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Exploring Traditional Games with a Literature Review: How Do They Impact Children's Motor Skills?

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Abstract

Study purpose. This study examines the impact of traditional games on children's motor development, as well as to identify the educational values contained therein.

Materials and methods. This study uses PRISMA guidelines and uses the PICO method data collection technique. By searching and collecting relevant articles using Google Scholar, PubMed, and Scopus obtained with the help of the 'Publish or Perish' application.

Results. The results showed that traditional games, such as hadangan, clogs and egrang batok, significantly improved children's gross and fine motor skills. In addition, games such as gobak sodor and jump rope proved effective in improving coordination and cooperation skills. The study also found that physical activity in traditional games supports children's cognitive and social development, such as communication skills, co-operation and creativity.

Conclusion. In conclusion, traditional games have significant benefits for children's gross motor, social and cognitive development. Research shows that games such as hadangan clogs, egrang batok, gobak sodor, and jump rope not only improve physical skills and coordination, but also cooperation and communication skills among children. In addition, traditional games contribute to the development of children's creativity and critical thinking.

Keywords: Traditional Games, Gross Motor, Fine Motor, Children.

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Introduction

Traditional games are an integral part of a community's culture and heritage (Dinar Ayu Mirunggan Sari & Dwi rniawan, 2024; Munir et al., 2024). In many parts of the world, these games are often an important tool in children's social, emotional and physical development (de Almeida et al., 2024). In Indonesia, traditional games such as congklak, kasti, and gasing have long been a part of children's daily lives, although many of these games have been displaced by the development of technology and digital media (Pawartani, Suyono, Rufiana, Kusumaningrum, & Dewi, 2024). However, the interest in understanding how traditional games impact children's motor development remains relevant and important.

Traditional games are not just recreational activities, but also have significant educational and developmental value (Morejón Calixto, Mayanza Paucar, Barcia Maridueña, & Vásquez Alvarado, 2024). Studies show that physical play strengthens gross and fine motor skills, improves coordination, and supports cognitive and social development (Eka Wahyudhi et al., 2023; Faizah, Sumaryanti, Sulistiyono, & Alim, 2024; Martins da Silva, Felix Oliveira, Paulo Pereira, Pereira da Silva, & Do Socorro Almeida Angelo Segunda, 2024). By revisiting and understanding the impact of traditional games on children's motor development, it is hoped that it can provide valuable insights to design more effective activities to support children's growth in the modern era.

Traditional games often involve active physical activities, such as running, jumping and throwing, which directly affect gross motor development (Afifah Maulidiyyah & Purwoko, 2023; Cheong & Hussain, 2024). Meanwhile, activities that require manipulative skills, such as arranging or processing small objects, contribute to fine motor development (Ade Sarah Huzafah & R. A. Fattah Adriansyah, 2024; Cheong & Hussain, 2024). These two aspects are very important in the formation of basic skills needed in children's daily lives.

Traditional games such as jump rope or kasti often involve movements that support large muscle development and overall body coordination (Farahani & Mirsafi, 2024). In contrast, games that involve manipulation of small objects or activities that require precision, such as congklak, contribute to the development of fine motor skills (Farahani & Mirsafi, 2024).

Researching the impact of traditional games on children's motor development is particularly relevant given the rapid changes in lifestyle and technology. Many children today are less engaged in traditional physical activities, which can affect their health and motor development (Moon et al., 2024). By gaining a deeper understanding of how traditional games affect children's motor skills, we can design better and more targeted interventions to support children's development.

In addition, the results of this study may provide useful information for educators, parents and policy makers in designing educational programmes and activities that incorporate elements of traditional games. It also has the potential to inspire efforts to preserve and promote traditional games as an important part of children's learning and development.

Materials and Methods

Search Strategy

Using the "Publish or Perish" tool, the author searches Google Scholar, PubMed, and Scopus for publications as part of the data collecting procedure. Next, the author gathers journal papers published within the last five years 2019 to 2024, the author uses the PICO method in article research to find new findings. (Koretz, 2024).

The article search strategy in this study included a variety of keywords such as ('Traditional Games', 'Gross Motor', 'Fine Motor', 'Children'). The search in this study followed the guidelines outlined in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) (Page et al., 2021). PRISMA is a reporting method that aims to avoid fundamental errors in systematic reviews and meta-analysis reports (Carlo Torres et al., 2024).

