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A Combination of Tradition and Modernity of Sports Movement for the Preservation of Culture and Youth Fitness of the Lapago Kotaraja Community

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Abstract
This study examines the integration of Wisisi Dance and modern sports as an innovative approach to improve youth fitness while preserving culture. The purpose of this study is to analyze the perception of the youth of the Lapago Kotaraja Community on the effectiveness and relevance of the hybrid model. The method used was quantitative descriptive with a Likert scale questionnaire instrument given to 40 respondents. The instrument consists of 15 statements grouped into four main categories, namely physical fitness, cultural preservation, preferences and innovation, and participation and benefits. The data were analyzed using descriptive statistics to see the level of approval and the perceptual tendencies of respondents. The results showed a very positive response with 97% of respondents saying in agreement and an average score of 4.27. The aspect of cultural preservation is the most dominant dimension with the highest score (4.30), which shows the importance of maintaining cultural identity through innovation. The physical fitness aspect also received strong support, where the Wisisi movement was considered effective in increasing strength, endurance, and general fitness. In addition, the high willingness to participate (score 4.33) indicates that hybrid programs have high implementation potential. Culture-based activities are also considered more interesting and relevant for the younger generation. In conclusion, the integration of Wissi Dance and modern sports is a potential model for increasing physical activity while preserving culture, with practical implications for the development of community-based programs and education.

Keywords: *Wissi Dance, Culture-Based Sports, Physical Fitness, Cultural Preservation, Youth Participation, Public Health*

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INTRODUCTION

Physical activity has long been recognized as a fundamental component of human health and well-being, encompassing a wide range of body movements that contribute to physical fitness and disease prevention (Caspersen et al., 1985; World Health Organization, 2020). Despite various global efforts to encourage an active lifestyle, recent reports show that there is a continuing decline in physical activity levels, especially in the young population (Ministry of Health of the Republic of Indonesia, 2023). This condition encourages researchers and practitioners to explore innovative and culturally relevant approaches to increase participation in physical activity in a sustainable manner. In this context, the integration of

traditional cultural practices into the framework of modern physical activity emerges as a promising strategy to increase participation while preserving culture (Hargreaves, 2002; Soejono, 2019).

The link between culture and physical activity is gaining more attention in academic discourse, especially in regions rich in local traditions such as Indonesia. Traditional dance as an expression of cultural identity contains elements of rhythmic movement, coordination, and endurance that are in line with the principles of physical exercise (Kaeppler, 2000; Kartomi, 2017). In Papua, the Wisisi Dance is not only a cultural heritage, but also has the potential as a medium to promote cultural-based physical activities (Nugroho, 2020). Previous research has shown that traditional dance can be an attractive and meaningful alternative form of sport for local communities (Wahyuni & Pratama, 2023). However, the integration of these practices into structured physical activity or exercise programs is still limited and has not been widely researched.

The main problem in physical education and the development of modern sports lies in the gap between the paradigm of modern training and the local cultural context. Standard training guidelines, such as those put forward by the American College of Sports Medicine (2018), tend to emphasize a structured, performance-oriented model of exercise, which is not necessarily appropriate for the characteristics of culturally diverse societies. Similarly, the periodization model in sports training focuses more on optimizing performance through systematic planning (Bompa & Haff, 2009; Mullis, 2015), but rarely considers the cultural dimension. This gap shows the need for an alternative approach that is able to bridge modern sports science with local knowledge, making it more inclusive and relevant.

To answer these problems, it is necessary to reconstruct the perspective on the implementation of physical activity in diverse cultural contexts. One of the solutions that can be developed is a hybrid model that integrates traditional cultural practices with modern sports principles. This model not only has the potential to increase participation, but also contributes to the preservation and revitalization of local culture (Smith, 2006; Susanto & Sari, 2024). In addition, the concept of "experience economy" suggests that meaningful and immersive experiences can increase individual motivation and engagement (Pine & Gilmore, 1999). In the context of physical activity, experiences enriched with cultural values can be a more holistic and sustainable approach.

