

ABSTRACT

AURELIA DEVIA CITRA. 2021. *The Effect of the Traditional Engklek Game on the Improvement of Balance and Muscle Power in the Legs*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

In general, there are two learning processes in schools, namely intracurricular and extracurricular activities. The importance of extracurricular at school is as a means of developing student creativity, because intracurricular activities are still lacking in developing the potential of students. From the results of observations made on MI Condong Tasikmalaya students still lack good balance and leg muscle power. Seen during extracurricular training, when doing activities that require balance and leg muscle power, many students cannot maintain their balance and are less than optimal in doing repulsion. Due to the characteristics of SD/MI students who like to play, the author will provide treatment to improve the balance and muscle power of the students' limbs with traditional games. The purpose of this study was to obtain information about the effect of the traditional engklek game on improving balance and leg muscle power of MI Condong Tasikmalaya students. The method used is the experimental method. The research population was MI Condong Tasikmalaya students who participated in extracurricular activities (football, volleyball, basketball, and pencak silat) totaling 20 people, namely 10 boys and 10 girls who were sampled. Based on the results of data processing with statistical tests, it can be found that there is a significant effect on the traditional engklek game on improving balance and leg muscle power of MI Condong Tasikmalaya students.

Keywords : Traditional Game of Knuckles, Balance, Leg Muscle Power