

Traditional Games in Pandan Village River at Rimbo Ulu District Tebo Regency

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ABSTRACT

This problem is thought to be the result of the development of electronic media technology and the entry of foreign cultures causing traditional games to be rarely played by children and more interested in modern games. For this reason the researcher intends to conduct research to find out more about the types of traditional games, the meaning contained in traditional games, the influence of traditional games on the level of physical fitness in children and the factors that influence the development of traditional children's games in Desa Sungai Pandan, Rimbo Ulu District, Tebo Regency. This research is a type of qualitative research, this research was carried out by the people of Sungai Pandan Village, Rimbo Ulu District, Tebo Regency. Data collection was carried out through observation, interviews, and documentation studies with snow ball techniques through village device informants, education figures, community leaders of parents and children in Sungai Pandan Village. Traditional games that still exist in Sungai Pandan Village are very diverse both types and equipment that are part of children's play activities. Games such as *bdel buluh*, *pancit*, *gaseng*, *batu lambung*, *sningkek*, and *galah-galah*. The meanings contained in the games include spiritual, moral, health, courage, personality, and education values. Traditional games make children more adaptable to the environment and help characterize children through game rules that indirectly must be followed by children to play.

Keywords: *Traditional Games*

1. INTRODUCTION

"Sports are all activities that are systematic to encourage, foster, and develop physical, spiritual, and social potential" [1]. So from that the role of sport in this all-time era has a very important role for supporting health of individuals and groups. As we know that sports have a variety of names or types, all of which have different goals and functions, including educational sports, sports achievements, and recreational sports.

"Traditional sports need to be developed for the sake of national cultural resilience, because we realize that culture is noble values for the Indonesian people" [2]. In addition, traditional sports is one aspect that needs to be given the highest priority to be protected, fostered, developed, empowered which is then inherited.

Indonesia, which is rich in a variety of cultures, certainly holds its own uniqueness compared to other countries. Traditional Indonesian games have their own characteristics compared to other countries. Along with the progress of traditional game technology little by little it began to become extinct and rarely played again. One of them is about the kinds of traditional games that have ever existed, many traditional games from regions in each province in Indonesia. Examples of the most commonly played traditional games are *petakumpet*, *gasing*, *hadang*, *egrang*, *congklak*, etc., as well as those in the Jambi Province, namely in Tebo District, Rimbo Ulu District in Sungai Pandan Village.

The development of foreign technology and culture from outside influences the disappearance of traditional games in the lives of children who are increasingly abandoning traditional games, in Sungai Pandan Village, most of whom already have android mobile phones for children who are still in elementary school and that very influential to be misused by playing online games and seeing sites that are less educational if there is no supervision by parents. In addition, traditional games can also train children's social skills.

The presence of modern games makes children increasingly abandon traditional games. Resulting in diminishing social status of fellow children and causing children to be individual and anti-social, whereas many meanings are confined in traditional games, such as cooperation, honesty, mutual respect, mutual respect. It is expected to be able to shape children's social behavior for the better.

From the results of a grand tour of observations conducted by researchers in Sungai Pandan Village towards village officials, educational figures, community leaders and children in Sungai Pandan Village. It is understandable that traditional games are only played during school hours, while outside of school children are seen to prefer activities at home or at playstation rental and internet cafes, this problem is presumably due to the current development, children are less interested in playing traditional games and move on to modern games in Sungai

Pandan Village, traditional games are considered ancient and do not follow the development of the times. For this reason the researchers aim to find out more about the types of traditional games, the meanings contained in traditional games, the influence of traditional games on physical fitness in children and the factors that influence the development of traditional children's games in Sungai Pandan Village Rimbo Ulu District, Tebo Regency, Jambi Province.

