

Proceeding

INTERNATIONAL CONFERENCE ON SPORT

GOR UNY, Saturday, 12th DECEMBER 2009

Theme

The Development Of Sport Culture
To be Indonesian Civilization



Faculty Of Sport Science
Yogyakarta State University



ISORY DIY



Ministry of Youth and Sport
Republic of Indonesia



Indonesian Sport
Deans Forum

THE OPENING SPEECH

The honourable, minister of youth and sport, who is represented by Prof. Dr. dr. James Tangkudung, the member of minister's experts staffs.

The honourable, head of yogyakarta State University, Dr. Rahmat Wahab, M.Pd, M.A

The Honourable, head of central board of Indonesian sport bachelor association (ISORI), Prof Toho Cholik Mutohir, Ph.D

The distinguished guest and the participants of international sport seminar.

Assalamu'alaikum warahmatullahi wabarakatuh

Salam Olahraga...!

It's great pleasure for me to be given the opportunity to deliver a speech on this international sport seminar. Let's express our welcome to our campus.

This international sport seminar is held by the cooperation among Sport Science faculty of yogyakarta State University, Indonesian Sport Bachelor Association in yogyakarta, Ministry of youth and Sport, and forum of Deans of sport science faculty in Indonesia.

The theme of this international seminar is "The development of sport culture towards the civilization of Indonesia". These day, sport is a social phenomena which cannot be separated from its moral and culture relationship.

The aim of the seminar is at discovering strategic attempts to develop sport culture towards the civilization of Indonesia. This seminar will be held on Saturday, 12 December 2009. The spokesmen in this seminar are:

1. Prof. Dr. dr. James Tangkudung, one of the expert's staff in ministry of youth and sport. His presentation will be about "strategic development of sport in Indonesia".
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Regards,

Sumaryanto, M.Kes.

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**THE OPENING SPEECH
ON INTERNATIONAL SEMINAR ON SPORT
DECEMBER 12, 2009-12-28
AT INDOOR STADIUM OF YSU**

Assalamu'alaikum wr wb

The honorable speakers, Mr. Prof Dr. dr. James Tangkudung, M.Pd, (Minister of Youth and Sport), Mr. Kostadin Angelov, (Bulgaria), mr. Toho Cholik Mutohir, Ph.D, (Head of ISORI), Mr. Lauren (Athletic Coach from France), and Charlotte (Sport Activist, from Netherland),
The distinguished guest
Ladies and Gentlemen,

First of all, on behalf of the president of YSU, let me express great thank to God (Allah SWT) who gives us opportunities and health, so that we can join this very important international seminar on development of sport culture toward civil Indonesian society. I do hope international sport seminar can gives us valuable knowledge and experiences.

Secondly, it is my great pleasant to express my warm welcoming to al audiences, especially Mr. Prof Dr. dr. James Tangkudung, M.Pd, (Minister of Youth and Sport), Mr. Kostadin Angelov, (Bulgaria), mr. Toho Cholik Mutohir, Ph.D, (Head of ISORI), Mr. Lauren (Athletic Coach from France), and Charlotte (Sport Activist, from Netherland), who are ready to come this occasion for sharing all issues we are concern. I absolutely expect that this forum forum will be beneficial for all of us, not only as practitioners, but also as experts.

Thirdly, let me express my thank to the audiences who are interested in joining this very important seminar. I do hope that all audiences can take more advantages, then implement some related ideas in improving the quality of sport in general, and the quality of sport education for all. Beside that also want to thank to all members of committees who spent much time in preparing, organizing, and controlling this event. I absolutely hope that they can have more academical and managerial advantages.

Ladies and gentlemen,

Sport is veri important in our life, because, sport can make us be healthy and fresh. Healthy person can do everything what he/she wants. Healthy person can do more productive result than others. By having good health, we create more ideas. Late cite rasulullah saying, " A'aqlus saliim fil jismis saliim."

By having awareness of the importance of sport, we have to practice any kind of sport. Let us remember rasulullah saying again: adzdzibuu aulaadakum shibaahata warimaayata, means that teach your kids with swimming and throwing.

Even though the contribution of sport for our health is so clear, but in the fact that most people are still reluctant to do exercises. As sport community, we have a responsibility to socialize the sport. How to make a sport as culture? We have to condition by using more effective strategies. First, physically, we have to prepare various facilities for sport activities. Secondly, economically, we have to give the user with non-expensive rate. Thirdly, socially, we have to be ready to serve community as coaches for any kinds of sport activities, culturally, we have to develop sport and the culture.

