

The Effectiveness of *Lape* Traditional Game Skills on Students' Physical Fitness and Learning Outcomes During the Covid-19 Pandemic

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Abstract

This study aims to determine the effectiveness of traditional *lape* game skills on students' physical fitness and learning outcomes during the Covid-19 pandemic. This study uses a quasi-experimental method using a two-group pretest-posttest design. The sampling technique used was total sampling. The sample of this study was 22 students of class XI SMA Negeri 1 Woja. This data is then followed by testing the requirements of the paired T-test analysis at the significance level (0.05). Based on the results of data analysis and discussion, it was concluded: (1) There are traditional *lape* game skills on students' physical fitness during the covid-19 pandemic with a significance level of $0.000 < 0.05$ on the physical fitness variable getting an average pretest value of 15.68 while the posttest increased by 18.56. (2) There are traditional *lape* game skills on student learning outcomes during the covid-19 pandemic with a significance level of $0.043 < 0.05$ in the *lape* game variable with an average pretest value of 17.50 while the posttest value increased by 23.23. (3) There is a difference in traditional *lape* game skills on physical fitness and student learning outcomes during the Covid-19 pandemic with a significance value of 0.000 with a score of 20.36 for physical fitness training and a significance value of 0.043 with a score of 23.23 for a traditional *lape* game.

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INTRODUCTION

According to the Regulation of the Minister of National Education in Indonesia Number 22 of 2006 which contains Content Standards, it is revealed that the subjects of Physical Education, Sports and Health (PESH) in schools at the elementary school (SD/MI) level have the aim of increasing physical capacity and fostering sportsmanship and awareness for participants. learn to live healthy. PJOK subjects in SMP/MTs have the aim of improving physical abilities and cultivating sportsmanship and awareness for students to live healthy. The group of PESH subject in Senior High School (SMA/MA) has a goal, namely to increase body capacity and get used to sporting behavior, discipline, cooperation and healthy living for students (Rahman & Hartati, 2019).

Physical education has a very significant role during the Covid-19 pandemic. The current of the spread of this virus is as if it were flowing water. The flow is extremely fast, so any country in the world can't resist the spread of this coronavirus. It is proven that countries in the world are implementing Lockdown and Large-Scale Social Restrictions (LSSR) as a form of breaking the chain of distribution. This role can actually provide logical implications for various movements that are built from all sports movements and techniques used (Amar, 2020). Traditional games are the original games of the people as cultural assets of the nation that have elements of traditional physical exercise. Folk games that have developed for a long time need to be preserved, because apart from being a sport of entertainment, fun, and the need for social interaction, this sport also has the potential to improve the physical quality of the players. Traditional games is a form of game or sport activity that develops from a certain community habit. In subsequent developments, traditional games are often used as a type of game that has original

regional characteristics and is adapted to local cultural traditions (Adhariah, 2018).

Lape game is a traditional game activity that is like badminton in technical terms, game rules and playing fields. Lape traditional games can train strength, speed, balance, and endurance. While physical fitness as one component of overall fitness which contains various quality of life which is closely related to positive physical health status. The Covid-19 pandemic condition demands that students and the society always keep their lives healthy and fit. Lape games can increase body immunity, keep the body in shape during this pandemic so that student learning outcomes during the covid-19 pandemic will increase through Lape game activities. Lape game is a traditional sport that cannot be separated from physical activity, because it takes a lot of energy in terms of technique when playing Lape is done.

Lape Game

The traditional Lape game is a game that relies on physical activity such as badminton, because the Lape game can train strength, speed, balance, and endurance. Lape traditional games are entertaining activities that use simple and free-tools that have been passed down from generation to generation. Traditional games provide good benefits for children's physical, emotional, and cognitive development (Siregar & Lestari, 2018). The traditional Lape game comes from the Dompu Regency area which has often been played by the community since ancient times through historical oral traditions from various interviewed sources. Lape game is used as an entertainment sport that is often done by the people in the past, because this game is considered to provide positive benefits for increasing physical fitness.

