
SPORTICA: Journal of Sport Science and Physical Education



*This work is licensed under a Creative Commons Attribution
4.0 International*

THE EFFECT OF THE TRADITIONAL GAME BLACK GREEN IN LEARNING PHYSICAL EDUCATION ON THE SPEED OF JUSTICE FC FUTSAL PLAYERS

^{1*}Farozi Wirasaputra, ²Andi Gilang Permadi, ³Intan Kusuma Wardani

¹²³ Pendidikan Jasmani, Universitas Pendidikan Mandalika.

*Corresponding Author e-mail: faroziwirasaputra@gmail.com

ABSTRACT

The purpose of this study was to determine the effect of traditional black and green games on the speed of Justice FC players. The research method used was a qualitative approach with an experimental design. The sample used in this study was 20 people who were used with a purposive sampling technique with the criteria, 1) active members of Justice FC players, 2) participants were willing to voluntarily participate in the research process. The instrument used to measure speed using the 60 Meter Run (Sprint) which was given for 2 times. Data analysis using the t-test at a significance level of 5%. The results of the study based on the analysis carried out showed that $t_{\text{hitting}} 3.950 > t_{\text{table}} 1.729$ and the training given using traditional games increased the speed of Justice FC futsal players, before and after training seen from the results of the data analysis the increase occurred by 6%. It can be concluded that traditional games played for 6 weeks with a frequency of 3 times a week have a significant effect on the speed of Justice FC futsal players.

Keywords: Traditional black and green games, speed of futsal players

INTRODUCTION

Sport is a necessity for modern humans today, including children, adults, and the elderly. Sport is not new to human civilization, but rather originated with the advent of humans on this earth. Sport is not merely a physical activity; it is also excellent for the development of the human body and soul. Through exercise, humans can improve their quality of life, both economically and socially. Many positive values can be learned through exercise, such as high sportsmanship, teamwork, responsibility, and others. Over time, sport has become more than just a play activity; it has become a necessity in modern life. (Aminullah, 2022:175)

Traditional games are one method that can be used to develop a person's social skills, in addition to preserving Indonesian culture. Traditional games are a form of game

that is circulated orally among members of a particular collective, are traditional in form, and have many variations. (Nelly Rut, 2020) Traditional games, in addition to supporting the formation of physical condition, can also be done with the aim of relieving boredom and tension experienced by players, so that players will remain cheerful and enthusiastic in training. Various games frequently played by the community, especially children, can be included in training as long as the form of the game contains elements of movement that can improve them, such as speed, agility, and endurance. One traditional game often played by elementary school-aged children is the game of black and green. In the game of black and green, elements of play, joy, and several physical components can be fostered and developed, such as action, reaction, speed, and so on. (Hardianta, 2018)

The green-black game is a game that requires active and complex physical movement. This game also includes elements of skill that must be practiced, namely technical skills, tactics, physical skills, concentration, and rapid movement. The green-black game can be played individually or in groups. This game requires concentration, quick thinking, and quick decision-making. The concept of this game is to divide teams into two, one team named "green" and the other team named "black." At the start of the game, they face each other, and the coach or teacher acting as judge will pronounce the group name by elongating the first syllable of each group's name, namely "hiiiiiii...", so that both teams will prepare for what the teacher or coach will say. After the judge pronounces the team name, the team named by the judge runs to avoid being caught by the other team. (Pratama et al. 2021)

The traditional black-and-green game is dominated by active, fast running in various directions to guard and block opponents. Besides being a fun and motivating game for players, it also has other benefits, namely providing a drill for the players' physiques. Therefore, the player's speed and agility are increased in performing offense and defense futsal, as both games rely on speed. (Pratama et al. 2021)

Therefore, this game requires good speed. Speed is a crucial element, especially in games that require rapid movement. Speed is the ability of a muscle or group of muscles to respond to stimuli in a short time. Speed is also a factor that determines a person's ability in sports, especially sports that rely on speed, like futsal. Players with speed can quickly dribble the ball into the opponent's area, making it easier to score goals. Furthermore, speed is also necessary for players to chase the ball. Modern futsal games today require good speed skills from a player for shifting/rotating movements. (Aminullah, 2022).

