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Constructing Solidarity and Social Resilience through Traditional *Sisemba* Sports in South Sulawesi, Indonesia

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Abstract

Lack of interest in playing traditional sports due to the development of modern games. However, there are areas that still preserve and even foster solidarity and social resilience through traditional sports. This research aims to reveal the process and social value of traditional *Sisemba* sports in South Sulawesi. The unit of analysis is informed by a sociological perspective, employing a qualitative research method with a descriptive approach. Data collection techniques are direct observation, in-depth interviews, and document analysis. The results showed that traditional *Sisemba* sports help foster the values of solidarity, cooperation, discipline, and resilience, and serve as an arena for learning the values of cooperation, courage, and loyalty to common rules. The game is often held in traditional rituals, such as harvest thanksgiving and gathering, which makes it more than just a physical activity. The dynamics found in social interaction, sportsmanship, and social ethics, involving both physical and emotional interactions, strengthen solidarity between players and teach the importance of accepting risk as part of life.

Kurangnya minat memainkan olahraga tradisional karena perkembangan permainan modern. Tetapi terdapat daerah yang masih dilestarikan melestarikan dan malah menciptakan solidaritas dan ketahanan social dari olahraga tradisional. Penelitian ini bertujuan mengungkap proses dan nilai social olahraga tradisional *Sisemba* di Sulawesi Selatan. Unit analisis yaitu perspektif sosiologi dengan metode penelitian kualitatif dengan pendekatan deskriptif. Teknik pengumpulan data yaitu observasi langsung, wawancara mendalam serta analisis dokumen. Hasil penelitian menunjukkan bahwa olahraga tradisional *Sisemba* membantu menumbuhkan nilai solidaritas, Kerjasama, disiplin, ketahanan, berfungsi sebagai arena pembelajaran nilai-nilai kerja sama, keberanian, dan kesetiaan pada aturan bersama. Permainan ini sering diadakan dalam ritual adat, seperti syukuran panen dan silaturahmi yang menjadikannya lebih dari sekadar aktivitas fisik. Dinamika yang ditemuan yaitu pada interaksi social, sportifitas dan etika social yang melibatkan interaksi fisik dan emosional menguatkan solidaritas antarpemain serta mengajarkan pentingnya menerima risiko sebagai bagian dari kehidupan.

Keywords: *Sisemba*; social resilience; social solidarity; sociology of sport; traditional sports

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Introduction

Traditional sports play a crucial role in maintaining cultural identity, fostering social solidarity, and developing individual character amidst dynamic social change (Ash-Shiddiqi, Barlian, and Firdaus 2020; Bhattacharjee and Boro 2018; Maryuni and Nasrulloh 2022; Thorlindsson and Halldorsson 2019). Indonesia has many sports that were created by the ancestors of its people. One of the traditional sports that is rich in cultural and social values is *Sisemba*, a South Sulawesi game that involves physical interaction through kicking each other's feet in various formats, such as one-on-one, pairs, or large groups (Nurhikmah, Syam, and Saman 2022). *Sisemba* is not only a means of entertainment but also an integral part of traditional rituals, such as harvest thanksgiving and social celebrations, in the Toraja and Bugis communities. This sports game embodies togetherness, cohesiveness, and resilience, all of which are highly relevant in fostering social solidarity. Emile Durkheim divides this into mechanical social solidarity and organic social solidarity (Durkheim 1984; Jones 1986; Ritzer 2011). However, research on *Sisemba* as an object of study in sports sociology remains rare, especially in the context of modernity, which threatens the existence of traditional sports (Harvianto 2020; Yono 2020).