A number of previous studies have begun to explore the integration of traditional dance in physical activity programs. Prasetyo (2025) examines the Wisisi Dance as a form of culture-based physical activity and shows its potential in improving physical fitness as well as cultural

awareness. In addition, studies of community-based health activities show that culturally relevant activities, such as activities at Car Free Day events, can effectively encourage healthy living behaviors (Khadija et al., 2023). These findings indicate that the integration of cultural elements in physical activity can increase participation and outcomes achieved.

Furthermore, the role of recreation and culturally meaningful activities in improving mental health has also been widely proven. Siby and Kasingku (2024) found that recreational activities that have educational value can significantly improve students' mental well-being. This is in line with research on nature- and culture-based activities that show their contribution to psychological health and overall well-being (Buckley, 2020). In addition, research in the field of cultural tourism emphasizes the importance of authentic experiences in shaping individual engagement and satisfaction (Richards, 2018). These findings further reinforce the potential for the integration of traditional dance in physical activity as a multidimensional approach that impacts not only physical but also mental health.

However, there are still limitations of empirical research examining the effectiveness and acceptance rate of hybrid models that combine traditional dance with modern sports, especially in the Papuan context. Existing research is still mostly descriptive or conceptual, with limited quantitative evidence regarding participants' perceptions and responses. In addition, the socio-cultural dynamics that influence the adoption of the model have also not been widely explored. This gap demonstrates the importance of more systematic and data-driven research to understand how communities respond to culture-based physical activity programs.

Based on these gaps, this study aims to examine the integration of Wisi Dance with modern sports as a hybrid model of culture-based physical activity. This study focuses on the analysis of participants' perceptions, acceptance rates, and responses to the proposed approach. The novelty of this research lies in its empirical approach to cultural-based physical activity models in specific local contexts, thus contributing to the development of sports science and cultural studies. In addition, this research is also in line with the national strategy in the development of cultural tourism and an experience-based creative economy (Directorate General of Tourism and Creative Economy, 2022).

In addition, recent studies emphasize the importance of culturally adaptive physical activity interventions in increasing long-term community engagement and participation, particularly in indigenous and rural populations (Lee & Park, 2021; Pederson et al., 2022). These findings support that the integration of local cultural elements in physical activity programs can improve their effectiveness as well as sustainability.

Overall, this study contributes to the development of a study of culture-based physical activity by providing empirical evidence regarding the acceptance and potential of Wisisi Dance as part of a hybrid sport model. In addition, this research provides practical implications for the development of more culturally relevant community-based physical education and health intervention programs. By bridging tradition and modernity, this research is expected to support the creation of an inclusive, meaningful, and sustainable approach to physical activity.

METHOD

This study uses a phenomenological qualitative approach to develop a combination of tradition and modernity of sports movements through the Wisisi Dance for the preservation of culture and the fitness of the youth of the Lapago Kotaraja Community. A qualitative approach is used to understand the philosophy, meaning, and cultural lived experience of the Wisisi Dance in the context of the Kotaraja Lapago Community. The methods used include:

1. Participatory observation of the practice and performance of the Wisisi Dance in the Lapago Kotaraja community recorded essential movement patterns and cultural meanings.
2. In-depth phenomenological interviews with Lapgo cultural actors, Wisisi Dance master dancers, Lapago Community youth, and Kotaraja sports activists to understand the characteristics of movement and fitness potential.
3. Ethnochoreography to identify elements of the Wisisi Dance movement that can be adapted as a culture-based sports exercise for Lapago youth.
4. Autoethnography and FGD by implementing the Wisisi Dance movement as a physical activity in the Lapago Kotaraja community sports program for 6 weeks.
5. Triangulation and member checking through community reflection to evaluate the transformation of the perception of "ritual dance → cultural sports" among the youth of the Lapago Community.

