PENGARUH PERMAINAN TRADISIONAL HADANG DAN BENTENGAN TERHADAP KELINCAHAN PADA SISWA KELAS X SMK AL-WASHLIYAH, PULOGADUNG, JAKARTA TIMUR

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Abstract

This study purpose is to know the impact of traditional games hadang and bentengan for agility and to know the traditonal games between hadang and bentengan which more take effect for agility at student of X class in SMK Al-Washliyah, Pulogadung, Jakarta Timur. This research was conducted in the second semester of the academic year 2015/2016 on 14th April – 1st June 2016 at SMK Al - Washliyah Field, Pulogadung, Jakarta Timur . The method used in this research is a pre - experiment (*One Group Pretest - Posttest Design*). This research is uses a sampling technique simple random sampling with a total sampling is 50 people from the all population of students of SMK Al – Washliyah, Pulogadung, Jakarta Timur.

The research instruments consisted of the pre tests before being given treatment and post tests after being treated. Data analysis technique used is the t-test to calculate t_{count} compared with t_{table} at significant level of 0.05.

The first hypothesis testing using t test . The result of the calculation of the start and end agility in group A after being treated traditional games hadang obtained mean difference (MD) is 1.08, with a standard deviation of the difference (SDD) is 0.78, standard error of the difference in average (SEMD) is 0.16, in the calculation subsequently obtained t_{count} is 6.73 and t_{table} is 2.06 value at significance level of 0.05. With value of $t_{count} > t_{table}$ which shows the hypothetical value of zero (H_0) is rejected and the alternative hypothesis (H_1) is accepted. It can be concluded that traditional games hadang are take effect for agility in student of class X SMK Al – Washliyah, Pulogadung, Jakarta Timur.

The second hypothesis, the result of the calculation of the start and end agility in group B after being treated traditional games bentengan obtained mean difference (MD) of 0.94, with a standard deviation of the difference (SDD) 0.62, standard error of the difference in average (SEMD) 0.12, in the calculation subsequently obtained of t_{count} value is 7.37 and the t_{table} is 2.06 at the 0.05 significance level. With value of $t_{count} > t_{table}$ which shows the hypothetical value of zero (H_0) is rejected and the alternative hypothesis (H_1) is accepted. It can be concluded that traditional games bentengan are take effect for agility in student of class X SMK Al – Washliyah, Pulogadung, Jakarta Timur.

From the test results showed that the third hypothesis H_0 is accepted and H_1 is declined, it can be concluded that the hadang game smaller to take effect on agility rather than bentengan game.

Keyword: *Traditional game, Hadang game, Bentengan game, Agility*.