

Modern and Traditional Archery in Gorontalo, Indonesia

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Abstract: Modern and traditional archery both have benefits including, increasing endurance, nourishing the heart, training balance, increasing concentration, balancing the mind and emotions. The difference between the two is in the bow used. This research aims to provide an overview of the development of archery in Gorontalo. This descriptive qualitative study applies interview, observation and content analysis methods to achieve the goal. The results of this study found that modern archery was known to the public earlier, Gorontalo Archery Club (GAC) became a forum for modern archers formed in 2019 before PERPANI Gorontalo was formed in 2021. Traditional Archery that came after was more popular with the public. In 2019-2020, 6 traditional archery clubs were formed under PORDASI Gorontalo.

Keywords: modern archery, traditional archery, sport, development, Gorontalo

INTRODUCTION

Archery is one of the prioritized in Indonesia. Including target games that are carried out individually by shooting arrows at targets called target faces as precisely as possible, as the ultimate goal (Fajri & Prasetyo, 2015; Vanagosi, 2015), using equipment such as bows, arrows, targets, and fields (Zikrur Rahmat, 2020). Archery has both physical and psychological benefits. Physically, it provides benefits, among others: 1) trains focus, 2) nourishes the heart, 3) flexes the muscles of the hands, 4) increases endurance, 5) trains balance (Prasetyo, 2018). Psychological benefits include increase and train: 1) self-confidence, 2) positive thinking, 3) concentration, 4) patience, 5) thoughts and emotions, 6) calmness, 7) courage, 9) comprehension, and 10) patience (Prasetyo, 2018). Archery that developed in Indonesia consists of, 1) traditional, and 2) modern. The difference between the two archery is in the bow used. Traditional archery uses traditional bows, while modern archery uses standard, recurve dan compound (Arief Parena et al., 2017)

The development of archery in Indonesia experienced ups and downs after the triumphant achievement of Trio Srikandi at the 1988 Olympics. The survival of several regions with clubs activities and efforts to preserve traditional archery as Indonesia's cultural heritage became the soul of the rise of archery in Indonesia. Since 2010, archery in Indonesia has experienced rapid development until now (Suffa, 2018). Interesting things also happen in Gorontalo Province. Since 2019 until now archery activities in Gorontalo have experienced significant development. This study aims to provide an overview of the development of archery in Gorontalo.

MATERIAL AND METHODS

This descriptive qualitative study was conducted in Gorontalo Province, Indonesia. Using observation, interview and content analysis techniques in the data collection process. The research design can be seen in figure 1.



Figure 1. Study design (Source: authors 2023)

Primary data source: KONI administrators, Indonesian Archery Association (PERPANI Gorontalo) administrators, Indonesian Equestrian Association (PORDASI Gorontalo) administrators, archers. Secondary data source: website of: Indonesia Archery Association (PERPANI), Redaksi Berkuda, World Archery, World Horseback Archery Organization, IHASA. Instagram account of; Horseback Archery Gorontalo, Gorontalo Archery Club, Perintis Archery Zone, Salman Archery Training Center.

RESULTS

Modern, and Traditional Archery Organization

Modern and traditional archery have different organizational hierarchies. Modern archery is under the auspices of the Indonesia Archery Association (PERPANI) which has been affiliated with World Archery since 1959 (World Archery, 2022). Traditional archery in Indonesia before 2020, was under the auspices of the Equestrian Archery Association (PERDANA), now the Indonesian Horseback Archery Sport Association (IHASA, locally named KPBI). After PORDASI National Deliberation in January 2020, KBPI joined PORDASI as an Indonesian horseback archery sport. A

year earlier in 2019, KBPI officially became a member of the World Horseback Archery Federation (WHAF) (IHASA, 2019; Ministry of Foreign Affairs of The Republic of Indonesia, 2019).



