

The Influence of the Traditional Game Gobak Sodor on the Agility Drive of Basketball Extracurricular Participants

Dyan Widhi Fatwa Nugraha*, Ihsan Hasani, Andi Taufan B. D. Alsaudi
Sport Education, STKIP Kusuma Negara, Indonesia
*dyanwidia82@gmail.com

Abstract

The aim of this research is to determine whether or not there is an influence of the traditional game of gobak sodor on the agility drive of basketball extracurricular participants. This is a quantitative experimental research on Grade 5 students, even semester, Academic Year 2022/2023 SDN Ciracas 14 Pagi, Ciracas, Jakarta). This type of research is an experiment with a "One Group Pretest-Posttest Design" design. The population of this research is the basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta, totaling 20 students, all of whom are used as research subjects so it is called population research. The instrument used to measure agility is the Illinois Agility Test. Data analysis used a t test with a significance level of 5%. The aim of this research is to determine whether there is an influence of the traditional game Gobak Sodor on drive agility and the results of the research show that: (1) there is a significant influence of the traditional game Gobak Sodor on drive agility for basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta.

Keywords: Agility, Basketball, Gobak sodor.

1 INTRODUCTION

Based on the Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System article 17 paragraph 2, it is stated that "Educational sports are carried out in formal and non-formal education channels through intracurricular and extracurricular activities". Extracurricular activities definitely exist at every level of education from elementary school to university (Masgumelar & Mustafa, 2021). Extracurricular activities are educational activities outside of subjects and counseling services which aim to help develop students according to their needs, potential, interests and talents through activities specifically organized by educators or educational staff who are capable and authorized at schools or madrasas (Yusuf & Kartiko, 2014; Simalango & Usman, 2021).

Traditional games also have elements such as aerobic and anaerobic endurance, leg muscle endurance, agility, reaction speed, sprint speed, accuracy in determining steps and the ability to work together in groups, so that from the elements and values contained in the game This traditional method is very suitable for achieving physical condition goals for athletes.

One of the traditional games that children often play is gobak sodor (Anggita, 2018; Armen & Rahmalia, 2017). Gobak Sodor is a team sports game that requires teamwork in a team and requires the involvement of cooperation between individuals in a team (Muhtar & Lengkana, 2019). The Gobak Sodor game is also a sport that has complex movement elements, such as the implementation of the Gobak Sodor game involves several elements of skill mastery, including mastery of technical skills, tactical skills, physical and mental skills.

Based on the background above, experimental research is needed. One of them is by holding the traditional game of gobak sodor in the process of extracurricular basketball

training, by adapting the characteristics of extracurricular basketball participants so that students are more interested in actively participating in basketball training.

Therefore, researchers will conduct research with the title "The Influence of the Traditional Game Gobak Sodor on the Agility Drive of Basketball Extracurricular Participants at SDN Ciracas 14 Pagi Jakarta". The aim is to determine whether or not there is an influence of traditional games on agility for participants in basketball extracurricular activities.

2 RESEARCH METHODS

This research is a quasi experiment. The design used in this research is "The One Group Pretest Posttest Design" or there is no control group. The experimental method with non-separate samples means that the researcher only has one group, which is measured twice, the first measurement (pretest) is carried out before the subject is given treatment, then the treatment, which is finally closed with the second measurement (posttest).

This research used treatment in the form of the traditional game Gobak Sodor for agility, with a treatment frequency of 16 times. The training process during the 16 meetings has been said to be training because there have been permanent changes.

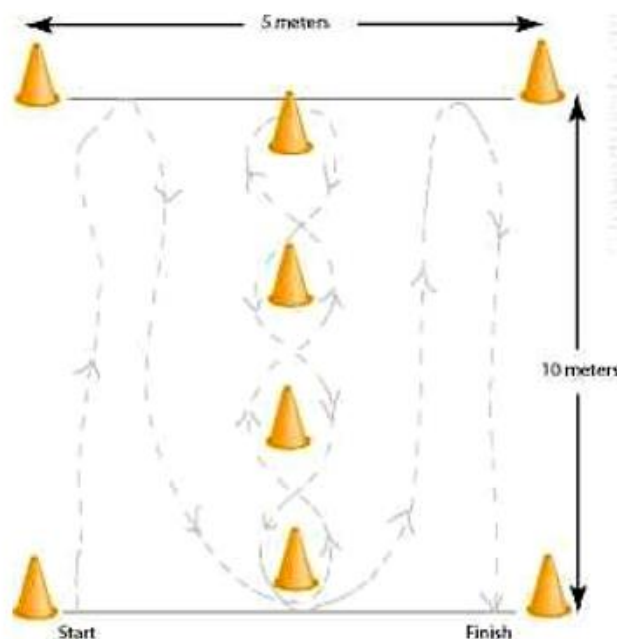


Figure 1. Normative Data for the Illionis Agility Run Test

The research was conducted at SDN Ciracas 14 Pagi Jakarta and SDN Susukan 08 Pagi which is located at Jl. Raya Poncol, Gg. Asem No.6, RT.8/RW.9, Ciracas, Kec. Ciracas, East Jakarta City and Jl. H. Baping, RT. 10/06, RT.10/RW.6, Susukan, Kec. Ciracas, East Jakarta City. Meanwhile, the research is scheduled for May to July 2023.