2. RESEARCH METHODS

This research is a type of qualitative research. "Qualitative research is research that intends to understand the phenomenon of what is experienced by the subject of research, for example: behavior, perception, motivation, actions etc. holistically and by means of descriptions in the form of words and language, in a special natural context and by utilizing various natural methods"[2]. Research using qualitative methods, namely methods of observation, interviews, and documentation.

This research was conducted in Sungai Pandan Village, Rimbo Ulu District, Tebo Regency, Jambi Province. Geographically, Tebo Regency is in the western position of Jambi Province. The population in this study were the children of the local community by carrying out data collection techniques in the form of observations, interviews and documentation, then analyzed using stages namely data reduction, data presentation, and drawing conclusions or verification.

3. RESULTS AND DISCUSSION

3.1 The origins of traditional children's games in Sungai Pandan Village

Regarding the history or origins of traditional children's games in Sungai Pandan Village, Rimbo Ulu District. Based on the findings of the researchers, the origins of traditional children's games in Sungai Pandan Village were discovered by previous grandmothers from generation to generation since the founding of the Sungai Pandan Village in 1980 that already exists, traditional games including games from ancient times when until now there are still people who play it in Sungai Pandan Village.

3.1.1 Types of traditional children's games in Sungai Pandan Village

One of the traditional types of children's games in Sungai Pandan Village, Rimbo Ulu District, can be found in Sungai Pandan Village, as follows:

3.1.1.1 Bdel Buluh Game

This game can be played on the home page with an unlimited number of more and more who come to play the more fun the bdel buluh game is usually when playing bdel buluh the children are grouped to play it, usually more boys play with the average child - children aged 10 years to adults who play this traditional bdel buluh game. This bdel buluh game uses tools in the form of reeds, kerosene,

coconut fibers, and matches, for the bulb to find a large one, the reed is turned around the lower part of the buluh.



Figure1 Children playing bdel buluh.

3.1.1.2 Sningkek Game

This Sningkek game can be played on the ground to start the game. It must first be described as squares on the ground that will be used to play sningkek. To draw boxes on the ground by using wooden branches to line the boxes to play sningkek.



Figure2 Children playing sningkek.

3.1.1.3 Galah-Galah Game



Figure 3. Children playing galah-galah.

The game of galah-galah can be played on the ground to start the game. It must first be described as being made of squares on the ground in the form of rectangular squares 15 meters wide by 9 meters divided by 6 boxes that will be used to play poles To draw boxes on the ground by using wooden branches to line the boxes to play poles. The number of players in the galah-galah game is 6 people and is divided into 2 teams consisting of 3 people in 1 team then each team leader holds a suit to determine which team keeps the pole and which team will enter the box guarded, for the losers will be the keeper of the box and the winner

has the right to attack or enter by passing the guarded box, if it has been determined then the game of galah-galah will begin.

3.1.1.4 Pancit Game

This pancit game can be played on the home page or school yard with an unlimited number of people, the more people who play, the more fun the Pancit game is a secret / search-out game.



Figure 4. Children playing pancit.

3.1.1.5 Batu Lambung Game

This batu lambung game can be played on the ground or on the floor, to start this game you must first look for as many stones as you can to play it and make good and bad rock, each player usually chooses a good stone to play in the hull stone game. Usually this stomach stone game is played by girls, the average age of children who play it is 6 years old to 15-year-olds who play traditional gastric stone games.



Figure 5. Children playing batu lambung.

3.1.1.6 Gaseng Game

This gaseng game can be played on the ground for players playing gaseng can be played individually or in teams, the gaseng is made of hard wood and then uses a rope to rotate the gaseng commonly called alit, to start this game first each player must determine the individual or the team is usually if the individual number of players depends on how many who want to play can be up to 10 or more and if the team each team consists of 5 people. Usually this gaseng game is played by boys, the average age of children who play it is 9 years old to teenagers and adults who play traditional gaseng games.



Figure 6. Children playing gaseng.

