

Reducing Child Aggressivity Through Dakon Traditional Games: Literature Review

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ABSTRACT

Nowadays, forms of aggressiveness often occur ranging from verbal aggression behaviors such as mocking and berating and non-verbal aggression such as serious violence such as brawls, persecution, and even murder. This study aims to identify how to reduce children's aggression through traditional dakon/congklak games. This study used a systematic literature review using 5 national journals which were analyzed descriptively qualitatively to obtain conclusions. The results showed that traditional games such as dakon/congklak have the potential to reduce children's aggressive behavior. These games can improve socialization skills, develop patience and accuracy, build a spirit of sportsmanship, improve analytical skills, develop creativity, and strengthen self-development.

Keywords: Aggressiveness; Dakon; Traditional Games

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INTRODUCTION

The development of technology and education, it can trigger social problems in society. This condition can be observed from the disharmony and discord in social groups, which results in discontinuity, tension, anxiety, and behavior that violates legal norms. In this situation, there are many pathological social behaviors that deviate from the general pattern, where individuals act according to their own will without considering the interests of others. Aggressive behavior is behavior that can hurt others. The state of aggressive behavior occurs when there is a stimulus that triggers and responds to it simultaneously. According to Kartianti et al. (2020) behavior that shows physical or verbal violence towards fellow human beings or objects is called aggressive behavior. This can be triggered by unpleasant or disturbing situations in interpersonal relationships, which can affect one's mental health.

Currently, aggressive behavior often appears in various forms, ranging from verbal aggression such as insulting and cursing and non-verbal aggression such as serious violence such as fighting, assault, and even murder, which is carried out by some students at school (Kartianti et al., 2020). The problem of aggressiveness remains an important issue in the field, as research shows Nisa et al. (2020) which shows the proportion of teenage boys' aggressive behavior as follows: very high 15%, high 23%, moderate 38%, low 21%, and very low 2.6%. Meanwhile, teenage girls had the following proportions of aggressive behavior: very high 5.1%, high 18%, moderate 31%, low 36%, and very low 10%. (Aulya et al., 2016). Another study showed that junior high school students in DIY, both boys and girls, had a very high proportion of aggressiveness in the very high category of 1%, high 13%, medium 37%, low 43%, and very low 6%.

According to Khoirunnisa (2021) defines aggressiveness as a person's behavior with the aim of hurting others. This behavior is considered as a way to get rid of depression by treating other people

with physical or psychological violence or punishment. This behavior usually occurs in children aged 4-9 years. Many supporting factors include biological factors, bad emotions, negative effects, people who use drugs, some things that are shown / watched with violence etc. There are several ways to overcome this, namely the need for counseling guidance services, for example group guidance. This can have a great effect in promoting a peaceful mind.

One way to deal with child aggressive behavior is through "group guidance". Group guidance is a form of service that can be implemented in order to overcome various problems and provide support to get some new innovations in dealing with aggressive behavior. (Kartianti et al., 2020)

Santi & Bachtiar (2020) states that group tutoring is very popular as a very effective form of service. Many people can receive this service simultaneously. The participants will communicate with each other, exchange ideas, opinions, and experiences, and motivate each other to develop and become whole individuals. Working in groups is the application of various methods and techniques to assist a group in improving the manner and quality of their interactions.

In practice, group guidance can utilize certain techniques or approaches, one of which is traditional games. Traditional games for children in every region and society are influenced by local culture and surroundings. Physical space, available materials, and season can determine where and when it is played, the props used, and the form of play required. Social and cultural norms, expressions, and attitudes can be reflected in who is playing, how the game is played, or what the purpose of the game is. (Sulistyaningtyas & Fauziah, 2019). Furthermore, being involved in traditional games will train, improve, and develop children's brain abilities, as well as encourage empathy, build social awareness, and strengthen individuality. In traditional games, all aspects of humanity related to maintaining and giving meaning to life can flourish (Santi & Bachtiar, 2020)

One of the traditional games which is able to reduce children's aggressive behavior is the dakon/congklak game. The dakon game is one of the traditional games in group guidance services that can reduce children's aggressive behavior. There are several benefits that are produced, namely motor training, training children's emotions, increasing abilities in cognitive analysis and strategic planning and expanding play relations. (Natalia, 2016).

Therefore, this study applies a systematic literature review to identify how to reduce children's aggressiveness through traditional dakon/congklak games. This research is expected to provide benefits and contributions to academics, readers and psychology.

LITERATURE REVIEW

Aggressive Behavior

Aggressiveness is an intentional act with the intention of hurting someone physically or verbally, which has the potential to cause conflict. In order to qualify as aggression, the behavior must have the intent to harm another person. According to Istiqomah (2017) Aggression is behavior that aims to hurt another person. Aggressiveness in adolescents is still a complex problem. Several experts have provided a definition of aggressiveness. The difference lies in the concept of aggressiveness and aggressive behavior. Aggressiveness refers to a person's tendency to hurt others both physically and psychologically. However, aggressiveness is basically still in the form of encouragement or inclination, not yet being a real action. On the other hand, aggressive behavior occurs when someone intentionally hurts another person both physically and psychologically, even through social media (Saputra, 2018)

The level of child aggression can also be seen as behavior that causes physical injury or harms a person or group of people on purpose (Nisa et al., 2020). Teenagers in middle age often show behavior that is influenced by the environment in which they live. They also want to be accepted by their peers and often violate existing norms and rules, and engage in negative behavior.



