

Benefits of the Traditional Game of Gobak Sodor: Improving Communication Skills and Social in Early Childhood, Literature Review

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Abstract: The problem in this Literature Review is to improve communication and social skills in early childhood through the traditional game of Gobak Sodor, in order to keep the nation's generation still having the national character inherited from their ancestors and is a characteristic of the nation, as reflected in the nation's philosophy, namely Pancasila and 1945 Constitution. This study aims to determine how the essence of the traditional game Gobak Sodor in improving communication and social skills in early childhood. The research method used is a literature review or literature study using library searches such as books and articles online and in print, through databases such as Research gate, Spencer Journal and Google Scholar. Participants in this Literature Review are early childhood. Data analysis technique with the following stages: collecting articles, categorizing articles, compiling descriptions of the Gobak Sodor game, communication and social skills then connecting with theoretical foundations, and drawing conclusions. Based on the articles collected, it was found that the traditional game of Gobak Sodor can provide a stimulus in improving communication and social skills in early childhood.

1 INTRODUCTION

The character of the Indonesian nation inherited from our ancestors has been developed and developed since ancient times, namely the value of communication, social values, mutual cooperation, mutual cooperation, mutual cooperation, and the spirit of community. The term national character is synonymous with "National Character" and is closely related to personality problems in social psychology (Sampurna & Sapriya, 2018). For this reason, these good noble values must always be used as guidelines for life in the nation's generation and must be passed on to the nation's next generation, so that a peaceful, cooperative and caring society can always be created. for others and not individualistic. This is also reflected in the philosophy of the Indonesian nation, namely Pancasila which is the guideline for daily life, society and the Indonesian nation as a state (Yunus, 2018)

Children are the next generation of the country, and the future of the country is very dependent on the education provided to Indonesian children.

Therefore, Early Childhood Education (PAUD) is a very valuable investment for the people of Indonesia, and is the initial stage towards a higher level. Education is the basic capital to form moral, character, resource and superior quality human beings. According to the "National Education System Law", education is creating a conscious and planned learning atmosphere and learning process, so that students can actively develop their potential, have religious spiritual strength, noble character, self-control, personality, and their lives in society, The state, and the state The intelligence and skills needed in Basically learning must last a lifetime. To create a generation of noble character, character, and quality education must start from a very young age. the golden age (Lickona, 2012).

In today's modern era, the communication skills and social spirit of the nation's generation have been eroded by the rapid modernization of technological developments. Children no longer have to communicate face-to-face with friends of their age and with their neighbors, but can communicate through social media gadgets. This can lead to the

fading of social interaction in children because they no longer have to communicate directly with friends and neighbors so that it also fades the communication skills and social spirit of children, who are the future generations of the nation and future leaders of the nation. This is also very dangerous for the survival of the nation's character. The changing times and technological developments in the digital era have made it easier for humans to carry out activities independently, individually, without the help of others. This can result in the erosion of the values of communication, social, cooperation, and mutual cooperation in children, who are the nation's next generation.

Currently, the rapid development of technology also makes traditional games increasingly marginalized. Traditional games have several advantages, especially in instilling character values in children. Dharmamulya explained that traditional games contain several positive values for the development of children's character, including fun, friendship, freedom, obedience, mutual cooperation, responsibility and democracy (Munisa, 2020). The purpose of early childhood education is for children to become complete human beings with noble, intelligent, and skilled personalities, able to communicate, socialize, and cooperate with others, and able to live in a society, state, and happy. based on the characteristics of the Indonesian nation. Based on these objectives, communication skills and social skills are very important to achieve a complete personality in accordance with the cultural characteristics of the Indonesian nation. Communication skills and social spirit are needed, because humans are actually social creatures (zoon politicon-Aristotle).

The school environment is a suitable environment for children to socialize. In a social environment, children will learn to relate to peers, teachers and people in the school environment (Istianti et al., 2016). Character education is an educational concept that is currently being implemented. Apply the concept of moral education and shape the character of students who have political ability and integrity. Hariyanto explained that personality is the basic value of every person, and is formed due to environmental influences and genetic influences that shape personality. Therefore, the cultivation of character values must begin at an early age. Lickona revealed that without character values, one cannot live happily and social life cannot run smoothly. Without good character values, humans cannot achieve a life that respects the dignity of all people (Kirom, 2017).

