



**PLAY AND LEARN WITH TRADITIONAL LOCAL WISDOM GAMES  
IN PAUD INSTITUTIONS**

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**ABSTRACT**

In Indonesia, the number of online game addicted in children was experiencing a very dangerous development. One doctor predicted that the higher number of online game addicted was Asia. This is very ironic. Since the first, the Indonesian nation has had many traditional games that can be used in learning activities. In the midst of the dangers of online games, the RA Nurul Ulum in Sumbersalak Village used traditional local wisdom game methods and media in every learning activity. This was done so that the students continue to love and preserve the educational games of traditional local wisdom. From this background, this study aims at describing the application of traditional games in RA Nurul Ulum. The research method used was a descriptive qualitative approach. The results of the research show that the traditional local wisdom games used are engklek and jumping rope games. The application of this game can improve gross motoric skills in early childhood, stimulated children in developing cooperation, make children more creative, active, adept at jumping, jumping and being responsible in a game. From the application of this traditional game, children's gross motoric skills developed more rapidly and children get to know traditional games and their types.

**Keywords:** Play, Learn, Traditional Local Wisdom Games, PAUD

## INTRODUCTION

In the 4.0 century, IT-based games are growing rapidly and pose a potential danger to early childhood development. This very rapid development of IT games does not only occur in urban areas, but also spreads to rural areas (Anam, 2020). This very massive development turned out to be very potential for early childhood development. Many young children are addicted to IT-based games, especially online games. The number of online game addicts in children is experiencing a very dangerous development. dr. Kristiana Siste Kurniasanti predicts that the number of online game addicts in childhood in Indonesia is the highest in Asia. This situation is very dangerous for the development of children, especially early childhood. Thus, the development of IT games that will cause negative potential must be really watched out for by all elements, especially teachers and parents of early childhood.

In the midst of entertaining IT games, early childhood education institutions must be able to balance or even reduce IT games for young children. One way is that educational institutions must always exist to monitor IT developments (Anam, 2021: 53-64). In addition, the Indonesian nation has always had many traditional local wisdom games that can be used in learning activities at school. This game is very useful for developing children's abilities, especially children's motor skills and for early childhood education institutions that have limited learning facilities and infrastructure. Traditional local wisdom games also have great potential to be used in learning, learning in schools is expected not only to be theoretical but also to be able to introduce learning media using this game, because with traditional local wisdom games children are able to understand the values of knowledge that should be preserved by teachers. This traditional local wisdom game can be in the form of engklek, jumping rope, soccer, dakon, klereng, bekel ball, hide and seek and others. This game will make them gain useful knowledge in learning activities to achieve achievements in the future. Thus, the implementation of learning in the 4.0 century which is full of developments. ITU is very good to use traditional local wisdom games, because these games in addition to improving children's physical motor skills, can also make children use objects around them.

Traditional local wisdom games as above are well applied in the educational institution of RA Nurul Ulum, Summersalak Village. This institution always uses traditional local wisdom game methods and media in every learning activity. This is done so that students continue to love and preserve Indonesian culture in the form of local wisdom games. educational tradition. At RA Nurul Ulum Ledokombo, traditional local wisdom games are applied, namely the engklek game, jump rope, soccer, dakon, klereng, bekel ball, hide and seek, and others to support the development of gross motor skills in early childhood. The games that are most focused on are only the crank and jump rope games, because these games are very good at developing children's gross motor skills. Subagiyo (Mulyani, 2016:47). explained that traditional local wisdom games are games that are developed and played by children in the general community by absorbing all the wealth and wisdom of their environment. In the game of traditional local wisdom, you will be able to develop your potential, be able to build relationships with fellow friends, and be able to channel depressed feelings while preserving and loving the nation's culture. Traditional local wisdom games become a vehicle or medium of expression for children. Involvement in traditional local wisdom games will hone, sharpen, develop children's brains, give birth to empathy, build social awareness, and emphasize individuality.

This traditional local wisdom game makes early childhood feel happy and free to express. With this game, children feel free to carry out activities, children have a sense of

responsibility, are creative and their gross motor development is growing very rapidly. Traditional local wisdom games as a form of play activity are believed to provide benefits for children's physical and mental development.

