



## The Simple and Traditional Game-Based Health Education Model to Promote Healthy Lifestyles in Elementary School Students: A Literature Review

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Healthy Lifestyle; Play-based approach; Traditional Games

### Abstract

The purpose of this study is to obtain an appropriate theoretical basis related to simple and traditional game-based health education models for building healthy lifestyles among elementary school students. The research method used in this study is a literature review, in which the author collects data from previous studies related to the topic being researched. Data collection began with a literature search using several keywords, including "simple and traditional games," "school health education," "healthy lifestyle patterns among elementary school students," and "play-based approach" on Google Scholar and Semantic Scholar. The collected journal articles were then read and processed to establish a theoretical foundation. The author identified 50 previous studies discussing the model of health education based on simple and traditional games to promote healthy lifestyles among elementary school students. Based on these findings, the author selected 15 (fifteen) journal articles as the primary review materials. The conclusion drawn from this study is that a health education model based on simple and traditional games is an effective and feasible strategy to implement, thereby fostering healthy lifestyle habits among elementary school students. Teachers and educators are encouraged to optimize the use of games as a learning medium to enhance students' knowledge, attitudes, and healthy behaviors, thereby fostering sustainable healthy lifestyles in the future.

### How to Cite

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## INTRODUCTION

A healthy lifestyle is an important foundation in supporting the optimal growth and development of elementary school children. Elementary school age is a crucial phase because it is at this stage that children begin to form habits and patterns of behavior that can continue into adulthood. Therefore, instilling healthy lifestyle habits from an early age is an important investment in the development of human capital for the future. However, in today's modern era, healthy lifestyle habits among elementary school students are increasingly being eroded by a sedentary lifestyle due to the widespread use of digital devices and a decline in physical activity. Children spend more time playing with gadgets, watching videos, or playing online games, thereby reducing opportunities for active outdoor movement (Rosmawati et al., 2024). These habits not only impact physical health but can also affect children's mental and emotional development.

This sedentary lifestyle can potentially lead to various health problems, such as obesity, decreased physical fitness, and even social and emotional development disorders in children (Rosmawati et al., 2024). This situation poses a challenge for the education sector, particularly for teachers and parents, to find effective ways to reignite children's enthusiasm for a healthy lifestyle. Creative and enjoyable interventions are needed to encourage children to actively participate in physical activities and adopt healthy behaviors in their daily lives.

An innovative approach that can be applied to build healthy lifestyles among elementary school students is through health education based on simple and traditional games. Traditional games are chosen because they are easy to play, do not require expensive equipment, and have educational value that can be tailored to learning objectives (Kamaruddin, Eskawida, Hamdiana, Rifai, Septiyani, 2024). Through this approach, students are encouraged to be physically active while learning positive values from the games.

Traditional games not only contain local cultural values, but also promote physical activity, physical fitness, and build character and social interaction among students. Thus, integrating traditional games into learning can be an effective strategy to address low levels of physical activity among elementary school students (Kamaruddin, Eskawida, Hamdiana, Rifai, Septiyani, 2024). This aligns with the national education goal of developing students' potential optimally, both physically and mentally.

Previous research has shown that traditional game-based learning models are effective in increasing motivation and participation, as well as having a positive impact on the physical fitness and self-confidence of elementary school students (Lestari, 2021). In addition, group play activities can also train students' cooperation, sportsmanship, and empathy skills, which are important parts of character building. Traditional games are also believed to reduce fear and anxiety in the learning process, making learning enjoyable and leading to improved learning outcomes (Afifah et al., 2025).

However, the implementation of simple and traditional game-based health education models in elementary schools is still not optimal. Many teachers do not yet have structured and innovative learning models to integrate traditional games into health education. Some teachers also face limitations in their knowledge and skills in designing active game-based learning. Therefore, it is necessary to develop a health education model that is well-planned, applicable, and relevant to the characteristics of elementary school students.

Health education in elementary schools plays a strategic role in instilling healthy habits from an early age, making the development of engaging learning models an urgent need (Qomariyah1 et al., 2023). Traditional games such as engklek, bentengan, and sepatu batok have been proven to increase student engagement, motivation, and learning effectiveness in physical education and health (Aguss, 2020).

At the end of the preface written about specific issues will be examined at a particular place or context. His wish to the issue based on examination over previous research results that had already been reviewed also in the introduction. It can also come from the real problems that are found. The bottom line, pointed out that the research/study of ter-call important done. If the case is examined carefully/nature comes from field research, the mukakan problem at the venue, corroborated with data and information from observation or early research. It also pointed out the urgency of peneli-tian is done, including theoretical and practical contributions.

