

**Why Are Traditional Games Good for The Physical Being?****Poppy Elisano Arfanda^{1✉}, Ians Aprilo², M. Adam Mappaompo³, Arimbi⁴, Heryanto Nur Muhammad⁵**Department of Physical Education, Health and Recreation Faculty of Sport Science, Universitas Negeri Makassar, Makassar, Indonesia¹²³Physiotherapy Study Program, Faculty of Sport Science, Universitas Negeri Makassar, Makassar, Indonesia⁴Fakultas Ilmu Keolahragaan dan Kesehatan, Universitas Negeri Surabaya, Surabaya, Indonesia⁵**Article History**

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Abstract

This paper aims to increase the physical activity of children and adolescents with traditional games based on a literature review by analyzing relevant articles. Literature review obtained from Google Scholar, Scopus, Science Direct, Web of Science, and Crossref with the keywords traditional games to physical activity and physical components. The literature used starts from 2014-2023. The literature search was carried out until December 2023. 49 articles were selected from the 200 articles found. From this literature, it is found that traditional games can have a physical influence, namely the development of gross and fine motor skills, the development of basic locomotor, non-locomotor, and manipulative movements, balance, speed, agility, accuracy, and endurance. Traditional games also influence character, namely training patience and perseverance, fostering imagination and creativity, problem-solving abilities, and fighting power. Meanwhile, moral influences are cooperation, honesty, responsibility, hard work, discipline, self-confidence, and tolerance. The social influence caused by traditional games is to establish social relationships and comfort.

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✉ Correspondence address :

E-mail: poppy.elisano@unm.ac.id

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INTRODUCTION

Physical activity for children and teenagers is important and will bring many benefits until the end of their lives. Low physical activity can cause a decline in health, a risk of cardiovascular disease, and a significant reduction in motor abilities (Arfanda et al., 2022; Chuprun & Yurchenko, 2020; Jaminah, 2018; Adityawarman, 2017)..

In 2018 WHO launched the More Active People for a Healthier World program with the hope that more people will become active. This is one of WHO's actions regarding physical activity due to a 15% decline in physical activity in adolescents by 2030.(Guthold et al., 2020).

Indonesia is one of the countries where children's physical activity is inadequate. In Indonesia, the government launched the National Sports Grand Design (Desain Besar Olahraga Nasional or DBON) as a form of government concern for the decline in physical activity, which is outlined in the Presidential Regulation of the Republic of Indonesia No. 86 of 2021.

This policy was created to support WHO decisions and to increase all physical activity, including educational sports, recreational sports, and performance sports at the district, city, provincial, and central levels. DBON, apart from focusing on sports achievements, also prioritizes sports that are currently developing in society, as stated in Chapter I, article 1, paragraph 9, namely Recreational Sports are Sports carried out by people with a passion and ability that grow and develops by the conditions and cultural values of the local community to health, fitness, and joy (Law Number 86, 2021). One of the recreational sports that can be played by children is traditional games which contain sports elements. What is meant by traditional games here are traditional Indonesian children's games. These traditional games like hadang game, bentengan game, egrang game, petak umpet game, gasing game and so on.

Traditional games are an illustration of the Indonesian people's tradition of creating joy in an activity. Traditional Indonesian children's games emphasize the creativity of the players and use simple tools. Traditional Indonesian children's games also illustrate how community members gather, express, and interact physically, mentally, emotionally, and socially(Widyastuti et al., 2020; Ngazizah, 2019).

We often see children playing traditional games, maybe we even used to play them ourselves. We often play various kinds of traditional games during childhood, both individually and in

groups, whether playing together with friends or with parents.

Traditional games are the wealth of the Indonesian nation and symbolize one of the signs of the diversity of the archipelago, which has noble values and benefits for the growth development and personality of the nation (Triansyah, 2023; Astuti et al., 2022). Every traditional game we play turns out to contain deep philosophical meaning. The ancestors created traditional Indonesian children's games by inserting deep meanings, with the hope that these games could teach them something good and useful in real life.

Traditional games are a form of local wisdom that is currently being developed in Indonesia. In this chapter, we will review the physical activities contained in traditional games which can be done as an alternative way of exercising.

