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# Reviving ancestral heritage: games traditional sports as key to improve innovative child endurance

*Powrót do dziedzictwa poprzednich pokoleń: tradycyjne gry i sporty jako element wzmacniający innowacyjną wytrzymałość dziecka w kontekście kulturowym*

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## Abstract

Traditional sports games have become an important part of the cultural heritage we inherited from our ancestors. However, with the development of technology and changes in modern lifestyles, traditional sports games have seen a decline in popularity among children. Therefore, this study aims to investigate the role of traditional sports games in increasing children's endurance in an innovative way. This research uses a qualitative descriptive research model that is a literature study that uses various literature reviews in strengthening research analysis. This research began by collecting some literature, then conducted a review and the collected literature was analyzed with a critical Appraisal table of 10 literature. The results showed that traditional sports games were able to provide significant benefits for children's endurance. Through these games, children develop motor skills, body coordination, and balance. They also learn to cope with challenges, develop social skills, such as cooperation and communication, and gain a sense of pride in their cultural heritage. In addition, the introduction of traditional sports games adapted to innovative elements, such as the use of technology or the setting of new rules, can increase children's interest in participating. This allows them to maintain a connection to the traditions of the past while experiencing the joys and challenges presented in a more contemporary context. This research provides recommendations for educators and parents to promote traditional sports games as an integral part of children's educational and activity curricula. Thus, children can develop innovative resilience through activities that honor their ancestral heritage.

## Keywords

traditional sports games, child endurance, cultural heritage, innovation

## Streszczenie

Tradycyjne gry sportowe stały się ważną częścią dziedzictwa kulturowego, które odziedziczyliśmy po naszych przodkach. Jednakże, wraz z rozwojem technologii i zmianami we współczesnym stylu życia, popularność tradycyjnych gier sportowych wśród dzieci uległa zmniejszeniu. Dlatego niniejsze badanie ma na celu zbadanie roli, jaką tradycyjne gry sportowe mogą odgrywać w zwiększaniu wytrzymałości dzieci w innowacyjny sposób. Badanie to wykorzystuje model badawczy jakościowy opisowy, który polega na studium literatury i wykorzystuje różnorodne przeglądy literatury w celu wzmocnienia analizy badawczej. Badanie rozpoczęło się od zebrania pewnej literatury, następnie przeprowadzono jej przegląd, a zebrana literatura została przeanalizowana za pomocą krytycznej tabeli oceny 10 publikacji. Wyniki wykazały, że tradycyjne gry sportowe były w stanie zapewnić znaczące korzyści dla wytrzymałości dzieci. Poprzez te gry, dzieci rozwijają umiejętności motoryczne, koordynację ciała i równowagę. Uczą się także radzenia sobie z wyzwaniami, rozwijają umiejętności społeczne, takie jak współpraca i komunikacja, oraz zyskują poczucie dumy ze swojego dziedzictwa kulturowego. Ponadto, wprowadzenie tradycyjnych gier sportowych dostosowanych do innowacyjnych elementów, takich jak wykorzystanie technologii czy ustalenie nowych zasad, może zwiększyć zainteresowanie dzieci udziałem. Pozwala to im na utrzymanie związku z tradycjami przeszłości, jednocześnie doświadczając radości i wyzwań przedstawionych w bardziej współczesnym kontekście. Badanie to dostarcza rekomendacji dla edukatorów i rodziców, aby promować tradycyjne gry sportowe jako integralną część edukacyjnych i aktywnościowych programów dla dzieci. Dzięki temu dzieci mogą rozwijać innowacyjną odporność poprzez aktywności, które honorują dziedzictwo ich przodków.

## Słowa kluczowe

tradycyjne gry sportowe, wytrzymałość dzieci, dziedzictwo kulturowe, innowacja

## Introduction

In this increasingly sophisticated modern era, traditional sports games are often overlooked and replaced by digital technology. However, reviving ancestral heritage through traditional sports games can be an important key in innovatively increasing children's endurance. Traditional sports games not only provide healthy physical activity, but also involve elements of rich culture and tradition [1, 2]. Through these games, children can learn values such as cooperation, resilience, courage, and never giving up. In addition, traditional sports games also allow children to learn from previous generations, enrich their knowledge of cultural heritage, and improve their motor skills. By reviving traditional sports games, we can create a generation that has strong physical and mental endurance, as well as staying connected to their cultural roots [3, 4].

Traditional sports games have important historical and cultural values in people's lives. However, in the modern era filled with advanced technology and digital games, interest in traditional sports games is declining, especially among children. This negatively affects children's physical fitness and motor skills. Therefore, reviving traditional sports games is important as a key to increasing the endurance of innovative children. Research by [5], shows that traditional sports games have potential in children's physical and mental development. Through these games, children can develop motor skills, coordination, balance, and flexibility of the body. In addition, traditional sports games can also improve children's concentration, discipline, and confidence [6, 7].

