



## *The Effectiveness Of Traditional Games On Motivation Of Tarogong Football Athletes In Warming Up Session*


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### Abstract

*Motivation in participating in the warm-up is needed by athletes to achieve maximum club performance. The purpose of this study was to see the motivation of football athletes in participating in the warm-up using traditional games such as baling tan, squat square, and cat and mouse. This type of research was classroom action research with two cycles. Sample in this research were all athletes who were members of the football club Tarogong FC, totaling 20 people. The data were analyzed using SPSS Statistics 25 software. The results showed a significant difference between motivation in cycle 1 and motivation in cycle 2, in the 1st cycle athletes experienced 70% increase in motivation. And in the last cycle the motivational increase has reached 80% of all Tarogong FC athletes. Thus there is an increase in the motivation of Tarogong FC football athletes with traditional games in the warm-up. For further research, it is hoped that there will be references to other traditional games in sports games and for other sports. For the future, it is necessary to preserve traditional sports.*

**Keywords:** *football, warm-up, traditional games*

### INTRODUCTION

Nowadays football is a sport that is very popular with many people, including schools. This can be seen from the many championships held in Jakarta for the student and general level. Almost everyone knows the sport of football, a game that is very easy to play by anyone at any time. Football is a form of physical sport can nourish the body, strengthen the mental, expand social life, and achievements (Widiastuti, 2019). Achievements in football is not something can be easily obtained (Amra, 2016).

Each exercise must go through several stages first, each exercise has a process or sequence to do, including football practice. Exercise is divided into three important aspects that athletes need, namely Warm-up, core training, and cooling. These three aspects must be applied in order for the training process to run properly. But sometimes warming becomes an aspect that is ruled out or underestimated (Tambun, 2014).

Generally before a person does sports or exercises (including football) then it is best to

warm up or stretch first. Warm-up serves to prepare the muscles to be ready to perform more strenuous physical activity and also stimulate the work of various functions of the body organs (Mariyanto, 2010). Good Warm-up should be favored by football athletes, in addition to developing abilities, warming also serves to avoid serious injuries. The implementation of warm-up is carried out so that the training program is in accordance with the expected objectives (Mariyanto, 2010).

A fun warm-up activity will make athletes enthusiastic about going through the core of the exercise. Warming up that can grow the spirit and passion of the athletes can be done through traditional games of baling tan, squat square, and cat and mouse (Tambun, 2014). This activity is a form of improvisation by a coach so that athletes are more enthusiastic about doing warm-up activities.

Games are a form of activity in physical education. When children play or are given games in the framework of physical education lessons,

then the child will do the game with pleasure (Juliantine, 2010). Because of this pleasure, the child will reveal his or her original personal state when they play, whether it be the original character, or the habits that have shaped his personality. Thus it can be said that by playing people can actualize the potential of human activities into forms of motion, attitudes and behaviors (Juliantine, 2010). Through play, it can help in motor, biological, and educational development. The game is also defined as part of the study of physical education which has many activities. Games are viewed from an educational point of view to educate children in their physical and spiritual growth. While the influence of the game on the thought process can grow and train intellect, speed of thinking, and concentration.

Traditional games or folk games are the result of community culture that comes from a very old age, which grows and lives until now (Nugroho, 2005). Traditional games aim to develop the physical aspect. The type of game in question is a game that in its implementation requires strength, endurance, agility and reaction. This game is usually associated with running activities (Rizkianto, 2015). The types of games are the traditional game of baling tan, tap squat and cat and mouse. This game has many benefits for the development of athletes who are carried out, in addition to fun, the athlete's physique can also improve.

Ishak (2015) describes the values contained in traditional games such as honesty, cooperation, leadership, discipline, and so on. This character value is needed by the child, to then become an inherent character until they grow up. Besides, another benefit that is no less important than traditional games is to develop the physical abilities of the athletes.

The type of game that will be applied must be interconnected with the needs of the sport itself, by looking at the interrelated elements (Nopembri, n.d.), so that it is hoped that it can be applied to the learning objectives. The games that are applied include preparation (warm up), body building (muscle strengthening, or flexibility training) (Nopembri, n.d.). An interesting warm-up can certainly make training better and motivate athletes to be more active or diligent in undergoing every exercise given by the coach. Good motivation will allow each individual to practice better in his group. Good performance is indicated by the motivation and skills that are getting better from time to time.