METHODS

This research is using a literature review by analyzing relevant articles and focusing on traditional games from the perspective of physical activity. The articles used in this literature review are articles obtained through Google Scholar, Scopus, Science Direct, Web of Science, and Crossref with the keywords traditional games related to physical activity and physical components. The literature used starts from 2014-2023. A literature search using metadata involving free words, for example for traditional games using relevant words, namely hadang game, bentengan game, egrang game, petak umpet game, gasing game, motor development, motor movement, and so on. Next is to combine the words physical activity with traditional games. The literature search was carried out until December 2023. 49 articles were selected from the 200 articles found.

RESULTS AND DISCUSSION

Traditional Game

Traditional games are a form of culture owned by the Indonesian people. However, culture has a dynamic nature, which will always develop. Cultural development is influenced by many things, including the entry of foreign culture into Indonesia (Seran & Kurniati, 2019). By Presidential Regulation Number 87 of 2017 concerning Strengthening Character Education, folk games and traditional sports are one means of building national character (Regulation of the President of the Republic of Indonesia Number 87, 2017). In 2017, Indonesia had 785 types of traditional

games spread throughout Indonesia.

So that games are not heavily influenced by foreign culture, we need to review the benefits of physical activity in several traditional games that are widely known and played by children to this day, they have even been made national traditional games and every year regular events are held. Every year the Ministry of Youth and Sports (Kemenpora) holds a national championship for traditional games and in 2023 there will be 5 traditional games being competed, namely hadang, egrang, sumpitan, terompah panjang and gasing.

From these traditional games, there are several activities that have a positive effect for those who do them regularly. There are several physical activities in traditional games, including:

Physical Influence

Gross and Fine Motor Development

Motor skills are the basis of movement patterns in mastering more complex movements to improve a child's abilities in life. This becomes the basis for a child's developmental growth towards maturity (Sutini, 2018; Harris, 2016; Widarto et al., 2021; Indriyani et al., 2021).

Gross motor movements are movements that involve many muscles throughout the body and parts of the body, for example when carrying out walking, running, and jumping activities. Meanwhile, fine motor movements are movements that involve little muscle and require precision (Lisa et al., 2020; Murwani, 2021).

Children with good gross motor skills will have good intellectual development (Baan et al., 2020). This is because children who have good gross motor skills will be able to adapt to their environment, thereby increasing their self-confidence and having a positive effect on their cognitive abilities (Adpriadhi, 2017; Lestari & Puspitasari, 2021; Tanto & Sufyana, 2020). Motor skills can only be developed if they are carried out continuously and studied well.

Development of Basic Locomotor, Non-Loomotor, and Manipulative Movements

Traditional games have various combinations of unique movements that can be integrated to support locomotor movements, non-loomotor movements, and manipulative movements (Arisinta et al., 2017).

Locomotor movement is an individual's skill in moving from one place to another. Locomotor movements are basic movements for the development of coordination that involve cooperation between large muscles, muscle growth, and body endurance

(Indrayani et al., 2020). Examples of locomotor movements are walking, running, crawling, creeping, and so on.

Non-loomotor movements are movements carried out in a place without moving. This movement skill is carried out by moving the limbs involving joints and muscles while the body is still or static (Budiman, 2023). Some non-loomotor movements are shaking the head, rotating the arms, swinging the arms, bending, and so on.

Manipulative movements are the ability to manipulate certain objects by using body parts such as arms, legs, or head, including catching, throwing, hitting, kicking, and dribbling the ball, or by using other tools such as rackets and sticks (Oktariyana & Oktariyani, 2018).

Some traditional games require children to move, whether walking, running, or jumping (basic locomotor movements). Some games also use body parts such as hands and feet (basic non-loomotor movements). Manipulative movements are often used in traditional games, which are illustrated through the ability to move objects using the hands and feet (Hanief & Sugito, 2017; Anggraini et al., 2018).

Balance

Body balance is the body's ability to maintain its position in response to changes in body movement due to the influence of force (Adi et al., 2022; Santika et al., 2020). This balance cannot be separated from the influence of gross motor movements. Balance is the human body's ability to maintain its body posture so that it can stand upright and maintain its position (Rahmawati & Sulistyawan, 2020).

Traditional games require children to actively move, so when carrying out a movement children are always required to maintain balance, so that they don't fall, for example in the game of stilts, where someone stands and walks using bamboo. Maintaining balance is not easy, except with repeated and continuous practice.