Lape game is a game that is almost like badminton in terms of game techniques, game rules and playing fields. Badminton is a sport that is played using a net, racket, and ball (shuttle cock) with stroke techniques that

vary from relatively slow to very fast accompanied by deceptive movements (Ismail, 2019). In the Lape game, you do the same thing as badminton, namely using the net, Lape, shuttle cock and various punches. The difference between the two games lies in the tools used. In the Lape game, the tools used are wooden boards made similar to rackets and shuttle cocks are made from used rubber sandals and poultry/chicken feathers.

The purpose of traditional Lape games is not merely as an entertainment sport, but there are educational values, including: (1) preserving the culture of the Lape game so that it is not easily influenced by digital games, (2) increasing students' interest in learning as an entertainment sport to relax the mind on tasks. schools (3) improve students' physical fitness which leads to strength, speed, balance, and endurance training.

Physical Fitness

The Ministry of National Education (2014:124) states that physical fitness is the capacity and ability of the body to adjust (adaptations) to the physical loads given to it (from daily work done) without causing significant fatigue. Physical fitness is the condition of a person's body, which has an important role in daily activities or activities. Every individual needs to have an ideal level of physical fitness. It is adapted to the demands of tasks and activities in daily life. Physical fitness is the ability of a person's body to perform daily work tasks, without causing significant fatigue (Arifin, 2018).

Everyone's demands for physical fitness are different. The difference is usually influenced by the type of work of each. Physical fitness serves to develop the ability to work for anyone, so that they can complete tasks well without experiencing significant fatigue. The function of physical fitness is getting clearer, because it is difficult to achieve good performance without being accompanied by a fresh body in all activities to realize a satisfactory result (Soraya et al., 2019).

From the description above, it can be concluded that physical fitness is a form of human physical endurance in carrying out various forms of activities in daily life, without causing significant fatigue. So, there is still energy left that can be used for spontaneous activities, which someone who has a low level of fitness cannot do it. Lape game is a game that drains quite a lot of energy, it takes maximum physical condition, endurance, agility, speed, and balance to play the game. Therefore, the *Lape* game requires high physical fitness.

Physical Fitness Component

Cureton, as quoted by Adams (1991) divides physical fitness into 3 components, namely: a) physical, b) organ efficiency, c) motion fitness (motor fitness). The physical component is an innate component, especially describing the relationship between height and weight. If the body weight is greater than the average body weight for a certain height caused by excess fat, the physical appearance will be disturbed (Mushaffar et al., 2022). Physical condition tests are carried out to obtain data, from which we can see the level of physical capacity of badminton athletes. There are several kinds of physical tests for badminton athletes: (a) flexibility test (sitting and reaching), (b) speed test (30 m sprint), (c) leg muscle strength test (vertical jump), (d) agility test (running 4 bends), (e) arm muscle strength test (throwing the ball), (f) reaction test (step test), (g) endurance test (600 m run) (Utvi Hinda Zhannisa & FX. Sugiyanto 2015).

The most important components of physical fitness are (a) cardiovascular fitness is the ability to transport and use oxygen to its full potential. Cardiac fitness confers 'endurance' i.e. the ability to perform physical activity for a long period of time, (b) muscle strength refers to the ability of a particular muscle or muscle group to exert force. Strength is associated with the ability to perform forceful movements such as pushing

or lifting, (c) muscle strength refers to the degree which muscle work can be performed during a single explosive contraction. Strength is associated with the ability to perform vigorous movements, especially dynamic ones. In addition, other components of fitness can enhance the ability to perform physical activity, including flexibility (range of motion about a particular joint), balance (ability to maintain stability and posture), and body composition (e.g. relative amount of fat and fat-free mass) (Ismail 2019).

Elements of Physical Fitness

Elements of physical fitness Nieman's opinion on the elements of physical fitness broadly includes: (a) Endurance (b) Muscle Strength (c) Speed (d) Agility (e) explosiveness (f) Flexibility (g) Balance (h) Reaction Time (i) Coordination (Aribowo et al., 2019).

