

Analysis of Gobak Sodor Game in Physical Education

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ABSTRACT

This simple research was conducted to analyze the values in the gobak sodor game in physical education. This type of research is library research, namely a study of theoretical and other research related to values, culture, and norms. The results of the study indicate that the values of the gobak sodor game can be applied in physical education.

Keywords: *analysis, gobak sodor values, physical education*

INTRODUCTION

Physical Education, Sports and Health in traditional sports-based schools are very important to observe and research, because education in Indonesia today cannot be separated from the culture and habits of the people in it. The advancement of technology in the era of globalization like today has directly or indirectly changed children's habits in filling their free time to play. Games that are currently trending for generation Z children cannot be separated from technological advances. The increasing development of technology and the sophistication of games available on gadgets today have made children and adolescents in the current generation less able to understand, indifferent, indifferent and feel old-fashioned to them about traditional games.

PJOK is an important part of learning that is inseparable from education in general. Quoted from the official website of the Ministry of Education and Culture of the Republic of Indonesia, the following researchers explain the definition of physical fitness and its benefits. Physical fitness itself is the body's ability and ability to adjust to the physical load given to it without causing excessive fatigue. Every human being needs a good level of physical fitness, in order to be able to carry out their work effectively and efficiently without having to experience fatigue. The degree of a person's physical fitness will greatly determine their physical ability to carry out daily work or activities. The higher the degree of a person's physical fitness, the higher their physical work ability will be normally. Related to all sports, physical fitness is useful for improving physical condition and is a basic program in coaching athletes to achieve. One way to improve this physical fitness training, researchers will package it in physical education through the sport of gobak sodor games. The benefits of doing physical fitness training regularly and correctly for a sufficient period of time include:

- a. Maintaining ideal body weight and preventing obesity

Overweight and obesity can occur due to the accumulation of excess food substances and energy that accumulate in the body. In addition, obesity and obesity can also occur because the body is less active.

b. Preventing heart disease

When the body is exercised, blood flow from the heart to the entire body and from the entire body to the heart becomes smoother than when the body is still. So physical fitness training is also to prevent heart disease.

c. Preventing and overcoming diabetes

Physical fitness training can also be useful for slowing down the rate of diabetes or excess blood sugar.

d. Improve hormone quality

Physical fitness training can affect hormone productivity. One of the hormones that will appear when exercising is the happy hormone or endorphin. This endorphin hormone is what appears and can create feelings of pleasure, comfort and make someone energetic.

Physical education as one of the subjects in schools that has a strategic role in internalizing good character. This can be done by providing real practice in the form of games in teaching and learning activities. The goal of physical education is to develop children as a whole through physical activities, not only developing their physical, but also developing mental, social, emotional, intellectual and overall health values. The formation of the character of the nation's children can be done, one of which is through sports games. The existence of a sports forum will be able to develop the character values of the nation's children, sportsmanship and at the same time strengthen national unity. One of the sports that can be used to foster character values that we will achieve in learning is through traditional games.

Traditional games are a game activity that grows and develops in certain areas, which are identical to cultural values and community values that are taught from generation to generation. The game, students are able to improve their talents and potential. Traditional games, in essence, give a sense of happiness and satisfaction to anyone who plays them. This game is universal and common, so that the game does not only appear in one area but will also be found in other areas. This proves that not only one area can play it, but every traditional game can also be played by children in other areas. Because in general, each area has a unique and distinctive way of playing it (Euis Kurniati, 2016). Gobak sodor is a traditional game played using a rectangular field with squares. Each line will be guarded by a player whose job is as a guard, the attacking player who enters must be able to pass the line guarded by the guard and if they are touched by the guard, they must change to become the guard. While the word "sodor" means 'to thrust'. In this case, what must be thrust is our body and hands so that we can touch the opponent who is trying to cross the line. Gobak sodor or galah asin is one of the traditional games in the Special Region of Yogyakarta. Gobak Sodor is a game to

prevent opponents from reaching the finish line. This game is played by two teams, each consisting of three to five people. The guard team is divided into two, guarding the horizontal line and guarding the vertical line. This game is classified as a very difficult game because someone must be alert and agile so as not to be caught but it is very exciting and fun to play together (Rianto, Hadi., Yuliananingsih., 2021).

