

# Innovation To Change Student Behavior At School Has An Influence The Value Of The Traditional Game Philosophy Of Gobak Sodor

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## Abstract

The very rapid development of technology causes problems with changes in societal conditions which include social, economic and lifestyle problems. Technological changes that are not balanced with good thinking and understanding will result in changes to the understanding of social interactions in the social environment. Situations like this will have an impact on children's behavior and even movement activities at school. Promiscuity and juvenile delinquency still occur very often in Indonesia. Playing is a form of experience that must be experienced, through playing activities children will create an experience that can help develop physically, emotionally and socially. Paying attention to this, it is very necessary to find innovation, so that students experience changes in behavior. In students, changes in technology and the rapid development of the times are one of the causes of changes in behavior and influence the philosophy in the game Gobak Sodor. The method used in the research is a descriptive qualitative method, analyzing facts regarding the existence of traditional games and the values in Gobak Sodor. The subjects in this research were physical education teachers in junior high schools states in Tuban regency. The results of the research explain that Gobak Sodor is a traditional game that can be a source of values that can shape student behavior, and a form of cultural values in society, as well as the learning process at school.

**Keywords:** *Innovation, traditional games, gobak sodor*

Received: 24 02 2024

Revised: 29 02 2024

Accepted: 16 03 2024

Published: 25 03 2024

## INTRODUCTION

The very rapid development of technology causes problems with changes in societal conditions which include social, economic and lifestyle problems. Technological changes that are not balanced with good thinking and understanding will result in a shift in the understanding of social interactions in society. Such a situation will have an impact on children's behavior and even movement activities at school, promiscuity in juvenile delinquency is still very common in Indonesia, based on data from UNICEF in 2021, it shows that delinquency in teenagers is estimated to reach around 50%, this data illustrates that delinquency committed by teenagers in Indonesia is still high, apart from that violence in the school environment is ranked second in handling cases of violence against children.

Children are synonymous with play activities, play is a form of experience that must be gone through, through play activities children will create an experience that can help in developing physical, emotional, social and movement, children who actively play will be seen in intellectual development by utilizing and using the environment to carry out play activities, children who have emotional development will show feelings of happiness, displeasure and

anger, while children with good social development will be able to know based on relationships between friends and other social attitudes such as helping and paying attention to the interests of others. or friends.

Play has a role in facilitating children's movement development, so this needs to be improved, based on a competency-based curriculum highlighting the importance of: 1) developing sportsmanship, honesty, discipline, responsibility, cooperation, self-confidence and democracy through physical activity, 2) develop movement abilities and skills in various games and sports, 3) develop self-management skills in an effort to develop and maintain physical fitness and a healthy lifestyle through various physical activities. However, playing activities should contain elements of learning, this is important so that children can improve their skills, intelligence, emotions and social abilities optimally.

There are many games that can develop social, emotional, especially in the cooperative aspect, one of which is traditional games. Traditional games have character values in children, including responsibility, obedience, education, sportsmanship, entertainment, solidarity and freedom(Sujarno, 2010), (Ilsa & Nurhafizah, 2020), (Rianto & Yuliananingsih, 2021); explained that traditional games are cultural elements that influence the psychological development, character and social life of children. Traditional games are one form of activity in physical education have values that can shape the human person (Siska Nova Undari, Rahma Dewi, 2019). Apart from that, the Gobak Sodor game has the same aspects in terms of teamwork, technical skills, tactics, mental physicality, and fostering social attitudes (Anggraini & others, 2020). The traditional game Gobak Sodor can attract interest student learning because students are more enthusiastic in playing it (Nasta'in et al., 2021). Gobak sodor has a significant influence on the character development and physical health (Jariono et al., 2023). Apart from that, traditional games have a good influence in facilitating the gross motor skills of autistic children (Aziz et al., 2015), (Lorena et al., 2020), (Adelina kusuma, 2017), (Wiyono, 2015). Apart from that, traditional sports not only improve physical and mental health, but also maintain the traditional culture of a nation (Bin & Lanjuan, 2019) which has almost been eroded by modern games. The big difference between today's games and traditional toys is not only that they train the brain, they also train taste(Diantama, 2018).

Based on the statement above, traditional games are important in developing movement activities and the need for learning physical education, sports and health based on the traditional game Gobak Sodor can develop movement skills and good physical activity in a healthy lifestyle and create good growth and development. In students, changes in technology and the rapid development of the times are one of the causes of changes in behavior and

influence the philosophy in the game Gobak Sodor. This article highlights the importance of the values contained in the traditional game Gobak Sodor.

