

THE EFFECT OF GAME TRADITIONAL IMPROVEMENT OF SPEED REACTION AND BALANCE IN CHILDREN 12-14 YEARS OLD

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ABSTRACT

The purpose of this study was to see the effect of traditional games (gobak sodor) on speed reaction and balance of children aged 12-14 years.

This research is a Quasi Experiment, using One Group Pre Test Post Test Design. Subjects in the study were 15 children aged 12-14 years at SMP Abu Bakar Yogyakarta. The instrument used to measure the level of reaction ability using whole body reaction and balance using a smart balance.

The data analysis technique used t-test with a significance level of 5%. The results of data analysis showed that the gobak Sodor game could significantly increase the speed reaction of 12-14 year olds with a t-count value of 3.346. The balance did not increase significantly with a t-count value of 1.306, so it can be ignored that the traditional gobak sodor game can increase the speed reaction of children aged 12-14 years.

Kata Kunci: *Gobak Sodor, Speed Reaction, Balance*