

Improving Regional Potential in the Field of Sports Through Volleyball Matches in Panulisan Village, Cilacap Regency

Dias Galih Dwipangestu¹, Hikmah Maulid Rahman², Hengki Kurniawan³, Rikha Surtika Dewi⁴, Maesaroh Lubis⁵

Mechanical Engineering, Faculty of Engineering, Muhammadiyah University of Tasikmalaya, Tasikmalaya City, Indonesia¹

Guidance and Counseling, Faculty of Teacher Training and Education, Muhammadiyah University of Tasikmalaya, Tasikmalaya City, Indonesia^{2,3}

Early Childhood Education Teacher Education, Faculty of Teacher Training and Education, Muhammadiyah University of Tasikmalaya, Tasikmalaya City, Indonesia^{4,5}

Email: maesaroh.lubis@umtas.ac.id

ABSTRACT

The purpose of this research is because there is information or reports that there are many hidden talents in Panulisan village, especially in the field of volleyball sports which are mostly favored by early childhood, Sports are physical activities in the form of games that contain struggles against natural elements, other people or oneself which are carried out regularly and in a planned manner to improve their functional abilities. Of course, every region has potential in the field of sports. One of them is the potential of Panulisan village, namely in volleyball. This is in accordance with the results of observations of the potential of Panulisan village. According to community leaders, most residents of Panulisan village have skills in playing volleyball. Even the ancestors of Panulisan village were also experts in playing volleyball. Therefore, a volleyball tournament for the boys category between Elementary Schools was held in Panulisan village with the hope that it could be a provision, experience, and help develop potential, especially in the field of volleyball.

HistoryArticle:

Submitted 06 29, 2025

Received 07 23, 2025

Published 07 30, 2025

Keyword: Building Village; Tournament; Volleyball

How to Cite:

Dwipangestu, D. G. ., Hikmah Maulid Rahman, Hengki Kurniawan, Rikha Surtika Dewi, & Maesaroh Lubis. (2025). Improving Regional Potential in the Field of Sports Through Volleyball Matches in Panulisan Village, Cilacap Regency. *Indonesia Berdampak: Jurnal Pengabdian Kepada Masyarakat*, 1(2), 245-250. <https://doi.org/10.63822/a45x0b87>

INTRODUCTION

Sport is a form of planned and structured physical activity that involves repeated body movements and is intended to improve physical fitness. Sport is part of the basic needs in everyday life because it can increase a person's endurance. Sport can be started from an early age to old age. According to Janpurba (2011), if someone does sport regularly, it will be able to increase their muscle mass, because it can stimulate muscle cells to grow larger. VicHealth, 2010:1 (in Yudik Prasetyo, 2013:219-228) urges to do sport every day so that the body's immunity becomes stronger. There are many types of sport, one of which is through traditional games. Angga Bramansta Putrantana (2017) concluded that when playing traditional games, children have unconsciously learned about the character of friendly basic movements.

According to UNESCO, sport is a physical activity in the form of a game that contains a struggle against natural elements, other people or oneself. According to Husdarta (2010:133), sport is an energetic muscle activity and is an activity to demonstrate maximum motor skills. Meanwhile, according to Giriwijoyo (2005:30), sport is a series of regular and planned physical movements that are carried out consciously to improve functional abilities. Therefore, sports activities must be carried out to improve health and maintain physical fitness.

Each region certainly has potential in the field of sports. With the holding of the ISS MBKM KKN Thematic Village Development program in partnership with Panulisan Village located at Jl. Maryani No. 71, Panulisan Village, Dayeuhluhur District, Cilacap Regency, Central Java Province. There is potential in the field of sports, especially in volleyball. Volleyball is a team game that aims to hit the ball towards the opponent's field to get points. According to Muhadjir (2006: 5) volleyball is played by two teams, each team consisting of six players. The first team to reach 25 points is the team that wins the game.