This research has significant relevance in addressing the need to understand how traditional *Sisemba* sports can adapt to the social dynamics of the modern era. In the midst of increasing globalization and individualism, local communities often face challenges in maintaining their cultural identity (Jaya and Pradoto 2017). *Sisemba* sports offer valuable lessons in building and maintaining solidarity, courage, and social resilience, which are indispensable in the midst of the challenges of modern life (Kirk 2013; UNESCO 2022). In addition, traditional *Sisemba* sports can serve as a medium for social education in the community, teaching the values of cooperation, discipline, and respect for differences, aligning with the broader educational value of physical activity in character formation (Bailey 2018). As such, this research makes a significant contribution to developing an understanding of the role of traditional sports in building social cohesion and individual character (Retnasari, Hidayah, and Prasetyo 2021).

In the national context, previous research on the *Sisemba* has largely focused on anthropological aspects, such as its association with traditional rituals or its traditional functions in the context of Toraja and Bugis cultures (Budiono 2022; Luden, Senolinggi, and Padang 2021). Scientific studies that explore the social dimension of this sport from a sociological perspective are still limited. Although social values such as solidarity and community cohesion are often mentioned anecdotally, there has been no in-depth analysis linking the game to the formation of social resilience at the individual or community level (Maulana and Wardah 2023). This research gap provides space for more focused studies on the *Sisemba* game process and the social dynamics of the transformation of *Sisemba* functions in the modern era.

Most studies on *Sisemba* use a descriptive approach without further exploring social dimensions that can be measured empirically. This approach tends to under-explore the causal relationship between participation in *Sisemba* and increased social values such as self-confidence, courage and solidarity. In addition, observational methods are often limited to visual descriptions without involving active participation from players or local communities.

This research fills this gap with a qualitative approach involving in-depth interviews, focus group discussions, and participatory observation to understand the direct experiences and perspectives of the players and the community. This combination of approaches is expected to provide a more comprehensive insight into the social dynamics within *Sisemba*.

The phenomenon observed in the South Sulawesi community today is that *Sisemba* is currently facing significant challenges regarding its sustainability amid modernization. Many young people in South Sulawesi are losing interest in traditional sports as they are influenced by more popular global cultures such as soccer or e-sports. In addition, the stigma that *Sisemba* is a violent and injury-risk sport often reduces its appeal as a form of entertainment or community sport.

This phenomenon highlights the need for research that not only documents the traditional practice of *Sisemba* but also explores ways to keep the sport relevant and appealing to younger generations. This research also aims to identify the potential for developing *Sisemba* as a social learning medium that can be applied in modern contexts, such as character education or community building. This research focuses on several important points, including the process of traditional sports games. Second is the exploration of social values contained in *Sisemba* games, such as solidarity, cooperation, and social resilience.

This research not only contributes to the academic literature on the sociology of sport but also provides practical benefits for cultural preservation and community development. By understanding how *Sisemba* fosters social solidarity and resilience, the results of this study can inform the design of educational programs grounded in local values. In addition, this research is expected to inspire policymakers and cultural practitioners to preserve and promote traditional sports as an integral part of national identity. This research also presents opportunities to revitalize *Sisemba*, enabling it to compete with modern sports in attracting the interest of the younger generation.

This research employs a qualitative approach to gain a deeper understanding of the social values, dynamics, and adaptation potential of *Sisemba* games within the context of South Sulawesi society. This approach was chosen because of its qualitative nature, which allows researchers to explore the experiences, views, and social interactions of various parties related to *Sisemba* (Creswell and Creswell 2018; Hennink, Hutter, and Bailey 2020). This research is descriptive in nature using qualitative methods. The research locations include several regions in South Sulawesi, specifically Tanah Toraja, Sidrap, and Bone, which are home to *Sisemba* traditions. The locations were chosen to gain a contextual understanding of the social values and adaptation of the game within the local culture. This research utilized two types of data: primary data in the form of in-depth interviews conducted with various key informants, including *Sisemba* players, community leaders, cultural leaders, and the younger generation. Focus group discussions (FGDs) were also held to gain a collective perspective on the game. The selection of informants used several criteria: 1) direct involvement in *Sisemba*, both as participants and organizers; 2) deep insight into the cultural and historical aspects of *Sisemba*; 3) an influential figure in the community; and 4) willing and able to provide detailed and relevant information for this research.

