



JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117
<https://doi.org/10.33222/juara.v8i1.2619>



Revitalization of Riau Community Resources Through Petanque Sports

Jumadi¹, Eri Barlian², Padli³

^{1,2,3} Universitas Negeri Padang, Jalan Prof. Dr. Hamkah, Air Tawar., Kecamatan Padang Utara, Sumatra Barat, 25171, Indonesia.

*e-mail: jumadi.spd9031@gmail.com

Info Artikel

Article History:

Received 29 August 2022

Approved 04 January 2023

Published 07 January 2023

Keywords:

Revitalizing

Community Resources,
Petanque Sports

Abstract

This research reviews the picture of the Riau community in revitalizing the resources of the Riau community through petanque sports. This study aims to find out what factors can affect the people of Riau through petanque sports. The subjects of this study were several stakeholders related to (the general public, students, and students) of Riau province. The research method used is the descriptive method. Data collection techniques with observation, interviews, documentation, and data triangulation. The data obtained are analyzed qualitatively by 1) data reduction, 2) data presentation, and 3) conclusion. Based on the results of the study, it was found that the average Riau community is 1). Society tends to be individualist. Therefore it is necessary to hold movements such as revitalization, which is communication, to reduce the individualist impact in the community. 2). One of the rights means to revitalize the communication of the people of Riau is to carry out sports activities because everyone needs to do sports activities. 3). Petanque sports are one of the effective media in revitalizing community communication due to their common characteristics and can also be used as a routine activity. The revitalization of Riau community resources through petanque sports is significant and affects people's interest in exercising and getting to know petanque sports.

© 2022 Jumadi, Eri Barlian, Padli
Under the license CC BY-SA 4.0

✉ Alamat korespondensi: Universitas Islam Riau. Jalan Kaharuddin Nasution No 113 Pekanbaru Riau, 28284, Indonesia.

E-mail: jumadi.spd9031@gmail.com

INTRODUCTION

Sports are activities planned for various purposes, including health, fitness, recreation, education, and prestas (Aditya Gumantan & Fahrizqi, 2020). Exercising is the right way to keep your body healthy and fit. Sports if it has grown and developed and cultivated in the community, in the following stage, sports will become necessary for the community

(Supandri, Tuti Sarwita, 2020). Thus, people aware of sports no longer need to be forced or told to do sports. However, what happened, the society in Indonesia needs to be thorough to this level (awareness and need the exercise). If people consider sports a necessity, they will learn more about sports and how to exercise correctly to improve their health degree.

Indonesia is a developing country in terms of community economy; in its development, life will indirectly be separated by circumstances with what is commonly called rich and poor. Once we look into this community's life and daily life, it will be completely opposite to the event and the standard of living. The most crucial concern is when there is a profound gap in life that is at the same standard of living.

In the Big Indonesian Dictionary, revitalization means the process, way, and deed of reviving something previously less empowered. Revitalization means making something or a deed vital (Saputro, Maliki, & Widiyatmoko, 2021). While the word vital has an essential meaning (for life and so on). Understanding through other languages revitalization can mean processes, ways, and or actions to revive or re-energize various programs of any activity (KBBI, 2005). Alternatively, more clear that revitalization is to revive vitality. So, the definition of revitalization, in general, is an effort to make something meaningful and very necessary. Therefore, the sport of petanque in the Riau community will be an essential part of the revitalization aspect this time.

Petanque is a form of *boules* game whose purpose is to throw an iron ball as close as possible to a wooden ball called a *cochonnet* (jake), and the foot must be in a small circle. The game is commonly played on hard ground or oil but can also be played on grass, sand, or other ground surfaces (Lara, 2020). The game technique in petanque sports has two throwing techniques (Solihin,

Setyawati, & Hidayah, 2022). The first technique is pointing. The pointing technique is an effort by a person or team to deliver the ball to get close to the target. Carrying out the pointing technique has two ways: standing and squatting. The second technique is shooting. The shooting technique is an effort a person or team makes to keep the opponent's ball away from the target. In shooting techniques, it can also be done by standing and squatting. Based on (Irhas, 2022) states that the character of petanque sports tends to require accuracy; anyone who wants to play *petanque*, no matter how old, position, or gender, is allowed to play this sport. Recreational sports can cover all three scopes of the sport, between games and recreational sports that have similarities, including teaching/training motor (motion) that are harmonious and skilled and can realize and form a whole person with the values contained in their activities or often called character education (Fayogi, 2022).