I do hope hat this seminar will have some important result which can be more beneficial for improving of sport education develop by YSU, especially.

Ladies and gentlement,

Once again, let me express my gratitude to all audiences, especially the honorable speakers and the distinguished guest, for paying attention. I absolutely hope that this seminar will run well. Finally, may I officially declare this nternational seminar by saying " Bismillahi rahmaanir rahiim", may Allah SWT always bless us. Amien

Wabillahit taufiq wal hidayah.

Wassalamu'alaikum wr.wb

Dr. H. Rochmat Wahab, M.Pd., M.A.
Rektor of Yogyakarta State University

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TRADITIONAL GAME CAN INCREASE FRESHNESS OF CHILD BODY

By
A. Erlina Listyorini
Yogyakarta State University

ABSTRACT

This article studies about traditional game can increase freshness of child body. Traditional game contained a real elements is of benefit to growth and development of physical, soul and bounces child. Freshness of body which to be reached at this article is Physical Fitness, Mental Freshness (Bounces Fitness), Emotion Freshness (Emotional Fitness), Social Freshness (Social Fitness), while influence and game benefit of tradisional game to development of child of is child more creative. Traditional Game serve the purpose of child therapy, can develop intellectual intellegence of child, develops intellegence of emotion between personal child, develops intellegence of childlogic, develops kinesthetic intellegence at child. Develops intellegence of natural child, develops musical intellegence of child. Some Tradisional game models is containing element in freshness component of body is Balap Karung, Tarik Tambang, Ular Naga, Egrang, Benteng-Bentengan, Patak Umpet, etc.

Keywords: Traditional game, Body freshness.

INTRODUCTION

During present, very rare traditional game seen played in area more than anything else in metropolis. Likely traditional game which is culture heritage we have almost is pulled over. Because as generation adult / old, we seldom teach traditional game to our children so that children doesn't know form / model traditional game actually many kinds of its, hence better there must be strive from people tua/dewasa which experienced phase to play at traditional game, to introduce and preserves again tradisional game.

Traditional Game actually contains a lot of a real useful elements to development of physical of child, child soul, and bounces child, however, this game likely loses has by game which more modern like Video game, bombs car, facebook, etc. However, traditional game besides having the benefit is upper also has quite a lot of excellence which solidarity or a friend at court, empathy taste to humanity, friendliness with nature and always holds high high sportivity values and emerges creativity, initiative child of create and innovation to produce self. According to Ichwan, social anthropology study program chief post master UNIMED : Multifarious of game of child of tradisional also will keep away child from position konsumtif, presents gladness, motion of expressive body, side that also trains level of the intellegence and logic.

Modern game of child form the game is usually produced by factory massly, so that creativity child of make self less. The game usually played by one only. As a result child would absorbed in their / his self without caring friends coeval and the area. According to Chief Center Study History and Social Science UNIMED: Modern game tended to will make child of individualis and bases on matter. Child of every when will ask people money to buy the plaything. Hence potential modern game makes child as generation which only claim, ask, less business, not inovatif, and not creative, to produce and produces is written down. Based on description is upper will traditional game will be able to increase level of corporeal freshness at child?.

PASS TRADITIONAL GAME, WE IMPROVE FRESHNESS OF BODY EITHER PHYSICAL AND ALSO PSYKIS

According to Suhantoro (1986:12), Freshness of body can be classified to become 4 kinds :(1) Body Freshness (Physical Fitness) that is an aspect physical of from corporeal freshness totally giving ready to someone to do everyday productive work without existence of abundant fatigue and still had energy reserve to enjoy the spare time is carefully and also does sudden work.

According to www.AsianBrain.Com: Traditional Game is done to pass by quickly good age of adult and child and old fellows and was not limited by time. Tradisional game very big of influence to development of soul, physical and bounces child. In general traditional game pushes the players to make a move like jumping, runs, dances, rotary and moves other. For example: Egrang, Lompat Tali, Serodot Gaplok, Adang-adangan, etc; (2) Mental Freshness (bounces fitness) that is having sight understanding, knowledge, intellegence of morale and spirit activity either and and also overcomes problems of their / his self and also public. According to www.AsianBrain.Com : Traditional game develops intellectual intellegence of child, thus assists child to develop its intellectual intellegence because the game will dig knowledge child of to having immeasurable knowledge, for example : traditional game of Gagarudaan, Oray-orayan and Pa cici putri. Pass game tradisional, child of becoming more creative.

