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## **Hard Skill and Soft Skill Training Through Outbound Game for Children in TPQ Nurul Qoryah Mulur Sukoharjo**

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### **Abstract**

This community service activity aims to train soft skills and hard skills through outbound games for the children in TPQ Nurul Qoryah Mulur Bendosari Sukoharjo. This community service activity uses the simulation/demonstration method. This activity is implemented on Sunday, 5 June 2022 at 06.00 - 09.00 WIB at the field. The number of students in this outbound is 20 which are divided into 4 or 5 groups. With the average age of four to eight years of TPQ students, the division of groups is carried out very carefully, so that the group is divided fairly and the game is fun. This outbound started at 08.00 - 11.00 WIB. In outbound games, lecturers in community service activities teach playing raffia rope circles. This activity can practice solving abilities, practice patience, mutual understanding, accuracy, speed, and cohesiveness in rope games. We only need to prepare the raffia rope to play this game. Then, we just need to make a circle with the rope. When signaled, all players on the team must enter the circle that has been created. If no participant enters then all participants will be penalized. The players also need to instill an attitude of mutual trust between participants in teammates to play a circle of ropes. With this trust, participants are expected to be able to establish better relationships and be able to help each other in any way. Although this game is very simple, the students look very happy when they follow the game, they can also learn to work together and train cohesiveness in a team. The outbound has received a positive response from participants. This is illustrated by the high enthusiasm of TPQ Nurul Qoryah's children in participating in this outbound activity.

**Keywords:** *hard skill, outbound, outbound games, raffia rope circles, soft skill*

### **Abstrak**

Kegiatan pengabdian masyarakat ini bertujuan untuk melatih softskill dan hardskill melalui permainan outbond bagi anak-anak di TPQ Nurul Qoryah Mulur Bendosari Sukoharjo. Kegiatan pengabdian masyarakat ini menggunakan metode simulasi/demonstrasi. Kegiatan ini dilaksanakan pada hari Minggu, 5 Juni 2022 pukul 06.00 - 09.00 WIB di lapangan. Jumlah siswa dalam outbond ini adalah 20 orang yang dibagi menjadi 4 atau 5 kelompok. Dengan usia rata-rata empat sampai delapan tahun siswa TPQ, pembagian kelompok dilakukan dengan sangat hati-hati, sehingga kelompok dibagi secara adil dan permainannya menyenangkan. Outbond ini dimulai pada pukul 08.00 - 11.00 WIB. Dalam permainan outbond, dosen pengabdian masyarakat mengajarkan bermain tali rafia lingkaran. Kegiatan ini dapat melatih kemampuan pemecahan, melatih kesabaran, saling pengertian, ketepatan, kecepatan, dan kekompakan dalam permainan tali. Kita hanya perlu menyiapkan tali rafia untuk memainkan permainan ini. Kemudian, kita hanya perlu membuat lingkaran dengan tali. Saat diberi isyarat, semua pemain dalam tim harus masuk ke lingkaran yang telah dibuat. Jika tidak ada peserta yang masuk maka semua peserta akan dikenakan sanksi. Para pemain juga perlu menanamkan sikap saling percaya antar peserta dalam satu tim untuk bermain lingkaran tali. Dengan kepercayaan ini, peserta diharapkan dapat menjalin hubungan yang lebih baik dan dapat saling membantu dalam hal apapun. Walaupun permainan ini sangat sederhana, namun siswa terlihat sangat senang ketika mengikuti permainan, mereka juga dapat belajar bekerja sama dan melatih kekompakan dalam tim. Kegiatan outbond ini mendapat respon positif dari peserta. Hal ini tergambar dari tingginya antusiasme anak-anak TPQ Nurul Qoryah dalam mengikuti kegiatan outbond ini.

Kata kunci: *hard skill, outbond, permainan outbond, lingkaran tali rafia, soft skill*

## SITUATION ANALYSIS

Lately, outbound activities are becoming a trend and phenomenon which is increasingly in demand. Various organizations, institutions, and companies are busy organizing outbound as an effort to improve performance and performance of their members, even for established and healthy companies usually have budgeted funds for these outbound activities. Currently, the outbound method began to be glimpsed by the learning world by being used as a nature-based alternative learning system, in which the process of learning takes place in the open. This can be seen from the emergence of natural schools, even in non-school institutions

Outbound training is a form of learning leadership and management behavior in the open with a unique and simple but effective approach because this training is not loaded with theories but is directly applied to the basic elements that are every day, such as mutual trust and mutual concern for each other. and a proactive and communicative attitude. Indonesia's rich nature provides a source of learning that will never run out. The dimension of nature as an object of education can become a real laboratory and a fun place to play with various methods.