In addition to the physical benefits, traditional sports games also have a significant contribution to the social and cultural development of children. Research by [8]. Highlighting that traditional sports games play an important role in building children's cultural identity. Through this game, children learn to appreciate and understand the cultural values contained in the game. In addition, traditional sports games also provide opportunities for children to learn about cooperation, honesty, a sense of responsibility, and respect for the rules of the game. In this context, reviving traditional sports games is an important step to enrich children's lives, promote their health and motor skills, and strengthen their cultural identity [9, 10].

Reviving ancestral heritage through traditional sports games is a crucial aspect in increasing the resilience of innovative children. In studies conducted by [11], It was found that traditional sports games have a positive impact on children's physical and mental health. In addition, research by [12], shows that through traditional sports games, children can learn cultural values and develop their social skills. The widespread use of digital technology has shifted children's interest towards traditional games, however, reviving traditional sports games can provide a useful alternative in overcoming such challenges. In view [13], Restoring traditional sports games is an important step towards preserving cultural heritage and engaging children in physical activities that promote their fitness and motor skills. Therefore, by integrating traditional sports games into children's lives, we can create a generation that has strong physical and mental endurance, as well as remains connected to their cultural roots [14, 15].

This research aims to explore the potential of traditional

sports games in enhancing the endurance of children, particularly in their innovative capacities, with a focus on physical, mental, and cultural aspects. The study aims to demonstrate that reviving traditional sports games offers a viable alternative to counter the dominance of digital technologies and to promote active lifestyles and cultural heritage preservation. Research by [16] provide a deep understanding of the positive impact of traditional sports games on children's physical and mental health, while studies by [17, 18] highlights the importance of cultural values in the development of children's social skills through traditional play. In this context, this research contributes by expanding knowledge of the important role of traditional sports games in innovatively improving children's endurance, as well as highlighting the need to reprioritize traditional gaming experiences in modern children's lives [19, 20].

## Materials and methods

This research uses a qualitative descriptive research model that is a literature study that uses various literature reviews in strengthening research analysis. This research begins with collecting some literature, then reviewing some important terms in the research, then collecting relevant research literature, then conducting an analysis based on all the literature that has been obtained by compiling a discussion, then formulating conclusions based on the results that have been analyzed and submitting suggestions based on the conclusions obtained.

The data utilized in this study were secondary data. [21] states that secondary data is data taken indirectly that can provide information to data collectors. The source of the data obtained is in the form of original scientific reports derived from published scientific articles and article that have been accredited and indexed, both printed and non-print which are interrelated in the model of application of blended learning in physical education and sports.

The data collection method used in this study is the documentation method. The documentation method is a method of collecting data by digging and searching for data from the literature related to what is in the problem statement. Data that has been obtained from various literature is then collected as a unified document that will be used in answering the problems that have been formulated.

Article search techniques in this study are through web access mendeley, google scholar, and sciece direct as well as other article search access with keywords learning models, blended learning, and physical education health sports. Articles or article that match the criteria are then taken for further analysis and article summary including the name of the researcher, year of publication of the article, study design, research objectives, samples, instruments, and a summary of results or findings. The summary of the research article is entered into a table sorted according to the alphabet and year of publication of the article and in accordance with the format mentioned above. This literature review uses literature that can be accessed fulltext in pdf format and scholarly (peer reviewed article). To further clarify the abstract and full text, the journal articles are read and examined. The summary of the article is analyzed on the contents contained in the research objectives and research results / findings. The analysis method used is the analysis of article content.



## Results

This literature review was conducted to determine Traditional Sports Games as the Key to Increasing Innovative Children's Endurance. The collected literature was analyzed with critical appraisal tables to answer the measurement objectives compared to simple measurement results. There are as many as 10 literatures that discuss Reviving Ancestral Heritage: Traditional Sports Games as the Key to Increasing Innovative Children's

Endurance, all of these article are nationally accredited article and international article that are searched on the Google Scholar, Mendeley, Science direct.com portals by typing the keyword "traditional sports games as the key to increasing the endurance of innovative children" which then analyzed using critical appraisal analysis to analyze the core of the article, as well as the results or findings of these article. The following is a table of critical appraisal analysis from 10 article.