Traditional game usually is made direct by the leaders, they apply goods, the objects or flora is around. This thing pushes them to be more creative creates game equipments. Traditional Game doesn't have order in writing. Usually applies general law and agreement of the players so that player claimed for creative creates orders matching with their situation. Develops intellegence of childlogic. Traditional game trains child to calculate and determines stages; steps which must be passed it, for example: Engklek, Tebak-tebakan, Lompat Tali, Dam Daman, etc. (3) Emotion Freshness (Emotional Fitness) that is existence of calmness taste and free of family pressure and also public area and can face and overcomes the reality. Traditional game can be applied as childt herapy.

When playing at children will release the emotion, they scream, laughing and moving. A kind of this activity can be applied as therapy for children requiring the condition. Traditional game develops intellegence of natural child. Child of making equipment to fiddle around with material of vinity nature, for example: bamboo, plant, stone, sand, etc. For example : Sepak takraw its ball made from cane, Egrang made from bamboo, Encrak applies stone. Traditional game develops musical intellegence of child. Very chummy Hymn or musical instrument at traditional game. Game singing for example : Enjot-enjotan, Tempurung Dance, Ular Naga, etc.

Develops intellegence spiritual. The intention in traditional game is winning and failing this indirectly teaches child of having soul sportsmanlike, must receive as it is, is failing may not on the warpath, is winning may not bluff. The players which has not can do game can learn to which has. In traditional game nothing that most pre-eminent, because each and everyone has excess of each for every different game. The thing minimum appearance of ego in self of the players / children. (4) Social Freshness (Social Fitness) that is ability accomodates places and devoted self to family area and public. Traditional game mostly done in group of by teaming childwill sharpen the emotion causing arises tolerance and empathy to others and balmy and accustomed in group.

Traditional Game is body activity done by childthat child of becoming is healthy and fit. With form of game, child of doing body activity doesn't feel forced, because with approach plays at this child of doesn't feel that actually s(he has done physical activity that is weight. Body activity intended here is, according to Rusli Lutan (2002:7) multifarious of activity entangling movement of body yielded by framework muscle, and the movement yields energy expenditure. Means this traditional game can be categorized as body activity for activity releasing energy.

Corporeal freshness related to health, according to Rusli Lutan (2002:7) ability of someone to do physical duty required strength, endurance and flexibility For towards at freshness level of good body, hence need motivation to child of do traditional game activity regularly, though with different game model that child doesn't tire of. In this way is expected childwill increase freshness of the body one or two better storey.

Motivation to this child hardly is required once to realize purpose of that traditional game simply can increase freshness of child body. Successful experience of course becomes main motivation, thus we are as a stripper should be able to plan form of practices is from traditional game which able to be useful to increase freshness of child body, person, environmental factor and motivation.

Personal factor is divided 2 that is : (1) Biological Factor like: gender (boy is more actively than womens); Age (activity declines along with improvement of age); Fatness (fat child, tends to low of its(the activity). (2) Factor Psikologis. Intention for active, resistance to activity body, position to activity, self confidence taste can do activity, etc. (3) Factor Fisikal : situation of Residence, condition of area (Countryside / Town / Mountain). (4) Motivation: Extrinsic and Intrinsik

Table 1. Expression Related to Motivation Type

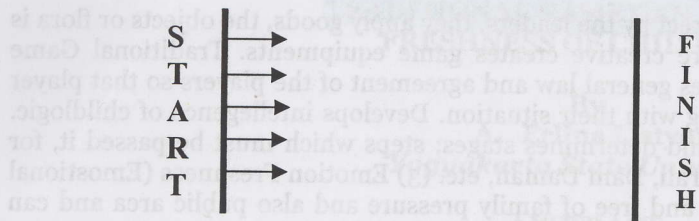
Intrinsik	Extrinsic
"Tries we to assist so that to become fit"	"We must make child so that fit"
"Assists their self-motivation child"	"We mnenberi motivation must to child"
"Lets children to exercise for the hobby"	"We must make child of hard work"
"This is choice. Your hobby"	" You must do this duty"

Source : Rusli Lutan (2002:26)

