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Pekanbaru Adolescents' Perceptions Concerning the Existence of Traditional Sports in the Millennial Era

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Abstract: This study aims to describe the perceptions of early and late adolescents related to traditional sports in Indonesia in the millennial era. This research is descriptive qualitative research through the survey method. Data sourced from the teenagers in the city of Pekanbaru. Teenagers were selected based on the random sampling technique. Data collection was carried out through open and manifold semi-structured interviews. The questionnaire that included 12 essay questions was distributed through the google form because of the Covid-19 pandemic that is still ongoing within the territory of Pekanbaru. The statement in the interview includes three indicators, namely (a) the general knowledge about traditional sports, (b) how to play traditional sports, (c) the rules of playing traditional sports. Analysis techniques in this study included (1) reducing the data results of the respondents' interviews, (2) presenting data based on the category of adolescence: early adolescence and late adolescence, (3) summing up the teenagers' current perceptions related to traditional sports in Pekanbaru.

Keywords: traditional sports, the millennial era, adolescents.

北干巴鲁青少年对千禧年传统体育存在的看法

摘要: 本研究旨在描述千禧年时代印度尼西亚早期和晚期青少年对传统运动的看法。本研究是通过调查方法进行的描述性定性研究。数据来自北干巴鲁市的青少年。根据随机抽样技术选择青少年。数据收集是通过开放式和多方面的半结构化访谈进行的。由于新冠肺炎大流行仍在北干巴鲁境内进行,因此包含 12 个论文问题的问卷是通过谷歌表格分发的。采访中的陈述包括三个指标,即(一种)传统运动的一般知识,(乙)如何进行传统运动,(c)进行传统运动的规则。本研究的分析技术包括(1)减少受访者访谈的数据结果,(2)根据青春类别呈现数据:青春早期和青春晚期,(3)总结青少年当前对传统观念的看法。北干巴鲁的体育运动。

关键词: 传统体育、千禧一代、青少年。

1. Introduction

Aquatic Traditional sports form the identity and the cultural heritage of a country. Many traditional sports that appeared in some countries and are unknown to any strangers in general, as sports originated in Japan, Kabaddi originated in India, Petanque derived from French and many more. Indonesia does not lag behind in terms of the cultural heritage of traditional sports. Wardani stated that the traditional game could be

regarded as a product of local spread, especially in local communities [1]. Actually, a traditional game in Indonesia is innovative, creative, and varied. Traditional sports include silat (self-defense arts), tug of war, sack race, sandals long, enggrang (stilts), and many others. Many benefits can be obtained from traditional sports. Through the traditional game, can stimulate various aspects of child development, such as (1) aspects of the motor, (2) cognitive, (3) language, (4)

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social, (5) spiritual, (6) ecological aspects, (7) the aspect of values/moral aspect [2].

Moreover, traditional sports support the physical condition. The benefits of physical activity include maintaining weight to remain within normal limits and improving the fitness of the body. Those two things (the ideal weight and fitness) can support productivity and concentration to perform everyday activities and receive a school lesson. The other benefit is that it can reduce the risk of cardiovascular disease, diabetes, colon cancer, and breast as well as depression. It is evidenced that the addition of cognitive-behavioral therapy, particularly sports, can improve the treatment results for many patients. Sports is a behavioral intervention that is very promising in relieving the symptoms of depression [3]. Traditional sports can also help the cognitive development of a child or teenager. For example, going into *grobak sodor*, a player is required to be able to think quickly to use the right tactics in the face of some circumstances to avoid defeat. The more quickly determine the decision, the greater the player's chances of passing in a trap or making an obstacle to the opponent.

Children's activities that fill the playing time in the afternoon: jump rope, kite, *gerobak sodor*, and are commonly played together on a residential street now have gradually deserted. Nowadays, children are more fascinated with the devices and/or smartphones. The app and the online game became the *prima donna*, like TikTok, mobile legends, PUBG, and many more. Children today are not as active as children in the 1980s-2000s. On the positive side of the existence of the online game, the child will be more skilled in the competition, the pressure with peers, and the development of skills to play in the real world [4]. The downside is that children who are likely to be close to online games experience addiction. The statement is reinforced by the case of the boy in Cileunyi Bandung, West Java, who was desperate to steal. This fact is reported by the *detik.com* (22/1/2013) about the "addictive games online, seven boys desperate to steal" [5]. The investigation results revealed that the seventh boy committed theft of goods and used money after selling them to play games online in the cafe. As for the stolen items such as the water engine pump, the seat, the cable had copper with higher selling prices, and so forth. Due to this theft, homeowners were fined four million rupiah.