Recreational sports such as petanque are one of the sports that are suitable to be done in urban areas; this is due to the characteristics of sports that are easy and can be done in public places. The revitalization of community communication through sports needs to be done. It can also be used as a general sport, in this case as a beginning towards forming socialist and healthy urban areas, because one of the benefits of petanque sports introduction activities in the community will have biomotor movement experiences such as physical fitness, agility, endurance, flexibility, strength, balance and also build the spirit of

communication (Kurniawan, Junaidi, & Hidayah, 2022).

Based on the results of observations, we can see, for example, some cases that occurred in the community when in the PorProv Kuantan Singingi 2022 event, there are still many people who do not know what petanque sports are. Inadequate petanque sports facilities and infrastructure in the Riau area are one of the people who need to become more familiar with petanque sports. Lack of socialists from FOPI (Indonesian Petanque Sports Federation) Riau Province.

METHODS

The method in this study uses qualitative methods. Qualitative methods are one of the research methodologies for understanding the meaning of individual experience based on behavior and underlying activities. This method accurately captures an individual's events or experiences in real-time. This research uses a case study approach.

Carried out on the people of Riau in terms of related problems. Participants in this study consisted of 3 people selected through purposive sampling techniques. Participants with characteristics: 1) General Public, 2) Students and 3) Students. The data collection method uses semi-structured interviews and documentation.

In this qualitative approach, researchers will evaluate the problem of the revitalization of Riau community resources through petanque sports by describing the objects to be studied, namely the general public, students, and students, based on current facts. Here

researchers want to know about the knowledge of the Riau people about petanque sports.

In qualitative research, the researcher's instrument or tool is the person himself. Therefore, the researcher as an instrument must also be "validated" to what extent qualitative researchers are ready to conduct research and then go into the field. Researcher validation as an instrument includes validation of understanding of qualitative research methods, mastery of insights into the field under study, and the readiness of researchers to enter the research object, both academically and logistically. Those who carry out validation are the researchers themselves, through self-evaluation of the extent of their understanding of qualitative methods, mastery of the theory, insight into the field under study, and readiness and provision to enter the area. At the same time, research instruments are tools or means that researchers can use in collecting or obtaining data in the field under study and readiness and provision to enter the area. Research instruments are tools or facilities that researchers can use in collecting or obtaining data.

In this study, researchers used several ways to collect data, namely by collecting data as follows:

1. Observation

Observation is a complex process involving various biological and psychological functions (SN & Setiawan, 2020). Observation techniques are used when researchers pay attention to human behavior, work processes, and natural phenomena and when the respondents observed are manageable.

According to (Suharsimi, 2013), observation is a technique carried out by making careful observations and systematic recording.

As for the first step regarding observation, researchers observe and record data with observations on the community from *car-free day* (CFD) activities in the city of Pekanbaru.

2. Interview

An interview is a conversation with a specific purpose and purpose. The two parties who conducted the discussion were the interviewer and those interviewed (Suratman & Mesiyani, 2016). Interviews are used as a data collection technique if the researcher wants to conduct a preliminary study to find the problem to be studied. Researchers want to know things from respondents more deeply, and the number of respondents is small. This data collection technique is based on self-reporting, or at least on personal knowledge and beliefs (Sugiyono, 2015).

Meanwhile, according to (Suharsimi, 2013), interviews are a method or method used to get answers from respondents using one-of-a-question and partial answers. It was said to be one-sided because respondents were not allowed to ask questions in this interview. In this issue, researchers used semi-structured interview guidelines. This interview aims to find problems openly, where the parties invited to the interview can be asked for their opinions and ideas (Raharjo, 2017). In conducting interviews, researchers must listen carefully and record what the informant puts forward. To get informants with many thoughts, researchers

collected data by interviewing people from *car-free day* (CFD) activities in Pekanbaru.