Furthermore, the components and physical classification of badminton according to (Albertus Fenanlampir & Muhammad Muhyi Faruq, 2015: 231) there are (a) strength tests (hand dynamometers, back dynamometers & leg dynamometers), (b) muscle endurance tests (push-up, sit-up, squat jump), (c) speed test (50 meter sprint), (d) flexibility test (flexometer), (e) strength test (throwing medicine ball, vertical jump), and (f) cardiac and pulmonary endurance test lungs (doing 15 minutes VO₂max). Physical tests for badminton athletes have 6 test points, namely: (a) endurance (VO₂Max beep test), (b) speed coordination (field agility test), (c) power (vertical jump test), (d) coordination (vertical jump test), (d) coordination (vertical jump test). jump rope), (e) core stability (sit-up test), (f) strength (push up test) (Afifi et al., 2020).

Factors Affecting Physical Fitness

Basically, physical fitness is influenced by two main factors which are divided into internal factors and external factors. Internal factors are factors that are inherent and settled in an individual, such as genetic factors, age,

and gender. While these external factors are factors that are found or obtained from outside such as exercise, physical activity, lifestyle and nutritional status (Arifin, 2018). According to Nurhasan (2011) sports training can improve physical fitness, if it meets the following requirements: 1) The intensity of the exercise, namely the severity of physical activity and is the main factor that affects the ability of body physiology, 2) The frequency of exercise, namely the number of physical activities carried out within a week, and 3) Exercise duration, namely the time spent in doing physical exercise. The general function of physical fitness is to develop the strength, ability, ability, creative power, and endurance of every human being that is useful for enhancing work power (Aryadi, 2020).

Benefits of Physical Fitness

Physical fitness is very important in daily life. The higher level of physical fitness of students, the higher their physical work ability. "Physical exercise is useful for maintaining and improving one's physical fitness because it can determine physical ability in carrying out daily routines".

Learning Outcomes

Learning outcomes are achievements obtained by students from learning activities that have been carried out which include cognitive, affective, and psychomotor domains. Learning outcomes are often used as a measure to find out how far someone has mastered the material that has been taught (Azizah, 2016). In evaluating or assessing the level of success/learning outcomes, there are two approaches, namely the Norm-Reference Assessment and the Criterion Referenced Assessment. The two assessment approaches can be used to measure the level of success that students have achieved in their learning process.

Learning outcomes include three taxonomies called learning domains. Among them are the cognitive domain (cognitive domain), the attitude domain (affective

domain), the psychomotor domain (psychomotor domain) (Agus Ismail, 2019). Build students' confidence by improving student learning outcomes and understanding through realistic learning with traditional games (Hanafia et al., 2021). According to Dimiyati (2009:3), "learning outcomes are the result of an interaction of act of learning and act of teaching. From the teacher's point of view, the act of teaching ends with the process of evaluating learning outcomes. From the student's perspective, learning outcomes are the end of the cut and the peak

of the learning process. More assertive and detailed student learning outcomes are influenced by many factors, both internal and external factors.

The benefits of research on traditional Lape games can help improve student learning outcomes in sports subjects, as well as fun for students because they can learn while playing. Thus, it is expected to improve student learning outcomes and self-confidence.

METHOD

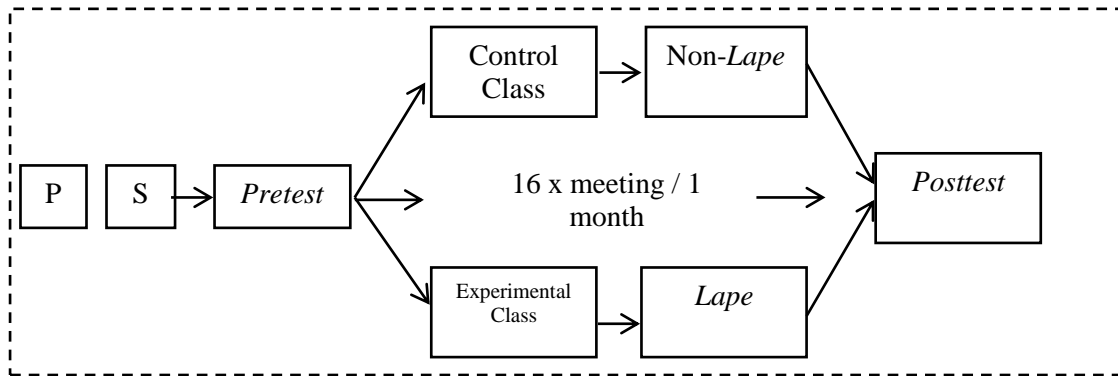


Figure 1. Research Design

This research design is a quasi-experimental design with pretest and posttest because this research is a true experimental research development, which is pure experimental research, because in this study, researchers can control all external variables that affect the course of experimental research. The population in the study was 126

people, while the number of samples was 22 people. Analysis of the data used is t-test through normality test, homogeneous test, and hypothesis testing.

