

The Effectiveness of Kids Athletics Games as Motion Stimulation for Elementary School Children: A Literature Review

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ABSTRACT

The development of science and technology and various kind of facilities have caused children nowadays and including elementary school children to have new hobbies such as playing "play stations game", computers or internet usage. The new hobbies cause sedentary behavior in children. Sedentary behavior negatively impacts the health, growth and development of elementary school children. To overcome this problem, it can be given a game at school for elementary school children called kids athletics game. Kids' athletics game is a form of game method that is suitable for elementary school children as a stimulation of elementary school children's movements. The purpose of this review is to find out the effectiveness of kids athletics game as a stimulation of elementary school children. The method used is a journal search system on Google with the keyword kids' athletic games on children's movements. Journals are used as literature with full text inclusion criteria, the subjects are elementary school children, type of journals are journals of the last 6 years. The results of the review showed that kids' athletics games can improve motion in elementary school children. The conclusion in this journal review is an effective kids' athletics game as a stimulation of elementary school children's movements.

Keywords: Kids' Athletics Games, Movement, Elementary School Children

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BACKGROUND

The development of science and technology creating various kinds of facilities that leads to an increase in sedentary behavior (Ludyanti, 2019). Children nowadays including elementary school children have new hobbies such as playing "play stations game", computers or internet usage. This results in children who are moveless because they just sit quietly in front of the television or computer. In Indonesia, 57.3% of Indonesian children are categorized as inactive and in front of a TV / computer / PS ≥ 2 hours per day (Heryudarini et al., 2013). Based on the results of research on school-age children respondents showed that on weekends the average sedentary behavior increased to 4.98 hours / day from weekday days which had an average of 3.55 hours / day (Setyoadi et al., 2015). In the age group of primary school children who have an inactive lifestyle has a percentage of 67% (Burhaein, 2017). Problems related to sedentary behavior in these children need more attention.

Sedentary behavior has a negative effect on health which makes it an important issue in public health (Ochoa, et al., 2013). Sedentary behavior is a group of behaviors that occur when sitting or lying down which requires very low energy expenditure, such as sitting or lying while watching television, playing electronic games, reading, etc (Arundhana, Hadi, & Julia, 2013). Impacts that can be caused by sedentary behavior include cardio metabolic disorders, respiratory disorders (asthma), psychosocial disorders (anxiety, depression, low self-esteem) and also include growth and development disorders (Cliff, 2016). Ludyanti (2019) also said that sedentary behavior that occurs in children can interfere with children's development. Moreover, many children who do not have a fit body due to a lack of motion sickness (Heryudarini et al., 2013).

The increased use of sedentary time on weekends is due to the opportunity to do more sedentary behavior compared to weekday. Sedentary behavior in children themselves is influenced by several factors such as economic status, parental education and the environment (Setyoadi et al., 2015). Primary school children are advanced age after passing through the golden age (early age), so that activities are needed in accordance with the age of growth and development (Burhaein, 2017). Baharudin & Hartoto (2016) added that in childhood period where children are very active in carrying out activities, one of them is sports activities. Sports activities in children are affected by mobility. In addition, sports activities in children are very close to the game. The game is something that is considered mandatory as a means for physical development and movement for children (Hasanah, 2016).

Children tend to do a movement activity even though it still looks very simple like playing (Rubiyanto, 2014). The world of children is playing, while the game is an activity carried out by everyone including children. Children are tending to love this type of game which is challenging and involves many friends as a form of social interaction with their peers (Rumini, 2014). One of Games for children in sports is Kids Athletics. Kids Athletics is a basic sport motion activity that aims to introduce basic motion for children (IAAF Kids Athletics, 2002). Research conducted by Teneh et al. (2015) that the kids athletics game is effectively applied in the learning of elementary school children's movements. In addition, research conducted by Rumini (2014) showed that learning kids athletics games can be used as a basic athletic movement development in children. Based on the background above, this journal review aims to find out the effectiveness of kids athletics as a stimulation of elementary school children's movements.

METHODS

The inclusion criteria used are: full text (journals that can be downloaded), humans (subjects in this study are elementary school children), type of journal is the journal for the last 6 years. The method used in the journal review this time is to use the Google search with the keyword kids' athletics game on children's movements, then journals that match the keywords were reviewed based on intervention models, methods, samples, and research results. In google obtained 5 literature.