3. Documentation

Documentation is any written material or film, other than notes, prepared at the investigator's request. While in journals, documentation looks for data about things or variables in notes, transcripts, books, letters, magazines, and so on (Soemari & Budianti, 2020). In this study, the method used to obtain data or written information and photos related to activities, researchers collected data by taking documentation on *car-free day* (CFD) activities in Pekanbaru. Researchers use observation techniques, in-depth interviews, and documentation in data collection.

The data collection method uses *semi-structured* interviews and documentation. Interviews are not only conducted with the subject but also conducted with the parties concerned with the part. Researchers selected the general public, students, and students as significant others in the study. After taking data through interviews, data analysis is carried out. The data analysis technique used is Triangulation means, using different data collections to get data from the same data source. Triangulation of Patisipatif observation techniques, in-depth interviews, and synchronous documentation for the same data source. Source triangle means to get data from different sources with the same technique.

1. Data Collection

Data collection is to find, record, and collect all data objectively and as is by the results of observations and interviews in the field, namely recording the data needed for various

types of data and various forms of data in the field that are handed down by researchers and recording in the field.

2. Data Reduction

The data that has been collected is selected and grouped based on similar or similar data. Then this data is organized to obtain conclusions as material for presenting data. Data preparation is carried out with consideration of data preparation as follows:

1. Formulate only the data that is important and needed,
2. Enter only data that is truly objective,
3. Enter only authentic data,
4. Distinguish between informational data and respondents' messages.

3. Data Presentation

After being organized, the data is presented in narrative descriptions accompanied by charts or tables to clarify the presentation of the data.

4. Conclusion Drawing or Verification

After the data is presented, conclusions or verification are drawn for more details on data collection, data reduction, data presentation, and drawing conclusions or verification.

FINDINGS AND DISCUSSION

Revitalizing

In the Big Indonesian Dictionary, revitalization means the process, way, and deed of reviving something previously less empowered. Revitalization means making something or an act vital. While the word vital has a very important or essential meaning (for life and so on) (Aini & Kemala, 2021). Understanding through other languages

revitalization can mean processes, ways, and or actions to revive or re-energize various programs of any activity (KBBI, 2005). Alternatively, more clear that revitalization is to revive vitality. So, the definition of revitalization, in general, is an effort to make something meaningful and very necessary. Therefore, what will be an essential part of the revitalization aspect this time is the revitalization of some Riau community resources through petanque sports.

Revitalization, including conservation, is part of a planning effort to preserve the physical relics of past cultures with historical and architectural aesthetic value (Purnomo & Sujarwo, 2021). We understand that the legacy presented to us as human beings is not only physical but also cultural and transmitted verbally and non-verbally. It is also essential that our communal life always begins with communication, or rather, an effort to preserve the built environment so that it remains in its original state and prevents destructive processes of social life. Depending on the conditions of the built environment to be preserved, these initiatives usually involve renovation, restoration, and conversion (Saputro et al., 2021). Therefore, revitalization is an effort to revitalize an area or part of a city that was once vital/vibrant but then experienced recession/decay. Therefore, improving and increasing economic activities (economic revitalization) regarding socio-cultural and environmental aspects (environmental goals) is still necessary. This is very important since productive use aims to create a continuous maintenance and control

mechanism for the inventory of urban facilities and infrastructure.

Community Resources

A society is a group closely intertwined by a particular system, certain traditions, certain conventions, and laws, leading to a collective life (Rauhe, 2022). A society is a group of people united in collective life under specific needs, requirements, beliefs, thoughts, and aspirations. The system and law of society reflect the individual's behavior because the law and the system are binding on the individual (Hanansyah & Ginanjar, 2020). BBN m n To facilitate the study of diversity in society, society can be divided into four categories based on population growth, political concentration, and social stratification: Herds, tribes, and countries. The minor social type or herd usually consists of only a few groups, many of which are aggregations of one or more prominent families.

Society is a system that connects one person with another that forms a single entity (Sartika, 2010). As a social being, man needs another human being to meet his needs. You cannot live alone in society. The criteria for human interaction are explained as follows: (1) There must be more than one perpetrator, (2) There is communication between actors through symbols, (3) There is a dimension of time (past, present, future) that determines the nature of the activity, (4) There is a defined goal, regardless of whether the goal corresponds to what the observer thinks. Society is not incarnate because they exist

instantly but are the incarnation of time in time (Juhanis, B, & Nur, 2017). Society has always existed from the past to the future. Its presence goes through a phase between what happens and what happens. In today's society, there are influences, traces, and plagiarism of the past and seeds and possibilities for the future.

