

Efforts to Increase Sports Activities and Character Utilize Traditional Sports in Karangjati Child Friendly Village

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Abstract

The purpose of this study was to increase sports activities and re-socialize traditional games to children in the Karangjati Child Friendly Village as character building in children. The research method used is observation with anecdotal records. Participants who took part in the mini research totaled 150 children consisting of boys and girls. This research already has permission from the Committee for Folk Games and Traditional Sports of Semarang Regency to organize traditional sports activities. In actual implementation there are 5 types of traditional games including shoveling, bakiak, stilts, sreng, and running blocks, all participants are divided into 3 groups A, B, and C and then try them sequentially. Of the 5 traditional sports, each has its own character value and is given a positive understanding of each traditional game. Hopefully, further research can be carried out with a larger capacity, so as to spread the traditional game more broadly.

Keywords: Activities, Games, Traditional, Sports

1. Introduction

Nowadays, children prefer playing gadgets or smartphones rather than playing with their friends outside. In children doing physical activity is very necessary for motor skills so that the response between the brain and limbs can run well to be able to determine the desired action. The influence of sports activities on the physiological work ability of the human body Sports activities are all physical activities or activities that involve the human body such as: walking, running, dancing and so on [1]. One approach to physical activity that is good for children is traditional sports. The technical requirements in traditional sports include (1) body strength, (2) body flexibility, (3) body speed, and (4) reaction ability. Based on Hayes et al., the guidelines state that a minimum of 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity per week is required for health. That way, if there is already a determination of the type of exercise it will be better to schedule it for health [2,3].

Each state must have its own diversity. Traditional games are one of the wealth possessed by the Indonesian nation [4]. Traditional sports games are traditional games that contain elements of sport and tradition [5]. Games are an important form of entertainment for children and adults, through which children organize independently and they have important educational significance [6]. All forms of children's play are rights for children but there are conditions that are carried out such as voluntarily, safely, the development of children for their surroundings and children can regulate their emotions [7]. Traditional sports can be interpreted as a tradition that has developed over several generations, as well as in the sense of something related to the cultural traditions of

a nation more broadly. Traditional sports in Indonesia have been echoed in 2005 when the government began to pay attention to the preservation and development of Indonesian culture by means of traditional sports festivals. Traditional sports are known as a vehicle for conveying character values. The right effort to organize and develop the character of the younger generation so that they have good, superior and noble character is through the path of health sports physical education, because in physical education sports health has an important role in developing human potential, including mental potential [8].

Traditional sports, especially in Semarang Regency, were popularized in 2015 by the Committee for Folk Games and Traditional Sports. The socialization was disseminated to every sub-district in Semarang Regency until finally the rules of the game were made to be used as a competition as an achievement. The effort that can be done so that children grow and develop optimally is to provide an environment that can stimulate child development [9]. On 17 November 2022 the Committee for Folk Games and Traditional Sports held a traditional sports festival which was attended by 170 participants from various elementary schools in the Semarang Regency area. In this observation, the activity went smoothly, consisting of 5 traditional game posts spread across the field. Play activities can be carried out individually or in groups [10]. From these activities the children who were involved in the game really enjoyed it and were able to work together with each group to achieve the goals desired by each group. The socialization was carried out because over time children tend to like the world of technology with the pretext of being more instant. The less participation in traditional games in recent times has, therefore, been linked to the reduction

in playgrounds, urban public spaces, and natural physical environment due to the development and the rapid advancement in technology [11].

Based on the observations that have been made, the aim of this research is to increase sports activities and re-socialize traditional games to children in Karangjati Child Friendly Village as character building in children. That way, the authors are very interested in conducting research related to Efforts to Increase Sports Activities and Character Using Traditional Sports in Karangjati Child Friendly Village. And hope that this research can be useful for the dissemination of traditional sports in Indonesia.