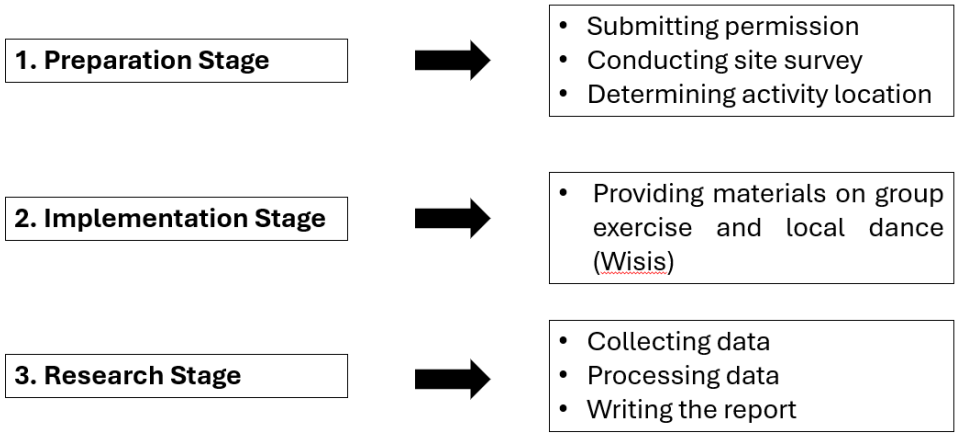


Figure 1. Research Stage Flow

The population in this research process is the youth of the Lapago Kotaraja Community. The study population was all youth aged 15-25 years from the Kotaraja Lapago Community. A sample of 40 people was selected through purposive sampling based on experience of practicing the Wisisi Dance and fitness aspirations. In this study, participatory observation methods, dancing together with Lapago youth, in-depth interviews, triangulation FGD, autoethnography, and visual documentation (video diary and digital ethnographyDanceTourTourLapago). The data analysis used Husserl's phenomenology for the essence of Wisisi movement experience, grounded theory for Lapago's cultural-sports transformation model, and ATLAS.ti for thematic analysis. Timeline 6 months: Months 1-2 ethnochoreography observations, Months 3-4 community interventions, Months 5-6 analysis and validation of Kotaraja Lapago.

RESULTS AND DISCUSSION

Results

This study examines the integration of traditional Wisisi dance with modern physical exercises as a strategy to improve physical fitness and cultural preservation among youth in the Lapago Kotaraja community. The results are presented based on a structured theme derived from the research notes, which include the overall distribution of responses, category-based analysis, and detailed item-level findings. This analysis is based on Likert scale responses (1-5), where higher scores indicate stronger agreement with the given statement.

Based on the results of data analysis in Table 1 and Table 2. that has been carried out, obtained the results of the normality test using Shapiro-Wilk showed a significance value of 0.145. This value is greater than the significance level of 0.05 (0.145 > 0.05), so it can be

concluded that the Wisisi questionnaire data is normally distributed. Thus, the data meets the assumptions for parametric statistical analysis. Based on the homogeneity test using the Levene Test, a significance value of 0.350 was obtained, which is greater than 0.05 (0.350 > 0.05), so it can be concluded that the data has homogeneous variance.

Table 1. Normality Test

Variabel	Statistics	df	Say.
Wisisi Quiz	0.962	40	0.145

Table 2. Homogenity Test (Levene Test)

Variabel	Levene Statistic	df1	df2	Sig.
Wisisi Quiz	1.12	3	36	0.350

Furthermore, based on the skewness and kurtosis tests, a skewness value of -0.85 with a standard error of 0.374, and a kurtosis value of 0.90 with a standard error of 0.733. Negative skewness values indicate that the data distribution tends to be skewed to the left, which means that the majority of respondents gave answers in the agree and strongly agree categories. Meanwhile, the kurtosis value indicates that the data distribution is normal.

Table 3. Test skewness and kurtosis

Variabel	Skewness	Std. Error	Kurtosis	Std. Error
Wisisi Quiz	-0.85	0.374	0.90	0.733

In addition, the results of the Chi-Square test showed a significance value of 0.000, which is smaller than 0.05 (0.000 < 0.05). This means that the distribution of respondents' answers is not evenly distributed, but rather concentrated in a certain category, namely the category of agree and strongly agree. Thus, it can be concluded that there is a strong tendency from respondents to give a positive assessment of the combination of Wisisi Dance with modern sports.