## RESEARCH METHODS

The research method applied in this research is a qualitative research approach. This type of research uses a case study. This approach and type of research seeks to describe the conditions that exist in RA Nurul Ulum regarding the application of traditional local wisdom games that can improve gross motor skills in early childhood. The informants selected in this study were the principal of RA Nurul Ulum (Nur Saidah, S.Pd), group B teacher (Nanik Suryatin), group A teacher (Maghfiroh, S. Pd), mother Farrohah's guardian and student RA Nurul Ulum.

The data collection method in this study used interviews, observations and documentation. The data analysis method used condensation techniques (data condensation), display (data presentation) and make conclusions or verification. While the data validity method used technical triangulation and source triangulation.

## RESEARCH RESULTS AND DISCUSSION

### 1. Research result

The application of the traditional local wisdom game of engklek and jumping rope at RA Nurul Ulum has been carried out for the past 3 years, where in carrying out these games the teacher does not let the children just play, but the teacher also prepares tools and materials and practices and gives direction to the students before the students start. The game, because by applying this traditional local wisdom game, can provide many benefits for physical and mental development, especially in children's gross motor development. As stated by Mrs. Nur Saidah, S.Pd as the principal of the RA Nurul Ulum school that:

Applying the game is very important for early childhood, the game does not have to be modern and requires money, therefore, we apply traditional local wisdom games to our students, to support children's motor development to increase, hone children's creativity, build character and development Therefore, teachers must be more creative in choosing games that are interesting and can stimulate children's physical development. One of them is the traditional local wisdom game of engklek and jumping rope (Saidah, 2021).

The interview above shows that games for early childhood are very important, implementing games for children does not have to be expensive and modern, teachers must be creative in choosing games, especially games that can stimulate children's physical development, namely hopscotch and jump rope games. The interview was strengthened by the statement of the homeroom teacher of class B, Mrs. Nanik Suryatin who stated that:

The most important thing for children is that children can get to know traditional local wisdom games which are now almost extinct in the community, one of which is the crank and jump rope games, these games in addition to improving gross motor skills in children, children can also use natural materials such as wooden twigs to make engklek fields or objects around them, namely tile and ceramic shards that will be used as gacuk by children. Moreover, here in rural areas, natural materials are very easy to obtain (Suryatin, 2021).

The opinion above shows that traditional local wisdom games such as engklek and jumping rope, in addition to improving gross motor skills in children, also build karate and children's cognitive development, children can also recognize traditional local wisdom games and utilize natural materials and objects around the environment, such as wooden twigs. and tile fragments.

Maghfiroh, S.Pd also agrees with Mrs. Nur Saidah, S.Pd and Mrs. Nanik Suryatin, she said:

By applying the traditional local wisdom games of engklek and jumping rope, besides improving children's gross motor skills, children are also more creative because children make their own gacuk from the tile fragments and weave their own rubber bands that will be used to play jump rope. From the results of the weaving, we can see the creativity of children (Maghfiroh, 2021).

The explanation above shows that traditional local wisdom games such as engklek and jumping rope can improve children's gross motor skills and can make children more creative and children can use objects around them to be used as tools and materials when playing.

Based on the results of observations during the implementation of the traditional local wisdom game of engklek and jumping rope. The students of RA Nurul Ulum are very enthusiastic when they play crank and jump rope, they have the courage to jump, jump on one leg and can maintain balance, they can also socialize with their peers, and they follow the rules of the game. They are also able to weave and form their own tile and ceramic shards that will be used as game tools or materials. This is what RA Nurul Ulum teacher wants in choosing to apply traditional local wisdom games to their students, because the game has many benefits for them (Researcher, Documentation, Ledokombo, 08 March 2021).

The following is a documentation of when a child plays an engklek in the school yard of RA Nurul Ulum.



**Figure 1**  
**RA Nurul Ulum's Students Playing Engklek**

In the picture above, when students play traditional engklek local wisdom games, the game can improve gross motor skills in early childhood. Because the game jumps over the fields with one leg and requires balance, the tools and materials are easy to obtain, such as wooden twigs to make an engklek field and tile fragments to be used as gacuk. In improving gross motor skills, RA Nurul Ulum's teacher students have their own way, namely by applying traditional local wisdom games where the game is almost

extinct among the community. This can be seen when researchers make observations during play activities, students at RA Nurul Ulum group B are making an engklek field, some are forming tile fragments, while group B teachers are preparing an engklek playing assessment sheet. Then the teacher practices how to play the crank, the teacher asks the children to start the game by doing hompimpa first, the teacher gives directions to the students so that students understand the rules of the game, the teacher observes the students playing the crank (Researcher, Documentation, 22 April 2021).

