

Terompah panjang as traditional games in the perspective of teenagers Riau

M. Fransazeli Makorohim^{ab}, Mimi Yulianti^{cd}, Alficandra^{ef}

Physical Education of Health and Recreation, Universitas Islam Riau, Jalan Kaharuddin Nst Number 113, Simpang Tiga, Bukit Raya District, Pekanbaru City, Riau 28284, Indonesia

Authors contribution: a – Preparing concepts; b – Formulating methods; c – Conducting research; d – Processing results; e – Interpretation and conclusions; f - Editing the final version

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Abstract

Terompah Panjang is a traditional game in Riau that needs attention. This study aims to analyze how to play and play equipment in the game. The method used is descriptive qualitative. Data were obtained by distributing questionnaires to adolescents in Riau by random sampling in the form of questions about the experience of playing the game Terompah Panjang. The sample was obtained based on teenagers who live and represent each region in Riau Province, as many as 65 teenagers. Data collection techniques through documentation techniques. Adolescents who are sampled meet the requirements as late teens (17-25 years) from the aspect of age and area of residence, which are the general public. Data collection techniques through documentation techniques. Based on the study results, it was concluded that the perspective of Riau youth in the Terompah Panjang game was that this game did not have standard rules, both in the division of teams and the number of teams, and even the length of time from the track. The game is only based on an agreement in each area. Teenagers in Riau tend to play in their home environment, not at festivals organized by the local government or related agencies.

Keywords: traditional games, terompah panjang, teenagers perspective.

INTRODUCTION

Games can be used as a physical activity to fill spare time for children and adolescents. Another undeniable benefit of physical activity is maintaining optimal health and well-being in children and adolescents (Parrish et al., 2013). (Ardanari et al., 2020) stated that playing activities provide positive stimulation to the manipulative movement skills of children aged 6-12 years. Parents must pay attention to the child's development, including the games that the child plays, the type of game will also affect the child's character (Hidaya & Aisna, 2020). Early childhood is an important and crucial period for children because, at this time children

absorb quickly what is shown by the surrounding environment (Satrianingrum & Setyawati, 2021). In-game activities are identical to traditional things. What's more, the games are passed down from generation to generation. These games are known as traditional games. According to (Park, 2014) To maintain this heritage, it is hoped that parents can convey their knowledge regarding the rules and stories related to the origins of traditional games. Of course, playing activities in children's environments is very good for the child's development. This is in accordance with the statement (Musdalipa, Kanita & Sri Hartina, 2019) Play activities are an important part of child growth and development in all areas of life, both physical, intellectual, emotional, and social.

Traditional games are similar to sports, which have rules and can provide fun, relaxation, excitement, and challenge. In addition, traditional games can also be a source of learning related to children's lives, these games can be a means of learning for children to get to know a culture (Sulistyaningtyas, R. E., & Fauziah, 2019). At this time traditional games have begun to be eroded by modern games. If this is allowed, then traditional cultural heritage games will slowly disappear. Therefore, the results of this study can be used as an indicator of the existence of traditional games in Riau Province, especially Terompah Panjang.

In particular, each region in Indonesia has traditional games that are characteristic of each region. The traditional children's games of each region and community are shaped by local culture and environment. In playing, traditional games utilize the natural environment as a medium for playing. As one of the provinces in Indonesia known for its Malayness, Riau also has a characteristic in traditional games. Traditional games have cultural value and are almost without preservation (Siregar et al., 2018). As for the traditional games in Riau for example, Tali Merdeka, Gasing, Terompah Panjang, Cakbur, Patok Lele, Dondobong (Mariam Bambu), Kelereng, and many others. These games are, of course, familiar among children to teenagers. Unfortunately, these games are only played by children up to a specific age limit. The previously mentioned game also

has the same version in other regions. However, of course, several different parts characterize each region of Indonesia.