Outbound is one of the modern learning methods that take advantage of the advantages of nature. Outbound is a learning strategy in the open to growing positive values toward something (Sabardila et al., 2021). The participants who took part in the outbound were not only faced with intellectual challenges but also physically and mentally. And this will continue to be trained to become an experience that equips him to face more real challenges in competition in the social life of the community. The purpose of outbound, in general, is to foster a sense of trust in themselves to provide a self-therapy process (those with disabilities) in communication and lead to mutual understanding so that the creation of mutual trust between each other.

Outbound is effective in building an understanding of a concept and behavior. With the outbound method, it is hoped that children can be closer to nature (Susanto, 2021). Outbound is an activity outside the classroom by emphasizes physical activity full of challenges and adventures (Musfah, 2012). The outbound activity itself aims to grow and create an atmosphere of mutual encouragement, support, and motivation in a group. In addition to developing the ability to appreciate creativity and respect for differences in a group, it also contributes to fostering leadership, independence, courage, confidence, responsibility, and empathy which are basic values that everyone must possess. This is translated through experiential learning which will provide direct experience to trainees with game simulations. Participants immediately felt success and failure in carrying out the task.

Outbound is a fun and challenging outdoor training activity. The form of activity is in the form of life simulation through creative, recreational, and educational games (Hamzah, 2020). Outbound activities start from a simple experience such as play or game. Playing a game also makes individuals feel happy and happy. By playing one can learn to explore and develop potential, and curiosity, and increase self-confidence. Experience is a teacher in the natural learning process to increase and develop the knowledge of each experience. So, anyone may have the right to play both children, teenagers, adults, or parents. Because learning from an experience in play activities is used as a fun learning tool that can be done in the room open or closed.

Balgies & Pandia (2021) define outbound as training that uses or takes place in an open space (nature) to provide material from training based on appropriate achievements. The activities do not have to be in a new room, in fact outside the room children can be more active and move freely. In the room, it tends to make children's learning become easily tired, let alone get too many tedious theories. need a little free space for learning activities so the children feel comfortable, for example by involving them in educational activities of outbound.



As stated by Hartoyo (2012) that in school-age children, learning and exercising can be done while playing. Playing makes children able to explore the world around them and recognize the environment in which they live, including recognizing themselves, so that children's physical abilities are increasingly trained. So are their cognitive abilities and social skills. For children's physical and cognitive abilities to be more mature, children need to learn kinesthetic intelligence. Kinesthetic intelligence is a person's ability to capture information and process it quickly and then concreted it in the form of motion, using the body, legs, and hands.

Training kinesthetic intelligence can be done by playing, one of which is through outbound training. Outbound training, apart from training kinesthetic intelligence, also helps develop socio-emotional abilities through playing with friends. This facility is designed to facilitate children's needs to train their kinesthetic movements independently in a fun way through outbound training activities at school and on the playground. In addition, outbound training can help children gain an understanding of daily activities because outbound training is a simulation of life.

The interesting side of the outbound learning method is the game as a form of delivery. In skill games, individuals are not only challenged to think intelligently but also to have social sensitivity. The outbound training method allows participants in their activities to make physical touches in an open natural setting so that it is expected to give birth to the ability and character as well as a leadership vision that contains the values of honesty, openness, tolerance, deep sensitivity, intelligence and a sense of togetherness in building relationships between humans. coherent and dynamic.

The other advantages of outbound activity are also stated by Fatmawati & Daryanto (2013) that outbound activities can improve the interpersonal intelligence of children. Yuliasia et al. (2015) state the increase in gross motor development in children through outbound activities. Then, Ratno et al. (2017) state that outbound can also stimulate enthusiasm for learning. Outbound is a means of adding insight to knowledge gained from a series of adventurous experiences so that it can spur one's enthusiasm and creativity.

Outbound means of increasing knowledge gained from a series of adventurous experiences so that it can spur one's enthusiasm and creativity. Handayani & Fitriani (2019) states that the influence of fun is outbound on children's cooperation in a team/group. Diana et al. (2020) state that outbound activity has a very good impact both directly and indirectly on students such as the formation of morals, character, and recreation. This outbound activity also has an impact on increasing the ability of students in learning and learning activities for teachers.

