

Cricket Helps to Improve Fitness of Elementary School Children: Literature Review

I Putu Herry Widhi Andika^{1*}, I Wayan Artanayasa², Made Agus Dharmadi³, Ketut Sudiana⁴

^{1,2,3,4}Universitas Pendidikan Ganesha, Singaraja, Bali, Indonesia

*Corresponding author: herry_widhi@gmail.com

Abstrak

Kriket adalah olahraga beregu yang dimainkan oleh 6-11 orang. Dalam bermain seluruh bagian tubuh terlibat. Sehingga seluruh bagian tubuh menjadi aktif bergerak. Tujuan penelitian ini adalah untuk mengetahui kondisi fisik anak sekolah dasar olahraga kriket dapat meningkatkan kebugarannya. Penelitian ini termasuk penelitian tinjauan pustaka. Data yang dibutuhkan adalah artikel ilmiah yang telah dipublikasikan di berbagai jurnal. Pencarian artikel dilakukan dengan menggunakan mesin pencari cepat Google Scholar. Kata kunci yang dimasukkan adalah kriket dan dimulai dari publikasi tahun 2020 hingga 2024. Artikel yang dijadikan data primer adalah artikel yang dipublikasikan di jurnal nasional, minimal terakreditasi nasional, dan jurnal internasional bereputasi. Berdasarkan hasil screening diperoleh delapan artikel yang layak untuk direview. Hasil penelitian menunjukkan bahwa kriket sangat relevan untuk meningkatkan kebugaran anak sekolah dasar. Disarankan bagi guru dan pelatih olahraga untuk mencoba menggunakan permainan kriket sebelum atau sesudah melaksanakan kegiatan inti olahraga sebagai variasi dalam pengajaran

Kata kunci: Kriket, kebugaran, anak-anak

Abstract

Cricket is a team sport played by 6-11 people. In playing all body parts are involved. So that all body parts become active in moving. The purpose of this study was to examine the physical condition of elementary school children in cricket can improve their fitness. This study includes literature review research. The data needed are scientific articles that have been published in various journals. The article search was carried out using the Google Scholar fast search engine. The keywords entered were cricket and started from publications in 2020 to 2024. The articles used as primary data were articles published in national journals, at least nationally accredited, and reputable international journals. Based on the screening results, eight articles were obtained that were eligible for review. The results of the study showed that cricket is very relevant to improve the fitness of elementary school children. It is recommended for teachers and sports coaches to try using cricket games before or after carrying out core sports activities as a variation in teaching.

Keywords: Cricket, fitness, children

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Introduction

Sport is an activity that uses the body and brain to improve the condition of the body (Ali et al., 2022). Apart from that, sport is also defined as a form of physical activity that is carried out in a planned and structured manner repeatedly to make the body fit (Salahudin, 2020). With the development of the times, sport is not only for health but also as an activity to make the country proud with achievements (Aulia & Asfar, 2021). So that sports become a big concern for all people in every country. Based on the explanation above, it can be seen that there are several goals of someone doing sports, one of which is achievement sports. A person becomes an achiever with sports is not easy to do. There must be a process to be able to achieve, namely by doing Long Training (Fachrezi et al., 2023). A training must be done in a programmed, regular, and systematic manner. Like one of them is cricket. Cricket is a new sport in Indonesia that has received more attention from the government. Because cricket in

Indonesia has made a new history where a new sport in the sea games has succeeded in winning a gold medal for Indonesia (Rahadian et al., 2021a). In addition to achieving, cricket is also able to improve physical fitness. Where if seen several aspects include physical aspects of technique, tactics, and mental to support a person's physical fitness (Hanafi & Prastyana, 2020). With a way of playing that is done with two opposing teams so that it can be played by anyone, both children, young and old. Cricket is a game that is almost similar to Softball and Baseball. Cricket is not a game that is individual but is a team game. Each team consists of 6-11 people, so there must be cooperation between players to produce victory (Andika, 2022). So cricket is a good sport to play for children.

Nowadays, many children are less active because they tend to play with their cell phones (Ulya et al., 2021). Along with the development of the times, the development of technology is also increasingly rapid. But besides having a positive impact, it also has a negative impact on children (Dini, 2022). Especially for elementary school children (SD). School demands that must use technology in learning so that elementary school children are required to use cellphones (Ahsani et al., 2021). But it makes children addicted to playing mobile phones. The negative thing is playing online games on mobile phones (Utami et al., 2020). So that children do less physical activity (Muslihin, 2020). Therefore, cricket is very suitable for elementary school children before doing sports learning as a warm-up before doing core activities. In addition, seen from the character of the sport, it can stimulate children to play while exercising.

Materials and Methods

This study adopts a literature review approach, where all possible reading materials have been examined and analyzed, both those that have been published publicly and those that are privately owned, become the main focus. Literature reviews are generally closely related to the use of theoretical frameworks or bases that are used as tools to analyze the research subject. The method of collecting sources in this study includes a literature review of books and scientific articles available online, as well as relevant research with key references, recent developments, and new aspects in the research field. The data analysis approach involves a data reduction process, namely the extraction of theories that are considered important from various sources related to the topic of the paper. Furthermore, the data is presented and conclusions are drawn based on the information collected and considered relevant to the research topic.

