

THE IMPLEMENTATION OF BAKIAK: AN INDONESIAN TRADITIONAL GAME TO IMPROVE EARLY CHILDHOOD COOPERATIVE ABILITY

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Abstract. Traditional games offer enjoyable learning experiences, and one such popular game is Bakiak. Bakiak fosters coordination between stepping and arm movements in children. Studies indicate that Bakiak contributes to enhancing gross motor skills in early childhood students. This game requires players to possess excellent coordination skills. If there is a lack of coordination in stepping among team members, it may lead to simultaneous falls among team members. Thus, to assess Bakiak's influence on early childhood cooperative ability, a literature review was conducted, referencing relevant journals on the topic. The findings consistently show that Bakiak effectively improves cooperative skills among early childhood students. Therefore, it is recommended that teachers and others incorporate Bakiak games into the learning activities aimed at enhancing early childhood cooperative abilities.

Keywords: early childhood, traditional games, cooperative ability, improvement

INTRODUCTION

Games are a great way to promote early childhood development. Traditional games are one of the options that can be utilized to give kids engaging educational experiences. Bakiak is one of the interesting games that can be applied in the learning process. Based on Riza, et al. (2019) the material of bakiak is made from long wood like ice skates that have been crushed and given a few slippers on it, usually for 3-4 people. Denok Istiklaili Nuryati et al. (2021) also explain that playing Bakiak requires a spacious area and sufficient lighting. Bakiak usually play in groups or teams, with each team competing to get to the finish. 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. This game tests dexterity, leadership, collaboration, creativity, insight and honesty. 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 early childhood development, one method for fostering a child's potential is through play. Many young children associate play as a recognizable activity that extends over their lifespan, from early childhood experiences into adulthood, and across a variety of cultures (Irvin, 2017). The benefits of play are complex and indirect. Engaging in play helps young children develop a wide range of development aspect such as fine and gross motor, cognitive, social-emotional, etc.. Those kinds of game/play that can be able to develop students' ability, including the traditional games. Iis Nurhayati (2012) asserts that traditional games are relatively simple and quite beneficial when we examine their deeper meanings. Nevertheless, in this era there are so many kinds of modern games and the result is the traditional games have slowly begun to be forgotten. However, the beneficial of traditional keep motivate students and educators to applied the traditional games in their teaching and learning process. Thus, Bakiak as one of the popular traditional games offers a lot of benefit to early childhood students.

Diah Yuliarni conducted a study in PAUD Wahdah about the lack of ability of early childhood students to improve gross motor skills. The results show that bakiak race games increase gross motor skills in 5–6-year old students.(Yuliaarni et al., n.d.). Furthermore, Riza, Anita &

Sanusi (2019) was conducted a study on 15 October to 15 December 2018. The research subject of children's group B which amounted to 30 people, consisting of B1 (15 people) and B2 (15 people). This study was conducted by using experimental methods and research design with treatment by level 2 x 2. The research instrument used were bakiak game and motor physical development tests. The result shows the effect of bakiak game on physical motor of children in Khairani Kindergarten of Aceh Besar.

Considering the numerous positive results from studies related to the application of early childhood games, researchers are interested in learning more about the use 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" to improve early childhood cooperative ability. This study aims to examine whether there are benefits that young children can gain from playing "Bakiak," particularly in terms of their cooperative ability.

RESEARCH METHOD

The research method employed in this journal is qualitative research conducted through a literature study. All the data collected is 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 cooperative ability. 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 Cooperative Ability: After gaining a deeper understanding of the game of "Bakiak" and the development of early childhood cooperative ability, the next step is a literature study on the implementation of the game of "Bakiak" for the development of early childhood cooperative ability.

RESULT AND ANALYSIS

1.1 Bakiak

Based on Riza, et al. (2019) the material of bakiak is made from long wood like ice skates that have been crushed and given a few slippers on it, usually for 3-4 people. Denok Istiklaili Nuryati et al. (2021) also explain that playing Bakiak requires a spacious area and sufficient lighting. Bakiak usually play in groups or teams, with each team competing to get to the finish. 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. This game tests dexterity, leadership, collaboration, creativity, insight and honesty. 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.

1.2 Cooperative Ability

One aspect of development that is no less important than other aspects of development is the aspect of social and emotional development. Social and emotional abilities are abilities that are interrelated and influence each other. Children's emotions are signals that are believed to have a very strong influence on others. Vice versa, children's emotional reactions are also influenced by the behavior of other people (Tatminingsih, 2019). Good social-emotional ability is an ability that children need to have since they are small because this behavior will greatly influence and determine the child's abilities in the future. The fragility of children's ability to behave socially in their environment will hinder children's development to control their emotions (Tatminingsih, 2019). The development of children's social-emotional abilities must be trained as early as possible because this can help them control their emotions so that they have skills in interacting with the social environment, especially cooperation skills. According to Azarimah (2019), cooperation is part of social-emotional development. Collaboration is work carried out

in groups so that there is a close relationship with members of other groups. According to Masganti (2015), this collaboration provides an opportunity for children to not only develop social-emotional skills but also to be responsible for their social environment, therefore the ability to cooperate needs to be honed from an early age. Collaboration appears when children are socializing, and the time for socializing children is when children are playing. Collaboration is work carried out in groups so that there is a close relationship with members of other groups.

1.3 The Implementation of Bakiak to improve Early Childhood Cooperative Ability

One of the traditional games that can improve children's cooperation skills is the clog game. According to Arini Mayang Fauni, et al. (2019) playing clogs is a game whose material is made of wooden planks that have a shape like sandals and rubber which functions as a strap for the feet, whereas according to Azzahro (2019), playing clogs is one of the traditional games that can improve cooperation skills child. This game is a kind of sandal, the sole of which is made of a light wood with a leg strap made of old tires which are nailed on both sides. This bakiak game is played in groups of at least two players. This article proves the application of traditional bakiak games in improving children's

The traditional game used in this research is called "Bakiak." The temporary hypothesis of this study is that traditional Bakiak games have an impact on children's social skills. The authors believe this because numerous theories support this theory, including Khamdani's (2010) who mentions that Bakiak traditional games foster player dexterity and group cooperation. Suyadi (2013) has the same belief that playing traditional games can enhance six areas of early childhood development. The overall effect of playing traditional games on early childhood development and growth. Additionally, Kurniati (2011) said that playing traditional games might encourage kids to cooperate, help them adjust and interact positively, condition them to be self-controlling, help them develop empathy for peers, obey rules, and show respect for others.

In this study, traditional bakiak games had an effect on the cooperative abilities of early childhood students. The same research results were also obtained by Eny Nur Hasanah, et al (2019) in her research obtaining children's social skills in the pretest and posttest obtaining positive results, playing Bakiak influences on increasing children's social skills.

CONCLUSION

In conclusion, this research has shed light on the significant positive impact of Bakiak, an Indonesian traditional game, on the cooperative ability of early childhood. The findings of this study reveal that engaging children in Bakiak activities not only promotes physical fitness but also enhances their social, coordination, and cooperative skills. Through this traditional game, children develop their communication and teamwork, which are essential components of their cooperative ability. 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 development of cooperative ability of early childhood. Furthermore, these findings highlight the importance of preserving and celebrating cultural traditions as a means of promoting 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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