RESULT AND DISCUSSION

Normality Test

Table 1. Normality Test Result

Variable	Data	Significancy	Note
Physical Fitness	Pre-test	0.081	Normal
	Post-test	0.008	Normal
Lape Game	Pre-test	0.017	Normal
	Post-test	0.033	Normal

The results of the normality test with a significance level of 5% that obtained the post-test value of the traditional Lape game 0.033 <0.05 and the post-test value of

physical fitness training 0.08 <0.05, the pre-test value of the traditional Lape game 0.017 < 0.05 and the pre-test value of physical

fitness exercise was $0.081 < 0.05$. can be said to be normally distributed.

Homogeneity Test

Table 2. Homogeneity Result

Variable	Levene Statistic	df 1	df 2	Significancy
Physical Fitness Traditional <i>Lape</i> Game	0.554	1	42	0.461

Based on the homogeneity test in the experimental class group (Lape) and the control class group (conventional), it can be concluded that the average significance value of the pre-test and post-test > 0.05 , it can be concluded that the data above is in the

experimental class group (Lape Game) and the control class (conventional) were homogeneous or had the same variance.

Hyphotesis Test

Table 3. Data from the t-test, pre-test, and post-test results of traditional *Lape* game skills on physical fitness

Variable	N	Class	Mean \pm SD	Significancy
Physical Fitness (Control Class)	20	<i>Pre-test</i> <i>Post-test</i>	15.68 ± 1.08 20.36 ± 1.09	0.000
Traditional <i>Lape</i> Game (Experimental Class)	20	<i>Pre-test</i> <i>Post-test</i>	17.50 ± 913 23.23 ± 1.34	0.043

Table 4. The differences in learning outcomes of traditional *Lape* games with physical fitness

Class	Traditional <i>Lape</i> Game	Physical Fitness	Significancy	Note
	Mean \pm SD	Mean \pm SD		
<i>Pre-test</i>	17.50 ± 913	15.68 ± 1.08	0.000	Significant
<i>Post-test</i>	23.23 ± 1.34	20.36 ± 1.09	0.043	Significant

Based on the statistical analysis that has been carried out on the treatment both in the experimental class (Lape) and in the control class (conventional) it shows significant differences in results through normality data testing, homogeneity data testing and hypothesis testing results. The results of the analysis of research data on the treatment of the Lape game experimental class and the control class (conventional) given have different results of different values. In the experimental class of the traditional Lape game, the average value is 23.23 and the standard deviation is 1.34 with a significance level of $0.000 < 0.05$. While in the control class (conventional) the average value is 20.36 and the standard deviation is 1.09 with a significance level of $0.043 < 0.05$. Thus, this

research can be concluded that there is a difference in results between the effectiveness of traditional Lape game skills on physical fitness and student learning outcomes during the covid-19 pandemic.

DISCUSSION

The Effectiveness of Traditional Lape Game Skills on Students' Physical Fitness During the Covid-19 Pandemic

Through SPSS statistical calculations, the results of calculations on the physical fitness variable (control class) from the data table above obtained a pretest value is 15.68 and a standard deviation is 1.08. While the posttest value is 20.36 and standard deviation is 1.09 with a significance level is $0.000 <$

0.05, this indicates that there is an increase in the skills of the traditional Lape game on students' physical fitness during the Covid-19 pandemic, thus H_0 is accepted. Thus, it can be concluded that there is a significant influence between traditional Lape game skills on students' physical fitness during the covid-19 pandemic.

