



***The Interest of Grade V Male Students in Traditional Sports Material
in Physical Education Sports and Health at Geluran 3 Elementary
School Taman Sidoarjo***

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Abstract

The purpose of this study was to determine the interest of grade V male students in traditional sports materials in health education at Geluran 3 Taman Sidoarjo State Elementary School. This is very necessary for students as a form of awareness in recognizing customs and traditions in the country of Indonesia. This research design is quantitative descriptive research and how to collect data by filling out a questionnaire. The sample of this research is all fifth grade male students at Geluran 3 Taman Sidoarjo State Elementary School, totaling 61 students. The results of this study indicate that the interest of fifth grade male students in traditional sports material in PE at Geluran 3 Taman Sidoarjo State Elementary School, for the very low category as many as 6 students or 9.83%, low category as many as 6 students or 9.83%, medium category as many as 32 students or 52.46%, high category as many as 13 students or 21.31%, very high category as many as 4 students or 6.56%.

Keywords: Student Interests, Physical Education, Traditional Sports

INTRODUCTION

Indonesia is a country that has several aspects of history, culture and traditions that are developing rapidly, one of which is traditional sports games. Traditional sports are an alternative that is used to find out traditions and customs in traditional sports games that can be passed on to each generation. This is very necessary as a form of awareness in recognizing the customs and traditions of Indonesia (Budiman, 2021; Farizi et al., 2021). Education is needed to develop awareness of Indonesian culture to preserve cultural riches. Formal education and non-formal education are the two main categories of education.

Traditional sports are sports that have cultural characteristics that can be used to improve physical fitness. Apart from that, traditional sports are also known as traditional games, this is because traditional sports are very easily accepted among society. Traditional sports are used as an alternative to strengthen brotherhood because they can be done with

people around you and anyone and anywhere can do traditional sports (Rumawatine, 2021). Traditional sports in aspects of life have an effective role in personality development in children and adolescents (Tisserand et al., 2017).

Traditional sports are a culture that has several important aspects as a form of cultural diversity in Indonesia. Apart from that, traditional sports have noble values that can be used as a process of growth and development in the personality of the Indonesian nation. Traditional sports are still one of the things that are of interest and are highly respected in their culture by several communities, especially those who still closely adhere to their cultural or community ancestors in various remote areas of Indonesia. (Azahari, 2017).

Traditional sports also have several elements such as endurance, reaction speed, sprint speed, agility, step accuracy and the ability to work together, so that the goals of traditional games can be achieved in a fit condition (Ningrum, 2018). Apart from that, the advantage of traditional sports games is that they are closely related to cultural values and ancestral heritage (Budiman et al., 2024) which should be well maintained because they have a big impact on fitness conditions, therefore they are different from modern sports games which utilize machine technology which is not as effective in improve fitness (Fu et al., 2022).

Traditional exercise has many health benefits, including improving the performance and function of the heart, lungs and blood vessels, increasing muscle strength and bone density, increasing body flexibility to prevent injury, increasing body metabolism to maintain body weight and maintain ideal body weight. , reducing the risk of various diseases, increasing the activity of the hormonal system by increasing the sensitivity of hormones to body tissues, and increasing the activity of the immune system against disease by increasing immune regulation (Kusumawati, 2017).

School is a formal form. School is a place where people learn and teach and exchange knowledge so that students can receive an education. There is something called a curriculum that helps learning take place successfully. Curriculum is a collection of plans and rules that govern the techniques, materials, and content used in teaching and learning (Rosdiani, 2015).

In practicing learning, the curriculum is very important. According to Rosdiani's previous statement, there are many types of learning resources and information included in the curriculum. The curriculum includes learning tools and content related to physical education, sports, and health. Physical education, sports and health are important topics covered in traditional games. Physical education is a type of education that uses carefully selected games, sports and physical activities to achieve educational goals (Firmansyah,

2018). The aim of sports and health physical education is to help children develop behavior or values, intelligence, physical fitness and abilities (psychomotor) so that they can grow into mature adults and can apply these characteristics in everyday life (Septiana, 2019; Yose et al., 2016).

According to (Hasanah & Pratiwi, 2016) Traditional sports are a type of sport that is passed down by word of mouth. There are many types of traditional games such as gobak sodor, bebentengan, engklek, bakiak and others like that. The four main components of physical education can be fulfilled through the use of traditional games as a method to achieve national education goals.

Traditional games also have various components and morals that are beneficial for students in elementary schools. Sportsmanship, teamwork, self-confidence, honesty, communication, and other characteristics are some of the components found in traditional games. While this is going on, the morals contained in traditional games are in line with the goals of physical education, sports and health in elementary schools. It is not difficult to understand the rules of traditional games because traditional games do not have rules that connect each game. The facilities and infrastructure used in traditional games, such as fields and equipment, are quite simple and easy to access. Therefore, elementary school students can easily participate in various types of traditional games practically.

Traditional game learning can run well, but facilities and infrastructure are needed to support traditional game material so that it can be implemented well. According to (Pratomo et al., 2014) "Facilities are devices or tools needed to support physical activities, while infrastructure includes everything that facilitates and makes tasks easier and has a relatively permanent nature." The facilities and infrastructure for traditional sports activities at Geluran 3 State Elementary School are still inadequate to support the various traditional sports materials taught at Geluran 3 State Elementary School.

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METHOD

The research carried out was a quantitative descriptive study which aimed to determine the interest of class V male students in traditional sports in physical education at the Geluran 3 Taman Sidoarjo State Elementary School. The sample from this research is the entire population, totaling 61 students. Data collection is carried out by providing questionnaires or by providing written responses to respondents.

