



## GANTAO ART TRADITION IN BIMA REGENCY, INDONESIA OBSERVED FROM VALUE OF PHYSICAL EDUCATION AND SPORT

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### Abstract:

Gantao art tradition is one of the local arts contained in Bima regency of West Nusa Tenggara, Gantao art tradition can be applied to increase the mental attitude and the quality of the young generation, through training in physical fitness, mental attitude and discipline, so it will create a generation of young-spirited knight. The purpose of this research is to determine how the values of physical education and sport contained in Gantao art tradition. The method used in this research is descriptive qualitative method by using the phenomenological approach. The research was conducted in Bima regency with sample of six sub-districts by using random sampling techniques. The result of that research has been done in the Gantao art tradition are the values of physical education and sport for the Gantao art tradition there are values of sportsmanship, social responsibility, discipline, honesty, able to control the emotions, the value of teamwork, and fair. Endurance and physical strength as well dexterity in playing Gantao obtained from structured exercise. Gantao art tradition is a local art that can be developed in sports science.

**Keywords:** tradition, Gantao art, value of physical education and sport

### 1. Introduction

Now today's development, social culture in sport is heavily influenced by the social phenomenon because of the dynamics of socio-cultural interaction in the community.

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This was in line its development, the sport continues to develop in accordance with the development of culture. Socio-cultural grounding in sports is the role of socio-cultural aspects related to sports or physical activities daily. As social beings, humans are part of the social system in groups shaping the culture and tradition.

In Indonesia are various kinds of arts and cultural traditions of different ethnic groups that reflect diversity. To keep the tradition and the local art that has been entrenched in Indonesian society, it is important to do the preservation of the development of more modern era that resulted in the erosion of tradition and art so that we can be sure gradually tradition and art that will become extinct. To maintain and continuous art and cultural tradition it is important to maintain the existence of local art in Indonesia.

Bima regency of West Nusa Tenggara province is an area that has a tradition of cultural art of dance with Gantao name. Gantao art tradition based on some historical accounts explaining that Gantao art tradition is one that is adopted by culture of Makassar developed by coastal communities in Bima kingdom around the 16<sup>th</sup> century (Ismail: 2006: 5). Gantao art tradition to this day can still be found in some of the galleries that foster specifically and became one of the traditional culture and cultural identity of Bima. Gantao as the Milky cultural identity is important to be maintained and preserved in order to not forgotten by the younger generation and not eroded by modern cultures as it is today. Preservation in question is to maintain the existence of gantao itself apart as a local identity can also be known widely in terms of both its historical and its presence in society.

When it is seen inside, there are movements that show agility, strength, and sportsmanship in addition to the moral values also contained in Gantao artistic traditions such as the value of cooperation, fairness, and respect for the opponent. Gantao art tradition is played by two men to the accompaniment of traditional musical instruments wearing traditional costume Bima. Aspects contained in the arts as an attacking style and the style survived to become the main movement.

Gantao as a traditional art can be applied in improving the mental attitude and the quality of the young generation. This of course will be linked with the aim of youth development that are sustainable, so that it becomes an opportunity for institutions to help to improve the quality of students through training in physical endurance, mental attitude and discipline through physical education and sport that will print the younger generation who spirited knight. In addition to improve health, physical fitness, raise self-esteem, mental endurance train, develop high self-awareness, improve motor skills, improve physical abilities, fostering sportsmanship, discipline and tenacity higher.

Based on the understanding of physical education Feiring according to Jesse Williams in Williams H. Freeman (2001: 3) physical education is about a number of human physical activities in order to obtain results that are beneficial to the body. Physical education is an integral part of the overall education that aims to improve individual organically neuromuscular, intellectually, and emotionally through physical activity. This is consistent with the understanding of Lutan and Chalik (2001: 21) that emphasizes the development of strength and physical fitness, but also develop the whole person: physical, mental, moral, and social in order to prepare the child's life in order to function well in society.

As researcher said in background previous, the formulation of the problem that will be raised is: How do the movement technique Gantao art traditions and the values of physical education and sport contained in Gantao art tradition.

## 2. Methods

This research used descriptive qualitative research with phenomenological approach. In the data collection, it is using random sampling techniques. Place of research conducted in Bima regency of West Nusa Tenggara province. Data were collected randomly, namely in areas that meet the criteria as a location for data retrieval. Observation and in-depth interviews conducted to obtain the desired data. The data collection technique was using the technique of in-depth interviews and observation. The validity of the data is using triangulation data. Analysis of data is using interactive analysis with the three stages of analysis, namely data reduction, data presentation, and drawing conclusions.