Tarogong FC football club performs the same warm-up style from time to time. With the development of the times and sports science, warming up should be an interesting thing to do. A coach must be able to experiment and make warm-up activities more enjoyable. Some people are still looking for many reasons not to warm up (thinking that Warm-up is not a necessity because it is considered not very important) but even so, the following points have proven that Warm-up is very beneficial.

The following are the uses of Warm-up (Subekti, 2011):

- a) Athletes are spared the danger of injury.
- b) There is a smooth coordination of motion.
- c) The organs of the body adjust to heavier work.
- d) The mental readiness of athletes is increasing.

Mariyanto (2010: 532) describe the benefits of warm-up by looking at psychological and injury prevention. Among the benefits of the main use of Warm-up is, to avoid self-possible muscle and joint injuries. Muscles and joints that are still cold are usually still stiff so it is easy to get injured if suddenly have to exercise heavily, and if it is injured then it takes a long break to return to its original condition (Wibowo, 2016).

So it was concluded that warming up one of the physical activities performed before a workout or match should be mandatory for every sportsman because it is clearly the benefits and functions. And warming should no longer be underestimated by anyone who will engage in explosive physical activity or motion. Warm-up is very important for us to do because the human body is the same as motor vehicles that must and must be heated before use (Pertiwi, 2021).

Based on the initial observations that the researchers made, most Tarogong FC football athletes do not understand the importance of warming up and are still lazy to warm-up. In March 2021 around 9 athletes were seen actively participating in the warm-up. In April there were 10 people who were enthusiastic in participating in the warm-up, and in early May there were 9 people who looked serious in the warm-up. This has a negative effect or impact on the athlete's training program. Among them, athletes can experience sports injuries that greatly affect the athlete's career itself. Therefore, the role of a coach is needed to find a solution how to motivate athletes when taking an action.

We needs motivation. Motivation is an impulse from within a person to do something.



According to Heckhausen (1967) as follows: the understanding of motive as the mobilizer and encouragement of human to act, while motivation is the actualization of the source of the movers and the drivers (Setyobroto, 2002).

Good performances are definitely shown by the presence of good motivation and skills, thus allowing the goals they set can be achieved. Each individual who has the motivation to practice and has a commitment to achieve a level of perfection in achieving the goal. Coaches and athletes are important to understand the effectiveness of motivation both internal and external motivations. Athlete achievement is always related to motivation, because motive, because motive is a source of drive and drive for athletes to act and do something (Barwandi, 2017).

Motivation is a fundamental mental skill that athletes need to have. Therefore, the motivation that athletes need to have is the motivation to excel. Because athletes who have the motivation to excel will race against the advantages of self-excellence, the excellence of others. Even to achieve perfection in carrying out tasks in the training process as well as in the process of competition Motivation plays an important role in helping determine whether or not athletes succeed in the process of training and competition. Therefore the pressure on athletes to show high motivation in all their activities.

Big Indonesian Dictionary, (Depdikbud, 2016) motivation is defined as an impulse that arises in a person consciously or unconsciously to take an action with a specific purpose. Siagian (2004), provides a definition of motivation as a driving force that causes a person to willing and willing to exert their ability, energy and time in order to achievement of predeterminded goals.

Motivation directs and interprets one's behavior. He also defines motivation as a tendency to lead and have controlled behavior according to conditions, and a tendency to maintain until the goal is achieved. Defines motivation as the motivation to achieve the goal, the in-stigation of the activity yng aim.

That motivation comes from a new human being is interpreted through behavior / deeds, to achieve the goals that will be achieved. Each individual in directing behavior is different. Where other individuals have more vigorous behavior is the result of a stronger level of motivation (Cleopatra, 2015).

In fact motivation is divided into two kinds, namely intrinsic and extrinsic motivation. Implementation of extrinsic motivation forms varies by various sources from outside, such as awarding prizes, awards, certificates and so on. While intrinsic motivation with natural that encourages a person to do something is not because of something artificial.

