
**IMPLEMENTASI PERMAINAN TRADISIONAL PADA MAHASISWA SIT-IN NTUNHS TAIWAN
DI INDONESIA**

***THE IMPLEMENTATION OF TRADITIONAL GAMES IN NTUNHS TAIWAN SIT-IN STUDENTS
IN INDONESIA***

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Abstrak

Penelitian ini bertujuan untuk mengenalkan ciri khas bangsa Indonesia dalam bentuk permainan tradisional sebagai salah satu upaya pelestarian budaya. Data diperoleh dari proses observasi, wawancara, dan dokumentasi yang kemudian dijabarkan dengan metode deskriptif kualitatif. Analisis data yang digunakan pada penelitian ini menggunakan metode Miles dan Huberman. Partisipan pada penelitian ini terdiri dari mahasiswa National Taipei University of Nursing and Health Science yang sedang berkunjung ke Universitas Negeri Semarang serta dosen dan mahasiswa Ilmu Keolahragaan Universitas Negeri Semarang yang aktif dalam bidang permainan tradisional. Hasil yang didapat pada penelitian ini menunjukkan bahwa permainan tradisional memiliki manfaat untuk kesehatan dan kebugaran. Selain itu, permainan tradisional menjadi salah satu warisan budaya yang perlu dilestarikan. Salah satu upaya untuk melestarikan permainan tradisional dapat melalui frekuensi dalam memainkan permainan tersebut, sosialisasi, dan melakukan publikasi terhadap permainan tradisional tersebut. Penelitian ini terbatas pada pembahasan terkait permainan tradisional yang masih cukup luas. Pada penelitian selanjutnya, diharapkan dapat melakukan *short course* yang berfokus pada salah satu permainan tradisional asli dari Indonesia.

Keywords: permainan tradisional, implementasi, pelestarian budaya

Abstract

This study aims to introduce the characteristics of the Indonesian nation in the form of traditional games as one of the efforts to preserve culture. Data is obtained from the process of observation, interviews, and documentation, which is then described by qualitative descriptive methods. The data analysis used in this study used the Miles and Huberman method. Participants in this study consisted of students of the National Taipei University of Nursing and Health Science who were visiting Semarang State University, as well as lecturers and students of Sports Science Semarang State University who were active in traditional games. The results obtained in this study show that traditional games have benefits for health and fitness. Traditional games are another facet of cultural heritage that needs to be conserved. One way to help preserve traditional games is to play them more often, engage with others, and promote them. This research is limited to the still-widely-ranging discussions about traditional games. The study is expected to consist of a short course focused on one of the original traditional games played in Indonesia.

Keywords: traditional games, implementation, preservation of culture

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INTRODUCTION

Indonesia is one of the countries with a diversity of traditions and cultures spread throughout Indonesia. This is due to the variety of tribes that inhabit the Indonesian nation. Surveys conducted by BPS and ISEAS show that there are 633 tribes spread throughout the islands in Indonesia (Ilham et al., 2018). Therefore, Indonesia is one of the countries with the most diverse society in the world, besides America and India. Each tribe has its own cultural characteristics and traditions, which have been passed down from time to time by ancestors. All of a nation's descendants must accept responsibility for preserving culture and tradition. Traditional games are one of the relics that are unique and interesting (Rahesti et al., 2023). Before the emergence of the modern era, people in ancient times used traditional games as an alternative form of recreation (Andriani, 2011).

Traditional games are made in this way by using simple and easily accessible tools. Traditional games are not only a source of entertainment, but they are also a form of physical activity with numerous benefits. The first benefit is that it encourages creativity because the tools and materials used to support game progression are created by the players themselves. Furthermore, traditional games based on locomotor motion (Irawan et al., 2023), such as hide and seek, gobak sodor, betengan, and similar games, will train gross motor skills. In addition to training motor aspects, traditional games also require players to strategize towards victory. Traditional games (Irawan et al., 2021; Irawan & Permana, 2021) develop communication and socialization skills because they usually require a large number of participants.