Community resources exist in humans themselves (Ardiyanto, 2019). Usually, these resources are used in producing goods or services, whereas with humans who can produce goods, humans will be more prosperous. In humans, energy, skills, and personalities become resources, where the better the energy, expertise, and personality in an area, the better the area will be.

Petanque

The game of petanque is organized through the FIPJP association (Federation Internationale de Patanque et Jue Provençal), the parent association of the world petanque association. Through FIPJP, petanque entered Indonesia in 2011, precisely not long before the 2011 *sea games* in Indonesia, the league that regulates petanque in Indonesia, especially FOPI (Indonesian Petanque Sports Federation), which was held in 2011. Then all petanque participants from the Palembang region remembered the location of the *Sea Games* in this petanque sport in Palembang, precisely in Jakabaring (Juhanis et al., 2017). At this time, there began to be several significant provinces joined and spread the sport of petanque throughout Indonesia.

The sport of petanque is a type of boule match whose purpose is to throw an iron ball as

close as possible to a wooden ball called a cochonnet, jack, or boka, and the foot should be in *the circle*. There are two types of throwing in petanque sports: *pointing* and *shooting* (Chandra Triadi, 2021). The sport of petanque is one of the games sports originally from France (Lubis & Permadi, 2021). The main objective of the petanque sports game is to throw a bosi to get close to a target or target called a boka or jack and keep the opponent's bosi away from the Boka asaran (Iskandar & Rahman, 2019). This sport is a simple game, petanque is usually played on the ground or flat grass with a field size of 4 x 15 meters. In some countries, petanque as a means to communicate, as said in research (Buick, Mulligan, & Smith, 2015), is essential in providing social interaction, and petanque provides benefits in social aspects to the individual. The sport of petanque has a variety of designations that are different in each country. *Bocee* is the sports designation of petanque in Turkey, and *Bowls* is the designation in England (Turkmen, 2013).

Petanque can be a fantastic game, the equipment and areas used are very simple, and the game is also straightforward and affordable. The game of petanque is not limited by age; everyone can follow it (Souef, 2015). The sport of petanque is one of the sports that requires a high level of concentration and technique; this can be seen from the primary goal of mechanics, which is to achieve maximum accuracy, meaning that an athlete must be able to throw bosi according to predetermined goals by throwing with techniques and procedures that are already in the rules of the game (Gracia, 2019). Matches with shooting numbers are

carried out at distances of 6, 7, 8, and 9 meters. The points earned on the shooting number are 0, 3, and 5 on each successful shooting, so this game requires concentration and accuracy to excel (Solihin, Setyawati, & Hidayah, 2022).

Revitalization of Sumbe Daya Maysarakt Riau Through Petanque Sports

Community resources are resources that the person himself has (Dimiyati, 2006). Usually, these resources are used to produce goods or services, and people who can produce goods are more prosperous (Sugiyanto, 2018). A person has energy, expertise, and personality, which is a resource; the better the staff, expertise, and personality in a field, the better the area (Akbar, Priambodo, & Jannah, 2019). A society is a group of people who "get along" or "interact" scientifically. Human entities may have infrastructure that allows their citizens to interact with each other (Syamsudin, Syaifullah, Subardi, & Fariz, 2021). For example, the modern state is a human entity with various infrastructures that allow intensive and frequent interaction between its citizens (Agustini, Nugraheni, & Maulana, 2018). The modern country has communication networks in the form of road networks, railway networks, air transportation networks, telecommunications networks, radio and television systems, various national-level newspapers, national holiday ceremony systems, etc. (Suherman, Suherman, Juliantine, & Mahendra, 2018). Countries with smaller geographical areas have the potential for more intensive interaction than countries with large geographical areas (Sadden, 2016). Even if it is an island country such as ours, the

link that connects a human unit with society is a pattern of behavior that characterizes all life actors within that unit's boundaries (Sadden, 2016). In addition, the pattern must be stable and continuous, in other words, the typical pattern has become a typical habit. So we cannot call a student's residence, service academy, or school society because although the human units consisting of students, teachers, administrative staff, and other employees are bound and governed by various standards and rules, schools, etc., are typical systems covering only a limited area of life. At the same time, the dormitory or school as a human entity is only temporary; that is, there is no continuity.

