

IMPLEMENTATION OF TRADITIONAL GAMES ON THE PHYSICAL CONDITION OF BADMINTON ATHLETES: LITERATURE REVIEW

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Abstract: *The focus of the data presented in the literature review aims and focuses on describing traditional games, physical conditions and badminton. The method used in this research is a literature review by following the literature review procedure. Search for articles used for literature review using Google Scholar with the criteria of articles indexed by National Sinta, Copernicus International and Scopus International. Traditional games are games passed down from ancestors and preserved from generation to generation until today in Indonesia. Traditional games in Indonesia have different characteristics in each region in Indonesia and can be applied to training programs. Traditional games can improve various aspects of badminton's physical condition and can be used as part of a badminton training program.*

Keywords: *Traditional games, physical condition, badminton.*

INTRODUCTION

Traditional games are a symbol of knowledge passed down from generation to generation and have various functions or messages behind them (Rianto & Yuliananingsih, 2021). Traditional games are a cultural product that has great value in the context of fantasizing, recreation, creation, exercise and also as a means of practicing social life, skills, politeness and dexterity (Andriani, 2012). Traditional games are a means of playing for children and are beneficial for children's health, physical condition, fitness and growth and development. There are also positive values contained in traditional games, for example honesty, cooperation, sportsmanship, mutual help, responsibility and discipline (Husein, 2021).

Traditional games are games that make children feel happy and excited when playing traditional games (Kamid et al., 2022; Putranta et al., 2022). In line with this statement, Mashuri concluded that traditional games are games that have been preserved from their ancestors from generation to generation and have noble values that can act as reinforcement in increasing character values (Mashuri, 2021).

All regions of the Indonesian archipelago have their own traditional games with regional characteristics and are played using their respective regional languages (Hayati & Hibana, 2021). Each region in Indonesia has its own traditional games according to the culture they have and passed down from their ancestors (Syamsurrijal, 2020). Based on the description above, it can be concluded that traditional games are a culture that has developed to this day and are games inherited from the history of our ancestors which have positive values for society and have many benefits so that they have become national identity.

Traditional games are not just games but traditional games can also be used in sports learning and training methods (Handoko & Gumantan, 2021). This can be seen from traditional games being used as a learning medium to improve psychomotor, social, concentration and motor skills as well as being used as a training medium for sports in an effort to improve physical conditions such as VO₂ Max, agility, balance, endurance and speed (Kusumawati, 2018). The above opinion is in line with Kylasov's opinion which states that traditional sports are not only games for enjoyment but can be used as a method of learning and training in an institution and in sports branches (Kylasov, 2019) and Sun's opinion states that traditional games should be a very easy method. used in the learning process or as a training method in a sport (Sun, 2016).

In Indonesia, there are many kinds of traditional games or traditional sports such as gobak sodor, galah hadang, engklek, congkak, dragon snake, marbles, stilts and rope jumping (Sari et al., 2019). As traditional games develop, they have become a sports training program (Bile et al., 2021). One sport that already has training sessions using tra-

ditional games to improve physical conditions such as VO_2 Max, agility, speed, endurance and balance is badminton.

Badminton is a game sport that uses a tool in the form of a racket to hit *the shuttlecock* which is the object and *the shuttlecock must not fall* on its own court. The idea of this game is to drop or turn off *the shuttlecock* as quickly as possible in the opponent's defensive court by passing it over the net to get a point and defend one's own court from the opponent's attack (Islamiah & Sepdanius, 2019). Badminton is a sport that demands very complex physical conditions such as VO_2 Max speed, agility, flexibility and balance. Research conducted by Pratama et al stated that there is a significant influence of traditional games on increasing agility and speed (Pratama et al., 2021).

Furthermore, research conducted by Flaviani showed that there was a significant effect of providing the gobak Sodor training program on the agility of badminton athletes (Flaviani et al., 2023). ; 1 Traditional games are actually very good for physical training, and mental and physical condition improvement is determined by the training load given in traditional games (Bire et al., 2022). A traditional game training program that is given with the correct dosage will be able to provide changes, namely improving physical condition, increasing the capacity of skeletal muscles to burn glucose and fat for energy during exercise (Anggriawan, 2015). if an athlete has been through the process very complex exercise. At the rehearsal process the role of exercise physiology making absolute basis in modifying training program. Sports Physiology is a branch of physiology that studies the physiological changes in the body when a person exercise . By knowing the changes that occur in the body, one can design an exercise program for making optimal changes as expected. Errors in applying management training load, will adversely affects physiological condition of the athlete. Pulse is high, often feel dizzy, interference with digestion and metabolism, is the consequences of fatigue and overtraining, thus affecting the performance of the athlete to achieve optimal performance.