Population is a generalized area consisting of objects or subjects that have certain quantities and characteristics determined by researchers to be studied and then concluded. Population is the totality of each element to be studied which has the same characteristics, it can be individuals from a group, event, or something to be studied.

The subjects in this research were participants in basketball extracurricular activities at SDN Ciracas 14 Pagi Jakarta, totaling 20 students. The entire research population is used as research subjects, therefore it is called population research.

Research instruments are tools used and chosen by researchers in their data collection activities so that these activities become systematic and easier. Therefore, to support

success in research, instruments must be designed so that they are able to produce data as expected. A good instrument must be valid and reliable.

Table 1. Normative Data for the Illionis Agility Run Test

Gender	Excelent	Above Average	Average	Below Average	Poor
Male	<15.2 secs	15.2-16.1 secs	16.2-18.1 secs	18.2-18.3 secs	>18.3 secs
Female	<17.0 secs	17.0-17.9 secs	18.0-21.7 secs	21.8-23.00 secs	>23.0 secs

3 RESULT AND DISCUSSION

This research aims to determine the effect of the traditional game gobak sodor on agility for basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta. The results are explained as follows.

Pretest and posttest of agility of basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta in Table 2.

Table 2. Pretest and posttest of agility of basketball extracurricular participants

No.	Pretest	Posttest	Different	No.	Pretest	Posttest	Different
1	19,04	16,09	2,95	11	22,06	19,03	3,03
2	19,05	16,08	2,97	12	22,07	19,09	2,98
3	19,08	16,09	2,99	13	19,05	17,01	2,04
4	19,06	16,08	2,98	14	19,08	18,02	1,06
5	18,01	16,02	1,99	15	22,06	19,02	3,04
6	19,01	16	3,01	16	22,01	19,04	2,97
7	19,01	17,08	1,93	17	22	19,01	2,99
8	19,06	16,06	3,00	18	21,09	19,01	2,08
9	18,09	16,08	2,01	19	21,09	18,08	3,01
10	19,08	16,09	2,99	20	20,09	18,05	2,04

Based on Table 2, the pretest and posttest of the agility of basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta can be presented in Figure 2.

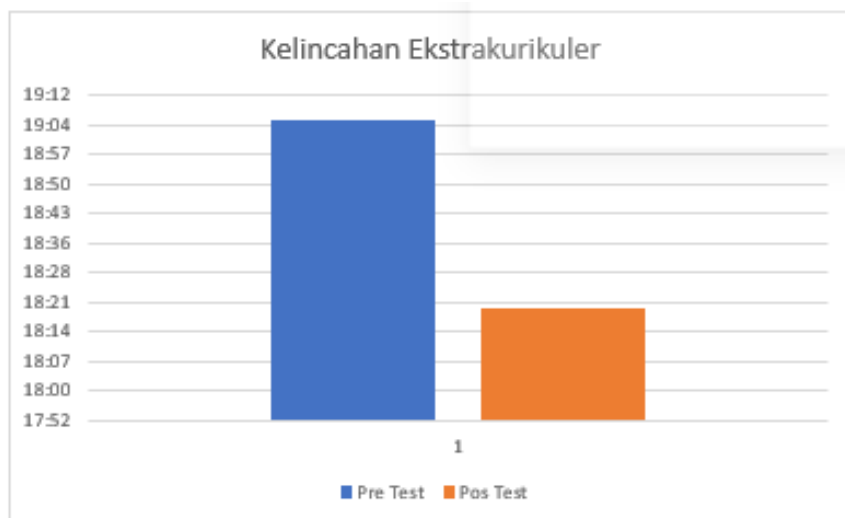


Figure 2. Pretest and Posttest Agility of Basketball Extracurricular

The results of the descriptive statistical analysis of pretest and posttest agility for extracurricular basketball participants at SDN Ciracas 14 Pagi Jakarta are presented in Table 3.