RESULT AND DISCUSSION

Result

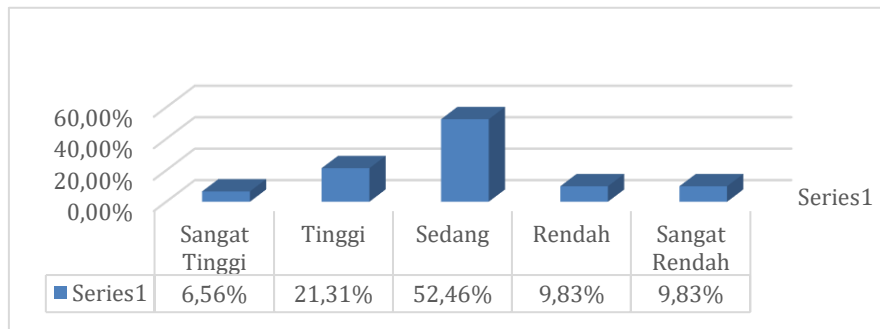
A description of the research results regarding the level of interest of fifth grade male students in traditional sports material in physical education at Geluran 3 Taman Sidoarjo Elementary School can be seen in the table below:

Table 1. Norms of Interest of Class V Male Students in Traditional Sports Materials

No	Interval Shoes	Category	Frequency	Percentage
1	$X > 111,85$	Very high	4	6,56%
2	$101,13 < X \leq 111,85$	Height	13	21,31%
3	$90,41 < X \leq 101,13$	Currently	32	52,46%
4	$79,69 < X \leq 90,41$	Low	6	9,83%
5	$X \leq 79,69$	Very low	6	9,83%
The number of students			61	100%

When displayed in diagram form, it can be seen in the image below:

Figure 1. Diagram of Class V Students' Interest in Traditional Sports Material



From the research results, the sum = 5842, minimum score = 72, maximum score = 116, average (mean) = 95.77 and standard deviation = 10.72. Based on the table and figure above, it is known that the level of interest of fifth grade male students in traditional sports material in physical education at Geluran 3 Taman Sidoarjo State Elementary School, for the very low category is 6 students or 9.83%, for the low category there are 6 students or 9.83%, the medium category was 32 students or 52.46%, the high category was 13 students or 21.31%, the very high category was 4 students or 6.56%.

Discussion

Interest is a psychological characteristic that is closely attached to each person and where each person has a different level of interest. If someone has certain interests, such as work or sports. Someone who has a strong interest in a sport, for example, will work hard to learn that sport and achieve a high level of success in it. However, the desired results cannot be achieved if a person's enthusiasm for the activity is low as this will prevent them from giving their best effort.

To determine the level of interest of Class V Male Students towards Traditional Sports Material in Physical Education at SDN Geluran 3 Taman Sidoarjo, analysis activities were carried out as part of this research. The following are intrinsic (attention, interest, behavior) and extrinsic (facilities, teacher's role) elements that influence the interest of class V male students in traditional sports material in physical education at SDN Geluran 3 Taman Sidoarjo (Batseran & Junaidi, 2022).

Based on the research results, the following is the level of interest of class V male students towards traditional sports material in physical education at SDN Geluran 3 Taman Sidoarjo which is divided into 5 categories, namely:

1. In the very low category at Geluran 3 Taman Sidoarjo State Elementary School, there are 6 students or 9.83% of Class V male students' interest in traditional sports material. This is influenced by several factors, including:
 - a. Students pay less attention and do not understand what teachers teach about traditional sports games at school.
 - b. Students prefer baseball games to traditional sports and are not interested in traditional sports.
2. In the low category at Geluran 3 Taman Sidoarjo State Elementary School there are 6 students or 9.83% of the Class V male students' interest in traditional sports material. This is influenced by several factors, including:
 - a. Because they feel awkward about participating in traditional sports, students are not very interested in doing so.
 - b. Lack of interest among students in traditional sports material.
3. In the medium category at Geluran 3 Taman Sidoarjo State Elementary School there are 32 students or 52.46% of the Class V male students' interest in traditional sports material. This is influenced by several factors, including:
 - a. Students play at their own pace because they do not understand the rules and procedures of traditional sports.
 - b. Student interest is low, so traditional sports training is not attempted. Students only play because of invitations or suggestions from friends. However, students can play by observing how their friends play.
 - c. Geluran 3 Taman Sidoarjo State Elementary School has a good choice of learning resources (including facilities and infrastructure for traditional sports activities), but students do not understand how to use these facilities.

4. In the high category at the Geluran 3 Taman Sidoarjo State Elementary School there were 13 students or 21.31% of the Class V male students' interest in traditional sports material. This is influenced by several factors, including:
 - a. Because traditional sports are fun, students are very enthusiastic about these traditional sports.
 - b. As they play, students begin to learn how to follow the rules of fair play.
 - c. Because students have access to the facilities provided at school, facilities that are appropriate and attractive to them will be supported.
5. In the very high category at the Geluran 3 Taman Sidoarjo State Elementary School there were 4 students or 6.56% of the Class V male students' interest in traditional sports material. This is influenced by several factors, including:
 - a. Students enjoy participating in traditional sports and mastering the correct technique and standard rules of traditional sports.
 - b. The ability to use the facilities at school will increase student interest if the facilities are well supported.

CONCLUSION

From these results it can be concluded that the interest of class V male students in traditional sports material in physical education at the Geluran 3 Taman Sidoarjo State Elementary School is included in the medium category with a percentage of 52.46%.

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