Study participants

After gathering the necessary articles, the author can extract the data. In order to make the data more particular, the author employs references in this approach with inclusion and exclusion criteria. If the author discovers articles that are inappropriate, the data will be extracted (Puljak et al., 2020) The explanation of the exclusionary approach will be canceled

based on these criteria: (a) Books and research reports (dissertations, theses, and theses); (b) Within the last five years <2019; (c) No traditional games; (d) conventional games are not discussed; (e) gross and fine motor skills are not discussed; (f) children are not discussed; and (g) DOI is not present. Additionally, the following inclusion criteria are applied: (a) research publications published within the recent five years (2019–2024); (b) Traditional games; (c) talking about fine and gross motor abilities; (d) speaking Indonesian; (f) talking about kids; and (g) having a DOI.

Procedure

The Google Scholar, PubMed, and Scopus databases are chosen for the search using the Publish or Perish tool. The author discovered 1286 articles in total, including 995 from Google Scholar, 208 from PubMed, and 86 from Scopus. Additionally, a number of filtering procedures based on inclusion and exclusion criteria will be used to process and analyze the articles the author found.

After fulfilling the criteria, only 11 articles were available. Most of the articles were not used because they did not discuss traditional games. All articles were extracted from their sources and analysed using Mendeley to eliminate duplication.

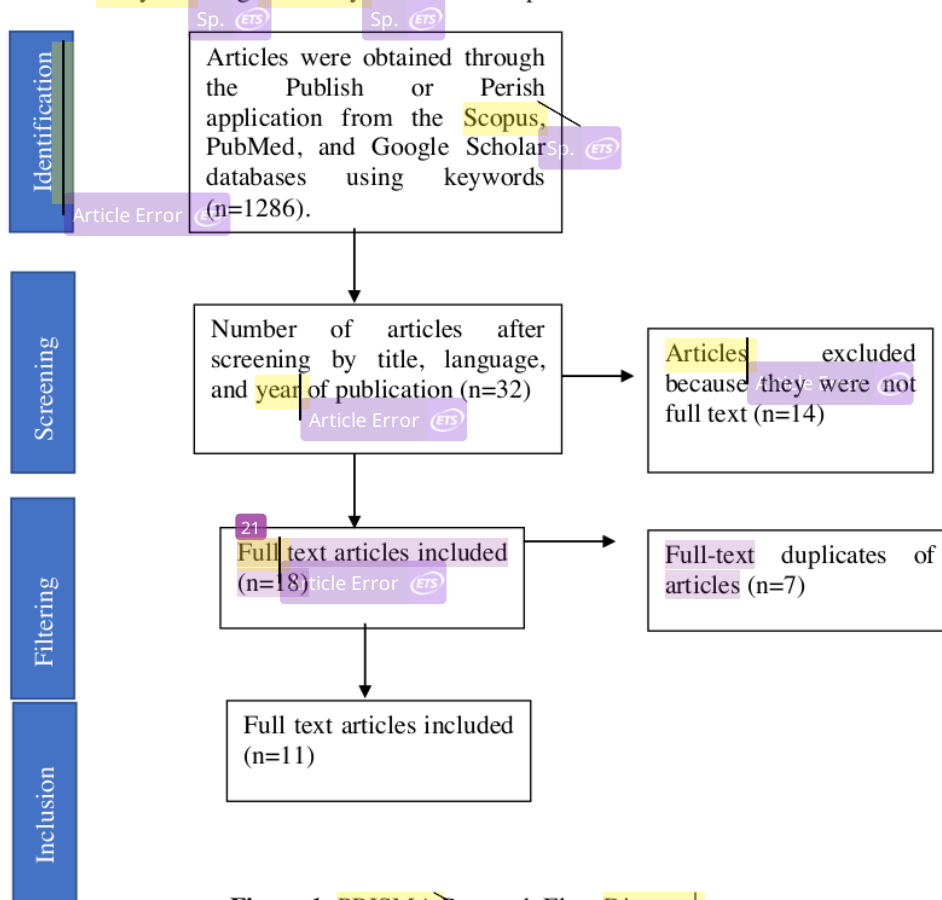


Figure 1: PRISMA Research Flow Diagram

The database used in the search for this study was Google Scholar, a website that offers access to scientific and health databases. The strategy in searching for articles in this study included a variety of keywords such as ('Traditional Games', 'Gross Motor', 'Fine Motor', 'Child'). The search in this study followed the guidelines outlined in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) (Zeng et al., 2021). PRISMA is a reporting method that aims to avoid fundamental errors in systematic reviews and meta-analysis reports (Carlo Torres et al., 2024).

The data collection technique in this study uses the Publish or Perish application from the Scopus, PubMed and Google Scholar databases by focusing on articles relevant to this research. The data used is secondary data because researchers do not go into the field. The procedure for finding relevant articles using the Publish or Perish application.

The purpose of this research is to see the impact of traditional games on children's motoric development.

Results

The study's findings ought to be methodically organised in a table, revealing that a thorough evaluation of the literature identified 11 articles that met the established research criteria.