From the observation results, according to community leaders, most residents of Panulisan village have skills in playing volleyball. Even according to some figures, the ancestors of Panulisan village were also experts in playing volleyball. Volleyball is the most favorite sport in Panulisan village, both among children and teenagers. Even by playing volleyball, teenagers in Panulisan village can make money by accepting calls to play or join other teams. Therefore, a volleyball tournament for the boys category between Elementary Schools was held in Panulisan village with the hope that it can be a provision, experience, and help develop potential, especially in the field of volleyball.

IMPLEMENTATION AND METHODS

The volleyball match between Elementary Schools in Panulisan Village was held on Thursday, December 19, 2024 in collaboration with SDN Panulisan 01 regarding the venue for the match. The match was attended by four teams from three schools, namely SDN Panulisan 01 sending two teams, SDN Panulisan 02 and SDN Panulisan 03 sending one team. Each team consisted of more than 10 people so that the match was attended by more than 40 Elementary School students.

The method used in the Inter-Elementary School Boys Volleyball Tournament in Panulisan Village is a continuous education method that is carried out within 1 day. The activity is filled by players from each elementary school who are experts in their fields who have been selected by teachers or sports coaches from each elementary school. A coach or sports teacher is required to accompany their children who participate in the competition, as a form of preparation and experience for the future. Because, being accompanied by their teacher can be a material for future evaluation. Hopefully, by holding the Inter-Elementary School Boys Volleyball Tournament in Panulisan Village, it can be a forum or great experience for the players and

sports teachers so that they can improve the potential and achievements in their Panulisan village, in the field of education, especially volleyball.

RESULTS AND DISCUSSION

The implementation of this volleyball activity began with socialization to each Elementary School in Panulisan village. There are four Elementary Schools, namely SDN Panulisan 01, SDN Panulisan 02, SDN Panulisan 03, and SDN Panulisan 04. Socialization was carried out by visiting each school and then asking the school and students about information about volleyball that we got from local residents. It turned out that the school and the students wanted a volleyball match to be held. Therefore, based on a mutual agreement between the school and with permission from the head of Panulisan village, we held a men's volleyball match between Elementary Schools in Panulisan village.

One week before the match started, namely on Friday, December 13, 2024, we prepared several things that needed to be prepared such as correspondence and registration forms for all Elementary Schools in Panulisan village. We visited SDN Panulisan 01 again to reconfirm and provide a letter of borrowing a place and goods to the principal of SDN Panulisan 01. We discussed with the principal and sports teacher of SDN Panulisan 01 the rundown of the event, and what needs were needed. Alhamdulillah, the principal and all parties of SDN Panulisan 01 agreed and provided support for the volleyball match activities. Due to the very good response from SDN Panulisan 01, they also sent two teams to take part in the match. After everything was done, we said goodbye to continue the journey by distributing invitation letters and registration forms to other schools, namely SDN Panulisan 02, 03, and 04.

The first school visited was SDN Panulisan 02. We met the sports teacher to send an invitation letter and registration form. Alhamdulillah, we were welcomed by the school and immediately sent the names of the students who would compete. After finishing, we said goodbye and continued our journey to SDN Panulisan 03. Similar to SDN Panulisan 02, we were welcomed by SDN Panulisan 03. We also gave a letter and form to the sports teacher and enthusiastically wrote down the names of the students who would compete on the registration form paper. The last school visited was SDN Panulisan 04. Unfortunately, the response from the school was not like other schools that were enthusiastic and supported their students to take part in the match. Because the sports teacher and principal of SDN Panulisan 04 were having activities at the Cilacap district government, SDN Panulisan 04 could not send its students to take part in the match.

