

The Effect of Traditional Exercises for Self-Esteem of College Students

Aziz Amrulloh^{1,2}

¹*Sport Education Program, Postgraduate School, Universitas Pendidikan Indonesia, Jln. Dr. Setiabudhi No. 229 Bandung, Indonesia*

²*Universitas Suryakencana, Cianjur, Indonesia*
aziz_amrulloh@yahoo.com

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Abstract: This research aims to find out the effect of traditional exercises to students' self-esteem on PJKR course (Study of Students Traditional Sports) Faculty of Sport and Health Education in University of Suryakencana. The sample of this research is 40 college students who took the course of The Study of Recreation with Purposive Technic Sampling. Based on the result of this research and this discussion, can be concluded that learning process of traditional exercises give significant effect to students' self-esteem. Based on data, earned the averages scores of group of different experiments with the average scores of control group. Based on calculation, obtained $t_{\text{calculated}} = 5,251$ and t_{table} on degree $\alpha=0,05$ with $dk=n_1+n_2-2 = 20+20-2=38$ indicated number 1,686. If $t_{\text{calculated}}$ is higher than t_{table} , the null hypothesis (H_0) rejected, this indicates that the averages of gain group experiment and control group is different or the averages of gain group is better than control group.

1 INTRODUCTION

Play is an activity which is very familiar with human life. Folk games or can be called as traditional exercise is a cultural value in the treasures of local wisdom of Indonesian society (Naisaban, 2002). As any other cultural values that exist in the culture of society, folk games or more specifically traditional exercises have been experiencing various transformations of value throughout the life history of their owner.

Traditional exercises as the nation's cultural assets need to be preserved (Khamdani, 2010). Excavated and grown developed, because, beside as a game to fill our spare time, it also has potential to be further developed as exercises that can help to improve physical quality for the person. In addition, these exercises have positive effect also for the realization of a healthy and fit society. It because there are various activities and physical movement that support our fitness. The coaching of traditional exercises can be done at schools and among the common people in general.

Many benefits can be taken from the traditional exercises, one of them is a tool that is easy to get and allows anyone to do the exercise and stimulate the

people to give creative ideas out. The ambience will produce such as pleasant togetherness. This will grow harmony in our living. On the other side of all that learning process has been embedded in traditional exercises, we have learned to abide by the play rules in fair play. According to Khamdani (2010) "In traditional exercises there is a process of learning in life that is aware of the attitude of mutual acceptance and forgiveness".

Physical and social-psychological growth in college period is basically a continuation, which can be interpreted as a refinement of the previous growth and development process. In addition, students need acknowledgment of their abilities which called self-esteem. Students need rewards and acknowledgment that they have been able to stand by their selves, be able to carry out their own tasks, and be responsible for their attitudes and actions. Slavin (1994) stated that self-esteem is the values that exist in self, ability and behavior. Based on the word, self-esteem can be said as a person's appreciation of himself because of what is in someone's self is a power that must be appreciated and be developed.

This low self-esteem can potentially damage psychology (Harter, 1993). Basically there are many ways to evoke the spirit of personality, for example

positive activities such as exercises, be active in campus organization, and others. Based on the above exposure the researcher is interested to study about The Effect of Traditional Exercises for Self-Esteem of PJKR Students.

2 METHODS

The author uses experimental research methods and the type of research used in this study is quasi experiment (Cook et al., 1979).

The form of research design that will be used by the author is as follows figure 1:

	Pre	Treatment	Post
Experiment	T ₁	X	T ₂
Control	T ₁ ¹	~	T ₂ ¹

Figure 1: Research Design Form.

Information:

T₁ = self-esteem pre-test given to the experiment group.

T₂ = self-esteem post-test given to the experiment group.

X = treatment given to the experiment group by bentengan, galasin and kasti programs

T₁¹ = pre-test self-esteem given to the control group.

T₂¹ = post-test self-esteem given to the control group.

~ = no treatment given to the control group.

Data collection related to research, that is by: Questionnaire Self-Esteem. Instruments are constructed based on indicators of component development of each variable.

3 RESULTS AND DISCUSSION

In this chapter the researcher presents the data on the results of research to 40 (20 experiments and 20 controls) PJKR students of FKIP University of Suryakencana. This study uses a self-esteem questionnaire measurement instrument. Through this instruments, researcher get the data that must be processed and analyzed to get conclusions. The data is processed using statistical analysis before figuring out the level of significance of traditional exercises for self-esteem.

