

## Control The Child's Motor Movements through Traditional Games



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**ABSTRACT:** Motor motion control is the control of motor motion that needs to be trained from an early age. Motion is basically often done by humans from infancy, namely by crawling. When the child's motor movements are not trained since childhood, there will be delays that prevent the child from moving at the right age. This research aims to determine the influence of traditional games on children's motor motion control. This type of research is literature review research or literature research. The data obtained by the researcher is the result of research that has been researched by previous researchers and this research was obtained from Google Scholar. The result of this literature review is that traditional games have a good influence on children's motor control movements

**KEYWORDS:** Child movement, Litteratur view, Motor motion, Tradional games,

### I. INTRODUCTION

Movement is a daily activity carried out by all humans. According to (Kiram 2016) movement as a goal or movement as a tool to achieve goals or to solve problems. Movement as a goal means that the object being measured is the movement itself, such as in the world of sports, the movements carried out during gymnastics, martial arts and swimming. Meanwhile, movement as a tool is when the movement carried out is not something that can be measured but is a tool to achieve the desired goal, such as walking to school and other activities.

Movement is basically a simple thing that is often done by all humans, but this needs to be done gradually. Starting from when the baby finally started, then continued to learn to walk. In the movement process, humans think and analyze the information they receive which is then made into movement as a result. Motor movements need to be taught from an early age so that children do not experience delays in their motor skills. Motor delays occur due to a lack of learning motor skills, excessive parental protection, balanced nutritional intake, knowledge and understanding of children's motor development which parents must know from the time the child is still a toddler.

According to (Rhomadona and Rahasyim 2020), to reduce motor delays, the role of parents and health workers in supporting their toddler's motor development is very important. Health workers can provide Heald Education to parents, especially mothers, about motor development which can grow optimally if parents have good knowledge, namely knowing the meaning, stages and factors that influence motor development, providing adequate nutritional intake, direct and continuous stimulation using methods. play and affection, and toddlers are in a good environment to determine whether or not the child's potential has been achieved.

Traditional games are games that have existed for a long time and have been passed down from generation to generation and are usually played by children. Traditional games need to be cultivated and preserved because they have good benefits for children's motor skills. One way to preserve it is to modify the traditional game itself to make it more fun and adapt to the age that the traditional game will provide. According to (Mahfud and Fahrizqi 2020) in their research, based on comprehensive research results, it shows that the product model for motor skills training through traditional sports is overall feasible and effective to use. Based on the description above, the author is interested in studying more deeply about traditional sports or games for the development of children's motor control.

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### 2. MATERIALS AND METHODS

The method used by the author is literature search or literature review. According to (Pranata and Kumaat 2022), a literature review is a description of theories, results and other research used to formulate the problem we are investigating. Literature study or library research is a study that examines research, ideas written scientifically, and provides theoretical and methodological contributions to a topic that you want to discuss.

The source of the journal studied was Google Scholar. Refers to the keyword "Traditional games for the development of children's motor control" which is used to search for national journals. Meanwhile, looking for an international journal is "Traditional games for the development of children's motor control". From searching these journals and adjusting them to the themes to be discussed, the author obtained 6 national journals and 3 international journals. Then for the findings, they are specified in the last 10 years, namely around 2013-2023.

### 3. RESULTS

There were 8 journals and articles (6 national and 2 international) as main literature with various kinds of research conducted domestically and abroad. The first literature research data from Murdaningrum and Gregorius took data on children aged 6-8 years in Babadan Village, Special Region of Yogyakarta. The second literature research data from Silanindah and friends took data on 20 Sukakarta Village students. The third literature research data from Efendi and Ifa took data from 20 children from group B RA Khoiriyatussibyan. The fourth research data from Rahayu and Syahrul took data from 20 children of the Nagari Gurun Panjang Child Friendly Kindergarten. The fifth literature from Hasanah examines in depth the benefits and types of traditional sports, especially for physical motor skills. The sixth research data from Sulistyanyngtyas and Fauziah took data from 66 children aged 5-6 years. Seventh literature from the international conference on science journal by Rahmat and friends. Eighth Journal Literature from the Department of Sport Studies, University Putra Malaysia by Abdullah and friends. And the ninth literature from the journal International Conference of Early Childhood Education by Rahmadni and friends.