SOME TRADITIONAL GAME MODELS CONTAINING CORPOREAL FRESHNESS COMPONENT ELEMENT

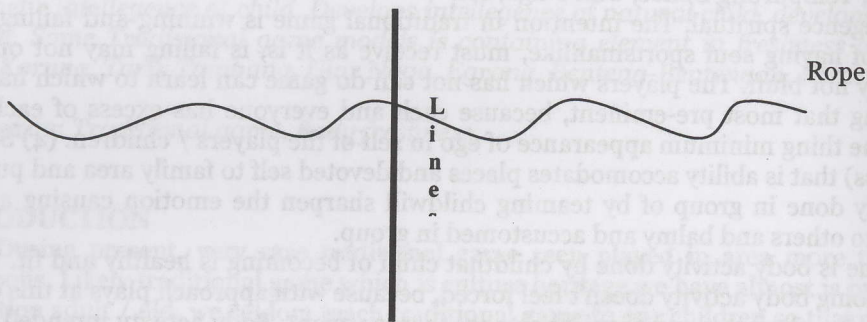
1. Balap Karung

The execution : Participant is obliged to enters the body underside into karung then races up to line finish. Distance depends on situation and condition of yard / field can around 10-20 metre.



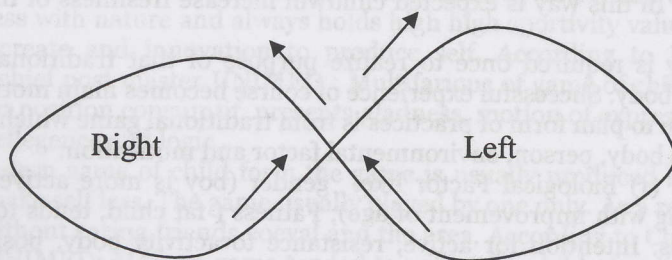
2. Tarik Tambang

Way of the game : Contest entangles two shifts, with 5 or more participant. Two shifts contests from two sides at the oposite and all participants holds is tightly a mine string. Midst there is constrictor in the form of line. Each shift copes interesting of mine string as strong as possible that shift which at the oposite passing constrictor line. Interesting doubt pass constrictor line expressed fails.



3. Ular Naga

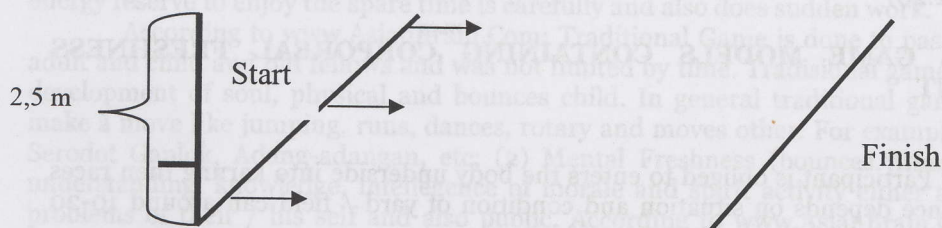
The execution : This game teams played by minimizing 4-5, 2 as spandrel maker (left and right), neutral the other marched is circle formed number 8 to pass spandrel which is made. Child correctly resides in spandrel midst at the time of song ends will be closed and given secret choice to joint forces with group of left spandrel or right spandrel. Who is the follower at most winning and failing must catch man who is hindmost from the opponent.



Song for game the snake :
 Ular naga panjangnya, bukan kepalang
 Menjalar-jalar selalu kian kemari
 Umpan yang lezat itulah yang dicari
 Ini dia yang terbelakang

4. Egrang

Egrang from bamboo bar with approximately length 2,5 metre. Around 50 cm from under, made place to tread on plane foot/feet with approximately wide 20 cm. Way of playing it with competition to run applies the stilt from one side field to other side. Man who is quickest or fastest and not fallen down its the winner.



5. Beteng-betengan

Game consisted of two groups, core from this game is many who successfully occupies opponent fortress with the symbol touching opponent fortress. Every team will take care of the

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6. Petak

close
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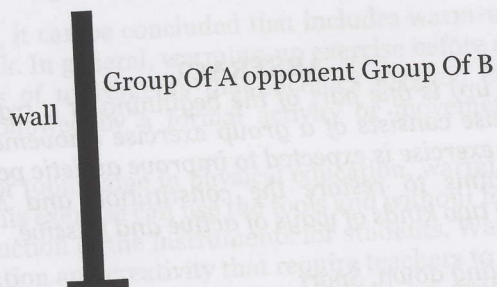
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fortress Benteng (form and the object is at the discretion, usually electrical pillar, tree, wall, etc). at the same time groans opponent fortress. Every far have been attacker leaved the fortress will be able to in catching by custodian, and if it is caught attacker will become captive. And must be saved by the closed friend to be able to play at again. Group that is occupying more success is opponent fortress that is winning.