METHOD

This study uses an experimental design with a pre-test and *post-test* to measure the increase in player speed. The sample used was 20 futsal players from Justice FC. The

athlete's speed test consisted of a 60-meter sprint. According to Pasaribu (2020: 19-20), the test was conducted twice, namely the initial and final tests. Each athlete was given two opportunities to take the test, and the highest score was taken from the two opportunities. Data analysis used a t-test.

RESULTS AND DISCUSSION

The data obtained in this study are data regarding the identity of futsal players at Club Justice FC, who are the subjects of the study, and data regarding the traditional black and green game as independent variables, as well as data regarding speed as the dependent variable.

Data on player identity were obtained at the beginning of the study, namely when determining the subjects to be used in the study. Furthermore, to determine the extent of the influence of the traditional black-and-green game on the speed of Justice FC futsal players, descriptive data analysis was conducted, namely by describing the research data and analyzing the data based on the scores obtained by each research subject using statistical analysis with the formula-test, which is in accordance with the established research design. The results obtained can be seen in Table 1 below.

Tabel 1. Data hasil pre-test Kecepatan

No	Nama	Pre-test 1	Pre-test 2	Hasil
1	Jnt	10,11	8,71	8,71
2	Rhn	9,29	9,89	9,29
3	Alf	8,48	8,29	8,29
4	Ary	8,89	8,15	8,15
5	Al	9,88	7,89	7,89
6	Yt	8,50	8,94	8,50
7	Mr	8,53	8,19	8,19
8	Rz	8,50	8,16	8,16
9	Pr	8,50	9,95	8,50
10	Mm	8,44	7,95	7,95
11	Af	8,40	7,90	7,90
12	Rk	8,40	8,44	8,40
13	Nr	8,24	9,12	8,24
14	Gh	8,12	9,03	8,12
15	Nb	7,98	8,04	8,03
16	Tr	8,90	7,98	7,98
17	Na	7,87	7,99	7,87
18	Pg	7,70	7,84	7,70
19	Jn	8,70	8,66	8,66
20	Ib	8,70	8,15	8,51

Results of a 60-meter sprint speed test for 20 futsal players from Justice FC conducted in two trials (Pre-test 1 and Pre-test 2). The Pre-test 1 and Pre-test 2 columns show the times recorded by each player in the two runs, with Result indicating the fastest time taken from both trials. Each player had varying times between the first and second trials, indicating a difference in their performance in each trial. The fastest time (Result) for each player was calculated based on the trial with the fastest time between the two tests conducted.

Table 2. Post-test speed data for Justice FC players

No	Name	Pos-test 1	Pos-test 2	Results
1	Jnt	8,30	9,71	8,30
2	Rhn	8,45	9,07	8,45
3	Alf	8,17	7,80	7,80
4	Ary	7,20	8,90	7,20
5	Al	7,90	8,97	7,90
6	Yt	7,95	8,13	7,95
7	Mr	8,12	7,86	7,86
8	Rz	7,30	8,35	7,30
9	Pr	7,28	7,84	7,28
10	Mm	8,60	7,44	7,44
11	Af	8,45	7,90	7,96
12	Rk	8,18	7,44	7,44
13	Nr	7,49	8,60	7,49
14	Gh	8,25	7,30	7,30
15	Nb	8,16	7,98	7,98
16	Tr	7,90	7,31	7,90

17	Na	8,16	7,94	7,94
18	Pg	7,28	7,99	7,28
19	Jn	8,47	10.13	8,47
20	Ib	8,14	7,40	7,40

Data Processing and Analysis: First, the researchers conducted a pre-test and a post-test in the form of a multi-stage beep test. One group was given treatment in the form of a traditional black and green game for 6 weeks.

Table 3. Description of Pretest-Posttest Data for the Experimental Group.

Kelompok	Mean	Pretest - Postes	
Experimen	165.03	11,2	
Experimen	154.34		

The results of the descriptive data analysis in Table 2 for the experimental group of traditional black and green game training with a mean *pretest* amounting to 165.03 and a *mean* posttest of 154.34. So the difference before and after the traditional black and green game training was 11.2 Tabel 4. Speed increase before and After Practice traditional black green game.

	Mean			
	Pretest	Postest	Difference	Improvement
Upgraded traditional black and green gameplay	165.03	154.34	11,2	6 %

So from the data description, the percentage increase for the experimental group after being given treatment was 6%.