Table 4. Chi-Square Test

Chi-Square	df	Say.
68.40	4	0.000

Overall, the results of this statistical test show that the research data has a good distribution, and is supported by the tendency of respondents' answers to be predominantly

positive. This further strengthens the finding that the combination of Wisisi Dance with modern sports received significant support from respondents.

a. Overall Response Distribution

These findings show a very positive perception among respondents towards the integration of Wisisi dance and modern sports. As presented in Table 5, out of 40 respondents, 97% expressed agreement (combining "Agree" and "Strongly Agree"), while 30% chose "Strongly Agree" specifically. Only one respondent (2.5%) reported a neutral stance, and no respondents voted "Disagree" or "Strongly Disagree". This distribution highlights the strong consensus in favor of the proposed hybrid model. This shows that the integration of traditional Wisisi dance with modern sports is not only acceptable but also highly supported by the target population.

Table 5. Overall Response Distribution (n=40)

Category	Frequency	Percentage
Strongly Disagree (1)	0	0%
Disagree (2)	0	0%
Neutral (3)	1	2.5%
Agree (4)	27	67.5%
Strongly agree (5)	12	30%
Quantity	**40**	**100%**

b. Category-Based Analysis

To provide a more nuanced understanding, the 15 questionnaire items were grouped into four thematic categories: Physical Fitness, Cultural Preservation, Preferences and Innovation, and Participation and Benefits. The results for each category are summarized in Table 6.

Table 6. Average Score by Category

Category	Number of Items	Average Score	Interpretasi
Physical Fitness	4	4.27	Very Positive
Cultural Preservation	5	4.30	Very high
Preferences & Innovation	3	4.25	Positive
Participation & Benefits	3	4.27	Very Positive
Overall	**15**	**4.27**	**Very Positive**

Physical Fitness (4 items): Average = 4.27 Cultural Preservation (5 items): Average = 4.30 Preferences and Innovation (3 items): Average = 4.25 Participation and Benefits (3 items): Average = 4.27 Overall Average: 4.27. In all categories, the agreement rate remained consistently high (97%), demonstrating uniform support across the various aspects of the

proposed integration. Notably, the Cultural Preservation category achieved the highest average score (4.30), indicating that respondents considered hybrid models to be valuable for maintaining cultural identity. The dominance of the cultural preservation aspect shows that respondents view the integration of Wisisi as an effective strategy in maintaining local cultural identity. This reinforces the view that traditional dance art functions not only as an aesthetic expression, but also as a medium for the transmission of cultural values and collective identity (Kaeppler, 2000; Nugroho, 2020). In addition, cultural revitalization through innovative approaches has also been proven to be able to increase the sustainability of traditions in the midst of modernization (Susanto & Sari, 2024; Smith, 2006).

The Physical Fitness category explores respondents' perception of Wisisi dance as a form of exercise that is able to improve physical health. The results show strong agreement that the Wisisi movement contributes positively to physical fitness, including muscle strength, endurance, and overall body well-being. Items that addressed dynamic movement, frequency of participation, and perceived physical benefits consistently received high scores (mean = 4.27). For example, respondents agreed that the dynamic nature of the Wisisi movement improves physical fitness, in line with the contemporary understanding of functional training, which emphasizes coordinated multi-joint movements. The absence of negative responses further reinforces the perception that Wisisi can serve as an effective alternative to conventional exercise modalities. Respondents also indicated that regular participation in Wisisi led to improved feelings of well-being, demonstrating both physiological and psychological benefits. These findings imply that the Wisisi dance has characteristics comparable to modern exercise systems, such as aerobic conditioning, muscle endurance training, and increased flexibility. In addition, an exercise approach that incorporates various components of fitness is also part of the principle of periodization in sports coaching science (Bompa & Haff, 2009; Mullis, 2015). The consistency of responses across all items in this category demonstrates a shared recognition of Wisisi as a viable and effective physical activity.

