



Development of Traditional Sports at PORTINA in Temanggung Regency: A Survey Study

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Abstract

This study aims to analyze the development of traditional sports conducted by PORTINA in Temanggung Regency. Using a qualitative descriptive method, data were collected through in-depth interviews with six key informants, direct observation, and documentation. The informants consisted of PORTINA administrators and traditional sports activists actively involved in coaching and promotional activities. The findings indicate that PORTINA Temanggung has implemented a multidimensional development strategy, including school-based integration, community coaching, and digital promotion. Routine training activities are held in public spaces, with a focus on games such as egrang, gobak sodor, and terompah panjang, supported by storytelling and cultural education. The organization also mobilizes local volunteers through training programs and collaborates with schools via extracurricular and cultural events. However, the study also reveals several challenges: limited infrastructure, inadequate funding, and declining youth interest due to modern digital lifestyles. To address these issues, PORTINA adapts by using social media and community-based innovation. The active participation of local communities and contextual coaching approaches are proven effective in sustaining traditional sports. This research contributes to the understanding of traditional sports development in rural areas and highlights the need for multi-stakeholder collaboration and stronger policy support to ensure the sustainability of traditional heritage in contemporary society.

How to Cite

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INTRODUCTION

Traditional sports in Indonesia represent a vital aspect of cultural heritage that has been passed down through generations. In many regions, games such as egrang, gobak sodor, and terompah panjang were once a central part of daily life serving not only as entertainment but also as tools for character building. However, the increasing dominance of digital technology and modern lifestyle trends has led to a steady decline in public interest, especially among younger generations (Hartati & Purnama, 2020).

This decline presents a significant challenge for the preservation of traditional sports. The lack of youth participation is further exacerbated by limited access to information, the absence of consistent coaching programs, and insufficient policy support from local governments in the form of dedicated programs and budget allocation (Wulandari & Hasanah, 2019).

Based on field findings from interviews with six informants in Temanggung, traditional sports such as egrang, gobak sodor, bentengan, and terompah panjang are still actively practiced through regular training sessions organized by PORTINA. These activities receive strong support from local communities, particularly elementary school children who show enthusiasm toward learning traditional games. PORTINA also engages village authorities and school institutions to implement training programs and organize festivals. This indicates that the presence of PORTINA plays a pivotal role in the preservation and development of traditional sports in the region.

In response to this issue, PORTINA (The Indonesian Traditional Sports Association) in Temanggung Regency plays a critical role in promoting and maintaining traditional sports through community coaching, participation in regional and national events such as FORDA and FORNAS, and educational outreach to schools and local communities.

Although these efforts have been carried out regularly, the implementation and impact of such programs remain underexplored in academic literature. In order to ensure long-term preservation, a comprehensive analysis is required—particularly concerning coaching strategies, community engagement, and institutional support (Prayitno & Sukoco, 2021). Therefore, this study aims to examine the implementation of traditional sports coaching conducted by PORTINA Temanggung and to identify the supporting and inhibiting factors involved.

This research presents a novelty by

offering a contextual and comprehensive analysis of traditional sports development at the regency level, particularly through the lens of PORTINA's strategies in Temanggung. Unlike previous studies that often focus on cultural preservation in general, this study specifically highlights the operational practices, community-based approaches, and organizational challenges faced in rural settings. By combining qualitative data with theoretical insights, this research contributes new perspectives to the academic discourse on traditional sports coaching and its integration into modern educational and cultural frameworks.

METHOD

This study employed a descriptive qualitative approach using a survey method. This approach was selected to provide a comprehensive description of how traditional sports coaching is implemented by PORTINA Temanggung (Sugiyono, 2015). Data were collected through in-depth interviews, direct observation, and documentation of field activities.

The research subjects were selected using purposive sampling, based on their direct involvement in coaching activities. Informants consisted of six individuals: the head of PORTINA, two organizational administrators, and three active practitioners of traditional sports who regularly participated in training and competitions (Miles, Huberman, & Saldana, 2018).

To ensure data validity, source and method triangulation was applied. The data analysis used a thematic approach by organizing findings into specific themes that emerged from the field (Creswell & Poth, 2018).