Komarudin (2013) distinguishes into two types of motivation, namely:

1. Intrinsic motivation, which is motivation that works because of the motivations that come from within the individual itself. Athletes strive to further improve their intelligence, abilities, and skills.
2. Extrinsic motivation, is a motivation that arises because of external factors that affect him. Thus, extrinsic motivation functions when there is stimulation from outside one's self.

That motivation may develop further so that the individual who initially had no desire to compete eventually increased his motivation to excel and follow the matches. Intrinsic motivation works because of the motivations that come from the individual himself. Athletes strive to further improve their abilities, their visibleness, and their skills because it will give satisfaction to them.

Athletes don't care whether because their achievements will get praise, medals, or other prizes or not, what matters to him is his satisfaction. Athletes with intrinsic motivation usually diligently work hard regularly and disciplined in undergoing training and do not rely on others, have a mature personality, confidence and mature self-discipline (Maulana, 2019).

Motivation to exercise between people must be different due to differences in needs and interests, both due to differences in age, interests, work and other needs. The structure of motivational factors in sports is built by three dimensions of motivational constructs, namely intrinsic motivation, extrinsic motivation, and amotivation. The three dimensions are elaborated into several indicators, namely non regulation, external regulation, introjections regulation, identified regulation and internal motivation. The analysis of the structure of motivation scale factors in sports, becomes important in relation to the measurement of the participation rate of athletes in sports and the possibility of the development of intervention programs in sports activities, because motivation is believed and proven to be a very

determining factor of learning and behaving success.

The essential characteristics in sports are a subsection of the game characterized by freedom and voluntary activities without coercion. In line with Asnaldi, A., Zulman, F. U., Madri (2018), motivation is a psychic factor that non-intellectual, its distinctive role i.e. in terms of the growth of passion, feel happy and passionate to exercise.

The improvement of football skills and achievements influenced by motivation in athletes. An activity and behavior always based on motivation. According to (Sardiman, 2014) the function of motivation to encourage people to do. Motivation is the one of which is the field of sports. The greater a person's motivation, the more likely it is to succeed., and the opposite. Based on the study of (Putri, 2014), there is a positive relationship between the social support of parents, coaches and friends together with the motivation of academic dan sports achievement. According to the results of research conducted by Thompson (2010).

Motivation can be interpreted as the overall driving force in athletes that ensures the continuity of warm-up activities and provides direction to warm-up activities, so the desired goals can be achieved (Purnamawati, 2011). Likewise, traditional games are given to Tarogong FC football athletes as a form of motivation. With the game provided, it is hoped that the athletes will play happily, earnestly and at the same time the target of motion can be achieved.

As a coach, it is necessary to know the methods that will be used to increase the athlete's motivation during the warm-up. Here, the researchers used the game of baling tan, tap squat, and cat and mouse. The selection of this game is in accordance with the character of the sport of football which requires agility. By using this game, it is hoped that it can increase the motivation of Tarogong FC athletes.

For this reason, the author is interested in raising traditional games as an alternative solution to the problems studied. The author also wants that traditional games are not forgotten and hopes that football clubs in Indonesia can use them as a warm-up style that motivates athletes to warm up.

## METHOD

This methods of this research is using classroom action research with two cycles to increase the motivation in following the warming on traditional games. Action research is one of the problem solving strategies that utilize real action

in the form of innovative development processes that are "tried on the go" in detecting and solving problems. In the process, the parties involved in the activity can support each other (Sugiyono, 2010).

Action research was first introduced by a psychological education and also an educator named Kurt Lewin (1940s). lewin introduced the term action research to describe the inseparable activities of the investigation of the actions needed to solve the problem (Ferrance, 2000).

Lewin uses four step to improve relationships between social groups, namely planning, action, monitoring, and evaluation. Each of these four-step rounds will form a spiral so that the second plan is affected by the improvement of the first round (Arikunto, 2006). Meanwhile, according to Kemmis and Taggart, it is surprising that in general in action research there is planning, implementation, observation, and reflection, and re-planning is the basis for a problem solving plan (Hopkins, 2018). So in this research used Kemmis action research model which uses spiral cyclical system of self-reflection from players. Reflection is carried out by the trainer to determine the next step in an effort to achieve the objectives of the action research. The steps taken in this research are described as follows:



Figure 1. Research Stage

The population in this research is all athletes who are members of Tarogong FC football club. . Sample in this research uses total sampling The samples used by the entire population in this study were athletes who were members of tarogong FC football club which numbered 20 people. Tarogong FC is located in Pandeglang, Banten.

