

# A Technical Approach to the Traditional Sport of Hadang in Improving the Motor Ability of Elementary School Students

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## Abstract

This research was conducted to find out the increase in motor ability during the pretest and then, given the learning of traditional sports with a technical approach, namely, an approach that emphasizes actual game techniques, look at the results of the pretest to see if there is an increase in students' motor abilities in the components of speed, endurance, agility, hand-eye coordination, and balance. The method used in this study is the pre-experimental design method. The population in this study was all upper-class students at Kuningan Elementary School. A total of 23 students from IV-B were selected as the research sample through the purposive sampling technique. The data collection techniques used in this study were tests and measurements. The research began with a warm-up, a pre-test, giving directions and training treatments using a technical approach, and then after being given treatment, a final test (a post-test) of the motor ability test was carried out. The study's findings from data analysis show that training in traditional Hadang sports using a technical approach has a significant effect on improving motor ability skills in high school and elementary school students

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## INTRODUCTION

The learning process continues to develop along with the rapid development of science. Practical subjects such as physical education and sports in elementary schools are also growing rapidly. Innovations in learning are also becoming increasingly diverse; various media, models, approaches, methods, and learning processes have developed a lot. The efforts made are efforts to create quality learning and can improve aspects of various skills. One of them is the aspect of motion. In life, humans will never be separated from the aspect of motion because movement is one of the characteristics of humans, according to (Sri Wahyuniati and I Made Yoga., 2021). Motion is a human effort to fulfill their life needs with various activities. In education, the aspect of motion is given in physical education, as stated by (Lutan, ;2002), who states that physical education is a process of learning to move and learning through movement. One that is formed in physical education is the ability to move, or motor abilities. Physical education is an inseparable

part of life humans because through physical education humans can learn many things related to affective, cognitive and psychomotor skills to achieve life goals humans (Budiman et al., 2018). Physical Education is a broad field, the point of attention is increasing movement and is learning to educate children to encourage physical growth and development, skills and for example (Juhari et al., 2020) in practice, physical education learning in elementary schools does not regardless of playing, because of the characteristics of elementary school students who like to play and have high curiosity. Students are very interested and able increasing students' learning motivation with games during learning ongoing (Fadli, 2014; Septiana et al., 2021).

Aspects of motor ability are one of the aspects needed by humans in supporting life; aspects of movement are also very important aspects of life skills. Need help developing and improving your movement skills? The development of movement skills needs to begin at an early age. The movement aspect will also support fundamental skills, gross motor skills, and character. One of them is motor ability, which is one of the complex skills that will support various children's activities such as playing, sports, learning, and various other activities. In this regard, the importance of children having motor skills must be supported by learning systems at various levels of educational units, one of which is elementary school, which is the school unit level, which has a major influence on the development of various aspects, especially motor skills. According to (Lutan in M. Nur Kholis. Et al., 2018), motor ability is a person's capacity related to the implementation and demonstration of a skill that is relatively inherent after childhood. The element of motion is an ability that is very much needed in the appearance and development of movement ability in various sports; therefore, motor ability is a component that must continue to be developed, especially in physical education in elementary schools because it is a place for the growth and formation of this movement ability, one of which is in physical education. in elementary schools as a place to form movement skills or motor abilities through physical education and sports learning. Many teachers use a variety of methods, media, and approaches to maximize movement learning in physical education and sports, one of which is a technical approach technique. According to (Griffin, Oslin, and Mitchell in Yudiana et al., 2010) a technical approach technique is one of the ways teachers use to sharpen proper techniques in various movement skills. It can be explained that the technical approach is used by teachers to be applied in mastering techniques in a movement skill, one of which is in several traditional games that involve many elements of quite complex movement skills. Movement skills (motor abilities) in traditional sports are one of the media that train the motor abilities of elementary school-age children by involving many components of movement skills. One of them is the traditional salty Hadang, which requires movement skills beginning with elements of speed, agility, reaction speed, and various movement coordination.

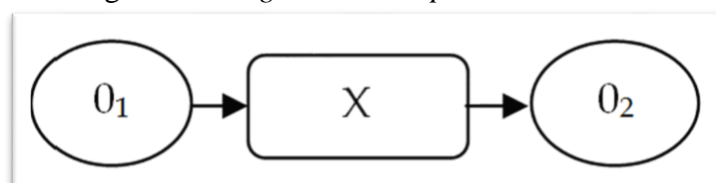
This study is an experimental project that will employ a technical approach in direct instruction in the form of practice in one of the traditional games, the game system of which is quite complex and comprehensive, encompassing all aspects of basic motion. The characteristics of the salted pole game which requires students to be able to pass through opponents' obstacles requires students to always run quickly and move agilely (Nugraha et al., 2016). By providing the traditional game of Hadang, the aim is to train or improve agility which is part of motor ability, because in the traditional game of Hadang indirectly trains students' agility by actively moving to block the opponent when playing. With good agility, students will be able to move quickly and

