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IMPLEMENTATION OF THE TRADITIONAL GAME "TEJOG TALI" IN TRAINING GROSS MOTOR DEVELOPMENT OF CHILDREN AGED 5-6 YEARS

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Abstrack

The traditional game of tejoj tali is an activity involving two groups, where one group acts as a player and the other group acts as a substitute. In this game, players walk on bamboo while holding on to a rope to maintain balance. This research uses qualitative or descriptive methods to examine the implementation of the tejoj tali game in training the gross motor development of children aged 5-6 years at Mas Kumara Kindergarten. Data collection was carried out through interviews and observations. The data analysis technique used is descriptive analysis. The results of the research show that playing tejoj rope can effectively improve children's gross motor skills. Children who engage in this game not only develop their gross motor skills, but also the ability to focus and concentrate on achieving goals. It can be concluded that the implementation of the traditional game tejoj tali can improve the gross motor development of children aged 5-6 years.

Keywords: Traditional game, Tejoj Tali, Gross motor skills, 5-6-year-old children

INTRODUCTION

Play is generally an activity that can provide stimulus to a child's development, particularly in the aspect of gross motor skills. Various types of games, both traditional and modern, can be utilized to train children's gross motor skills (Saripudin, 2019). Tejoj tali is one traditional activity that has the potential to enhance gross motor development.

Tejoj tali is a traditional group activity where one group acts as players and another as replacements. In this game, players walk forward on a bamboo stick with both feet while holding onto a rope for support. Tejoj tali is excellent for training children's gross motor skills as it involves physical movements such as walking, jumping, and maintaining balance. Previous studies have shown that traditional games involving physical exercise can improve children's gross motor skills. The traditional game congklak can help young children enhance their gross motor abilities, according to Munif et al. (2019). Additionally, Sauda et al. (2022) found that egrang helps children develop gross motor skills. Aguss (2020) also mentioned that traditional jump rope exercises can improve

children's gross motor development.

However, modern children spend most of their time indoors engaging in activities that do not require much physical movement. According to the aforementioned studies (I Gede Ari Prasta, 2022; Nurul Arifiyanti, 2019), this can negatively impact children's gross motor development. Field observations, particularly at Mas Kumara Kindergarten, show that many children struggle with completing physical tasks, including using their gross motor skills. Preventive efforts need to be made to address these issues, one of which is incorporating the traditional game tejog tali into early childhood education curricula. To determine whether the tejog tali game is beneficial in improving young children's gross motor skills at Mas Kumara Kindergarten, this study aims to explore this further. Children are given the opportunity to actively enhance their gross motor skills through the tejog tali game, which is designed to be engaging and enjoyable.

Additionally, several studies have investigated how traditional activities can help children develop their gross motor skills. Research by Rahma (2020) titled "Improving Children's Gross Motor Skills Through the Traditional Game Boi-Boian" found that the traditional game Boi-Boian is beneficial for children's gross motor development. Research conducted by Magfiroh (2020) with the title "Effectiveness of the Traditional Game Engklek in Improving Gross Motor Skills of Young Children" showed that the traditional game Engklek can significantly aid children's gross motor development, providing numerous benefits to the younger generation. Research by Humaedi (2022) titled "The Impact of the Traditional Jump Rope Game on Children's Gross Motor Development" concluded that jump rope is a traditional game that significantly and positively affects children's development. It is crucial for children to develop their gross motor skills. A study titled "Application of the Traditional Game Gatrik to Improve Young Children's Gross Motor Skills" was conducted by Khodijah (2023). The findings of this study indicate that the gatrik game is effective in enhancing children's gross motor skills.

Research by Saripudin (2019), titled "The Influence of the Traditional Game Hide and Seek on the Gross Motor Development of Early Childhood," found that the traditional game hide and seek has a significant impact on the gross motor development of young children. Gross motor skills involve the use of large muscle groups. Past studies have shown that children's participation in traditional games can enhance their gross motor development. To date, research on the traditional game Tejog Tali and its relation to early childhood education is still very limited. Therefore, the purpose of this research is to determine the effectiveness of the Tejog Tali game in improving the gross motor skills of children aged five to six years attending Mas Kumara Kindergarten. According to Sutapa (2023), the goal of early childhood education is to equip children with the knowledge and skills necessary for participating in play, which is a crucial developmental stage occurring after infancy when children are still very young. Early childhood education prepares children for play. Tejog Tali is an ancient game that will be taught to children through this learning activity. Therefore, experts are interested in investigating how the traditional game Tejog Tali affects children's gross motor skills.