2. Materials and Methods

The type of research in this study is a case study and field research with the observation method using anecdotal records. The total sampling consisted of 150 participants with male and female gender in the age range of 3-12 years. In this mini research, all participants were in good health and did not experience any injuries. This research has sought approval from KPOTI by asking permission from the chief organizer. This small research was conducted in the Karang Jati Village, Ungaran, Semarang district. In this study, the selection of research informants was carried out by purposive sampling. Purposive sampling here, the informants here were chosen deliberately, in which the authors chose the informants before conducting the research according to the specified criteria. Data collection techniques by receiving, retrieving, and processing, and obtain data while in the research location. The techniques used are participatory observation, interviews, and documentation.

3. Results and Explanations

Traditional games provide benefits that are useful for exercising the body and cultivating taste. In traditional sports games, it is very visible that each traditional game moves the limbs and dynamic sensitivity, while processing taste can be interpreted as individual characteristics. Traditional games are the most important part of the childhood of our ancestors in the past era which is now barely played by children [12]. Traditional games contain the main character values, including religiosity, nationalism, independence, mutual cooperation and integrity. Traditional games are very useful for transforming the main character values to children who are at school, so socialization is needed as early as possible. That way the games that have been carried out along with their understanding; 1) Serok sharp is a game originally from Semarang Regency which is made from the sheaths of coconut trees. In the regulations that apply, it is played by 2 teams facing each other where each team has 5 core players and 3 reserves and is carried out in an open area or flat field. The planting of characteristics in Serok Mancung includes mutual cooperation and integrity, mutual cooperation because there must be cooperation between a team to hit targets with very high accuracy as well as integrity because the integrity of each individual can be seen from the consistency of behavior and speech. In sports it requires coordination between hands and eyes, besides that accuracy on target is needed in this game.

2) Clogs, clogs are made by 3 people using a tool that looks like long sandals but is divided into 3 parts so that 3 people are needed to play the clog game. Cultivating characters in the bakiak game is very complex because there must be co-operative cooperation between hands, mouths and minds between teams. If there is the slightest mistake in the pronunciation and movement of the feet, the clog game will get stuck so that it will affect the speed sports instrument, in sports activities in this game it is very necessary to have coordination and speed to walk. 3) Stilts, is a game that requires bamboo. In Indonesia there is a lot of bamboo which can be used as raw material for stilts in traditional games. The character values on these stilts include independence. Stilts require to work alone and must focus on the goals to be achieved. The ups and downs of the stilts game are felt by themselves and players must continue to finish what they have started. The sporting elements in this stilt game are balance and speed to reach the finish line, because this game is very difficult where you have to walk with bamboo that has been arranged rather than walking with bare feet. 4) Sreng, this traditional game of Sreng is a game that requires a circular iron and a hook between the circle and the hand. Sreng prioritizes the value of independence coupled with hard work and very high effort, because in this game the elements of sport that are needed are balance, speed, and eye-hand coordination. 5) Block Run, this game requires 4 blocks for each individual, walks by crouching and has to replace blocks every time he steps. Block running really requires speed, coordination, and accuracy to keep going forward until the finish day.

Every traditional game always has a value of nationalism, because every game is made and preserved in Indonesia. Not only as ancestral heritage, but traditional games seen from the sports element can improve the health of the perpetrators who do it. It can be seen that by moving the limbs, it means that there is physical activity that is useful for health.

4. Conclusion

Traditional games greatly enhance sports activities and can promote good character values for school children. Traditional games at socialization were attended by 150 children who were divided into 3 groups of various ages including 3-12 years. Every game post is always followed by the children with enthusiasm and the absence of fighting during the game shows that character values in children have started to appear. The games include sharp sledgehammers, clogs, stilts, sreng, and beam running. In the field of traditional games to be a very fun game, togetherness and character values are most prioritized where they enjoy the game by laughing when playing in groups rather than playing with smartphones which are played individually.

The cultivation of these character values is highly prioritized because for the sustainability of human resources in Indonesia it will be very helpful, where most importantly a high sense of nationalism will develop Indonesian culture. Traditional games must continue to be played for the common good and towards individuals who are healthy, qualified and have high integrity.

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