The traditional game training program is provided continuously with an increase in training load so it can have a positive impact on the physical condition of badminton athletes and the traditional sports training program contains benefits that can improve physical, mental condition, good concentration and leadership spirit (Azahari, 2017) . From the opinion above, it is in line with the results of research conducted by Manihuruk et al which stated that traditional games have an effect on physical conditions such as concentration, agility and endurance of badminton athletes (Manihuruk et al., 2023) . It can be concluded from the opinions above that traditional games can be applied and included in badminton training programs to improve physical condition.

Based on previous studies and studies, this research aims to examine the implementation of traditional games on the physical condition of badminton athletes using a literature review method, because there are not many studies that have carried out treatment using traditional games to improve the physical condition of badminton athletes.

RESEARCH METHODS

This research uses a qualitative method, a descriptive model in the form of a literature study that uses literature reviews to strengthen research analysis. This research begins by searching for related literature, then collecting literature that is used to analyze important terms in studying, and obtaining discussions, then drawing conclusions based on the results that have been achieved. Literature study is a research design by collecting data sources related to a topic. Literature review research is research that examines and analyzes previous research which then makes a summary according to the objectives (Hiver et al., 2024; Zhang et al., 2024) . The time span of the journals used for study is 2014-2023 with the characteristics of articles indexed by Sinta National, International Copernicus and International Scopus. Search for internet-based articles, namely Google Scholar, to further analyze several published articles that were used as references for the study in this research and those related to the title of this research, namely "Implementation of Traditional Games on the Physical Condition of Badminton Athletes".

RESULTS AND DISCUSSION

The review process was carried out on selected scientific articles based on topics related to this research Implementation of Traditional Games on the Physical Condition of Badminton Athletes. There is 1 National Sinta 2 indexed article and 1 International Copernicus indexed article which is reviewed based on the author's name, year of publication, journal index, research methods and research results. The following is a review of the articles that have been reviewed:

Table 1. Journal Review

Authors/ year	Title	Research methods	Journal Index	Research findings
Manihuruk et al., (2023)	Exploration of The Traditional Game of Galah Hadang: Does it Effect the Concentration, Agility and Endurance of Early Age Badminton Players?	This study used an experimental method	Sinta 2	The results showed a sig value of $p= 0.00 (< 0.05)$ so that it was concluded: There is an influence of the traditional game of galah hadang on increasing the concentration of early age badminton athletes, there is an influence of the traditional game of galah hadang on increasing the agility of early age badminton athletes, and there is an influence of the traditional game of galah hadang on increasing the endurance of early age badminton athletes.
Flaviani et al., (2023); 1	The Effectiveness of Gobak Sodor Game on Inc increasing Agility in PB Athletes Mega Citra	This type of research is experimental research	Copernicus	The results showed that the value of the T test analysis (15.24) was greater than the value of the T table (1.729) so it could be concluded that there was an effect of the Gobak Sodor game on increasing the agility of Pb athletes. Mega Image. Analysis of research data manually without using SPSS. The frequency of exercise is 3 times a week according to the training schedule, the number of meetings is 16 times. The traditional game of gobak sodor is a cultural heritage that can be played by all ages and needs to be applied by coaches for training methods to increase agility in badminton athletes.

From the results of the literature review that has been discussed previously, there are several discussions that are mutually beneficial in training the physical condition of badminton athletes through traditional games, because so far from the author’s knowledge, searching for articles with the title traditional games to improve the physical condition of badminton athletes has not been done much. Traditional games can improve physical condition and develop character (Adi et al., 2020). Traditional games applied in training sessions make athletes move more actively to fulfill or achieve the expected physical conditions (Hussain & Cheong, 2022; Irwansyah et al., 2022).maintain health, and achieve athletic excellence. Yet, there is evidence that GMS levels of children are on a decline globally. Therefore, the main purpose of this study was to investigate the effectiveness of traditional cultural games (TCG

Based on table 1 above, it can be seen that traditional games have a significant effect on improving the physical condition of badminton athletes. Traditional games often require high physical endurance because they require intensive and continuous movement. Traditional games such as gobak sodor, engklek or jumping rope require good strength and endurance. These exercises can indirectly help increase endurance and muscle strength which is important in badminton. Traditional games also involve movements that require agility and good balance, such as jumping, dodging, and turning. This skill is very important in the game of badminton, where athletes need to have the ability to move quickly and change direction with agility. Through traditional games, badminton athletes can improve agility and balance.