Table 3. Pretest and Posttest Results of Extracurricular Participants' Agility

Statistics	Pretest	Posttest
N	20.00	20.00
Mean	19.06	18.30
Median	18.08	17.55
Mode	18 ^a	17 ^a
Std. Deviation	1,373	1,358
Minimum	17.00	17.00
Maximum	21.00	20
Sum	381	366

The normality test is testing whether the distribution of the data to be analyzed is normal. Testing is carried out depending on the variables to be processed. Testing the normality of data distribution using the Kolmogorov-Smirnov Test with the help of SPSS 25 Software with the Shapiro Wilk test. If the p -value > 0.05 then the data is normal, but on the other hand if the analysis results show a p -value < 0.05 then the data is not normal.

Hypothesis testing uses the t -test with the help of the SPSS 25 program, namely by comparing the mean between group 1 (pretest) and group 2 (posttest). If the $t_{\text{calc}} < t_{\text{table}}$, then H_a is rejected, if calculated $t_{\text{calc}} > t_{\text{table}}$ then H_a is accepted.

The results of this research are in line with those conducted by: Rifai and Intani (2020) who stated that: 1) There is a significant influence of traditional games on students' basic movement abilities; 2) There is a significant influence of conventional learning on students' basic movement abilities; 3) There is a difference in the influence of traditional games and conventional learning on students' basic movement abilities.

The results of this research were strengthened by Kusumawati (2018) who showed that there was an influence of traditional game training on the results of the basic movements of running, jumping, throwing, class 2 students at SD N 2 Blitarejo Gadingrejo Pringsewu Lampung in the 2015/2016 academic year. Erdiana (2016) added research results which showed that the traditional game gobak sodor had an effect on the gross motor development of group B kindergarten children in Sidoarjo District.

The increase in ability that occurs is due to the association of knowledge obtained by children at previous meetings with new knowledge and this association becomes stronger when carried out repeatedly. This is based on the law of exercise learning theory put forward by Thondrike (in Rahyubi, 2014) which states that "the principle of the law of exercise shows that the main principle in learning is repetition, the more often the lesson material is repeated, the more mastered it will be."

4 CONCLUSION

Based on the results of data analysis, descriptions, testing research results, and discussion, a conclusion can be drawn, namely: There is a significant influence of the traditional game gobak sodor on agility drive for basketball extracurricular participants at SDN Ciracas 14 Pagi Jakarta, with a calculated $t_{\text{calc}} = 9.638 > t_{\text{table}} = 2.101$, and a significance value of $0.000 < 0.05$. Based on the research results, trainers and other researchers were given the following suggestions: (1) Next researchers should carry out quarantine, so that they can fully control the activities carried out by the sample outside of training; (2) Researchers who intend to continue or replicate this research are advised to carry out tighter controls in the entire series of experiments; (3) Researchers who wish to conduct further research can use this research as information material and can research with a larger and different population and sample.

5 REFERENCES

- Anggita, G. M. (2018). Eksistensi permainan tradisional sebagai warisan budaya bangsa. *JOSSAE (Journal of Sport Science and Education)*, 3(2), 55-59.
- Armen, M., & Rahmalia, A. (2017). Pengaruh Permainan Tradisional Rondes dan Gobak Sodor terhadap Kemampuan Gerak Motorik Kasar Siswa Kelas V SD. *UNES Journal of Education*, 1(4), 324-330.
- Erdiana, L. (2016). Pengaruh permainan tradisional gobak sodor terhadap perkembangan motorik kasar dan sikap kooperatif anak TK kelompok B di kecamatan Sidoarjo. *Jurnal Pedagogi*, 2(3), 9-17.
- Kusumawati, O. (2018). Pengaruh permainan tradisional terhadap peningkatan kemampuan gerak dasar siswa sekolah dasar kelas bawah. *TERAMPIL: Jurnal Pendidikan Dan Pembelajaran Dasar*, 4(2), 124-142.
- Masgumelar, N. K., & Mustafa, P. S. (2021). Pembelajaran Pendidikan Olahraga Berbasis Blended Learning untuk Sekolah Menengah Atas. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 6(1), 133-144.
- Muhtar, T., & Lengkana, A. S. (2019). *Pendidikan jasmani dan olahraga adaptif*. UPI Sumedang Press.
- Rahyubi, H. (2014). *Teori-teori belajar dan aplikasi pembelajaran motorik deskripsi dan tinjauan kritis*. Nusa Media.
- Simalango, L., & Usman, K. (2021). Analisis Pengelolaan Ekstrakurikuler Futsal Sekolah Menengah Atas Swasta Hosana Medan (Penelitian Masa Pandemi Corona Virus Desease-19). *Jumper: Jurnal Mahasiswa Pendidikan Olahraga*, 1(2), 63-73.
- Yusuf, M., & Kartiko, D. C. (2014). Motivasi Siswa dalam Mengikuti Kegiatan Ekstrakurikuler Bola Basket di SMPN se-Kecamatan Kutorejo Mojokerto. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 2(2), 493-500.