In addition, the kids busy with themselves. Social interaction with other people is very little. That is, kids have fewer social skills. The following reasons caused these thefts: the children were very possibly rejected by peers, they were unable to work together, adjust, interact with others, could not control themselves, were unable to empathize, obey the rules, and appreciate other people. Their misbehavior will greatly affect the development of other children [6]. This happens because of the shift in play patterns, allowing children

to be more familiar with television and/or activity that does not demand the child to interact socially [7]. We cannot blame the progress of technology, but we must be clever in utilizing technology. As the next generation, we should not forget the legacies there so that our children and our grandchildren will still be getting to know the legacy of traditional sports

The children's physical activity is now rated declined. In addition, children are easily hurt and affected by obesity. This complies with the research results showing that boys and girls aged 12-14 years have a level of physical fitness with tags less if the index of the body gets heavy [8]. In fact, the level of physical fitness plays an important role in supporting a person's daily activities. The higher the person's physical fitness, the longer the physical activity in everyday life [9]. In addition, Hastuti & Zulaekah revealed that the ability of a person's body to perform daily job duties without causing fatigue becomes the benchmark of a person's physical fitness [10]. To achieve physical fitness *prima*, a person needs to do physical exercises that involve components of physical fitness with the correct exercises. Unfortunately, the low level of physical activity of adolescents, especially traditional sports, leads to cases of obesity are popping up.

This phenomenon is becoming the reason to conduct the research as it can describe the current perception of early and late adolescence against traditional sports. The research considers how the development of traditional sports at this time and follow-up should be done to preserve traditional sports in Indonesia.

2. Research Method

This study is descriptive qualitative research. The method used in this research is the survey method. Data was obtained based on adolescent's perceptions in the city of Pekanbaru through the distribution of the interview. According to the Ministry of Health [11], teenager's age was divided into early adolescence and late adolescence. Early teens' age ranges from 12 to 16 while the late teens' age ranges within 17-25. The sampling technique used is random sampling. Open-ended interviews were used for the survey. Interviews were conducted in a semi-structured form and distributed through the weblink. Online interviewing was chosen considering the Covid-19 pandemic, which is still ongoing in the region of Pekanbaru. The interview was used to determine some indicators related to the perception of youth about traditional games in the millennial era. The interview included questions concerning (1) general knowledge about traditional sports, (2) how to play traditional sports, (3) the rules of playing traditional sports. It is an adaptation of the Patton statement [12] that distinguished six types of questions in the interview, namely 1) questions related to experience, (2) questions

relating to opinion, (3) questions that synchronize with feelings, (4) questions related to knowledge, (5) questions related to the senses, and (6) the question related to the background or demographics. The validity of the data obtained was examined through the triangulation of sources. The analysis technique in this research in the form of (1) reducing the data the results of the respondents' interviews, (2) presenting the data based on the early and late adolescence, (3) summing up the Pekanbaru teenagers' perceptions of the related traditional sports nowadays by the teen's categories.

3. Results and Discussion

The research results are based on the interviews with 130 adolescent respondents. The respondents include the 37 respondents (29.4%) aged 12-16 years and 89 respondents (70.6%) aged 17-25 years. The respondents are young women (73%) and young men (27%). The interview results are described below.

3.1. The Knowledge about the Traditional Sports in the Present Time

(a) According to the early adolescents (12-16 years):

The interviews revealed kinds of traditional sports that are known to early adolescents: (1) congklak, (2) gobak sodor, (3) hide and seek, (4) the stilts, (5) terompa long (clogs), (6) jump rope (rope merdeka), (7) the big kite, (8) top, (9) lulu Chinese blind, (10) guli (marble), (11) pole vault long, (12) patok lele, (13) baseball, (14) tarik tambang, (15) balap karung, (16) engklek, (17) sekong, (18) petak umpet, (19) pecah piring.

Traditional sport is played while in elementary school. Early adolescents still go into traditional sports. However, after entering the teenage years, the sport is not played regularly by the early teens.

(b) According to the late adolescents (17 to 25 years):

Based on the interview results, the kinds of traditional sports ever played by the late teens cover (1) game kelereng, (2) tali merdeka, (3) pecah piring, (4) engkek-engkek, (5) semunyik ibu, (6) enggrang, (7) terompa panjang(bakiak), (8) galah panjang, (9) gasing, (10) sodor, (11) tekong, (12) petak umpet, (13) kasti, (14) patok lele, (15) congklak, (16) balap karung, (17) tarik tambang, (18) lompat Batu, (19) tapak kuda, (20) layang-layang, (21) bola bekel, (22) batu tujuh, dan (23) Ular naga/cabut. The majority of late teens do traditional sports one level below the level of their school. However, the sport is predominantly played in the middle school years first. Traditional kinds of sports are known to the late teens sourced from the information of peers, school, and family.

