

The Influence of Traditional Games (Shaking Cans, Fortifications) on the Level of Physical Fitness of Grade VII Students of SMPN 1 Rambang Niru

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Abstract

This research found that the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru had a low level. The purpose of this study was to determine the influence of traditional games (Canned Shock, Fortification) on the level of physical fitness of grade VII students of SMP Negeri 1 Rambang Niru. The method used is an experimental method with a research design of one group pretest-posttest design. The population and sample of the study amounted to 20 students of class VII. Data collection and research instruments using physical fitness tests for Indonesians aged 13 to 15 years. Data analysis using paired sample t test SPSS 16. The results of the study stated that there was an influence of traditional can-shaking and fortifying games on the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru because of $T_{hitung} > T_{tabel}$ ($4,819 > 1,729$)

Keywords: Traditional Games, Physical Fitness Level



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INTRODUCTION

Sport is an important activity that must be carried out by humans in order to obtain a healthy body, which in its implementation and development is a shared responsibility and needs the involvement of various elements related to the course of sports activities. Therefore, exercise is one of the symptoms or results of social progress that is very useful for human survival, guiding, and developing physical, spiritual, and social potential. Sport is a series of physical movements that people arrange and plan to do consciously improve their functional abilities, adjusting the purpose of doing sports.

Sports have the nature and purpose of achievement sports, recreation, health and educational sports, can be summed sports are a series of movements or processing of the body arranged and planned to be carried out without consciously improving its functional abilities, the description above then sports activities are activities or activities to process the body regularly and are planned to improve functional abilities. Sports certainly play a very important role, there are many varieties of cultures and games that can be used as sports in Indonesia. For example, outdoor games are called traditional games (Prativi, 2013, p. 33).

Traditional games are easier to get, without expensive fees, without forgetting the surroundings, making us more involved in interactions with peers, as well as making children or teenagers now not their local cultural values that are usually carried out by more than one person, so that in the process of playing, children are required to interact with their co-stars, besides that in traditional games there are also rules that must be obeyed by each child so that each child is responsible for the rules of the game.

Harun (2014) explained that traditional games are categorized into three groups, namely to play (recreative) games to compete (compotative) and games are educational. Traditional games that are recreational in nature are generally done to fill leisure time. Traditional games that are competitive, have organized characteristics, are competitive, are

played by at least two people, have rules that are accepted with the participants, while traditional games that are educational, there are educational elements in them, so sports teachers are required to provide physical fitness and physical activity in the school environment (Hadi, 2018, p. 34).

Traditional games are also the identity and pride of the regions that exist throughout Indonesian society, including the game "Shake the Can, Betengan" which is a traditional game originating from Central Java and Riau. The game is a very fun form of play for both children and adults because the game involves several activities that improve physical fitness for the culprit (Tias Reza, 2018, p. 5).

A person's physical fitness is very important in order to maintain the quality of life. A person is able to carry out daily activities, whether it is mild, moderate or severe, does not experience significant fatigue, and being able to overcome stress in the environment is a picture of someone who has physical fitness, because therefore physical fitness does not yet have uniformity in general, but experts argue that physical fitness means physical or physical conformity with the guidance of the task depending on physical and spiritual aspects (Kumbara, 2019, p. 73).

Physical fitness is the body's resistance to carrying out daily activities without feeling tired. Physical fitness can be measured by conducting a standardized physical fitness test and according to the level of students. states that physical fitness is the physical aspect of overall fitness, which gives a person the ability to perform productive activities, without worrying about fatigue and still being able to do other activities (Abdurahim, 2018, p.71).

From the results of observations that have been carried out, it can be concluded that grade VII students of SMP N 1 RAMBANG NIRU have never done traditional games. It can be known that students do not have the creativity to do traditional games, causing many students to fall unconscious during monday's flag ceremony. One of the factors that cause student fainting is the low level of physical fitness and the lack of outdoor student activity.

RESEARCH METHODS

In this study, the data collection method used was the documentation method and the experimental method was one of those through the Indonesian Physical Fitness Test (TKJI). The population used in this study was as many as grade VII students of SMP Negeri 1 Rambnag Niru. The sample is divided from the number and characteristics that have the population (Sugiyono, 2018: 127). The samples taken in this study were 20 students of grade VII of SMP Negeri 1 Rambang Niru. The data collection technique in this study used teknik sampling where the sample was the population in this study as many as 20. The method used in data collection in this study uses teas and measurement techniques

RESULTS OF RESEARCH AND DISCUSSION

The method used in this study is The Group pretest-postest design method. The design of The Group pretest-postest the results of the experiment can be known accurately because in this design there is a pre-test before being given treatment and a post-test after being given treatment, so that it can alleviate the situation of being given treatment and after being given treatment.