## **METHOD**

In this research, researchers use descriptive qualitative methods, descriptive qualitative research is research that describes natural conditions in a variable and/or symptoms or circumstances (Bungin & Burhan, 2001), this research analyzes social facts regarding the existence of traditional games and the values in gobak Sodor.

This research was carried out through the planning stage, implementation stage and reporting stage. The planning stage includes determining the research focus, preliminary observations, preparing research instruments, determining informants. Data collection stages include observation, in-depth interviews. The subjects in this research were physical education teachers in junior high schools states in Tuban regency. The reporting stage includes data processing, data analysis and reporting. Meanwhile, the data collection techniques for this research consist of observation, interviews and documentation. The data acquisition process will then be carried out (1) data collection, (2) data presentation, (3) data reduction, and (4) drawing conclusions.

## **RESULTS**

### **Behavior Change Innovation**

Innovation is finding something new or making various updates that are formed in a product, idea, design, etc., apart from that, new design or innovation (absorption from Dutch: innovation) can be interpreted as the process and/or result of developing the use/ mobilization of knowledge, skills (including technological skills) and experience to create or improve products, processes and/or systems.

Innovation in this model is a form of getting change, especially changes in behavior through the form of students' movement activities by providing the traditional game gobak sodor. tall one. Below are forms of value relationships with behavioral values and behavioral values contained in the traditional game Gobak Sodor.

**Table 1.** Behavioral values explained

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Value Relationships	Behavioral Values
Relationship with Yourself	Honest Values Responsible Values The Value of a Healthy Lifestyle Value of Discipline

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Relationships with Others	The Value of Hard Work The Value of Confidence Independent Values The Value of Curiosity The value of being aware of the rights & obligations of yourself and others The value of obeying social rules Polite Values Democratic Values
Relationship with the Environment	Values of Environmental Care and Social Care
National Values	Nationalist Values The Value of Respecting Diversity

**Table 2.** Values related to oneself in the Gobak Sodor game

No	Mark	In-Game Implementation
1	Honest	If you are in a group that is ready to admit if you are touched by your opponent or cross the death line. And if you are in a group guarding the line, do not cheat by leaving the guard line.
2	Responsible	Carry out line guarding duties properly according to their respective roles, as a member of the group guarding horizontal lines or guarding vertical lines.
3	Healthy lifestyle	As a team member who guards the line, running after the opponent and as a member of the group who must avoid touching the opponent is an activity that requires the same energy as sports activities.
4	Discipline	Children obey the rules and regulations in the Gobak Sodor game.
5	Hard work	Children try hard to break through the lines guarded by their opponents to get points and win. Hard work was shown by the group who were guarding the line by trying to catch up with the group members who were performing to touch them so that things would turn around.
6	Self-confident	When children start playing, they never think about losing, they are confident in their ability to win and bravely face their opponents in the game.
7	Think logically, critically, creatively and innovatively	Gobak Sodor stimulates thinking activities to determine strategies to break through the opponent's guard line, see the situation and conditions, take opportunities, outwit the opponent and think about how to achieve victory without being touched by the line guard.

**Table 3.** The value of relating to others in the Gobak Sodor game

No	Mark	Implementation in the game
1	Be aware of the rights and obligations of yourself and others	The attitude of knowing and understanding and carrying out the rights of oneself and others as well as the duties/obligations of oneself and others in the game. Crossing the line that has been drawn is the obligation of the line guard, and the right of group

		members who cross the line through any route as long as they are still in the Gobak Sodor game arena.
2	Obey social rules	The attitude of obeying and obeying the rules of the game and mutual decisions that have been mutually agreed upon when playing.
3	Appreciate the work and achievements of others	Accept defeat and appreciate the opposing team's victory.
4	Democratic	The children negotiate to determine the game to be played, divide the group members by hompimpah and determine the first group to perform by suit between the group leaders.

**Table 4.** Values related to the environment in the traditional game gobak sodor

No	Mark	Implementation in the game
1	Caring for the environment and social care	Even though they are not always played outdoors, traditional games that are very close to natural elements, both in terms of playgrounds such as gobak sodor and the game tools used in other traditional games, play an important role in bringing people closer to their natural world and bringing understanding. a deeper understanding of the place they live in as a knowledge of ecology which is not only science, but also the soul of life..

**Table 5.** Values related to nationality in the traditional game gobak sodor

No	Mark	Implementation in the game
1	Nationalist	By frequently playing traditional games such as gobak sodor, children help preserve one of the nation's cultures.
2	Appreciate diversity	When playing Gobak Sodor, children do not look at things related to class or caste, religion, age, skin color and so on.