The research results indicate that futsal training using the traditional black-and-green game can positively contribute to improving the speed of futsal players at Club Justice FC. The results of training using the black-and-green game resulted in increased

speed. This serves as a benchmark for the success of the training program provided by coaches to futsal players.

Training is a means to improve and enhance futsal skills. By conducting programmed and regular training, players will be able to identify their individual needs and weaknesses, allowing training to become a means of enhancing their abilities. Training can be conducted with the guidance of a coach or independently. However, with the coach's guidance, players will understand the needs that must be met, allowing for well-programmed training.

The success of training activities is inextricably linked to the coach's role in guiding the players to effectively participate in the training. The differing needs of each player and the shared goals of the team are key factors in the coach's ability to balance collective playing abilities. These differing needs require the coach to provide training that facilitates player improvement without compromising the performance of others.

Monotonous training activities will make players feel bored, so it's necessary to package training into a fun atmosphere oriented toward achieving shared goals. Some training methods are favored by coaches to deliver their teaching materials. However, this delivery doesn't necessarily create a fun atmosphere that encourages players to improve their basic technical skills and speed. The results of this study indicate that the traditional game of black and green can improve speed, as speed is crucial in futsal.

According to Aminullah (2022), the black and green game is a game that can be played individually or in groups. This game requires concentration, quick thinking, and speed in making decisions. The game pattern or learning provided is oriented so that players can improve speed, concentration, and develop their thinking patterns during the game. With this traditional black and green game, it is expected that players will be able to have a quick mindset and quick movements in making decisions, and must have good basic techniques to support the tactics practiced. This is because playing futsal is a fast game. *offense* and *defense* to score goals and keep the goal from being conceded.

The playing style demonstrated by players will require rapid movements tailored to the team's needs during the game. Therefore, this traditional black-and-green game will be able to increase speed for effective attacks. According to Sukadiyanto (2011), the general goal of training is to help coaches, trainers, and sports teachers apply and develop conceptual skills and skills to help unlock potential. This traditional black-and-green game will help players improve their speed. In addition to player development, which is a shared goal, coaches can implement effective learning approaches. This will minimize boredom and undesirable weaknesses among players. This will impact speed improvement and mastery of basic techniques.

CONCLUSIONS AND SUGGESTIONS

This study concluded that the traditional game of black and green can improve the speed of futsal players. This game can be an effective method in futsal training because it can improve speed and other fundamental skills essential to the game.

LIST OF REFERENCES

- Adrianto, A. (2022). *Analisis kecepatan lari daya ledak tungkai dan keseimbangan terhadap kemampuan lompat jauh pada siswa smkn 1 palopo* "(Doctoral dissertation, UNIVERSITAS MUHAMMADIYAH PALOPO).
- Agus Susworo Dwi Marhaendro, Suryono, Yulianto (2009), *Tes ketrampilan dasar bermain futsal*. Jurnal IPTEK Olahraga, Vol 11, no2 Mei 2009.
- Agustinus Doni Prasetyo. (2011). *Perbedaan Ketepatan Shooting dengan Punggung Kaki dan Ujung Kaki Siswa Ekstrakurikuler Futsal SMA BOPKRI 2 Yogyakarta*. Skripsi. Yogyakarta: FIK UNY.
- Aminullah, W., Ilham, I., & Decheline, G. (2022). Pengaruh Permainan Tradisional terhadap Kecepatan Atlet Futsal Special Olympics Indonesia (SOIna) di SLB Sri Soedewi Jambi. *Indonesian Journal of Sport Science and Coaching*, 4(2), 175-184.
- Apriliawati, A. T., & Hartono, S. (2016). Penerapan Permainan Tradisional Dalam Pembelajaran Pendidikan Jasmani, Olahraga dan Kesehatan Terhadap Kemampuan Motorik Siswa. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 4(2), 522-528.
- Arikunto, S. (2006). *Prosedur penelitian pendidikan*. Jakarta: Rineka Cipta.
- Asmara Jaya. (2008). *Futsal Gaya Hidup, Peraturan, dan Tips-Tips Permainan*. Yogyakarta. Pustaka Timur.
- Bompa, T.O. (2009). *Theory and methodology of training (5th ed)*. Champaign, IL: Human Kinetics.
- Darminiasih, N. N., Marhaeni, M. P. A. N., & Sutarna, M. P. P. I. M. (2014). *Penggunaan metode bermain permainan tradisional dalam upaya meningkatkan kemampuan berbahasa dan sosial emosional anak kelompok B TK Seban Sari* (Doctoral dissertation, Ganesha University of Education).
- Dikdik Zafar (2010), *Mengajar dan Melatih Atletik*. Bandung Rosdakarya.

