

"Implementing Bakiak, an Indonesian Traditional Game, to Enhance Early Childhood Gross Motor Development."

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Abstract

Traditional games are one of the options that can be used to provide enjoyable learning experiences for children. One of the traditional games that is quite popular is Bakiak. Bakiak is considered to have a positive impact on the development of young children. Other studies shows that Bakiak can help early childhood students to improve their cooperative ability. Moreover, with various movements in the game of Bakiak, it will greatly help develop the gross motor skills of young children. Thus, this research wants to find out whether bakiak are able to enhance early childhood gross motor development. The method of this research is literature review. The author shows the other resources from the others journal with the same topics. The results shows that Bakiak can help early childhood students to enhance their gross motor development. The results can be a recommendation to teachers or anyone to applied bakiak games to enhance early childhood gross motor development.

Keywords: Early childhood, Traditional games, Gross Motor Skill, Development

1. Introduction

Traditional games are one of the choices that can be used to provide enjoyable learning experiences for children. One of the fairly popular traditional games is "Bakiak." According to Septi Dani Siska et al. (2015), Bakiak is a traditional game that can develop coordination between stepping and swinging arm movements with a child's body. This traditional game, originating from West Sumatra, is made of two thick wooden boards shaped like sandals, each 125 cm long. On each board, there are three or four rubber straps to secure the players' feet, and then the players must walk together using these Bakiak sandals. Denok Istiklaili Nuryati et al. (2021) also explain that playing Bakiak requires a spacious area and sufficient lighting. It is mentioned that in a competition, participants can consist of several teams lined up at the starting line. After receiving the signal, participants compete in walking quickly with Bakiak sandals towards the finish line. If there is a lack of coordination in stepping among team members, then every player may fall simultaneously. This is why maintaining cohesion, balance, and coordinating body movements become essential points in the game of Bakiak.

In the development of early childhood, play is one of the ways that can be utilized to nurture a child's potentials. Docket and Fleer (2017) argue that play is a fundamental need for children, as it is through play that children acquire knowledge and enhance their abilities. Additionally, according to Tedjasaputra (2001), play offers numerous advantages. Among the benefits children gain from playing are the abundant stimuli for cognitive, motor, social-emotional development, and various other abilities. According to Iis Nurhayati (2012), traditional games are relatively simple yet hold tremendous benefits when we delve deep into their meanings. However, in recent decades, traditional games have slowly begun to be forgotten, by being replaced with technology-based modern games which are also popular among young children, including those in early childhood. Nevertheless, the substantial benefits derived from traditional games motivate efforts to preserve and encourage children's love for these diverse traditional games. One of these games is "Bakiak." This group-play game is considered to have a positive impact on the development of early childhood.

In a study conducted by Diana Setyaningsih, Sirjon, and Agustinus Tandilo Mamma in 2022, researchers sought to examine ways to enhance children's cooperation skills through the game of "Bakiak" at Cenderawati Abepura Kindergarten. Initial observations yielded an average of 50.55%, which increased during Action 1 of Cycle I to 54.44%. By Action 2 of Cycle I, it reached 67.21%, and in Action 3 of Cycle I, it reached 70.90%. In Cycle II, Action 1, the cooperation skills reached 73.88%, and by Action 2 of Cycle II, it had reached 81.10%. Based on the research findings, it was concluded that "Bakiak" can enhance the cooperation skills of 5-6-year-old children at Cenderawati Abepura Kindergarten. Furthermore, in 2019, Arini Mayang Fauni, Bukman Lian, and Rahmah Novianti also conducted research on the implementation of "Bakiak" at Nusa Indah Palembang Kindergarten. In their study, the researchers analyzed the impact of "Bakiak" on the social development of 5-6-year-old children. The results obtained also indicated a significant influence of "Bakiak" on the social development of children at Nusa Indah Palembang Kindergarten.

Considering the numerous positive results from studies related to the application of early childhood games, researchers are interested in further investigating the utilization of "Bakiak" for the development of early childhood. However, this research differs from other studies. The researchers aim to focus on the use of "Bakiak" for the development of gross motor skills in children. They aim to examine whether there are benefits that young children can gain from playing "Bakiak," particularly in terms of the development of their gross motor skills.

