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Traditional Games to Form Children's Characters In Dieng Plateau Banjarnegara Central Java Indonesia

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ABSTRACT

Background: The world of children is the world of play. In the era of globalization with the advancement of technology, making children prefer to remain silent playing games through handphones, computers, or television, especially in urban areas. The Banjarnegara Plateau region which a culture and tradition are very strongly held and still traditional. The purpose of the research is to: 1) Know the physical activity of playing children in the Dieng Plateau; 2) Know the values contained in the games performed by children in the Dieng Plateau.

Subject and Method: This research was carried out in the Dieng Plateau, Banjarnegara Central Java Province, Indonesia. This research is a qualitative research. The method of the research is Triangulation method. The data collection technique uses observation, interviews, and documentation.

Result: The results showed physical activity of children in the Dieng Plateau Banjarnegara area was traditional play. A traditional games that can be found in the dieng plateau, namely: cublak-cublak suweng, stilts, jamuran, bentengan, jump rope, gobak sodor, mandahan, and many others.

Conclusion: Traditional games are considered very goods for training children physically and mentally. Indirectly, children will be stimulated creativity, agility, intelligence, and the breadth of their insight and high togetherness through a traditional games.

Key words: Physical Activity; Traditional Games.

INTRODUCTION

Each person performs a physical activity, varying from one individual to another depending on the individual's lifestyle and other factors such as gender, age, occupation, and so on. The physical activity is strongly recommended to all individuals to maintain the health. The physical activity is also the key to the determination of the use of energy and the basis for a balanced energy. The different types and quantities of physical activity are indispensable for different health outcomes.

The characteristics of the children are playing. Most of the child's activities are closely related to play. The context of the play is diverse. Children play activities can take the form of a game between friends and can also individual games. In this case, the children can play the games in group or individual. In addition, the children who play them using technological advancement in home cannot be separated by his friend. The role of the parent as a guardian of what game is chosen by the child must be observant in seeing the form of the game that the child. The parents should look into the child's security in performing each game.

Unlike before, the generation of children and adolescents today is closer to technology. This is certainly good because the technology access to knowledge and creativity. However, there are side effects of technological developments. Children and teens prefer to spend time in front of a gadget screen rather than having to move to do something. Because of the already sophisticated age of children become more fun to spend free time by playing mobile phones, games, and computer or in front of the television. And for the age of the children if the physical activity by playing it is important for child growth. In addition to a healthy body can also train children to socialize with the surrounding community, know how to tolerate, help each other, appreciate and so forth.

According to (Adi Sapoetra, 2005) Physical activity is a form of body movement performed by skeletal muscles which are a form of energy expenditure (expressed by kilo-calories) such as doing a job, leisure time and other daily activities. The physical activity of children is a variety of movements and activities performed on children such as crawling, walking, smiling, talking, jogging, playing, etc.

A play is the work of children and children are very fond of playing. In child, play develops problem-solving skills by trying different ways of doing things and choosing and determining the most

appropriate way. In playing children use language to bring their activities, expand and refine their language by talking and hearing other children. They learn to understand when they play by agreeing the commitments, they make to various rules and assessing work together. Play matures the development of children in all areas; intellectual, socioeconomic and physical.

Playing is a way to explore and experiment with the world around so the child will discover something from the play experience. Loy, McPherson, and Kenyon (1978, 21) define that play is a variety of activities that are: Free, Separate, Uncertain or fickle, Spontaneously, Do not consider results, Regulated by rules and create trust.

Playing for children is what they do throughout the day, a play is life and life is playing. Children do not differentiate between playing, learning and working. The children are natural players, they enjoy playing and can concentrate in a long time for a skill. Playing is an intrinsic motivation for the child and no one can say what to do and how to do it.

According to Adriana, Dian (2013, 47) there are several types of games that are viewed from the game or social character. Based on the contents of the game: social affectif play, sense-pleasure play, skill play, games, unoccupied behavior, dramatics play. Based on social character: social onlocker play, solitary play, parallel play, associative play, cooperative play.

So it can be concluded that the criteria for determining whether an activity is playing or not, cannot always be observed. We cannot determine whether an activity is playing or not only based on the form of the activity, but also needs to consider the reasons or motives that encourage the activity. Thus, an activity which is playing in certain conditions can be not playing in other conditions.

