

The Effectiveness of Gobak Sodor Game on Increasing Agility in PB Athletes. Mega Citra



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ABSTRACT: The purpose of this research is whether the gobak sodor game can improve the agility of PB badminton athletes. Mega Image. The benefits of this research are,; 1) theoretically this research opens a paradigm in the field of coaching in general and in particular in badminton to always use local wisdom in badminton physical condition training; 2) this research is expected to increase the knowledge of the trainers so that they choose simple training methods but can improve various physical conditions in badminton; 3) as a reference value for the quality of further research. The results showed that the value of the T test analysis (15.24) was greater than the value of the T table (1.729) so it could be concluded that there was an effect of the Gobak Sodor game on increasing the agility of Pb athletes. Mega Image. Analysis of research data manually without using SPSS. The frequency of exercise is 3 times a week according to the training schedule, the number of meetings is 16 times. The traditional game of gobak sodor is a cultural heritage that can be played by all ages and needs to be applied by coaches for training methods to increase agility in badminton athletes.

KEYWORDS: Gobak Sodor, Badminton, agility

I. INTRODUCTION

Indonesia is a country that has a variety of traditional games which are cultural treasures (Anggita, 2019; Irmansyah et al., 2020). Various traditional games, namely ankle, jump rope, sack run, wooden getrik, congklak, bamboo stilts and gobak sodor (Ishak, 2017). One type of game that trains muscle strength more is traditional games. Cultural developments in modern times today, which we all know that traditional games have become a hereditary social activity as transformation and conservation are increasingly eroded by the times (Lukmanulhakim, 2022). In today's modern era, traditional games are rarely played by the public, even children are currently busy with gadgets so that most children do not know how to play traditional games.

Traditional games are an important part of the cultural heritage of recreation typical of Indonesia (Iman, Soraya, Pascal). & Ahmed, 2021). Traditional games are a cultural heritage in a country that must be preserved because traditional games are loved by all levels of society, including Indonesia (Hanief & Sugito, 2015). Traditional sport is not only a game for fun but can be used as a method of learning and training in an agency or self-defense (Kylasov, 2019). Traditional games should be a very easy method to use in the learning process or as a training method in a sports branch (Sun, 2016).

The traditional games known by children today are jumping rope, hide and seek, engklek, peg catfish, and gobak sodor (Elma Arlina, Mardeli & Lidia Oktamarina, 2022). Through traditional games, gobak sodor can develop all its potential optimally, both physical potential and those related to kinesthetic, mental intellectual, and spiritual intelligence (Agus Mulyadi, Nuriska Subekti & Juhrocin, 2020).

Based on the description above, it can be concluded that traditional games are a result of community culture that has grown and lived up to now, games inherited from ancestors that are carried out voluntarily where the game is played using the language and characteristics of certain areas that must be preserved in order to strengthen identity. nation. Traditional games make people skilled, tenacious, agile, agile, and so on and have benefits for children.

The game of gobak sodor is one of the cultural heritages that is still being preserved and is still being played by children in this modern era (Ilham, 2011). Through the Gobak Sodor game, children are given the breadth to express their abilities in the three shutters, both psychomotor, cognitive, and affective (Widiasari et al., 2016). However, in this study, the Gobak Sodor game focused on psychomotor activity in badminton training (Suherman et al., 2019).

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Badminton is one type of sport that is popular and much-loved by people in the world, especially in Indonesia. This development is due to the fact that badminton is a sport that can be played by everyone from children, adults to the elderly. Badminton has reached a very rapid stage of development and is attracting the attention of many people. This badminton game was created by British Army officers in Pune, India in the 19th century when they added nets and played them competitively (I Putu Widi Diatmika & Tisna, 2020). Until now, almost every country is competing to learn, develop and hold badminton games (Juang, 2015). In badminton, agility can be seen in the movement of chasing the shuttlecock, forward right and left movements, right and left side movements, right and left rear movements that require very fast and accurate movements without compromising body balance. The agility movements of the badminton players need to be trained with the correct and appropriate method in order to improve the agility and balance of badminton players properly. In addition to aligning the principles of training in accordance with badminton. One of the exercises to improve agility and balance is the traditional game of gobak sodor. Every movement in the game of gobak sodor there is an element of agility in the badminton game.

The traditional game of gobak sodor has several aspects of physical fitness, namely speed, agility, accuracy, reaction speed and balance (Prasetio et al, 2020). In the gobak sodor game, it can encourage the development of agility and balance which can be given many opportunities to play the gobak sodor game (Gui-Ping Jiang et al., 2017). Gobak sodor as a game tool that can stimulate a person's physical work in the category of all ages. The game of gobak sodor demands good reaction speed, agility and balance in passing opponents (Danang Wicakso, Siswant, Nawan Primaso & Fauzi, 2021).

The aspects contained in the gobak sodor game are speed, agility, and accuracy (Prasetio et al., 2020). These three aspects are a basic element for a badminton athlete in pursuing the shuttlecock. Fast, precise and flexible movements enable athletes to reach the shuttlecock (Fung & Lee, 2018).

However, this is rarely applied by badminton trainers when providing training, this simple training method should be used as a driving force for the enthusiasm of the trainers in practicing at the Badminton Association in Indonesia (Septaliza & Victorian, 2017). Exercise through a traditional game approach has a good added value for athletes, in addition to practicing the physical condition of the athletes, they can also get to know their own culture, namely the traditional game of gobak sodor.