Figure 2. Modern archery organizational hierarchy
(Source: Data 2022)

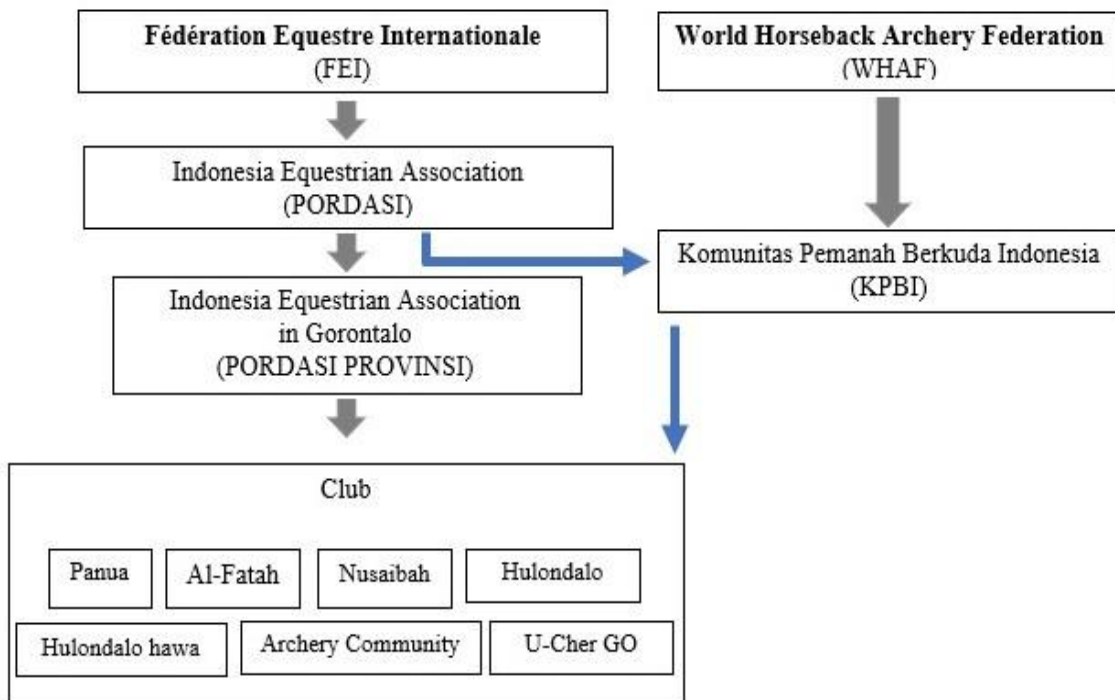


Figure 3. Traditional archery organizational hierarchy
(Source: Data 2022)

Indonesian Archery Association (PERPANI) in Gorontalo was only formed in 2021 and inaugurated in 2022. While modern archery enthusiasts already existed before 2019.

“Before PERPANI Gorontalo was formed, the archery community already existed. It consists of the general public who have an interest in archery.” Informant 1 (Interviewed on October 2022). “There are already modern archery athletes in Gorontalo but to participate in championships at the national level. They must go to the nearest PERPANI” Informant 2 (Interviewed on October 2022).

Therefore, archery enthusiasts in Gorontalo decided to establish a club. So that archery activities are more systematic and training progress can be measured. On 12 July 2019, Gorontalo Archery Club (GAC) was ratified as a club through the decree of the Minister of Law and Human Rights of the Republic of Indonesia No. AHU-0007739.AH.01.07.TAHUN 2019. Membership consists of 12 people (2 women, 9 men). Interest in traditional archery has also increased significantly since 2019. Hulondalo Horseback Archery Club is the only club that accommodates traditional archers.

“After attending the XIII PORDASI National Conference in January 2020. The development of traditional archery is very good. Until now, there are 6 traditional archery clubs in Gorontalo Province” Informant 3 (Interviewed on October 2022).