In line with Ida Adhariah's research (2018) entitled "The Influence of Traditional Games on Increasing Physical Fitness of Fifth Grade Students at SDN Bojong Loa 1". Then, Nuriska Subekti (2020) "Traditional Games in Physical Education Learning to Improve Fitness and Learning Motivation of Al Jamal Islamic Elementary School students, Tasikmalaya City". Then Hamzah (2022) Efforts to Improve Basic Technical Skills for Badminton Services Using the Modeling Method for Class IX Students of SMP Negeri 19 Tebo Regency for the 2019/2020 Academic Year. Dedi Aryadi (2020) The Effect of Learning Motivation, Parental Attention, And Physical Fitness on Learning Outcomes of Physical Education in Sports and Health. Muh Tino Ismail (2019) Survey on the Level of Physical Freshness in Extracurricular in the Badminton Game for Students of SMA Negeri 3 Pinrang Regency. Good physical fitness is the basic requirements for a person to carry out physical activities or daily work efficiently in a relatively long time without any significant fatigue so that they can still enjoy their free time.

Lape Traditional Game Skills on Student Learning Outcomes During the Covid-19 Pandemic

Through SPSS statistical calculations, the results of calculations on the traditional Lape game variable (experimental class) from the data table above obtained a pretest value is 17.50 and a standard deviation is 913. Meanwhile, the posttest value is 23.23 and standard deviation is 1.34 with a significance level is $0.043 < 0.05$, this states that there is an increase in the skills of the traditional Lape

game on student learning outcomes during the Covid-19 Pandemic, thus H_0 is accepted. Thus, it can be concluded that there is a significant influence between traditional Lape game skills on student learning outcomes during the Covid-19 Pandemic.

In line with the research of Dedi Aryadi (2020) "The influence of learning motivation, parental attention, and physical fitness on learning outcomes of sports and health physical education. Then, Nuriska Subekti (2020) "Traditional games in learning physical education to improve fitness and learning motivation". Furthermore, the research conducted by Abduh (2020) "Analysis of the Relationship between Physical Fitness Levels and Student Learning Outcomes." Anggraeni (2022) The Effect of Using Target Media on Improving Learning Outcomes of Badminton Short Service. Ikhwan Abduh (2020) Analysis of the Relationship between Physical Fitness Levels and Student Learning Outcomes. Development of Interactive Multimedia Based on Dakon Traditional Games in Improving Javanese Language Learning Outcomes for Fourth Grade Elementary School.

Differences in Lape Traditional Game Skills on Physical Fitness and Student Learning Outcomes during the Covid-19 Pandemic

Based on the statistical analysis that has been carried out on the treatment both in the experimental class (Lape) and in the control class (conventional) it shows significant differences in results through normality data testing, homogeneity data testing and hypothesis testing results. The results of the analysis of research data on the treatment of the Lape game experimental class and the control class (conventional) given have different results of different values. In the experimental class of the traditional Lape game, the average value and standard deviation is 23.23 ± 1.34 with a significance level is $0.043 < 0.05$. While in the control class (conventional) the average value and

standard deviation obtained 20.36 ± 1.09 with a significance level of $0.000 < 0.05$. Thus, this research can be concluded that there are differences in results between traditional Lape game skills on physical fitness and student learning outcomes during the Covid-19 pandemic.

CONCLUSIONS

1) There is a traditional Lape game skill on students' physical fitness during the Covid-19 pandemic with a significance level is $0.000 < 0.05$ found in the control class (conventional), the pretest value of the exercise on the physical fitness variable got an average value of 15.68 while the posttest score control class (conventional) physical fitness variable after being given exercise increased by 18.56.

2) There are traditional Lape game skills on student learning outcomes during the Covid-19 pandemic with a significance level of $0.043 < 0.05$ found in the experimental class (Lape game) with the practice pretest value on the Lape game variable getting an average value of 17.50 while in the posttest value of the experimental class for the Lape game variable after being given training increased by 23.23.

3) There is a difference in traditional lape game skills on physical fitness and student learning outcomes of class XI SMA Negeri 1 Woja during the Covid-19 pandemic with a significance value is 0.000 with a score is 20.36 for physical fitness training and a significance value is 0.043 with a score of 23.23 for Lape traditional game value which means getting higher score.

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