The terompah panjang game is one of the traditional games in Riau. Terompah panjang can be found in areas along the waters of the rokan river, both left and right rokan, Kampar, nor di Rokan Hilir, like in bagan Siapi-api, Bengkalis Riau. Terompah panjang has become a traditional game that is still familiar among people. This game is still often played in Riau areas. Terompah panjang is a game that requires team cohesiveness, making the same stepping motion. The benefits of this game are to increase cooperation skills, fill spare time and improve physical fitness (Ramadhani, 2018). Terompah Panjang games is a game that involves children in groups. Terompah Panjang includes traditional games that are beneficial for developing social skills, including cooperation, adaptation, interaction, self-control, empathy skills, skills in obeying rules, and skills in respecting others.

Furthermore, (Ramadhani, 2018) In general, how to play the Terompah Panjang game consists of the following such as (1) players are divided into 5 or 3 people in a team according to the type of race, (2) before starting, the players prepare with their toes into the ball. In a semicircle of rubber and holding on to each other with other friends, (3) all spills are behind the starting line, (4) during the match, the player's toes must not come out of the semicircle of the rubber, in the event the team is considered disqualified, and (5) victory is determined if the team manages to reach the finish line with the back end of the pile successfully crossing the finish line.

Of course, the stages or procedures for this Terompah Panjang game are interesting to study further. Moreover, from the point of view of teenagers as a society that performs this traditional game. Researchers are interested in identifying the views of teenagers in Riau on the traditional game of Terompah Panjang. The aim is to describe how to play and the tools used in the Long Terompah game that Riau teenagers have

played. This research can also be seen how Riau teenagers have played the Terompah Panjang game.

This study aimed to determine the extent of Riau Teenagers' knowledge of playing Terompah Panjang. Of course, the research results will be used as an indicator of the understanding of Riau teenagers in playing Terompah Panjang so that follow-up actions can be taken in maintaining the existence of Terompah Panjang. This is because terompah Panjang can be used to train the coordination of the limbs. When a child plays a long oak, body and leg movements move simultaneously, train leadership, practice patience, and practice teamwork between teams (Putri et al., 2021).

METHOD

The method used is the descriptive qualitative method. Qualitative descriptive is a term used in qualitative research for a descriptive study. This research is generally used in social phenomenology (Sugiyono, 2017). This research was conducted in July 2021 using Google Form media. The subjects in this study were teenagers with a purposive sampling technique with a number of subjects as many as 65 respondents. The sample was obtained based on teenagers who live and represent each region in Riau Province. The areas include Pekanbaru, Kampar, Kandis, Bengkalis, Kuantan Singingi, Perawang, Rokan Hilir, Siak, Rokan Hulu, Rupa, Taluk Kuantan, Indragiri Hilir, Rengat, Seberida, Pangkajene Lingsa, Titan Resak, Pasir Pangaraian, and Duri. The criteria for adolescents are determined by age and place of residence with the category of adolescents aged 17-25 years with a total of 65 respondents.

Adolescents who were sampled qualified as late adolescents (17-25 years) from the aspect of age and area of residence. The youth in question is the general public. Data were collected by distributing google form questionnaires to adolescents in Riau. Data collection techniques through documentation techniques. Data were collected by distributing google form questionnaires to Teenagers in Riau. The questionnaire used was a short answer question questionnaire with 13 questions. The

questionnaire given includes 3 indicators of how to play Terompah Panjang, namely (1) pre-play, (2) process of playing, and (3) post-playing Terompah Panjang. The data that has been obtained is then tabulated through excel. Then, describe each answer from the respondents according to the indicators provided. Furthermore, the researcher concludes the opinion of Riau teenagers regarding Terompah Panjang. The data analysis technique was carried out through the stages: (1) identifying the answers to the questionnaire from the informant, (2) classifying the data based on indicators, (3) presenting the data, (4) analyzing the research data, and (5) concluding the research results (Arikunto, 2013). The data that has been obtained is then tabulated through excel. Then, describe each answer from the respondents according to the indicators provided. Furthermore, the researcher concludes the opinion of Riau teenagers regarding Terompah Panjang.