The match time has arrived, which is on Thursday, December 19, 2024. The match starts at 08.30 - 09.00 WIB, starting with the opening and welcoming as well as officially opening the tournament by the chairman of the committee and determining the opponent. At 09.00 - 09.30 WIB the first match starts, namely the SDN Panulisan 01 B team against SDN Panulisan 02 and won by the SDN Panulisan 01 B team. The second match is at 09.30 - 10.00 WIB, the SDN Panulisan 01 A team against SDN Panulisan 03 and won by the SDN Panulisan 01 A team. The team that wins each match will compete in the final. Exactly at 10.00 the *grand final match* between SDN Panulisan 01 A and SDN Panulisan 01 B. The match was quite exciting and very interesting because both teams have equally strong strengths so that the points continue to chase each other. In the end, the match was won by the team from SDN Panulisan 01 B. The match was over, and the winner was determined. Next was the distribution of prizes as well as the closing of the event by the chief executive and ended with a group photo of all teams from SDN Panulisan 01, 02, and 03.

The boys volleyball match between elementary schools in Panulisan village has been carried out smoothly, from beginning to end. Before saying goodbye, we invited the students to do an ant operation by

collecting garbage scattered around SDN Panulisan 01. After everything was done, we said goodbye and thanked the school for helping this activity run smoothly.

The output of the volleyball tournament activity is to increase the enthusiasm of students to practice because every afternoon, children are seen practicing on the small field where they play with the support of parents and local residents.

The obstacles faced are in the facilities and infrastructure needed, namely there is no special field for playing volleyball other than the field in the Elementary School. So the solution to this problem is to cooperate with the school, especially with SDN Panulisan 01 to borrow and use existing facilities, especially the field.

CONCLUSION

Sports are physical activities in the form of games that involve fighting against natural elements, other people or oneself which are carried out regularly and in a planned manner to improve functional abilities. Of course, every region has potential in the field of sports. One of them is the potential of Panulisan village, namely volleyball. This is in accordance with the results of observations of the potential of Panulisan village. According to community leaders, most Panulisan villagers have skills in playing volleyball. Even the ancestors of Panulisan village were also experts in playing volleyball. Therefore, a volleyball tournament for the boys category between Elementary Schools was held in Panulisan village with the hope that it could provide provisions, experience, and help develop potential, especially in the field of volleyball.

The implementation of the volleyball tournament began with socialization by visiting each school to discuss the activities of the boys' volleyball match between Elementary Schools in Panulisan Village. After being approved by all parties, we prepared several things that needed to be prepared, especially permits with SDN Panulisan 01 to confirm the match venue. Then the registration form was distributed to each school. SDN Panulisan 01 sent 2 teams, SDN Panulisan 02 and SDN Panulisan 03 sent 1 team, while SDN Panulisan 04 did not participate in the match because there were obstacles.

The match time has arrived, which is on Thursday, December 19, 2024. The match began with an opening and remarks by the chief executive and representatives of the school. The first match between the SDN Panulisan 01 B team against SDN Panulisan 02 and was won by the SDN Panulisan 01 B team. The second match between the SDN Panulisan 01 A team against SDN Panulisan 03 and was won by the SDN Panulisan 01 A team. So *the grand final* was held between SDN Panulisan 01 A against SDN Panulisan 01 B and was won by the team from SDN Panulisan 01 B.

The output of the volleyball tournament activity is to increase the enthusiasm of students to practice because every afternoon, children are seen practicing on the small field where they play with the support of parents and local residents.

The obstacles faced are in the facilities and infrastructure needed, namely there is no special field for playing volleyball other than the field in the Elementary School. So the solution to this problem is to cooperate with the school, especially with SDN Panulisan 01 to borrow and use existing facilities, especially the field.

SUGGESTION

Independent Learning Independent Campus (MBKM) Building Villages is a series of education with a model of providing learning experiences or understanding to students to live in communities outside the campus, which directly together with the community identifies abilities and fixes problems so that it is expected to be able to develop village/regional capabilities and create ways to solve solutions to problems that exist in the village.

Increasing sportsmanship and togetherness in this tournament has succeeded in strengthening the relationship between students, teachers, and villagers, as well as instilling the values of sportsmanship and teamwork. And also many students have shown great potential in volleyball, which can be further developed at a higher level. Especially for schools, they can accommodate their students to regularly hold regular training, especially for talented students so that they can develop better, as well as providing adequate standard facilities and equipment to improve the quality of players.