As explained by Nanik Suryatin as a group B teacher who stated that:

When playing games, I give them freedom, accompany them and give directions to them about how to play the right engklek, about the rules of the game, so that they have a sense of responsibility, empathy for their friends, and have a sense of courage. I also observed them while playing, preparing observation sheets for children's assessments, the aim was to find out their gross motor development (Suryatin, Interview, 2021).

The same thing was also conveyed by Mrs. Maghfiroh, S.Pd as a group A teacher who said:

Children's imagination will develop well if children are given freedom when playing, when children jump over the ankle field with one leg, there are children who use their left feet and others who use their right feet, that is the uniqueness and creativity of children. I have seen a lot of students' gross motoric development, I can see from the way they jump, jump on one leg and the child is able to maintain his body balance (Maghfiroh, Interview, 2021).

Here is a picture of a child weaving rubber bands to play jump rope:



**Figure 2**  
**Students Weaving Rubber Bands With Various Variations**

The picture above is a child's creativity when weaving or weaving rubber bands, they weave with various variations, some are attached with their big toe, some are asking for help from their friends. After the students finish the rubber mat, the child immediately plays jump rope and remains under the supervision of the teacher. The game is played in groups, and still follows the rules of the game. As explained by Mrs. Nur Saidah, S.Pd who said that: "Weaving or weaving rubber bands that will be used to play jump rope, I let them weave themselves, they have various ways of weaving, that's why we see their creativity" (Nur Saidah , Interview, 2021).

The following is a picture of students playing jump rope in the school yard of RA Nurul Ulum:



**Figure 3**  
**Students Play Jump Rope**

This jumping rope game is not much different from the hop rope game, this jump rope game also improves children's gross motor skills, and can also reduce obesity in children. In addition, children's emotions are also trained, namely the courage to make jumps whose challenges are getting higher.

Based on the results of interviews and observations made by researchers, the application of traditional local wisdom games such as engklek and jumping rope applied at RA Nurul Ulum can improve children's gross motor skills, children are given freedom to play, children are given freedom when weaving rubber bands, so that children are more creative. When playing, the teacher observes and prepares a child's assessment observation sheet so that the teacher knows the child's development. As stated by Nanik Suryatin (Nanik Suryatin, 2021). stated that: "In assessing I did not only assess the level of development, I also assessed the child's sense of responsibility while playing, the sense of socialization with peers, after the implementation of the hopscotch and jumping rope games the teacher asked about the child's feelings while playing".

On another occasion, the researcher conducted an interview with one of the students of RA Nurul Ulum, namely Ananda Selsa who is a student of group B, he stated, "I really enjoy weaving rubber bands and playing jump rope, because I like to jump (Selsa, Interview). , April 28, 2021). The researcher also interviewed Mrs. Faroh as the guardian of the student from Ananda Selsa, she said that: "My child has been happy since he moved up to group B, I think there is a development in his gross motor skills, he used to be afraid to jump, now he has the courage to jump and even jump with one leg (Faroh, Interview). , April 28, 2021).

Based on the data obtained from interviews, observations, and documentation above, it can be concluded that when applying the traditional local wisdom game engklek and jumping rope, children can jump on one leg, children can weave with various variations, children have a sense of responsibility. Children use tools and materials that are around, the teacher gives freedom when playing, the teacher gives an assessment, the teacher asks questions after playing.

## **2. Discussion**

The game of traditional local wisdom has been implemented well by RA Nurul Ulum. This institution maintains this traditional game to preserve the noble culture in the

area and becomes a medium and method for developing the potential possessed by early childhood. Subagiyo (Mulyani, 45-46). explained that traditional games are games that are developed and played by children in the general community by absorbing all the wealth and wisdom of their environment. Traditional local wisdom games are games that were often played in the past. At that time, children were very happy to play outside together. friends, because the game of traditional local wisdom demands a lot of interaction with other people. Traditional games are one of the elements of the nation's culture that are scattered in various parts of the archipelago. However, lately, traditional local wisdom games have gradually become extinct, especially for those who currently live in urban areas, even some people are not familiar with it. the origin of the game of traditional local wisdom (Kurniawati: 1). Traditional local wisdom games as a form of play activity are believed to provide benefits for children's physical and mental development. Hoorn (Kurniawati, 1-2). states that games with rules play are games that involve loyalty and commitment to existing and mutually agreed game rules.

