

# The Effect Of Traditional Games On Left Muscle Power For Children Aged 10-12 Years Old In The Village Of Percut Sei Tuan Kelurahan Tanjung Rejo In 2021

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**Abstract.** This study aims to determine the effect of the traditional engklek game on leg muscle power in children aged 10-12 years in Percut Sei Tuan Village, Tanjung Rejo Village in 2021. This research is an experimental research carried out by taking the initial data (pretest) then doing the treatment (treatment) and after that doing the final test (posttest). The source of data in this study is the results of student tests in the form of performance (psychomotor). To analyze the data in this study and to find out the results of the study, the results of the post test were seen. Hypothesis analysis from the pre-test and post-test of the influence of the traditional engklek game obtained tcount of 7.120 and ttable of 1.70 with a significant level =0.05 meaning tcount ttable means Ho is rejected and Ha is accepted. So it can be concluded that the traditional engklek game has a significant influence on basic jumping motion activities in children aged 10-12 years in Percut Sei Tuan Village, Tanjung Rejo Village in 2021

**Keywords:** Traditional Engklek Game, Leg Muscle Power

## 1 Introduction

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The pattern of child development, the most vulnerable age is elementary school age (10-12 years). At the age of 10-12 years, they are in pre-adolescent development, which physically and psychologically at this time they are approaching puberty. The development of physical,

cognitive, emotional, mental, and social aspects of elementary school children requires ways of conveying and intensity of knowledge about sex and reproductive health that are different from other age stages.

Aspects of motor development is one aspect of development that can integrate the development of other aspects. Physical motor development is defined as the development of the elements of maturity and body movement control. Physical development has a very important role in a child's life, either directly or indirectly. Directly the physical development of a child will determine the child's skills in moving. While indirectly, physical growth and development will affect the child's view of himself and the child's view of others, physical development goes hand in hand with motor development. Disorders of physical motor development at the age of elementary school children become a separate obstacle in their activities, including, children will have difficulty playing, writing, erasing the blackboard and so on.

Traditional games are types of games that contain cultural values which are essentially ancestral heritage that must be preserved. In traditional games there are games that are competitive in nature and there are also games that are prioritized only as recreation or in other words to fill spare time. The grouping of this game itself there are individual, team, and also between groups. If we observe the activities carried out by children, traditional games require good physical readiness, because they require skills such as dexterity of the feet and hands, sharpness of thinking/analyzing and good body flexibility/flexibility. The traditional game itself also combines many elements of art such as dance, singing and even magical elements can also be involved in it.

According to Sukirman Dharmamulya (2004) in his book, the cultural values contained in traditional games include: practicing independent attitude, daring to make decisions, full of responsibility, honesty, attitude controlled by opponents, cooperation, mutual help and care, defending group interests, have a democratic spirit, obey the rules, full of calculations, accuracy in thinking and acting, not whiny, brave, acting politely, acting flexible. So many values are contained in traditional games. Educational content as well as creative and reliable human values will be formed in the child's soul so that they will not give up.

Characteristics of children aged 10-12 years in the village of Percut Sei Tuan Keurahan Tanjung Rejo downstream are children who have good motor development and like games so they look so happy and cheerful in the midst of the current pandemic. However, the type of games played by children in Percut Sei Tuan Village, Tanjong Rejo Village, is a form of passive game such as gagjet, playing fish, and sitting or hanging out on the side of the road.

Therefore, this study aims not only to examine leg muscle power, but also to introduce traditional games that they may not get in school. Moreover, with the COVID-19 pandemic which has not yet ended, children are not allowed to go to school yet, so the researchers took the initiative to introduce and see how the influence of the traditional engklek game on leg muscle strength in children aged 10-12 years in the village of Percut Sei Tuan, Tanjong Village. rejo.

Children aged 10-12 years in Percut Sei Tuan village, Tanjong Rejo sub-district, have various characteristics, both in terms of physical, social, behavioral and growth aspects, so the researchers took several children who have characters according to their needs. This form of

research uses cluster sampling to make it easier for researchers to collect data and not create a crowd to avoid the transmission of the Covid-19 disease.

Tests and measurements as well as evaluations carried out in the field for 4 weeks were carried out to reveal the truth of the hypotheses that had been proposed. From the results of the pre-test carried out, it was obtained that the value range was from 1.19 to 1.63 with an average of 1.42 and a standard deviation of 0.14. Then, treatment was given and then after that, a post-test was carried out. From the post-test results obtained a range of values from 1.27 to 1.69 with an average of 1.50 and a standard deviation of 0.12. Then from the average pre-test and post-test, it can be seen that the average difference value is 0.079 with a standard deviation of 0.063 so that tcount is 7.120 with  $\alpha=0.05$  ttable is 1.70.

## 2 Research Methods

The research design used in this study was the researcher conducted an initial test to see the basic abilities of the children as a sample (pre-test) which then the researcher would give treatment (treatment) to the research sample in the form of an engklek game in several meetings which then at the end of the meeting the researchers carried out a test. the end (post-test) to see the change/success of treatment.

