.00, this value is below the alpha value (0.00 < 0.05), which means that traditional games have a significant effect on children's development.
Laksono, A. T., & Mandalawati, T. K. (2022). Traditional games on physical fitness of students at SDN Babadan 2, Ngrambe District, Ngawi Regency.	Laksono & Mandala wati	The research method used is the experimental method. The design in this study is True Experimental Design, said to be true experimental design because, in this design, researchers can control all external variables that affect the course of the experiment. The sample in this study were students in grades 5A and 5B at SDN Babadan 2, Ngrambe District, which consisted of 26 students. Class 5A with a total of 14 became the experimental class and class 5B with a total of 12 became the control class.	The results of the study can be concluded that there is an influence of traditional games on physical fitness in students of SDN Babadan 2, Ngrambe District, Ngawi Regency. This can be proven by the value of t count = 6,765. The results of this calculation are then consulted with t-table = 2.160 for α 5% with dk = 13 then H0 is rejected and Ha is accepted.
Bariyah, K., Ashari, I. A., Yuliawan, E. (2022). The Influence of Traditional Games from the Jambi Community on Improving the Physical Fitness of Class V Elementary School Students. <i>Jurnal Pendidikan Tematik Dikdas</i> . 7(2), 156-165.	Khoerul Bariyah	The research method used is the total sampling method. With a sample of 10 people. This study used the One Group Pretest-Posttest Design, the exercises were carried out for 6 weeks, with meetings in one week twice, the test used was a physical fitness test.	When viewed from the mean difference in the initial test of 11.7 and the average of the final test of 16.1, the results of this study are reinforced by the results of the t-test, it can be seen that T-count (9.099) > T-table (1.833), the hypothesis in this study accepted.

C. Results and Discussion

Results of the First Study Based on the experience of the Physical Education teacher, the Physical Education process which starts at 07.15 starts at around 08.00, because according to them sport is not versatile. This shows that the physical fitness of students is still low, so it needs to be further improved and needs to be changed in

motion, so students don't get tired of practicing and doing activities. These traditional games make students more familiar and interesting, more traditional games, and students will not get bored practicing, because traditional games are almost unknown to children today. With good physical fitness it is hoped that students will not easily feel tired, so that when exercising students feel happy, can concentrate, and are always healthy. One effort to improve learning is to conduct experimental research using the game method.

The results of other studies show that elementary school children have different characteristics from younger children. They enjoy play, movement, teamwork, and hands-on experience with new activities. Through play, children learn about their abilities, interests, strengths, and weaknesses. In addition to physical, muscle, and coordination skills, children develop communication, concentration, and creative thinking skills through traditional games. In this study, researchers used traditional games, especially block games for treatment. They meet three times a week for an hour, from 4 to 5 p.m. The physical form of the student is the goal here. True health is a person's ability to perform exercise productively without critical weakness.

The third result of the study is the low value of physical fitness, because the teacher still uses inappropriate learning methods so that students feel bored, uncomfortable, and the movements that occur in sports activities are not optimal. There were several obstacles in the implementation of this galasin game, including there were students who reacted quickly and there were also those who reacted less because they were still new to traditional games, meaning that the new traditional games they knew showed that school physical education subjects were all about football, volleyball, baseball, and other modern sports.

The fourth research result of physical fitness is very important for students. Thanks to good physical condition, students can do various jobs without feeling tired and immediately recover before the next day. Therefore, it is important to apply physical fitness in the learning process. Students with high learning motivation also have the opportunity to achieve higher learning outcomes, meaning that the higher the motivation, the more active the effort and effort, and the higher the learning outcomes. Students try to increase learning success to achieve success that is expected to be satisfying.

The results of the fifth study Physical fitness are closely related to one's work and movement. The purpose of this study was to determine the effect of traditional games on the physical fitness of students at SDN Babadan 2, Ngrambe District, Ngawi Regency. This type of quantitative research. The research method is an experimental method. The design of this research is True Experimental Design which is said to be a true experimental design because with this design researchers

can control all external variables that affect the course of the experiment. The sample of this research was 26 students in grades 5A and 5B at SDN Babadan 2, Ngrambe District. Class 5A with a total of 14 people became the experimental class and Class 5B with a total of 12 people became the control class. From the results of the study, it can be concluded that traditional games have an effect on the physical fitness of students at SDN Babadan 2, Ngrambe District, Ngawi Regency. This can be proven by $t_{count} = 6.765$. The results of these calculations are then tested with the table $t = 2.160$ $\alpha 5 dk = 13$, then H_0 is rejected and H_a is accepted.

The results of the six research studies were hypothesis testing using the t-test statistic, and the results of the initial and final test analysis gave a calculated t value of 9.099 compared to a t table of 1.833. This shows that the growth is significant. The alternative hypothesis (H_a) presented in this study is accepted as true. The results of the pre-test and post-test are very different. Based on data analysis and hypothesis testing that has been done, the conclusion of this study is that Jambi traditional games have an effect on increasing physical fitness.

Some of the research results discussed above provide an understanding and conclusion that traditional games that are applied to students have an important role as a method or way so that students have the enthusiasm to move actively and have good fitness. This is expected to also affect everyday life, especially in conducting learning in class, both active subjects such as PJOK and other subjects that are dominantly seated in the room. Of course, this is also expected to be minimized so that you are not susceptible to disease.

D. Conclusion

Based on the results of the previous research that has been reviewed above, I assume that my research will also have the potential to have the same results as previous research. What is possible is that the results of implementing traditional games can be a solution to improve the physical fitness of elementary school children.

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