## DISCUSSION

### Educational Sports and Play

Educational sports cannot be separated from the form of a learning model which includes fun game activities. An example is when children play soccer and fight over the ball, at that time they express a lot of locomotor, non-locomotor and manipulative movements. So this is where the game provides greater pleasure to students. Movement is an understanding concept that exists in play and physical education.

Playing is a form of children's expression that is created because of the feeling of pressure that arises from children's boredom. In other words, playing is an activity that is full of joyful nuances that have an inherent purpose for joy and pleasure.(Bodrova & Leong, 2015), (Kalmpourtzis,2018) explains the characteristics of "actions with objects remain the main content of play, it is important for the play action to reflect accurately the action in real life. "

Playing itself is essentially a serious and shared activity that absorbs their concentration and energy when carrying out the playing activity itself. So, we can conclude that playing is an activity that must be done seriously, but playing is not serious. The social aspect includes increasing social interactions, familiarity and recreation, which gives rise to feelings. Apart from that, children's feelings after playing include feeling happy, excited, relieved of tension, fit and enthusiastic.

There are several benefits that can be gained from playing activities for children, including: (1) adding extra energy, (2) optimizing the growth of all parts of the body such as bones, muscles and other organs, (3) increasing the child's appetite. these, (4) the development of various skills that are useful for their lives, (5) children can control themselves, (6) discover the meaning of objects around them, (7) the opportunity to accept victory and defeat with an open mind, (8) the opportunity to hang out with friends, (9) is a way to overcome anger, envy, disappointment and sadness.

Playing sports is something that is fun for children and has its own benefits, this is marked by the game Gobak Sodor which has the value of honesty, sportsmanship, cooperation, strategy setting, leadership, social attitudes, increasing motivation, (Listyaningrum, 2018), (Regina et al., 2023), (Nugrahastutik, Puspitaningtyas, 2016), This is in accordance with Law Number 23 of 2003 on the National Education system which covers 5 aspects including (1) religious, (2) nationalism, (3) independence, (4) mutual cooperation and (5) integrity (Sholikin et al., 2022). The gobak sodor game for children and students is a form of learning model that can be developed and integrated to instill the value of character education, especially in independent learning and curriculum in the 5.0 era. (Kirom, 2017), (Kurniawan & Zawawi, 2017), (Prasetio & Praramdana, 2020). Some of the positive values that exist in the Gobak Sodor game are believed to be a good role in student activities. The ever-changing developments underlie changes in character, behavior and philosophical values in the Gobak Sodor game.

### **Traditional Game**

Indonesia is an archipelagic country that has a diversity of cultures and traditions. Likewise with the diversity of traditional games that have existed since the time of our ancestors. Each region has traditional games that differ from one region to another due to differences in culture and regional and environmental conditions in each region. Traditional games are games that have been played by children in a particular area traditionally. What is meant by tradition here is that this game has been passed down from one generation to the next.

Nowadays, it is very likely that children no longer play this game. Games, which are the result of human cultivation in the past, have actually stimulated children to have fun and have a very significant influence on children's development.

Traditional games are forms of gaming and/or sporting activities that develop from the habits of a particular community. In subsequent developments, traditional games are often used as a type of game that has original regional characteristics and is adapted to local cultural traditions. The activities are carried out both regularly and occasionally with the aim of finding entertainment and filling time. In its implementation, traditional games can incorporate elements of folk games and children's games into them. It is even possible to include activities that contain elements of art, such as what is commonly referred to as traditional art. Traditional games are an alternative to train children to move, communicate and preserve traditional Indonesian games (Harahap et al., 2022).

Traditional games are a nation's cultural wealth that has noble values that can be passed on to children as the next generation. Traditional games have meanings noble such as religious, educational, norms and ethics that are useful in social life (Astika, 2021). Also through traditional games, children are introduced to various things the kinds of skills and abilities that they will later need in face real life as a member of society.

Traditional games are a wealth of local cultural treasures, which should be utilized in physical education learning. If calculated, there are probably more than thousands of types of games that have developed in our country, which are the result of thought, creativity, including the results of the culture of our predecessors. The 21st century is increasingly changing, one of which is the loss of children's interest in traditional games, and there is a tendency towards modern games via television broadcasts, and traditional games in physical education lessons at school are no longer known and are no longer introduced by physical education teachers.