Just as in the Banjarnegara Highlands Region which consists of rural, has a variety of panoramic beauty that is still natural. The Banjarnegara Highlands area is located in 2,093M above sea surface and included buffer zone. It's function as a buffer zone because this place is located at an altitude of 2000 above sea level or more such a protected area. However, this region is dominated by potato farming areas that go through looting and forest encroachment processes. Based on the slope of the land, the slope of the land in the Banjarnegara area is quite sharp up to 60 degrees but in certain areas. In addition, there are attractions come from nature such as plateau and crater are also people who

still living naturally. At first glance, this rural highland looks clean, beautiful and cool and the air is cold because of its geographical location at altitude. This area has not been too much affected by the global world because it has culture and cultural traditions that are still held and run. Although the progress of the times also entered into the life of Banjarnegara people they are not too affected and still traditional. The playing activity is as an entertainment after school to release saturated while waiting for their parents to come home after working in the fields.

RESEARCH METHODS

This study used qualitative research that is interpretative. The research is to explore and know the physical activity of playing children in the Dieng Plateau Banjarnegara, and know the values contained in the games performed by children. In this research, data collection techniques used are observation, in-depth interviews, and documentation. While data analysis in this research is done in four stages: data collection phase, data reduction phase, data presentation stage, conclusion stage. This research was conducted in the Dieng Plateau Banjarnegara, Central Java Indonesia. The subject in this study was societies, parents, and childs in the Dieng Plateau.

RESULTS AND DISCUSSION

1) Interviews about traditional game forms conducted by the children of Banjarnegara Highlands region were obtained from the following interviews:

"School breaks are the best time to play. Homeschool sometimes there are busy at home. But the afternoon can be gathered again, can again that was played in school. All my friends in the school, so keep seeing you hanging around. "

"We are usually play traditional games" such as:

"Gobak sodor, betengan, delikan, engklek, congklak,kelereng."

“Cublak-cublak suweng, jamuran, lompatan”

From interviews with the children it can be explained that the school break is the best time to play, but homeschool can also play again depending on whether a friend invites what play is not. The types of games that are often done are gobak sodor, betengan, delikan, engklek, cublak-cublak suweng, jamuran, lompatan, congklak, kelereng.

2) Interviews about the values contained in play activities conducted by children in Banjarnegara Highlands obtained the following interviews:

"Traditional games inculcate the value of honesty, fairness, intelligence, ambition, attention, and positive values."

"Traditional games are cheap games, which need a lot of media, but it also able to provide optimal benefits."

"The physical activity through traditional games has great benefits for child development, which are 8 (eight) developments: values in religion, cognitive, physical, language, emotional, social, psychology and art."

"Through the activities of children's play is taught to train the soul of sportsmanship, learn that opportunities are always there if you want to try, cooperate, obey the rules and will accept defeat."

From these interviews, it can be explained that traditional Games instill the value of honesty, fairness, intelligence, ambition, attention, and other positive values. The physical activity through traditional games has great benefits for the development of children, namely 8 (eight) developments: values in religion, cognitive, physical, language, emotional, social, psychology and art. From a philosophical perspective, through the activities of children's play is taught to train the soul of sportsmanship, learn that opportunities are always there if you want to try, cooperate, obey the rules and will accept defeat. Physical activity in the form of playing through traditional games always

presents an atmosphere of joy, harmony, training of skills and creativity, the introduction of cultural values, and has a positive role in the physical development of children.



(Documentation Research)

CONCLUSION

Playing is an unconscious effort and a form of climate adjustment. In addition, to nourish the activity of playing children in the Dieng Plateau Banjarnegara it is also used to warm the body. Playing activities are also an entertainment after school while waiting for parents to return to work. Traditional play activities are traditional games. The traditional game is expected to be one of the forms of physical activity that along in the game there are forms of art, forming cooperation, growing a sense of pleasure, and foster self-confidence are also able to improve the physical fitness of children. It can be concluded that the majority of children in the the Dieng Plateau Banjarnegara physical activity in the form of play. The traditional games are considered very goods for the physical and mental training of children.

Indirectly children will be stimulated creativity, agility, intelligence, and breadth of insight and high togetherness through the traditional game. As for some forms of traditional games that can be found in the Banjarnegara highlands area, namely: cublak suweng, stilts, jamuran, bentengan, jump rope, gobak sodor, mandahan, and many others.

The physical activity through traditional games has great benefits for the development of children, namely 8 (eight) developments: values in religion, cognitive, physical, language, emotional, social, psychology and art. From a philosophical perspective, through the activities of children's play is taught to train the soul of sportsmanship, learn that opportunities are always there if you want to try, cooperate, obey the rules and will accept defeat. Physical activity in the form of playing through traditional games always presents an atmosphere of joy, harmony, training of skills and creativity, the introduction of cultural values, and has a positive role in the physical development of children.

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