In general, the types of traditional sports are still known by teenagers in the Province of Riau, especially in the territory of the City of Pekanbaru. Based on the interview results, more varied kinds of traditional sports are known by late adolescence (17 to 25 years)

rather than early adolescents (age 12-16 years). However, quantitatively the type of traditional sports does not show significant digits. The analysis results showed that traditional sports tend to be played by children and early adolescents. When the teenager enters the category of late adolescence, the minority of teens play traditional sports. The majority of adolescents do not go into traditional sports.

This information indicates traditional sports that were played for generations but are not tiered. That is, this sports activity is only done in the community. The school only supports the traditional sports activities in elementary and secondary school. The school level does not provide space for the youth to continue traditional sports activities as they are practiced in primary and secondary schools.

3.2. The Aspect of How to Play Traditional Sports in the Millennial Era

(a) According to the early adolescents (12-16 years):

Basically, early teens know how to play traditional sports. They are well aware of such traditional sports as 1) Petak umpet, 2) Kelereng, 3) Gasing, 4) Congklak, 5) Egrang, 6) Lompat tali, 7) Pecah piring, 8) Gobak sodor, 9) Tarik tambang, dan 10) Benteng-bentengan

Of the 19 traditional sports known to the early teens, they know how to play only ten traditional sports. The early teens predominantly play ten kinds of sports at this time. Early adolescent males prefer playing, for example, marbles, spinning tops, stilts, broken dishes, gobak sodor, tug of war, and the bull in English. Early teen females play olahraga hide and seek, congklak, jump rope, and some play stilts like early adolescent males.

(b) According to the late adolescents (17 to 25 years):

Referring to the research data, the way the game sports the traditional known late teens include sports 1) marbles, 2) gobak sodor, 3) gala long, 4) clogs, 5) tug of war, 6) terompa long, 7) stilts, 8) sack race, 9) congklak. The late teens most often play nine kinds of 23 traditional sports known by the late adolescents. Young females usually play clogs, and congklak. The late male teens traditionally prefer game sports such as tug of war, sack races, stilts. This sport is widely played during the celebration of the Independence of the Republic of Indonesia.

However, how to play traditional sports is known only in outline. The majority of early and late teens are only aware of the victory aspects. Respondents explaining (1) how to play marbles indicated that one who gets more keleler (marbles) is the winner. According to the r respondents explaining (2) how to play gasing (top), a top that spins the longest is the winner, (3) regarding gobak sodor, scoring is determined for each player who successfully passes the front line up to the backline and vice versa, and this player is given one point.

Of the 130 adolescents participating in the research, only 14 respondents know how to play the game coherently from the beginning to the end. The rest are aware of the winning aspects only.

3.3. The Rules to Play Traditional Sports in the Millennial Era

(a) *According to the early adolescents (12-16 years):*

Games traditionally played by early adolescents tend to be a team sports activity. The early teens know the technical rules in a sport that is often played both individually and as a team.

(b) *According to the late adolescents (17 to 25 years):*

Team games are in great demand. The same as in the case with the early teens, the late adolescents also know the technical rules of traditional sports.

The results showed that early teens and late teens playing traditional sports know the rules in the game well, both from the aspect of players, groove games, and how to determine the winner.

Sports and traditional games are a strong part of the identity of a society and a powerful mechanism to promote cultural diversity [13]. However, it should be highlighted that knowledge about the technical game is only understood naturally instead of learning the sport obtained from the school or any institution of sports in a professional manner to accommodate the sports activities of the youth. The awareness of traditional sports by the majority of adolescents in the Province of Riau, especially in the City of Pekanbaru, is influenced by the environment, especially the family and peers.

4. Conclusion

Traditional sports in the millennial era are still widely known by teenagers in Indonesia, especially in Riau. Both early and late teens have general knowledge about these activities, know how to play traditional games, and are aware of the rules of play. Currently, Riau teenagers also tend to like traditional team sports. However, traditional sports are only played by early teens nowadays, when they are at elementary school (grade 6) or middle school. The olahraga traditional sports activity survived because it still is on the agenda of the race or game at the celebration of the Anniversary of the Republic of Indonesia on August 17, including sack race, tug of war, stilts, and both early and late teens still do this kind of traditional sports. Thus, currently, traditional sports are played only at a particular moment and at a particular age.

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