The data obtained in this research is through observation and written in one sheet. To check the validity of the research data, conducted by researchers along with collaborators. Data collection techniques applied in the research are:

1. Conduct observations that are a technique / way of collecting data by conducting observations, using observation guidelines.
2. Study of documentation/observation which is a technique/way of collecting data by collecting and analyzing documents, whether written, drawing or electronic.



3. By preparing an observation sheet, this is done to determine the level of increase in motivation of athletes.

This research uses two cycles, each cycle consists of the following steps:

1. Planning
  - a. Researchers and collaborators looked at the initial condition of an athlete's attitude towards a given warming session.
  - b. Researchers and collaborators discuss the results of the athlete's motivational observations in following the given warm-up from survey.
  - c. Researchers and collaborators prepare the games to be given to athletes.
2. Implementation
  - a. Researchers and collaborators identify the game to be given.
  - b. The coach outlines and explains the rules of the game to be given to the athlete.
  - c. Implementation of Warm-up using traditional game methods.
3. Observation
  - a. Researchers and collaborators observed the implementation of warming in the form of traditional ongoing games.
  - b. Researchers and collaborators observe the activities of coaches, athletes and fill out observation sheets from start to finish of warm-ups.
  - c. Researchers and collaborators conduct observations and research on athlete motivation.
4. Reflection

Researchers and collaborators discuss the implementation of warming and research actions provided. Then the researchers carry out the next cycle until the athlete experiences increased motivation.

The techniques used in analyzing the collected data by looking for data sources in the study are athletes and researchers, with quantitative data types obtained directly from observations, before and after the action in the form of the application of traditional games provided to increase the motivation of Football Athletes Tarogong FC in following the exercise. The data is supported by qualitative data to find

more naturalistic images in athletes using paper of observations.

Instrumen used to obtain training motivation data. This research uses a closed questionnaire. Assigning answer values to each question based on likert scale (Nasution, 2006) with option categories for favorable and unfavorable question as follows:

Table 1. Score Categories in Questionnaires

Favorable Question	Unfavorable Question
Very suitable = 5	Very suitable = 1
Appropriate = 4	Appropriate = 2
Nervous = 3	Nervous = 3
Not appropriate = 2	Not appropriate = 4
Very inappropriate = 1	Very inappropriate = 5

Quantitative data in the form of motivational improvement data starts from examining the motivational improvement test answer sheet, scoring, calculating the total score obtained by each athlete. The instrument was first tested by conducting validity and reliability tests to make sure that the test instruments compiled will be really good at measuring symptoms and producing valid data. Validity and reliability were conducted using SPSS Statistic 25 (Nugroho, 2020).

Table 2. Product Moment Validity Result with SPSS

		Correlations		
		Moved Indicator	Feeling Indicator	Goal Indicator
Moved Indicator	Pearson Correlation	1	.523*	.810*
	Sig. (2-tailed)		.016	.000
	N	20	20	20
Feeling Indicator	Pearson Correlation	.523*	1	.742*
	Sig. (2-tailed)	.016		.000
	N	20	20	20
Goal Indicator	Pearson Correlation	.810*	.742*	1
	Sig. (2-tailed)	.000	.000	
	N	20	20	20

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* Correlation is significant at the 0.01 level (2-tailed).

Based on Table 2, it can be concluded in Table 3:

Table 3. Validity Result

Indicators	$r_{xy}$	$r_{Table}$	Description
Moved	0.810	0.444	Valid
Feeling	0.742	0.444	Valid
Goal	1	0.444	Valid

Reliability of the test instruments described in Table 4.

Table 4. Reliability Test

Reliability Statistics	
Cronbach's Alpha	N of Items
.849	3

From the output of Table 3, there are three indicators with a value of Cronbach's Alpha of 0.849, since the value of Cronbach's Alpha  $0.845 > 0.444$ , then as the basis of decision making in reliability test can be concluded that all indicators for motivation variables are reliable or consistent.