The application of traditional local wisdom games at RA Nurul Ulum is very supportive of children's gross motor development. Of the many traditional local wisdom games, RA Nurul Ulum only focuses on two games, namely the crank game and jumping rope. This is because in addition to the game being very good and can support the development of gross motor skills in early childhood, the game tools are very easy to get around the child's environment, such as wooden twigs and tile fragments. Likewise, the materials used in the jump rope game are very affordable and easy to obtain, namely rubber bands.

The steps in the traditional local wisdom game of engklek and jumping rope are very easy to do. In the engklek game, children make pictures of squares and then jump with one foot from one box to the next, after throwing gacuk (shards of tile and tiles that have been formed). The game which has the name Sunda Manda is usually played by children, with 2-5 participants (Mulyani, 111-112). According to Sempuck Hur Gronje, the engklek game originated in Hindustan, this game spread during the Dutch colonial era with the background story of fighting over a plot of rice fields (Mulyani, 112). The benefits of the engklek game can train children's physical abilities. In addition, the engklek game also trains the ability to communicate and socialize with their peers and teach togetherness (Mulyani, 116). Children's creativity can be seen from the plots made for games, children can also use objects around them. For example, broken tiles, ceramic shards, wooden twigs to draw plots on the ground.

While in the jump rope game, the steps that must be taken are first to tie a rubber band first, then the child determines his group friends. Novi Mulyani (Mulyani, 78). explained that the jump rope game will physically train the child's leg muscles to become stronger and agile because the way to play is to jump over the rubber that has been woven from the position of the feet to head height. In addition, the jump rope game also has the benefit of developing children's emotional and intellectual abilities, because it is played in groups, thus providing opportunities for socializing, children can also learn to empathize, take turns, obey the rules, etc. children's leg muscles, making them denser, fuller and stronger so as to prevent and reduce obesity in children.

All the steps of traditional games that are applied at the educational institution of RA Nurul Ulum can develop the potential of children, especially the gross motoric aspects of children. The teacher provides opportunities for children to play with the traditional equipment that has been provided. In addition, teacher RA Nurul Ulum also introduced the traditional game tools that had been provided. This activity is in line with

the opinion of Rini Handayani et al. (Hildayani et al., 2021:8-25). who explained that several things could be done to help them improve their motor skills, namely: 1) give children the opportunity to play and have activities. So that children are motivated to act creatively. Play that can train their mastery of gross motor skills; 2) provide equipment and an environment that allows children to practice their motor skills. The main thing is to provide a large enough land/area for children to be able to move freely, run, jump and roll around; 3) introduce and train children with as many motor skills as possible, because of the success of children when mastering a skill; 4) do not emphasize the child's strength and speed, but pay attention to the correct movement and posture in carrying out these motor activities; 5) be patient in dealing with children because the development of a motor skill, also depends on the time and the child's desire to master it; and 6) basically every child is unique. Therefore, do not compare a child's motor skills with other children his age.

### CONCLUSIONS AND IMPLICATIONS

Traditional local wisdom games are one of the elements of the nation's culture that are spread across the archipelago. Traditional local wisdom games are a form of play activity that is believed to provide benefits for children's physical and mental development and greatly support children's gross motor development. Of the many traditional local wisdom games, at RA Nurul Ulum only focus on two games, namely the crank game and jumping rope, because besides these games are very good and can support children's gross motor development, the game tools are very easy to get around the child's environment, such as twigs. wood and tiles. Likewise, the materials used in jumping rope games are very affordable and easy to obtain, namely rubber bands.

The steps for the engklek game at RA Nurul Ulum are as follows. The game begins by making box-shaped lines that will be used as a foothold in the child's jump. Then make a gacuk from shards of tile or ceramic which will be used as a marker on the box. The way to play it is that the child will throw a gacuk at the box, then jump over the available boxes. Whoever reaches the finish line first, he is the winner. This game can be played individually or in groups. This loop game can train the leg muscles. The steps of the jump rope game are first to tie a rope from a rubber band to length. This game must be played in groups. The way to play it is that two groups will determine who will play first by making a suit. The losing group will hold the rope on each side, and the winning group will jump over the rope. This jumping rope game is very useful for training children's social and emotional emotions and is very useful for preventing obesity in children.

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