nimbly during the competition. (Nurdiansyah, 2018) Apart from running, some students must make several jumps to get past the opponent's obstacle or cross the boundary line in order to get a game score, while the ability to glide is also needed if the situation is that the opposing player standing upright and there is no gap to pass through, then students use the sliding technique pass between the hands and feet of the opposing opponent. These activities make students' motor ability improve.(Ali Budiman and Dewi, 2022) This traditional game is part of the Hadang traditional sport, which is quite popular and even competed in at a young age. It is one of the traditional sports that involves quite complex aspects of movement while requiring a lot of physical abilities. This study will examine the technical approach, which is one of the approaches used in practical learning in sports physical education. The technical approach is an approach that prioritizes aspects of movement skills such as the traditional game Hadang, which has complex and diverse elements of motor abilities, while at the same time training motor ability skills as a basis for supporting performance in physical education learning as well as supporting children's play activities, especially at the age of the child. unit level unit of elementary school education. For this reason, the researcher intends to conduct research using a technical approach in traditional Hadang sports to improve motor ability in high school and elementary school students at SDN 11 Kuningan.

## METHOD

The method used in this research is the experimental method. According to (Sugiyono et al., 2015), the experimental method can be interpreted as a research method used to influence certain treatments on others under controlled conditions. According to (Sugiyono et al., 2015), there are several forms of experimental research designs that can be used in a study, namely: pre-experimental design, true experimental design, factorial design, and quasi-experimental design. The type of experimental research used in this research is pre-experimental design, as described by (Sugiyono 2015, p. 109) as follows: It is said to be a "pre-experimental design" because this design is a real experiment. Why? Because there are still external variables that influence the formation of the dependent variable, it is not solely influenced by the independent variable. This happens because there is no control variable and the sample is not randomly selected. The research was conducted at SDN 11 Kuningan, precisely in Kuningan district. Sampling using total sampling A total of 23 students from class IV-B were selected as the research sample through a purposive sampling technique. The research design used was the one-group pretest-posttest design. The research population in this study was 51 students from SDN 11 Kuningan. A total of 23 students from class IVB were selected as research samples using the purposive sampling technique.

Figure 1. *Design One-Group Pretest-Posttest*



(Suherman et al., 2013) says that the One Group Pre-Test Post-Test Design is:

1. Only one group receives a pre- and post-test in this design.
2. Do the initial test first, then the treatment, and finally the post test.
3. The difference between the results of the posttest and the results of the pretest is assessed as an experimental treatment effect.

The research instrument used was the Gross Motor Development-2 Test (TGMD-2) from Dale A. Ulrich. Calculation of data analysis using SPSS version 25. Tests and measurements were used to collect data in this study; the research instrument used in this study was the Barrow Motor Ability Test from the Test and Measurement Book (Fenanlampir and Muhyi, et al; 2015). The tests and measurements are as follows:

1. Standing broad jump
2. Softball throws
3. Zig-zag Run Test
4. Wall Pass
5. Medicine ball: put
6. Run the 60-yard dash.

The data collection technique used in this research was testing and measuring. The research begins by warming up the testicles to reduce the risk of injury when carrying out the test. The test carried out is a motor ability test. Previously, researchers provided instructions for testees to follow so that errors did not occur when carrying out the test. The implementation of data collection in research is an important factor because it is directly related to the data that will be used in this research, so in collecting data, the researcher carried out the steps in this research as follows: 1. Warm-up 2. Pretest 3. Providing direction and training treatment using a technical and tactical approach 4. Then, after being given treatment, a final test (posttest) is carried out on skills in playing the traditional game of Hadang.

## RESULTS AND DISCUSSION

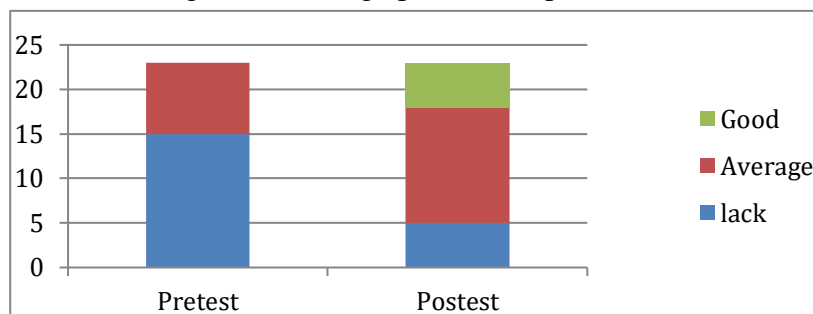
### Results

This research was conducted to find out the increase in motor ability during the pretest and then, given the learning of traditional sports with a technical approach, namely an approach that emphasizes actual game techniques, look at the results of the pretest to see if there is an increase in students' motor abilities in the components of speed, endurance, agility, eye-hand coordination, and balance. The descriptive data presentation are the maximum score, minimum score and average score.

