

TEACHING CHILDREN SEPAKTAKRAW THROUGH THE CART SEPAKTAKRAW GAMES

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Abstract : Development of the sport at this time is so rapidly in the midst of the modern technological era that a sport person or sport community do which are recreational sports or feats performed in open space. On the other hand, modification or development of the sport called mixed sport is so fast growing in the worldwide, but on one side, the open space to move is also increasingly narrowed. People creation in sports may caused by human activities, open space, and current developing media. Sepaktakraw as a sport that was born from the culture of the people in Asia, especially Indonesia, which has a unique acrobatic and artistic skills. Sepaktakraw for children is a skill that requires patience and perseverance in studying it. Conventional learning of the basic skills for children raises boredom, less effective and less attractive.

Krawnjang or basket takraw, sepaktakraw is a modification concept of a sepaktakraw with basketball game, where the game is the incorporation of the concept of basic techniques sepaktakraw with each rule put the ball into the basket like basketball. The game is played on an open field with the principle of putting the ball into the basket within 8 minutes 2 times as much as much as possible.

The purpose of this study is to develop a Krawnjang game with game models, those are tools and rules of the game, where all this time the form of conventional basic skills training are passing individual, passing wall, passing by media strap, passing couples. Development of the tools and the rules are expected to effectively train the basic techniques of sepaktakraw in the form of a modified live games.

This study used **Research and Development** technique **adapted from Borg and Gall** (2003) and also developed with the concept of Sugianto (2010). It is begin with research question, making Krawnjang prototype, expert validation and material, small group try out, revision and validation, medium group try out, expert validation, big group try out and result report.

The research result is a prototype of Krawnjang sport as a model of basic training for sepaktakraw for children. The tools of Krawnjang are 1,30 meter pole, with 2 rounded baskets with diameter about 35-40cm, the ball is made of rattan-coated sponge with a size larger than the standard ball junior. The Krawnjang games is played circled by a group of 4-6 children in 8 minutes times two, with the principles of the game put the ball into the basket as much as possible with the touch of the feet, thighs and head, while the hands are not allowed to touch the ball. This research is expected to be patented, both prototype tools and rules of the game (in the filing IPR(Intellectual Property)).

Introduction

Background

Sport has become a phenomenon that cannot be separated from public life in this world for sport is something interesting and becomes a major requirement. To grow, subsistence of the people will always move. The motion has meaning is that to change the position from a stationary position to a different position or move. Mutohir, (2007: 26) an activity to actualize the rights of human rights is an opportunity to develop and maintain the physical, mental and moral. Therefore everyone should have access to physical education and sport. In Law No. 3 of 2005 on National Sports System that everyone has an equal right to participate in sports, chooses and follows the type or sports according to their interests and talents, gain coaching and development in all

The learning of sepaktakraw sports for some people or several people is considered as something hard and it takes time and bravery in playing the game. This is due to the fact that in this sport, there are principles of playing a ball namely by holding a ball so that it won't fall to the ground or floor, in addition in this play there is a skill to manipulate a ball with feet, thigh and heading accompanied with acrobatic skill namely somersault and kicking. Sepaktakraw for children of course is necessary a distinctive technique in learning or training of a child begin to recognize these skills, namely kick, comprehend, and heading.

Indonesia sepaktakraw achievement grows well even though

forms of sports activities and sports industry.

Understanding the realm of sports are divided into three areas, namely education sports activities, achievement sports and recreational sports. Sports, such as the above implies that the systematic activity to develop physical fitness and spiritual. Sepaktakraw that was born from a community cultural and today has been recognized by the international community, is a form of cultural transformation that started in the past to the present. Traditional sport is an activity undertaken by a society in which the appearance of the activity is due to the condition of people's daily culture at that moment. Rosdiani (2012: 108) traditional sport is the kind of community's game that grow and develop naturally in a particular community, inherited from generation to generation.

it is still a challenge for the development of this sport in the country, especially in the age group of early development in the regions. Sepaktakraw learning system which is known conventionally remains a basic exercise principles to the present, ie learning by individual, independent passing, passing in pairs, and passing by the media of wall and rope. Therefore, it needs to devise a new concept of learning the basic technique of sepaktakraw conducted outside the conventional concept.

