

## Sundanese traditional sports: level of knowledge among 21<sup>st</sup> century adolescents

### Deportes tradicionales sundaneses: nivel de conocimiento entre los adolescentes del siglo XXI

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**Abstract.** Traditional sports are assets and characteristics of a country that must be preserved and known by all ages of the country's people. Therefore this study aims to determine the level of knowledge of traditional Sundanese sports among youth in the 21<sup>st</sup> century in the current era of modernization and globalization. For this study, the authors used a quantitative survey research method which was conducted on 326 high school students spread throughout the province of West Java, consisting of 188 male students and 138 female students. The results of this study indicate that the level of knowledge about traditional Sundanese sports among adolescents in the current era of modernization and globalization is at a moderate level. This is because the current modernization and globalization have an impact on the phenomenon of youth activity, so that the level of knowledge of traditional Sundanese sports is only at a moderate level. Even though the level of knowledge of traditional Sundanese sports for teenagers is at a moderate level, knowledge of traditional Sundanese sports among teenagers must continue to be socialized within the framework of adaptation to regional traditional culture and as time goes on, the traditional Sundanese sports culture will not become extinct.

**Keywords:** Adolescents, Culture, Modernization, Level of Knowledge, Sundanese Traditional Sports.

**Resumen.** Los deportes tradicionales son bienes y características de un país que deben ser preservados y conocidos por todas las edades de la gente del país. Por lo tanto, este estudio tiene como objetivo determinar el nivel de conocimiento de los deportes tradicionales de Sundanese entre los jóvenes del siglo XXI en la era actual de modernización y globalización. Para este estudio, los autores utilizaron un método de investigación de encuesta cuantitativa que se llevó a cabo en 326 estudiantes de secundaria repartidos por toda la provincia de Java Occidental, que constaba de 188 estudiantes varones y 138 estudiantes mujeres. Los resultados de este estudio indican que el nivel de conocimiento sobre los deportes tradicionales de Sundanés entre los adolescentes en la era actual de modernización y globalización se encuentra en un nivel moderado. Esto se debe a que la actual modernización y globalización tienen un impacto en el fenómeno de la actividad juvenil, por lo que el nivel de conocimiento de los deportes tradicionales de Sundanese es solo moderado. Aunque el nivel de conocimiento de los deportes tradicionales de Sundanese para los adolescentes es moderado, el conocimiento de los deportes tradicionales de Sundanese entre los adolescentes debe seguir socializándose en el marco de la adaptación a la cultura tradicional regional y, con el paso del tiempo, la cultura deportiva tradicional de Sundanese no se extinguirá.

**Palabras clave:** Adolescentes, Cultura, Modernización, Nivel de Conocimiento, Deportes Tradicionales Sundanese.

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### Introduction

Traditional sport is a form of sporting activity that is a heritage or hereditary tradition and has the values of a particular tribe, ethnicity, or culture. Traditional sports are different from modern sports in general, traditional sports refer to physical activities that have existed since ancient times, and usually have become part of the local culture including the rules which are more flexible and can vary from place to place, while modern sports are those that have been developed more recently, usually with more formal rules and regulations. Traditional sports generally have a purpose that has more to do with rituals, celebrations and cultural life. They are often also used for performance and entertainment. On the other hand, the goals of modern sports are more related to achievement, competition, and physical development of individual athletes or teams. Like traditional culture, traditional game sports are also very important assets that must be preserved in order to remain known and exist in the era of globalization and modernization in 21<sup>st</sup> century. In the modern era, namely the 21<sup>st</sup> century, globalization does not only occur in the economic and technological aspects, globalization also occurs in the sports sector (Chatzigianni, 2018). Global sports such as American and western cultural sports seem to be forced on other countries at the expense of their own domestic culture

(Ueda, 2017). This also happens in Indonesia which is rich in ethnic and cultural diversity. One of the tribes that may be affected by globalization is the Sundanese. The Sundanese people are mostly scattered in West Java, Banten and Jakarta Provinces. Lots of traditional Sundanese culture, including Sundanese traditional sports culture.