Traditional game

"Game" comes from the word "play" which means an activity that is done with joy. So it can be concluded that the game is an activity that can create pleasure for those who play it. While "traditional" is an attitude or way of thinking and behaving in accordance with the customs/habits of the past. (Life & Hibana, 2021)

Traditional games have positive benefits for children's development. Traditional games can increase awareness of the environment and surrounding culture. Children will have the opportunity to practice to gain trust in other people and will experience direct experience in negotiating, solving problems or just being friends with their playmates. (Anggita, 2019) Besides that, playing can also add some vocabulary and also learn the language so that it can be used properly. In terms of growth there are several aspects, one of which is the emotional socialization aspect. This game has the benefit of being able to interact with people who are more mature, the same age or younger. This will help children to understand the rules and how to implement them. (Hasanah, 2016)

Congklak / Dakon

One of the popular games in Indonesia is the dakon or also known as the congklak game. Lacksana (2017) stated that dakon games existed in ancient times. There are several names for this congklak toy in Indonesia, namely in the Java area this game is known as congklak or dakon, while in the Sumatran area in the Malay culture it is called congklak. In Sulawesi it is called Mokaotan, while in Lampung this toy is called Slow Bang.

According to some historians, the dakon game started with Arab traders who came to Indonesia. The rules of this game are not difficult. The characteristics of the Dakon playground are oval in shape made of plastic or wood with 12 holes filled with small holes. Players will take these seeds from one hole to another and divide them one by one besides the opponent's "saving" hole in sequence. Usually dakon is played by 2 people. (Syamsurrijal, 2020) When playing Dakon, children learn about the moral values of sportsmanship and honesty, arithmetic and can improve their ability to strategize so that their little one doesn't fall into their opponent's hole. (Munawaroh, 2018). And we can conclude that Dakon is capable attract individual attention but can also provide many benefits, especially in the stages of child development.

The purpose of this game is to reduce the child's aggressiveness. There are 7 components of peace guidance, namely: (1) having a humble attitude, (2) being able to control yourself, (3) being able to forgive each other, (4) choosing strengths over weaknesses, (6) emotions that can be managed properly, (7)) behavior that can be set. (Saputra et al., 2019)

METHOD

The method in this study uses a systematic literature review by collecting data from phenomena raised from various sources and references that are relevant to the issues and topics raised. In using the SLR method or systematic literature review, it can also be explained from the reviewed journals that are done in an orderly and systematic manner so that there is no subjective attitude. (Andriani, 2022) In this systematic literature review research, researchers conducted a literature study through Science Direct and Google Scholar. Finding and collecting several journals focusing on references related to the topic taken, namely on Reducing child aggression through traditional dakon games to draw some conclusions and then study them in depth in a detailed way so that there is a final result that is good and in accordance with what is expected.

RESULT

Table 1. extraction of research data results

No	Writer	Title	Method	Research result
1	Kartianti, S., Laluba, F., Tjepa, S., Laluba, R., Halimongo, K., & Balitang, Y (2020)	Reducing Children's Aggressive Behavior Through Group Guidance with Traditional Games in Coastal Areas	Experimental research with one group pretest-posttest design, sample of 9 people in the coastal area of North Maluku, data analysis using a statistical test, namely the t-test.	Changes occur in children in coastal areas when playing with group guidance methods carried out in traditional games. As well as children become more manageable.
2	Nisa, R, M., Saputra, W, N, E., Muarifah, A., & Barida, M (2020)	DakonPeace: Group Guidance Techniques for Reducing Student Aggressiveness	Literature review method with 2 journals with descriptive analysis	With guidance using the dakon peace method, this helps children to become even better in terms of existing moods or anxieties.
3	Khoirunnisa, I, S (2021)	Forming Early Childhood Character Through Traditional Games	Library research or library research starts from 2010-2021	There are several traditional games that can help shape children's character, namely marbles, jump rope, gobak sodor, etc. Some of the characters that can be formed are independent, hardworking, communicative and responsible.
4	Hestyaningsih, L., & Pratisti, W, D (2021)	The Effectiveness of Traditional Dakon Games to Improve Numeracy Skills in Mentally Disabled Children	Experimental research using a one group pretest-posttest design with a sample of 3 mentally retarded students and analysis of Shapiro Wilk's statistical test data	The congklak / dakon game can develop counting skills in children with disabilities. The dakon game is a stimulus that attracts attention and motivates children to be interested in learning to count, as well as improving cognitive abilities and stimulating children's fine motor movements.
5	Indra Lacksana (2017)	Local Wisdom of the Congklak Game as Strengthening Student Character Through Counseling Guidance Services in Schools	Descriptive qualitative using literature study and observation. Literature study was used to obtain information about congklak game and character education. Observation was conducted to observe the process of using congklak game in counseling guidance services at	This toy has the nature of local wisdom which can provide an increase in building children's character. If congklak/dakon is played in schools, it can help guidance and counseling services in improving children's positive character.



school. Subjects are students who receive counseling guidance services at school.