## RESULTS AND DISCUSSION

### Research result

After initial observations were made to determine the initial condition of the athletes before receiving the traditional game treatment, 50% of the athletes were not motivated. The percentage of research results after the action of cycle 1 (one) is 70%. These results were then analyzed to see the increase in athlete motivation using traditional applications. After the action of cycle 2 (Two) was carried out, a 95% percentage of the increase in motivation was obtained by using traditional games.

After following the learning process through the traditional games given, the results of the assessment are as follows: the lowest score is 61, the highest score is 107, the average value is 90.85. It can be concluded that the largest frequency is in the interval class of 88 - 96 with a percentage of 45% and the smallest frequency is at intervals with 70 - 78 with a percentage of 0%, with low-motivation athletes totaling 6 people (30%) i.e. has not reached the limit of completion 92. While athletes who have reached the limit of completion of a number of 14 people (70%). Thus, judging from the initial observations there has been an increase from the initial observation of 50% to 70% in the action of cycle 1. Based on the assessment aspect of cycle 1 there has been an increase but has not achieved success that is at

least 80% of the number of athletes so researchers move on to the next cycle. For more details is clearly described in the histogram.

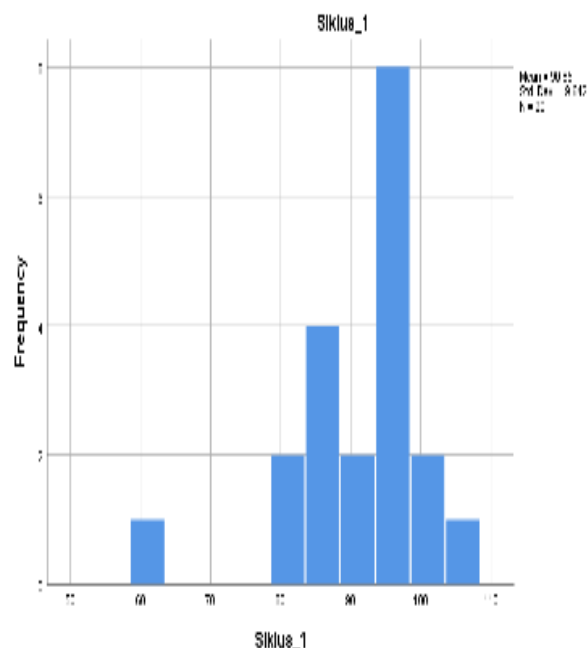


Figure 2. Histogram of cycle 1

### Cycle 2 Assessment Results

After following the learning process through the application of traditional games, the results of the study were obtained as follows: Lowest score 86 highest score 111, average score 99.9. It can be concluded that the largest frequency is in the interval class 98-103 with a percentage of 35%, the smallest frequency is at intervals of 86-91 with a percentage of 5% with low student completion of 1 person (5%) i.e. has not reached the completion value of 92 while athletes who have reached the limit of 19 completion. Thus from the results of the assessment cycle 1 there has been an increase in motivation from 70% to 95% in the action of cycle 2. Based on the assessment aspect of cycle 2, it can be concluded that with the application of traditional games can increase the motivation of athletes in warming up / warming up.

To better explain the description above is made the following histogram.

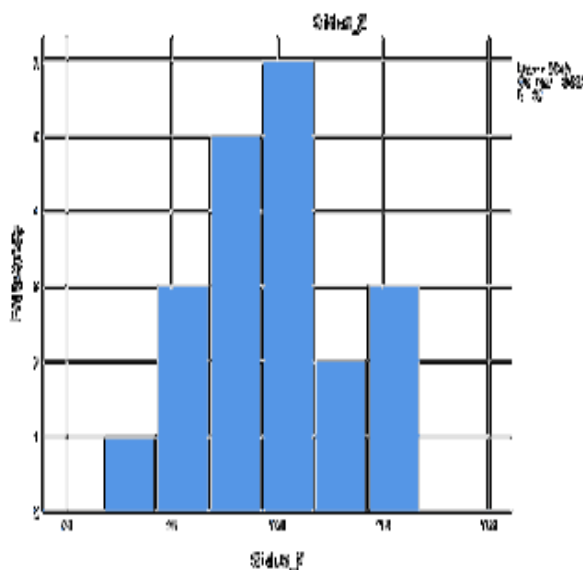


Figure 3. Histogram of cycle 2

Comparative analysis is needed to compare the motivation of Tarogong FC football athletes on cycle 1 and cycle 2. Before the comparison test, normality and homogeneity of the data are first conducted.