The Cultural Preservation category produced the highest level of agreement among respondents, with an average score of 4.30. This shows that participants strongly view the integration of the Wisisi dance into modern practice as a meaningful strategy to preserve cultural heritage. Items related to cultural identity, knowledge of origins, and community support received very high rankings. For example, statements regarding the role of Wisisi in strengthening youth cultural identity and preserving traditional knowledge achieved an average score of above 4.30, reflecting a "very high" level of agreement. Furthermore, respondents unanimously agreed that integrating Wisisi into a modern training framework contributes to

cultural loss. This suggests that the hybrid model is not seen as enhancing tradition but rather as revitalizing it in a contemporary context. Community support also emerged as a significant factor, with high levels of agreement indicating that the broader Lapago Kotaraja community supports the development program. This collective support is crucial for the long-term sustainability of cultural initiatives, as it reflects the alignment between individual perceptions and communal values. These findings highlight the dual function of Wisisi as a cultural artifact and practical tool for youth engagement. By embedding traditional practices in modern lifestyles, the hybrid approach seems to bridge the generational gap and foster a sense of cultural continuity.

The Preferences and Innovation category examined respondents' attitudes towards the attractiveness and relevance of Wisisi-based sports compared to conventional fitness activities. Although slightly lower than other categories, an average score of 4.25 still indicates a strong positive perception. Respondents generally agreed that Wisisi-based exercise is more engaging and engaging than traditional gym-based exercises. This suggests that incorporating cultural elements into physical activity can increase motivation and participation, especially among younger populations. Statements regarding Wisisi relevance to contemporary youth also received a high level of agreement, indicating that the integration of tradition and modernity resonates with the preferences of today's generation. The presence of minimal neutral responses suggests that resistance to such innovation is negligible. These findings support the idea that culture-based exercise programs can offer a unique value proposition by combining physical benefits with cultural expression. The hybrid model seems to address the dimensions of functional and emotional participation, making it particularly suitable for youth engagement.

The Participation and Benefits category further strengthens the overall positive perception of the program, with an average score of 4.27. Notably, the highest individual item score (4.33) was recorded for statements regarding willingness to participate in the hybrid Wisi-modern training program. This shows a strong intention among respondents to engage in such initiatives, indicating a high potential for program implementation. Additionally, respondents agreed that Wisisi-based sports pose a lower risk of injury compared to conventional gym activities, highlighting perceived safety as an important factor. The willingness to integrate Wisisi into daily routines also received strong support, indicating that the program is not only engaging but also practical for regular participation. This aligns with broader trends in health promotion, which emphasize the accessibility and sustainability of physical activity. The high level of agreement across all items in this category indicates that respondents recognize the immediate and long-term benefits of a hybrid approach. These

benefits go beyond physical fitness to include social cohesion, cultural engagement, and personal well-being (Buckley, 2020).

c. Item-Level Analysis

A more detailed examination of individual questionnaire items reveals some key insights. As shown in Table 7 and Table 8 describe each item in detail and the items with the highest ranking include willingness to participate in a hybrid program (Item 9) and support to promote Tourism in schools and communities (Item 15), both with an average score of 4.33.

Table 7. Detailed Item Analysis

No	Statement (Summary)	STS	TS	N	S	SS	Means	Level
1	Dynamic motion fitness	0	0	1	27	12	4.27	Height
2	Daily training	0	0	1	27	12	4.27	Height
3	Cultural integration	0	0	1	26	13	4.30	Very high
4	More exciting than modern sports	0	0	1	28	11	4.25	Height
5	Teenage needs	0	0	1	27	12	4.27	Height
6	Strength & durability	0	0	1	27	12	4.27	Height
7	Cultural knowledge	0	0	1	27	12	4.27	Height
8	Lower risk of injury	0	0	1	27	12	4.27	Height
9	Readiness for hybrid programs	0	0	1	25	14	4.33	Very high
10	Youth cultural identity	0	0	1	26	13	4.30	Very high
11	Positive frequency effect	0	0	1	28	11	4.25	Height
12	Community support	0	0	1	26	13	4.30	Height
13	Relevance to youth	0	0	1	28	11	4.25	Height
14	Fitness enhancement	0	0	1	27	12	4.27	Height
15	Promotion in school/community	0	0	1	25	14	4.33	Very high

Table 8. Highest Ranked Items

No	Statement (Summary)	Average Score
9	Willingness to participate in a hybrid program	4.33
15	Promotion in school/community	4.33
3	Cultural integration	4.30
10	Youth cultural identity	4.30
12	Community support	4.30

Item 9: Willingness to participate in a hybrid program – Average = 4.33 Item 15: Promotion in school/community – Average = 4.33 Item 3: Cultural integration – Average = 4.30 Item 10: Youth cultural identity – Average = 4.30 Item 12: Community support – Average = 4.30. These results show that respondents not only support the concept but also advocate for

its broader implementation. The emphasis on institutional promotion suggests that formal adoption in educational and community settings will be well received. In contrast, the lowest-ranked items still maintain a high score (around 4.25), indicating that no aspect of the program is considered negative. This cross-item consistency strengthens the resilience of the findings.