Model of development conducted by the researcher is a model of basket takraw game namely a game of sepaktakraw which is the development of the game of basketball, which is done in groups

and put the ball into the basket. Takraw game cart (abbreviated: ***Krawnjang***) is a form of learning concept of sepaktakraw for children of elementary school age that are fun, easy, and can be played by several children at a time in a circle with equipment that can be modified with simple materials.

Literature Review Sepaktakraw, History and Modification

Sepaktakraw is basically a game modified from traditional sport of body exercise that in its concept is from recreative play sports becomes a sport that people compete in it, like we all know that this game has been played and popular throughout Indonesia, part of them in Maluku Peninsula starting from Burma to the border of Singapore. In Indonesia, this sport is named Paraga dance, namely cradling the ball with the foot, thigh, head and even hand in groups and climbing on top of each other with the players continue to play a ball without falling to the ground. According to Engel (2010: 6) said that :

“In February 1945 nets and regulations that are similar to volleyball was introduced by Hamid Maidin. He then invited his friend Rahman (player of raga bulatan or circular sport) and Syed Yaacob to try the newest game in sepak takraw“.

Nurhasan (2007) defines modification is an attempt to make changes to adjustments in terms of both physical material such as facilities and equipment as well as the purpose and means (methods,

styles, approaches, rules and assessment). The essence of a modification step is to analyze and develop learning materials by means of potential learning activities that can be easily done in the process. Wijono (2011: 26) in the Australian Sports Commission recommends that children to take part of the modification of the sport, in order to adapt their skills to use the equipment in accordance with the child's ability.

“The Australian Sports Commission- Junior Sports recommends that young children participate in modified sport so as to avoid the risk of injury and also to ensure that appropriate skills are developed using equipment that is suitable for young people”

Children's participation in sports activities are advised to use the activities in the modification, because it is to avoid the possibility of injury and to ensure the correct motion in a process of sporting activities.

Yusup (2004:48) that the modification is a form of a few things, without objective standard, because what is taken as the priority is the process and not pedagogical impact on the result. The modifications mentioned are comprising among others, (a) changes in the size, shape, and material from tools like balls made larger and lighter, beater made shorter, catchers made from fabric, (b) changes in the size of the field, high-net or high ring, (c) the rules of the game are simplified, time is shortened.

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“The aspirational Sport for All, Play for Life model guiding this report aims to serve all young people in all responds to the growing body of research that supports a sampling period of sport activities through age 12, communities, while aligning the interests of elite and grassroots sport with public health and other sectors” (Tom Farrey : 2012).

The needs of open space to move with today’s condition to encourage people to be active in small room and limited with some modifications of tools and room. Also the game of krawnjang is one of the forms of sports that does not use many open area, namely an area with diameter of 5 meters. Different with the game of sepaktakraw that uses an area of field width 6,10 meters and length of 13,40 meters. The size of sepaktakraw field, the area is similar to the size of badminton field such as that is used for double players. (Hamid, 2015 : 22).

Basic Technique and Essence of Sepaktakraw Game

Sulaiman (2008 : 16) said that the technique of sepak sila is a basic technique that is most dominant in the game of sepaktakraw, making some people consider technique sepak sila as the mother of the game . Sepaktakraw can be played using the same technique with the sport of football, but the difference is motion of passing done vertically between the body and the ball, so the basic skills of sepaktakraw is leg passing consisting of sila kick, back foot kick, badeg kick, using thigh, shoulder and heading. Advanced techniques used in sepaktakraw is the

serve or tekong, smash or spike, and block.

Kids are learners, thus in the process of their growth they will naturally keen to study manifested in a form of moving activities, whereas the movement meant is a play (Suyadi, 2014: 186). Playing in this case is a conscious activity but does not have a standardized purpose. Playing for children is a natural process that is done after the period of growth of children is considered sufficient for the child to move perfectly. Freeman (1987: 21) defines the play (play) as a form of activity that is not useful or counterproductive to the purpose of pleasing themselves. This activity can be defined as an activity that is both entertaining and not necessarily their physical involvement in their activities. Playing is the most important means for children to explore, express and determine various aspects of the child's life, including how children get to know himself or know others and their environment. Lutan (1996) states that playing is a favored activity and influential on human life, and is also an essential requirement for every human being.