In March 2020, under PORDASI Gorontalo, the traditional archery club increased by 6, namely: Panua Horseback Archery, Al-Fatah Gorontalo Horseback Archery, Hulondalo Horsebow Archery, Hulondalo Hawa Archery, Nusaibah Archery Club, Archery Community Boalemo, U-Cher GO Ukhuwah Archery Gorontalo.

Modern, and Traditional Archery Activities

Since 2019, modern archery activities in Gorontalo began to focus on (1) improving the ability of certified coaches, and (2) talent scouting.

“Some of us are already certified modern archery coaches. We will continue to upgrade regularly. It’s just that we find it difficult to apply sports science. We have to involve sports people to prepare training programs and talent scouting” informant 4 (Interviewed on October 2022)

“What we can do at the moment in order to talent scouting is to socialize this sport to the community. Our main target is schools, elementary, junior high, and high school. Only we are a little difficult to socialize on campuses” Informant 5 (Interviewed on October 2022).

“Talent scouting is rather difficult for modern archery. Expensive equipment and distant training grounds are the main inhibiting factors. But we continue to strive for solutions, such as providing facilities.” Informant 6 (Interviewed on October 2022).

To improve the ability of coaches, on 18 March 2022, the Archery Coaching Class Grade and Advanced were held. There were 12 coaches who participated in this activity (3 women, 9 men). To screen athletes, PERPANI Gorontalo held an archery festival called the patriotic festival on 22 January 2023 (MY Sonosentiko, 2023). This festival also commemorated the declaration of independence of Gorontalo people from colonialism, on 23 January 1942. There were 118 participants, consisting of students and the public. The types of bows used consisted of standard, recurve, and compound.

“The purpose of this event is to promote this sport to the public, and at the same time to recruit athletes. For athletes who are ready for Pre PON in 2023, this event is a warm-up for them. In the future, archery may included in the Provincial Sports Week event (locally named PORPROV) in Gorontalo” informant 7 (Interviewed on January 2023).

Modern archery joint training is held once a week at the Nani Wartabone Youth Sports Centre. Located in the sports center of Gorontalo City. For people who want to pursue archery as an achievement sport, there are two modern archery training centers in Gorontalo, namely Perintis Archery in Bone Bolango and Salaman Archery in Gorontalo City.

“The modern archery joint practice venue is now settled here (Gelanggang Olahraga NW), and is also open to traditional bow users. The previous two training centers did meet safety standards. But, they were closed and far from the public. Here (Gelanggang Olahraga NW) the goal is to socialize archery, achieved both modern and traditional.” informant 8 (Interviewed on November 2022).

In contrast to modern archery, the joint training of traditional archery is centered on the Yosonegoro racetrack, Gorontalo Regency. “Traditional bow users usually practice together in Gorontalo Regency, at the Yosonegoro racecourse” informant 8 (Interviewed on December 2022).

The frequency of the practice is once a week. To achieve training goals, traditional archers can choose to join one of the 6 horsebow clubs or practice alone at home by paying attention to safety factors during training. The most widely used bow for traditional archery in Gorontalo is the Turkish bow.

“One of our archers who qualified for the 2022 National Horsebow Archery Championship in Malang, practiced alone at home. Including a phenomenon, never practiced together. During the selection, suddenly appeared and managed to get the best points.” informant 9 (Interviewed on December 2022).



Figure 4. Practice at traditional archer's house
(Source: Personal documents of traditional archer 2021)

Modern and traditional archery activities from 2020 to 2023 can be seen in table 1.