AKCKNOWLEDGMENT

The implementation of the ISS Merdeka Belajar Kampus Merdeka (MBKM) Thematic KKN Building Villages in Panulisan Village, Dayeuhluhur District, Cilacap Regency can be carried out properly of course because of the good cooperation and assistance from several parties. Therefore, we express our deepest gratitude to several related parties, including:

1. Neni Nuraeni, M.Kep., Ns., Sp.Kep.Mat., as the Chancellor of Muhammadiyah University of Tasikmalaya, who has provided full support for the implementation of the ISS MBKM Thematic KKN Building Villages.
2. Hj Lilis Lismayanti, S.Kep., M.Kep., as Vice Chancellor I of Muhammadiyah University of Tasikmalaya, who has provided support and motivation in the implementation of the ISS MBKM Thematic KKN Building Villages.
3. Ir. Dr. Mujiarto, ST, MT, as Vice Chancellor II of Muhammadiyah University of Tasikmalaya, who has provided support and motivation in the implementation of ISS MBKM KKN Thematic Village Development.
4. Dr. Elfan Fanhas Fatwa Khomaeny, S.Th.I., MAg., as Vice Chancellor III of Muhammadiyah University of Tasikmalaya, who has provided support and motivation in the implementation of ISS MBKM KKN Thematic Village Development.
5. The ISS MBKM KKN Thematic Village Building Team of Muhammadiyah University of Tasikmalaya, who have worked hard in designing and implementing this ISS MBKM KKN Thematic Village Building activity.
6. Dr. Maesaroh Lubis, M.Pd., as the Dean of the Faculty of Teacher Training and Education, Muhammadiyah University of Tasikmalaya, who has given permission to implement the ISS MBKM KKN Thematic Village Development activity.
7. Yopa Taufik Saleh, M.Pd., as the Head of the Elementary School Teacher Education Study Program, Faculty of Teacher Training and Education, Muhammadiyah University of Tasikmalaya, who has provided assistance and direction in the implementation of the ISS MBKM Thematic KKN Building Villages.

8. Rikha Surtika Dewi, M.Psi., as the Field Supervisor, who has provided guidance and direction during the implementation until the preparation of the final report of the ISS MBKM Thematic KKN Building Villages.
9. The Cilacap Regency Government and Dayeuhluhur District, as partners in the ISS MBKM Thematic KKN Village Building activities, who have agreed to cooperate and provide permission for the implementation of the ISS MBKM Thematic KKN Village Building activities in Panulisan Village.
10. Koko Waskono, as the Head of Panulisan Village, who has given permission and the facilities needed by ISS MBKM KKN Thematic Village Building students of Muhammadiyah University of Tasikmalaya to carry out ISS MBKM KKN Thematic Village Building activities in Panulisan Village.
11. All residents of Panulisan Village who always accompany, provide direction, support, and assistance during the activities.
12. Members of the ISS MBKM KKN Thematic Village Building group who always inspire, motivate, and are able to work together well during the implementation of the ISS MBKM KKN Thematic Village Building.

BIBLIOGRAPHY

- Dayeuhluhur.cilacapkab.go.id. Panulisan Village. accessed in 2024: <https://dayeuhluhur.cilacapkab.go.id/desa-panulisan>
- Desa Panulisan.id. (2021). Desa Panulisan. accessed in 2024: [desapanulisan.id: https://desapanulisan.id/](https://desapanulisan.id/).
- Husdarta. 2010. History and Philosophy of Sports. Alfabeta Publisher, Bandung. 133 .
- Setiawan S. 2017. Vision of Physical Education and Sports. *SCIENTIFIC JOURNAL OF PHYSICAL EDUCATION AND SPORTS (Research, Education and Teaching)* . 3(1):77-78.
- Prasetyo Y. 2013. Public Awareness of Exercise for Health Improvement and National Development. *MEDIKORA*. 11(2):219-228.
- Putrantana, AB. 2017. Development of traditional game teaching materials for students aged 6 to 11 years in elementary schools . *Masters thesis, State University of Malang* .