

## Benefits of Traditional Fortification Games in the Gross Motor Aspects of Early Childhood

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### Abstract

The development of increasingly advanced technology has brought social changes that affect the existence of traditional games. Nonetheless, traditional games have important value in developing various aspects of children's motor skills. One of the traditional games that can develop children's gross motor skills is the game of fort. Fortress games attract children's attention and have benefits that are not widely known in improving children's gross motor skills. The purpose of this study is to better understand the benefits of traditional games in depth, especially in the gross motor aspects of children. This study uses a descriptive qualitative design, with data collection techniques through interviews, observation, and documentation. The results of this study will reveal the benefits contained in traditional fortification games in developing children's gross motor skills.

**Keywords:** Traditional Games, Gross Motor



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### INTRODUCTION

The early period of life is a valuable opportunity for children to learn, so this period is often referred to as the "golden age" or "golden age" (Mursid in Roostin, 2022). According to the 2003 National Education System Law Article 1 Paragraph 14, early childhood education refers to coaching efforts aimed at children from birth to the age of six, which involve educational stimuli to facilitate physical and spiritual growth and development so that children are ready to face the next stage. further education. Thus, early childhood education has a very important role in providing comprehensive stimulation to optimize all aspects of child development through learning and playing activities.

Play is important for children in their golden age. However, according to Yudiwinata & Handoyo (2014) argued that the development of the times is increasingly changing and also the development of increasingly sophisticated technology. But not only that, the pattern of children's play is also experiencing development. The process and way of playing children today is very different and there are many developments. In fact, there are many children today who are not familiar with traditional games.

Playing is one form of social activity that is dominant in the early stages of children's development. According to Desmita in Uwaton Hasanah (2016), children tend to prefer to spend their time playing with friends rather than doing other activities. They choose to play because they feel it is fun, not because of the prizes or praise they get. Playing is the main tool that children use to achieve their growth, where they can try and explore new things in the real world, not only in their imagination (Andriani, in Cendana & Dadan, 2022). According to Anggita and colleagues (2018), games and play are an integral part of the world of children. Through playing, children can feel pleasure, because playing is a form of physical activity that helps in their growth and development. However, along with the advancement of science and

technology, the current play has undergone changes. Now, games are no longer just limited to physical activities that support children's growth. For example, the dominant games today are online games that can be accessed via gadgets. This results in lower levels of physical activity, as children tend to move less in such games.

Basically, children need a lot of physical activity to grow and develop. One of the physical activities most often done by children is playing games. Playing games has many benefits for children's health and fitness. These include making them happy, helping them develop their motor skills, teaching them new things, and teaching them new things about the world. In addition to providing health, fitness and child growth benefits, traditional games also have positive values contained in them. Examples are honesty, cooperation, sportsmanship, mutual help, responsibility, and discipline. These values help in building a child's character. Traditional games, not only provide beneficial physical activities for children, but also have a positive impact in building their character.

According to Efendi & Ekayati (2017) explained that traditional games are also useful for honing children's skills. Through traditional games, children are invited to use their creativity and imagination skills to make games from the materials around them. This process involves critical thinking and problem-solving skills, in which children must create rules and ways of playing that suit the materials they use. By being involved in this process, children's skills are honed naturally. Gross motor movement skills involve the coordination of most of the child's limbs, including the ability to walk, run, jump and throw. This gross motor development has an important role in the overall development of the child. Therefore, proper stimulation from parents in the home environment and teachers in the school environment is very important to achieve optimal results in child development (Descaprio in Yosinta, Nasirun, & Syam, 2016).

Good and correct gross motoric stimulation can help children achieve optimal development. When this aspect of development is properly stimulated, it can also affect the development of other aspects of the child. Therefore, educators need to provide a variety of activities that attract children's attention and make them happy in carrying out these activities. One way that can be done is through various kinds of traditional games that can improve gross motor skills. By involving children in traditional games, they can be involved in various physical activities that involve whole body movements. For example, traditional games such as jump rope, chase, or ball games that involve jumping, running, and throwing. Through these games, children can train and develop their gross motor skills naturally.

Traditional games are a cultural heritage that has existed since ancient times and has been passed down from generation to generation. This game has important values in maintaining the existence and cultural identity in a diverse society (Kurniati in Ramadhan Lubis, 2018). One example of a traditional game is the game Bentengan, which has been played for a long time without knowing who was the pioneer. Fortification games involve trying to seize the opponent's fort and can improve children's gross motor skills, such as chasing opponents and seizing the fort (Nurastuti in Syarial, 2020).