Traditional games are under threat of extinction in the modern era. People, especially children, prefer electronic-based games such as video games and mobile games. This is because the visual design displayed is more attractive, and the storyline varies with its own level of excitement. In addition, to access video-based games, players do not need to spend excessive energy, and most of it is only done by sitting. This causes physical activity habits to shift, with sedentary activities that do not require much movement taking their place. Sedentary activity can have negative consequences, especially if done for an extended period of time. One of the most influential aspects is motor development, which will be hampered. Aside from motor aspects, social aspects and creativity also declined. This is because video games do not require players to interact with others and can instead be played with the system, also known as the "computer." The tools used in video games are also specially designed so that they cannot be created on their own, which means that creativity and imagination are not required in tool development.

Addiction to video games has spread to all corners of the globe, including Indonesia. This can endanger the survival of traditional games (Ardiyanto, 2019; Izza et al., 2018). Only a few of the many traditional games are still known today. It is a challenge for each generation of the nation to begin preserving the relics of their forefathers. One of the activities that can be done is socialization and revitalization of traditional games (Irawan et al., 2023). Based on the description above, researchers are interested in reintroducing traditional games through socialization involving domestic and foreign students who are visiting Indonesia.

Traditional games need to be preserved, because owning and playing means preserving the culture you have. Cultural acculturation can destroy a culture that is owned and even recognized by other countries if it is not preserved. This activity is expected to attract domestic students so that they can contribute to the process of preserving traditional games (Citraningrum, 2020; Sibuea, 2015; Vardani & Astutik, 2020). In addition, this activity also aims

to introduce diverse Indonesian cultures to the international arena through overseas students visiting Indonesia.

METHOD

This research uses a qualitative descriptive method where the data displayed is not in numbers but in the form of sentences and description images. Data are obtained through observation, interviews, and documentation (Irawan et al., 2023; Rahesti et al., 2023). Participants in this study were overseas students who were visiting Universitas Negeri Semarang, Indonesia and came from the National Taipei University of Nursing and Health Science, Taiwan. They are students exchange program from NTUNHS and take short course in Universitas Negeri Semarang (traditional games is one of that course). During the data collection, the field team provided an explanation regarding the traditional game that will be exhibited to the participants. Traditional games that will be exhibited consist of slingshot, gobak sodor, block racing, and sarong relay.



Picture 1. slingshot, gobak sodor, block racing, and sarong relay games.
(Source: google)

After being given an explanation, participants will be welcome to demonstrate each game using the tools provided. At the end of the event, participants filled out a questionnaire (<https://forms.gle/TMPoyBpYmstjWPZb8>) through a Google Form link related to their experiences after participating in socialization and demonstrations of traditional games in Indonesia.

RESULTS

Based on research, it was found that traditional games have a positive impact on the health and fitness of National Taipei University of Nursing and Health Science students. This research is based on observations, interviews, and documentation. This activity took place in the Kamiso Laboratory, Universitas Negeri Semarang, Indonesia. The short course schedule has 6 meetings and students get the opportunity to learn and practice traditional games. Based on the analysis, the results obtained are that traditional catapult games (*plintengan*), beam racing, gobak sodor, and sarong relay are traditional games exhibited in short-course events. Participants were no strangers to catapult games and block racing. Playing the traditional game of catapult (*plintengan*) requires calm, focus, and good accuracy. Participants did not find it difficult to play this game.

Block-racing games prioritize coordination and speed. Participants argued that although block racing games look familiar, they find them quite difficult because they require coordination and accuracy in moving blocks. The gobak sodor game is a game they have never done in Taiwan. In playing gobak sodor, good tactics and cooperation between team members are needed in order to pass the opponent's guard. In addition, the traditional game of sarong relay is also one of the new traditional games for participants. However, in Taiwan, there is a game that is almost the same as the sarong relay, using a hula hoop. Participants said that playing the glove relay requires the right strategy and good team coordination.

The traditional games showcased in the short-course event had an appeal for participants. This was agreed upon by all participants, who stated that they were very interested in the traditional games they had played. One of the things that draws them to traditional games is the enjoyment they derive from the interaction that occurs both between team members and with opponents. As a result, even though there are some traditional games that are foreign and have a higher level of difficulty, they prefer to play these traditional games. Furthermore, after participating in traditional games, participants reported improved health and physical fitness. This is noticeable after participating in traditional games. Participants are more excited and ready to move on to the next activity.