Table. 1 Modern and Traditional archery activities

Year	Activity	Participating members	Location
2020	Traditional Archery Festival "Walikota Palu CUP"	13	Palu, Central Sulawesi
2020	Streaming Competition Horseback Archery PORDASI	3	Gorontalo, Gorontalo
2021	Archery Championship "Dandim CUP" (Modern)	10	Luwuk, Central Sulawesi
2022	National HBA Championship 2022	8	Malang, East Java
2023	Patriotic Festival (Modern and Traditional)	118	Gorontalo, Gorontalo

DISCUSSION

Modern and Traditional Archery Development

The design of modern archery activities by PERPANI and traditional archery by KBPI in PORDASI Gorontalo can follow the Indonesian Sports Development System according to the Grand Design of National Sports (Kemenpora RI, 2021, 2022), which consists of 3 sports domains, namely: 1) educational sports with strengthened physical literacy (playing 0-6 years, basic movements 6-9 years, and talent Development Centres 12-17 years), 2) achievement sports for children who have joined the Talent Development Centres and become selected junior athletes, can participate in the selection of Indonesian elite athletes. The development of sports requires a minimum of 8 years. (Prasetyo, 2019) coaching the achievements of archery athletes from an early age is carried out in stages. The athlete squad phase may consist of U-9, U-12, U-15, dan U-17. The focus of the coach is to improve fitness and motoric abilities according to age and physical

development. For example, U-9, the physical training model given is light in the form of games. In this coaching, coordination must be carried out between coaches, athletes, and parents for the balance of academic and non-academic achievement, so that parents believe and feel comfortable while their children are participating in archery training (Prasetyo, 2019), 3) recreational sports for the general public who make fitness the goal of archery itself. (Zolkafi et al., 2019) an eight-week traditional archery training program can improve heart rate variability in sedentary lifestyle youth. This activity is then suggested for people with a sedentary lifestyle as one way to combat poor cardiac autonomic function.

Application of Sport Science in Modern and Traditional Archery

Achieving a better end goal in archery always starts with goal setting at the beginning of training (Barnett & Stanicek, 1979). In order to achieve this goal, the application of sports science in modern and traditional archery activities must be optimized. In previous studies, patterns of events caused by archery activities have been recognized. Such as muscle activation patterns during archery shooting (Baifa et al., 2023; Borges et al., 2020; Clarys et al., 1990; Ertan, 2009; Ertan et al., 2003; Simsek et al., 2018), injuries that can occur during archery activities and their causes (Kaur Grover & Kumar Sinha, 2017; Kaynaroğlu & Kiliç, 2012; Lin et al., 2010; Mann & Littke, 1989; Naraen et al., 1999; Palsbo, 2012; Rayan, 1992; Vogel & Rayan, 2003; You et al., 2016), and the relationship between aspects of biomechanics, psychology and performance in archery (Ahmad et al., 2014; Bebetsos, 2015; Haywood, n.d.; Hung et al., 2008; Muazu Musa et al., 2019; Robazza et al., 1999; Savvides et al., 2020; Serrien et al., 2018; Stone, 2007). The findings of researchers in the field of sports science, especially archery, can be a reference material and consideration in coaching beginner archery in Gorontalo.

CONCLUSIONS

Based on the study results, it can be concluded; archery is a new sport for Gorontalo people in general. The early development of archery in Gorontalo was marked by the formation of the Gorontalo Archery Club (GAC) in 2019 and modern archery organizations, Indonesian Archery Association (PERPANI Gorontalo) in 2021, and Hulondalo Horseback Archery Club for traditional archery formed in 2019 and Indonesian Equestrian Association (PORDASI Gorontalo) in 2020. Traditional archery is more popular among Gorontalo people. To accommodate the increasing number of traditional archers, 5 traditional archers clubs were formed under PORDASI Gorontalo,

namely: Panua Horseback Archery, Al-Fatah Gorontalo Horseback Archery, Hulondalo Hawa Archery, Nusaibah Archery Club, Archery Community Boalemo, U-Cher GO Ukhuwah Archery Gorontalo. The club is spread across regencies and cities. Furthermore, modern and traditional archery coaching can be done by following the National Sports Grand Design. Archery can be developed as part of sports education, sports achievement, and sports recreation for fitness. As well as applying sports science in its development.

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