Secondary data in the form of documentation in the form of literature, videos, and

reports related to *Sisemba* were reviewed to complete the understanding of this phenomenon. Data collection techniques consisted of three, namely semi-structured in-depth interviews used to explore information about social values, play experiences, and perceptions of the relevance of *Sisemba* in modern life.

Participatory observation by means of researchers directly observing the implementation of *Sisemba* in several traditional events to understand the social dynamics that occur during the game. Documentation in the form of photo data, videos, and local documents related to *Sisemba* were analyzed to enrich the research results. Data analysis techniques were analyzed using a thematic analysis approach, which includes data reduction by sorting relevant data according to the research focus (Braun and Clarke 2006). Categorization is the identification of main themes, such as solidarity, social resilience, and cultural adaptation and interpretation is the interpretation of themes in the context of social values and dynamics contained in *Sisemba*.

The last stage in collecting data is that this research uses a triangulation technique, which has stages: 1) comparing data from interviews, observations, and documentation, 2) involving several informants with different backgrounds to get diverse viewpoints, 3) discussing preliminary results with local cultural figures to ensure the relevance and accuracy of interpretations (Creswell and Creswell 2018; Flick 2018). This method provides a comprehensive framework for exploring *Sisemba* games as part of cultural heritage and social learning media.

Process and Rules of the *Sisemba* Traditional Sports Game

Sisemba is a traditional game typical of the people of South Sulawesi, especially the Toraja and Bugis tribes, which is played by kicking each other's legs. This game reveals the stages of the game and constructs a clear stage truth, from preparation to the end of the game. Here are the stages of the *Sisemba* game process in detail:

Preparation Stage

The findings reveal that in this preparation stage, participants and the game environment are prepared so that the game runs smoothly and safely.

Site Selection

The first discovery about the traditional *Sisemba* game is that it is usually played in a large field or village yard, typically after the harvest season as part of the community's thanksgiving celebration. The venue must be large enough to accommodate both participants and spectators, especially if the event is played in a group format. Analysis of observation and interview findings shows that one important aspect in selecting a location is a flat surface or field.

The primary consideration for selection is that a flat surface helps reduce the risk of injury, as the game involves intense physical movements, such as kicking and maintaining balance. If the ground is uneven or rocky, participants run the risk of falling or getting injured from collisions with hard surfaces. Therefore, the community should carefully consider choosing a pre-prepared field or a village courtyard that is known to be safe for use.

The researcher found that the community worked together to prepare the field by cleaning the field before the game started. It reflects the value of togetherness, which is also the core of the *Sisemba* game.

Apart from safety factors, the size of the field also allows more people to participate and

watch the match. During the game, participants form a line by holding hands if played in a group format. Strategy and cooperation are crucial to prevent the team from falling easily. Therefore, good field conditions are essential for determining the quality of the game and ensuring player safety. Thus, choosing a place that is wide, flat and safe is an important factor in supporting the continuity of the *Sisemba* game. It shows how this traditional game is not just a competition, but also strengthens togetherness and solidarity in society.

Besides the safety factor, the large field also allows more people to participate or watch the game. As the game progresses, participants form a line by holding hands if played in a group format. Strategy and cooperation are essential to prevent the team from falling easily. Therefore, good field conditions are crucial for determining the quality of play and ensuring player safety. Thus, the selection of a large, flat and safe place is an important factor in supporting the continuity of the *Sisemba* game. It demonstrates that this traditional game is not only about competition, but also about fostering togetherness and solidarity within the community.

Determination of Participants

Sisemba is a traditional game that can be played in various formats, ranging from individual to large group settings. In the individual format (one-on-one), two participants face each other and attempt to knock the opponent down with a leg kick. This format relies more on individual balance, agility, and strategy in both defense and attack. In the two-on-two format, each team consists of two players who collaborate to defeat their opponent. Compared to the individual format, this game emphasizes coordination between partners, where each player must protect and support one another in the face of the opponent's attacks.