Picture 1. Slingshot game demonstration
(Source: Research 2023)



Picture 2. Demonstration of a block racing game
(Source: Research 2023)

DISCUSSION

Participants in this study consisted of visiting students from the National Taipei University of Nursing and Health Science. Traditional games on display consist of slingshot, block racing, sarong games, and gobak sodor. Researchers provided material related to traditional games first before asking participants to demonstrate traditional games. The first game demonstrated by participants was slingshot. In the global community, the catapult is also commonly referred to as a slingshot. Since ancient times, people have employed slingshots as traditional weapons (Zulviansyach et al., 2023). The catapult's attack is very fast, and when used by trained individuals, it can be a lethal weapon (Junaidah & Mariana, 2022). After changing times, the catapult turned into a game, and there were rules that had been standardized. To be sure, not many people are aware of the regulation or even that a parent organization is in charge of overseeing the catapult game. This was conveyed by one of the students from Taiwan, who said they were still unfamiliar with the term WSA (World Slingshot Association). The World Slingshot Association (WSA) itself is the parent organization that oversees catapult games at the international level and has formulated regulations that have been passed. In addition, the organization will also hold the Slingshot World Cup in China in 2024, which will be attended by catapult athletes around the world. In Indonesia itself, the organization that Indonesian Traditional Sports Association (PORTINA), which is under the auspices of KORMI (Indonesian Community Recreational Sports Committee).

In addition to catapults, the sport shaded by PORTINA itself consists of slings, Gobak Sodor, tug of war (Mashuri, 2018; Susena et al., 2021; Wicaksono et al., 2021), and others. Participants said that they were quite familiar with this game, so they seemed to have no trouble demonstrating the catapult game. Gobak sodor is also one type of game that is exhibited as one of the traditional games in Indonesia at this event. For gobak sodor, six players are required, divided into two teams. Each team takes turns becoming a guard team or a team that must pass the guard. According to the participants themselves, this kind of game has never been demonstrated in Taiwan. As a result, the field team needs to provide a description that is accurate for the intended message while still being understandable to participants. After demonstrating gobak sodor, participants provided fairly positive feedback, even though this game requires more work. Participants said that this game is an alternative to doing physical activities that are fun and draining. Besides draining energy, this game also requires smart tactics to avoid the opponent's guard. Block racing and sarong relay are no fewer interesting games in the short course of traditional game sessions. These two games are modified games that aim to create an exciting and interesting game, so many are adapted by outbound activists.

After demonstrating traditional Indonesian games, participants felt happy because they had gone through a physical activity exercise (Supiani, 2018) with an exciting and interesting atmosphere. Participants said that gobak sodor became a game that attracted their attention because they had never played gobak sodor. This also applies to the Sarong relay. Sarong itself has become a fairly popular clothing item since ancient times in Southeast Asia, especially in Malaysia and Indonesia. This game is done by moving the sarong to other participants with the hands hand in hand. If the hand slips from the grasp of another participant when moving the holster, then the team is required to repeat from the beginning. Participants felt that this sarong relay game was a game that required the right strategy. Participants said that in Taiwan, relay games with this model are played using hula hoops. The different materials between sarong and hula hoop made participants find it difficult. Although quite difficult, the excitement created in this game is able to disrupt the short-course events of this traditional game.

The short course of traditional game demonstrations was followed by participants filling out questionnaires about their perspectives on traditional games in Indonesia in particular. All

participants indicated that they strongly agreed on the question of whether they were interested in the traditional game demonstration at the event. Participants argued that the traditional games on display had different models and levels of difficulty. This requires participants to learn and participate in demonstrating traditional Indonesian games. According to participants, in addition to providing fun effects, traditional games also provide benefits in terms of health and fitness. This information was also added by the participant with the initials W while they were in Taiwan having never done activities and played like this before. This traditional game gives the sensation that someone is constantly moving and active until they forget that they spent several hours playing traditional games. This is consistent with research by (Supiani, 2018); (Wicaksono et al., 2021) who discovered that traditional games can improve gross motor skills. Gross motor development will influence a child's stage of growth and development, including the cognitive aspect (Utomo & Harwanto, 2020).