Some traditional games require a physical component of balance (Putra et al., 2015; Dzulkarnain et al., 2020). For example, in the game of stilts, it requires a high level of balance, with a deeper meaning, this balance is a balance regarding the world and the hereafter, humans and their God, humans and each other, and humans and their environment. (Ministry of Education and Culture, 2015).

Speed

Kecepatan dapat menjadi bagian dari kondisi fisik yang sulit ditingkatkan, memakan banyak waktu dalam proses latihan, dan sulit dipertahankan bahkan setelah performa puncak

tercapai. Ada banyak faktor yang mempengaruhi yang menyebabkan kondisi ini (Pratama et al., 2021)(Dony & Jasri, 2018).

Permainan tradisional yang memiliki unsur lari yang dominan dan saling mengejar, membutuhkan kecepatan dalam permainan tersebut (Nurjamal et al., 2020). Kecepatan disini menggambarkan bagaimana seseorang dengan cepat menyikapi kondisi yang muncul dihadapannya secara cepat.

Agility

Agility is a person's ability to change direction quickly without losing balance and without getting injured (Sutapa et al., 2021). Agility is one of the requirements for mobility. Agility cannot stand alone, agility will always be influenced by speed, reaction, anticipatory movements, balance, and the ability to control movements (Syauki, 2021).

The picture obtained from this agility is how a person responds appropriately to every condition faced.

Accuracy

Accuracy is a person's ability to carry out movements according to the goal and without making mistakes. In the game, there are several games that require precision, for example in the engkle game precision is needed in throwing gaco, in the patok lele game precision is needed to hit flying wood, likewise in the damparan game accuracy is needed when throwing stones so that they hit the opponent's stone.

Endurance

Playing while exercising can increase cardiovascular endurance. Likewise, traditional games that are played for a long time can help increase cardiovascular endurance. By playing traditional games, there will be physical activity that is repeated over a long period, for example walking, running, jumping, and even hitting. Cardiovascular endurance describes the maximum amount of oxygen consumed in a unit of time by a person when carrying out physical activity. Cardiovascular endurance ability, also called endurance (Handoko & Gumantan, 2021)

Some traditional games require endurance to run continuously, so without realizing it, you will need cardiovascular endurance (Abidah et al., 2019).

Influence of Character

Practice Patience and Perseverance

Practicing patience is synonymous with managing emotions, for example when waiting for your turn to play or when serving friends while playing (Helvana & Hidayat, 2020). Some

traditional games require patience to play, for example, egrang, patok lele, and kites, because the games require special skills to play. This describes a person's toughness in doing a job (Putra et al., 2015; Dzulkarnain et al., 2020).

Patience and persistence in traditional games can be trained regularly, with various variations so that children do not get bored. However, the most important thing in this game is the process that a child goes through. The process of learning many things, including patience & perseverance.

Cultivate Imagination and Creativity

Facilities and infrastructure in traditional games use materials found in the surrounding environment without having to buy them so that children's imagination and creativity can be well honed (Perdima & Kristiawan, 2021).

Games that require imagination are very useful for optimizing a child's development. Even though it seems easy, games that involve imagination are activities that make the brain work harder. Imagining or daydreaming requires time, space, and simple media, but children can create what they want, so it can be said that creativity is unlimited (Roy, 2018).

A child's high imagination makes them learn about cause and effect. Games that require imagination also encourage cognitive abilities to develop. The brain works to remember, solve problems, and make appropriate decisions.

Problem-Solving Ability

Games are one way to overcome problems that arise in children, for example, those who are lazy in studying, like to daydream, and are lazy about doing assignments. Traditional games also help overcome the emergence of social problems in children, because during childhood their selfish and individual traits are still very high.

The dynamics in traditional games require a child to be able to think quickly and precisely to solve problems that arise (Putra et al., 2015; Dzulkarnain et al., 2020).

Power struggle

Every game requires the ability to survive and win the game, so the ability to defend and attack must be done seriously (Nurastuti et al., 2015).

Moral Influence

Traditional games can instill moral values themselves (Handoko & Gumantan, 2021; Azahari, 2017). The moral influences related to traditional games include:

Cooperation

Some traditional games are played in groups, to teach good cooperation between fellow

players. This starts from the original character of Indonesian people who live in an agricultural country, where every activity is always carried out together with their neighbors. More work is done in cooperation. Therefore traditional games reflect cooperation and all the meanings contained in cooperation.