Research Procedure

Data collection techniques through documentation techniques. Data were collected by distributing google form questionnaires to Teenagers in Riau. The instrument used is a questionnaire via a google form. The indicators presented include 3 phases: before playing, while playing, and after playing Terompah Panjang. The data analysis technique was carried out through the stages: (1) identifying the answers to the questionnaire from the informant, (2) classifying the data based on indicators, (3) presenting the data, (4) analyzing the research data, and (5) concluding the research results (Arikunto, 2013).

RESULT

Terompah Panjang games become one of the traditional games that are in demand by teenagers in Riau. As many as 85.9% of adolescents have played the Terompah Panjang game while 14.1% of 100% of the informants stated that they have never played Terompah Panjang. The percentage was obtained based on numerical data, 56 teenagers had played Long Terompah, and 9 teenagers had never played

Long Terompah. Some areas like Pekanbaru, Kampar, Kandis, Bengkalis, Kuantan Singingi, Perawang, Rokan Hilir, Siak, Rokan Hulu, Rupert, Taluk Kuantan, Indragiri Hilir, Rengat, Seberida, Pangkalasan Kasai, Tititan Resak, Pasir Pangaraian, and Duri ever contributed to playing the traditional game of Terompah Panjang.

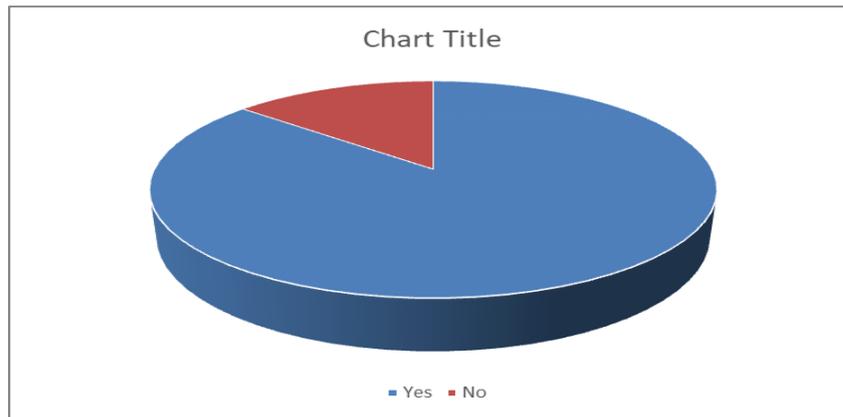


Figure 1. Percentage of playing experience Terompah Panjang

The Terompah Panjang game is played by Riau youth from elementary, middle, and even high school/vocational school levels. However, the game Terompah Panjang has never been played by Riau youth at events or festivals organized by the government or local institutions. This game is only played in daily activities in the home and school environment. In addition, the Terompah Panjang Game is only held during the Independence Day Celebration of the Republic of Indonesia: On17 August.

In the analysis section of the Terompah Panjang game, the data is analyzed based on 3 phases in the Terompah Panjang game. The stages are as follows.

1. Pre-play Phase of the Terompah Panjang Game

a) Team Division in the Terompah Panjang Game

To start the game, the team of players has a different way from each region. The difference is known based on how to determine the team before playing. Several alternatives were used by Riau youth in determining the team, such as:

- 1) Vote
- 2) Suit
- 3) Hompimpa
- 4) Coin toss
- 5) Random determination

However, there are also other ways to divide the team based on the total number of participants. Then divided equally. The division can be divided into 2 or more teams. In addition another way is that teams are differentiated by age, weight, and gender. In the Terompah Panjang game, especially in Riau, the game is agreed upon based on the agreement in each region that has been passed down from generation to generation.

2. Phases of Playing the Terompah Panjang Game

In this phase, the analysis is reviewed based on the process of the Terompah Panjang game taking place. All components that contribute to the game Terompah Panjang are reviewed as follows.

a) Number of teams played in Terompah Panjang

The medium for playing Terompah Panjang has several alternative numbers of players. There are 3 players and 5 players. In the Riau region, there are still 2 alternatives that have been there, be it 3 players or 5 players in 1 team. The data shows that 59.4% of teenagers have played Terompah Panjang with 3 players in 1 team. In addition, there are also 40.6% of teenagers who have played 5 people in 1 team. This shows the difference in each region

for the number of players in 1 team of the Terompah Panjang game.