This study involved six key informants selected purposively, consisting of administrators and traditional sports activists at PORTINA Temanggung. The list of interview respondents is presented in the following **Table 1**.

Table 1. Interview Respondent Data

Name	Position	Brief Description
F. E	Head of PORTINA Temanggung	Main key informant
S	PORTINA Administrator	Focus on program development
D. H	PORTINA Administrator	Focus on program development
A. S	Activist & PORTINA Committee Member	Focus on education and promotion
A. Y	Traditional Sports Activist	Community-based perspectives
F. N	Traditional Sports Activist	Concerned with facilities & access

RESULTS AND DISCUSSION

Forms Of Development

The development of traditional sports in PORTINA Temanggung is implemented through a holistic and community-based approach. This development encompasses technical training, cultural education, and community involvement. As traditional games represent more than just physical activities, PORTINA's coaching programs are designed not only to teach how to play but also to introduce the cultural values embedded in each game.

One key form of development is the educational integration of traditional games into schools and community environments. PORTINA collaborates with village leaders and elementary schools to organize regular practice sessions for games such as egrang, gobak sodor, bentengan, and terompah panjang. These sessions are often accompanied by storytelling activities that explain the origin, philosophy, and moral values of each game. For instance, bentengan teaches strategic thinking and cooperation, while gobak sodor encourages agility and teamwork. These efforts also include the training of referees and facilitators to support the technical and organizational aspects of traditional game events, such as school festivals and district-level competitions (PORTINA Field Report, 2025).

Anitya Setya Wardhani, a member of PORTINA, emphasized that this educational aspect aims to cultivate cultural appreciation among children. "We want children to understand the meaning behind the games, not just how to win. That's how they grow to love their heritage," she said (Wardhani, 2025). This approach aligns with Rahmawati and Kusuma (2023), who argue that traditional games can serve as effective tools for instilling cultural identity and moral education within school curricula.

Meanwhile, Sam'ani, one of PORTINA's senior administrators, stressed the importance of regeneration. "We focus on children and teenagers because they are the future of our cultural legacy," he explained (Sam'ani, 2025). Hence, PORTINA's development activities are not episodic but continuous, ensuring long-term sustainability. Regular youth camps, school-based game festivals, and mentorship schemes are carried out to keep the interest alive.

The literature supports this form of development. Mahendra (2021) describes traditional sports development as encompassing not only physical skill-building but also sociocultural empowerment. He emphasizes that coaching must

address community engagement and foster a sense of belonging among participants. Similarly, Putra (2017) highlights the role of social capital in sustaining traditional games, where shared values and collective experiences become the backbone of long-term development.

PORTINA also adopts inclusive participation by welcoming children regardless of gender, socioeconomic status, or educational background. Field observations reveal that even children from remote or low-income families actively engage in training, facilitated by local volunteers and flexible scheduling. This inclusivity enhances the community bond and supports social equity in cultural preservation, as echoed by Kurniawan (2023), who argues that democratizing access to cultural programs reinforces the resilience of local traditions against globalization.

Furthermore, technological adaptation is becoming a subtle but crucial strategy in development. While preserving the traditional form of games, PORTINA has started documenting its activities through video recordings and social media posts. This not only archives the development process but also serves as an outreach tool to gain public attention and inspire replication in other regions. Susanto (2022) notes that digital platforms can be allies in reviving traditional heritage by making it more visible and relatable to younger audiences.

In conclusion, the forms of development implemented by PORTINA Temanggung represent a multidimensional strategy: they combine physical training, moral education, community values, and digital engagement. This integrated approach ensures that traditional games are not merely preserved but revitalized as dynamic cultural assets. Future development should continue to emphasize school collaboration, intergenerational transmission, and cross-sectoral support to maintain momentum.

Development Programs

PORTINA Temanggung has established a variety of development programs aimed at the preservation and revitalization of traditional sports among the younger generation. These programs are not only designed to enhance physical abilities but are also embedded with cultural and educational values that reflect Indonesia's local wisdom.