**Table 1. Characteristics of articles**

| Author | Article title   | Research results  |
|--------|---|---|
| [22]   | Comparison of the Effect of Traditional Sports Games Hadang, Long Jumping, Stretching on Increasing Endurance, Speed, and Balance in Extracurricular Students of Impres 1 Tenga Bima Regency, NTB | This research examines traditional sports on endurance, based on descriptives calculations to see exercises that provide more improvement in the dependent variables by judging from the mean states that traditional obstacle games provide better results than long and stretch games against the three variables including endurance, speed, and body balance.   |
| [23]   | Application of Traditional Games in Sports Learning at SMA Negeri 1 Baradatu  | This research examines students' interest in sports learning using traditional game models getting questionnaire answers in congklak games 76.60%, then shell stretching games 67%, in top games 60%, and in crank games 60%, and catapult games 63.64% and as for the results of student interest in playing traditional games that have been developed show congklak games get 77%, Then the shell sling game gets 83%, and the top game gets 80%, then the crank game gets 73%, and the catapult game gets 92.86%. With the results that have been obtained, students' interest in sports learning using traditional game models is said to be very good and students are interested |
| [24]   | The influence of Wok Dhor traditional sports on the physical freshness of students aged 13-15 years at Roudlatut Thalibin Islamic Boarding School Rembang   | This research examines the traditional sport of wok dhor has a positive effect on increasing the physical freshness of students aged 13-15 years at Roudaltut Thalibin Islamic Boarding School Rembang  |
| [25]   | Traditional Sports Socialization to Improve Fitness and Interest of Elementary School Students in Sports Learning in the Tamansari District Area  | The results of this study that traditional games have a significant effect on gross motor development and increase the level of physical fitness of children in the elementary age category.  |
| [26]   | Analysis of Traditional Sports of Jumping Rope and Crank as Body Fitness Enhancers in the New Normal Era (Studi Literatur)  | Based on literature studies, it can be presented that applying traditional games can be a solution to improve body fitness in the New Normal era.   |
| [27]   | Sports Practice in Traditional Games  | This research examines another benefit that is no less important than traditional games is to develop children's physical abilities.  |
| [28]   | Increasing Interest and Fitness of Elementary School Students through Traditional Sports  | This research examines the lack of enjoyable educational experience. Based on research, methods were developed to help elementary school children develop gross motor skills and improve their physical fitness. As one way to preserve the culture of the people of Rowokangkung District, Lumajang Regency through traditional sports,  |
| [29]   | Socialization of traditional games in an effort to increase children's creativity   | The nation's cultural heritage is traditional games, besides that parents understand the benefits of traditional games for creativity, children's intelligence.   |
| [30]   | The Influence of Traditional Sports Games to Improve Physical Fitness of Madrasah Aliyah Manbaul Ulum Bungah Gresik Students  | Based on the results of the study, it can be concluded that there is a significant influence of traditional sports games on the physical fitness of Madrasah Aliyah Manbaul Ulum Bungah Gresik students. Because these results are significant, the more often you play traditional sports, the better the physical fitness of Aliyah Manbaul Ulum Bungah Gresik madrasah students.   |

Table 1. Characteristics of articles

| Author | Article title  | Research results   |
|--------|--|--|
| [31]   | The influence of traditional games on improving physical fitness in students | The results of research in hypothesis testing using t-test get a significant value of $0.076 < 0.05$ shows a significant difference between the initial variable and the final variable (value of pre-test results and post-test results) this shows a significant influence on the difference in treatment given to each variable. Thus, it can be concluded that there is an increase in students' physical fitness through traditional games for grade IV students of SDN 4 Mataram for the 2022/2023 Academic Year |

## Discussion

From the results of a literature study of 10 articles that have been reviewed and presented previously there are several related discussions that are mutually sustainable, Traditional sports games have great potential in increasing the endurance of innovative children. One important aspect to consider is the physical benefits gained through this game. In line with some of the results of previous research by [32, 33] Highlighting that traditional sports games can improve children's physical fitness, including cardiorespiratory endurance, muscle strength, and flexibility. In addition, traditional sports games can also improve children's body balance and motor coordination [34, 35]. The findings suggest that reviving traditional sports games could be an important step in overcoming sedentary lifestyle tendencies among children [36, 37].

In addition to the physical benefits, traditional sports games also have a positive impact in the development of children's social skills. Research by [38], Emphasizes that traditional sports games provide opportunities for children to learn about cooperation, mutual respect, and building healthy social relationships. Through interaction in these games, children can develop communication skills, work in teams, and solve problems together. By playing traditional sports games, children also learn to respect cultural values and appreciate their ancestral heritage, which can strengthen their cultural identity and increase mental endurance [39, 40].

In addition to the physical and social benefits, traditional sports games also provide an opportunity for children to hone their creativity and imagination. In research conducted by [41], They highlight that traditional sports games often involve flexible rules and allow children to explore variations in movement and game strategy. This stimulates children to use their imagination in developing new tactics or making variations of the rules of the game. Through this process, children

can hone their creativity and develop critical thinking skills [39, 41, 42].

In view [1], reviving traditional sports games also has broader implications in preserving and promoting cultural heritage. In an era of increasingly connected globalization, traditional sports games are becoming an important means of maintaining cultural identity and encouraging appreciation of cultural diversity among young people. By involving children in traditional sports games, we can help them develop a sense of pride in their ancestral heritage and understanding [43, 44].

## Conclusions

The study underscores the importance of reviving traditional sports games as key to innovatively improving children's endurance. In the modern era filled with technology and fast-paced lifestyles, traditional sports games are often overlooked. However, the study shows that traditional sports games have significant benefits for children, including the development of motor skills, balance, social skills, and pride in their cultural heritage. By introducing innovative elements, such as the use of technology or setting new rules, children can be more interested and engaged in the game. Therefore, it is recommended that educators and parents promote traditional sports games as an important part of a child's education and activities, so that children can develop innovative endurance while remaining connected to their ancestral heritage.

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