Globalization can indeed provide positive things, but also have negative impacts. Previous research has shown that the increasing popularity and popularity of global sports or modern sports like e-sports are one of the most innovative phenomena of our time, arousing great interest among 21<sup>st</sup> century adolescent (Bascón-Seda & Ramírez-Macías, 2022) can have an impact on the 'sacrifice' of traditional sports (Youngil, 2016), including Sundanese traditional sports. Sports, such as football, basketball, or even e-sports are much better known and popular than Sundanese traditional sports, especially among adolescents who were born and developed in the modern era of 21<sup>st</sup> century. Even though traditional sports also have the same benefits as other public sports, one of which is that they have a good impact on motoric development (Pic et al., 2019; Satriana, 2013), including Sundanese traditional sports which are rich in noble values typical of Southeast Asian countries and physical activity.

However, what is more worrying is the change in adolescent activities in this modern era. The level of physical

activity of young people decreases when they enter adolescence (Inchley & Currie, 2016). 21<sup>st</sup> century adolescent tend to choose their free time activities by playing games and social media (Khlomov et al., 2018). As a result, may not to mention playing traditional sports, even doing regular physical activity and socializing in the environment is rarely done, whereas physical activity help people to feel better about their bodies, improving self-esteem, self-acceptance, and personal development (Gomez-Paniagua et al., 2023). Even more, some adolescence today don't know anything about traditional sports at all. Several studies on Sundanese traditional sports have been carried out, such as research on the benefits of Sundanese traditional sports on motor skills, which is the character of some of these traditional Sundanese sports that require players to run, jump with two or even one foot, maintain balance, throw, and others help mature students' motor skills (Kusmiyati et al., 2020) and the benefits of Sundanese traditional sports on physical abilities, one of which is *galah asin* which requires players to be able to run quickly and swerve to avoid the defense team's obstacles (Ashari, 2019; Nuriman et al., 2016). However, there is still very limited research that describes the extent of adolescent knowledge on Sundanese traditional sports in today's modern era.

Therefore, this study aims to provide empirical data that reveals the extent to which knowledge of Sundanese traditional sports among adolescents is crushed by the development of modern sports. So, which will be a benefit in order to preserve this traditional Sundanese sport in the future.

## Materials and methods

### Study participants

The adolescents' population was high school students in West Java. The sample selection was carried out using convenience sampling technique, so that 326 students were selected consisting of 188 men and 138 women who were willing to be involved in this study as samples.

### Study organization

The research instrument used was a questionnaire regarding knowledge of Sundanese traditional sports (covering 6 traditional Sundanese sports: *bebentengan*, *boi-boian*, *gatrik*, *galah asin*, *egrang*, *dagongan*) using the Guttman scale. The instrument was distributed using the Google Form application during August to September 2021.

### Statistical analysis

All data were analyzed using quantitative research statistical calculations from the Statistical Package for the Social Science (SPSS 23.0). Descriptive statistic with crosstabulation was used to reveal the problems in this study.

## Result

The questionnaire results were calculated using descriptive statistics with cross tabulation, which shows that

the level of knowledge among adolescents about Sundanese traditional sports is at a moderate level. Table 1 will show the data percentage of knowledge about *bebentengan* traditional sport.

Table 1.

			Bebentengan		
			Know	Do not know	Total
gender	women	Count	40	98	138
		% within gender	29.0%	71.0%	100.0%
	men	Count	148	40	188
		% within gender	78.7%	21.3%	100.0%
Total	Count	188	138	326	
	% of Total	57.7%	42.3%	100.0%	

Table 1 shows that as many as 188 students (40 women and 148 men) or the equivalent of 57.7% know about *bebentengan* traditional sport, while the remaining 138 students (98 women and 40 men) or the equivalent of 42.3% do not know the *bebentengan* traditional sport.

Next, the data in Table 2 will show data the data percentage of knowledge about *boiboian* traditional sport.

Table 2.