In the implementation of the gobak sodor game, there are several elements of skill mastery including mastery of technical, tactical, physical, and mental skills. Technical skills are skills to understand and master the rules contained in the gobak sodor game, tactical skills are skills to master the strategy of the gobak sodor game in an effort to take opportunities, physical skills are skills to move quickly and agilely past obstacles and not be touched by the line guard, while mentally prepared to prepare for maximum final results.

In addition to the excitement of playing together, games in the 90s provided many benefits, such as one of them in terms of health because the game requires a lot of physical movements and its own strategies to win. In addition to the health benefits, the gobak sodor game has values in it, namely, the value of honesty, the value of sportsmanship, the value of cooperation, the value of strategy management, the value of leadership (Nadziroh, N., Chairiyah, C., & Pratomo, W., 2019).

Based on the explanation above, introducing and playing the gobak sodor game is an effort to preserve regional culture through traditional games. These efforts are very important to implement considering the fading existence of traditional games among children. The important values of traditional games for children include as a place to express emotions within themselves, improve social skills, independence, creativity and mutual cooperation, train verbal development and language skills, and develop children's ability to solve problems.

The game of gobak sodor may have many differences with modern games. The essence that emerges from traditional games can influence the character of Indonesian children, not only from the impressions obtained after playing, but the nature and character that are expected as native Indonesians will be built by themselves. Therefore, in choosing a game, it must be seen from the impact caused, whether modern games that have a bad impact but look cool or traditional games that look old and simple, but are able to have a positive impact in shaping the character of the nation's successors (Nur, 2013). The important values of traditional games including improving social skills, independence, creativity and mutual cooperation will be revealed by researchers in this simple research.

In this literature review, the simple research that researchers reveal focuses on one analysis of the game of gobak sodor in physical education. Through the game of gobak sodor, in addition to physical education as a means of forming children's character, with local wisdom that researchers instill, it is able to foster the values contained therein. This is an important reason that the values of gobak sodor game

skills are relevant to character formation through physical education, sports and health in schools.

THEORETICAL STUDY

A. Main Theory

Traditional children's games are a manifestation of local wisdom that is passed down to the community from generation to generation and is more social in nature. Traditional games are simple sports that can improve physical fitness and foster a sense of love for the country for children's regional culture. Traditional games are a type of folk game that is a cultural heritage of the ancestors of the Indonesian nation that grew and developed in a particular community. According to research, it has been empirically proven that children's abilities develop much more when they play traditional games. This ability to communicate, work together, sportsmanship, build strategies, and their physical abilities (running, jumping, balance) as well as children's character can develop rapidly. This is also proven that traditional games can also influence the intelligence of Indonesian children.

Efforts to reintroduce traditional games are expected to be an encouragement and support for the Indonesian government in order to increase public awareness of the importance of national education based on culture. As stated in Article I paragraph 2 of Law No. II of 1989 which contains an understanding of the implementation of national education for children still based on the earth and dependent on Indonesian culture by incorporating local wisdom values (Nofrans Eka Saputra, 2017). The basis of this law should be the basic pillar for the development of education in Indonesia for the development of student character.

B. Supporting Theory

In this study, the author presents previous research that is relevant to the problems to be studied. Among them:

1. Based on the results of research conducted by Ananda Bella Pratiwi¹ and Anis Fuadah Z (2020) in a journal entitled "Traditional stilt games from Banten Province and the formation of character to appreciate the achievements of MI/SD students in Indonesia", it was concluded that Traditional games from Banten Province and the formation of character to appreciate the achievements of MI/SD students in Indonesia provide a little picture of the benefits of traditional games, especially stilts in the formation of character to appreciate the achievements of MI/SD students. This topic is motivated by an event where students are more interested in modern games based on sophisticated technology such as online games, as a result many traditional games are starting to be forgotten by children and even seem foreign to hear. In addition, modern games can cause an addictive effect so that it affects the behavior and character of students. In fact, at the age of elementary school / MI is the right time for

children to form their character. For that, through traditional games it is hoped that it can be an effort to form the character of students. This journal is written based on a literature study to explain that traditional games can not only encourage students to interact socially with friends but in accordance with the title above that the character of students in appreciating achievements can also be formed through traditional games. For that, traditional games have an important role in forming the character of students such as appreciating Indonesian culture, because this behavior has become an achievement for students in preserving Indonesian culture.