This research has an urgency to understand the benefits of traditional fortification games in aspects of children's gross motor skills. The aim is to analyze the benefits that children get through traditional fortification games in developing their gross motor skills. This study aims to provide a deeper understanding of the benefits of traditional games, especially the game of fortifications. Thus, teachers can implement traditional game activities at school to provide variety in children's gross motor activities and avoid monotonous activities.

## **RESEARCH METHODS**

By using a qualitative research design, the aim of this study was to gain a deeper understanding of the benefits of traditional fortification games for the development of children's gross motor skills. This study collects data through observation, interviews, and documentation. By using observation, the researchers saw and saw firsthand the children playing the traditional fort game. In this observation, the researcher recorded the children's behavior, movements, and interactions during the game. Next, the teacher was interviewed about the traditional game of fortress played by the children. The purpose of this interview is to find out how teachers apply and understand the benefits of traditional fortification games on children's gross motor development. The researchers also recorded what the children did while playing the traditional game Bentengan. This documentation may include written notes, photos, or videos of children's interactions and activities during play. Through this research, it is expected to gain a deeper understanding of the benefits of traditional fortification games in improving children's gross motor skills through the use of methods such as observation, interviews, and documentation.

## **RESEARCH RESULTS AND DISCUSSION**

The results of the study show that the traditional game of Bentengan provides various benefits for early childhood. One of them is as a medium of communication and the development of interpersonal intelligence. Through this game, children can interact and communicate with their group mates, which has the potential to develop their interpersonal skills. In addition, the existence of win-lose rules in the game of fortifications also provides an opportunity for children to learn to respect other people. They are taught to accept defeat with sportsmanship and acknowledge the success of their opponent. Fortress games also involve cooperation between players in groups. Children learn to cooperate in guarding forts, capturing enemies, and occupying opposing forts. This helps children understand the meaning of cooperation and collaboration in achieving common goals. In addition, this game also involves formulating a strategy to win the game. Children learn to plan their steps, think about effective strategies and make the right decisions.

In addition to social and cognitive benefits, traditional games of fortification also contribute to the development of children's gross motor skills. In this game, children move actively, such as running, jumping and moving agilely. This helps improve their gross motor skills as well as provides health benefits. Overall, traditional games of fortress provide holistic benefits in child development, including motor, social, cognitive, and moral aspects. Through this game, children can shape their personality and achieve balanced development.

### **Discussion**

Based on research, traditional games of fortress provide significant benefits in the development of gross motor skills in early childhood. Children who play these games tend to be more active, responsible and disciplined. Anggita et al (2018) stated that traditional games are part of the nation's cultural heritage which must be maintained. As children of the nation, we have a responsibility to preserve these games, especially in an era where technology has become a dependency in everyday life. Modern games that exist now, especially those on smartphones or gadgets, have changed the way children play. They tend to be less physically active and rarely interact directly with their peers.

A very valuable cultural result of traditional games is children's efforts to fantasize, exercise, and have recreation, Yunus in (Abidah, et al 2019). Another benefit of traditional games is that children's skills are increasingly honed, children can play with games from various existing places around and also traditional games can utilize game materials originating from nature so that these activities can bring children closer to the surrounding environment (Efendi & Ekayati, 2017). Traditional games have high cultural value and provide opportunities for children to fantasize, be creative, exercise and have fun (Yunus in Abidah, et al 2019). Children's skills will be honed through traditional games, namely when children make use of natural materials around them while playing, this also makes children closer to their surroundings (Efendi & Ekayati, 2017).

Fortress is an example of a traditional game that can help and develop children's physical motor skills. Research conducted by Efendi & Ekayati (2017) shows that there is a significant effect of traditional fortification games on children's physical motor skills. In the development and growth of children, physical motor development has an important role and can be an early indicator for understanding the overall development of children (Fitriani, 2018). Therefore, stimulation of physical motor development needs to be given early on, because it is closely related to the development of children's movement skills and muscle strength (Khaironi, 2018).

Educators must implement interesting and creative activities to improve children's gross motor skills according to the learning curriculum. In this case, interesting learning activities will make children feel comfortable and enjoyable in their learning places (Andhika, 2022). In this way, children will be more motivated and actively participate in learning activities that involve physical movement. This interactive and fun learning experience allows children to effectively improve and develop their gross motor skills.

## **CONCLUSION**

Traditional games of fortress have significant benefits in developing and improving children's gross motor skills. In the game of fortress, children can involve body movements such as running, jumping and chasing opponents. This activity helps strengthen children's muscles and improve their body coordination. These gross motor skills are very important during the growth and development of children, because through active physical movements, they can develop strength, balance, speed, and agility. Apart from that, traditional games of fortification also bring fun and joy to children, so they can learn and practice their gross motor skills in a fun way.

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