6. Petak Umpet

Usually game participant between 5-10, because having the character of looks for hiding closed friend, hence not too much becoming part of this game. From all player *hom pim pah* would until pot is clean and remained two just people then suit, and failing looks for friend is hiding. The searcher closes eyes or patches at one of media (wall, tree, pillar, etc) as supporting facilities for the fortress. Calculated 1-10 hence all members must run looks for the cache, after calculation to 10 hence the friend searcher starts looks for hiding garden, until finding hiding member total.

And still many again modeled other traditional game containing body freshness component elements.

CONCLUSION

Children a period of now very rare / modern recognizing traditional game. This because of some factors for example yard area which has started is narrow, because many build houses. Sophisticated technology factor, for example face book, nitendo, PS, game, etc. causes lazy childdoes activity. Because with the technology child has felt amused, what causes its peripatetic activity is hardly less causing obesity. Pass old fellow, child need to be defined form of traditional game which is of benefit to growth and development of child either in physical and also psychical.

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SPORT INCREASES CHILD BODY STAMINA

By

A. ERLINA LISTYARINI

ACTIVITY PHYSICAL OF WITH HAVING SPORT

Physical stamina either keeps away child from various disease and also trouble at body organ, or even so they came down, the body is swiftly will be convalesce returned. On the contrary, children which the physical stamina unable to get proven attention more susceptibly to disease germ attack is including trouble at the heart. According to Jonathan K & Kathleen LK. (1992:47), sport helps heart that is functioning muscles as second heart. While you is having sport and strengthens you muscles, through way of massase or (extorts) the muscles will be able to pump the blood back of into heart. Good muscle, helps blood circulation either. Weak muscle or muscle that is is not move/is having sport hinders good blood circulation, equally you forces heart to work is heavier when not having sport. So does sport consecutively, heart will become stronger and more utilizable. Child stamina awaking with routine is having sport determine condition of the health is later when child is adult. Beside is of benefit to health of body and assists fluency of growth process of physical of child, simply sport also can make healthy emotion. With having sport or processing rag form of playing, child will obtain gladness. Self Confidence taste and discipline, they also will grow growing at the height of skilled of having sport.

Healthy children generally is children which happy. According To Lawrence E Shapiro (1997: XVI) that game peculiarly good to teaching skill intellegence of emosiional (EQ) because children love to play it is repeatedly. Through this game, can give opportunity of children to study and practices way of new nature thinking, feels and acts. And by joining in in this games we can become part which one in process of emotion study.

Pass activity physical of in the form of sport, child of also learning cooperates with friends who merged into one teams. When child assists one of the friend, means child to assist team is as a whole. From here child will learn to be able to enter and follows the rule of the game in a group. This lesson will become useful stock when child has become member of public.

According to writer idea, child which watch television seldom be healthier in physical and emotion disbanding child that is accustomed sits for hours is front of google-box (TV). Need to be comprehended that they who is more love to pass the time it is looking on TV usually would many eats cake which to be enjoyed looking on event of TV. Present TV there is many channel displaying various interesting events for children so that no wonder if body child of easily become fat. Besides, fish in TV also many offering various food types light food seen for delicious and having appearance draws, hence possibility that food which nutrition balance is not guaranted emmancing would child of buy it. Child is liking game with the friends, physical activity done will burn calorie of abundant body it. Side that also will extend its interaction knowledge. Obsession to try multifarious of food type light food also far smaller. Active child usually has body measure which more proportional and far from possibility that suffering fatness (Obesity).

Besides physical activity, child of also has started does social activity, is many involving in activity with others especially with friends coeval. At the time of like this, big of possibility happened also dynamic physical activity. This activity usually only to be part of activity learnt or plays at, or badly becomes itself centre of activities physical activity, child of also has started does social activity, child is many involving in activity with others especially with friends coeval. At the time of like this, big of possibility happened also dynamic physical activity. This activity usually only to be part of activity learnt or plays at, or badly becomes itself centre of activities like sport.