### a. Physical Education and Sport

In this research, several parameters are used as reference for comparison, which departs from several theories about physical education and sport, Edi Suparman (2000), Abdullah (1994), and the theory of sport that promote competitive involving physical skills of complex (Coakley, 2004), another theory that a parameter in this study was proposed by Giriwijoyo (2005: 30) says that exercise is a series of regular exercise motion and planned that people consciously to improve functional ability. This can be said to be in line with what is disclosed in the Gale Encyclopedia of Medicine (2008), sport is a physical activity that is planned, structured, and done repeatedly and intended to improve or maintain physical fitness. In connection with the sport and culture of ethics becomes crucial in sports where ethics is a theory of moral behavior in sports. Due to ethical sporting phenomenon reflects the social and cultural settings. Ethics in sport requires passion and hard work to create a clean sport (Volkwein 2014:

129). Briefly Giri Wiarto (2015) asserts that sports activities have an impact on human life, whether religious life, leisure time (leisure), patriotism, and achievement. So the purpose of physical education is a vehicle to achieve the aim of making the whole man both physical and spiritual. In addition, physical education can also improve physical development, cognitive development, affective, psychomotor and social.

Another theory stated by Tamburrini (2000) sport into a lifestyle that makes us become more active or passive to the life of society, to the content of the effects of social differences that social attitude and character description of the value of sport, which is positive among others: self-discipline, teamwork, play fair, and negative examples such as: too obsessed in so that the team wants more self-effacing, always like bringing the opponent.

The term "sport" has many definitions throughout the world, which can only be fully understood in the context of historical, social, and cultural. The origin of the word "sport" is derived from the Latin "disportore", meaning dis is separating and portore is carrying, so understanding bring itself apart from interference. In most European languages, the term "sport" means all-inclusive, incorporating a wide range of human movement, including sports, recreation and leisure activities, as well as exercise and physical fitness. In German, for example, distinguish between the different forms of sports involvement depending on the main focus of the activity. For example, physical activity is oriented towards fitness is called Fitness-Sport; orientation to health called Gesundheits-Sport (sport health); orientation toward achievement and competition called Leistungs-Sport (athletic or top-level sport); orientation towards rehabilitation called Reha-Sport Focus on disability sport called Paralympics sport has evolved over the last 10 years. Then the term as Geronto-Fitness (sports for the elderly), and Prestige-Sport (eg, golf and sailboats) was added in the vocabulary of the sport that evolved as a variety of sports activities. Therefore, the term sport is used in the broadest sense of the human body movement and sports (Volkwein, 2014: 14).

Sport is essentially a miniature life (Mutohir, 2004: 25). In this context implies that the basic values of everyday human life can be found in sports. Eg: competition, morality, justice, cooperation, and so forth. Sports teach discipline, spirit of sportsmanship, not easily give up, high competitive spirit, understand the rules, and take bold decisions to someone. While in Indonesia understanding of the sport (sport) is formulated in UUSKN No. 3 of 2005 Article 1, paragraph 4 is explained that the definition of exercise is any activity that systematically to encourage, foster and develop the potential for physical, spiritual, and social. The formulation of this definition is very broad, because it is not mentioned whether the activity is intended as a sport. The key word is any systematic activity. Thus, this formula shows that the sporting activity in

question the whole purpose is to encourage, foster and develop the potential for physical, spiritual, and social.

#### b. Sport and Culture

In the span of human history to date, sport and play activities are always associated integrally with the social, political, and economic. In Greece, for example, players and sports contests are based on mythology and religious beliefs. They focused on the interests of the young men from respectable society. Meanwhile, the product has implications for the political world outside the event. Doty (2006) states that sport is a human need, if someone regularly exercises it will bring a good influence on the development and physical health. Sports besides useful for the development of physical growth also affects the spiritual development of the culprit. Exercise can give the working efficiency of the means of the body, so that blood circulation, respiration and digestion become irregular. In addition, exercise is also a major part of their communities and cultures around the world.