Dwiyogo (2010:217) that a play has the characteristics, namely (1) free, voluntary and without coercion, (2) play activities apart from the restrictions of space and time, (3) the results of the activity of play is something that is not known or planned in advance, (4) the activity of pure play is not productive, does not produce a permanent value, (5) the rules of play depending on the conditions, subject to the situational

agreement, (6) the quality of play is a part of real life.

Playing which is potential for kids has benefits such as by playing it will help them in physical growth, skills growth, intellectual growth, social growth and emotion and sports skills growth.

Essence of Model

Models can be interpreted as the representation on the structure that it tries to be projected. Models by Fadhli (2013) that as an adjective models contain an understanding of perfection or idealization of an idea, where as adverbial models refer to the notion of a process to demonstrate or show or display something that is presented.

This krawnjang play model resulted a product theoretically, conceptually, methodologically procedural, and empirically practical. This is in line with the suggestion by Bompa (2000) that model is a copy of what is original, that regulates special part of a phenomena observed or examined. The objective of the presence of a model is to obtain an ideal, by taking into account several other factors, potential and physiological of athletes, facilities and social environment.

Research Method

The method used in this research is a research and development (R and D). According to Borg and Gall (2003:571) the step of research strategy implementation and development done to result in particular product and to examine the effectiveness of a product meant. The

product is developed through a series of trials, and every activity of trials there will be an evaluation or revision, either evaluation of process. The product studied by the researcher is a model of game development model – sepaktakraw modification as a model of sepaktakraw sports introduction for elementary students in Kediri City.

Design and Research Procedures

Research and development of a model is a term used to describe the activities associated with the creation or invention, method, fund product or new services and using new-found knowledge to meet market demands or requests (Nusa Putra, 2015: 77). This research is a development research (research and development), which means conducting research on a product. In this case the development is done is krawnjang game model that was used as a form of the basis of a new model of sepaktakraw learning for children.

According to Borg and Gall (2003 : 571) steps in implementing the research strategy and the development for the results of particular product meant are as follows: (1) Needs assessment is a process which is systematic to determine objective, identify mismatch between reality and the desired conditions. Including the study of literature, observation or classroom observation a 2 preparation of the initial report, (2) Planning which includes the ability to formulate, formulate specific goals to determine the sequence of material, and small scale trial. In this case, the researcher planed a game

model that meets the realities on the ground and the needs in developing sepaktakraw in Kediri, (3) Development of the format of the initial product, which includes the preparation of learning materials, handbooks and evaluation tools, (4) Validation of the initial product, namely through expert testing or validation, carried out by respondents experts designing models or products, (5) Revision of early stage products, based on the initial validation results. The results of the field trial obtained qualitative information about the program or products developed, (6) The test product, namely carried out on 2-4 schools by involving 15-20 subjects, (7) Revision of product that conduct field trials. The results of the field trial involving a larger group of subjects with the subjects of 25-40 students or 6-8 schools, (8) The field trials, involving 10-15 schools to 50-80 subjects with interviews, observations, and delivery of the questionnaire then analyzed, (9) Revision of the final product and the latter is (10) dissemination and implementation of the product, such as reporting and disseminating products through meetings and scientific journals, in collaboration with publishers for the socialization of products.

Subject and Research Instrument

The subject of research in this krawnjang game model is an active student in elementary school that in it will also include coaching of sepaktakraw in Kediri, East Java. The instrument in development research is used to reveal the shape

of the product development learning tool of basket sepaktakraw at an elementary school in the City of Kediri by using a small scale test sheets, sheets of large-scale test. Gratings structured are based on the needs are as follows:

Table 3.1 Information of Research Instruments

Variable	Indicator	Item of Assessment Indicator	Item
4 Developing Sepaktakraw For Children Through Krawnjang Games To The Elementary School Students In Kediri	Small-scale of trial and large-scale (students)	a) Safe	1-3
		b) Easy and festive	4-5
		c) Interest	6-7
		d) In accordance with the objectives	8-10
		e) Durable and easily fixable	11-13
		f) In accordance with the environment	14-15
		g) There is an element of motor movement	16-18
		Total	18