The programs begin with routine training sessions, commonly held in public spaces such as village fields, school courtyards, and community halls. These sessions are open to children and teenagers across diverse backgrounds, ma-

king them both inclusive and accessible. According to Sam'ani, one of the senior administrators of PORTINA, the regular training sessions are structured to teach not just the playing techniques but also the underlying philosophies of the games. "Each game holds a story. We try to tell that story before the children play it," he remarked (Sam'ani, 2025).

To support this approach, the coaching is often supplemented with narrative education explaining the origins of games like gobak sodor, egrang, or engklek thus transforming physical activity into an opportunity for cultural learning. This is in line with Rahmawati and Kusuma's (2023) findings that traditional games serve as effective tools for instilling cultural narratives in children, thereby strengthening cultural identity from an early age.

Moreover, PORTINA also runs mobile coaching programs that reach remote areas where access to formal sports infrastructure is limited. By rotating locations and involving local youth organizations, PORTINA ensures that development is not concentrated only in urban centers. These mobile sessions often coincide with local cultural events or village festivals, increasing visibility and community support.

A unique feature of PORTINA's development strategy is its volunteer training program. As explained by Anitya Setya Wardhani, this program prepares local volunteers—including university students, teachers, and youth leaders—to become facilitators of traditional sports in their respective areas. "We teach them coaching techniques, history of games, and how to engage children in a fun and respectful way," she said (Wardhani, 2025). These cadres act as cultural ambassadors, promoting games while ensuring their relevance in local contexts.

PORTINA also regularly organizes and participates in regional and national traditional sports festivals, such as FORDA (Festival Olahraga Daerah) and FORNAS (Festival Olahraga Nasional). These events function as public exhibitions of skills as well as cultural performances. Dani Hapsara explained, "We don't aim to compete for medals. Our goal is to show the richness of our tradition and to inspire other regions" (Hapsara, 2025).

In addition, PORTINA has launched school partnerships programs in collaboration with educational institutions. These include extracurricular sessions and cultural days where traditional sports are introduced as part of the school's physical education curriculum. Kurniawan (2023) emphasizes that such integration

within the education system can institutionalize the presence of traditional sports and ensure their sustainability.

From a sociocultural perspective, the programs also function as platforms for community empowerment. As noted by Handayani and Rachman (2019), when local communities are actively involved in managing and implementing cultural programs, they develop stronger attachments and shared ownership toward those traditions. This sentiment is echoed by Putra (2017), who argues that such community-driven initiatives build social capital, a key ingredient in the long-term success of cultural preservation.

Another innovative element is the use of social media and digital platforms to share program highlights, training videos, and stories about traditional games. This not only documents the development journey but also attracts younger audiences who are more digitally inclined. Susanto (2022) asserts that digital media is increasingly important in bridging generational gaps and renewing youth engagement with traditional practices.

In sum, the development programs carried out by PORTINA are not limited to technical coaching. They represent a comprehensive system involving training, education, promotion, and empowerment. These programs are intergenerational, participatory, and sustainable, aiming not only to preserve but also to reposition traditional sports as relevant cultural assets in the modern era. For future development, it is essential that such programs be supported through stronger policy frameworks, multi-stakeholder collaboration, and increased access to funding.

Facilities and Infrastructure

Facilities and infrastructure are essential components in the development and sustainability of traditional sports, particularly when the activities involve large groups of children and require specialized traditional equipment. In the case of PORTINA Temanggung, while significant progress has been made in program delivery, the organization still faces persistent challenges related to infrastructure.

According to Mr. Farid Eri Sunarso, the Head of PORTINA Temanggung, open public spaces, such as village fields (*lapangan desa*) and multipurpose halls, serve as the primary venues for training sessions and game simulations. "We use what's available. Most of our training is conducted in public fields, because we don't yet have a dedicated traditional sports facility," he stated (Sunarso, 2025). These informal settings, while

accessible and community-friendly, often lack proper maintenance and are vulnerable to seasonal changes, such as rainy weather that can halt outdoor training.

In addition, the availability of traditional sports equipment remains limited. Many of the tools used for games like egrang (stilts), terompah panjang (long wooden clogs), and engklek (hopscotch) are made manually by volunteers or committee members, often using local materials. While this promotes local craftsmanship and cultural authenticity, it also results in non-standardized equipment that may hinder effective training or even pose safety risks.