Social attitude is personal awareness, which determines the correct and repetitive behavior of social objects. Social attitudes are not expressed by one person alone, but are noticed by people in the group. The object is a social object (many from a group of people) and is stated repeatedly. If the social environment in question encourages or provides opportunities for children to develop actively, then children will be able to achieve mature social development. Conversely, if the social environment is not good, then the child's social attitude will often show deviant behavior. In schools, teachers play an important role in fostering students' social attitudes. In the classroom, the teacher plays an important role in guiding students to achieve the goals to be achieved, including the development of social attitudes. The goal is to train students to become human beings who believe and fear God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and are democratic and responsible citizens (Law of the Republic of Indonesia No 20 of 2003).

In order to develop children's communication skills and social skills in the learning process outside the classroom, a traditional game that can improve children's communication skills and social attitudes is gobak sodor (Fakhriyani, 2018). The selection of the Gobak Sodor game was based on various considerations. As said by (Angraini & Nurhafizah, 2020), the Sodor game requires good strategy, agility, cooperation, leadership, honesty and good intuition to play. Gobak Sodor is a game played in a square-shaped arena bounded by chalk lines. It consists of two teams, each with three guards, one team as guards, the other as players, and teams of alternate players. Will try to hit the line. Behind the arena (the door), a guard will stop him. If a player is touched by a defender, the two teams will take turns as a player and a defender (Ariani, 1998). Gobak sodo is a team sport game that requires teamwork. In addition to cooperation and community participation in teams, the Gobak Sodor game is also a sport with complex sports elements. In practice, the game of gobak sodor involves mastering various elements of skills, including mastery of technical skills, tactical skills, physical and mental skills (Ariani, 1998).

Departing from the above phenomenon, the researcher is interested in describing the children's game gobak sodor to foster communication skills and social attitudes. This is the reason why researchers are interested in conducting research with the title "The benefits of the traditional game of Gobak Sodor to improve communication skills & social skills in early childhood".

2 METHOD

This study uses a literature review method or literature study, which is a research method that uses literature searches such as books and articles as a reference for reference materials both online and in print. Books and articles referenced through the database include Researchgate, Scencedirect and Google Scholar, selected based on the topic in this study, namely the benefits of the traditional game Gobak Sodor in improving communication & social skills in early childhood, so that they can continue to compete in the current era.

The data collection in this literature review is books and several journal articles based on searches through databases, including Research gate, Science direct and Google scholar. All reference sources used as references in the literature review range from 2016 to the most updated, namely 2020. In the search for articles, keywords related to the topic of literature review are used, namely the benefits of the traditional game Gobak Sodor in improving communication & social skills in early childhood. Here are some articles and books that the author used as a reference in the preparation of this article, including at table 1.

3 RESULT AND DISCUSSION

According to (Inten, 2017), early childhood is children in the age range of 0 to 8 years, who are in a very fast and fundamental process of growth and development, ready for the next life. At this time, children are in the golden age, which determines the greatest development of children in society. According to (Syukur & Tefanai, 2017), young children are defined as children aged 0 to 8 years. They are included in child care (TPA), playgroups (KB), kindergarten (TK), and early childhood primary schools. (Setiyatna, 2017), implies the characteristics of young children, namely: 1) egocentricity, 2) the tendency to see and understand things from a different perspective from adults, 3) children think that the world is full of interesting things, 4) children are social creatures, 5) children form their self-concepts through social interactions, 6) children are unique, 7) children are full of fantasy and like to do imaginative things, 8) children do not pay attention, 9) children are learning potential.

Early childhood education is essentially a type of education, the purpose of which is to support and provide in order to enhance and stimulate all aspects of the growth and development of the child as a

whole, and to develop the potential of the child in terms of minors and environmental impacts. To maximize the environment older childrens have the principle of playing while learning, and playing and learning, so that children who play are children who are learning, and learning only depends on children. Playing and teaching children We must equip children with a really interesting way of playing, which is a very interesting way to allow children to do this in accordance with the principles of play (Soetjoningsih, 2014) Playing provides opportunities for children to develop social sensitivity and empathy, hone social intelligence, the ability to establish interpersonal relationships, talk, negotiate, deal with conflict, tolerance, and so on (Suminarti, 2020).

Based on the above opinion, playing can develop various aspects of children's development, playing is something fun for children, group play can be done by children so that children can adapt to the environment. Group games can improve the areas of communication skills, social skills, cooperation and collaboration for early childhood such as the Gobak Sodor game.