The substance of research articles and journals including title, research name and research results is displayed in the following table:

No.	Tittle	Researcher	Result
1	The Role of Traditional Games in Improving Self-Control in Children Aged 6-8 Years	Nastiti Mudaningrum <sup>1</sup> , Gregorius Ari Nugrahanta <sup>2</sup>	The application of traditional game manuals shows an influence on the self-control personality of children aged 6-8 years. The effect size of $r = 0.90$ is classified as "Large effect" or equal to 82.20% power. This means that the implementation of traditional game manuals can explain the 82.20% increase in self-control of children aged 6-8 years. The effectiveness of implementing the guidebook can be seen through the N-gain score output, getting a score of 64.806% which has "Medium" effectiveness.
2	The Influence of the Traditional Stilt Batok Game to Improve Gross Motor Skills in Children Aged 3-4 Years	Risella Amelia Silanindah <sup>1</sup> , Heri Yusuf Muslihin <sup>2</sup> , Risbon Sianturi <sup>3</sup>	There is an influence of the traditional game of batok stilts on the physical development of gross motor skills of children aged 3-4 years in the Saluyu Bkober Class, Sukakarta Village. The average value of the experimental class is superior to the control class. The experimental class had an average of 62,563 while the control class had an average of 28,174.
3	The Influence of the Traditional Game of Bentengan on the Physical Motor Abilities of Early Childhood	Dwi Imam Efendi <sup>1</sup> , Ifa Aristia Sandra Ekayati <sup>2</sup>	There is a significant influence on traditional games strengthening children's physical motor skills group B RA Khoiriyatussibyan. Research result and hypothesis testing via the One Way ANOVA test shows Fcount of 8.138 with value significant of 0.006. While the results of Ftable amounting to 3,354 with a level of 5%, so you can conclusion Fcount is greater than Ftable then the traditional game media fortification is influential on the physical motor abilities of group B children Kindergarten in Semanding sub-district
4	The Influence of Traditional Boy-boyan Games on Children's	Lisha Desti Rahayu <sup>1</sup> ,	Based on data analysis for motor skills children in the control group (B1) had an average score of 110 and the experimental

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	Motor Development in Nagari Gurun Panjang Child-Friendly Kindergarten	Syahrul Ismet <sup>2</sup>	group (B2) is the average value 118. After carrying out the hypothesis there are results $t_{count} > t_{table}$ $2,450 > 2.10092$ proof level $\alpha=0.05$ p There are significant differences in the results motor skills of children in the experimental class using boy-boyan games compared with the control class, it can be stated that Boy-boy games have a big influence on children's motor development in kindergarten Kid Friendly Nagari Gurun Panjang.
5	Development of Physical Motor Abilities Through Traditional Games for Early Age Children	Uswatun Hasanah <sup>1</sup>	Psychologists consider that it is actually a toy Traditionally, it is able to shape children's motor skills well rough or smooth. Apart from that, there is a connection 3 Types of traditional games are: (1) Congklak/Dakon Game; (2) Jump Tali/Sapinrong; (3) Marbles game with children's motor skills that the child's physical motor skills Early childhood will not develop without it maturity of motor control, and motor skills will not be optimal if it is not balanced with movement of body parts without physical exercise.
6	Development of a Guidebook for Traditional Games to Improve Gross Motor Skills in Children Aged 5-6 Years.	Reza Edwin Sulistyaningtyas <sup>1</sup> , Puji Yanti Fauziah <sup>2</sup>	Traditional games in guidebook One of them is the stilt game shell/bathok, jump rope and crank. Results t-test calculations obtained a value of $\alpha = 0.000$ , value is less than 0.05 ( $<0.05$ ). That conclusion obtained that traditional game guide book effective for improving motor skills rough.
7	The Impact of Traditional Games on the Gross Motor Skill Development of an Early Childhood	Borhannudin Abdullah <sup>1</sup> , Saidon Amri <sup>2</sup> , Kok Lian Yee <sup>3</sup> dan Bahaman Abu Samah <sup>4</sup>	The Intervetion program using tradisional games approach, may lead to a significant effect of traditioanl games towards the development of gross motor among the subject in all dependent variables SLS, SMS, AEL, AEM and GMDQ. The same result still remained or obtained after controlling the pre-test score. Analysis showed that only 3 other factors may contribute towards the development of subjects gross motor which is prestets score, sex and income. Nevertheless, traditional game may contribute a great and significant effect toward the development of subjects gross motor after controlling the pre test score, sex, and income. Anlysisi result clearly support with significant evidence that the traditional games may lead to a great effect in improving the development of gross motor skills level of the treatment group in this study.
8	The Influence of Traditional Games on The Development of Children's Basic Motor Skill	Ni Kadek Aris Rahmadani <sup>1</sup> , Lita Latiana <sup>2</sup> , dan R. Agustinus AEN <sup>3</sup>	The conclusion of this research as follows: the influence traditional game on the development motor skill early childhood about three aspect in engklek game, such us: 1) aspect lokomotor, consist of hopping and jumping 2) aspect nonlokomotor consist of standing straight, spinning around, spinning by changing, and 3) aspect manipulative consist of throwing gacuk in a box. Three aspect can developing with traditional game, one of them is engklek and can played physical learning activity in the school or daily activity at home with other friends. Introducing for early childhood if Indonesia have many traditional games and culture in every region.