			Boiboian		
			Know	Do not know	Total
gender	women	Count	44	94	138
		% within gender	31.9%	68.1%	100.0%
	men	Count	170	18	188
		% within gender	90.4%	9.6%	100.0%
Total	Count	214	112	326	
	% of Total	65.6%	34.4%	100.0%	

Table 2 shows that 214 students (44 women and 170 men) or the equivalent of 65.6% know about *boiboian* traditional sport, while the rest are 112 students (94 women and 18 men) or the equivalent of 34.4% do not know the *boiboian* traditional sport. The following table 3 will present the data percentage of knowledge about *gatrik* traditional sport.

Table 3.

			Gatrik		
			Know	Do not know	Total
gender	women	Count	46	92	138
		% within gender	33.3%	66.7%	100.0%
	men	Count	108	80	188
		% within gender	57.4%	42.6%	100.0%
Total	Count	154	172	326	
	% of Total	47.2%	52.8%	100.0%	

Table 3 above shows that about 154 students (46 women and 108 men) or the equivalent of 47.2% know about *gatrik* traditional sport, while the remaining 172 students (92 women and 80 men) or the equivalent of 52, 8% do not know about *gatrik* traditional sport. For data percentage of the knowledge about *galah asin* traditional sport will be shown in table 4 which can be seen below.

Table 4 shows that 209 students (65 women and 144 men) or the equivalent of 64.1% know about *galah asin* traditional sport, while the remaining 117 students (73 women and 44 men) or the equivalent of 35.9 % do not

know about the *galah asin* traditional sport. Then, table 5 will present the data percentage of the knowledge about *egrang* traditional sport.

Table 4. Percentage of knowledge about *galah asin* traditional sport

		Galah asin			
		Know	Do not know	Total	
Gender	women	Count	65	73	138
		% within gender	47.1%	52.9%	100.0%
Gender	men	Count	144	44	188
		% within gender	76.6%	23.4%	100.0%
Total		Count	209	117	326
		% of Total	64.1%	35.9%	100.0%

Table 5. Percentage of knowledge about *egrang* traditional sport

		Egrang			
		Know	Do not know	Total	
Gender	women	Count	48	90	138
		% within gender	34.8%	65.2%	100.0%
Gender	men	Count	142	46	188
		% within gender	75.5%	24.5%	100.0%
Total		Count	190	136	326
		% of Total	58.3%	41.7%	100.0%

Table 5 shows that about 190 students (48 women and 142 men) or the equivalent of 58.3% know about *egrang* traditional sport, while the rest are 136 students (90 women and 46 men) or the equivalent of 41.7% do not know about the *egrang* traditional sport. Next, data percentage of knowledge about *dagongan* traditional sport can be seen in table 6.

Table 6. Percentage of knowledge about *dagongan* traditional sport

		Dagongan			
		Know	Do not know	Total	
Gender	women	Count	11	127	138
		% within gender	8.0%	92.0%	100.0%
Gender	men	Count	51	137	188
		% within gender	27.1%	72.9%	100.0%
Total		Count	62	264	326
		% of Total	19.0%	81.0%	100.0%

Table 7. Interpretation of students' knowledge level on Sundanese traditional sports

Category	Interval
Very high	81%-100%
High	61%-80%
Moderate	41%-60%
Low	21%-40%
Very low	0-20%

Table 6 shows that 62 students (11 women and 51 men) or the equivalent of 19% know about the traditional sport of *dagongan*, while the remaining 264 students (127 women and 137 men) or the equivalent of 81% do not know about the *dagongan* traditional sport.

Overall, the average level of adolescent knowledge about Sundanese traditional sports can be seen in the diagrams shown in figure 1, Men's knowledge level in Sundanese Traditional sport diagram shown in figure 2, and women's

knowledge level in Sundanese Traditional sport diagram shown in figure 3.