Tabel 1. Result Of Pretest and Posttest

<i>Score</i>	<i>Pretest</i>	<i>Posttest</i>
Number of Samples	23	23
Minimum score	13	22
Maximum score	34	44
Average score	23,5	33,5

Figure 2. Average pretest and posttest scores



Then, from the results of the pre-test and post-test, there was a significant difference in training improvement between the technical approach and the tactical approach to motor ability skills in the traditional obstacle course. Based on the table above, the difference in improvement between the pretest results and after being given treatment in the posttest using a technical approach to the traditional sport of Hadang where there was an average increase in the pretest score of 23.5 and the posttest score of 33.5. It can be seen that there is an improvement after being given several meetings using a technical approach in the game of hang because the technical approach tends to further perfect the movement technique.

Based on the results of research and analysis of processed data, the authors explain the findings from the research: training using a technical approach in traditional Hadang sports has a significant effect on improving motor ability skills in high school and elementary school students at SDN 11 Kuningan. This can be seen from the improvement test, where the technical approach group has a value of 0.008 0.05 and Ho is rejected. which means that there is a significant effect of training using a technical approach. And if the tactical approach group has a value of 0.024 0.05, then Ho is rejected. which means that there is a significant effect on training using a tactical approach.

Tabel 2. T-test Result

	T	Df	Sig. (2-tailed)	Mean difference	Test value = 0 95% Confidence interval of the difference	
					Lower	Upper
Pretest	24.00	23	.000	26.00	13.5	34.33
Posttest	34.00	23	.000	1.650	1.24	1.83

The results of the t test calculation, which show a sig value of 0.000<0.005, show that the hypothesis is tested and that either H0 is rejected or H1 is accepted. In other words, the t test indicates that the use of a technical approach in the traditional Galah Asin game has increased students' motor abilities by having them perform numerous movements with real technique.

## Discussion

In this section, the technical approach model is a form of learning that is generally found in game learning activities, such as the tactical approach model. However, in implementing the process, the engineering approach model tends to place more emphasis on mastering basic technical elements separately. The learning implementation pattern is focused on mastering basic techniques first and then games (Yudiana, 2015). Abdul Rahman Saleh explains in Supriyanto (2017) explain that the characteristic of the technical approach is that activities involve repetition many times so that the association of stimulus and response becomes very strong and not easy to forget. So that a skill (knowledge) is formed that is ready to be used at any time. The characteristic of this approach is that the activity consists of repeatedly repeating the same thing. The repetition of this movement is intended to create automatic movement. Apart from that, in the technical approach, there will be differences in results on the field due to the skills of playing traditional obstructive sports with a technical approach that is taught in stages.

Through traditional games, which have many functions in developing motor skills, they can be used as teaching materials for physical education, sports, and health (Penjasorkes) (Sutini, 2013: 75). This provides a great opportunity for students to master the correct techniques in carrying out play skill techniques well, so that the results obtained are also good, and students can master these techniques well and correctly because they are done repeatedly in each practice. One of the abilities that teachers need to develop is the motor skills possessed by each student, influenced by biological and environmental conditions (Hands et al., 2018). Motor ability is a person's capacity related to the implementation and demonstration of a skill that is relatively inherent after childhood (Lutan, 1988). Motor skills are also one of the abilities that every child must have in their development. The importance of motor skills is because motor skills are part of the psychomotor domain. Motor skills are basically always related to the way of carrying out movements or the quality of movements. Motor abilities consist of several elements, including: (1) strength; (2) speed; (3) power; (4) endurance; (5) balance; (6) flexibility; and (7) coordination. Children's motor skills will develop if they are supported by routine and continuous exercises (Yanuar, 2010). Looking at the learning process, which combines the skill process with the playing learning process, learning should be carried out as a whole, where technical skills are combined with playing skills into the actual playing process. By combining their understanding of playing skills with their technical skills, it is hoped that students will be able to improve their understanding of playing and develop skills related to basic movements or motor abilities (Ricky 2021). For this reason, start teaching a technique using the part method. This is because (a) according to him, students do not know much about how to do these techniques or skills, and (b) the coach wants the athlete to do the technique in the way and method that the coach wants (Harsono, 1998, p. 142). On the other hand, the use of a technical approach can also improve the motor skills of high school and elementary school students at SDN 11 Kuningan in the traditional game of Hadang. This is because students only focus on playing without realizing whether the techniques they are using are right or wrong, and only focus on ditional games, which have many functions in developing motor skills, they can be used as teaching materials for physical education, sports, and health (Penjasorkes) (Sutini, 2013: 75). This provides a great opportunity for students to master the correct techniques in carrying out play skill techniques well, so that the results obtained are also good, and students can master these techniques well and correctly because they

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## CONCLUSION

Based on the research results obtained from the analysis of the data, the conclusion from the technical approach in the traditional Hadang sport in increasing the motor abilities of high school elementary school students at SDN 11 Kuningan is that there is a significant effect of training methods using a technical approach in the traditional Hadang game on motor abilities in high school elementary school students at SDN 11 Kuningan. The obstruction game is a traditional game that is quite effective in improving students' motor abilities.

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