Data processing in this research uses statistical calculation method, with the intention to get an idea about the effect of traditional exercises for self-esteem on students after following traditional exercises activities. The results of the average calculation of students' self-esteem as a whole can be seen in the table 1 below.

Table 1: The Average Student of Self-Esteem.

Test	averages (experiment group)	averages (control group)
Total Pre- test (<i>self-esteem</i>)	138,05	134,70
Total post-test (<i>self-esteem</i>)	167,00	146,50

The following table 2 is the average difference, in the experiment group and control group:

Table 2: The Differences of Average.

Test	Average Difference of experiment group	Average difference control group
Confident	3,15	0,80
Calm	3,65	1,15
Boldness	3,00	0,85
Understanding others	4,10	0,90
Emotional maturity	2,10	1,15
Total (<i>self-esteem</i>)	28,95	11,8

The following table is about normality test, in the experiments group and pre- test control can be seen in the table below 3:

Table 3: Normality test to experiment group and pre-test control.

Pre- test	L0	L Table (dk=20)	Conclusion
Experiment	0,098	0,190	Normal Distribution
Control	0,090	0,190	Normal Distribution

Based on normality test, pre- test scores of experiment group and control group obtained score L0 or biggest difference of experiment group is 0,098, while in control group is 0,090. In table L with real level $\alpha = 0.05$ with the number of respondent's $n = 20$ dk (20) shows score of 0.190. With criteria of the test, reject the null hypothesis (H₀) if L₀ is bigger than table L. From the calculation above, the L₀ price of the experiment group and control group is smaller than the L table which means that the pre- test self-esteem scores of the experiment group and the control group are normally distributed.

The following table is the homogeneity test, to the experiment group and pre- test control can be seen in the table 4 below:

Table 4: Homogeneity test, in experiment group and pre- test control.

Data	F calculated	F table ($\alpha = 0,05, dk_1=19, dk_2= 19$)	Conclusion
Pre- test	0,365	2,21	Homogeny

From the calculation of homogeneity test of experiment group and control group obtained the calculated score F is 0.365 and the table F with the real level $\alpha = 0.05$ with the dk numerator = $n-1 = 20-1 = 19$ and dk denominator = $n-1 = 20- 1-19$ indicates scores 2.21. By the criteria of the test, if F calculated is smaller or equal to F table, then the null hypothesis (H0) is accepted. From the calculation above, the calculated F score is smaller than F table which means that the pre- test data between the experiment group and the control group has the same or homogeneous variance.

The Following table of the difference of two average test, in experiment group and pre-test control can be seen in the table 5 below:

Table 5: Differences test of two averages to experiment pre-test control groups.

Data	Average of experiment group	Average control group	t calculated	t table
Pre- test	138,05	134,70	0,913	1,686

From the test of difference or similarity of two averages between experiment group and control group, seen from the variable self-esteem on pre- test, obtained the average score of the experiment group is almost equal to the average score of the control group. From the calculation obtained t calculated = 0.913 and t table at the level of $\alpha = 0.05$ with $dk = n_1 + n_2-2 = 20 + 20-2 = 38$ indicates the number 1.686. If t calculated is smaller than t table, then the null hypothesis (H0) is accepted, it indicates that the average pre- test score of the experiment group and the control group is equivalent.

The following table is about the normality test in experiment group and post-test control can be seen in the table 6 below:

Table 6: Normality test in experiment group and post-test control.

Post-test	L0	L Table (dk=20)	Conclusion
Experiment	0,149	0,190	Normal Distribution
Control	0,129	0,190	Normal Distribution

From the calculation of normality test post-test, score of the experiment group and control group score L0 or the biggest difference of the experiment group of 0.149, while in the control group of 0.129. In L table with the real level $\alpha = 0.05$ with the number of respondent's $n = 20$ dk (20) shows score of 0.190. With the test criteria, reject the null hypothesis (H0) if L0 is bigger than L table. From the above calculation, the L0 score of the experiment and control group is smaller than L table which means that the post-test self-esteem score of the experiment group and the control group is normally distributed.

Following table is the homogeneity test, to experiment group and post-test control can be seen in the table 7 below.