Outbound is a combination of games simple games, dexterity games, and sports, and filled with adventures. This is what ultimately forms the elements of dexterity, togetherness, and courage in solving problems. Outbound games are one of the things that are very popular with children. Because they are in their infancy, most children spend their time just playing. Whether it's playing alone or in groups. However, it is best if the children can play in groups. This can make the child's growth and development better. One of the games that can be done in groups and can build good cooperation and communication is a children's outbound game. Outbound activity can be obtained through games that encourage adventure activities and teamwork in a natural environment. It is an opportunity to transcend physical, and intellectual and, therefore, enhance one's ability to learn and behave better. Outbound activities also contain games to increase a sense of love and concern for the environment.

Outbound activities can be done by children whose ages range from 5-15 years. There are 2 types of outbound activities for children based on the game category, namely outbound soft

skills, and outbound hard skills: First, Outbound soft skill is outbound activities carried out for personal and interpersonal development which are usually in the form of abilities (talents) or skills. One example of soft skills is an activity to instill leadership values. Meanwhile, increasing teamwork is a common goal in outbound soft skills. All of them are incorporated in character building which is one of the goals of outbound activities. This outbound soft skill game is designed in such a way that no excessive physical movement is required.

While outbound hard skill is an outbound activity carried out for technical skills or fields that a person does so that it is easy to apply. Usually, this type of outbound is focused on one's skills so that speed and accuracy are needed in each game. Like when doing rafting, you can hone your arm strength in addition to practicing cooperation and cohesiveness between members of a team. By participating in children's outbound activities, each child will improve their team-building skills, teamwork, communication, leadership, creativity, concentration, and many other benefits.

### **SOLUTION AND TARGET**

Learning at school has only been done for half a day after that there are TPQ activities in the afternoon. As a result, children only focus on learning materials at school and at TPQ, this of course can lead to boredom. In learning, it is necessary to have something called refreshment so that in the learning process you don't feel bored and bored. Outbound is an effort to get rid of boredom and boredom.

This outbound aims to increase the enthusiasm of students for learning. Besides, these community service actors intend to strengthen the disciplined character of TPQ Nurul Qoryah students through outbound activities. By holding outbound activities, it is hoped that it can add to a fun child's experience, and overcome child boredom when they are getting tired and lazy to study. Therefore, the lecturers' of ITB AAS Indonesia intended to carry out Community Service at TPQ Nurul Qoryah, Mulur Bendosari Sukoharjo by conducting interesting Outbound Games activities to train the hard skill and soft skills of the children at TPQ Nurul Qoryah.

### **IMPLEMENTATION OF METHOD**

This community service activity uses the simulation/demonstration method. The purpose of the demonstration method is to clarify the understanding of the concept and show how to do something or the process of something happening (Kurniawan et al., 2022). This method can use aids to clarify understanding or show how to do something (Hasibuan et al., 2022). This community service activity demonstrates the outbound game to the children such as raffia rope circles.

### **IMPLEMENTATION OF ACTIVITIES**

This community service activity is implemented on Sunday, 5 June 2022 at 06.00 - 09.00 WIB at the field. The number of students in this outbound is 20 which are divided into 4 or 5 groups. With the average age of four to eight years of TPQ students, the division of groups is carried out very carefully, so that the group is divided fairly and the game is fun. In addition to various competitions, to add to the excitement of this activity, they also provide a door price for participants or group work who have won a game. This activity started at 08.00 - 11.00 WIB and lasted smoothly until the end of the event.

Children's outbound games, as we know that outbound is an educational activity that can be done outdoors or indoors, and are suitable for all ages, from preschool children, kindergarten children, elementary school children to even adults. One of the activities that can provide more than one benefit is Outbound or outdoor activities where in outbound activities participants in addition to getting a sense of freshness and fun with the various types of games that are served, also get various lessons from the values contained in each game. which is



played. It turns out that Outbound is not just playing. Many benefits can be obtained for TPQ children.

In this outbound activity, participants or TPQ children are expected to be able to learn to interact directly with the surrounding environment. The participants seemed very enthusiastic about participating in this activity. It was proven that the participants were very enthusiastic about participating in the activities, listening, and listening to directions. In addition, the work program will train their soft skills and hard skills. Cooperation, communication, leadership, concentration, strategy, confidence, and analysis will be the main goals of Outbound Games.

The activity was carried out in a simple but neatly packaged manner so that Outbound Games would still be fun to do. In its implementation, Outbound Games also prioritizes the nature of team cohesiveness as well as individual self-confidence. To be able to compete between one group and another, team cohesiveness is very necessary. Therefore, spontaneous communication in the team also needs to be implemented, because the key to team cohesiveness lies in good communication. If communication is carried out well, then a good strategy is created.