According to Buku Kesehatan dan Perilaku Anak Usia Sekolah age 3-10 tahun category admission Masa Prapubertas and age 10-14 years category admission Masa Pubertas. At child puberty, child has recognized others as the play fellow. Sport the choice is having immeasurable. Can in the form of sport done self or together. Both poison happy, burning energy and process the body. For sport group can at the same time becomes socialization place. At sport group, for example sport basketball child of learning looks after and builds the social competency like learning cooperates, tolerance, a friend at court. Hence old fellow needed early on gives opportunity at child of follow various bulbous group sport types of basket, football, netball, kasti, soft ball. Old fellow better also knows correct child activity type as according to level of the age.

SPORT BRANCH AND THE BENEFIT

Athletic Type	Minimum Age	Benefit	Accident Risk
Basket ball	8-10 years	Trains coordination, mobility of motion and motion speed	High relative, collision effect with others and hit ball
Football	5-7 years	Trains coordination and motion speed	Often causes injuring, even pertained is light
Yudo	5-7 years	Trains coordination, mobility, speed of motion of body and energy	Seldom cause is wounded but if only happened accident usually hardly injured
Handball	8-10 years	Trains mobility and speed of motion of body	Very accident rate height as result of physical contact
Rides Horse	7-9 years	Fertilizes responsibility to take care of or manages animal	Medium fatal storey and usually wounded happened
Swimming	3-5 years	Trains coordination, motion, resilience of body and energy	very Small of wounded possibility
Tennis	6-8 years	Trains coordination, mobility, resilience of body and motion speed	very Small of wounded possibility
Table tennis	6-8 years	Trains coordination, mobility and speed of motion of body	very Small of wounded possibility
Gymnastic	5-7 years	Trains coordination, mobility of body and energy	Wounded possibility a few

Source: Health Book and behavior of school age child 6-12 years, 1998: 35

THE ROLE OF OLD FELLOW IN DETERMINING TYPE ACTIVITY PHYSICAL OF THAT AS ACCORDING TO GROWTH AND THE DEVELOPMENT

Benefit obtained by child from having sport determined by various factor one of them is is the role of its(the old fellow. Old fellow should be able to choose physical activity which how matching with growth and development of child. During this prapubertas usually its(the bones have been steady, body muscles starts formed and mode of action various body organs (heart and lung) increasingly good. If that is of all in condition of pruneses, hence old fellow can

assist chooses most appropriate sport for the child. Nevertheless, this sport selected must according to dnegan child enthusiasm, if wishful child choose other activity, be better if parent doesn't hinder it. Of what the choice of possibility is hobby from the child.

According to Anna Freud in book *Teachs Emotional Intelligence at child* (Lowrence E Shapiro 1997 : 252) that hobby is including development duties which necessary for elementary school age child because this located activity of precise is midst between playing and working. Hobby is pleasing activity, relatively free of external pressure and far from basic motivation at child, while working gives is skilled cognateness social and etc.

Child that is is not afraid to activity physical of usually easy to joint forces with children that is coeval and creates a group. Almost is every opportunity of they will gather to play at. Game that is usualy done for child of male usually football game, for child of female usually game of kasti or traditional game. While for they which activity of the physical contact is be rather more opting conspecific games of petak umpet.

There is three body posture types anank that is:

1. Endomorph Type (stubby)
2. Ektomorf Type (long and thin)
3. Mesomorphic type (strong flesh blood-vessels with good proportion)

Type endomorph usually child that is is having type this the movement lag (not nimble) so that seldom be involved in game by the friends because tending to to become drubbing cause. Body type assumed profits in interaction is strong (mesomorphic). Body type like that generally doesn't find difficulties in interaction because earning easily follows various activities done by friends coeval of example climbs tree, compete one each others to chase one each others and plays at football. Type ektomorf easily fall each time collides head-on with the friend.

PHYSICAL ACTIVITY WHICH REALLY TAKEN A FANCY AND AS ACCORDING TO CONDITION OF PHYSICAL AND ALSO EMOTION

In choosing activity physical of child, including sport, do not ever figure in ambition of parent. For example formerly parent have ever wanted to become a

tennis player which is reliable but do not be executed, then child of expected to realize the dream.

Besides is better if input parent doesn't child of join in club sport which in character very competitive, for example: gymnastic, swim, and tennis. Because child is not guaranteed ready and solvent of fight in situation of high competition. Parent that need to remember, any is sport type and physical activity done by child must feel glad and happy. If child have liked one certain sport types and becomes part of its everyday activity, parent doesn't forget reminds the importance of resting and consumes food according to requirement. There are still important again, many other activities in children life. So time and the energy was not finished for one activities liked only.

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