

Model of Undokai based on the Indonesian Local Wisdom to improve cooperation and competitiveness of students

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ABSTRACT

This research aims to develop an undokai model based on local Indonesian wisdom to increase student cooperation and competitiveness, as well as test the feasibility of the model based on experts and practitioners. This research and development was carried out through seven stages which included preliminary studies, product planning, initial product development, small-scale trials, initial product refinement, field tests, and final product refinement. The research subjects involved two domestic and foreign experts, domestic and international students, as well as teachers and students as users. Data collection was carried out through FGDs, interviews and observations, as well as questionnaires regarding cooperation and competition abilities. Qualitative and quantitative data analysis was used in this research. The undokai model based on local Indonesian wisdom consists of planning, implementation and evaluation packaged in a guidebook. There are five physical activities in the traditional Indonesian-based undokai model. The model product can be used on a limited basis by teachers and junior high school students. Next, the product needs to be tested for effectiveness to see its impact on students' cooperation and competition abilities.

Kata Kunci: *Model, undokai, school, student, sports*