The population in this study were all children aged 10-12 years in Percut Sei Tuan Village, Tanjung Rejo, totaling 32 children, in this case the researchers took research samples with total sampling technique or random samples, namely 32 children aged 10-12 years in Percut Sei Tuan, Tanjung Rejo village. "Instruments are tools at the time of research using a method" (Arikunto 2002:126). The instrument used in this study is a form of test that is considered to be able to measure leg muscle power in children aged 10-12 years using the Standing Long Jump Test (Widiastuti 2011). Here's the implementation:

- a. The purpose of this test is to measure the ability of leg power.
- b. Tools and materials: Equipment measuring tape / meter, marking lines, and relatively soft foundations such as mattresses and the like.
- c. Implementation:  
Starting position: Students stand behind the line with their legs slightly apart, bend their knees and swing their arms back and forth in preparation for jumping. Performance: Students jump forward, landing on one or two feet; do three jumps.
- d. Scoring: The value is the distance of the jump (feet aut inches) between the starting line to the nearest heel point. Only the best of the three jumps is recorded. If a student falls or steps back after landing, the measurement is taken from the point of contact of the body part closest to the atrat line, as opposed to the place of initial landing.

## 3 Results

From the results of hypothesis testing, it shows that there is a significant effect between pre-test and post-test on the engklek game on learning outcomes of basic jump movements without

prefixes for children aged 10-12 years in Percut Sei Tuan village, Tanjung Rejo village in 2021. This proves that by playing the traditional engklek game, it will be able to have a significant impact, namely increasing the basic movement activity of jumping without a prefix in children aged 10-12 years. By introducing and implementing this engklek game, the child does not feel or realize that he is being trained, but the child is immersed in games that create joy so that children aged 10-12 years do not feel bored or bored, especially in the midst of the current pandemic, where schools have not met face-to-face. completely.

For children aged 10-12 years old, there is a need for forms of play that can accommodate all the needs of children, be it their needs/instincts to move freely and agilely as well as teach students how to behave, socially and cooperate. For this reason, the game is considered an appropriate medium to fulfill these needs.

Traditional games are considered ancient and obsolete. But in essence, traditional games are very learning media, this can be seen in terms of children's psychomotor movements as well as in terms of children's cognitive and social. Hopefully with the rejuvenation of traditional physical education learning games, it will be more interesting in addition to preserving the nation's culture. The engklek game is considered relevant to improving the basic movement ability of jumping without a prefix, this is evidenced by research that has been carried out by the researchers themselves.

From the results of the research conducted, the hypothesis shows that  $H_0$  is rejected and  $H_a$  is accepted.  $H_0$  shows that there is no significant effect between the engklek game and jumping motion activities without prefix in children aged 10-12 years in Percut Sei Tuan village, Tanjung Rejo village in 2021.  $H_a$  shows a significant effect between engklek games and jumping motion activities without prefixes on children aged 10-12 years in Percut Sei Tuan village, Tanjung Rejo village in 2021. So it can be concluded that the traditional engklek game has a significant effect on basic jumping motion activities in children aged 10-12 years in Percut Sei Tuan village, Tanjung Rejo village in 2021.

## **4 Discussion**

Leg muscle strength is very important for children aged 10-12 years where at that time is a period where gross motor movements work to produce more powerful movements. Power is one of the most important biomotor components in jumping motion. Legs that have a large muscle explosive power, will allow high jump results as well. The strength of the repulsion ability depends on the quality of the leg and lower leg muscles that the jumper has. As stated by Harsono (1988) "that the strength of the leg muscles is the ability of the muscles to generate tension against a pressure". (p.15), then Woeryanto (1988) says that what is meant by "explosive power of leg muscles is: strength (strength) is the ability or potential of a muscle to produce a dynamic tension, namely movement against pressure (resistance) or overcoming a load or static tension, which produces tension without movement. The movement referred to in this study is a traditional game movement, because in addition to being fun, it can also raise the spirit and culture of traditional games.

This is also in line with what was stated by Sukintaka (1992:16) in his book which says "traditional games are games that have been trusted by children in an area traditionally". What

is meant by tradition here is a game that has been played and passed down from one generation to another. In line with that Suherman and Mahendra (2001:6) "learning movement skills for children to master skills in various sports is the main responsibility of physical education teachers". Referring to what the expert said, it is clear that the development and growth of a student is the responsibility of the physical education teacher, therefore physical education teachers can adopt traditional games as one of the materials taught in their learning.

Playing at the age of 10-12 years can also grow a child's character to be better, this was also expressed by W. Devi Catur (2020) in his research he revealed that playing can grow character in children, especially in outdoor games interacting together with friends and have a social spirit and care for others.

Based on this, the researchers concluded that traditional games can increase leg muscle strength in children aged 10-12 years in Tanjung Rejo village in Percut Sei Tuan village. And it is hoped that by playing the traditional engklek game, it can increase leg muscle strength and have characters who are able to interact and understand the values of budaejo in the village of Percut Sei Tuan. And it is hoped that by playing the traditional engklek game, it can increase the strength of the leg muscles and have characters who are able to interact and understand the existing cultural values.

## 5 Conclusion

This study aims to increase leg muscle strength in children aged 10-12 years in the village of Percut Sei Tuan, Tanjung Rejo sub-district in 2021. Based on hypothesis testing, it can be concluded that the traditional engklek game has a significant effect on basic jumping motion activities in children aged 10-24. 12 Years in Percut Sei Tuan Village, Tanjung Rejo Village in 2021

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