

LEARNING OF PETANQUE SPORT TO IMPROVE CONCENTRATION AND ACHIEVEMENT OF STUDENTS IN CENTRAL JAVA

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Abstract: The purposes of this research are to study, 1) Overall Petanque Sport, 2) Learning Petanque Sport, 3) Benefits of Petanque Sport learning. This research was conducted in FOPI Central Java. This research is a qualitative research that is interpretative, and presented using descriptive approach. We made observations, analyzed documents, and conducted some interviews to collect our data. The results in this research are as follows. 1) Petanque Sport is a new sport from France that is growing rapidly in Central Java. 2) The most effective socialization and learning efforts are conducted in schools. 3) Participating in Petanque Sport can increase student concentration and achievement in Central Java. Based on the result of the research, Petanque Sport is one of sport branches that has been growing fast in Central Java since 2016. Although classified as a new sport, Petanque can be accepted by children in Central Java because the type of game is very fun, easy to learn, minimal of risk and no physical contact. Petanque game is likes traditional games, for example kelereng or gundu. Application of petanque sport learning in school can improve concentration and achievement of students in Central Java because in Petanque sport there are many numbers that are contested.

Keywords: Petanque Sport, Concentration, Students

1. Introduction

Central Java as one of the provinces in Indonesia, is an area that has considerable sports potential. Various Indonesian sport achievements are partly contributed by athletes from Central Java Province. Some of the best trainers in Indonesia are also come from Central Java. Central Java was successful in organizing monumental sporting events, especially in organizing PON I in the year 1948 in Surakarta. Central Java was also chosen as the launching place for the birth of the National Sports Day (Haornas) on September 9, 1986.

Petanque Sport is one of the new kind of thriving sport in Central Java. Petanque is a sport that originated from France. It is a form of boules game which aims to throw an iron ball as close as possible to a wooden ball called 'jack' and the foot of the player must stand in a small circle on the ground. This game is usually played on hard ground but can also be played on grass, sand or other ground surfaces. The development of Petanque sport in Indonesia is quite rapid. It began to be known since 2011 together with the establishment of the Indonesian Petanque Sport Federation (PB FOPI) which is the chief organization of Petanque sport in Indonesia.

This sport is socialized and developed by academia. Physical Education teachers and lecturers are actors who are directly involved in developing Petanque sport in educational environment. Colleges and schools are very effective places for studying petanque sport. At School, this sport is introduced through MGMP media. Physical Education teachers who have received debriefing are given the task to introduce Petanque sport to their students. Petanque spory is very easy to learn, the technique to play is almost similar to traditional game such as marbles game like the kids often do. Petanque is not a type of exercise that require heavy physical activity, but it involve high accuracy and concentration. Familiarizing students to concentrate will make it easier for a teacher to deliver the school learning materials, it can indirectly improve student achievement in both academic and non-academic fields.\

2. Methodology

This research was conducted in FOPI office of Central Java, GOR Jatidiri 2nd Floor, KONI Central Java Building, Karangrejo Semarang – 50234. This study used qualitative and interpretative research methods. This study aims to find out about Petanque sports, the method of Petanque sport learning, and the benefits of Petanque sports learning. In this research, data collection technique used in this research is observation, interviewing, and documentation. Data analysis in this research was carried out in four stages: data collection phase, data reduction phase, data presentation stage, and conclusion stage.

3. Results and Discussion

- a) Petanque sport is one of the new sports branch in Indonesia. This sport originated in France and first entered in Indonesia in 2011 at the time of Sea Games in Palembang. FOPI management in Central Java officially formed in 2016.
- b) Petanque is a very unique sport, the game is fun and there is no physical contact.
- c) The equipment used is very simple, using an iron ball called "Bosi" and a wooden ball commonly called "Boka".
- d) The scoring system in petanque is a radius, which can carry an iron ball near the wooden ball will be the winner.
- e) Petanque in Central Java was developed by academics (lecturers, sport teachers and college students).
- f) Petanque is disseminated in education circles such as sport campuses and schools (elementary, junior high, high school).
- g) In playing petanque, high accuracy and concentration are needed so that it can facilitate the teacher in shaping the character and patience of students.
- h) In petanque sport, students are educated to be intelligent, deft and agile because in the game of petanque there is an attack and defense strategy. This will have a positive impact on students, especially in decision making.
- i) Petanque can train students to be more honest and confident.
- j) Petanque sport can be used as an extracurricular activity at school.