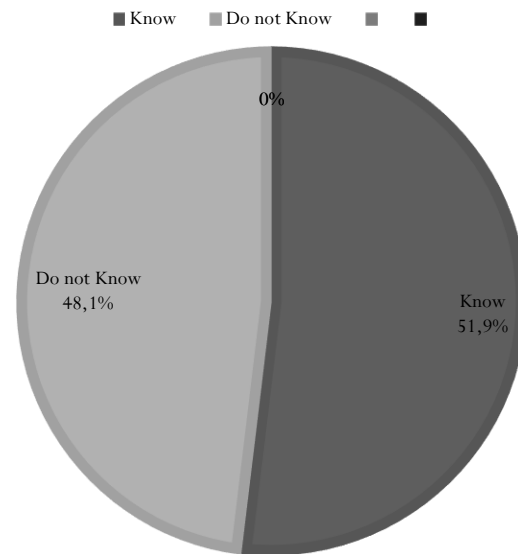


Figure 1. Knowledge Level in Sundanese Traditional Sport

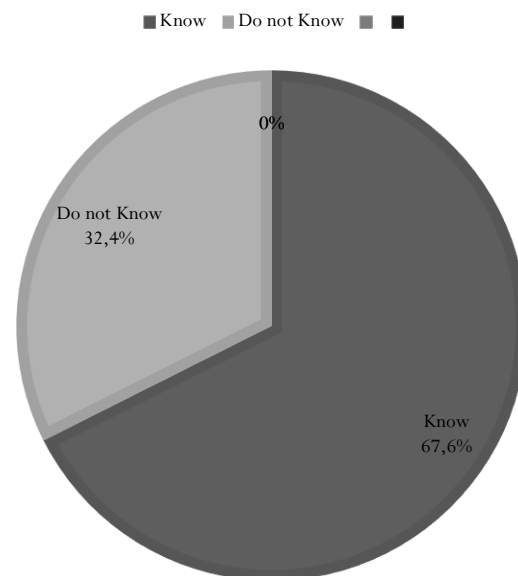


Figure 2. Men's Knowledge Level in Sundanese Traditional Sports

Furthermore, to find out what level of knowledge of adolescents in Sundanese traditional sports, the data obtained can be interpreted according to the interpretation category in table 7 below.

Overall, the level of adolescent knowledge about Sundanese traditional sports can be seen in Figure 1 which is 51.9% or at a moderate level. When viewed from the gender perspective, the knowledge of men in Sundanese traditional game sports is 67.6% (see figure 2), while for women it is only 30.7% (see figure 3).

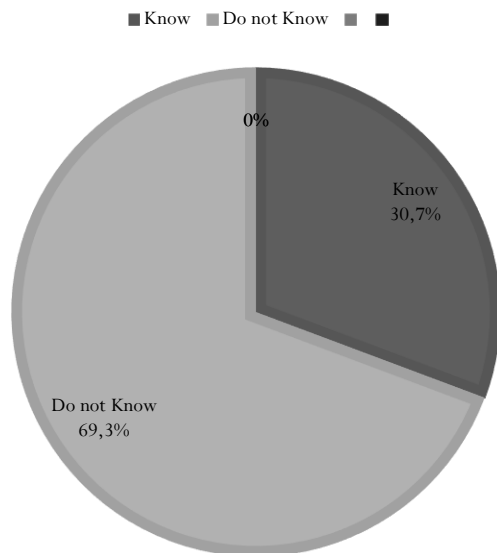


Figure 3. Women's Knowledge Level in Sundanese Traditional Sports

## Discussion

The results of this study indicate that the level of knowledge of 21 century adolescents about Sundanese traditional sports is at a moderate level and shows that almost half of the adolescent population does not know the Sundanese traditional sports in the current era. This is in accordance with previous research which revealed that domestic culture, in this case traditional sports, is increasingly being marginalized by the arrival of global sports cultures such as sports from the West and America (Ueda, 2017). The factors of modernization and globalization have an important impact on the occurrence of this situation. Traditional sports, such as Sundanese traditional sports, seem to fade in the midst of the popularity of global sports such as football, basketball, even e-sports and so on, especially among teenagers. The results of this study show how the level of adolescents' knowledge of Sundanese traditional sports is only around 51.9%, which means that almost half of teenagers in West Java do not know about Sundanese traditional sports.