With the existence of a simple and traditional game-based health education model, the author wants to know whether this game-based learning model is feasible and capable of building healthy habits for elementary school students.

Although various studies have explored game-based learning in physical education, limited attention has been given to the integration

of simple and traditional games as a structured model for health education aimed at promoting healthy lifestyles in elementary school students. This literature review offers a novel synthesis by focusing specifically on culturally rooted games, providing a fresh framework for health behavior development that aligns with students' developmental stages and local values.

## METHOD

This study uses the literature review method. This method involves collecting, reading, and analyzing various relevant sources, including books, national and international journal articles, seminar proceedings, and policy documents related to health education and traditional games (Wijaya, 2019).

The literature collection process was carried out through searches in electronic databa-

ses such as Google Scholar, ResearchGate, and Semantic Scholar. The keywords used included healthy lifestyle patterns of elementary school students, elementary school health education, traditional games, and game-based learning models.

Data analysis was conducted by grouping previous research findings based on themes that support the research objectives, then synthesizing them to draw conclusions regarding the potential, challenges, and recommendations for implementing a simple and traditional game-based health education model in elementary schools.

The results of this literature review are expected to provide a strong theoretical foundation for the development of innovative learning models and serve as a reference for teachers and education policymakers in improving students' healthy lifestyles through creative and enjoyable approaches.

## RESULTS AND DISCUSSION

**Tabel 1.** Review of articles used in the literature review

| Authors and Journals   | Title  | Conclusion   |
|--|--|--|
| (Bile et al., 2021) Jurnal PENJAKORA   | Development of a Physical Fitness Training Model Based on Traditional Games as a Learning Activity for Students in Physical Education                                | Traditional game-based physical fitness training models fall into the "appropriate" (suitable) category for use as a form of student learning activity in physical fitness training material in physical education lessons.        |
| (Mudzakir, 2020) Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi                        | The Influence of Traditional Sports Games in Elementary Schools  | Based on the research results, it can be concluded that traditional sports games have an effect on student learning motivation. After being exposed to traditional games, student learning motivation increased.                   |
| (Gatot Margisal Utomo & Harwanto, 2021) Jurnal KEJAORA (Kesehatan Jasmani dan Olah Raga) | The Application of Traditional Games in Efforts to Improve Physical Fitness in Physical Education Students of the 2019 Cohort at Universitas Pgri Adi Buana Surabaya | Traditional games can be used as one of the efforts to improve physical fitness.   |
| (Febriany et al., 2021) Sinun Maxillofacial Journal                                      | Differences in Oral Health Knowledge Before and After Flipchart and Snake and Ladder Game Education  | Simple game-based educational media are effective in improving students' knowledge related to oral health.   |
| (Dewi et al., 2018) Jurnal Kesehatan Tadulako  | Increased Nutrition Knowledge Through Games  | There was an increase in nutritional knowledge after receiving education through games.  |
| (Puspa Jayantika et al., 2021) Kolaborasi Jurnal Pengabdian Masyarakat                   | Snake and Ladder Game as a Medium for Teaching Clean and Healthy Living Behaviors (PHBS) to Students at SDN 3 Benteng  | Students can learn and practice clean and healthy living behaviors through the snake and ladder game   |
| (Akbar et al., 2023) Jurnal Sanitasi Profesional Indonesia                               | Healthy And Clean Living Behavior Among Elementary School Students   | Elementary school children have a high level of knowledge about PHBS (93.1%), elementary school students' attitudes towards PHBS are good (94.3%), and elementary school students' actions are categorized as satisfactory (91.1%) |
| (Adhi Putri et al., 2021) Jurnal Ilmiah Kesehatan Sandi Husada                           | The Potential of the Active Educational Board Game Kutus PHBS as a Modality for Preventing Childhood Obesity   | The educational board game "Cutus Aktif Perilaku Bersih dan Sehat" (Active Clean and Healthy Behavior) improves children's knowledge and behavior to prevent childhood obesity   |
| (Nadine et al., 2023) Jurnal Bakti Masyarakat Indonesia                                  | Improving the Knowledge of Elementary School Students in Grades 4-6 About PHBS and PUGS Through the Snakes and Ladders Game  | The results show that there was an increase in the percentage of children's knowledge about PUGS and PHBS from 20% and 93.3% to 100% (p=0.000)   |

