

The Effect of the Traditional Game Gobag Sodor on Improving Physical Fitness in Students of SD Negeri 2 Bandengan Kendal

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Abstract

The background of this research is that learning practices are still low in enthusiasm and seriousness among students, and students' interest of 20 fifth-grade students. The instrument used in this study was the Indonesian Physical Fitness Test (TKJI). Data analysis was conducted using a t-test, which included a normality test, a homogeneity test, and a hypothesis test. After observation, an effect was identified between before and after the treatment. The pre-test mean was 13.83, and the post-test mean was 15.28, indicating a 10.48% increase in student fitness. The study demonstrated improvements in physical fitness among fifth-grade students at SD Negeri 2 Bandengan Kendal after the implementation of the game of gobak sodor. Gobak sodor has been shown to improve physical fitness in fifth-grade students at SD Negeri 2 Bandengan Kendal. The play-based approach is an appropriate choice for improving student fitness. It is hoped that teachers will provide efficient and appropriate learning methods, so that students' physical fitness will continue to improve.

Keywords: physical fitness; traditional games

1. Introduction

A learning observation conducted in January 2025 at SD Negeri 2 Bandengan Kendal with the physical education teacher aimed to provide insight into students' physical education (PJOK) learning. The learning process began with student preparation, followed by attendance checks, followed by an introduction, and concluded with a brief discussion of the material to be presented. Data collected indicated that the researcher observed that the learning process focused more on the final outcome than on the process. Students' enthusiasm and perseverance in performing the movements, particularly in the context of physical fitness, appeared suboptimal despite their good physical condition, and school facilities were also inadequate. The physical education teacher also noted a similar observation regarding students' minimal interest and enthusiasm in participating in physical fitness activities, with some preferring traditional game-oriented sports. Some suggested replacing the learning materials with different types of games. This impacted learning outcomes in physical activity. The learning process remained overly focused on evaluating outcomes or specific limitations, without considering the appropriateness of the process or steps in student fitness, particularly when learning how to implement them.

Based on the issues outlined, conclusions can be drawn regarding the main issues in this study. Does the traditional game of gobak sodor impact the physical fitness of students at SD Negeri 2 Bandengan Kendal? Based on the stated problem, the purpose of this study is to describe whether

the traditional game of gobak sodor has an impact on improving the physical fitness of students at SD Negeri 2 Bandengan Kendal.

Gobak sodor is a folk game. In this study, traditional games are viewed as ancestral heritage that use inexpensive equipment. Traditional games not only teach physical activities such as running, throwing, and jumping, but also demonstrate sportsmanship and collaboration. The traditional game of gobak sodor has many benefits for students' physical fitness, as it includes various physical activities such as running, jumping, dodging, and helping. The implementation of gobak sodor is intended to be useful for students, teachers, and schools, such as serving as a source of information and reference for future research on the impact of gobak sodor on improving the physical health of students at SD Negeri 2 Bandengan Kendal. The results of this study should serve as a guide for schools in improving student fitness.

The learning process in elementary schools has shown significant development in line with modern developments. Teachers play a crucial role in the teaching process, ensuring that the knowledge imparted is properly absorbed by students. The teacher's role in learning extends beyond imparting knowledge to encompass various other aspects (Dea Kiki Yestiani, 2020). Based on the author's understanding of elementary school education, it can be concluded that the learning process in elementary school (SD) is the main foundation of formal education, which is essential for children aged 7 to 12. The characteristics of children at this age require a unique learning approach because they are in the transition phase from play to formal learning.

Physical Education, Sports, and Health (Penjasorkes) is a crucial component of national education and plays a strategic role in shaping the holistic Indonesian personality, namely individuals who are physically healthy, mentally strong, and socially resilient (Sudarsinah, 2021). In Penjasorkes learning, students are not only trained in motor skills and physical fitness but also develop character values and the ability to adapt to various social situations (Nuraini et al., 2024).

According to Santrock (in Evi et al., 2021), play is an activity undertaken for entertainment and has rules. Children engage in activities by exploring their surroundings to gain knowledge and satisfy their curiosity, hone skills, and enhance creativity, all of which, according to Ramani (in Hayati, 2021), influence right brain development. According to Wahyuningsih (in Evi et al., 2021), traditional games are all forms of play activities passed down from one generation to the next, exploring local wisdom, containing educational and cultural values, and providing entertainment for the players.

These traditional games also serve as sports for some. The game takes place on a field made of wood or chalk, divided into six sections, involves 6-9 participants, and requires strategy. This game is a simple activity that children can play to support their development, particularly socially. Gobak Sodor offers various uses and values. Social change is the process by which individuals acquire the ability to act in accordance with social norms in society (Heryanto, Dhita Amelia Putri, Sima Mulyadi, 2024).

2. Method

This type of research is quantitative research with an experimental method, where the action activity begins with a pretest before the action is carried out, then a posttest is conducted. The

instrument used is the Indonesian Physical Fitness Test (TKJI), an instrument approved and tested in Indonesia based on age groupings in TKJI. A series of tests consists of: 40-meter run, hanging elbows, sit-ups, vertical jump and 600-meter run for boys and girls (Pratamalloh et al., 2023). The population in this action was 38 fifth-grade students of Bandengan Kendal State Elementary School, the subjects of this study used class V with a total of 20 students. The data collection method in this study used tests and measurements, while treatment was applied to students in the form of a traditional gobak sodor game. This study was conducted in 12 meetings, which began with a pretest intervention posttest. In this study, the Indonesian Physical Fitness Test (TKJI) was applied. This instrument includes treatment stages such as a 40-meter run, hanging with bent elbows, 30-second sit-ups, a vertical jump, and a 600-meter run. The data analysis technique applied was a paired two-sample t-test, which analyzes the comparison of the average pretest and posttest measures on identical samples. In this study, data analysis was conducted using a t-test, which includes: normality testing, homogeneity testing, and hypothesis testing.