The most commonly played format is large groups, where each team consists of five or more people. In this format, participants join hands to form a strong formation. The goal is to maintain balance while collectively attacking the opponent. Team strategy becomes a major factor in maintaining the formation and taking down the opponent. *Sisemba*, in a group format, relies not only on physical strength but also on cooperation and solidarity among team members. It reflects the cultural values of the people of South Sulawesi who uphold togetherness and mutual cooperation.

Agreement on Game Rules

In the traditional game of *Sisemba*, mutually agreed-upon rules ensure the game is fair and safe. The primary rule of the game is that participants must use only their feet to attack their opponent. The technique employed is a directional kick to the opponent's leg, aimed at knocking them down or causing them to lose their balance. In addition, it is not allowed to use hands to hit or push opponents. This prohibition aims to maintain sportsmanship in the game and avoid serious injuries. If a player breaks this rule, a warning is usually given or even disqualified from the game.

The game ends if one of the teams falls or surrenders. In an individual or two-on-two format, the game is over when one of the players or pairs loses balance and falls to the ground. In the group format, the game ends when most team members fall or their formation breaks up. *Sisemba* game rules not only aim to create healthy competition, but also reflect the cultural values of the people of South Sulawesi, such as cooperation, strategy and

sportsmanship. With clear rules in place, the game is preserved as part of the cultural heritage passed down through the generations.

Early Stage of the Game

Formation and Starting Position

In *Sisemba* games, the formation and starting position are very important to determine the strategy and balance of the players. If the game is played individually (one-on-one) or in two-on-two format, each player stands directly opposite their opponent. They must be ready to face attacks with good balance, because this game relies on agility and strategy in kicking and avoiding the opponent's attacks. In the large group format, each team consists of five or more people, and participants join hands to form a line. This formation aims to create strength and coordination against the opposing team. By staying hand in hand, teams must work together on both offence and defense to avoid being easily broken up or knocked down.

Before the game begins, a referee or game leader will give a signal, such as a verbal cue or a hand gesture. Once the signal is given, the game begins, and each participant starts attacking the opponent with leg kicks while maintaining balance. This initial formation reflects cooperation and strategy, which is at the heart of the *Sisemba* game as a symbol of solidarity and cohesiveness in the culture of the people of South Sulawesi.

Defense and Attack Stage

At this stage, *Sisemba* games are dynamic with both sides trying to attack and defend strategically. Each team or individual must use the proper techniques to take down the opponent while still maintaining their own balance. Attacks in *Sisemba* are carried out by kicking the opponent's legs using certain techniques. Players must be careful in choosing the timing and direction of the kick, as a mistake in attacking can cause them to lose their own balance. If the game is played in a group format, team members carry out attacks simultaneously. These coordinated attacks aim to disrupt the opponent's formation, throw them off balance, or break up their ranks. Players who have a good kicking strategy will be more effective in taking down opponents and defending their position.

In addition to offense, defense is an important aspect of this game. Players must maintain their body balance so that they don't fall easily when hit by an opponent's attack. If the game is played in a group format, players must stick together and work together to maintain the formation. The key to a strong defense is coordination between team members. If one player loses balance, his teammates must help maintain stability to keep the team standing tall. If the formation is broken or most of the team members fall, the team can be declared defeated or lose points. These stages of attack and defense reflect strategy, agility and teamwork, making *Sisemba* more than just a physical game, but also a symbol of solidarity and togetherness in the culture of the people of South Sulawesi.

Final Stage and Winner Determination

In *Sisemba* games, victory can be determined in two main ways: by the opponent falling or surrendering, and by time agreement. In the individual format, the winner is determined when one of the players loses balance and falls first due to an opponent's kick. The player who remains standing stable is considered the winner. Meanwhile, in the group format, victory is determined if most of the team members fall

or their formation breaks up. If the team is unable to maintain the lineup and many players fall, then they are declared losers. Therefore, cooperation and strategy are the primary factors in maintaining a balanced team.

