

STUDI ETNOGRAFI PERMAINAN OLAHRAGA TRADISIONAL METAJOG DI DESA WISATA PENGLIPURAN KABUPATEN BANGLI

Oleh

Ni Wayan Rina Darma Yanti, NIM 2116011070

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan olahraga tradisional Metajog di Desa Wisata Penglipuran Kabupaten Bangli. Penelitian ini adalah penelitian kualitatif dengan pendekatan etnografi. Subjek penelitian adalah Lurah Kubu, Kelian Desa Adat Penglipuran, Kepala Sekolah SD N 2 Kubu, Anggota Portina Kabupaten Bangli dan Kepala Dinas Kebudayaan dan Pariwisata Kabupaten Bangli. Ditinjau dari sejarah, sarana dan prasaranan, cara bermain, peraturan olahraga tradisional metajog, karakter yang dikembangkan dan kebugaran jasmani yang ditonjolkan. Teknik pengambilan data dilakukan dengan cara triangulasi data yang menggunakan 3 teknik yaitu observasi, wawancara, dan dokumentasi. Instrumen penelitian menggunakan pedoman wawancara. Adapun tahapan teknik analisis data meliputi 1) pengumpulan data, 2) reduksi data, 3) penyajian data dan 4) verifikasi. Berdasarkan Analisa data dan pembahasan, disimpulkan bahwa 1) sejarah permainan olahraga tradisional metajog belum dapat diprediksi kapan dan dimana mulai dimainkan. 2) Sarana dan prasarana yang digunakan yaitu sepasang tajog dan lapangan luas beralaskan tanah. 3) Terdapat 2 cara memainkan permainan olahraga tradisional metajog. 4) Permainan olahraga tradisional metajog dapat mengembangkan karakter jujur, toleransi, disiplin, kerja keras, kreatif dan karakter pelajar pancasila. 5) Aspek kebugaran jasmani yang dapat ditingkatkan melalui permainan ini antara lain kekuatan, daya tahan, kecepatan, koordinasi, power, keseimbangan dan reaksi. Disarankan kepada pengelola Desa Wisata Penglipuran untuk melestarikan permainan tradisional sehingga nantinya bisa menjadi atraksi dan daya tarik wisata. Studi ini memberikan gambaran mendalam tentang Permainan olahraga tradisional metajog, untuk lebih mengenalkan permainan olahraga tradisional kepada generasi penerus.

Kata-kata kunci: Etnografi, Olahraga Tradisional, Metajog

**ETHNOGRAPHIC STUDY OF TRADITIONAL SPORTS GAMES
METAJOG IN PENGLIPURAN TOURISM VILLAGE, BANGLI REGENCY**

By

Ni Wayan Rina Darma Yanti, NIM 2116011070

Physical Education, Health and Recreation Study Program

ABSTRACT

This study aims to describe the traditional sport of Metajog in Penglipuran Tourism Village, Bangli Regency. This study is a qualitative study with an ethnographic approach. The subjects of the study were the Head of Kubu Village, the Head of Penglipuran Traditional Village, the Principal of SD N 2 Kubu, Members of Portina Bangli Regency and the Head of the Culture and Tourism Office of Bangli Regency. Reviewed from the history, facilities and infrastructure, how to play, traditional metajog sports rules, the characters developed and the physical fitness that is emphasized. The data collection technique was carried out by triangulating data using 3 techniques, namely observation, interviews, and documentation. The research instrument used interview guidelines. The stages of data analysis techniques include 1) data collection, 2) data reduction, 3) data presentation and 4) verification. Based on data analysis and discussion, it is concluded that 1) the history of the traditional metajog sports game cannot be predicted when and where it began to be played. 2) The facilities and infrastructure used are a pair of tajogs and a large field with a dirt floor. 3) There are 2 ways to play the traditional metajog sports game. 4) Traditional sports games metajog can develop honest character, tolerance, discipline, hard work, creativity and the character of Pancasila students. 5) Aspects of physical fitness that can be improved through this game include strength, endurance, speed, coordination, power, balance and reaction. It is recommended to the management of Penglipuran Tourism Village to preserve traditional games so that later they can become tourist attractions and attractions. This study provides an in-depth description of the traditional sports game metajog, to further introduce traditional sports games to the next generation.

Keywords: *Ethnography, Traditional Sports, Metajog*