The Indonesian nation is known as a nation with many ethnic groups, each of which has different traditions and customs. This is what is then referred to as culture, namely a form of human social engineering to change nature and the environment in order to meet their life needs. Different societal environments will develop different cultures and habits. Reality tells us that society in Indonesia is a pluralistic society, namely a society consisting of various subcultures. Residents of coastal or coastal areas will develop their culture and habits which are different from those who live in inland or mountainous areas. But these various subcultures began to melt away. The differences between these subcultures are increasingly fading, so they don't appear as black and white as they did in the beginning, (Febrianti & Rambe, 2022) said

that "culture is everything something done and produced by humans, which includes material culture (physical in nature) and non-material (spiritual) culture".

Many things have caused changes in the culture of this nation's life. Globalization seems worthy of being placed as the main cause which then successively influences sectors of the nation's life. Advances in transportation, communication and information technology have made the distance between countries and between nations increasingly invisible. What is happening in Europe today, for example, will soon be known today by television viewers, including those who live in rural areas. In line with the progress of development, this nation has also experienced a shift from an agrarian society to an industrial society. The focus of life expectancy is no longer in the agricultural sector, but has shifted to the wheels of machines in factories. Society's behavior has shifted from a society that lives peacefully to a society that is very irritable. Technology seems to be guiding society, they are increasingly dependent on technology because technology makes their lives much easier, technology also encourages a pragmatic lifestyle so that many things related to traditional culture are starting to be abandoned. Traditional games have positive values, for example children can move a lot so they can avoid the problem of childhood obesity.

Despite its appeal, it is increasingly being eclipsed by various technological advances. Traditional culture has noble values which are very beneficial for the growth, development and unity of the Indonesian nation, besides that it cannot be denied that traditional games are a cultural treasure that shows the diversity and richness of Indonesian culture. Traditional games are indeed an inseparable part of society and culture, therefore traditional games are functional for society in the order of their lives to grow and develop according to the environment in which the game lives. As a nation that does not want to lose several things as above, its identity (personality), the cultural heritage that has been passed down from generation to generation, should not be left "buried" but should be "revived" again. Referring to the description above which has been explained previously, it is very necessary to take into account and discuss in depth how the relevant parties consistently and continuously develop traditional games in society. Traditional games are indeed an inseparable part of society and culture, therefore traditional games are functional for society in the order of their lives to grow and develop according to the environment in which the games live.

### **Gobak Sodor**

Gobak Sodor is a traditional game in Indonesia, it is said to be Gobak Sodor because this game goes back and forth through doors. In Dutch the term gobak sodor probably means the



same as the English word "Go Back through the Door", some say galasin. Even in Yogyakarta, the game Gobak Sodor is famous on the island of Java, where it is said that this game originates from Yogyakarta. The name gobak Sodor comes from the word gobag, the word gobag means to move freely, while sodor means spear. In the past, soldiers used to have a game called Sodoran as a practice for fighting skills. Sodor is a spear with a length of approximately 2 meters, without a sharp spear at the tip. Gobak Sodor is a team game consisting of two teams. It is called gobak sodor because this game goes back and forth through the doors. Some call it galasin, and it is adapted from Dutch which, if translated into English, becomes "Go Last In", unfortunately these words are just a fabrication.

The gobak sodor game usually consists of 4-5 people in each team. The essence of the game is to prevent the opponent from passing through the last line back and forth and to achieve victory all team members must complete the back and forth process. The gobak sodor game is a type of traditional team game where the player on guard tries to touch the opposing player using his hand, so that the opposing player cannot cross the line to the last line.

The Gobak Sodor game usually uses a rectangular field measuring 9 x 4 M. The field is divided into six parts. The boundaries of each section are usually marked with chalk. The team members whose turn it is to guard the field are divided into two, namely the team members who guard the horizontal boundary line and the vertical boundary line. For group members who have the task of blocking opponents, those who try to cross the designated boundary line are free. For team members who have the task of guarding the vertical boundary line, this person has access to the entire vertical boundary line which is located in the middle of the field. Apart from that, dexterity and teamwork is required for the team to win.

### **Benefits of the Gobak Sodor Game**

The benefits of the Gobak Sodor game are: 1) developing children's intellectual intelligence, 2) developing children's emotional and interpersonal intelligence, 3) developing children's logic, 4) developing children's kinesthetics, 5) children's skills are always honed, children are conditioned to make games from various materials that have been prepared. available nearby, 6) teaches a sense of nationalism, love of the country, skills and strategies, social interaction, sportsmanship and honesty. The gobaksodor game also has an influence on gross motor skills (Elsia, 2020)(Erdiana, 2016).