Author and Year	Research Methods and Types	Research Objective	Research Results
(Adi, Pramita, & Vitalistyawati, 2022)	Pre-Experimental designs with a particular focus on one-group pre-post-test designs	This study aims to describe the impact of traditional engklek game on static and dynamic balance in children aged 6-12 years in Padang Keling, Banyuning, Buleleng, Bali.	According to the study's findings, children ages 6 to 12 benefit from playing unconventional cricket games in terms of both static and dynamic balance. This implies that in order to enhance children's motor skills and general physical development, traditional games must to be promoted.
(Adi et al., 2022)	This research used descriptive qualitative approach. The type of research conducted was survey research.	This research aims to identify traditional games that can be played by young children to enhance their development in North Lombok district.	The results showed that of the thirty-two traditional games identified in North Lombok Regency, based on the stages of play and the rules of play there are twenty-two traditional games that can be played by early childhood, and can improve early childhood development. These games are belajur or jurjur, rempak or pasit, gade or pegadean, jret or kendeker, sit or seboq peta, icung-icung pangi or ugem-ugem, singklak, bekel, gogorinsing, lolang bageko, derek or bakar, lengkak, teompah, balean, rubber, manuk-manukan, play stone, and selae.
(Bariyah,	The research	This study aims to	There was a significant increase

<p>Ashari, & Yuliawan, 2022)</p>	<p>method uses the 17al sampling method. This study used the One Group Pretest-Posttest Design. Sp.</p>	<p>determine the effect of traditional Jambi community games on improving the physical fitness of fifth grade students of SD Negeri 210/X 24ndar Jaya. Sp. (ETS)</p>	<p>in physical fitness among fifth grade students after participating in traditional games from the Jambi community, with a calculated t-value of 9.099 compared to a critical t-value of 1.833, indicating a meaningful increase in physical fitness levels.</p>
<p>(Aliriad, Adi, Manullang, Endrawan, & Satria, 2024)</p>	<p>The research was conducted using the experimental method</p>	<p>The purpose of this study is to gather data and information regarding how well traditional games enhance motor skills and student enthusiasm for learning in physical education.</p>	<p>According to the research, kids' enthusiasm to learn physical education is significantly increased by the traditional game technique. Additionally, the conventional game strategy improves student learning outcomes. Students can improve their motor skills, coordination, strength, speed, and spatial intelligence as well as their cognitive abilities, including strategy, scenario analysis, and spatial intelligence. by playing these classic games.</p>
<p>(Safitri, 2023)</p>	<p>This research uses a qualitative approach through a case study. Article Error (ETS)</p>	<p>This study aims to analyse how the traditional game of jump rope can develop cooperation skills in young children, amidst the prevalence of modern games that focus on individualism.</p>	<p>This research shows multifaceted benefits of traditional jump rope games in children's holistic development, especially in improving their motor skills, social interaction and co-operative abilities.</p>
<p>(Firmansyah, H, Fauzia, J, & Dwi, 2023)</p>	<p>The approach selected is Classroom Action Research (PTK), which consists of four steps: preparation, action (implementation), observation (observation), and reflection.</p>	<p>This study sought to ascertain how well conventional clog games impacted elementary school students' motor development.</p>	<p>The study on the effects of traditional clog games on kids' gross motor development proceeded as planned. From the start to the finish, the activities ran smoothly, the kids and teachers were really excited and involved in the game, and it improved the kids' social and gross motor skills. Before and after the game, there are some other big alterations.</p>
<p>(Puspita et al., 2019) Sp. (ETS)</p>	<p>This research is quantitative descriptive</p>	<p>This study sought to ascertain how traditional egrang games affected children's physical</p>	<p>The results showed a significant increase in physical activity for coordination, even though strength, endurance, and balance were not as significant and agility</p>

Possessive (ETS)