(Sourcer: Riyanto, 2013)

Specification of Product

Specifications of developed product is in the form of research development in a form of sepaktakraw game for children in the form of tools and means of modifications in the form of merger of sepaktakraw sports and basketball or motion of sepaktakraw with the final result is to put the ball into the basket. Product shape is in the form of means of game that focuses on the stimulation of basic skills of sepaktakraw namely sila kick, kura kick, using thigh and heading the ball into the tool or pole of baskets made

in such a way. Model of krawnjang game (takraw and basket) composed of cast of pole, poles, iron plate, two baskets and Rattan balls modification layered by sponge.

The principle of the game is individually amounting 4 children in putting the ball inside with the skill of sepaktakraw as much as possible skill with a target of predetermined time namely 8-10 minutes times 2 sets. Thus the game is basically using the skills of sepaktakraw, but the cost of numbers with the execution of ball getting into the basket and is determined by the time of game where most entering is the winner.

Research Results

Analysis of Research Data

Analysis of this data is used to answer the problem formulation described ahead namely how does the development of basket facilities as sepaktakraw skills learning for elementary school children in Kediri. The analysis of the data is described as follows:

a. Basket Making Process (early product)

Initial process of basket making includes several steps, namely:

- 1) Process of basket weaving
- 2) This is done by booking to bamboo craft and rattan by taking into account for and pay attention to the needs of the desired researcher.
- 3) Booking of iron plate, it also ordered the expert or welder as desired by the researcher. Iron plate is used as a basket clamp.
- 4) Plaiting the basket knitting (net), just like on the

basketball game that uses a rope slapped 4mm in diameter.

- 5) The results of the product, namely the result of the modification in the form of woven bamboo basket and rattan that was given the knitting ropes.

b. Process of modified ball manufacture

- 1) Preparation of rattan to be woven in such a way, with a larger size 1-2 centimeters from circumference measurement of standard ball.
- 2) Once the ball is woven then the rattan ball is weighed according to the size of rattan ball commonly sold in the market.

c. Revision of Early Product

After the game media in the form of a prototype model is created, there are some revisions related to products made by the researcher, namely:

Table.4.1

No	Indicator	Information	Early Revision
1	Form of Game Model	Cheap, fun, enjoyable, easy and safe	The orientation of the movement needs of children, particularly the basic motion of sepaktakraw
2	Equipment	Portable or easy to be overhauled and removable.	Orientation on the availability of open space

			today.
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d. Validation of Facilities Expert

The researcher conducted an expert validation of infrastructure to Koke Wiluyo as a coach of Sepaktakraw and expert of modifications namely Ria Lumintuarso as the founder of Kids Athletic conducted through three stages of meeting. Briefly the results of expert validation of infrastructure or expert inputs are as follows:

- 1) First meeting: woven baskets made tenuous (invisibility), rattan woven is tightened, still slobbery.
- 2) Second meeting: should be knitted just like basketball, and the knitting should be colorful. Hopefully within the rules of the game it is also given elements of the child's character formation that is positive.
- 3) Third meeting: no suggestion from validation expert of infrastructure. Tools can be used as a small-scale trial.

e. Validation of Learning Material Expert

The validation of learning material experts with Achmad Sofyan Hanif as an expertise in sepaktakraw coaching. The validation of learning expert is done wholly in 2 steps of meeting. In short, description of suggestion by the expert of material are as follows:

- 1) First meeting: Color of the knitting was not attractive.

Conclusion: it can use a small-scale trials with repairs.

- 2) Second meeting: there is no suggestion from expert validation. Conclusion: it can be used in small-scale trials without repair

f. Small-Scale Trial

Small-scale trials is conducted in SDN Baluwerti 3 Kediri involving 15 children after it was done an expert validation of infrastructure and subject matter experts.