3.1 Benefits of Early Childhood Communication Skills

Communication skills play an important role in children's lives. Through good communication, children can convey all their thoughts to others orally and in writing. Good communication skills, this is where other people can easily understand the written and spoken language of the child. Children can acquire good communication skills from activities that are very close to their world, namely through games. Play and communication skills are two things children feel and do. Satria & Sari (2017) says that through games, children can practice their skills and abilities, as well as try, investigate and discover new things, such as when parents invite their children to have informal conversations while cooking, gardening or eating. will create a more engaging, more comfortable, and more meaningful parent-child exchange.

3.2 Social Skill

Social skills are personal behaviours that encourage active interaction with other people and the environment. Some of these skills include showing empathy, participating in group activities, giving generously, helping, communicating with others, negotiating, and solving problems (Fitriana, 2016).

According to Junice J. Beaty, social skills are also referred to as the main social behaviour and include the following behaviours : a) Empathy, which is when children pay attention to people who are frustrated with their problems and reveal that others are experiencing conflict. As a way for children to understand other people's feelings, b) generosity or generosity, where children share with others and give some of their property, c) realize that children take turns or take turns, they can voluntarily carry out orders without causing fights, d) Providing assistance, where children help others to complete tasks and help those in need. Children who withdraw from group activities may be told that they have poor social skills. Social skills are part of a developmental task and must be completed and formed through childhood habits. In order to complete developmental tasks and so that children have higher social skills in the future, it is necessary to conduct coaching and development in improving children's social skills.

3.3 Dimensions of Social Skill

The first dimension of social skills that emerges is adaptive behaviour. Adaptive behaviour is the behaviour of individuals who carry out daily activities in general according to their age and social maturity and related to the culture of the group (Pramana et al., 2016). Adaptive behaviour is divided into two categories, including personal life skills and social life skills. Personal life skills are adaptive behaviours that are manifested by individuals in managing themselves independently, such as eating independently, dressing, and taking care of themselves. Social life skills are social skills possessed by individuals, such as the ability to interact with friends or adults, pay attention to behavior, and participate in groups (Pramana et al., 2016).

According to Hurlock (2013), social development is the ability to act according to the needs of society. "Socialization is the ability to act according to social norms, values, or expectations." To become a socially capable individual, three socialization processes are required. This socialization process seems independent but is actually interrelated, As Hurlock says, it is as follows. Learn to act in a socially acceptable way. Learn to play a social role in society (Hurlock, 2013).

As for the group of non-social individuals, they are people who do not reflect the three processes of socialization. They are individuals who do not know what is expected by social groups, so that their behaviour is not in accordance with social

expectations. As a result, these anti-social people are rejected or rejected by social groups. The second dimension of social skills that emerges is cooperation. Cooperation is the spiritual and emotional participation of individuals in group situations, encouraging them to contribute to the realization of group goals and take responsibility (Goleman, 2020). Cooperation is human nature as a social human being. According to (Snow et al., 2021), cooperative learning can be defined as group work or a structured learning system, which includes five main elements in its structure, namely active interdependence of personal responsibility, personal interaction, collaborative skills. and group presentations.

Based on some previous views, it can be concluded that the development of children's social skills has been integrated in their learning, therefore the development of social skills can be done through various methods and strategies, including games. There are games that can develop children's skills, including the traditional game of gobak sodor which is now starting to be abandoned.

3.4 Benefits of Collaboration for Early Childhood

At a very young age, children begin to have the ability to adapt (ego-centric), cooperative or social- centric (willing to pay attention to the interests of others). By encouraging students to learn actively when working together, not just passively, learning to work together can prepare children for their future in society. This will motivate students to achieve better academic achievement, appreciate differences and improve social skills. All of these will develop collaborative skills such as communication, interaction, collaborative planning, sharing ideas, decision making, listening, wanting to change, exchanging ideas and synthesizing ideas (Mubarok, 2012)

Another benefit of cooperative learning is: it can grow students in all aspects of moral and social interaction, because through cooperation, children get more opportunities to interact with other children, and prepare students to learn how to gain diversity for themselves and their teachers. information. Friends, teaching materials or other learning resources to improve students' ability to cooperate with others in a team, form an open personality and accept differences that arise, and ensure children remain active and creative throughout the analysis and development process (Mayasari, 2018).

Table 1: List of Reference Sources.