Male adolescents know more about *boiboian* traditional sport, which is 90.4% (see table 2) compared to other Sundanese traditional sports. *Boiboian* traditional sport is more often performed than other traditional sports, such as in learning physical education in schools. Physical education teachers often provide this game material to students both during warm-up and during traditional game material. Meanwhile, the *galah asin* traditional sport is best known by female adolescents (see table 4) because this sport is also

often done during physical education learning, and has also started to frequently be competed in traditional sports competition events. The *dagongan* traditional sport is the Sundanese traditional sport that is least known by all adolescents, both male and female (see table 6). The *dagongan* traditional sport is rarely heard today, given its similarity to

the game of *tarik tambang*, so that what is often and commonly contested is the *tarik tambang* game compared to the *dagongan* sport.

The results of this study are reasonable, considering that in today's modern era, many adolescent prefer to do activities such as playing games and social media on gadgets as a means of their recreation (Eklund & Roman, 2019; KhloMOV et al., 2018). This has influenced changes and culture, especially in terms of leisure activities in recent decades (Seippela et al., 2010; Vollmer et al., 2019).

However, traditional sports are culture and wealth that describe the ideological components of a nation (Ho, 2013) that must be preserved. In addition, traditional sports also provide various very important benefits where physical activity through traditional sports can develop motor skills (Pic et al., 2019; Satriana, 2013) and also gain meaningful experiences (Lavega et al., 2018), one of which is the Sundanese traditional sport.

Sundanese traditional sports such as *bebentengan*, *boiboian*, *egrang*, *galah asin*, *gatrik*, and *dagongan* are traditional forms of physical activity which are very beneficial. However, currently these traditional sports are slowly being abandoned by adolescents and even children. The interest of adolescents to get to know and play Sundanese traditional sports has greatly diminished. In addition to the tendency of adolescents to choose to play gadgets as their leisure activity, several things also affect such as the availability of fields or facilities (Borgers et al., 2016; Vos & Scheerder, 2014), socio-cultural factors, and socio-economic factors (Tolonen, 2013).

The results of this study also suggest that the level of knowledge of female adolescents is far below that of the males. The level of knowledge of female adolescents about Sundanese traditional sports is at a low level because basically the level of interest of young women in physical activities is lower than that of men (Chalabaev et al., 2013; Lissitsa et al., 2010; Wheatley et al., 2020).

The decreasing knowledge of teenagers about traditional sports needs special attention from the government and the organizations that oversee traditional sports. Various efforts such as holding events to introduce and promote traditional sports in society that can attract high public interest and participation (Chalip et al., 2017a, 2017b; Lipoński, 2017) need to be held regularly and in various places. For example, the government and the community can organize traditional sports festival events that can later become an annual routine festival, especially traditional Sundanese sports. In addition to increasing tourist attraction, it can also reintroduce traditional Sundanese sports among the community, especially 21<sup>st</sup> century adolescent. Other "key" strategies such as utilizing media and schools (Xu, 2018) also need to be undertaken to promote traditional sports. This can be done by the government by integrating Sundanese traditional sports into the physical education learning curriculum in schools regionally. Especially Sundanese traditional sports can be integrated into physical education learning in schools in the province of

West Java.

This study has limitations such as there are still many other types of Sundanese traditional sports that have not been listed and researched. Therefore, more in-depth research is needed on other factors that influence the development of traditional sports.

## Conclusion

Looking at the results of the above research, the writer concludes that knowledge of traditional Sundanese sports among adolescents is at a moderate level. Even though it is in the medium category, knowledge of Sundanese traditional sports among adolescents is somewhat vulnerable because almost half of teenagers in West Java Province do not know traditional Sundanese sports. Advances in technology and modernization in all fields today can cause a shift in youth activities, and it is not impossible that this traditional sport will be increasingly forgotten if it is not introduced and socialized among adolescents. This is very important because traditional sports are the wealth and characteristic of the nation's culture that must be preserved.

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