Table. 4.2

No	Indicator	Information	Small-Scale Revision
1	Material of pole	Materials made of iron	Material should be cheap and affordable, and lightweight
2	Ring of baskets	Materials made of iron ring	Material is too expensive
3	Pole height	Height 2.40 cm	Should have specified levels of ability to pass by the children (high reflection)

g. Large-Scale Trial

Large group trial, the researcher recruited subjects totaling 30 children in class V-VI from three primary schools in the District in Kediri. The revised validation of expert on large-scale trial is:

Table.4.3

No	Indicator	Information	Large-Scale Revision
1	Pole Materials	Made of wood covered with pipe	Pole is painted and given a quasi / junction of pole
2	Diameter of basket	Made of rattan and bamboo, with a diameter of 35 cm	Larger ring 38-40cm (convenience in putting the ball inside element)
3	Length of Pole	Height 2.10 cm for male and 1.70 cm for female	Pole size can be adjusted to the needs of the child's height. A for the female, it can be 1.50 cm and 1.70 cm for male
4	Ball	Made of rattan	Rattan ball coated with soft colorful sponge
5	Game Rules	Focus playing by putting the ball into the basket	Please include a code that emphasizes on building character
6	Model of Krawnjang	Krawnjang made of 2 baskets	Create another form of the game from the original Krawnjang

h. Implementation of Program

After passing some validation process and testing then the resulting product is a handbook of Krawnjang

game along with equipment and instructions video game to train or learn the basic techniques of the game of sepaktakraw through the basket as a group.

Conclusion

This study aims to determine the form of infrastructure development of sepaktakraw learning for elementary school children in the City of Kediri involving schools in Kediri. Stages in the process of this research are: the initial process of making basket net, expert validation of facilities, validation of materials experts, small scale trials, manufacture of baskets netting after feasibility experts and large-scale testing.

The development of learning tools of sepaktakraw with basket for primary school children in the City of Kediri is able to enhance the activity of the students in learning the game sepaktakraw. It can be inferred by the results of large-scale trial that, on some of the conclusions mentioned above are caused by several factors, among others:

1. Students assess that a game by putting the ball into the basket through the game sepaktakraw is easy and interesting to do by the students.
2. Students considered that the model of takraw is interesting (colored knit, made of rattan and bamboo)
3. Students assess that takraw net basket is easy to be moved and does not have to be in an open field, under trees or any space in door this sport can be performed.

4. Students assess that takraw game is fun to do in groups.

Products resulted in a form of sepaktakraw game for children with the specifications as follows:

No	Indicator	Results of Validation	Information
1	Pole	<ol style="list-style-type: none"> 1. Materials: made of wood layered by pipe 2. Height of pole: 1,30 -1,70 cm 	
2	Cast	<ol style="list-style-type: none"> 1. Made of cement, stones made circle 2. Weight of cast: 5-8 kg 	
3	Basket	<ol style="list-style-type: none"> 1. Made of materials: rattan and plaited bamboo 2. Ring is given colorful knit 3. Diameter of ring: 35-40 cm 	
4	Ball	<ol style="list-style-type: none"> 1. Made of rattan covered with colorful soft sponge 2. Diameter of ball 14 cm, weight 20-30 cm 	
5	Gameplay	<ol style="list-style-type: none"> 1. Total of players: 4-6 people 2. Total of touches of each 	

		player: 3 touches 3. Play time: 8 minutes x 2 sets 4. Everytime the ball gets in gets 1 point 5. Containing characters of: sportive and fair play	
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Recommendation

Based on the conclusion and limitation of this study, then it can be recommended several things such as below:

1. Krawnjang sports on October 2016 was participating to represent East Java in an International event in Jakarta on *6Th TAFISA Worlds Sport For All Games* in 2016, thus it is necessary to have the development of other forms of sports as a result of Nusantara cultures.
2. Sports Krawnjang belong to the realm of traditional sports and recreation, so the game should be developed as a sport that was introduced in the community.
3. Teachers in the education field a sport can be a game that can be modified in learning sports, so it is still necessary to shape the development of other games of similar material, especially the child's motor development game.
4. For further research it is expected to develop deficiencies contained in Krawnjang game model, it can be in the field of soccer,

volleyball and other sports that
will produce other forms of
sports innovation.

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