Petanque is a sport originating in France that uses metal balls as its tools. Petanque is played between two to six people, divided into two teams, and played on a dirt or stone court, but it must be flat (Irhas, 2022). Judging by the characteristics of petanque, we can understand that the characteristics of this sport are suitable for any social class since the media and its place are easy to find. In dense and dense urban environments, pétanque can be a means of recreation, health, and wellness for residents. Then (Tri Widhiyanti, Rusitayanti, & Ariawati, 2022) says that recreational sports are usually carried out after working in offices, schools, training, etc. Therefore, pétanque may be a hobby corresponding to its recreational sports characteristics.

With the holding of this petanque sport in urban areas, the revitalization of communication between urban communities can run more effectively; this is because every community, especially the city, definitely needs

sports, and petanque is a sport that is suitable to be done in urban areas, then judging from the characteristics of *petanque* games This requires two or more people or in other words there will be communication between individuals and can also be done anywhere as long as it is flat.

CONCLUSION

The conclusion of a study shows that the revitalization of Riau community resources through petanque sports: 1) Urban communities tend to be individualist; therefore, it is necessary to hold movements such as revitalization that are communication in nature in order for this to reduce the impact of the unique urban environment. 2) One of the rights means to revitalize communication for the people of Riau is to carry out sports activities, this is because everyone needs and needs to do sports activities. 3) Petanque sports are one of the effective media in revitalizing community communication due to their typical characteristics and can also be used as a routine activity.

ACKNOWLEDGMENTS

This research was completed thanks to the help of various parties. Therefore, the researcher expressed his highest gratitude and appreciation to the parties who contributed to completing this research.

REFERENCES

- Aditya Gumantan, & Fahrizqi, E. B. (2020). *Jurnal Sport-Mu Pendidikan Olahraga UM Jember*. (2015), 1–9.