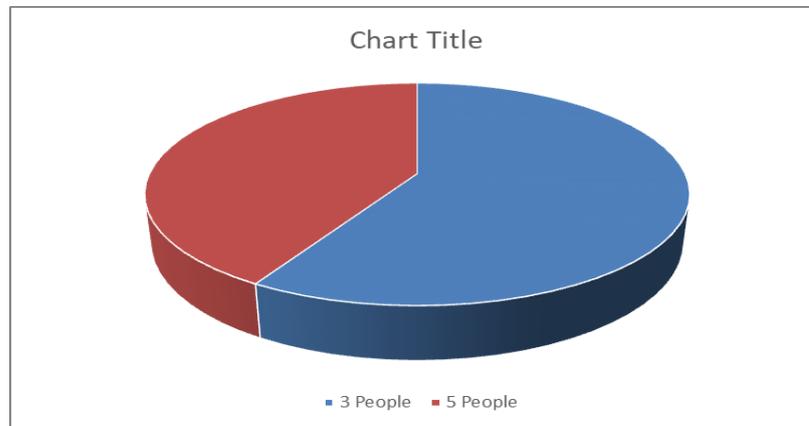


Figure 2. Percentage of Terompah Panjang players in 1 team

b) The length measure ever played

In the Terompah Panjang game, the tools in Figure 3. are mandatory media used when playing.



Figure 3. Terompah Panjang Game Media

Not only the number of players who have differences in each region but also from the length of the Terompah Panjang game media. The size of the Terompah Panjang includes 1 meter to d. 1.5 meters and 1.5 meters up to 2 meters. Of course, the difference in the length of the Terompah Panjang game media is followed by the difference in the number of players in 1 team. The more

members in a team, the longer the Terompah Panjang game media size.

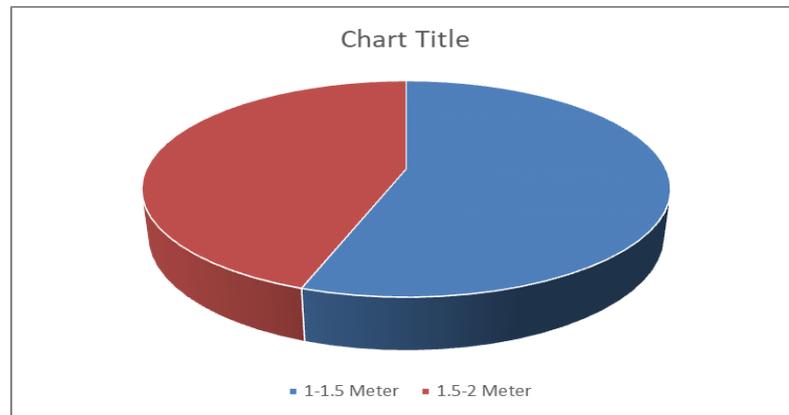


Figure 4. Percentage Length of Terompah Panjang Size

Based on figure 4, 56.3% of Riau teenagers play with a length of 1 meter to s.d. 1.5 meters. In addition, 43.8% played with a 1.5-meter s.d. 2 meters. This shows that Riau teenagers tend to use it when playing the Terompah Panjang with 3 people in 1 game team. The Terompah Panjang material ever played.

Another aspect seen in the Terompah Panjang game is the Terompah Panjang material shown in Figure 5 below.