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|---|--|--|
| (Hanafia et al., 2021) Jurnal Education and Development   | The Application of the Traditional Congklak Game to Improve Student Learning Outcomes and Self-Confidence  | The traditional game of congklak can improve students' learning outcomes and self-confidence   |
| (Lestaris et al., 2023) PengabdianMu: Jurnal Ilmiah Pengabdian kepada Masyarakat                                | Education on Clean and Healthy Living (PHBS) for Elementary School-Aged Children through the Local Wisdom-Based Game "BAR-EGA" in Marang Village, Palangka Raya City | This activity can improve clean and healthy lifestyles among elementary school children in the Marang subdistrict of Palangka Raya.  |
| (Cahyaningtyastuti et al., 2020) Citradirga - Jurnal Desain Komunikasi Visual dan Intermedia                    | Designing a Board Game as an Educational Tool on the Importance of Dental Care for Elementary School-Aged Children   | Students can learn to take care of their dental health in a more interesting way, thereby fostering an interest in dental health.  |
| (Mustar et al., 2018) JISIP (Jurnal Ilmu Sosial dan Pendidikan)   | Health Education: Clean and Healthy Living Behaviors (PHBS) in Elementary Schools  | There was an increase in knowledge, attitudes, and actions toward clean and healthy living before and after the intervention through health education for the respondents. |
| (Wardani, 2022) JISIP (Jurnal Ilmu Sosial dan Pendidikan)   | The Influence Of Traditional Sports Games On Learning Motivation In Physical Education In Elementary Schools   | There was an increase in students' motivation to learn physical education through traditional sports games.  |
| (Mohamad Dai & Wahyu Setia Kuscahyaning Putri, 2021) Citius: Jurnal Pendidikan Jasmani, Olahraga, dan Kesehatan | The Influence Of Traditional Games On Learning Outcomes In Physical Education  | There was an increase in students' learning outcomes through traditional sports games.   |

The author obtained 50 previous studies discussing simple and traditional games as a means or model in health education for elementary school students. Based on these findings, the author selected 15 (fifteen) journal articles as the main review material.

### Traditional and Simple Games as a Health Education Strategy

A review of the literature shows that traditional and simple games have a significant contribution to supporting the implementation of health education in elementary schools. Previous studies have revealed that learning models that utilize games are not only effective in increasing students' physical activity, but also capable of fostering learning motivation and improving students' understanding of healthy lifestyle concepts. Traditional games can be used as a model for physical fitness training that is suitable for implementation in schools. Students feel happier and more actively involved in learning, so that the goal of improving physical fitness can be achieved optimally. Traditional games have proven to be able to combine local cultural elements with beneficial physical activities.

In addition to improving physical fitness, traditional games also play an important role in fostering students' motivation to learn. Through a fun and interactive learning environment using simple and traditional games, students become

more enthusiastic about participating in learning, thereby achieving educational objectives more effectively. Through simple and traditional games, students' learning outcomes show significant improvement. Simple traditional games make lesson materials easier to understand as they are conveyed through direct practice and real-world activities.

In the context of health education, the use of simple games has proven effective in enhancing students' knowledge of basic health aspects. Research (Febriany et al., 2021), (Cahyaningtyastuti et al., 2020), and (Dewi et al., 2018)) emphasizes that simple game-based educational media, such as flipcharts, board games, or snakes and ladders games, can help students understand dental and nutritional health material in a more interesting and interactive way.

### Games as a Tool for Building Healthy Lifestyle

Simple and traditional games also play a role in instilling clean and healthy living behaviors (PHBS) in elementary school children. Snakes and ladders or local games based on local wisdom are effective in improving children's knowledge and practice of PHBS (Puspa Jayantika et al., 2021), (Nadine et al., 2023), and (Lestaris et al., 2023). This shows that an educational approach using games can reach students holistically, both in terms of cognitive aspects and daily practices. Similar findings were also obtained from

the research which showed an increase in elementary school students' knowledge, attitudes, and actions toward PHBS after being given health education interventions through appropriate learning media (Mustar et al., 2018). Simple games are able to bridge the delivery of health information in a way that is easily understood by children.

Several studies have also revealed the potential of educational games to prevent specific health issues. Adhi Putri et al. (2021) developed an active educational board game called "Kutus PHBS," which was proven to enhance children's knowledge and behavior in preventing obesity. This demonstrates that games can serve as an innovative modality in supporting preventive health programs in schools. In general, previous research results show positive acceptance of the application of simple and traditional games as a medium for health education. This learning model is considered practical, enjoyable, suitable for the characteristics of elementary school students, and relevant to the local socio-cultural context. Thus, traditional games have the potential to be integrated into learning programs to support the creation of healthy lifestyles from an early age.

## CONCLUSION

Based on the discussion, it can be concluded that a simple and traditional game-based health education model is an effective and feasible strategy to implement in order to build healthy lifestyle habits in elementary school students. Teachers and educators are expected to optimize the use of games as a learning medium to improve students' knowledge, attitudes, and healthy behaviors, thereby forming sustainable healthy lifestyle patterns in the future.

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