

PLAYING AS THE BEGINNING OF SPORT CULTURE

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ABSTRACT

The purpose of this short paper is to discuss the basic concept of playing as the beginning of sport culture.

The basic concept of playing is physical activity which is done seriously with obeying the entire rules voluntary to look for pleasure. Through playing, life aspects such as cognitive, affective and psychomotor aspect can be developed well. Thus, playing takes a role to develop psychological, physical, and social aspect. Things that can be developed well in psychological aspect are intelligence, talent, attention, concentration, interest, motivation, emotion control, anxiety control and steady offense. What are being developed and increased well in physical aspect are skills, physical fitness, and ability to do the basic movements. While things that can be improved in social aspect are cooperation, mutual assistance, trust and respect between each other, good relation, good communication, and good social life. The sport itself is an ability to struggle against the rivals or the opponents, friends, the athlete him of herself and the nature for the sake of winning. The purpose of the sport is achieved by doing hard struggle without ignoring the in effect rules, fair play, and sportiveness. By doing sport, human life will be more meaningful physically, psychologically, and socially since those three aspects will be developed well.

Playing has the same goal as sport. Therefore, by playing there will be created an atmosphere which is the same as that by doing sport. It also means that by playing the beginning of sport culture which always emphasizes on the struggle with full responsibility, fair play, and sportiveness will be created.

Key Words: Playing, Sport Culture

INTRODUCTION

Playing is physical activity which is done seriously with obeying the entire rules voluntary to look for pleasure. It means that there are four elements in PLAYING, they are physical activity, seriousness, voluntary and pleasure. Physical activity shows that there are movements done by the players to achieve a goal. This movement can be found in the form of ability of basic movement or of a certain skill performed by the players. Seriousness shows that there is behavior done with great struggle to get a targeted goal. Voluntary means that when the players are playing they will obey the entire rules since those rules are made of agreement from each player. While pleasure is the goal of playing which is exists during the playing process.

Sport then can be defined as an ability to struggle against the rivals or the opponents, friends, the athlete him of herself and the nature for the sake of the intended goal. The goal itself is supposed to be reach through a struggle which is full of responsibility, fair play and sportiveness. These values are really emphasized in the spirit of sport.

Through playing, good beginning of sport culture will be formed since the children will be accustomed to obey the rules or respect fair play and accustomed to admit the opponent's strength or weakness or to be sportive. These habits are supposed to be done with full responsibility of struggle.

THE BASIC CONCEPT OF PLAYING

Playing has very broad meaning in human life either psychologically, physically, or socially. There are a number of psychological aspects which are affected by playing such as intelligence, motivation, attention, interest, talent, etc. Meanwhile, physically playing will affect

physical growth and development, body's fitness, body's shape, health and skills. Then, socially playing will give impacts toward social values such as cooperation, communication, trust, mutual assistance, obedience to the rules, socialization, etc.

There are several reasons for children to do playing. The first is that they have extra energy as biologic roles of human body are to maintain and provide the next life activity. The other reason is because there is an effort to make balance between work and rest or because there is a tradition activity which is from their ancestors and it has to be done time by time. The next reason is that there is improvement in cognition and imagination.

According to Sukinanta (1998:9), playing is physical activity which is done voluntarily and seriously to gain pleasure from it. Drijarkara in Sukinanta (1998:21) stated that playing is dynamic activity. Thus, human will activate themselves since human is a dynamic who always activate themselves. Drijarkara then also stated that there are two-must-be-exist characteristics in playing. The one is eros and the other is agon. Eros means pleasure or affection and agon means the spirit to struggle against the entire obstacles.

Based on Smith in Tedjasaputra (2001:16-17) there are six characteristics in playing activity: 1) done with intrinsic motivation, 2) the players' feeling is dominated by positive emotion, 3) flexibility is signed by the easiness to change the playing activity, 4) emphasizes on the process rather than on the result, 5) free to choose, 6) has the quality to play role or to pretend.

From those opinions it can be concluded that the basic concept of playing is all physical activity which is done seriously and voluntarily to gain pleasure with spirit to struggle against the entire obstacles.

PLAYING FUNCTION

Playing in fact has important role in human life that can be viewed from physical aspect, psychological aspect and social aspect. In psychological aspect, things such as intelligence, motivation, emotion, mental, confidence, interest, willingness, anxiety, offense, attention, and any other mental things can be developed. Through playing the children also will be able to improve, maintain, and control those psychological elements. In physical aspects, physical development and growth, body's fitness, body's health, basic movement ability, psychomotor skill and other elements like strength, speed, power, flexibility, endurance and liveliness can be developed well also. It is crystal clear that the social aspect's elements will also be developed through playing. They are cooperation, communication, and trust between each other, respect, socialization, empathy and togetherness. This opinion is in line with Cowel's and Hazelton's opinion in Sukintaka (1998:9) that through playing there will be a constructive change in terms of physic, social, mental and moral.

Then Hurlock stated that playing has role in children's life as learning source. This shows that by doing playing the children can gain various experiences either cognitive experience, affective experience or psychomotor experience. The children also can get additional positive behaviors like being honest, discipline, communicative, cooperative and sportive. Children's psychomotor ability also will be well improved. Playing also can be a moral standard since when the children are playing we can see the good and bad children's behavior. Playing also can boost the children's creativity since there are various problems in playing that have to be faced and solved as soon as possible by the children. In this case, appropriate and fast solution of many possible solutions is needed to be decided by the children.

Tedjasaputra (2001:38-49) stated that playing has benefits toward or as: 1) physical aspect development, 2) hard and soft psychomotor aspect, 3) social aspect, 4) emotional aspect, 5) cognition aspect, 6) the sharpness of sensory perception, 7) sport and dance skills, 8) education and equipments for teacher, 9) media therapy, 10) intervention therapy.

SPORT CULTURE

According to the Indonesian law (UU) number 33 in 2005 about National Sport System; sport is systematic activity to encourage, construct and develop physical, psychological, and social potency. The meaning of sport in this law is very broad so that it needs to be defined more clearly and profoundly. Despite that fact, it's also still important to underline that physical, psychological, and social aspect development is central point in sport activity. It means by doing sport, the children are hoped to develop their physical ability in the term of their basic movement skills, spiritual ability in the term of knowledge or intelligence, and social ability in the term of good attitude, honesty, sportiveness, obedience to the entire rules, cooperation, and respect.

Sukintaka (1998:17) stated that sport is a king of game and physical activity which is done with a great struggle against the self, the opponents, and the nature to reach winning. This opinion is more specific than previous opinion in the case that sport is physical activity used to struggle against self both spiritually and physically like fatigue, injury, endurance, fear, anxiety, laziness, desperation, emotion, etc. Against the nature means that the children can face and solve the real condition at the moment they are playing like weather, hotness, coldness, rain, cloud, wind, etc. Winning is the main purpose of sport which must be reached by doing hard struggle regarding fair play principle and sportiveness.

The habit to get a winning in sport competition through respecting the fair play principle and sportiveness has to be afforded in the various sport events so that this condition can be a sport culture.

CONCLUSION

In order to get the targeted goal in sport, it is important to always respect the spirit of fair play and sportiveness and not to do harsh, bad, deceiving things. This culture has to be accustomed to the children since their early years so that later it will be good habit for them, even until they get mature. This culture constructing can be started by playing activity for the children. Through playing, the children will be used to obey the rules voluntary and try as seriously as they can in facing all the obstacles to reach their purpose respecting the responsibility, discipline, honesty, and readiness to be winner and loser. Thus, by playing sport culture can be formed naturally.

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