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Traditional Sport: Student's Perception on the Importance to Continue It

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Abstract— A sport is coming from certain community and it is saved to continue by the community for their health awareness and education. Jember as small part of East Java has social community who was familiar with traditional sport and still conserve the existence of the sport. University Students of Sport Education Program should be them who know and respond to traditional sport in Jember. Their knowledge, awareness and perception of traditional sport, such as egrang, gobak sodor, benteng, kasti, ular elang, Tarik tambang, petak umpet, gasing, bakiak, are being the focus of this article to analyze. Questionnaire is used to collecting the data of students' knowledge, awareness and perception on the importance to continue traditional sports. The data is analyzed with percentage and descriptive statistics. The analysis result is to show how the university students of Sport Education Program take a part through their knowledge, awareness, and perception on the existence of traditional sport and the importance to continue the existence for creating healthy life in Jember society.

Keywords: traditional sport social community, sport education, perception, conserve

I. INTRODUCTION

Sport activities is important for human life[1]. The activities bring people to healthy life condition. Sport activities create people brain active to work. Sport activities activate all human muscles and nerves.

II. RESEARCH METHOD

- 1) *Collecting Data:* questionnaire
- 2) *Respondent:* students of Sport Education Program in Jember, 54 male and 12 female.
- 3) *Data:* students knowledge, awareness and perception on the importance to continue traditional sports
- 4) *Data analysis:* percentage and descriptive statistics. [2], [3]

III. RESULT AND DISCUSSION

TABLE I. DATA OF STUDENTS' KNOWLEDGE OF TRADITIONAL SPORTS

| Item about knowledge | Male | Female |
|---------------------------|------|--------|
| Knowing traditional sport | 46 | 12 |
| Not knowing | 7 | |

| Item about reason | Male | Female |
|--------------------------------|------|--------|
| Knowing | 3 | 4 |
| - As player | 34 | 7 |
| - Family & society environment | 9 | 1 |
| - Media | | |
| Not knowing | 7 | 0 |
| - Never listening to and watch | | |

TABLE II. DATA OF STUDENTS' REASON OF KNOWING THE TRADITIONAL SPORTS

| Item about interest | Male | Female |
|----------------------|------|--------|
| To know more | 6 | 0 |
| To know and continue | 1 | |

TABLE III. STUDENTS' AWARENESS IN KNOWING THE TRADITIONAL SPORTS

| Item about reason to continue | Male | Female |
|---|------|---|
| bisa menyatukan semua warga masyarakat. perlu untuk | | kegiatan memberikan pelajaran tentang kerjasama, kreatifitas, dan keakraban |

TABLE IV. STUDENTS' REASON TO CONSERVE THE TRADITIONAL SPORT

| Item about reason to continue | Male | Female |
|---|------|---|
| bisa menyatukan semua warga masyarakat. perlu untuk | | kegiatan memberikan pelajaran tentang kerjasama, kreatifitas, dan keakraban |

| | | |
|--|---|--|
| | mengisi waktu luang & bercengkerama dengan teman sekitar. | |
| | Ciri khusus daerah | menjadi ciri khas daerah, tapi jarang dimainkan di daerah daerah |
| | menyehatkan & memberikan kesenangan saat bermain. menggerakkan tubuh saat bermain | Menyehatkan |
| | Melatih ketangkasan & membangun sportifitas | |

- They need to know as the science, and one of them need to conserve the sports in the society
- Most of respondents knew traditional sports that used to play: male 85,1% (46 of 54) and female : 100% (12 of 12)
- They know traditional sports by:
 - being active participant as players of the sports
 - finding the sports in their family and social environment
 - reading or watching media
- McDonald said that to have high performance athletes need to spend number of time for skill development, physical conditioning, and nutrition.
- "Awareness has been highlighted by many as a key indicator of success in a range of performance environments" [4]-[6]

IV. CONCLUSION

- Students of Sport Education Program still have knowledge and awareness on the condition of traditional sports in Jember
- Some traditional sports are going to be vanished or extinct
- Students of Sport Education Program have reasons to be actively involved to converse traditional sports.

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| Item about reason to continue | Male | Female |
|-------------------------------|--|---|
| | asset peninggalan nenek moyang | Menghargai budaya |
| | asli Indonesia, perlu dilestarikan supaya go international. Menjaga budaya. Melestarikan di negeri sendiri | supaya bisa dilanjutkan menghindari punah |
| | untuk menghindari kecanduan gadget | |
| | Mengimbangi game online | |
| | Mengenalkan hingga ke luar negeri | |

Findings

- 7 male students did not know traditional sport: 12,9% (7 of 54)
- They are sport students but not knowing traditional sport because they did not listen and watch traditional sports around their environment

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