Anitya Setya Wardhani observed that while the community shows strong enthusiasm, the quality and quantity of equipment have not kept up with the growing number of participants. "Sometimes we have 30 children, but only 10 egrangs. We have to take turns, and that affects the training flow," she explained (Wardhani, 2025).

Literature supports this concern. A study by Hidayat and Nugroho (2021) emphasized that the quality of sports facilities has a significant impact on athletes' motivation and performance. Although traditional sports emphasize community values over competition, having proper equipment and training space helps create a safe, consistent, and enjoyable learning experience, especially for children.

Moreover, facilities are not just physical. Storage space for equipment, a space for theoretical instruction, and basic first aid stations are often lacking in the current infrastructure system. This has caused PORTINA to rely heavily on ad hoc solutions, such as storing equipment in committee members' homes or using classrooms borrowed from nearby schools.

Some creative measures have been taken to address these limitations. For instance, PORTINA has initiated a community-based fundraising campaign to build semi-permanent shelters for equipment and coaching sessions. Collaborations with local artisans have also been explored to improve the durability and design of traditional sports equipment, blending cultural aesthetics with safety considerations.

In comparison to mainstream sports that often enjoy government-funded stadiums and professional-grade tools, traditional sports are still marginalized in terms of budget allocation and policy support. As Rahmadani et al. (2024) noted, the marginalization of traditional games in public policy frameworks leads to a cycle of underinvestment, which in turn hampers youth engagement and program expansion.

To move forward, it is essential that regional governments provide structural support, including designated land for traditional sports centers, budget for equipment procurement, and integration into local sports development plans. Such efforts would align with broader cultural preservation mandates and enhance the visibility and legitimacy of traditional sports as valuable assets in national development.

Finally, technology can also be leveraged to enhance facility usage and planning. Mapping training locations using GIS tools, digitizing inventory of equipment, and monitoring participant attendance can improve program efficiency even with limited physical resources. As suggested by Susanto (2022), applying simple digital innovations can optimize traditional practices without compromising cultural authenticity.

In conclusion, while PORTINA Temanggung has made commendable efforts in utilizing available spaces and materials, its development is constrained by infrastructure limitations. Sustainable advancement requires both grassroots creativity and top-down support to ensure that facilities and equipment not only exist but also meet the standards needed for quality coaching and cultural promotion.

Challenges and Obstacles in Development

Despite various achievements in promoting traditional sports, PORTINA Temanggung faces several structural, financial, and sociocultural challenges that hinder the sustainability and scalability of its development efforts. These challenges reflect broader issues faced by traditional sports organizations in Indonesia, particularly in rural and semi-urban areas.

One of the most pressing issues is inadequate funding. According to Alfian Yulmar, a traditional sports activist and community member, most development initiatives are executed using community donations or personal contributions from committee members. "We don't have a consistent budget. Sometimes, we even buy the equipment ourselves," he explained (Yulmar, 2025). This financial uncertainty makes it difficult to plan long-term programs, purchase quality equipment, or hire professional trainers.

Government support, although present in principle, is often limited in practice. Fuad Nur Huda pointed out that traditional sports are not yet prioritized in regional sports budgeting. "We always fall behind mainstream sports like football or volleyball when it comes to funding. Traditional sports are still seen as side activities," he said (Huda, 2025). This finding is consistent with Wu-

landari and Hasanah (2019), who reported that policy constraints and bureaucratic inefficiencies at the regional level often delay or limit the implementation of traditional game development programs.

Secondly, infrastructure inadequacy compounds the financial challenge. As previously discussed, the lack of standardized and accessible training grounds, equipment storage, and basic utilities often forces training sessions to be rescheduled or relocated. This inconsistency reduces training frequency and participant motivation especially among younger children.