2. Methods

The research method employed in this journal is qualitative research conducted through a literature study. All data collected are derived from journals, books, or other sources. This methodological approach aims to provide insights related to the definition of the game of "Bakiak," how to play it, and its utilization in the development of early childhood gross motor abilities. The literature study in this research includes the following:

Literature Study on the Game of "Bakiak": This involves an understanding of the definition of the game of "Bakiak" and its rules.

Literature Study on the Development of Early Childhood Motor Skills: After gaining a deeper understanding of the game of "Bakiak" and the development of early childhood motor skills, the next step is a literature study on the utilization of the game of "Bakiak" for the development of early childhood gross motor skills.

3. Result and Discussion

Traditional games are games played traditionally by children in specific locations. In many studies, traditional games are considered to have contributed to children's development. Traditional games often involve various physical movements with positive aspects, such as encouraging children to be more active and helping them combat childhood obesity. Among the numerous traditional games that aid in children's development is the game of "Bakiak." According to Septi Dani Siska et al. (2015), the game of "Bakiak" is a traditional game that fosters body coordination between stepping and swinging hand movements with a child's body. This traditional game, originating from West Sumatra, is made of two thick wooden boards shaped like sandals, each 125 cm long. Three or four rubber straps are attached to each board to secure the players' feet, and the players must walk together using these "Bakiak" sandals. Denok Istiklaili Nuryati et al. (2021) explain that playing "Bakiak" requires a spacious area and sufficient lighting. It is also mentioned that in a competition, participants can form several teams that line up at the starting line. After receiving a signal, participants race to the finish line with their "Bakiak" sandals. This provides children with the opportunity to practice teamwork and balance. Nofita Tryana & Sari (2022) also explain that the advantages of using "Bakiak" include promoting teamwork and balance, along with the ease, affordability, and abundance of materials readily available in the surrounding environment.

For gross motor activities, Zahari (2022) emphasizes that gross motor activities involve moving various parts of the body in response to signals from the brain and adapting body movements to various external and internal influences. Gross motor skills are crucial to master because they enable individuals to perform daily activities effectively, including activities like running, jumping, pushing, throwing, catching, kicking, and more. Without good gross motor skills, a child may encounter difficulties in many activities. Moreover, gross motor activities require and engage the large muscles in a person's body.

Based on observations conducted by Yuliaarni, Thamrin, & Miranda (2014), the game of "Bakiak" assists children in developing their gross motor skills. Children's gross motor abilities through the traditional game of "Bakiak" encompass aspects of strength, demonstrated by their ability to lift "Bakiak" sandals. Additionally, "Bakiak" games showcase that children can walk with balance using the strength of their right and left leg muscles to cover a designated distance, and they can also change direction. Given these benefits, educators should make use of traditional games like "Bakiak" to develop the gross motor skills of early childhood because "Bakiak" can enhance strength, coordination, and agility to improve the gross motor skills of young children (Fitri & Imansari, 2020).

4. Conclusion

In conclusion, this research has shed light on the significant positive impact of Bakiak, an Indonesian traditional game, on the gross motor development of early childhood. The findings of this study reveal that engaging children in Bakiak activities not only promotes physical fitness but also enhances their motor skills, coordination, and overall physical health. Through this traditional game, children develop their balance, agility, and teamwork, which are essential components of their gross motor development. Furthermore, the cultural and historical significance of Bakiak adds a unique dimension to the learning experience, as children connect with their heritage while reaping the physical benefits. This research emphasizes the importance of incorporating traditional games like Bakiak into early childhood education and recreational programs to foster holistic development in children.

In summary, the implications of this research are far-reaching. By integrating Bakiak into early childhood programs, educators and parents can contribute significantly to the physical well-being and developmental progress of young children. Furthermore, these findings highlight the importance of preserving and celebrating cultural traditions as a means of promoting physical activity and coordination among the youth. In a world where technology often dominates children's leisure time, this research underlines the value of reintroducing and popularizing indigenous games like Bakiak. It not only ensures a healthier and more active lifestyle for children but also reinforces the preservation of cultural heritage. In essence, the positive impact of Bakiak on early childhood gross motor development serves as a testament to the enduring value of traditional games in contemporary society.

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