Source: Data Extraction Results 2023

The review conducted on 5 national journals related to reducing children's aggressiveness through dakon games can provide an overall picture of the contents of the journals reviewed. And next is to discuss the research.

DISCUSSION

Based on a systematic review of literature reviews conducted by researchers, in general the traditional dakon/conglak game is able to reduce children's aggressive behavior. According to Lacksana (2017) dakon games have implications in improving character education, as explained by Awalya (2017) that character includes knowledge, attitudes, motivation, behavior, and skills. The benefits of the dakon game that relate to positive characteristics are

- a) Improving socialization skills: Interacting socially is an important factor in helping children become successful individuals. Through dakon games, children can practice social skills with their friends. They can share experiences and stories, and learn to handle conflict in the game.
- b) Develop patience and thoroughness: Patience is an important attitude in life, and dakon games can train children to be patient and conscientious. In this game, players must take turns inserting dakon seeds into the holes on the dakon board. This teaches children to be patient in inserting seeds and waiting for their turn.
- c) Build a spirit of sportsmanship: The dakon game is played by two people, and when one of the players loses, the game cannot be repeated. Children are taught to accept defeat with sportsmanship and not involve selfishness. They learn to respect opponents and accept results gracefully.
- d) Improve analytical skills: In dakon games, children are trained to analyze the game process and choose seeds that will give them an advantage. This ability will be useful when children mature in making smart decisions.
- e) Develop creativity: In dakon games, children can develop their creativity by providing variations in the game. They can create new rules that are agreed upon with their friends. When feeling bored, children can come up with spontaneous ideas to enrich the playing experience.
- f) Strengthen self-development: When playing dakon, children can compare themselves with other players or with their playmates. This can help them develop self-concept and increase self-confidence. Apart from that, his playmates are also motivated not to lose to their co-stars.

This is supported by research Khoirunnisa (2021), by giving statements that some traditional games can form positive characteristics in children, including increasing children's creativity because there are many games can be made from natural materials. For example, cars can be made from grapefruit peels, stilts made from bamboo, ecrak games using rocks, and telephones using tin cans and nylon thread. Second, traditional games involve many players. Almost every folk game has many members. Examples are hide and seek, congklak, and gobak sodor. Third, traditional games contain noble values and moral messages.

The existence of a positive response and good characteristics of traditional games towards strengthening children's character is in line with reducing children's aggressive behavior through dakon/congklak games. This can be linked to characteristic education which is being shaped so as not

to reduce the character of the Indonesian youth. One example is by combining suitable games in order to strengthen its characteristics.

According to Hestyaningsih (2021) the dakon game is a stimulus that attracts attention and motivates children to be interested in learning to count, as well as improving cognitive abilities and stimulating children's fine motor movements. Kartianti et al. (2020) also stated that traditional children's games have a close relationship with cognitive, socialization, emotional and personal development that can be formed by these traditional games. In some traditional games, it can help children to interact, control themselves and manage their emotions. This finding can help counseling in schools and in rural areas, especially in coastal areas.

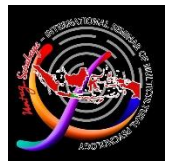
This is in line with research conducted by Nisa, Saputra, et al. (2020) shows that using the guidance method by utilizing traditional games in building children's characteristics. The development of peace dakon in group guidance is based on seven components in peace guidance, namely (1) humility towards idealism; (2) self-control in maintaining equality; (3) tolerance for differences; (4) forgive other people's mistakes; (5) focus on strengths rather than weaknesses; (6) regulate personal emotions; and (7) regulate personal behavior. The implementation of this group guidance technique adopts local wisdom by using the development of peace dakon games as an effort to reduce the level of student aggression. The result of applying this group guidance technique is a better understanding of the characteristics and problems faced by counselees.

Based on research conducted, traditional games such as dakon/congklak have the potential to reduce children's aggressiveness behavior. These games can improve socialization skills, develop patience and accuracy, build a spirit of sportsmanship, improve analytical skills, develop creativity, and strengthen self-development.

It is effective in guidance and counseling to strengthen children's character, especially developing their emotional and social skills. The use of group guidance techniques by utilizing dakon games can help reduce the level of student aggressiveness by forming a better understanding of the characteristics and problems faced by children. Traditional games need to get special attention and be preserved because they have many benefits in improving growth and development, not only children's motor skills but also improve cognitive abilities, able to train cooperation in doing the same activity. Thus, traditional games can be applied not only at home but can be applied in the world of education as a learning medium.

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