

Socialization of Petanque Sports at SMAS YASPIB Bontolempangan Gowa

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Abstrak

Sosialisasi olahraga petanque di SMAS YASPIB Bontolempangan Gowa bertujuan untuk memperkenalkan dan mengembangkan minat siswa terhadap olahraga petanque sebagai alternatif aktivitas fisik yang dapat meningkatkan kebugaran jasmani dan mental. Kegiatan ini menyediakan platform bagi siswa untuk mengenal teknik dasar permainan petanque, memahami peraturan permainan, meningkatkan koordinasi mata dan tangan, mengembangkan strategi permainan, serta membangun karakter sportivitas dan kerja sama tim. Melalui sosialisasi ini, diharapkan siswa dapat mengembangkan minat terhadap olahraga non-konvensional, meningkatkan aktivitas fisik sehari-hari, membangun kepercayaan diri, dan menciptakan budaya olahraga yang positif di lingkungan sekolah.

Kata Kunci: Sosialisasi, Petanque

Abstract

The socialization of petanque sport at SMAS YASPIB Bontolempangan Gowa aims to introduce and develop students' interest in petanque as an alternative physical activity that can improve physical and mental fitness. This activity provides a platform for students to learn the basic techniques of petanque, understand game rules, improve hand-eye coordination, develop game strategies, and build sportsmanship and teamwork character. Through this socialization, it is hoped that students can develop interest in non-conventional sports, increase daily physical activities, build self-confidence, and create a positive sports culture in the school environment.

Keywords: Socialization, Petanque

INTRODUCTION

Sports have an important role in character building and developing students' potential at the high school level. Regular physical activity is not only beneficial for physical health, but also has a positive impact on students' mental, emotional, and social development (Arga et al., 2024; Suwardi et al., 2024). However, so far, sports programs in schools tend to be fixated on conventional sports such as football, basketball, and volleyball, so they lack variety and choices that can attract the interest of all students (Arga, 2023).

Petanque is played by two, four or six people in two teams, or players can compete as individuals and play casually. In singles and doubles and triples, each player has three boules and two to play. A coin is tossed to determine which side the player is playing on first (Ashari & Yulianti, 2022; Rahma Fauziah í et al., 2023). The team began to draw a circle on the ground with a diameter of 35-50 cm. All players must throw their boule from inside this circle, with both feet remaining on the ground. The first player throws a jack 6-10 meters, at least one meter from the border. The player who rolls the jack then throws their first boule. A player from the opposing team then makes a throw (Wawan Adi Saputro et al., 2021)

Continue playing with the team that is not closest to the jack must continue to throw the ground until they boule closer to the jack than their opponent or run out of boule. If the nearest boule of each team is the same distance from the jack, then the team playing plays last again. If the boule is still the same distance, the teams play alternately until the position changes (Elsa Listi Lestari et al., 2023; Gilang Permadi et al., 2021). If the boule is still the same distance at the end of the game then no points are scored by either team. The game continues with players from the team that won the previous ending drawing a new circle around where the jack finished and throwing the jack for the new ending (Badaru et al., 2021)

The game ends, and points can be scored when both teams do not have more boule, or when the jack is eliminated from play. The winning team receives one point for each boule that has been closer to the jack than the best-placed opposition boule (Lidya Isdarianti et al., 2022; Bobby et al., 2024). If the jack is thrown out of the game arena, there is no team score unless only one team has a left boule to rotate. In this case the team with the boule receives one point for each that they must play. The winning team is the first to reach 13 victory points (Juhanis et al., 2018).

Petanque is one of the non-conventional sports that has great potential to be developed in the school environment. This sport originated in France and has grown rapidly in various countries, including Indonesia. Petanque is a game that uses an iron ball (boule) that is thrown towards a small ball (cochonnet/jack) with the aim of placing the ball as close as possible to the jack goal (Tyas Agustina & Anung Priambodo, 2017).

The advantage of the sport of petanque lies in its characteristics that it can be played by all ages, does not require a large field, relatively simple equipment, and does not require extreme physical conditions. In addition,

petanque also hone excellent concentration, strategy, and precision skills for students' mental development. This sport can also develop the values of sportsmanship, teamwork, and discipline which are important characters for the younger generation (Saghita Pratama et al., 2024).

At SMAS YASPIB Bontolempangan Gowa, there is no systematic and structured petanque socialization program. In fact, with the diverse characteristics of students and the need for a variety of sports activities, petanque can be an interesting and rewarding alternative. The limited knowledge of students and teachers about the sport of petanque is a challenge that needs to be overcome through a comprehensive socialization program.

Therefore, the petanque socialization program at SMAS YASPIB Bontolempangan Gowa is designed to provide an in-depth introduction to this sport, starting from the history, basic techniques, rules of the game, to hands-on practice. Through this program, it is hoped that students' interest and enthusiasm for the sport of petanque can be created, so that it can be part of the school's extracurricular program and contribute to the development of non-conventional sports achievements at the regional level.

This socialization also aims to build awareness that sports are not only limited to the already popular branches, but there are still many sports alternatives that can provide similar benefits and even more specifically according to the individual needs and interests of students. Thus, this program can be the first step in diversifying school sports programs that are more inclusive and attractive (Tandi Rerung et al., 2025).