- k) Petanque sports are very healthy and not limited by age.
- l) Petanque officially competed in the Porprov 2018 event in Central Java.
- m) Petanque sports have been contested in the exhibition of PON, Pomnas and Sea Game events.
- n) Petanque is one of the hopes of the new sports branch to boost the sports achievements of Central Java.
- o) In petanque sport many numbers are contested :

Number	Competition Number
1	Men's Single
2	Women's Single
3	Men's Double
4	Women's Double
5	Mixed's Double
6	Men's Triple
7	Women's Triple
8	Triple Mix 2 Men's 1 Women
9	Triple Mix 2 Women's 1 Men's
10	Shooting Men's
11	Shooting Women's

Source: PB FOPI



Socialization of petanque with MGMP Physical Education teacher



Petanque Sport Learning in Sragen Regency, Central Java



Confidence and Calmness are the Main Capital in Winning the Game



The Standard Petanque Field Uses Kricak Stone Size 0.5 Cm



Technical Meeting (TM) Pra Porprov in Petanque Sport in Solo, Central Java, 2017



Champion of Women Double 2018 Sports Petanque in Solo, Central Java

4. Conclusion

Many new sports are coming to Indonesia, especially in Central Java, but all of them can not grow as fast as expected. To develop new sports the participation of academics is needed. The world of education is the right place to develop Petanque sport. Because the world of education is a place to learn all things, schools have very high potential because there are students who are still in their productive age. Students can be trained to be athletes for a very long period of time. Petanque has many numbers to compete, 1 athlete may play on 4 numbers. Mathematically it is very efficient and interesting. By training 1 athlete can get 4 medal opportunities, this is the reason why Petanque deserves to continue to be developed especially into the scope of education.

a. Suggestion

Based on the conclusions and implications that have been described above, then the advice from the author is as follows:

In the modern era of increasingly sophisticated electronic equipment, online games can be accessed via mobile phone so as to reduce activities, especially activities of younger generation. Petanque is one of the alternative sports that can be used as an option to overcome these problems. In addition to make healthy, fun, and injury is very minimal because for the implementation is no physical contact activity.

The environment is very influential in human life. If we have the wrong friends circle then the stakes are the our future. Therefore it needs a container that is positive so that young generation of

Indonesia can grow up to be a good character generation. Petanque is a new kind of sport that holds all the people, be it young, old, rich, poor, all allowed to join, automatically we will be reunited with new people, new friends and new relations.

Life in the global era is very worrying, if students are not good at placing themselves and doing positive activities, juvenile delinquency (free struggle, narcotics and alcohol) will threaten their lives.

The rate of obesity in Indonesian children continues to increase, it is still a national problem which until now has not been resolved optimally, if examined more deeply one of the causes is excess nutrition and lack of activity. Therefore, petanque can be an alternative solution to overcome this problem.

So far there are still many student talents that have not been maximally explored, therefore the role of a teacher is very important to help exploration students find and channel their talents.

Hyperactive children are a gift from God that should be grateful, but in the classroom the presence of children is not infrequently troublesome for educators or teachers because they are very difficult to concentrate. In applying petanque requires a very high concentration, so students who are directly involved will be easier to manage.

How to make a petanque field is very simple, easy and inexpensive. If all schools have, then the rate of development of petanque sports will be more rapid.

If students are diligent in exercising and given good nutrition, they will automatically grow physically and spiritually healthy. The mental and physical health will deliver students to achieve both academic and non-academic achievements. The educational environment is the most effective place to develop Petanque sport.

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