Gobak Sodor provides balanced freedom for children to play with their friends which can provide positive value. Group games can improve the areas of communication skills, social skills, cooperation and collaboration for early childhood such as the Gobak Sodor

game(Himawan et al., 2022).Playing can be a means of learning and developing EQ values in children. However, of course it must be supervised and set clear time limits so that not all of the time is spent playing. In this regard, assuming that in the ways of playing there is hidden content that contains positive values for children who play it. Active play benefits children's development and maintains their health and fitness. In Gobag Sodor there are benefits can build capabilities working with children, namely training children's balance when playing, training children to act agile, children learn active in playing, training to work together for the sake of group integrity, train socializing children, fostering group cohesiveness(Kristiani et al., 2017). Playing provides children with various knowledge and experiences essential for their growth and development. Children can have fun, make friends, explore their potential and learn new skills(Anggita et al., 2023).

### **How to Play Gobak Sodor**

The field will be divided into several parts transversely like the levels in the game and longitudinally which will divide the playing area into two. The path that the "selodor" will take will be explained in more detail below. The players on guard will fill the rows across the field in layers. We usually fill the strategy that the last and earliest layers will be filled by the person with the longest arms. this is because those two layers are the most important. The last layer determines whether the opponent can leave the field and the first layer determines whether the opponent can enter the field. The number of levels or lines will be equal to the number of players on a team. Usually, between 3-6 people, the more there are, the bigger the field. One special person from the team on guard is called "selodor" he divides the playing field so that two can move from end to end. Locking opponents in a box is one of its main uses. He can also suddenly attack players who are stunned. This selodor position is the third most important position after the front and rear guards.

Players who are not on guard will try to enter the field, then go through all the levels and come out the other end, and then try again to be able to score a goal. When one of the opposing players can score the goal. then one round is finished and the one who is not on guard wins, gets a point and then the game is repeated again without any change in guard position. The player who is not on guard loses if one of his members is touched by the one on guard or if one of the players leaves the left or right side of the field. If only one leg comes out, that's okay, but if both legs are out, it means he's out. When the player who is not on guard loses, the position will change, the one who is not on guard becomes guard and vice versa and the game is repeated.

Gobak Sodor is a game that requires dexterity to touch the opponent's body or avoid being chased by the opponent. The guard lines are made with chalk like a badminton court, the difference is that there are no duplicate lines. Gobak Sodor consists of two teams, one team consists of three people. The first group as actors and the second group as guards. The game of galah asin or gobak sodor (sometimes called galasin) is usually played in the field. The playing arena is a rectangular box with lines inside it.

How to play: Children are divided into 2 teams. After determining which team is guarding, the game can begin. Guard team members must guard each designated line and may move along that line to touch members of the opposing team. The team not on guard stands at the very front and tries to break through these lines and must not be touched by the team on guard. After successfully breaking through the last line, they must try to return to the first place they started. If successful, they will get one point. Meanwhile, if a team member is touched, it means their turn has changed. The team that is touched will be tasked with guarding it. The winning team is the one that collects the most points.

In this game there are 2 (two) teams, each consisting of 4 people (can be more, depending on the number of participants), guard team: with the task of each member of one team guarding the line so that the opposing team doesn't concede, while the opposing team trying to penetrate the boundary line to get to the final line (finish) provided it is not touched by the guard team. After the opposing team is able to penetrate the boundary line to the very last line (finish), the opposing team still has to try to return to the front line by penetrating the boundary line (fort) in order to arrive at the starting line safely (aka not be touched by the guard team). Thus, a team is said to have won if it reaches the finish line and returns to the start line. Intercept your opponent from getting to the last line back and forth. To determine who is the champion, all team members must complete the back and forth process in the designated field area. Team members whose turn it is to "watch" will guard the field, the way they are guarded is the horizontal lines and there are also those who guard the vertical lines. For horizontal line guards, their task is to try to block their opponents who are also trying to cross the boundary line which has been determined as the free boundary line.

For someone who has the task of guarding the vertical boundary line, their task is to guard the entire vertical boundary line in the middle of the field. This game is very interesting, fun and very difficult because everyone must always be on guard and run as fast as possible if necessary to achieve victory when we have crossed the final line of becoming free and independent. Therefore, through the game traditional (kinesthetic games, games dexterity) for

early childhood is a bridge to the development of all aspects especially physical activity (Subekti et al., 2020).

## CONCLUSION

Gobag Sodor is a traditional game that can be a source of values that can shape student behavior, and a form of cultural values in society, as well as the learning process at school. The existence of obstacles in regulations and the media, triggers children's enthusiasm pass through these obstacles and after the player can reach the finish line the student feels happy, excited, happy, satisfied and proud after completing the game. The character developed is the result of thinking about the process of reason seeking and using knowledge critically, creatively, and innovatively produces intelligent individuals.

## ACKNOWLEDGMENTS

Thank you for the various supports so that this research can be completed well

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