- Agustini, D. K., Nugraheni, W., & Maulana, F. (2018). Hubungan Kekuatan Otot Lengan Dan Koordinasi Mata Tangan Terhadap Ketepatan Shooting Dalam Olahraga Petanque Di Klub Kota Sukabumi Tahun 2018. *UMMI ke-1 Tahun 2018*, 163–167.
- Aini, K., & Kemala, A. (2021). *JUARA : Jurnal Olahraga Development Of Physical Fitness Teaching Materials E-Book Using Flipbook Maker*. (2).
- Akbar, M. F., Priambodo, A., & Jannah, M. (2019). PENGARUH LATIHAN IMAGERY DAN TINGKAT KONSENTRASI TERHADAP PENINGKATAN KETERAMPILAN LAY UP SHOOT BOLA BASKET SMAN 1. *Jp.jok (Jurnal Pendidikan. Jasmani , Olahraga dan Kesehatan)*, 2, 1–13.
<https://doi.org/https://doi.org/10.33503/jpjak.v2i2.445>
- Ardiyanto, H. (2019). Prinsip-Prinsip Biomekanika Kualitatif: Upaya Menjembatani Teori dan Aplikasi dalam Sport Science. *Media Ilmu Keolahragaan Indonesia*, 9(2), 54–62.
<https://doi.org/10.15294/miki.v9i2.17757>
- Buick, A., Mulligan, H., & Smith, C. (2015). Implementation of physical activity for individuals with severe neurological disability. *New Zealand Journal of Physiotherapy*, 43(3), 98–104.
<https://doi.org/10.15619/nzjp/43.3.09>
- Chandra Triadi, N. (2021). Contribution Of Power And Strength Of Arm Muscles To Petanque Shooting Ability In Sport Education Students At Muhammadiyah University Of Surakarta. *Ijersc.Org*, 648–656.
- Dimiyati, D. (2006). Peranan Psikologi Olahraga dalam Mengembangkan Olahraga Prestasi di Indonesia. *Psikologika : Jurnal Pemikiran dan Penelitian Psikologi*, 12(22), 149–155.
<https://doi.org/10.20885/psikologika.vol12.iss22.art7>
- Fayogi, N. 'Urizka. (2022). Study of the Correlation between Arm Muscle Power, Arm Length, Hand-Eye Coordination, and Concentration on Gate-In Results in Woodball. *International Journal of Multidisciplinary Research and Analysis*, 05(03), 606–615.
<https://doi.org/10.47191/ijmra/v5-i3-04>
- Gracia Sinaga, F. S., & Ibrahim. (2019). Analysis Biomechanics Pointing dan Shooting Petanque Pada Atlet TC PON XX PAPUA. *Sains Olahraga : Jurnal Ilmiah Ilmu Keolahragaan*, 3(2), 66.
<https://doi.org/10.24114/so.v3i2.15196>
- Hanansyah, A., & Ginanjar, A. (2020). Erratum: Upaya Peningkatan Hasil Belajar Bola Basket Menggunakan Model Pembelajaran Group Investigation. *JUARA : Jurnal Olahraga*, 5(1), 111.
<https://doi.org/10.33222/juara.v5i1.922>
- Hervi, A., & Qoriah, A. (2021). Survei Manajemen Olahraga Petanque Pada UKM Petanque Unnes Kota Semarang. *Indonesian Journal for Physical Education and Sport*, 2(1), 230–234.
<https://doi.org/10.15294/INAPES.V2I1.44213>
- Irhas, S. (2022). Latihan Pergelangan Tangan, Power Lengan, Konsentrasi dan Shooting pada Petanque. *JUARA : Jurnal Olahraga*, 07.
- Iskandar, T., & Rahman, F. (2019). PENGARUH METODE LATIHAN HAND GRIP TERHADAP KEKUATAN GENGAMAN TANGAN PADA ATLET PUTRA PELATCAB PETANQUE KOTA BEKASI. *Motion: Jurnal Riset Physical Education*, 9(2), 140–145.
<https://doi.org/10.33558/motion.v9i2.1539>
- Juhanis, B. B., & Nur, M. (2017). Pelatihan Teknik Dasar dan Sosialisasi Peraturan Permainan Olahraga Petanque pada Mahasiswa FIK UNM Makassar. *Pengabdian Kepada Masyarakat Universitas Negeri Makassar*, 1(1), 137–141.