The objective of this research is to determine whether the traditional game Tejog Tali can benefit the gross motor development of children aged five to six years at Mas Kumara Kindergarten. The aim is to find out if Tejog Tali can assist in enhancing the gross motor skills of young children. This research intends to enable young children to improve their gross motor skills in an engaging and enjoyable manner by playing the Tejog Tali game.

Novelty, Previous research on utilizing traditional activities to train children's gross motor development tends to be more general. Therefore, this study presents a new approach by examining how the game Tejog Tali can be used to enhance the gross motor skills of children aged five to six years. Schools can help children overcome the problem of lack of physical activity and encourage the development of critical gross motor skills, which are essential for optimal growth, by providing opportunities to participate in traditional games like Tejog Tali. Additionally, schools can impart cultural heritage knowledge to students through these traditional activities, thus fostering the development of pride and ethnic identity from an early age.

This research aims to improve children's gross motor development. Moreover, this study has the potential to offer new perspectives on advancing learning approaches that incorporate traditional games as productive media. By integrating traditional games like Tejog Tali, we can promote the importance of physical activity and daily movement for children in a broader sense. In response to the research questions posed, this study employs a descriptive qualitative methodology. Researchers can understand the significance and perspectives of children's gross motor development in relation to the traditional game Tejog Tali by using qualitative methods, which offer a comprehensive understanding of the phenomenon being studied.

The instrument used to assess children's gross motor development is as follows:

Table 1. Children's Gross Motor Development Assessment Instrument

No	Assessment Aspect	Indicator	NYD	SD	DE	DVW	Notes
1	Balance	- Walking on a straight line - Walking on heels and toes					
2	Movement Coordination	- Jumping with both feet - Walking quickly					
3	Agility	- Running swiftly - Moving quickly following commands					
4	Dexterity	- Climbing and overcoming obstacles - Walking while focusing on concentration and balance					

Purpose of Assessment Instrument. The purpose of this assessment instrument is to monitor and evaluate children's gross motor development before and after the introduction of the tejog tali game. Research Design, this study employs a "pretest-posttest design" research design. Before children start playing tejog tali in the initial phase of the study, an assessment of their gross motor skills is conducted. The children's gross motor skills are then reassessed after playing the game, and the tejog tali game is incorporated into classroom learning activities.

Population and Sample, the subjects in this study are all children attending Mas Kumara Kindergarten aged 5 to 6 years old. Purposive sampling is used to select 30 children as research samples, particularly those showing diverse levels of gross motor development. The sampling process considers factors such as age, gender, and the level

of variability in gross motor development. Data Collection Instruments, this study utilizes interviews and direct observation as its instruments. The researcher observes to document and observe the gross motor behavior of children while playing tejog tali. Information about educators' and staff perceptions regarding the impact of playing tejog tali on children's gross motor development is gathered through interviews.

Validity and Reliability: To ensure data reliability, triangulation of data is conducted through comparing interview and observation findings. Additionally, the member checking technique will be involved in the interpretation and verification process of data, designed to ensure the validity and authenticity of the findings.

Data Analysis, information collected through interviews and observations will be analyzed qualitatively. In the analysis stage, conclusions are drawn after data reduction and presentation. Data reduction involves identifying main themes emerging from observation and interview data. Quotations and related narrative descriptions are then used to present the data. Finally, conclusions are formulated based on the results obtained from data analysis.

RESULTS AND DISCUSSION

Here are the results of the assessment of gross motor and fine motor development of 5-6 year-old children at Mas Kumara Kindergarten before and after the implementation of the tejog tali game:

Table 2. Assessment Results of Children's Gross Motor Development

No	Assessment Aspect	Before Implementation	After Implementation
1	Balance	65% of children were unable to walk in a straight line and walk on heels and toes	85% of children are able to walk in a straight line and walk on heels and toes
2	Movement Coordination	70% of children were unable to jump with both feet	90% of children are able to jump with both feet
3	Agility	60% of children were unable to walk quickly and agilely, and move quickly following commands	80% of children are able to walk quickly and agilely, and move quickly following commands
4	Dexterity	75% of children were unable to focus and balance	90% of children are able to focus and balance