		activity levels between the ages of 10 and 12.	actually decreased. We can draw the conclusion that children can improve their coordination by playing the egrang game.
(Bernhardin, Ferrari, Ward, & Alsyapari, 2023)	There is only one group pretest and posttest in this experimental study.	The purpose of this study is to ascertain how using traditional games in PJOK instruction affects elementary school students' gross motor skills.	The findings demonstrated that children's gross motor skills were significantly improved by traditional hadangan games (Sig. 0.000). It is clear that traditional sports have a lot of promise to help kids develop their gross motor skills.
(Wakih & Chandra, 2023)	Classroom Action Research (PTK) is the research methodology used here. Methods for gathering data through testing, documenting, and observation	The aim of this study was to describe how the use of traditional gobag sodor games improved the gross motor abilities of children in class III SDN 2 Tuguraja's PJOK learning.	According to the findings, using traditional games like Gobag Sodor helped children's gross motor development in several areas, particularly in balanced and agile movements. The increase in students' gross motor abilities with an average of 70.67 learning completeness in the pre-cycle reached 42.30%, after taking action in cycle I students' gross motor abilities with an average of 78.36 reached a percentage of 53.85%, then in cycle II actions with an average of 86.53 the completeness of students' gross motor abilities reached a percentage of 84.62%. The research was stopped in cycle II because it had reached the predetermined success criteria of 80%.
(Putri, Reswita, & Andespa, 2021)	A pre-experiment was the research design that was employed. Design of a Single Group Pretest and Posttest	The purpose of this study is to ascertain how traditional terompah panjang games affect the gross motor skills of kids between the ages four and five.	Significant differences were found between the results before and after the therapy was administered. Based on the study's findings, it can be said that traditional long terompah games have an impact on kids' gross motor abilities following therapy.
(Pahlawan, Tambusai, Silanindah, Muslihin, & Santuri, 2022)	The research method used is quantitative with a quasi-experimental approach.	The purpose of this study was to determine the effect of traditional egrang batok games on the development of gross motor skills in early childhood.	The following conclusions can be drawn from the research and data analysis results mentioned above: There is an effect of traditional egrang batok games on the physical development of gross motor skills of children aged 3-4 years in Bkober Saluyu Class

		<p style="text-align: right;">15</p> <p>Sukakarta Village. The average value of the experimental class is superior to the control class. The experimental class has an average of 62.563 while the control class is 28.174. This study uses traditional egrang coconut shell games to help kids develop their gross motor skills. Using this traditional Egrang Batok game can help kindergarteners learn by strengthening their huge muscles.</p>
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Discussion

The result³⁰ showed traditional games to support motor development in children. The research shows that traditional games have an impact on children's development, among others: clog obstacle games, and egrang batok can improve gross motoric (Bernhardin et al., 2023; Firmansyah et al., 2023; Pahlawan et al., 2022), The game of gobak sodor has an impact on gross motor development (Wakih & Chandra, 2023) and can improve children's coordination (Education, 2019) and jump rope games have a positive impact on children's cooperation skills and can also help children develop strategy, spatial intelligence, and analytical skills (Safitri, 2023). Based on this research, it is clear that traditional games have an important role in supporting children's holistic development (Farahani & Mirsafi, 2024; Lorenza & Prasetya, 2024). Therefore, it is important to encourage the use of traditional games in children's education, both at home and at school. This will not only help children develop motor and physical skills, but also help them develop cognitive and social-emotional abilities.

Based on the results of the review, various studies have shown that traditional games²³ can provide significant benefits for children's gross motor development (Bernhardin et al., 2023; Firmansyah et al., 2023; Munir et al., 2024), examples of games such as obstacle clogs and egrang batok have been shown to improve children's physical skills (Aneka & Rahmatika, 2019; Pahlawan et al., 2022). In addition, games such as gobak sodor and jump rope have also been shown to improve children's coordination and co-operation skills (Faridah, Permana, Hamzah, & Said, 2024; Safitri, 2023). Research (Chowdhury, 2023) confirmed that fun physical activities are not only beneficial for physical health, but also for the development of social skills.

Traditional games support children's holistic development, which includes physical, social, and cognitive aspects (Farahani & Mirsafi, 2024). By engaging children in games that require social interaction, they can learn to co-operate, communicate and build relationships with peers (Farahani & Mirsafi, 2024). In addition, traditional games can also help children develop creativity and critical thinking skills (Aisyah, Tatminingsih, Chandrawati, & Novita, 2024). (Safitri, 2023) highlighting how jump rope games can improve children's co-operation and thinking strategies, makes this activity important in their learning process.

In addition to providing benefits for child development, research on traditional games also has a positive impact on cultural preservation (Calixto, Paucar, Maridueña, & Alvarado, 2024). By encouraging children to participate in games that represent local cultural heritage, it can instill a sense of pride and love for one's own culture. Of course, it is important to ensure that existing values and traditions are not alienated in a modern era that is increasingly saturated with technology and digital games.

Conclusions

A study of the literature examining traditional games and their effects on kids' motor abilities leads to the conclusion that traditional games are very beneficial for kids' social, cognitive, and gross motor development. Research shows that games such as hadangan clogs, egrang batok, gobak sodor, and jump rope not only improve physical skills and coordination, also co-operation and communication skills among children. In addition, traditional games contribute to the development of children's creativity and critical thinking. Lastly, participation in these games is also important for cultural preservation, which helps instill a sense of pride in local cultural heritage amidst technological advancements and digital games.

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Conflict of interest

By signing this, the writers attest that they have no personal stake in the topic at hand.

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