METHOD OF IMPLEMENTATION OF ACTIVITIES

The implementation of petanque socialization at SMAS YASPIB Bontolempangan Gowa included an opening with remarks from Ahmad Syahrul as the activity coordinator, a brief explanation of the purpose of socialization, and the introduction of the socializer team, followed by a presentation session presented by the first speaker Muhammad Arkanul arba, S.Pd., M.Pd discussing the history and philosophy of the sport of petanque, the second speaker Arga, S.Pd., M.Pd who discussed the basic techniques and rules of the game of petanque, and the third speaker Siti Nurhalizah Mutia Aulria who discussed game strategies and character development through petanque.

The activity continued with a live practice session led by Wahyu Rahmatullah, where students were invited to try basic techniques such as pointing (bringing the ball closer to the cochonnet), shooting (shooting the opponent's ball), and lofting (throwing the ball with a curved trajectory). This practice session is divided into small groups so that each student has the opportunity to try out in person with optimal guidance.

This program also includes mini tournaments as ice breaking to build a healthy competitive spirit and apply the knowledge that has been gained. The activity was closed with a joint evaluation and reflection, the submission of

souvenirs, and documentation carried out by Charmila Tandi Rerung. All of these socialization activities were guided directly by a team from the University of Perjuangan of the Republic of Indonesia as part of a community service program in collaboration with the chairman of the YASPIB Bontolempangan SMAS Foundation (Tahir G et al., 2024).

IMPLEMENTATION OF ACTIVITIES AND DISCUSSIONS

The socialization of petanque sports which was held at SMAS YASPIB Bontolempangan Gowa on June 20, 2025, succeeded in providing valuable new experiences for the participants, namely students of grades X and XI of SMAS Yaspib Bontolempangan Gowa. The material presented includes "The history and philosophy of petanque, basic techniques and rules of the game, and strategy and character development" providing a comprehensive understanding of the sport of petanque as an interesting and rewarding alternative to physical activity.

During the socialization, the participants were invited to understand the concept of petanque thoroughly. The discussions that took place covered various aspects of the sport of petanque, from the origins of the game to practical applications in everyday life. The students were invited to reflect on how this sport can be a means of character development and improvement of their quality of life.

The basic engineering practice session is the part that attracts the most attention of students. The participants were invited to try out various techniques in petanque, ranging from how to hold the ball, correct body position, to accurate throwing techniques. The enthusiasm of the students is evident when they manage to get their ball closer to the cochonnet or manage to shoot the opponent's ball precisely.

The game strategy aspect also received special attention in this socialization. The students are invited to understand how to develop effective strategies in the game of petanque, including when to score and when to shoot. These discussions help students to develop tactical and strategic thinking skills that are useful not only in sports but also in everyday life.

Character development through the sport of petanque is also an important focus in this socialization. The students are invited to understand the values of sportsmanship, honesty, teamwork, and discipline contained in the game of petanque. They learn how to appreciate their opponents, accept defeat with open arms, and celebrate victory humbly.

The mini tournament held at the end of the session provides an opportunity for the students to apply the knowledge and skills they have learned. This competition, which takes place in a fun atmosphere, helps students to experience a real competition, while building confidence and a healthy competitive spirit.

The students also had the opportunity to share their impressions and experiences during the socialization. Many of them state that petanque is an interesting sport and can be an alternative to fun physical activity. Some

students have even expressed interest in developing this sport further in their schools.

At the end of the activity, the students felt more understanding and appreciate the diversity of sports that existed. They also understand that sports are not only about physical activity, but also about character development and life skills. This socialization provides inspiration for students to be more open to various types of sports and physical activities. The socialization of petanque sports at SMAS YASPIB Bontolempangan Gowa succeeded in achieving its goal, which is to introduce petanque to students and develop their interest in non-conventional sports. This activity also succeeded in instilling positive values and good character through sports activities not only students but also teachers at SMAS YASPIB Bontolempangan Gowa.



Figure 1. Petanque Rules Explained

Game Rules

In petanque, players take turns throwing the ball with their feet fixed inside a circle marked on the ground. The team that manages to put the ball closest to the jack/boka gets points. After all the balls have been played, the team that has the ball closest to the jack will get one point for each ball that is closer than the opponent's ball. The game is usually played until one of the teams reaches 11 for group stage points and 13 points for the semi-finals and finals. The game involves two teams, each of which consists of one to three players.



Figure 2. Basic Throwing Techniques

Basic Techniques of Throwing in Petanque

1. Position Preparation

Make sure you stand with your legs slightly spread and your weight evenly distributed. The hind legs should stay inside the circle when throwing. Hold the ball with your dominant hand, and make sure your fingers grip it comfortably.

2. Throwing Technique

Lift the ball toward your shoulders, then swing your arms back to gain momentum. As the arm moves forward, release the ball at the highest point of the swing. Be sure to point the ball towards the jack/boka at the right angle to increase accuracy.

3. Strength Control

Adjust the throwing force based on the distance to the jack/boka. A softer throw is required for short distances, while a stronger throw may be required for longer distances. Regular training will help you find a balance between strength and accuracy.

CONCLUSION

The socialization of petanque sports at SMAS YASPIB Bontolempangan Gowa successfully introduced and developed students' interest in non-conventional sports. Participants gain new knowledge through understanding the history and philosophy of petanque, mastery of basic techniques and rules of the game, and developing strategies and positive character. In addition, this activity succeeded in increasing students' awareness of the importance of diversifying sports activities, building a spirit of sportsmanship and teamwork, and providing an interesting and useful alternative to physical activities.

This activity also succeeded in creating a fun and interactive learning atmosphere, where students can directly practice the knowledge gained through practical sessions and mini tournaments. The enthusiasm and active

participation of students showed that this socialization had a positive impact on developing interest in the sport of petanque and the character values contained in it.

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