

The Influence of Traditional Games on the Perceptual Motor Skills and Skill-Related Physical Fitness

by Sudardiyono, Hari Yulianto, Yudanto, Sujarwo

ABSTRACT

Perceptual motor skills and skill-related physical fitness are crucial to be developed by the elementary students. The development can be achieved by freely doing the interesting physical activities. Traditional games are sorts of enjoyable and exciting games which can be done by the elementary students. The objective of this research was to find out the influence of traditional games on the perceptual motor skills and skill-related physical fitness of the elementary students. It was pre-experimental research with one group pretest and posttest design. The subjects of the research were 30 elementary students. In collecting the data, perceptual motor test by Rachman (2004) was administered as the research instrument. Speed was measured by doing 40-meters run. Power was measured by performing standing board jump. Furthermore, agility was measured by doing 4x10 shuttle run (Nurhasan, 2004). The data were analyzed by administering a t-test by comparing mean scores in the pretest to that in the posttest. The research findings showed that the mean scores in the posttest were higher than that of in the pretest: 1) Perceptual motor skills: posttest mean score 23,70 > pretest mean score 18,90, $p < 0,05$, 2) Speed: posttest mean score 8,16 < pretest mean score 8,86, $p < 0,05$, 3) Agility: posttest mean score 12,67 > pretest mean score 13,46, $p < 0,05$, and 4) Power: posttest mean score 1,44 > pretest mean score 1,33, $p < 0,05$. In conclusion, there was influence of traditional games on perceptual motor skills and skill-related physical fitness.

Kata Kunci: traditional games, perceptual motor skills, physical fitness, elementary students