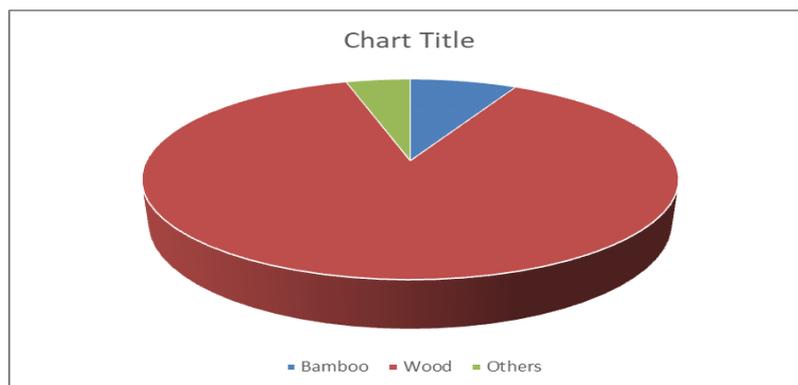


Figure 5. Percentage of Terompah Panjang Material

The data shows that 89.1% of the material used in the spill media is wood. This means that the materials chosen and used when playing the Terompah Panjang by Riau youth still follow the legacy of the past, namely the wooden tray. Wood is an ancestral

relic that is not replaced even though many other materials can be used in the development of the era in the Z generation era.

c) Team Gender in the Terompah Panjang Game

The Terompah Panjang game can be played by both male and female players. Generally, this game is played by a male and male team or a female team and a female team. However, it was also found that Riau teenagers had played Terompah Panjang by combining team members based on gender. For example, members of a team consisting of men and women. However, this tendency does not dominate. 53.1% stated that team members should not be combined, while 46.9% stated that members in a team might consist of male and female players. This is shown based on Figure 6 below.

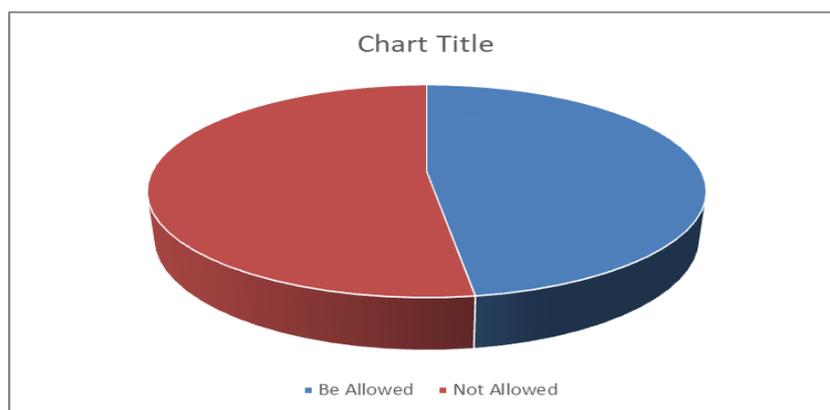


Figure 6. Percentage of Member Joining in 1 Team

d) Terompah Panjang Game Track Distance

The Terompah Panjang game is only played in the neighbourhood where teenagers live in Riau. In addition, the usual activities carried out at school. Now and then, this game is also played at the August 17 event, which takes place in their respective homes. Of course, the trajectory used is adapted to the field available in the environment of each teenager concerned. This is in line with informant data which states that 67.2% of adolescents know that the length of the track playing the Terompah Panjang

game depends on the length of the available field, as shown in Figure 7 below.

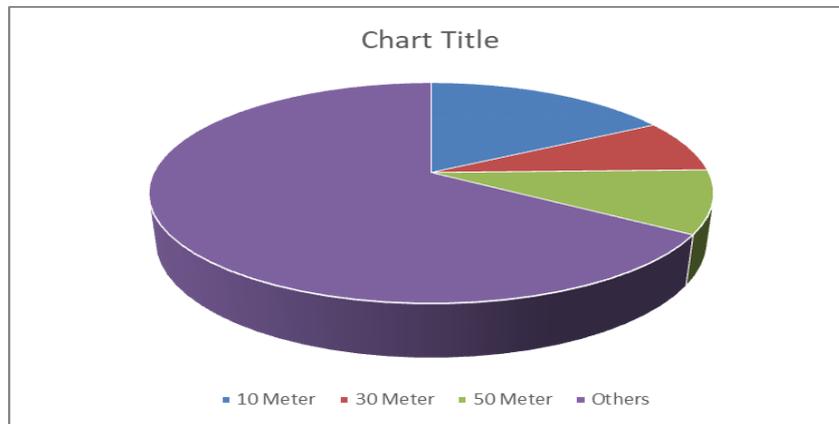


Figure 7. Percentage of Terompah Panjang Track Length

This phenomenon proves that there are still no definite rules in the Terompah Panjang game.

