

The Formation Of The Physical Condition Of Students Through A Game Gobak Sodor Year 2021

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Abstract. The purpose of this study was to determine the effect of the Gobak Sodor game on physical conditions, especially the agility component. The research was carried out at the Madrasah Tsanawiyah Laboratory of the State Islamic University of North Sumatra (MTs Lab UINSU), the research time was in September 2021 for four weeks. The research sample was all students of class VII-1 MTs Laboratorium UINSU for the academic year 2021/2022 with a total of 32 students. The method used is an experimental method using test and measurement techniques. The instrument in this study is an agility test (agility run test). Based on the results of the research and discussion, it was obtained that the t-count = 20,047; this value is compared with the t-table value ($dk=n-1=31$; $\alpha=0.05$) obtained 1.69. So that t-count > t-table is obtained, thus the hypothesis stated: Gobak sodor game has a significant influence on the agility element in class VII-1 MTs Laboratory UIN SU in the 2021/2022 academic year.

Keywords: Agility, Gobak Sodor.

1 Introduction

The physical condition is a unified whole that is systematic and cannot be separated. Someone who can be categorized as having fitness is a person who is able to go through his daily activities without experiencing significant fatigue so that person is able to continue with additional activities. Physical condition is an indicator of a person in completing the task of movement or activity that he is doing well.

Physical condition is the most dominant basic preparation to perform maximum physical appearance. The basic components of physical condition in terms of the Muscular concept include: endurance, strength, power, speed, flexibility, agility, balance, and coordination.

coordination). Judging from the metabolic process consisting of aerobic (aerobic power) and anaerobic power (anaerobic power).

Physical activity that is carried out regularly will be able to increase a person's immunity or resistance to viruses or diseases, especially during the covid 19 pandemic the immune system is needed by the body to fight infection, reduce the influence of toxins in the body and by increasing antigenic and immunogenic.

This study explores the level of physical condition of students through playing the traditional game of gobak sodor where students are given an exercise program for some time through playing traditional games. Gobak sodor is a traditional game that requires team cohesion and good physical condition, especially in the agility aspect.

Agility (agility). Agility is the ability to quickly change the direction of the body or body parts without disturbing balance. Agility is a combination of strength, speed, accuracy, balance, flexibility, and neuromuscular coordination. So, agility is not just speed but must have good flexibility of the joints of the body. Because agility is the ability to change the direction and position of the body quickly and precisely when moving without losing body balance. Thus, a person who is able to change direction in different positions at high speed with good movement coordination means that he has quite good agility as well.

2 Method

The method used in this study is an experimental method with the aim of testing and proving a hypothesis. The experiment carried out is to improve the physical condition of students through the game gobak sodor.

The purpose of this study is to provide a real, factual and accurate picture of the effects that occur. This study is also intended to clearly determine the effect of the gobak sodor game on the formation of students' physical conditions. The population is the whole object or subject that is in an area and fulfills certain requirements related to the research problem. In this study, the population was all students of class VII MTs Laboratorium UIN SU Medan in 2021 with a total of 120 people. According to Sudjana "the sample is part of the number and characteristics possessed by the population" then the sample in this study used a sampling technique aimed at class VII-I with a total of 32 students. To obtain data in this study used physical condition measurement instruments in the form of Agility test with zigzag run test (Kirkendal. D.R. 1987)

3 Result And Discussion

Based on the results of calculations carried out using the t-test formula, pre-test data with post-test were obtained for the variable elements of the students' physical condition, it was obtained that the t-count = 7.01; this value is compared with the t-table value ($dk=n-1=31; \alpha=0.05$) obtained 1.69. So that the t-count > t-table is obtained, thus the hypothesis stated: Gobak sodor game has a significant influence on the elements of physical condition of students in grades VII-I MTs Laboratorium UIN SU Medan for the 2021/2022 academic year can be accepted as true.

By carrying out the gobak sodor game practice for one month by students, it turned out to have resulted in a significant improvement in physical condition from the results of the pre- test to the post-test. The average score of the students' physical condition at the time of the initial test was 8.16 while at the time of the final test it increased to 9.47 (an increase of 16.09%).

In carrying out daily activities, physical condition is something that is absolutely owned by someone in completing their activities. With good physical condition it will be correlated with one's ability and fitness.

The gobak sodor game is a traditional game that needs to be preserved because in addition to having cultural values, this game also has an element of fitness in maintaining one's physical fitness. This is felt in every movement displayed in this game where there are physical components that must be in good condition to do this game. The most dominant physical component in this game is agility. In a game the element of excitement must also be present, for this reason this game is a complete design in developing the physical condition of children because elements of play, joy, fitness and social training are present in it.

4 Conclusion

Gobak Sodor game has an effect on increasing students' physical condition significantly with an increase of 16.09%

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