- Giartama. (2014) *Latihan Running Abc Terhadap Hasil Kecepatan Lari 100 Meter Pada Kegiatan Ekstrakurikuler*.
- Hardinata, R. dan Decheline, G. (2018). Pengembangan Model Permainan Tradisional Hitam Hijau Terhadap Kualitas Fisik Siswa Sekolah Dasar Negeri 211/Ix Muaro Jambi." *Jurnal Cerdas Sifa* 1(2): 78-86.
- Hartati, Sasminta Christina Yuli. dkk. 2012. Permainan Kecil. Malang: Wineka Media.
- Hartoto, S. (2016) Penerapan Permainan Tradisional Dalam Pembelajaran Pendidikan Jasmani, Olahraga Dan Kesehatan Terhadap Kemampuan Motorik Siswa'', *Jurnal Pendidikan Olahraga Dan Kesehatan Volume 04 Nomor ,Hal 523*.
- Ilham, A., & Ali, M. (2015). Kontribusi Permainan Hitam Hijau Terhadap Keterampilan Lari Sprin Murid Smp Negari 11 Kota Jambi. *Jurnal Publikasi Pendidikan | Volume V No, 159*.
- Imanudin, I. (2008). *Ilmu kepelatihan olahraga*. Bandung: Universitas Pendidikan Indonesia.
- Justinus Lhaksana. (2012). *Takik dan Strategi Futsal Modern*. Jakarta: Be Champion.
- Maksum, A. (2009). *Metodelogi penelitian dalam olahraga*. Surabaya: Uiversitas Negeri Surabaya.
- Matitaputty, J. (2019) '' *Pengaruh Latihan Kecepatan Terhadap Kecepatan Menggiring Bola Pemain Futsal Junior Fc Patriot Penjaskesrek Unpatti Ambon''*, Vol. 5, No.2.
- Muliadi, M., Kadir, A., Darwis, A. A., & Islam, M. F. (2017). Penerapan Pendekatan Permainan Hijau-Hitam Untuk Meningkatkan Hasil Belajar Lari Cepat (Sprint) Siswa Kelas V Sd 12 Manurunge Kecamatan Tanete Riattang Kabupaten Bone. In *Seminar Nasional LP2M UNM* (Vol. 2, No. 1).
- Pasaribu, A, M, N. (2020). Tes Dan Pengukuran Olahraga. Banten: Yayasan Pendidikan dan Sosial Indonesia Maju (YPSIM)
- Pratama, M. A. R. P., Usra, M., Sumarni, S., Iyakrus, I., & Bayu, W. I. (2021). '' *Pengaruh Permainan Tradisional untuk Meningkatkan Kecepatan dan Kelincahan''*. *Journal of Sport Coaching and Physical Education*, 6(2), 77-86.
- Rut, N. (2020)'' *Pengaruh Permainan Tradisional Terhadap Keterampilan Sosial Anak Kelas Iv Sd 091526*, Volume 6, No. 2, Pp. 449-455.

-
- Solissa, J. (2016) *Teori Dan Metodologi Latihan Fisik*. Jakarta: Raja Grafindo Persada.
- Sugiyono. (2010). *Metode penelitian pendidikan (Pendekatan kuantitatif, kualitatif, dan R&D)*. Bandung: Alfabeta.
- Sukadiyanto. (2011). *Pengantar teori dan metodologi melatih fisik*. Bandung: Lubuk Agung.
- Susila, L. (2023) Pengaruh kecepatan lari sprint 50meter terhadap hasil lompat jauh gaya jongkok pada siswa putra kelas viii smpn 3 woja *journal scientific of mandalika (jsm)* e- ISSN 2745 -5955 4 (6):59-64.