e) Terompah Panjang Strategy Game

Teamwork and cohesiveness are significant contributions to winning the Terompah Panjang game. However, teamwork and team cohesiveness are realized by the Terompah Panjang team in various ways. As for how to do it, such as

- 1) Stepping on the same foot simultaneously with other members of 1 team
- 2) Voice the count of 1 for the right foot and 2 for the left foot, and so on as a signal for compactness
- 3) Equalize the rhythm of the feet with the opposing team so as not to fall behind and even get ahead of the opponent
- 4) The team member with a larger body is positioned as the leader and at the front to have greater strength and footwork.

3. Postplaying the Terompah Panjang Game

In determining the winner in the Terompah Panjang game, the team is usually assisted by a friend who is not a member of the team to see which team's footsteps or spills reach the finish line first. There is

no special "referee" for the Terompah Panjang game in this game. Determination of the winner is only based on an agreement to help the team that plays Terompah Panjang.

DISCUSSION

Traditional games are a strong part of a society's identity and a powerful mechanism for promoting cultural diversity (Tisserand et al., 2017). Traditional games in the millennial era are still widely known by teenagers in Indonesia, especially in Riau. From the aspect of knowledge, how to play and the rules of the game are still known by teenagers. Indonesia does not lack in terms of traditional sports cultural heritage. According to (Wardani, 2019), Traditional games can be said to be local products that are spread, especially in local communities. There are many traditional games in Indonesia, innovative, creative and varied. Research result (Hendra, 2022) shows that traditional games have a very strong influence on strengthening the character of junior high school education students.

From the data obtained, it is known that Riau teenagers who represent their respective regions still have knowledge about the Terompah Panjang game. But unfortunately, the intensity of playing which is very little worried will affect the existence of the game itself. Traditional sports and games are starting to be sidelined with the times and technology progress. The activities of children who fill their playing time in the afternoon by playing: jumping rope, playing kites, and Gobak sodor that used to be played together on residential roads are now gradually quiet. Children are more preoccupied with their gadgets and smartphones in today's millennial era. Online applications and games are also excellent, such as TikTok, mobile legends, PUBG, etc. The domino effect caused by this phenomenon, children today are not as active as children in the 1980-2000 era. The positive side of online games is that children will be more skilled in competition, peer pressure, and developing skills to play in the real world (Lee & Schoenstedt, 2012). On the negative side, children who tend to be close to playing online games are addicted.

So, to maintain the existence of the Long Terompah game, it is necessary to facilitate a tiered competition in the province of Riau. This game is expected not to be limited to certain agendas or events, such as the independence day of the Republic of Indonesia. This is in accordance with the research results (Lubis, 2018) related to competition. Sports activities cannot be separated from the existence of competitions in the form of competitions or sports competitions that are carried out programmatically or not programmed in the calendar of activities in existing sports, even in the form of a single event competition (single match) or multi-event (tournaments in various sports).

This traditional Terompah Panjang game can train the coordination of the limbs because when a child plays a Terompah Panjang, body and leg movements move simultaneously together, training leadership, practising patience, and practising teamwork between teams. In other words, the Terompah Panjang game can be used as a medium in carrying out daily physical activities to make our bodies have a level of freshness and physical and spiritual health in accordance with the opinion (Makorohim & Apriani, 2017).

CONCLUSION

Based on the study results, it was concluded that the perspective of Riau youth in the Terompah Panjang game, namely, this game did not have standard rules, both in the division of teams, the number of teams and even the length of the track. In fact, the rules already have standard rules that have been prepared by the central management, in this case, the Indonesian Community Recreational Sports Committee (KORMI). From the perspective of Riau youth, the game is only based on agreements in their respective regions. Teenagers in Riau tend to play this traditional game in their neighbourhood, not in events or festivals under the auspices of the local government or related institutions. Thus, these traditional sports games have not yet reached the community, especially teenagers who play traditional sports.

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