The purpose of this study was whether the game of gobak sodor could increase the agility of PB badminton athletes. Mega Image. The benefits of this research are,; 1) theoretically this research opens a paradigm in the field of coaching in general and in particular in badminton to always use local wisdom in badminton physical condition training; 2) this research is expected to increase the knowledge of the trainers so that they choose simple training methods but can improve various physical conditions in badminton; 3) as a reference value for the quality of further research.

II. MATERIALS AND METHODS

This type of research is an experimental research which means that experimental research has treatment (Tanner, 2018). The use of this method aims to help researchers obtain a complex picture related to the development of research given to the subject. The design in this study used a one-group pretest-posttest design. This design was carried out pretest to determine the condition of the subjects studied before or after being given treatment, then the results were compared to see whether the athletes experienced changes or not with posttest (Trochim & Donnelly, 2016). The place in this research is the Pb Badminton field. Mega Citra in the Special Region of Yogyakarta, Indonesia, which is still active in training. Measuring agility with a shuttel run. Analysis of research data manually without using SPSS. When this research was conducted for 8 weeks or 2 months, this research was carried out on May 09 – July 09, 2022. The frequency of exercise is 3 times a week according to the training schedule, the number of meetings is 16 times. Pb training schedule. Mega Citra Monday, wednesday and Friday at 15-18 WIB. Population is the total number of subjects in a study (French et al., 2013; Kenton, 2020). The population in this study were badminton athletes Pb. Mega Citra is active, totaling 20 athletes. The sample is part of the population to be studied in a study (Rose et al., 2017; Zalla & Yates, 2020). The sample in this study was the entire population of 20 athletes by age, adolescent athletes who had been selected and determined by the researchers in accordance with the sampling criteria, then treatment would be given. Sampling in this study was carried out carefully so that the samples used in the study met the criteria and needs in this study. The samples taken were representatives of teenage athletes Pb. Mega Citra

III. RESULT

Based on the research results obtained for the research hypothesis, it was found that there was an increase in the agility of Pb athletes. Mega Citra through the traditional game of gobak sodor. The results can be seen in table 1 below.

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Table 1. Distribution of pretest and posttest data

Treatment	N	Lowest Score	Highest Score	Average	Standard Deviation	Significant
Pretest	20	14.50	10.35	12.04	0.97	5%
Post test	20	12.75	10.15	11.74	0.78	

Based on table 1 described using Descriptive statistical analysis manually as follows: the results of the pretest in playing badminton which were treated with the Gobak Sodor game and measured agility using shuttle run got the lowest score of 14.50, the highest score of 10.35, the average value of 12.04, and standard deviation of 0.97. While the posttest results obtained the lowest value of 12.75, and the highest 10.15, the average value of 11.74, and the standard deviation of 0.78.

Table. 2 Normality Test

Treatment	N	Score	Result
Pretest	20	0.045	Normal
Posttest	20	0.089	Normal

Table 3. Test of Homogeneity of Variances

Treatment	N	Score	Result
Pretest and Posttest	20	1.59	homogeneous

Based on table 3 above, it is declared homogeneous if the value is smaller than the value of the F-distributed table with a significant level of 5%. The pretest and posttest scores (1.59) were smaller than the F table values (2.17). The conclusion is that from the data in table 3 above the pretest and posttest are distributed (homogeneous).

Table 4. Data Result Test Effect of

Treatment	N	Score	Result
Pretest and Posttest	20	15.24	Influential

From the results of table 4 above, it can be seen that there is an effect if the analyzed value is greater than the distribution table T with a significant level of 0.05. Table 4 shows the value of the T test analysis (15.24) is greater than the value of the T table (1.729). This shows that H_a is accepted and H_o is rejected, so it can be concluded that there is an effect of the Gobak Sodor game on increasing agility in Pb athletes. Mega Image. This is because agility is one of the motor components which is defined as the ability to change direction effectively and quickly and agility occurs due to explosive power movements with the traditional game of gobak sodor (Rahman, 2018).

Gobak sodor is a team sport game that requires cooperation (Nia Puspitasari, Siti Masfuah & Ika Ari Pratiwi, 2022). The game of gobak sodor has several skill aspects such as walking, running and agility, thus in the application of this game it contains techniques for mastering physical skills, one of which can be observed in the agility aspect (Suharti, Ujang Rohman & Harwanto, 2021). Badminton athletes do not only rely on strength but also the agility factor possessed by badminton athletes in order to achieve the desired achievement.

Components of the physical condition of coordination are also found in the game of gobak sodor which can be seen when the avoidance movement in the movement is found to be a collaboration between agility and balance that are interconnected in one movement (Yoga, Danang & Puji Setyaningsih, 2021). The type of physical exercise that is given quickly and vigorously will provide changes that include an increase in anaerobic substrates such as ATP-PC, creatine and glycogen as well as an increase in the number and activity of enzymes (Nogales-Gadea et al., 2016), so that regular physical exercise will increase improve one's performance (Sharti, Ujang Rohman & Harwanto, 2021).

Based on the value from table 2 above, it is declared normally distributed if L_{count} is smaller than L_{table} with a significant level of 0.05 Liliefors test. Thus the value of pretest (0.045) and posttest (0.089) is smaller than (0.190), then the data can be stated (normal).

IV. CONCLUSION

The traditional game of gobak sodor is a cultural heritage game that can be played by all ages and needs to be applied to training methods to improve agility in badminton athletes.

Based on the results of the research analyzed, it can be concluded: 1). The influence of the gobak sodor game on the agility of badminton athletes Pb. Mega Citra, 2). The gobak sodor game is proven to increase agility when athletes play badminton, 3). The gobak sodor game can also increase the athlete's confidence and joy when participating in training.

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