

Traditional Games in Enhancing Development Children's Gross Motoric: Literature review

Anton Dwi Nurwiyanto*, Noortje Anita Kumaat,
Fransisca Januarumi Mahaendra Wijaya

State University of Surabaya, Indonesia

* Correspondent Author: anton.17070805019@mhs.unesa.ac.id

ABSTRACT

Pandemic COVID-19 make the activities a child is supposed to learn with a teacher in school now must learn at home using digital media. Many students learn to use digital media or smartphones, but after that they immediately play games using the smartphone. This is a problem in children's daily and sustainable activities. This study aims to determine the kinds of traditional games that can improve children's gross motoric development. This rerearch used types qualitative research with the literature study method or known as a *literature review*. The library selection technique is based on the keywords used, namely traditional games on gross motoric development of elementary school students . The literature obtained comes from *google scholar* in the form of national journals for the last 8 years. Literature review uses a synthetic matrix in the form of reference sources, types of samples, methods, interventions, and findings. The results of this study were that 9 articles were reviewed. The conclusion in this study was that there were various kinds of traditional games that can improve children's gross motor skills including bentengan, kasti, dan gobak sodor, engklek, belahi tumbak, karetan, tarik upih berbasis kearifan lokal and manyipet.

Keywords: Traditional Games, Children's Gross Motoric Development, Literature Review

Received March 17, 2021; Revised April 10, 2021; Accepted April 28, 2021



STRADA Jurnal Ilmiah Kesehatan, its website, and the articles published there in are licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

BACKGROUND

In 2020 to the present 2021 an extraordinary pandemic has occurred in the world, namely the COVID-19 pandemic (Nadeem, 2020). Zainudin Amali (Menpora) revealed that in order to break the chain of transmission of COVID-19 by increasing endurance and maintaining immunity through sports activities, exercise is important and must be done by the community in the midst of the COVID-19 pandemic. Because sports activities can improve fitness and increase endurance, so it can be ensured that immunity is strong as a defense against the SARS-CoV-2 virus that causes COVID-19. However, in the COVID-19 pandemic, students are supposed to learn with a teacher in school now must learn at home using digital media. Many students learn to use digital media or smartphones, but after that they immediately play games using the smartphone. This is a problem in daily and sustainable children's activities, often parents complain about their children because they tend to choose smartphones instead of playing sports or helping parents.

Efforts that can be made to stimulate children to be able to move actively and develop basic motor, cognitive and social skills, namely through traditional games that contain pleasure. According to Hurlock (1978) states that motor development is the development of physical control through coordinated activities of the center and nerves, as well as muscles. This developmental aspect greatly determines the smoothness of learning, both in the fields of knowledge (cognitive), skills (spikomotor) and attitudes (affective). In sports, one method that can be applied to children is in the form of games. One of the games that children can do, especially during the COVID-19 pandemic, is because they have to stay at home, namely traditional games. Traditional games are a form of activity that is suitable for young children. However, the kinds of traditional games that elementary school children can play are still unclear.

On the basis of the above background, the researcher wants to know the kinds of traditional games in improving children's rough motives.

METHODS

The research aimed to find a variety of traditional games that can improve gross motor development of children. The research is using the type of qualitative research with literature study method, known as *literature review*. The library selection technique is based on the keywords used, namely traditional games on gross motoric development of elementary school students. The literature obtained comes from *google scholar* in the form of national journals for the last 8 years. Literature review uses a synthetic matrix in the form of reference sources, types of samples, methods, interventions, and findings.

RESULT

There were 9 literature that had been reviewed including reference sources, types of samples, research methods, interventions given to the findings shown in the table below:

Table 1. Review journals

Reference source	Sample	Research methods	Intervention	Findings
Ismoko AP, 2019	20 grade 5 elementary school students	Experimental	The traditional bentengan game	There is an influence of traditional games on children's motor development