Apart from the fall of an opponent, the game can also end based on an agreed time limit. If time runs out, the winner is determined by the team that remains on the field the longest. If both teams are still standing, the team with the fewest players down is declared the winner. This system is usually applied in certain events, such as cultural festivals, to ensure the game lasts a reasonable duration. Overall, the *Sisemba* winning rules reflect the values of sportsmanship, solidarity and strategy, which are an important part of the culture of the people of South Sulawesi.

This agreement is usually used in specific events, such as festivals or traditional celebrations, to ensure the game stays within a reasonable time limit. Ultimately, the final stages of the *Sisemba* game not only demonstrate agility and strategy but also reflect the values of sportsmanship, solidarity, and togetherness, which characterize the culture of the people of South Sulawesi.

The process of playing *Sisemba* shows that it is not just a physical game, but also tests strategy, coordination and teamwork. In group games, participants must be able to attack opponents while maintaining balance, making this game a symbol of solidarity and together-ness in the culture of the people of South Sulawesi. The process of implementing the *Sisemba* traditional game is illustrated in Table 1.

Table 1
Implementation Process of *Sisemba* Traditional Sports Game

Stage	Aspects	Findings
Preparation Stage	Site Selection	Games are played in large fields or village courtyards, especially after the harvest season. The location should be flat and safe to reduce the risk of injury.
	Determination of Participants	*Sisemba* is played in individual, two-on-two, or large group formats. The group format emphasizes cooperation and solidarity in maintaining balance.
	Rule Agreement	Only the feet may be used to attack. Hands may not be used to push or hit. Violations may result in a warning or disqualification.
Early Game Stage	Formation and Starting Position	Players stand face to face (individual/two against two) or join hands in a group formation to maintain balance before the game begins.
	Attack and Defense	Attacks are carried out with directional leg kicks. In a group format, attack and defense are coordinated to keep the formation strong.
Final Stage and Winner	Opponents Fall/Surrender	The winner is determined if the opponent falls or loses balance. In a group format, the team loses if most members fall or the formation breaks up.
	Deal Time	If the game is time-limited, the winner is determined by the number of players still standing or the number of team members who fall the least.

Source: Processed Research Data.

In the planning stage of the *Sisemba* game, research indicates that the selection of the location, determination of participants, and agreement on rules are crucial to ensuring the smoothness and safety of the game. The community's awareness of safety aspects is reflected in the selection of a large, flat and safe location, and shows the value of mutual cooperation in preparing the game arena. Determining participants based on the game format (individual, two against two, or large group) highlights the importance of strategy and teamwork in this game. Agreement on rules, such as the prohibition of using hands to attack, demonstrates sportsmanship and inherited cultural values. Careful planning ensures that *Sisemba* remains a game of social and cultural significance.

Social Values in *Sisemba* Traditional Sports Game

Social Solidarity

The traditional game of *Sisemba* from South Sulawesi reflects deep values of social solidarity, symbolizing togetherness and community cohesiveness. In this game, participants often join hands or form group formations, illustrating the importance of cooperation and trust between individuals. Each player has a collective responsibility to maintain the rhythm of the game, avoid conflict and ensure harmony of movement among group members.

The solidarity instilled through *Sisemba* extends not only to the gaming arena but also into the daily lives of the Toraja and Bugis communities. In this context, the game becomes a medium for strengthening social relations, uniting differences and building a sense of mutual support (Perovano-Camargo, Mataruna-Dos-Santos, and Tavares 2021). *Sisemba* is often played at important moments such as harvest celebrations or traditional events, where collective participation creates a deep spirit of togetherness.