Table 1. Characteristics of Research

No	Author	Intervention Model	Method	Sample	Result
1.	Dimiyati, 2017.	Children's athletic games (kids athletics formula 1) in learning motion	Development research	20 deaf students	Development of children's athletic game models can be applied in motion learning
2.	Teneh <i>et al.</i> , 2015	Kids' athletics game on the effectiveness of motion learning	Experimental research with pre-test and post-test design	26 SDIT AL FAHMI students	There is an increase in kid's athletic play on effectiveness motion learning in SDIT Al Fahmi Palu.
3.	Rumini, 2014	Kids athletics as a form of basic motion development	Conceptual review	Children	Kids' athletics game learning can be used as a basic athletic motion development in children
4.	Hindriani, 2018	Kids athletics on primary school students	Quantitative Descriptive	129 students from SDN 19, SDN 74, SDN 02, dan SDN 01	The ability of kids athletics in all students in the category is lack
5.	Wicaksono, 2018	Kids' athletics game	Pseudo-experiment pretest-Posttest control Group Design with quantitative research	Fifth grade students of Sekolah Dasar Negeri 2 Tasikmadu, Sub-district Watulimo, Trenggalek	With students learning kids athletics, the students' basic mobility will improve, these capabilities include locomotor, non-motomotor and

			approach		manipulative abilities.capabilities include locomotors, non-locomotor and manipulative abilities.
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RESULT

The results of a review of 5 journals obtained 4 journals that children's athletic games (kids athletics formula 1) with a sample of 20 children can be applied in motion learning (Dimiyati, 2017). Kids athletics games are effective in learning motion in 26 elementary students of IT Al Fahmi Palu (Teneh et al., 2015). Kids athletics in 129 students from four elementary schools, namely SDN 19, SDN 74, SDN 02 and SDN 01 are categorized as very poor (Hindriani, 2018). Kids athletics games can improve students' basic mobility abilities, which include locomotor, non-locomotor and manipulative abilities (Wicaksono, 2018). Based on the results above shows that the kids athletics game is effective as a stimulation of motion for elementary school children.

DISCUSSION

Kids' athletics game is a form of game that comes from the development of athletics carried out by adults, then developed as a model of children's games (Rumini, 2014). Kids' Athletics is a beneficial factor of the integration process of children. The concept of teamwork, where everyone contributes to the game, opens opportunities for children to meet and accept their differences. The simplicity of the rules and the safety of the matches provided, allows children to play as official and full team coaches. This responsibility they will take on certain events when they can experience it in society as a stimulus to the formation of children's character. Kids' Athletics has the benefit so that they can truly experience winning the match that they are participating in. The strategy chosen (team, match, and organization) in groups to make the match results unpredictable until the final match (IAAF Kids Athletics, 2002). Kids' athletics games provide excitement, new exercises and varied movements (Rumini, 2014). An innovative model will allow children to do basic activities such as: sprinting (endurance running), endurance running (endurance running), jumping, throwing (IAAF Kids Athletics, 2002). Kids' athletics games can be played by a relatively large number of children, so the playing area and game time must be taken into account. Through movements in the kids athletics game (running, jumping, throwing), the children can participate in an atmosphere of play, not tense, and in pleasant situations (Rumini, 2014). Besides kids' athletics are designed in the form of games, so that children are motivated to do sports with enthusiasm. Kids' Athletics are made to cause no boredom (Ningrum, 2019).

The Kids' Athletics game contains the basic components of running, jumping and throwing (Ningrum, 2019). In the running group includes sprint hurdles, slalom sprints, formula I sprints, endurance runs. In the group jump include jumping long using the pole, jumping rope, frog jumping, cross jumping. Whereas in the throw group are target throw, turbo throw, and rotation throw (Rumini, 2014). This shows that the movements in the

kids' athletic game are very complex and in accordance with the development and growth of elementary school children, so it is very effective as a stimulation of elementary school children's movements.

CONCLUSION

Based on the results and discussion of the review in the journal above, an intervention model that can be used for motion stimulation is a children's athletic game. The method that can be used for children's athletic games as motion stimulation uses development research methods, and can also use experimental research methods (the design of an experimental control group pretest-posttest-posttest with quantitative research research). The sample used for motion stimulation is elementary school children. The results in this review article made that athletic children's games are effective as a stimulation of elementary school children 's movements. This is because, the form of athletic games for children is in accordance with the development and growth of elementary school children. In addition, children's athletic games are games that can be done at school by students who are guided by a teacher.

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