Self-confidence is a positive action, where a person can develop freely through self-assessment and the environment but also remains responsible for what has been done. Confidence must be instilled from an early age. Therefore, we as community service lecturers want to help TPQ Nurul Qoryah's children to grow their self-confidence and practice cooperation between friends through Outbound and Fun Games. We hope that the Outbound Games activities held by lecturers of ITB AAS Indonesia can help TPQ Nurul Qoryah's children in building cohesiveness, leadership, and self-confidence because these qualities will be very useful in the world of work and old age. To increase the enthusiasm of the children of TPQ Nurul Qoryah in increasing religious spirit, together with *Ustadzah* held an Outbound Game activity.





**Figure 1. Outbound Game Activities**

Based on the figure above shows the implementation of community service activity. There are several ways in doing a simple outbound game using ropes named “A raffia rope circle”. This game is simple easy and can be done by anyone. Because it is simple, it does not require a lot of tools. A simple outbound game can be said as an outbound game with minimal tools. Many types of ropes that we can use, such as raffia rope, or any important rope that can be used for a game.

There are several stages to doing this type of rope game. First, prepare the required equipment, namely raffia rope cut 80-100 cm long. The activity participants (children) are divided into several teams where 1 team consists of about 4-5 children. Each outbound training participant gets one raffia rope that has been tied in a circle. Resource persons use a stopwatch to count the game time. The lecturers ordered all outbound participants to stand in line with their team. Then the team leader plays first by inserting his band members into a circle of raffia rope and on his wrist, then crossing each other with his teammates. In this raffia rope game, activity participants are asked to be able to pass a circular rope and so on until it turns to the most end partner. In this case, some rules must be met, namely, participants in the activity are not allowed to cut the rope, untie the rope in a circle, and must be sequential in playing the circular raffia rope. What participants will get is a problem-solving ability, practice patience, mutual understanding, accuracy, speed, and cohesiveness, because the main function of rope is to rope.

The goal of this outbound game is to build teamwork and test the dexterity of each participant in this game. This activity can practice solving abilities, practice patience, mutual understanding, accuracy, speed, and cohesiveness in rope games. We only need to prepare the raffia rope to play this game. Then, we just need to make a circle with the rope. When signaled,



all players on the team must enter the circle that has been created. If no participant enters then all participants will be penalized. We also need to instill an attitude of mutual trust between participants in teammates to play a circle of ropes. With this trust, participants are expected to be able to establish better relationships and be able to help each other in any way.

Merdekawati et al. (2019) state that outbound games may be observed in the outbound game process, and implementing the outbound game proceeds successfully. The game runs through numerous stages, mainly planning things that must be prepared, such as preparing tools and resources needed to play abroad. The execution of outbound activities such as how to play and the rules of play and reflection is the final stage of the game as an appraisal of the child's playing experience.

The enthusiasm of the TPQ children in participating in the competition was happy. In addition to various competitions, to add to the excitement of this activity, the lecturer also provides a door price for participants who have won every competition or game. For children, both kindergarten and elementary school children, outbound activities are very positive activities because apart from being a recreational medium for laughing and entertaining, children's outbound games can help children develop more optimally physically, emotionally, and intelligently. The outbound that has been carried out has received a positive response from participants (children of TPQ Nurul Qoryah). This is illustrated by the high enthusiasm of TPQ Nurul Qoryah's children in participating in this outbound activity. They follow well the games that have been given to them and learn from each game that has been given.

## CONCLUSION

The raffia rope circle relay game is a type of competition game between groups. Each group consists of 5 to 10 participants. The way to play is, that each group makes a line by standing. Then try to move the rope necklace from the rightmost participant to the left of the row. In moving the necklace, the rope should not be used by hands. The winner is the group that can move the necklace the fastest. The prepared equipment is rope slapping for necklaces according to the number of groups. Based on the implementation above, it can be concluded that Outbound can become an effective learning media solution in improving student achievement, the Outbound method is believed to be able to provide a positive contribution to learning success. Outbound teaches strong physical endurance so that students become tough in dealing with learning problems, improve skills social skills, build character and build cooperative groups all of which are needed to support learning success.

## ACKNOWLEDGMENT

As a community servant, I would like to thank all parties (individuals or institutions) who were directly or indirectly involved in the success of this community service program, especially for the children of TPQ Nurul Qoryah Mulur Bendosari Sukoharjo.

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