Normality Test

Normality test are conducted with the aim of knowing whether the data is normally distributed or not (Lucky, 2019). If the data is normally distributed then comparative tests are conducted using parametric method, *paired t test*. Whereas if the data is not normally distributed then comparative tests are conducted using non-parametric method, *Wilcoxon test* (Suratmi, S., Purwaningsih, S. S., Sartika, E., & Suryani, 2018). The following are the result of data normality test.

Table 4. Normality test output

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		20
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	9.45136843
Most Extreme Differences	Absolute	.169
	Positive	.140
	Negative	-.169
Test Statistic		.169
Asymp. Sig. (2-tailed)		.134 <sup>c</sup>

- a. Test distribution is Normal.
- b. Calculated from data.
- c. Lilliefors Significance Correction.

Based on the result of normality test, obtained *p-value* 0.134 greater than  $\alpha$  5% or 0.05, which means normally distributed data.

Homogeneity Test

Homogeneity tests are performed to determine if the data has same variant or not. Homogeneity testing is conducted using *Levene Statistics*. The following are the results of data homogeneity testing.

Table 5. Homogeneity test output

		Levene Statistic	df1	df2	Sig.
Hasil	Based on Mean	1.117	1	38	.297
	Based on Median	.447	1	38	.508
	Based on Median and with adjusted df	.447	1	30.257	.509
	Based on trimmed mean	.851	1	38	.362

Based on the result of homogeneity test, *p-value* 0.297 greater than 0.05, which means homogeneously distributed data.

Paired t-test

*Paired t-test* were conducted to determine if there were differences between cycle 1 and cycle 2.

Hypotesis testing:

H<sub>0</sub> : There was no significant difference between motivation in cycle 1 and motivation in cycle 2

H<sub>1</sub> : There was a significant difference between motivation in cycle 1 and motivation in cycle 2

Test criteria (Suratmi, 2018: 57):

If *p-value* <  $\alpha$ , H<sub>0</sub> rejected

If *p-value* >  $\alpha$ , H<sub>1</sub> accepted

Table 6. Paired *t*-test output

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Siklus_1	90.85	20	9.642	2.156
	Siklus_2	99.55	20	6.962	1.557

Table 7. Paired Sample Test

Paired Samples Test												
		Mean		Std. Deviation	Paired Differences		Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Mean	Lower	Upper						
Pair 1	Siklus_1 - Siklus_2	-8.700	10.717	2.896	-13.716	-3.684	3.633	19	.002			

Based on paired sample test, *p-value* 0.002 < 0.005. That suggests there is a significant difference between motivation in cycle 1 and motivation in cycle 2, where the average motivation during cycle 1 is 90.98 and the current motivation average in cycle 2 is 99.55. Thus, there is an increase in the motivation of Tarogong FC football athletes with traditional games in following warm-up.

### Discussion

Researchers and collaborators have found the answer to the research, that with the application of traditional games it turns out to increase the motivation of athletes in Warming-up or warming up.

According to researchers and collaborators the research stopped here and not continued to the next cycle, because the problem has been answered through the study of the application of traditional games can increase motivation in warming up. After completing the 2nd cycle action, collaborators expressed their observations to the researchers, in the form of quantitative figures that will be compared from cycle 1 and cycle 2 (Suwandi, 2013).

### CONCLUSION

Based on the process of analyzing the data as well as the results of hypothesis testing, the authors concluded that the application of the game can increase the motivation of athletes in warming up at Tarogong FC Football club. The enthusiasm and enthusiasm of the athletes became a contributing factor in the research.

This is indicated by an increase in percentage in each cycle. Starting from the initial observation of athletes Tarogong FC who seemed to have a warm-up motivation of 50% of the total number of athletes. Then in the 1st cycle athletes experienced a 70% increase in motivation. And in the last cycle the motivational increase has reached 80% of all Tarogong FC athletes.

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