## 4. DISCUSSION

The first literature was research by Nastiti Murdaningrum and Gregorius Ari Nugrahanta (2021). This research is motivated by the lack of good character learning so that bullying often occurs at school, so there is a need for self-control from an early age. This research is research and development research using the ADDIE type whose output is a guidebook. In the process there are 3 stages, namely; 1) Needs analysis carried out with six verified teachers from various regions in Yogyakarta, 2) Design, in the form of creating a guidebook, and 3) Reflection on each game by working on questions about the control character. The results of this research are manuals with traditional games that have effective learning that includes rich stimulation, variety, concrete operations, critical thinking, fun, creativity, communication, collaboration, multicultural, and self-control characters (Murdaningrum and Nugrahanta 2021).

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The second literature aims to determine the effect of the traditional game engrang batok in improving gross motor skills in children aged 3-4 years. This research method uses a nonequivalent pretest-posttest control design on 20 children. In this study, the gross motor variable was used as a data collection tool. The results of this study prove that the traditional game of stilts has quite an effective influence on the physical motor development of children aged 5-6 years with an average result of 62.563 (Silanindah, Muslihin, and Siantur 2022).

The third literature is research by Dwi Imam Efendi and Ifa Aristia Sandra (2017). This research used 2 classes, the first class was an experimental class with 20 children who were treated with the traditional game of fortification, while the second class was a control class which was treated following learning according to the teacher's directions. The results after students were given the specified treatment showed a homogeneity result of 0.477, which shows that the number concept ability in this research is homogeneous. According to research results, the traditional game of fortification has an influence on the physical motor development of children aged 5-6 years by testing the hypothesis through the One Way Anova test which shows an F count of 8.138 with a significant value of 0.006. Meanwhile, the Ftable result is 3.354 with a level of 5%, so it can be concluded that Fcount is greater than F table (Efendi and Ekayati 2017).

The fourth piece of literature in this research aims to determine the effect of the traditional boy-boyam game on children's motoric development. The subjects of this research consisted of 20 people from the Nagari Guron Child Friendly Kindergarten. Based on the results of the motor skills of children in the control group and the experimental group at the post-test stage, the average score for the control group was 110 and the average score for the experimental group was 118. Based on the results of the data analysis that had been carried out, the tcount was 2,450 compared to  $\alpha=0.05$  (ttable = 2.10092) with degrees of freedom  $dk (N1-1) + (N2-1) = 18$ . Thus  $tcount > ttable$   $2.450 > 2.10092$ , therefore the  $H_a$  hypothesis is accepted or  $H_0$  is rejected. It can be concluded that there is an influence using boy-boyam games in developing children's motor skills at the Guron Panjang Child-Friendly Kindergarten (Desti Rahayu and Ismet 2021).

The fifth literature discusses the development of physical motor skills through traditional games for early childhood. This article explains that there are several contributions made when playing traditionally, namely; 1) Physical formation, 2) Mental formation, 3) Moral formation, and 4) Formation of social abilities. The types of traditional games that can be played are as follows; 1) Congklak/Dakon, this game trains children in counting, making strategies, and trains gross motor skills in moving their hands and coordination to put seeds in the congklak hole, 2) Jump Rope, trains children's jumping skills which directly also improves their muscles. Apart from that, it can also train emotions, accuracy, socialization and intellect, and 3) playing marbles (Hasanah 2016).

The sixth literature in this research aims to develop the design of a traditional game guide book to improve the gross motor development of children aged 5-6 years and determine the feasibility and effectiveness of a traditional game guide to improve gross motor development. The development model used in this research is using ADDIE which consists of 5 stages, namely: analyze, design, development, implementation, and evaluation. The sample consisted of 66 people aged 5-6 years. Data analysis used t-test analysis with a significance level of 0.05. The research results concluded that traditional game guidebooks were effective for improving gross motor skills. The results of the t-test calculation obtained a value of  $\alpha = 0.000$ , this value is less than 0.05 ( $<0.05$ ). In this guidebook there are traditional games which include shell stilts/bathok, rope jumping and engklek (Sulistyaningtyas and Fauziah 2019)

The seventh literature examines the influence of traditional games on the gross motor development of young children. This research used 2 analytical studies, namely descriptive analysis to determine the level of gross motor development and age similarities and MANOVA and MANCOVA analysis to determine the effect of interventions to control other factors. The results of the analysis show significant evidence that traditional games can have a big effect in increasing the development of gross motor skill levels in the treatment group in this study (Abdullah et al. 2016).

Eighth literature: This research begins with the problem of the negative impact of modern games on motor activity for young children. The aim of this research is to determine the increase in the development of basic motor skills in group A Pertiwi 49 Ngijo using the Engklek game. This research uses a quantitative method with a preexperimental model experiment, namely One Group Pretest-Posttest. The research results show that children's skills have experienced a significant increase of -5.44, which shows an increase in children's motor skills (Rahmadani, Latiana, and AEN 2017).

## 5. CONCLUSIONS

The results of this literature review reveal that there are 8 research results which state that traditional games have a significant influence on children's motor movement control. Traditional games can be played by children because this activity is fun and monotonous so it can accelerate the development of children's motor control movements.

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Based on the discussion in this research, the suggestion that the author can give for further research is to add other variables that have a correlation with this theme.

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