2. The results of further research written by Bahtiyar Heru Susanto (2017) in his journal entitled "Traditional Game Development to Form Character in Elementary School Students", in his journal it is stated that traditional sports games are increasingly marginalized by the presence of modern games such as play station and online games. Online games are generally played statically, causing children to become indifferent to the environment, thus affecting children's social interactions. The impact is that children develop into shy, solitary, and individualistic individuals. The purpose of this study is to develop a physical education learning model through traditional games to form disciplined and honest characters in elementary school students. This study adapts the research and development of the Borg & Gall model by simplifying it into 2 stages of research, namely (1) the pre-development stage, which includes literature reviews and field studies, (2) the development stage, which includes (a) preparation of product drafts, (b) expert validation, (c) field trials, and (d) final products. The results of the study indicate that three modified traditional games have been compiled that integrate honest and disciplined character behavior, namely (1) mladok, (2) gompot, (3) si boi. The elements of traditional game modifications include: game name, image, goal, tools, supporting facilities, how to play and the potential of the character formed.

METHOD

The method used in this simple research is using literature study. According to Sugiyono (2015), literature study is related to theoretical studies and other references related to values, culture, and norms that develop in certain situations. This study uses a literature study of 23 articles and 12 books, because this study is supported by various sources from literature and references as references so that the results obtained are in accordance with the expected objectives.

The research identification stage by conducting observations regarding the research variables that will be tested qualitatively. Furthermore, the results of the identification are used to determine the focus of the research. After that, enter the data collection stage, data collected through literature and the results of observations that have been determined. Furthermore, the final stage is data analysis. The content

analysis technique uses qualitative. The results of the analysis are in the form of qualitative data and are used to support the research objectives.

RESULTS AND DISCUSSION

A. Gobak Sodor Game

The gobak sodor game is one form of traditional Indonesian game that is closely attached to the Javanese community. Traditional games can also be said to be traditional games from ancient times and are used as a social unifying tool by children from ancient times which are played in their free time. In ancient times, children's lives were still not familiar with technology so that there were many activities outside the home to socialize with the surrounding community through outdoor games (Izza, Solikhatun., Nurizqi, Tindi Laili., Ayuningrum, Rina Dwi., 2018). Reviewing various existing literature, several values contained in the gobak sodor game were obtained, including the values of social skills, independence, creativity and mutual cooperation.

This gobak sodor game is a type of outdoor game and definitely requires facilities in the form of an open field. Other tools used are chalk if played on a grass field surface, or wood to make lines on the surface of the dirt field. However, in accordance with the times, this game can be played indoors with grid lines made of paint or duct tape. The gobak sodor game is played by two groups of 8 people (5 core players, 3 reserve players), each group is positioned as a guard team and a playing team.

B. Physical Education

Physical education is an inseparable part of education in general. Quoted from the official website of the Ministry of Education and Culture of the Republic of Indonesia, the following researchers explain the definition of physical fitness and its benefits. Physical fitness is the body's ability and capacity to adjust to the physical load given to it without causing excessive fatigue. Everyone needs good physical fitness to be able to carry out work effectively and efficiently without experiencing fatigue. The existence of PJOK subjects in schools is expected to ensure that the fitness level of Indonesian children is at a good level for the sake of the continuity of other learning activities. In fostering physical fitness of students in schools, through physical education children can be guided with various traditional sports, one of which is the game of gobak sodor. The following are some skills that will be built from the values contained in the game of gobak sodor:

1. Social skills

Social skills include communication skills and the ability to work together with others both in small groups and in large groups. Social skills are the ability to interact with others in certain ways, which are socially acceptable or appreciated and provide benefits to oneself and others. Every individual is required to have good social skills in order to be able to interact and act

competently. Not only adults, social skills are also important for children, this is because it can help improve mental abilities and health. Judging from the game of gobak sodor, social skills will be seen when the group or team leader gives directions or tricks to win the game, respects each other when becoming the winner or the losing team, and apologizes or provides assistance to one of the people from the opposing team who may fall due to obstacles or slip when avoiding.

2. *Independent*

The character of independence is an individual's ability to manage themselves and not depend on others. Independence is also the ability to regulate behavior that is characterized by freedom, initiative, self-confidence, self-control, self-assertiveness, and responsibility for themselves and others. Judging from the game of gobak sodor, a person's independent value will be seen when they are able to read opportunities in strategies to pass through opponent obstacles, act alertly, quickly and enthusiastically.