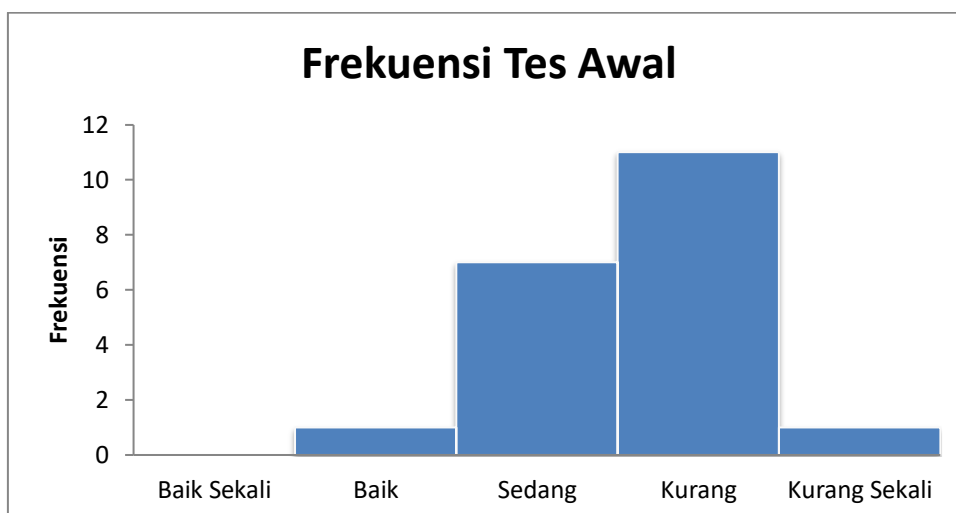


Figure 1. Initial Data Frequency

Based on the table and histogram above, it can be explained that none of the students achieved fitness with the criteria of being very good, the students who achieved fitness with good criteria were 1 person (5%), the students who achieved fitness with moderate criteria were 7 people or (35%), students who achieved fitness with less criteria of 11 people or (55%) and 1 student (5%) achieved fitness with less criteria once.



Figure 1. Final Data Frequency

Based on the table and histogram above, it can be explained that none of the students achieved fitness with the criteria of being very good, the students who achieved fitness with good criteria were 2 people (5%), the students who achieved fitness with moderate criteria were 12 people or (35%), students who achieved fitness with less criteria of 8 people or (55%) and no students (5%) achieved fitness with less criteria once.

Table 1. Test Statistics

	Pretest	Posttest
Chi-Square	13.300 ^a	8.000 ^b
Df	8	7
Asymp. Sig.	.102	.333

Based on the information of the table above, it can be stated that the initial Asymp Sig data value of 0.102 and the final data of 0.333 is greater than 0.05 thus the initial data and the final data of physical fitness of grade VII students of SMP Negeri 1 Rambang Niru are declared to be normally distributed.

Table 2. Paired Samples Test

Pair 1	Pretest - Posttest	Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Difference				
					Lower	Upper			
		1.10000	1.02084	.22827	1.57777	0.62223	4.819	19	.000

(Source : Researcher Document, 2022)

Based on the table above, the results of hypothesis testing can be presented that:

1. The calculated value obtained from the SPSS analysis with the paired sample t test is 4,819.
2. The Ttabel value obtained from the distribution table t (attachment) with α 0.05 and DF = N-1 (20-1=19) is 1.729.
3. The conclusion of hypothesis testing is that there is a significant influence of traditional game of canned shock and fortification on the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru because of the large Thitung from Ttabel (4,819 > 1,729)

Discussion

The study, which aims to determine the influence of traditional can-shaking and fortifying games on the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru, was carried out in July where researchers began data collection on July 25, 2022. Based on the actions taken by researchers in taking preliminary data on as many as 20 students, it was found that the average student's fitness reached a score of 13.65 points with less criteria through fitness measurements with the TKJI test aged 13 to 15 years.

In accordance with the goals to be achieved by the researcher in order to improve the physical fitness of students, the researcher carried out the treatment by providing a game menu for 16 meetings with an exercise program guide (attached). Meetings are held every afternoon after school with a frequency of 3 to 4 times a week. The games given during the research were canned and fortification shaking games. Every afternoon the students who are the object of the study are given a game guided by the researcher without feeling bored, and are very enthusiastic in following the game until the last meeting on August 25 is over.

After the game was implemented and completed the entire series of exercise programs, the researchers then took the final data by measuring the physical fitness of students through the TKJI test on as many as 20 class VII students who were the object of the study. Student fitness results achieved an average of 14.75 points increased from the previous less criteria to moderate criteria. This gives the meaning that the game of canned shaking and fortification, which is a traditional game if given within 16 regular meetings, can improve students' physical fitness.

Through hypothesis testing where researchers tested the initial data and the final data, it was found that there was a significant influence of traditional canned and fortified games on the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru because of the large calculation from Ttabel (4,819 > 1,729). Thus the hypothesis testing carried out by the researcher, coupled with the increase in the average value of the pretest to the posttest between the theories that the researcher reveals has the correctness of the results on the goal to be achieved.

The test results above show that with traditional games guided by an exercise program that starts from the lowest to the highest intensity, it has succeeded in affecting the level of physical fitness of students of SMP N 1 Rambang Niru. The essence of physical fitness is that it can be measured by conducting a standardized physical fitness test and according to the level of students. states that physical fitness is the physical aspect of overall fitness.

CONCLUSION

Based on the results of the research and data analysis described in the previous chapter, this study can be concluded that there is a significant influence of traditional canned and fortifying games on the physical fitness of grade VII students of SMP Negeri 1 Rambang Niru because The large calculation of the Ttabel ($4,819 > 1,729$) means that there is a functional relationship between the free variable and the bound variable. Thus, the average result of traditional playing cans and fortifications against the level of physical fitness of students VII of SMP Negeri 1 Rambang Niru based on the results of the hypothesis test obtained a score ($4,819 > 1,729$) then H_a was accepted and H_o was rejected. The author suggests that teachers actively apply learning methods in the form of small games, especially the shaking of cans and fortifications in order to improve students' physical fitness. In order for students to be more active in moving by utilizing traditional games, especially the shaking of cans and fortifications, not to focus on less useful activities such as playing more games than exercising.

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