In a game, especially a group game, cooperation is required, so that victory can be achieved (Perdima & Kristiawan, 2021). With good cooperation, someone will not bring down another person, because they need each other. This cooperative activity is also reflected when preparing this game.

Honesty

Honesty is behavior that reflects that someone can be trusted, both in their words and their actions. The value of honesty can be seen in the sportsmanship of the players in obeying all the rules of the game.

The values of honesty in traditional games are generally contained in unwritten game rules and players admit that they made a mistake even though there is no referee to see the game (Perdima & Kristiawan, 2021).

If a player cheats in a game, then he will receive social sanctions, such as no one will want to play with him anymore. This social sanction indirectly forces children to act honestly, so that they will always be accepted in the playgroup.

Responsibility

Traditional games have a high value of responsibility. This responsibility starts from preparing to play, each child has the task of preparing the facilities needed, and some of them preparing a place to play. Even during the game, each child has responsibilities according to their abilities. This is where children play their roles in groups with different duties and authorities. Each player is responsible for their duties so that the final goal of a winner can be achieved (Perdima & Kristiawan, 2021).

Hard work

Another value in this traditional game is passion, which is valued by hard work. This is reflected in how players have high motivation to win the game. Players who are not willing to work hard will not be able to win the game.

Traditional games depict a struggle to achieve victory. It is this seed of hard work that shapes a child's character. It is hoped that with hard work they will become physically and mentally tough individuals. Games played in groups will further stimulate the spirit of hard work and strengthen each other among the players (Perdima & Kristiawan, 2021).

Discipline

The next traditional game philosophy is discipline. In the game, some rules must be obeyed by each player. So it indirectly forces children to be disciplined by following the existing game rules. If someone is disciplined in following the rules, it is hoped that there will be no significant problems faced and this discipline will become a good habit that the child will carry out (Perdima & Kristiawan, 2021).

Self-confident

Self-confidence is confidence in one's abilities, strengths, and capabilities in achieving goals. Traditional games are one way to help shape a child's identity, by growing children's self-confidence when playing. Confidence will grow if the game is played according to existing rules (Adrian, 2019).

Self-confidence is an important thing for a child to have. Self-confidence can influence a child's mental and character development. The main capital for a child's future is a strong mentality and character so that they can respond to every challenge realistically. Lack of self-confidence causes children to always think negatively about themselves be haunted by fear for no reason, and will always avoid things that they are not sure they will succeed if they do.

Tolerance

Traditional games have a very high tolerance value because they are played together. The tolerance value will be more meaningful if the preparation stage before playing is carried out together. This tolerance will be more meaningful if one friend has not been able to do his or her job well and the other person helps complete it. Implicitly reflects the importance of tolerance in achieving goals that have been planned together.

It can be said that tolerance will always go hand in hand with cooperation. There will be no tolerance if there is no cooperation. Good cooperation will produce high tolerance. This illustrates that no human can live alone.

Social Influence

Humans are social creatures who always need other people to establish relationships for the sake of interest.

Establishing Social Relationships

Traditional games are never played alone, so these traditional games are a tool for building relationships (Triansyah, 2023). Traditional games will make someone always socialize or communicate with friends in their group. In social life, humans must respect each other, respect and be tolerant in creating a peaceful and prosperous

society (Prasta et al., 2022).

Comfort

Traditional games are enjoyable playing activities, so that the perpetrators gain comfort and social development (Kurniati, 2016; Harris, 2016).

From this literature study, we get several benefits both physically, mentally, morally, and socially, both directly and indirectly, for the growth and development of a child through traditional Indonesian games.

CONCLUSION

Traditional games must be preserved amid increasingly challenging times. This traditional game must be elevated to local Indonesian wisdom. This traditional game can be used as an alternative in choosing children's physical activities, both at school and in the environment around the home.

Traditional games and sports contain many similar values, so it is not surprising that in the Physical Education, Sports, and Health (PJOK) subject, there is a sub-chapter that discusses traditional games. It is hoped that from this, the culture of traditional games can continue and the values contained in traditional games can be implemented well.

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