The third major obstacle is low youth interest, a sociocultural challenge that has long been identified in the literature (Hartati & Purnama, 2020). Many children and teenagers are more attracted to digital entertainment and modern sports, which are seen as trendier and more prestigious. Anitya Setya Wardhani emphasized that changing this perception requires creativity. “We can’t force them to play gobak sodor. We need to make it fun, relevant, and social-media friendly,” she said (Wardhani, 2025). In response, PORTINA has experimented with introducing hybrid formats such as competitive tournaments with modern scoring systems and integrating cultural performances to rebrand traditional sports for Gen Z.

Geographical dispersion also creates logistical challenges. Temanggung Regency comprises both urban and remote rural areas, and reaching scattered villages to conduct uniform coaching programs can be difficult. Transportation issues, weather conditions, and lack of coordination between sub-districts often lead to uneven development and poor attendance.

Furthermore, human resource limitations persist. While PORTINA has successfully trained some volunteer coaches, the number remains insufficient to meet the growing demand. The lack of full-time staff with formal training in both sports education and cultural preservation creates a gap in program delivery quality. As Putra & Kurniawan (2020) highlighted, many traditional sports programs rely heavily on volunteers, which, while commendable, also makes them vulnerable to burnout and discontinuity.

To overcome these obstacles, scholars recommend a multi-stakeholder collaboration model involving regional governments, educational institutions, cultural agencies, and private sponsors (Rahmadani et al., 2024). Such collaboration can bridge funding gaps, expand human resource capacity, and institutionalize traditional sports into mainstream public programs. Moreover, in-

tegrating traditional games into the formal education curriculum, as suggested by Rahmawati and Kusuma (2023), can provide structured exposure and reduce the generational disconnect.

Digital engagement has also emerged as a potential solution. As noted by Susanto (2022), leveraging mobile applications, YouTube tutorials, and gamified learning platforms can attract youth participation. Some regions have successfully implemented mobile apps that feature game instructions, digital leaderboards, and cultural trivia—all aimed at making traditional sports more relatable.

In summary, while PORTINA's commitment is strong, it continues to face significant internal and external barriers to sustainable development. Financial constraints, infrastructure gaps, low youth engagement, and resource limitations must be addressed strategically. By implementing innovative, collaborative, and adaptive approaches, these challenges can be transformed into opportunities for growth and cultural revitalization.

CONCLUSION

The development of traditional sports by PORTINA in Temanggung Regency demonstrates a community-driven and culturally grounded approach to preserving Indonesia's rich intangible heritage. This study reveals that the forms of development adopted by PORTINA are not merely technical or recreational but embody multidimensional strategies involving education, character formation, and cultural literacy. The organization effectively integrates traditional games into schools and local communities, thereby positioning these activities as tools for both physical exercise and cultural transmission.

Through diverse development programs including routine training, volunteer coaching, school partnerships, and participation in regional and national festivals PORTINA has created a vibrant ecosystem for traditional sports. These programs are designed to be inclusive, participatory, and sustainable, allowing for intergenerational interaction and promoting local wisdom. The success of these efforts, however, remains heavily reliant on the commitment of volunteers and the strength of community networks.

Nevertheless, the development process is not without obstacles. The study identifies key challenges including limited infrastructure, inconsistent funding, declining youth interest, and logistical barriers in program delivery. These constraints are further compounded by the mar-

ginalization of traditional sports in formal policy frameworks and the lack of institutionalized support at the regional level.

Addressing these challenges requires multi-pronged and collaborative solutions. First, there is a critical need for enhanced policy recognition of traditional sports as cultural and educational assets deserving of structural investment. Second, increased collaboration between stakeholders government, academia, civil society, and the private sector is essential to ensure resource sustainability and program expansion. Third, innovations in digital technology should be leveraged not as replacements but as complementary tools for outreach, education, and archiving.

This study provides a contextual understanding of how traditional sports can be sustainably developed through community-based approaches in rural areas. By examining the practical efforts of PORTINA in Temanggung, the research highlights concrete strategies such as school collaborations, volunteer mobilization, and integration of cultural education within sports coaching. These findings offer valuable insights for policymakers, educators, and cultural organizations seeking to preserve intangible cultural heritage in a modern context. Rather than making a general contribution to existing literature, this study emphasizes practical and replicable models that can be applied in similar rural settings to support traditional sports as tools for education, community empowerment, and cultural identity.

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