Dwipa, AA , 2015	12 grade 5 elementary school students	Experimental	The game of bentengan, baseball, and gobak sodor	Traditional games affect the motor skills of students
Novianti, NGAKF, IGAO Country , Suara, I Md., 2015	26 children, consisting of 10 sons and 10 daughters	Observational	Traditional crank game	Traditional games crank demonstration methods can improve gross motor development in children
Praselia, SA, and Komaini, A. 2019	12 grade 4 elementary school children	Experimental	Traditional games of crank, split tumbak and kasti.	P ermainan tradisional influence on the increase in the gross motor skills male student Elementary School 166 / III Cu tmutia Kerinci.
Pratiwi, Y. and Kristanto, 2015	25 kindergarten children	Classroom action research	Engklek traditional game	A danya an increase in learning outcomes motor rude (the balance of the body) is performed on the first and second cycle in group B TK Tunas Rimba II Semarang.
Mahfud, I., and Fahrizqi, EB 2020	30 elementary school students small group tryout, and 50 elementary school students field group tryout	Development Research	Traditional sports	P roduk the motor skills training model through traditional sports turns out to be traditional whol n feasible and effective to use.
Puspitasari, RN, 2016	34 grade I elementary school children	Quasi experimental	Traditional Karetan games	P ermainan tradisional rubber effect gross motoric lom pat far
Wahyuni, IW, Muazimah, A., Misda, 2020	15 PAUD students	Research developm b angan	The traditional game of Tarik Upih based on local wisdom	P Developing gross motor skills through play The traditional <i>attraction</i> based on local wisdom has developed very well among students of Harapan Bunda PAUD, Sungai Pagar

				Village, Kampar Kiri Hilir District, Kampar Regency.
Syarif, A. 2018	20 grade 5 elementary school children	Classroom action research	The traditional game of tucking	The use of the traditional game of manyipet can improve motor skills rough child at SD Negeri 7 Bukit Tunggul.

DISCUSSION

The results showed that there is an influence of traditional games Bentengan against the child's motor development (Ismoko AP, 2019). The traditional games of bentengan, kasti, and gobak sodor affect the motor skills of students (Dwipa, AA, 2015). The traditional game crank demonstration method can improve gross motor development in children (Novianti, NGAKE, Negara IGAO, Suara, I Md., 2015). Traditional games of crank, split tumbak, and kasti have an effect on increasing gross motor skills in male students of 16 / III Public Elementary School Cumentia Kerinci (Prasetya, SA, and Komaini, A. 2019). There was an increase in learning outcomes of gross motor skills (body balance) carried out in cycles I and II in group B TK Tunas Rimba II Semarang after being given traditional crank game treatment (Pratiwi, Y. and Kristanto, 2015). The product of a motor skills training model through traditional sports is apparently feasible and effective as a whole (Mahfud, I., and Fahrizqi, EB, 2020). The traditional game of rubber has an effect on the gross motoric long jump (Puspitasari, RN, 2016). Gross motor development through traditional games of pull-upih based on local wisdom develops very well in students of PAUD Harapan Bunda, Sungai Pagar Village, Kampar Kiri Hilir District, Upaten Kampar Regency (Wahyuni, IW, Muazimah, A., Misda, 2020). The use of traditional games manyipet can improve motor skills coarse anak in SD Negeri 7 Bukit Tunggul (Sharif, A. 2018).

Traditional games are an example of thousands of traditional games in Indonesia. However, these traditional games are now being eroded little by little, especially in cities, perhaps for children today, many do not recognize existing traditional games, even though traditional games are inherited from the grandmothers of the Indonesian people. Gross motor skills are body movements that use large muscles or all members of the body or most or all of the limbs that are affected by the child's own maturity (Prasetya, SA, and Komaini, A., 2019). Traditional sports are cultural sports that must be developed and preserved. Traditional sports are sports in the form of games, so they are very good for use in improving children's motor skills. The hope is that through this traditional sport it can develop and improve children's motor skills. Aside from being used to grow the skills of motor also introduced to children through traditional sport which aims to preserve to culture Indonesia (Anam, et al, 2017).