In addition, *Sisemba* teaches the value of tolerance and empathy through structured and rule-based physical interactions. The game encourages players to respect each other's roles, putting aside individual interests for the sake of a common goal. *Sisemba* is not only entertainment, but also a means of building harmonious community character, making social solidarity the core of every activity. However, it is essential to recognize that sports do not inherently produce positive social values unless they are embedded within intentional cultural and educational frameworks. Without this, sport may perpetuate existing stereotypes or even social exclusion (Tintori et al. 2021). The solidarity formed in this game reflects the noble values of local culture that are relevant in facing the challenges of modernity, where social cohesion is increasingly needed to build an inclusive and resilient society.

Cooperation and Discipline

Success in *Sisemba* requires good coordination between team members. Players must understand the strategy and respect each other's roles, which teaches the importance of cooperation and discipline in achieving a common goal. The traditional game of *Sisemba* from South Sulawesi is not only entertainment, but also a vehicle for learning the deep values of cooperation and discipline. Success in *Sisemba* depends on the players' ability to work together harmoniously, both in small and large groups. Effective coordination is a key element, where each team member must understand the agreed strategy and carry out their role with full responsibility.

The value of cooperation is reflected in the game's dynamics, which require synergy among players. They must move in sync, support one another, and maintain cohesion for the team to survive or win the game. In *Sisemba*, each player has a unique contribution, so success is not determined by individual ability alone, but by how well they can collaborate as a unit. This teaches the importance of respecting different roles and contributions in achieving a common goal, a value that is relevant in both social and professional life.

Meanwhile, discipline is an important foundation in *Sisemba*. The game requires players to adhere to the rules, whether in terms of movement, position, or strategy. Players who break the rules can disrupt the balance of the team or even create the risk of injury. Therefore, each participant is taught to control themselves, follow directions, and maintain commitment to the rules of the game. This process trains individuals to have a disciplined attitude that is not only useful on the field, but also in various aspects of daily life.

Through *Sisemba*, local people learn that success can only be achieved through close cooperation and consistent discipline. The game also encourages individuals to develop trust in teammates, build a sense of responsibility and strengthen the spirit of collectivity. These values have great relevance in building solid communities amidst the challenges of modernization and increasing individualism. As such, *Sisemba* is not only part of the local culture, but also a social learning tool that teaches how cooperation and discipline can lead to success, both in the game and in life.

Social Resilience

The game trained the participants' physical and mental abilities to deal with pain, challenges and pressure during the game. It reflects important lessons on social resilience in everyday life (Pratikta et al. 2020). The traditional game of *Sisemba* from South Sulawesi is a true reflection of the value of social resilience, teaching individuals and groups the ability to face challenges, pressure and pain together. *Sisemba*, which involves physical interaction in the form of kicking each other's legs in a competitive atmosphere but full of the spirit of togetherness, trains players not only to rely on physical strength, but also mental toughness. (Arfanda and Arimbi 2020) .

In *Sisemba* sports, participants often face situations that require high endurance. The intense physical contact and pressure of the game test their ability to endure, both physically, such as enduring pain, and psychologically, such as controlling emotions and maintaining focus. This process cultivates individuals who do not give up easily and can navigate difficult situations. This value is relevant in various aspects of daily life, from work to social relationships. In addition, social resilience is also reflected in the group context. *Sisemba* is often played in a team format that involves coordination and support between members (Khalif and Dharmowijoyo 2020). In situations where a team member is struggling or injured, other players are expected to provide support and motivation. It fosters a sense of solidarity that enhances group cohesion and demonstrates how communities can support one another in times of pressure.

The game also teaches the importance of accepting defeat gracefully and using it as a lesson to bounce back. Players are taught to understand that true strength does not only come from success in competition, but also from the ability to remain resilient in the face of failure or challenges (Arya 2015). The value of

social resilience taught through *Sisemba* is highly relevant in the modern context, where social pressures and life challenges are increasingly complex. By emphasizing physical and mental resilience as its main elements, *Sisemba* reflects how local traditions can equip people with the ability to navigate the changing dynamics of life. It makes *Sisemba* more than just a game; it is a life lesson on how social resilience can be key in building a strong and resilient society. The following table presents findings on aspects of social solidarity, cooperation, discipline, and social resilience in the *Sisemba* game (Table 2).