TITLE	AUTHOR	SOURCE
<i>The perspective of expert thought on civic education in the development of the nation's character</i>	(Sampurna & Sapriya, 2018)	Unitirta Civic Educational Journal
<i>Local cultural values as an effort to build the nation's character building</i>	(Yunus, 2018)	Google Scholar
<i>The effect of using gadgets on early childhood social interactions</i>	(Munisa, 2020)	Google Scholar
<i>Development of social skills to shape social behavior, early childhood</i>	(Istianti, 2016)	Google Scholar
<i>Instilling the Value of Character Education in Students Through Literature Learning With the Gobak Sodor Game Model</i>	(Kirom, 2017)	Google Scholar
<i>Cultivating cooperative behavior in early childhood, through traditional games</i>	(Aqobah, 2020)	Google Scholar
<i>Improving early childhood communication skills</i>	(Setiyatna, 2017)	Google Scholar
<i>Development of Early Childhood Communication Skills</i>	(Inten, 2017)	Google Scholar
<i>Improving early childhood communication skills</i>	(Syukur & Tefanai, 2017)	Google Scholar
<i>Improve early childhood communication skills</i>	(Faizah & Simatupang, 2016)	Google Scholar
<i>Cultivating cooperative behavior in early childhood through traditional games</i>	(Aqobah, Ali, Decheline, & Raharja, 2020)	Google Scholar
<i>Development of early childhood social skills through traditional games</i>	(Fakhriyani, 2018)	Google Scholar
<i>Development of Early Childhood Social Skills</i>	(Rachman & Cahyani, 2019)	Google Scholar

Based on the previous view, it can be concluded that the benefit of children's cooperation is to foster children's trust in groups and the social environment in which they play with their peers, because children with high cooperative abilities can easily adapt to the environment and are good for family, school and friends. In other words, children can learn to understand the value of giving and receiving from an early age, and children will also learn to appreciate the gifts of others, even if they don't like it. And accept the kindness and attention of others. friend. With good cooperation skills, children can enjoy their childhood. You will soon become an adaptable adult and your life will be happier.

3.5 Benefits of Collaboration for Early Childhood

The purpose of children's cooperation According to (Mayasari, 2018), the objectives of children's cooperation are: a) To better prepare students in various new skills so that they can participate in a world that is constantly changing and developing. b) Shaping the personality of students to grow the ability to communicate and cooperate with others in various social situations. c) Invite children to take the initiative to build knowledge, because in cooperative learning (cooperative), kindergarten children not only gain knowledge from the teacher, but also students continue to develop knowledge so that children

become active participants. d) Can strengthen personal interactions between children and between teachers and students. In addition, the purpose of children's cooperation is to shape the child's personality so that they can develop communication skills and work together with others in various situations, strengthen personal interactions between children and their peers or owners, and establish social interactions (Dubé & MacDonald, 2017).

Based on some previous views, it can be concluded that the purpose of cooperative capacity is for children to be tolerant, help each other and share opinions, so that students can have psychological trust and make it easier for them. adapt to the new environment Increase environmental socialization by children.

3.6 The Role of the Traditional Game Gobak Sodor in Improving Communication Skills & Social Skills in Early Childhood

Dipper (Nurhafizah & Azlina, 2015) "The traditional game of Gobak Sodor requires good strategy, agility, cooperation and leadership, honesty and "Gobak Sodor is a game played on a square field bounded by chalk lines. It consists of 2 groups of 3 guards each, one group is a guard and the other is a player. Each member of the group of players will try in turn to reach the line. Behind the scenes (entrance) and members of the guard team stopped him. If a player is touched by a defender, the two groups take turns as player and defender (Ariani, 1998). Gobak sodo is a team sport game that requires teamwork. In addition to cooperation and individual participation in teams, the game of gobak sodor is also a sport with complex sports elements. In practice, the Gobak Sodor game involves several elements of skill mastery, including mastery of technical skills, tactical skills, physical and mental skills (Ariani, 1998). Based on the views above, it can be explained that the game gobak sodor can provide many benefits for children, such as developing children's social attitudes and communication skills.

The Gobak Sodor game is also known as Galah Asin, this game is a group game that is divided equally by the number of players. Before the game starts, first make a rectangular field and make a line from front to back. Then a lottery was held to determine the guard group and the attacking group. The line guard group is tasked with blocking the attacking group from crossing the line. If the guard group hits the attacking group, then the attacking group is considered dead (cannot continue the game).

And so on until the attack group runs out. After running out and then rolling, the guard group becomes the attack group and vice versa. In this game, it educates children to work together and communicate in order to win with honesty (Erdiana, 2016).

4 CONCLUSION

Based on the above discussion, the traditional game Gobak Sodor is very useful for improving communication skills and social skills in early childhood. In this case, communication skills and social skills are needed by early childhood for later life, both in society, nation and state. It is hoped that in the future, with expertise in communicating and socializing, it can make it easier to complete all work and get happiness and success in social life.

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