Traditional games are part of the culture of each tribe that existed before the emergence of modern games. With traditional toys, children in ancient times did not intentionally develop motor or motor development processes. In this case, through traditional games it is hoped that with traditional sports the children's motor skills will develop well. This traditional game is carried out according to the characteristics of the child, which is fun. This is in accordance with the opinion (Piaget and Inhelder, 2010) suggesting that elementary school age children are active beings and excellent imitators and the cognitive development stage of elementary school age children is at the concrete pre-

operational stage. Characteristics of children aged primary school adalah child who likes to play. The world of children is a world where children play and learn mostly through the games they do. Playing has a function as a means of refreshing to restore one's energy after being tired of work and feeling bored. Furthermore, according to (Sumantri and Sukmadinata in Wardani, 2006), the characteristics of elementary school age children are: (1) enjoy playing; (2) like to move; (3) enjoy working in groups; and (4) enjoy feeling or doing something directly. Based on the above opinion, it can be concluded that elementary school students are in childhood, that is the time when they have fun playing characteristics, so that the learning / training model should be arranged according to their characteristics, namely many with variations of fun games.

CONCLUSION

Various traditional game that can improve a child's gross motor of which was bentengan, kasti, dan gobak sodor, engklek, belahi tumbak, karetan, tarik upih berbasis kearifan lokal and manyipet. It is necessary to carry out a further study of literature reviews related to traditional games with a broader review scale, namely all traditional games in Indonesia.

REFERENCES

- Anam, Syamsul, dkk. 2017. *Studi Analisis Budaya Permainan Tradisional Suku Osing Kabupaten Banyuwangi*. Jurnal SPORTIF: Jurnal Penelitian Pembelajaran, Vol 3 (2).
- Dwipa, A.A. 2015. *Pengaruh Permainan Tradisional Terhadap Peningkatan Kemampuan Gerak Motorik Kasar Pada Siswa Putra Sekolah Dasar*. Skripsi: Jurusan Ilmu Keolahragaan, Fakultas Ilmu Keolahragaan, Universitas Negeri Semarang.
- Ismoko, A.P. 2019. *Pengaruh Permainan Tradisional Terhadap Perkembangan Motorik Anak*. Jurnal Pendidikan Jasmani, 2(1): 146-154.
- Mahfud, I., dan Fahrizqi, E.B. 2020. *Pengembangan Model Latihan Keterampilan Motorik Melalui Olahraga Tradisional Untuk Siswa Sekolah Dasar*. *Sport Science & Education Journal*, 31-37.
- Novianti, N.G.A.K.F., Negara I.G.A.O., Suara, I Md. 2015. *Penerapan Metode Demonstrasi Melalui Permainan Tradisional Engklek Untuk Meningkatkan Perkembangan Motorik Kasar Anak Kelompok B2 Semester II TK Widya Santhi*. *E-Journal PG-PAUD Universitas Pendidikan Ganesha*, 3(1): 1-10.
- Prasetya, S.A., dan Komaini, A. 2019. *Pengaruh Permainan Tradisional Terhadap Peningkatan Kemampuan Motorik Kasar Pada Siswa Putra Sekolah Dasar Negeri 166/III Cutmutia Kerinci*. *Jurnal Stamina*, 2(6): 65-78.
- Piaget, Jean & Inhelder. 2010. *Psikologi Anak*. Yogyakarta: Pustaka Pelajar.
- Puspitasari, R.N., 2016. *Pengaruh Permainan Tradisional Karetan Terhadap Pembelajaran Motorik Kasar Atletik Lompat Jauh*.
- Pratiwi, Y. dan Kristanto. 2015. *Upaya Meningkatkan Kemampuan Motorik Kasar (Keseimbangan Tubuh) Anak Melalui Permainan Tradisional Engklek di Kelompok B Tunas Rimba II Tahun Ajaran 2014/2015*. *Jurnal Penelitian PAUDIA*, 18-39.
- Syarif, Akhmad. 2018. *Meningkatkan Kemampuan Gerak Motorik Kasar dengan Menggunakan Permainan Tradisional Manyipet Pada Siswa Laki-laki kelas 5 Di SD Negeri 7 Bukit Tunggul*. *Jurnal MERETAS*, 5(2): 179-189.

Wahyuni, I.W., Muazimah, A., Misda, 2020. Pengembangan Motorik Kasar Melalui Permianan Tradisonal Tarik Upih Berbasis Kearifan Lokal. *Jurnal Pendidikan Anak Usia Dini Undiksha*, 8(1):61-68.

Wardani, Dani. 2009. *Bermain Sambil Belajar*. Jakarta: Edukasia.