The research findings revealed that the *Sisemba* traditional game contains social values of solidarity, cooperation, discipline and social resilience. Players demonstrate solidarity through unity and mutual trust, embodying the gotong royong culture of South Sulawesi society. Success in the game relies on cooperation and discipline, highlighting the importance of coordination and adherence to rules. In addition, social resilience is developed by cultivating physical and mental endurance in the face of competition pressure. These values are highly relevant in contemporary life, contributing to the development of resilient and disciplined individuals who can collaborate in increasingly complex communities. *Sisemba* is not just a game, but also serves as a social learning tool.

Social Dynamics of *Sisemba* Traditional Sports

Social Interaction and Community Cohesion

The practice of *Sisemba* brings the community together. The game is often held during traditional events or thanksgiving rituals, thus strengthening social relations between residents. The social cohesion formed during the game demonstrates that *Sisemba* can be an effective medium for strengthening intergroup relations. The *Sisemba* traditional game from South Sulawesi is a tangible manifestation of culture that can strengthen social interaction and foster community cohesion.

Table 2
Value Aspect and Sub Aspect Findings

No.	Aspects	Sub-Aspect
1	Social Solidarity	Cooperation and Trust The Importance of Collective Participation Tolerance and Empathy
2	Cooperation and Discipline	Discipline in the Game Self-Control Social and Professional Relevance
3	Social Resilience	Endurance and Focus Social Cohesion Acceptance of Defeat Relevance in Modern Life

Source: Processed Research Data.

Sisemba, which is often played at traditional events or thanksgiving rituals, such as harvest or community celebrations, creates a space for interaction that involves all levels of society. By involving players from different age groups and social backgrounds, the game reflects egalitarian values that strengthen relationships between citizens.

In *Sisemba*, participants play in teams that require coordination and cooperation. The relationships formed between players during the game create a sense of trust, tolerance and togetherness. Even spectators feel the spirit of collectivity, as the game is not just about competition, but also about sharing joy and pride together. Thus, *Sisemba* becomes an effective social medium to strengthen community cohesion, where all members feel connected to one another. The social cohesion that emerges in *Sisemba* is also evident in the game's function as part of traditional rituals. In the context of Toraja and Bugis communities, *Sisemba* is often a symbol of gratitude and respect for ancestral traditions. The game's presence in important moments emphasizes that the cultural and social values contained in *Sisemba* involve not only the players but also the entire community that witnesses and supports it.

The results of the sociological analysis also found that the social interactions that occur during activities in traditional *Sisemba* games are not only temporary, but have a long-term impact in strengthening relationships between individuals (Julkifli and Mardianto 2022). People who still preserve this traditional game through the author's interviews mean that they reveal that this game teaches that collective success is more important than individual victory, thus encouraging people to prioritize the value of solidarity and mutual support (Chalid, Kamil, and Meliza 2021). In a modern world often dominated by individualism, *Sisemba* offers valuable lessons on the importance of social relationships and community cohesion. The game not only preserves cultural heritage, but also serves as a means to build a more inclusive, harmonious and community-minded society. As such, *Sisemba* serves as a reminder of the importance of maintaining meaningful social interactions in the midst of changing times.

Sportsmanship and Social Ethics

The author's findings, which prioritize fairness and respect for opponents, are reflected in the prohibition on attacking participants who have fallen, demonstrating the principles of sportsmanship and respect for others. These values are an important foundation in building social harmony (Saura and Zimmermann 2021). The results of the analysis of findings in the field indicate that traditional *Sisemba* games are not only known for their physical entertainment, but also as a medium that embodies sportsmanship values and social ethics (Lumpkin 2008; Teresa 2017). In practice, the game instills the principles of justice and respect for others through rules that are consistently applied by the players. One important rule in *Sisemba* is the prohibition of attacking participants who have fallen. This rule not only keeps players safe, but also reflects the value of equality and respect for human dignity (Pratikta et al. 2020).