3.1.2 Factors that influence the development of traditional games in Sungai Pandan Village

The development of traditional games in Sungai Pandan Village still exists today, as evidence that we can still see these traditional games being played by children in the midst of people's lives at the present time even though only a small proportion of children still play.

Based on the data obtained, the factors that inhibit the development of traditional children's games in Sungai Pandan Village, Rimbo Ulu District, Tebo Regency are:

- a. Influence factors of modern games from electronic media technology
- b. Factors The lack of interest of children to play the game and influenced by the environment
- c. The factor is the lack of parents to teach their children to play traditional games and prefer games that are of the nature that are purchased by requiring cost
- d. Factor lack of socialization about traditional games to children by the community and parents
- e. The lack of government attention to traditional games in the regions.

3.1.3 The meaning contained in traditional games in Sungai Pandan Village

The traditional games of children in Sungai Pandan Village contain many good meanings and benefits for children in playing traditional games from the findings of researchers when children are playing these traditional games, many traditional games contain spiritual, moral, health, courage, personality, and education.

Children while playing traditional games interact a lot with their friends, they often meet, joke and collaborate in playing traditional games and are also better for children's development.

3.1.4 Effect of traditional games on children's physical fitness in Sungai Pandan Village

Regarding the influence of traditional games on children's physical fitness in Sungai Pandan Village, Rimbo Ulu Subdistrict, there are various forms and ways to play it in each children's game. They will do a lot of motion activities in playing the game, such as galah-galah, sningkek, pancit, bdel buluh, batu lambung, and gaseng. In the findings of researchers, every child who often performs traditional games will experience good physical activity.

With good physical activity, it is expected to be able to support children's physical fitness, a child who has a fit body will be able to undergo all daily physical activities without significant complaints and complaints. This condition of fitness is a picture and physical condition of a person in carrying out his activities on a regular basis and is able to cope with stress from the environment that can interfere with health. Through traditional games children will do a lot of motion activities such as agility, accuracy, strength, balance, coordination, reaction, and speed. If children often play traditional games, then their bodies will be indirectly trained to be fit, so if children often play traditional games then there are many benefits that can be obtained.

The benefits are given to increase the body's endurance and strength so that the body becomes energetic, improve blood circulation and heart performance, increase the body's muscle power, have the right response and body reaction and reduce the risk of obesity in children. Through traditional games that contain a lot of movement activities are expected to be able to maintain and improve the physical fitness of children so that they can carry out daily activities efficiently without causing fatigue which means and still has the ability to carry out other activities.

4. CONCLUSION

Based on the results of the research and discussion it can be concluded as follows:

1. The origins of the traditional children's games in Sungai Pandan Village were discovered by previous ancestors from the beginning of the 1980s since the founding of Sungai Pandan Village, traditional games including games from time immemorial until now still exist who played it in Sungai Pandan Village
2. One of the traditional types of children's games in Sungai Pandan Village, Rimbo Ulu District, can be found in Sungai Pandan Village, as follows:
 - a. Bdel Buluh Game
 - b. Sningkek Game
 - c. Pancit Game
 - d. Batu Lambung Game
 - e. Gaseng Game
 - f. Galah-Galah Game
3. Based on the data obtained, the factors that inhibit the development of traditional children's games in Sungai Pandan Village, Rimbo Ulu District, Tebo Regency are:
 - a. Factors influencing modern games from electronic media technology
 - b. Factor lack of interest of children to play the game and influenced by environment
 - c. Factors lacking parents to teach their children to play traditional games and prefer games that are purchased with the need for cost
 - d. Factor lack of socialization about traditional games to children by the community and parents
 - e. The lack of government attention to traditional games in the regions.

4. Traditional games contain a lot of spiritual, moral, health, courage, personality, and education.

5. Through traditional games children will do a lot of motion activities such as agility, accuracy, strength, balance, coordination, reaction, and speed. If children often play traditional games, then their bodies will be indirectly trained to be fit, so if children often play traditional games then there are many benefits that can be obtained.

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