Table 3. Assessment Results of Children's Fine Motor Development

No	Assessment Aspect	Before Implementation	After Implementation
1	Hand Control	60% of children were unable to hold the rope correctly	80% of children are able to hold the rope correctly
2	Manipulative Skills	65% of children were unable to place the game pieces correctly	85% of children are able to place the game pieces correctly while playing
3	Hand-Eye Coordination	70% of children were unable to tidy up the game properly	90% of children are able to tidy up the game properly

Table 4: Children's Gross Motor Development After Playing Tejog Tali

Observed Aspect	Before Game	After Game
Child A	60	75
Child B	55	70
Child C	58	72
Child D	62	78
Child E	57	71

Based on the table above, it can be observed that before the implementation of the tejog tali game, the majority of children (60-75%) had not mastered the assessed aspects of gross motor development. However, after the implementation of the tejog tali game, there was a significant improvement in children's gross motor skills, with the percentage of children able to master the assessed aspects of gross motor skills increasing to 80-90%. Additionally, the table also indicates the results of the assessment of children's fine motor development. Before the implementation of the tejog tali game, the majority of children (60-70%) had not mastered the assessed aspects of fine motor development. However, after the implementation of the tejog tali game, there was an improvement in children's fine motor skills, with the percentage of children able to master the assessed aspects of fine motor skills increasing to 80-90%.

Note: Gross motor scores range from 0 to 100, with higher scores indicating better gross motor development. This table provides an overview of the gross motor development of each child before and after playing tejog tali. Gross motor scores were measured using specific methods before and after the tejog tali game session. Traditional Game of Tejog Tali Tejog tali, a traditional game that combines movement and physical exercise, is one of the activities that can help adolescents develop their gross motor skills (Monicha, 2020). According to Fathiyah (2022), for adolescents to play this game effectively, they must be able to move quickly and agilely while holding the rope to stretch the bamboo. This activity is beneficial for the development of children's gross motor skills but also requires good control of their bodies (Kusumawati, 2021).

Tejog tali is one of the traditional games that can help adolescents develop their gross motor skills through movement and physical activity (Monicha, 2020). When playing this game, children are required to walk on bamboo while holding onto a rope (Fathiyah, 2022). This requires them to maintain balance, coordination, agility, and dexterity. Effective training of children's gross motor skills can be achieved through the use of this exercise that requires children to maintain good body control (Kusumawati, 2021). Previous studies (Munif et al., 2019; Saudah et al., 2022; Aguss, 2020) have shown that traditional games have the potential to be an efficient method in helping the development of children's gross motor skills. Congklak, egrang, and jumping rope are some classic activities that have been proven beneficial for adolescents in improving their gross motor skills. According to Fathiyah (2022) and Monicha (2020), the tejog tali rope gymnastics has the potential to help young children develop and strengthen their gross motor skills.

Gross Motor Development of 5-6 Year Old Children For children aged between

five and six years old, the development of their gross motor skills is an important component of their overall growth and development. Children experience an increase in body control, balance, and coordination, making it easier for them to engage in various physical activities (Khodijah, 2023). Playing games is also highly favored by children aged five to six years old (Saripudin, 2019). According to Pahrul, Y., and Amalia, 2020, the golden age of children, starting from birth and continuing until the age of six, is a very appropriate window of opportunity to provide stimulation to them. According to Surati (2019), Musfiroh emphasizes the importance of early childhood education in providing opportunities for the development of fundamental skills such as linguistic, cognitive, and motor development.

Physical motor development is a field that should be educated from infancy. The ability to control movement correlates with these physical motor skills (Laksana, 2020). Large muscle movements are components of gross motor skills; eye coordination, finger nerves, and combinations of muscles and nerves are components of fine motor skills (Apriloka, 2020). Several methodological steps were taken in the implementation of the Tejog Tali game in this study. The researchers first prepared the instruments and equipment needed, including ropes, safety ropes, and bamboo rods ranging from three to four meters in length. The play area was ensured to be safe and large enough for the children by the researchers before setting up the tejog tali play area in the school yard.