The meaning of an independent character is the attitude or behavior of an individual doing all their activities themselves without having to depend on and without help from others. According to Mustari (2011) independence is an attitude and behavior that does not easily depend on others in completing tasks. According to Thoha (1996:123-124) there are eight types of characteristics of student independence in learning, namely: being able to think critically, creatively and innovatively; not easily influenced by other people's opinions; not running away or avoiding problems; and solving problems by thinking deeply. Desmita (2011:185) states that the characteristics of independence are marked by the ability to determine one's own destiny, be creative and have initiative, be able to regulate behavior, be responsible, be able to restrain oneself, make decisions, alone able to solve problems without any influence from others.

3. *Creative*

The Big Indonesian Dictionary (KBBI) states that creative is having the power of creation or having the ability to create. Creative is the ability to create something new. Creativity is a power that distinguishes humans from other creatures and has helped advance human civilization for centuries. When viewed in the game of gobak sodor, the creative value will be seen when before passing through the opponent's obstacles, they make small tricks or baits to open space for teammates to easily pass through the guarded squares. Creative thinking is also the ability needed to consider something in a new way. Examples of creative thinking include being able to analyze, open-mindedness, solving organizational problems, and being able to communicate well.

4. *Mutual cooperation*

Gotong-royong means carrying or lifting, while royong means together. So if interpreted literally, gotong royong means lifting together or doing

something together. The book entitled *Gotong Royong* (2020) by Widayati, states what is meant by mutual cooperation has the goal of achieving common interests and can increase a sense of solidarity. The value of mutual cooperation in the game of gobak sodor will be seen when a group works together, works together and tries to get teammates past the opponent's obstacles in order to win the game. The value of mutual cooperation or cooperation can also be seen from the cooperation of team members, both the guard team and the player team. The guard team tries to keep the opposing team from crossing the existing boundary line, while the player team tries to cross the boundary line that has been guarded. Mutual cooperation can also encourage children to work together in various activities. Such as cleaning the environment, or organizing other community service events.

Several theories that have been studied, in essence, childhood is a period that is identical to playing. Therefore, play is an activity that is bound by rules so that the goals of the game can be achieved. Rogers and Sawyers expressed their opinion that playing is something that is very important for children during school. Because in playing, the function of problem solving or problem solving can be developed in everyday life. The value of problem solving itself means that students are able to learn to solve problems (Iswinarti, 2010).

The positive values that have been explained previously are the characters expected in the independent curriculum, more specifically in the Pancasila Student Profile. This requires students to develop knowledge and skills through various educational activities. In addition, students are expected to be motivated to be aware of learning diligently, tenaciously, diligently, and have a competitive spirit to always try and improve their knowledge and skills, be able to solve various problems faced, be able to apply the expertise competencies they have in community life. Teachers are also expected to be able to provide opportunities and opportunities for students to develop their abilities. From this, encouragement arises for students so that they always improve their achievements and develop each other's abilities. (Rianawati, 2014). It is not impossible that the character of the Pancasila Student Profile that teachers and parents hope for the children of this generation of the nation will be realized. Through the simple gobak sodor game and packaged in physical education, the author wants to restore and shape the character of the nation's children who are stronger and recognized by other nations.

Discussion

Values can be said to be an individual supporter to do right or wrong, good or bad. The values contained in gobak sodor include the ability, cognitive, affective and psychomotor to take action. (Siagawati, M., Prastiti, W.D, Purwati, 2007). The transfer of values that occurs in the gobak sodor game is what will then be closely related when

students falls into the realm of physical education. Physical education is a recreational medium for all students in Indonesia which is carried out with the guidance of competent teachers. The gobak sodor game itself is one of the tools used in physical education to improve and maintain the level of fitness of children in schools. In addition to the level of fitness that is targeted, character values or social skills, independence, creativity and mutual cooperation will also be obtained from the gobak sodor game activity.

The values contained in the gobak sodor game, in line with the character education expected by all parties, this can also be used as a technique in providing educational services for children with mental retardation. Because the values of social skills, independence, creativity and mutual cooperation are closely related to physical education, indirectly students can also get to know traditional games.

CONCLUSION

Based on the results of the discussion and analysis, the purpose of this study is to analyze the values contained in the gobak sodor game in physical education. The values contained in the gobak sodor game are the values of social skills, independence, creativity and mutual cooperation. The results of the analysis described previously, it can be concluded that the values of the game of gobak sodor can be applied in physical education as a form of character education.

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