According to (Hayati & Hibana, 2021), the more complex the movements performed, the greater the ability of a part of the brain called the primary motor cortex (motor cortex), located in the frontal lobe. In addition to improving cognitive abilities, traditional games can also be used as a form of physical activity that is easy and fun to do. However, with the increasing advancement of technology in this era, several activities have emerged that can be done without moving places, one of which is playing. The number of games that can be accessed via smartphones causes people and even children to switch from physical activity to sedentary activity (activities that do not require moving places) (Yusria & Musyaddad, 2019). Someone who has a habit of sedentary activity for a long time will suffer several consequences, such as an increased risk of cardio-metabolic diseases, an increased risk of obesity, and impaired cognitive function (Apriliani et al., 2020; Fisher et al., 2005).

In addition to health aspects, traditional games can also be an alternative to training social skills (Khasanah et al., 2011). One of these things can be in the form of instilling children's character traits such as sportsmanship, tolerance, sympathy, and empathy for others (Utomo & Harwanto, 2020). Socializing with peers is also expected to reduce stress levels that can disrupt the mental health of a person. Based on research conducted by (Irawan et al., 2023); (Rahesti et al., 2023), physical activity can reduce the risk of mental illnesses such as depression and stress and increase the level of satisfaction with life.

The fewer traditional games that are played, the more traditional games are threatened with extinction. This has led to the erosion of the culture left by our ancestors. Participants argued that one way to preserve traditional games could be by playing them frequently so that they could be understood and demonstrated live. In addition to these steps, providing socialization can be an alternative process of reintroduction to traditional games that have begun to be forgotten (Petegge et al., 2023; Subagyo & Irawan, 2022). According to participants, teachers are one of the socialization actors who have the greatest influence on the process of preserving traditional games (Juwairiah, 2016; Susena et al., 2021). This is because most of the time, children are in school. In addition, at school, children meet with peers who will create fun that is easier to remember when playing together.

Participants also thought that the traditional game (Irawan & Permana, 2019) they got was a fun physical activity. This is in line with research that suggests that traditional games are one of the physical activities that prioritize elements of excitement (Paramitha et al., 2017). Traditional games are universal, which means they can be played simultaneously in all regions and can generate excitement through player interaction (Lubis & Khadijah, 2018). Furthermore, participants believe that the physical activity they engage in will help them improve their physical fitness. This is supported by the statement that traditional games can be used to improve physical fitness (Subekti Nuriska et al., 2020). Physical fitness is a person's

ability to carry out daily activities without experiencing significant physical fatigue and to recover immediately before completing the next task. Physical fitness is very important for everyone to support their daily activities because physical fitness is a degree of the basic dynamic physical ability of a person to carry out daily tasks (Muliadi, 2021). By doing traditional games, participants are required to actively move, such as running, jumping, and throwing, which can help improve physical fitness. The limitation of this activity is the short time during which learning takes place so that participants are less satisfied with learning and practicing traditional games.

The existence of activities to introduce the characteristics of the Indonesian nation through traditional games can help preserve Indonesia's cultural heritage. It has become the obligation of the entire Indonesian nation to be able to maintain this cultural heritage so as not to lose its characteristics. This is also one of the attractions for tourists to visit Indonesia, which has a variety of cultures and heritages (Permana & Irawan, 2019). Traditional games should receive special attention and high priority to be protected, built, developed, empowered, and inherited. This is necessary so that traditional games can survive in the face of other cultural elements that do not come from their own culture (Suryawan, 2020).

CONCLUSION

Based on the results of the study, it can be concluded that socialization related to traditional games is one of the means to preserve the existence of traditional games. This is because traditional games are part of the cultural heritage that has been guarded for generations by the ancestors of the Indonesian nation. Preserving cultural heritage is the obligation of the entire Indonesian nation so that this nation does not lose the characteristics that are one of the attractions of tourists. The more tourists who are interested in Indonesian culture, the more Indonesia will be known in the international arena. In addition to socio-cultural aspects, traditional games are also an alternative to maintaining health and fitness. In addition, traditional games can also be a means of recreation that can be done even with limited tools. This research is limited to the discussion of traditional games, which are still quite extensive. For further research, it is expected to introduce and focus on one original traditional game typical of Indonesia. The things discussed can be in the form of benefits of these traditional games in one aspect, including fitness aspects, social aspects, or mental health aspects.

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