Results and Discussion

Results

The search results for articles through Google Scholar produced 816 articles using the keyword "cricket sports" from various national and international journals. The articles were then filtered based on a specific topic, namely cricket sports to improve children's fitness. From this filtering process, 94 articles were selected that matched the desired topic. The selected articles were the result of experimental research and direct surveys. Thus, only 5 articles were eligible for further analysis

Table1. Article Review

No.	Author Name and Year of Publication	Publisher	Sample	Findings
1	Muhammad Ali1,,Anggel Hardi Yanto (2022)	Jurnal Olahraga danKesehatan Indonesia(JOKI)	7 athletes with basic bowling technique skills in the very good category, and 4 people who have bowling skills in the good category	By doing the techniques in cricket repeatedly, it can help combine body movements so that you become fit.
2	Ari Wibowo Kurniawan, Lokananta Teguh Hari Wiguno, Tatok Sugiarto	PROMOTIF: Jurnal Pengabdian Kepada Masyarakat	teachers of Physical Education, Sports and Health of Elementary Schools in Kromengan District, with a total of 44 participants.	Cricket can help teachers at the elementary school level as a variation of physical education learning so that children move more while playing.
3	Aminudin, Mastri Juniarto, Mustafa Masyhur (2022)	Jurnal Pendidikan Olahraga	14 Banten men's cricket players	children are very good given basic motor skills, where (walking, running, jumping and other activities). Motor activities are very good for children where they can stimulate the use of leg, arm and shoulder muscles in the child. With the provision of such skills, children will be easily directed and have broad motor skills so that children can focus on a particular skill when they are adults, one of which is cricket
4	Fikri Alhanif Hidayatulloh, Indra Himawan Susanto (2022)	Jurnal Kesehatan Olahraga	14 Indonesian athletes	By doing cricket, you can increase your aerobic endurance, which means that if you do cricket techniques every day, your body's fitness will increase.
5	Nazma Kurnia, Heru Syarli Lesmana, Yendrizal, Romi Mardela (2020)	Jurnal Patriot	11 athletes	Regular cricket training will have an impact on the body's condition, making it skilled in movement, healthy, happy and fit in accordance with the law on the national sports system, the aim of which is to be healthy, fit and achieve.

So from the review of the article that has been obtained, it can be concluded that cricket sports that are done repeatedly will have a positive impact on the body so that a good combination of body movements is created so that with the body continuing to move, the body's condition becomes fit. Cricket sports can be a variation of learning material by elementary school teachers so that children move more while playing. Children are very good at being given basic movement skills, where (walking, running, jumping and other activities). Movement activities are very good for children where they can stimulate the use of leg, arm

and shoulder muscles in the child. With the provision of such skills, children will be easily directed and have broad movement skills so that children can focus on a certain skill / skill when they are adults, one of which is cricket. So by doing cricket sports, children can increase aerobic endurance which automatically makes the child's body fit. This is in accordance with the Republic of Indonesia Law Number 3 of 2005 Chapter II Article IV concerning the National Sports System as follows "National Sports aims to maintain and improve health, fitness, achievement, human quality, instill moral values of noble character, sportsmanship, discipline, strengthen and foster national unity and integrity, strengthen national resilience, and raise the dignity of the nation".

Discussion

Cricket sports are very necessary for teachers and elementary school children because cricket sports consist of various techniques. Which if done routinely will have a positive impact on those who do it. Such as the condition of the body becomes fit (Candra et al., 2023). Cricket is a sport that can be very beneficial for the fitness of children in primary school. By providing cricket sports skills can develop children's motor skills. (Tampubolon et al., 2024). Such as the coordination of the child's body movements, namely hand-eye coordination when hitting the ball or throwing. So that the child's entire body becomes accustomed to moving. In addition, children will be stimulated to move such as running and jumping when playing cricket (Khadijah & Amelia, 2020). In doing cricket techniques, the child's muscle strength and endurance will be trained and developed automatically every time they do a technique in the game. Unconsciously, the child will follow the game where the child's endurance continues to be trained as a whole (Rahadian et al., 2021b).

In cricket, children will also be taught how to build teamwork and communicate well to achieve common goals. In addition to working together, children will be given certain roles or responsibilities, such as being a team captain or guarding a certain area of the field, which helps them develop leadership skills and a sense of responsibility. Cooperation and having good leadership will stimulate the mind to design strategies in performing cricket sports skills (Febrianto, 2021). So by using the mind will train a high level of concentration for children in playing. So by providing routine physical activities such as playing cricket, the child's body condition will be healthy and fit. In addition, children will not get bored in following activities because sports while playing.

Overall, cricket is a sport that can offer a variety of benefits to children in primary schools, both in terms of physical fitness, social skills and mental health. Integrating cricket into the primary school sports curriculum can be an effective way to support the holistic development of children.

Conclusions

Cricket sports can be a variation of learning material by elementary school teachers so that children move more while playing. Children are very good at being given basic movement skills, where (walking, running, jumping and other activities). Movement activities are very good for children where they can stimulate the use of leg, arm and shoulder muscles in the child. With the provision of such skills, children will be easily directed and have broad movement skills so that children can focus on a certain skill / skill when they are adults, one

of which is cricket. So by doing cricket sports, children can increase aerobic endurance which automatically makes the child's body fit.

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