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This book contains the proceedings of the Unimed International Conference on Sport Science (UnICoSS), which took place in Medan, Indonesia on 28 November 2019. UnICoSS is co-organized by Faculty of Sport Sciences, State University of Medan with theme "Sport Science In Disruptive Era : Challenges And Opportunities".

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Bibliographic information:

Title	Proceedings of the 1st Unimed International Conference on Sport Science (UnICoSS 2019)
Editors	Budi Valianto Imran Akhmad Yunis Bangun Juniastel Rajagukguk
Part of series	AHSR
Volume	23
ISSN	2468-5739
ISBN	978-94-6252-919-9


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Adhikahriani

Development of Basketball Skills Test Based on Shooting Techniques for Sport Sciences Students

Aditya, Rinaldy

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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	

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

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

TABLE III. STUDENTS' AWARENESS IN KNOWING THE TRADITIONAL SPORTS

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

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	

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

- 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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Unimed International Conference of Sport Science 2019
"Sport Sciences in Disruptive Era Challenges and Opportunities"
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