Table 7: Homogeneity test, in the experiment group and post-test control.

Data	F calculated	F table ($\alpha = 0,05, dk_1=19, dk_2= 19$)	Conclusion
Gain	1,358	2,21	Homogeny

From the calculation of gain homogeneity test, experiment group and control group obtained the score of F calculated is 1.358 and the F table with the real level $\alpha = 0.05$ with dk numerator = $n-1 = 20-1 = 19$ and dk denominator = $n-1 = 20 -1-19$ shows score of 2.21. By the criteria of test, if F calculated is smaller or equal to F table, then the null hypothesis (H0) is accepted. From the above calculation, the calculated F score is less than F table which means that the gain data between experiment group and control group have equal or homogeneous variance.

Here about the difference / equality test of the two averages gain of self-esteem, to experiment and control groups can be seen in the table 8:

Table 8: Difference / similarity test of the two averages s gain of self-esteem, to experiment group and control groups.

Data	Average of experiment group	Average of control group	t calculated	t table
Gain	0,63	0,37	5,251	1,686

From the test of difference or similarity of two average between experiment group and control group seen from the variable gain of self-esteem, obtained the average score of the experiment group is different from the average score of the control group. From the calculation obtained t calculated = 5.251 and t table at the level of $\alpha = 0.05$ with $dk = n_1 + n_2-2 = 20 + 20-2 = 38$ indicates the number 1.686. If t calculated is bigger than t table, then the null hypothesis (H0) is rejected, it shows that the gain of experiment group and gain control group is different or the average of gain of experiment group is better than control group.

4 CONCLUSIONS

Based on this research data, it can be described some things as follows:

4.1 The Description of Early Conditions of PJKR Student Self-Esteem in FKIP University of Suryakancana

The description of early conditions that the students have in the self-esteem experiment sample is considered pretty well. This can be seen from the average score obtained from the questionnaire that is 138.05, with the highest score is 156 and the lowest score is 115 of the expected total score is 200. The description of the early self-esteem condition for the control sample is the same as experiment sample which has pretty well considered. This can be seen from the average score obtained from the questionnaire that is 134.70, with the highest score is 156 and the lowest score is 115 of the expected total score is 200. This condition occurs because the students have not get material preparation of the learning process.

The early self-esteem condition of students in both group is pretty well on the same level. This indicated that sample used in both homogeneous groups or in other words has the same basic potential.

4.2 The Description of Final Self-Esteem of PJKR Students in FKIP University of Suryakancana

The description of the final condition that the student has in the self-esteem experiment samples is considered pretty well. This can be seen from the average score obtained from the questionnaire that is 167, with the highest score is 182 and the lowest score is 150 of the expected total score is 200. This condition indicates that the learning process of traditional exercises is quite effective in improving self-esteem students.

The description of the early self-esteem condition for the control sample is the same as the experiment sample which is considered pretty well. This can be seen from the average score obtained from the questionnaire that is 146.50, with the highest score is 166 and the lowest score is 120 of the expected total score is 200. This condition occurs because the sample is not given treatment like the experiment group so that there is not significant increase.

4.3 The Significant Effects of Traditional Exercises to Student Self-Esteem

The condition of student self-esteem before the learning process in both experiment and control groups is basically same. This suggests that the basic potential of student self-esteem in both groups is comparable. The only difference is that the experiment group is given learning process of traditional exercises meanwhile the control group is not given a treatment. By these differences, this proves that after the traditional exercises learning process experiment, the experiment group at the end of the study had a significant increase based on higher average score compared to the prior conditions before the treatment was given. Meanwhile for the control group the prior and final average scores did not increase significantly.

From the test of difference or similarity of two averages between experiment group and control group seen from the variable self-esteem on the gain, obtained the average scores of the experiment group is different from the average scores of the control group. From the calculation obtained t calculated = 5.251 and t table at the level of $\alpha = 0.05$ with $dk = n_1 + n_2 - 2 = 20 + 20 - 2 = 38$ indicates the number 1.686. If t calculated is bigger than t table, then the null hypothesis (H_0) is rejected, it indicates that the gain of experiment group and gain of control group is different, or the gain of experiment group is better than the gain of control group. This indicates that the learning process of traditional exercises give a significant effect to student self-esteem.

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