- Kurniawan, R., Junaidi, S., & Hidayah, T. (2022). Jurnal Olahraga The Effect of Flexibility Exercises, Static Balance, Eye-Hand Coordination on Petanque Shooting Results BY-SA 4.0. *JUARA: Jurnal Olahraga*, 7(2). <https://doi.org/10.33222/juara.v7i2.2015>
- Lara, A. A. (2020). *Kontribusi kekuatan otot lengan terhadap ketepatan shooting petanque jarak 6 meter pada atlet riau.*
- Lubis, M. R., & Permadi, A. G. (2021). Perbedaan Pengaruh Latihan Konsentrasi Dan Latihan Koordinasi Terhadap Peningkatan Kemampuan Shooting Game Atlet Petanque Undikma. *JISIP (Jurnal Ilmu Sosial dan Pendidikan)*, 5(2), 632–637. <https://doi.org/10.36312/jisip.v5i2.2005>
- Pelana, R. (2016). Hubungan Kekuatan Otot Tungkai Dan Keseimbangan Statis Dengan Hasil Shooting Pada Atlet Klub Petanque. *Prosiding Seminar Nasional Peran Pendidikan Jasmani dalam Menyangga Interdisipliner Ilmu Keolahragaan*, 12, 116–127. Berreskuratua - (e)tik <http://pasca.um.ac.id/conferences/index.php/SNPJ/article/download/996/667>
- Purnomo, A., & Sujarwo. (2021). *JUARA : Jurnal Olahraga Dampak pandemi COVID-19 terhadap Aktivitas Fisik dan Prestasi Siswa.*
- Raharjo, D. B. (2017). *Tingkat Pemahaman Peraturan Permainan Sepakbola (Laws of The Game) Wasit C-1 dan C-2 Pengcab PSSI Sleman.* Yogyakarta.
- Rauhe, E. V. (2022). PENGARUH LATIHAN POWER LENGAN TERHADAP KEMAMPUAN MELEMPAR DALAM PERMAINAN SOFTBALL PADA MAHASISWA JURUSAN PKL FIK UNIMA. *Jurnal Pendidikan Kesehatan dan Rekreasi UNIMA*, 03(01), 96–101.
- Saputro, W. A., Maliki, O., & Widiyatmoko, F. A. (2021). *Pengaruh Latihan Kekuatan Otot Tangan, Daya Tahan Otot dan Keseimbangan Terhadap Ketepatan Shooting Game Petanque di UKM Petanque Upgris. 2*, 274–279.
- Sartika, R. A. D. (2010). Analisis Pemanfaatan Program Pelayanan Kesehatan Status Gizi Balita. *Jurnal Kesehatan Masyarakat Nasional*, 5(2), 1–8.
- SN, D. A. A., & Setiawan, I. (2020). Pengaruh Latihan Koordinasi Mata Tangan dan Kekuatan Otot Lengan Terhadap Akurasi Lemparan Bola Petanque. *Indonesian Journal for Physical Education and Sport*, 1(2), 496–501. Berreskuratua - (e)tik <https://journal.unnes.ac.id/sju/index.php/napes%0APengaruh>
- Soemari, & Budianti, Y. (2020). Hubungan Kelentukan Pergelangan Tangan Terhadap Ketepatan Shooting Bola Petanque Pada Atlet Ukm Petanque Stkip Bina Bangsa Getsempena. *Journal of Chemical Information and Modeling*, 2(1), 5–7.
- Solihin, Setyawati, H., & Hidayah, T. (2022). The Effect of Balance and Concentration Exercises on the Shooting Results of Petanque Riau Athletes. *JUARA: Jurnal Olahraga*, 7, 3. <https://doi.org/https://doi.org/10.33222/juara.v7i3.2219>
- Souef, G. (2015). *the Winning.* Copy Media.
- Sugiyanto. (2018). Pengembangan Olahraga Dan Iptek Keolahragaan Di Era Millennium. In *Pengembangan Iptek Keolahragaan Untuk Memajukan Generasi Milenial Yang Bugar Dan Berprestasi.*
- Sugiyono. (2015). *Metode Penelitian Bisnis (Pendekatan Kuantitatif, Kualitatif dan R&D).* Penerbit Alfabeta.
- Suharsimi, A. (2013). *Prosedur Penelitian Suatu Pendekatan Praktik.* jakarta: PT Asdi Mahastya.
- Suherman, A., Suherman, A., Juliantine, T., & Mahendra, A. (2018). Thematic Learning

- Based On Physical Literacy for Early Children. *JUARA : Jurnal Olahraga*, 3(1).
- Supandri, Tuti Sarwita, M. (2020). Hubungan Kelentukan Pergelangan Tangan Terhadap Ketepatan Shooting Bola Petanque Pada Atlit Ukm Petanq Stkip Bbg. *Jurnal Ilmiah Mahasiswa Pendidikan*, 1(1).
- Suratman, & Mesiyani, P. (2016). Hubungan Kelentukan Pergelangan Tangan, Power dan Panjang Lengan dengan Ketepatan Servis Panjang. *Journal of Sport Coaching and Physical Education*, 1(1), 42–45.
- Syamsudin, F., Syaifullah, R., Subardi, M. B., & Fariz, S. (2021). JUARA : Jurnal Olahraga Interval Training and Endurance Training to Increase VO₂max: Article Review Fajar. *Journal of Physical Activity and Sports*.
<https://doi.org/https://doi.org/10.53869/jpas.v3i1.175>
- Tri Widhiyanti, K. A., Rusitayanti, N. W. A., & Ariawati, N. W. (2022). The Impact of Covid-19 on Online Learning Motivation in Sports Massage Learning. *JUARA : Jurnal Olahraga*, 7(1), 159–168.
<https://doi.org/10.33222/juara.v7i1.1555>
- TURKMEN, M. (2013). The Relationship Between Motivation Orientations and Competitive Anxiety in Bocce Players: Does Gender Make a Difference. *Psychology and Behavioral Sciences*, 2(4), 162.
<https://doi.org/10.11648/j.pbs.20130204.12>