The author finds that there is sportsmanship in the traditional game of *Sisemba*. It can be seen in how players are rewarded for their effort and honesty in following the game's rules, not just in the final result. This teaches participants to play honestly and fairly, without sacrificing the spirit of brotherhood and social spirit (Huang et al.

2021). Healthy competition encourages players to accept victory and defeat with grace. They are taught that the main goal of the game is not just winning, but an experience for all, both players and spectators, that can strengthen social relationships and solidarity (Teresa 2017). In addition to sportsmanship, *Sisemba* also reflects a social ethic that emphasizes respect for community norms. The game involves respectful interactions between players, spectators and organizers. During the game, each player is expected to show mutual support, even to opponents. It teaches the importance of maintaining harmony in social relations, which is one of the main pillars in building community cohesion.

The existence of fair rules and respect for opponents in *Sisemba* also has a wider impact. These values are not only relevant in the arena, but also in everyday life. Principles such as respecting differences, maintaining honesty, and acting with integrity are valuable lessons internalized by players and spectators alike (Nopembri et al. 2020). In a modern context, where competition is often accompanied by conflict and tension, the values of sportsmanship and social ethics in *Sisemba* are particularly relevant. The game teaches that social harmony can be achieved if each individual respects the rights and dignity of others (Amali et al. 2021). Thus, *Sisemba* not only preserves local cultural heritage but also serves as a means to build a more just, inclusive, and harmonious society. (Latief, Tuloli, and Setiawan 2022). These values make *Sisemba* more than just a traditional game; they reflect the basic principles of community life (Utami, Prasetya, and Nugroho 2020).

The following is a simplified version of the findings as outlined in Table 3.

Table 3
Key Aspects and Findings

No.	Aspects	Key Findings
1	Social Interaction and Community Cohesion	Sisemba strengthens social ties within the community
		Played in traditional events or thanksgiving rituals
		Reflects egalitarian values and togetherness
		Builds mutual trust and tolerance
		Long-term impact in strengthening social relations
2	Sportsmanship and Social Ethics	Game rules emphasize fairness and respect
		Prohibition of attacking participants who have fallen as a form of sportsmanship
		Instills the value of honesty and respect for others
		Healthy competition, emphasizing collective experience over winning
		The values of sportsmanship and social ethics are relevant in everyday life

Source: Processed Research Data.

Image 1

Sisemba Game

Source: Personal Document.

The findings suggest that social dynamics in *Sisemba*, a traditional sport, reflect social interactions that align with ethical values and sportsmanship. By establishing a venue for community interaction during traditional events, *Sisemba* strengthens social unity and fosters a spirit of togetherness, trust and tolerance. In addition, the rules of the game, which emphasize fairness and prohibit assaulting a defeated opponent, demonstrate laudable values of sportsmanship. These values have significance not only in the context of the game but also in social interactions, demonstrating the importance of respecting others, playing with integrity and accepting defeat gracefully. This makes *Sisemba* a valuable tool for social learning.

Conclusion

The results show that traditional *Sisemba* sports help foster the values of solidarity, cooperation, discipline, resilience, which serve as an arena for learning the values of cooperation, courage, and loyalty to shared rules. The game is often held in the context of traditional rituals, such as harvest thanksgiving and community gatherings, which makes it more than just a physical activity. The dynamics found in social interaction, sportsmanship, and social ethics, involving both physical and emotional interactions, strengthen solidarity between players and teach the importance of accepting risk as part of life. This study presents a new perspective on traditional sports as a

means of fostering social cohesion and community resilience, particularly in the South Sulawesi region.[]

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