3. Result

The purpose of this study was to assess the improvement in the physical condition of fifth-grade students at SD Negeri 2 Bandengan Kendal using traditional games. The results showed an increase in the physical fitness of fifth-grade students at SD Negeri 2 Bandengan Kendal before and after participating in the Gobak Sodor game.

A t-test analysis revealed that the calculated t value exceeded the t table, indicating a difference between the pretest and posttest. There was a significant change in the learning outcomes of fifth-grade students after the implementation of the Gobak Sodor game in SD Negeri 2 Bandengan Kendal. The average pre-test score was 13.83, while the average post-test score was 15.28. This study demonstrated an increase in the physical fitness of fifth-grade students at SD Negeri 2 Bandengan Kendal after the implementation of the traditional Gobak Sodor game, with an increase of 1.45%, or 10.48%. From these results, it can be concluded that the physical fitness of students after learning through playing Gobak Sodor was 10.48%. Below is the frequency distribution table obtained.

Table 1. Frequency distribution of post-test data

Number	Number of values	Classification	Frequency	Percentage
1	5-9	Very little	0	0%
2	10-13	Not enough	3	15%
3	14-17	Currently	4	20%
4	18-21	Good	10	50%
5	22-25	Very well	3	15%
Amount			20	100%

As presented in the table, the majority of fifth-grade students of SD N 2 Bandengan Kendal had a moderate level of physical fitness during the post-test. With the results of no or 0 students (0%) included in the very poor classification, there were 3 students (15%) with a poor classification, 4 students (20%) included in the moderate, as many as 10 students (50%) with a good classification, and 3 students (15%) with a very good classification. The largest number was in the score between 18-21 included in the good classification. Therefore, it can be seen that during the post-test, the

majority of fifth-grade students of SD Negeri 2 Bandengan Kendal showed a good level of physical fitness. If visualized in the form of a bar graph, the increase in students' physical fitness in the post-test can be seen as follows:

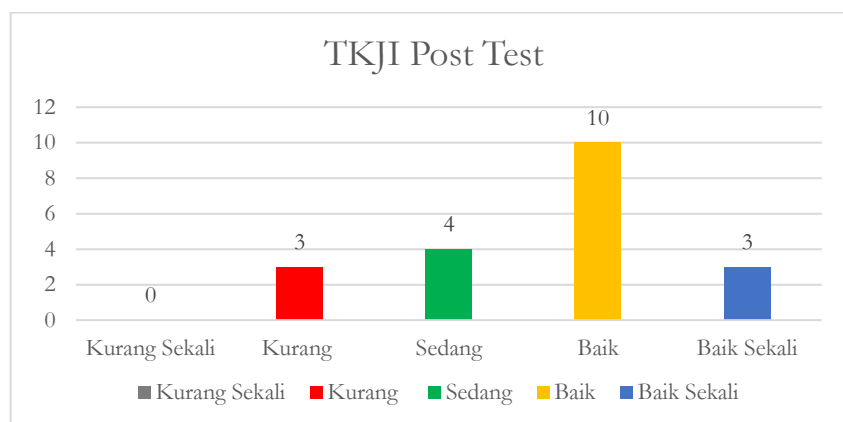


Figure 1. Histogram of posttest data on physical fitness level

The learning process is a genuine interaction between teachers and students in an educational context, involving the desired outcome, namely comprehensive behavioral transformation. In this study, researchers implemented the game of gobak sodor. The primary goal was to improve students' physical health. Physical health is a person's ability to carry out activities effectively. Researchers chose learning through traditional games as a measure to improve physical fitness, which aligns with the characteristics of elementary school students who enjoy playing. By implementing game-based learning methods or traditional games, students can be encouraged to participate actively without them realizing they are engaging in physical activity. During the activity, which lasted approximately one month, students' physical fitness increased by 10.48% compared to their previous performance. This indicates that using the game of gobak sodor is an effective method for optimizing the physical fitness of fifth-grade students at SD Negeri 2 Bandengan Kendal.

4. Discussion

These findings confirm that after participating in the game of gobak sodor, students' physical fitness improved significantly, reaching 10.48% compared to before the game was implemented. The necessary measures for the development of physical education, based on the findings of this study, should be implemented in the teaching and learning process at school, by incorporating the game of gobak sodor, which can efficiently optimize students' physical fitness. As students' physical condition improves, they will not quickly experience excessive fatigue during activities. Therefore, physical fitness training programs (to maintain physical fitness) should regularly incorporate traditional games, as gobak sodor is readily available to everyone and can be played in the yard with students divided into two groups.

This research indicates that gobak sodor significantly contributes to improving students' physical fitness. Besides being fun, gobak sodor is also useful for improving stamina, speed, and coordination of movement. Therefore, gobak sodor can be an interesting and beneficial alternative physical exercise in elementary school physical education.

5. Conclusion and Recommendation

Referring to a series of research results and reviews, the conclusion drawn is: "there is an increase in the physical fitness of fifth-grade students through traditional games at SD N 2 Bandengan Kendal." Learning with the play method can apparently improve the physical health of fifth-grade students at SD Negeri 2 Bandengan Kendal. The results of the study indicate that the play method is an appropriate and effective way to optimize the physical fitness of fifth-grade students at SD Negeri 2 Bandengan Kendal. The findings of this action indicate that the gobak sodor game significantly helps improve students' physical condition. This activity is not only entertaining but also effective in increasing endurance, agility, and motor coordination. Thus, the gobak sodor game can be an interesting and useful choice of physical exercise in teaching and learning activities for Physical Education in elementary schools.

References

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