Sport is as an integral part of the socio-cultural systems of a given society, the sport activities that are in a society that is different from the sports activities that exist in other societies. Sport activities are merely a part of a series of actions, human behavior must be seen, and understood expression is explained by taking into account factors that affect the sports activities or the human behavior. Basic factor that affects an activity or action sports, which is an organic act of the human body, is a socio-cultural systems. Social and cultural system was a reference system, which is a series of models of cognitive or knowledge which are at different levels of human consciousness.

### 3. Result and Discussion

Gantao art tradition into becomes popular art among youth in Bima recently because according to story and history told by the players, the tradition of Gantao art is an attractive arts which show the beauty of the movement also shows the physical strength so that in his time Gantao art tradition is an art that is mastered as a special skill for youth in Bima, even became a special skill for Bima royal soldiers at that time.

Gantao art tradition is an art attraction that shows dexterity twosome Gantao by following the music that became his retinue. In the tradition of art of Gantao who performed the art of dexterity as well as the attractions of physical strength and agility of movement. Gantao art tradition has a function as entertainment in society in Bima. It has existed since the beginning of the Gantao art tradition introduced in Bima. Gantao art tradition is also an event to showcase the ability of martial owned. Performance of gantao is usually held at the time of weddings and circumcisions.

a. Mechanical Movement in Gantao art tradition in Bima

Movement contained in Gantao art tradition in general does not have a special name or nickname to the movements in general are referred to as tricks. There are some movement techniques contained in Gantao art tradition, such as the movement known as the prefix or rebo. This movement is naming the local language Bima which is the opening movement in games or Gantao, in Indonesian can be equated with the term attractions of the opening. Rebo movement is the movement shown in the form of attraction that is dominated by elements of art, the movement of the player rebo showed some martial art movements as heating.

Some techniques of movement in Gantao art tradition as follows:

1. Salutation

In motion greeting is done by shaking hands. Both players before heating attraction, they shook hands, this shows the nature of mutual respect and respect, after that they started to do attractions such as movements in the form of moves in the martial arts punches. Movement is a movement that regards general performed as an opening in an appearance or attraction.

2. Easel Attitude

Gantao art is an art that is included in martial arts so it is not surprising that there is a movement of the easel in this game. Easel has the same functionality as the easel is common in other martial arts.

3. Warming Movement

Before entering the core of playing Gantao, Gantao players beforehand to show some movements, Things to do either individually or simultaneously. Things to individual aims to invite an opponent in the arena directly, this attraction is also commonly referred to as a points challenging opponent in the arena.

4. Movement hit and parry

Core movement in Gantao game is hitting motion and parry. The game will be marked with one of the players provide the movement that signaled to attack, the movement is marked by the other players do the hitting motion of the chest or pointing the chest as a sign ready for attack. Movements in this game is contained in the movement of martial arts and a lot of movement was showing some movement in martial arts such as attacking, hitting, blocking, slamming and punching. In the movement to hit the opponent, the player's hand of Gantao should be in the open state and should not be clenched, aims to be a Gantao player not feel excessive pain during the game. Goal punches are the chest.

Technique of movement in Gantao art tradition particular concern is the movement of attack and parry, the second movement is a main movement and the most

common which can be marked on Gantao game. In attacking movement and elements deflect the most attention is the dexterity and agility movements as movements in Gantao art tradition have in common with the movement in martial arts, especially martial arts. Some of the same movement with martial arts such as attack and parry in a duel there is an element of martial because when attacking is done by hitting the opponent and parrying was using the same movement with martial.

5. Technique of slammed

In Gantao art allowed to slam his opponent, slamming technique aims to knock his opponent to appoint members of the opponent's body that begins with the catch.

6. Technique of locks

This technique is usually preceded by catchment techniques and continued with lockdown techniques and dings in accordance with the conditions and the level of Gantao players attack. This lockdown technique used to thwart the efforts of opponents to catch the foot, by means of bending the leg or arm lock your opponent and bring down or slammed.

The techniques contained in Gantao art movement dominated by the hit, parry and occasionally in some players use in hitting a punching motion. After its development, Gantao played by younger generations are now studying in the art studio, from the creation of art Gantao in some movements such as slamming movement. In a movement techniques contained in Gantao elements of martial arts is clearly seen in the traditional games, but the function is used as entertainment for the community.