Traditional games can be a valuable addition to a badminton athlete’s training to improve the athlete’s physical condition. Through traditional games, athletes can develop and improve various physical and non-physical skills that are important for optimal performance in badminton athletes. Keeping these benefits in mind, coaches and athletes can incorporate traditional game elements into their training programs to achieve better results in badminton matches.

Traditional Games Definition

Traditional games are a form or form of culture (Tyas & Widyasari, 2023). Traditional games are a type of game in a particular area that is based on that culture or area (Gustira et al., 2023). Traditional games are a form of oral folklore because they are obtained through oral tradition, the nature or characteristics of traditional games are

old, their origins are unknown, who the creator is and where they come from (Aulia & Sudaryanti, 2023). Usually it is spread by word of mouth and sometimes undergoes changes or forms even though it is based on the same thing inherited from ancestors (Saputri & Katoningsih, 2023). In Indonesia itself, it is difficult to know exactly when and where traditional games started, sometimes traditional games have the same concept but only have different names for each region (Erwanda & Sutapa, 2023).

The main characteristics of traditional games are that they are usually simple, use materials that are easily found in the surrounding environment, and support social interaction between players (Muharrahan et al., 2023). Traditional games often reflect cultural values, social norms and habits in a society, and play a role in forming identity and solidarity between players but can also improve physical conditions (Marcheta & Kareem, 2023). The existence of traditional games is very important to preserve the cultural heritage of a nation, so that traditional games can be played in sports training program sessions such as badminton and traditional games that can train physical conditions, as well as educate a person in terms of character and can foster sportsmanship.

Physical Condition

Physical condition is an important element and is the basis for developing techniques, tactics and strategies (Yu & Mohamad, 2022). Physical condition is one of the requirements that is very necessary in efforts to improve an athlete's performance, even as a starting point for starting sports achievements (Ramadan et al., 2023). Physical ability is the ability to function the body's organs in carrying out physical activities (Rahmi et al., 2023). Physical abilities are very important to support developing psychomotor activities. Skilled movements can be performed if physical abilities are adequate. Physical condition is a complete unit of components that cannot be separated, either for improvement or maintenance (Nasrulloh et al., 2021). This means that in an effort to improve physical condition, all of these components must develop.

Physical condition status can reach an optimal point if you start training from an early age and do it continuously and continuously, guided by the basic principles of training (Nugroho et al., 2021). The status of a person's physical condition can be determined by means of an assessment in the form of an ability test. Physical conditioning training also has a big influence on increasing athletes' self-confidence and reducing the risk of injury. Guided by the description above, it can be interpreted that in achieving sporting achievements, physical condition factors are very important to develop and train (Irsyad et al., 2023).

Playing traditional games regularly can also help in increasing physical endurance and heart strength. Activities such as running, jumping, or doing intense movements in traditional games can burn calories, increase heart rate, and increase lung capacity, this is important for badminton athletes because they need good endurance to survive the match long and capable of performing a series of rapid movements repeatedly. Regular traditional games can provide many benefits for badminton athletes, both physically and mentally. A combination of varied physical training and developing mental skills can help athletes achieve their best performance on the field.

The Influence of Traditional Games on the Physical Condition of Badminton Athletes

Traditional games can develop athletes' gross and fine motor skills, such as balance, movement control and sensory sensitivity. These motor skills are important in badminton to carry out precise and precise movements. Traditional games involve movements that require good body flexibility, such as squatting, flexing the body, or stretching the muscles. This increased flexibility can help prevent injury and increase the athlete's range of motion, which is important in badminton for achieving more effective shots.

Traditional games involve movements that require good coordination between eyes, hands and feet. Training with traditional playing methods can help improve athletes' speed and coordination, which are important physical condition factors in badminton. Traditional games require active use of body muscles, such as jumping, pushing, or pulling. Training with traditional games can help strengthen the main muscles needed in badminton, such as the arms, legs and core muscles. Traditional games involve intense and repetitive movements, such as running, jumping, or moving quickly to chase a shuttlecock, so traditional games help increase the endurance of badminton athletes who require high stamina.

CONCLUSION

Traditional games are games passed down from ancestors and preserved from generation to generation until today in Indonesia. Traditional games in Indonesia have different characteristics in each region in Indonesia and can be applied to training programs. Traditional games can improve various aspects of badminton's physical condition and can be used as part of a badminton training program.

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