Before starting the game, the researchers conducted a light warm-up with the children. This aims to prepare the children's muscles for physical activity. After warming up, the researchers explained the rules and how to play tejog tali to the children. In the tejog tali game, children are asked to walk on bamboo stretched on the ground, holding onto ropes tied to both ends of the bamboo. Children must strive to maintain balance, coordination of movements, agility, and dexterity while walking on bamboo. In addition, children can also perform various movements, such as jumping, running, or spinning on bamboo. To ensure the safety of the children, the researchers provided safety ropes tied around the children's waist, so they could feel safe and confident while playing. During the game, the researchers also provided instructions and motivation to the children so that they could perform the movements well.

Pictures 1, 2, and 3 depict children engaging in the game of "tejog tali."



pictures above show children actively engaged in playing tejog tali in the schoolyard. They can be seen walking carefully on the bamboo while holding onto the rope. Some children are also seen jumping and running on the bamboo, demonstrating improved gross motor skills. Through the implementation of tejog tali, children actively participate in enjoyable physical activities. They practice maintaining balance, coordinating movements, enhancing agility, and refining dexterity. Thus, the traditional game of tejog tali proves to be effective in training and developing the gross motor skills of 5-6-year-old children. Tejog tali is an activity that can be followed and learned by children, aiding in the development of their gross motor skills. This game emphasizes balance, non-locomotor skills, and locomotor skills. This scenario exemplifies how children are instructed to complete challenges and tasks they have started, as each game is governed by specific rules.

The research data was obtained through assessments and observations of 5 to 6-year-old children participating in the traditional game of tejog tali at TK Mas Kumara. Below are the research findings and their discussion: Test Results: The test result data in the results and discussion section indicates a significant improvement in the children's gross motor development after the tejog tali session. The average scores of children's gross motor skills increased rapidly after they engaged in the tejog tali game. The tejog tali game is effective in fostering gross motor development in 5 to 6-year-old children, supported by these findings. Observation Results: Observational research also indicates that children who play tejog tali every day show improvements in their gross motor skills. These benefits include improved balance, body coordination, and muscle strength. Body balance remains maintained, leg movements are more coordinated, and skipping competence is enhanced. This indicates that gross motor development can be improved through tejog tali exercises.

Interpretation of Results: This research provides evidence that the game of tejog tali is beneficial for the gross motor development of 5 to 6-year-old children. This is possible because the tejog tali game requires large muscle contractions, such as when jumping rope or performing coordinated leg movements. It should be noted that although the research findings show significant progress in gross motor development, each child still has a unique growth stage. Certain children may show greater progress compared to others. In addition to the variables mentioned above, environmental conditions, social interactions, and traditional games played by children outside the scope of this research can significantly impact the research results. Previous studies have proven that traditional games can significantly contribute to improving children's gross motor skills. According to the research by Anis et al. (2023), traditional games like tejog tali encourage growth and improvement in gross motor skills. Their research findings support this study's findings, which show that tejog tali significantly enhances children's gross motor development.

Furthermore, research conducted by Putri (2021) indicates that traditional games involving physical activities, such as jumping rope, have the potential to improve children's balance and coordination. These findings align with the observations in this study, which found that after playing tejog tali, children show improvements in gross motor skills, including balance and body coordination. Traditional games are intentionally designed to encourage children's social and emotional development (Sudaryanti, 2023). The traditional game of tejog tali provides children with opportunities for social and emotional skills to develop alongside gross motor skills. Dynamic balance exercises can be performed through this game (Moh.Haidir Agum, 2021).

Character development and the improvement of gross and fine motor skills enable children to concentrate and balance their bodies, achievable through traditional games (Suryana, 2021). Apart from tejog tali, other activities suitable for early childhood education include singing and dancing, agility competitions, and cognitive pattern analysis (Cendana & Suryana, 2021). In addition to fostering gross motor development, playing tejog tali can also serve as a platform to cultivate children's social talents (Wijayanti, 2018).

CONCLUSION

This study demonstrates that playing tejog tali helps children aged five to six years by providing positive impacts on their gross motor development. Children who engage in tejog tali show significant improvements in their gross motor skills, including muscle strength, balance, and body coordination. According to other research findings, preschool-aged children can benefit from playing traditional games to enhance their gross motor skills.

The results of this study may potentially support the utilization of tejog tali games in early childhood education. Tejog tali games have proven to be effective and enjoyable strategies for training and developing children's gross motor skills. Therefore, the use of tejog tali in early childhood education could be a valuable alternative to enhance children's holistic gross motor development.

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