Gantao art tradition is a game of the people included in physical fights hard, so that there are rules and must be met by the players. Especially on motion attacking the rules imposed such should not be attacked from behind, because it is considered not show fairness, other than that in public life in Bima attack from behind it shows cowardice, and in games or Gantao if attacked from behind then considered as a challenge to a duel in the sense of fighting and will be opposed as an enemy. Attacking by using the foot is also not allowed in Gantao art traditions, this is because using foot is one form of immodesty, so use your legs rather than as part of an organ that is used in the attack but only as a footstool to lock up opponents when they wanted to be dropped or slammed. Furthermore, who is not allowed to attack the head and other sensitive regions, the importance parts of this game are the entertainment element so that the movements contained in its forward elements of art and courtesy. This rule is a rule though unwritten bound.

In fending movement, no rules are overly restrictive because the movement is more at fending off an attack from the opponent's movement, which considered only

the alertness and agility to deflect an opponent's attack. Movement in Gantao art tradition more hand for assault by beating and directed at the chest and sleeves. While fending off an opponent's attack it is done by forming a defense that protects the chest so that when the punch landed more of the opponent's arms. In a movement, techniques contained in Gantao art tradition are the values of decency, values of responsibility, fairness and mutual respect. It thus reflected in the movement and rules in games.

b. Value of Physical Education and Sport in Gantao art tradition in Bima.

There are several values of physical education and sport found in the Gantao art tradition reviewed from several aspects as follows:

1. The mental aspect.

The Gantao players have high confidence. Following high discipline is also contained in the tradition of the art of Gantao it is visible in the results of structured training which makes them able to master Gantao well, the discipline that will create a positive character and better so in everyday life behave orderly, organized and calm in the face situation may create a harmonious life and good in the community.

2. Self-defense aspect.

Self-defense aspect more dominating in Gantao art traditions, movements in the tradition of martial art movements of Gantao shows such attack, parry, slamming and locking the opponent. In Gantao art, it can only attack the body parts of the chest. Elements politeness is very considered in Gantao game with their rules it must not be turned opponent, may not use the legs, and should not be emotional in the performing Gantao art.

3. Aspects of sport and physical education

As a folk art, Gantao game also has an element of sport; it can be seen with the attitude of high sportsmanship within the player. Besides the activity of movement is range from hitting, blocking, slamming, locking, and others. When do the game players doing a lively and energetic movement. The motion of the body fitness activity is obtained by Gantao players because there is a high calorie burning so that freshness and fitness awake.

In essence, the Gantao art tradition is a sporting activity, because in the arts in Gantao art tradition there are various kinds of motion activity and some basic values of everyday life such as competition, cooperation, discipline, and morality. In addition, there are also ethical values therein such as honesty, fair play, and sportive that has special relevance of the sport. And these values can be applied to increase the commitment to implement justice performance compete. While in the Gantao art tradition, infuse discipline and cooperation for the Gantao players. Gantao players must

have the motivation, expectation in order to be more advanced, and reciprocal relationships between players and spectators to form mutual respect and mutual respect among humans. Gantao players in public life have always shown a positive attitude, a lot of the perceived benefits Gantao players both in terms of physical fitness as well as in social life. In the Gantao art, tradition is the value of physical education and physical seen in perceptual aspect is where the Gantao players can enhance the understanding of the concept of motion, understanding how to understand the function and body work, and develop the ability to explore the movements of the body. Furthermore Gantao players can also develop and of increasing in developing the personality, attitudes, and values that will be useful in social life. The cognitive aspect is emphasized in the Gantao art tradition players can explore any martial arts movements in the Gantao art so that they are able to improve the knowledge of body function is associated with physical activity.

#### **4. Conclusion**

Based on the research that has been done, it can be concluded as follows: technique of movement in Gantao art tradition. As for the motion-engineering techniques in Gantao art tradition comprises, greeting movement, opening movement or Rebo, easel and movement of attack and parry. In the tradition of the art movement techniques of Gantao, there are some rules that must be met by Gantao players especially in attacking movement technique. The player cannot attack from behind, hitting the head, attacking with the feet, and attacking other vital region, because this game can do in part of chest only.

The value of physical education and sport in the Gantao art tradition is there a value of sportsmanship, social responsibility, cooperation, justice, and decency. In the Gantao art, tradition can be regarded as a sporting activity because there is a wide range of motion activity and some basic values of everyday life such as competition, cooperation, discipline, and morality. In addition, there are also ethical values therein such as honesty, fair play and sportive that has special relevance of the sport. And these values can be applied to increase the commitment to implement justice in the match. In addition the value of physical education contained in Gantao art tradition that is located in emotional aspect, cognitive, affective and psychomotor.

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