Discussion

The results showed that the integration of Wisisi Dance with modern sports obtained a very high level of approval, especially in the aspect of physical fitness with an average score of 4.27. These findings indicate that respondents view Wisisi as an effective form of physical activity in improving muscle strength, endurance, and general fitness. Conceptually, physical activity is defined as any body movement produced by skeletal muscles that requires energy expenditure (Caspersen et al., 1985), so dynamic movement in Wisisi can be categorized as relevant physical activity in the context of health. These findings are in line with global guidelines on physical activity that emphasize the importance of regular involvement in aerobic activity and muscle strengthening to improve health (World Health Organization, 2020). Wisisi movements that are rhythmic, coordinated, and involve the whole body exhibit characteristics similar to modern functional exercises. From the perspective of sports coaching, exercises that integrate elements of strength, endurance, and coordination like this are part of an effective periodization approach in improving physical performance (Bompa & Haff, 2009; Mullis, 2015).

Further, guidelines from (American College of Sports Medicine, 2018) emphasize the importance of variation in physical activity to improve individual compliance and motivation. In this context, Wisisi offers alternatives that not only meet the physiological aspects, but also provide cultural and emotional value that can increase participant engagement. This reinforces the finding that culture-based approaches can be innovative strategies in increasing physical activity participation in society.

The aspect of cultural preservation emerged as the most dominant dimension with the highest score (4.30), which shows that respondents are well aware of the importance of maintaining cultural identity through movement innovation. These findings reinforce the view that traditional dance art serves not only as an aesthetic expression, but also as a medium for the transmission of cultural values and collective identities (Kaeppler, 2000). In the context of Papua, the Wisisi Dance has a strong symbolic meaning as a representation of local wisdom and community identity (Nugroho, 2020).

The integration of Wisisi into modern sports can be understood as a form of cultural revitalization, which does not eliminate traditional values, but rather adapts them to the

contemporary context. This is in line with the decolonization approach in cultural research which emphasizes the importance of maintaining local cultural practices in the face of globalization (Smith, 2006). Thus, the results of this study show that culture-based innovation can be an effective strategy in maintaining the sustainability of traditions among the younger generation.

In addition, the high community support for the development of this hybrid model indicates an alignment between individual and collective values. (Hargreaves, 2002) states that sport cannot be separated from the social and cultural context that surrounds it, so the success of an innovation is highly dependent on social acceptance. In this study, the high level of approval suggests that Wisisi integration has been accepted as part of relevant social practices. Despite having a slightly lower score compared to other categories (4.25), the preference and innovation aspects still show a high acceptance rate. This indicates that the younger generation is open to new approaches that combine traditional and modern elements. These findings support previous research that showed that the integration of traditional dance movements in physical education can increase student interest and engagement (Wahyuni & Pratama, 2023).

From an experience economy perspective, (Pine & Gilmore, 1999) emphasizes that unique and meaningful experiences are the main factor in attracting individual interest. Wisisi as a form of cultural-based physical activity offers a different experience than conventional sports, so it has the potential to increase attraction and participation. This is also in line with the trend of cultural tourism that emphasizes authentic experiences as the main value (Richards, 2018).

In addition, research by (Prasetyo, 2025) shows that the exploration of the Wisisi dance as a culture-based physical activity can be a relevant innovation in the context of creative sports. The findings in this study reinforce this argument by showing that respondents not only accept, but also prefer this approach compared to conventional sports activities such as gyms.

One of the most significant findings was the high willingness of respondents to participate in the Wisisi-modern hybrid program, with the highest score reaching 4.33. This shows that the proposed innovation has a high implementation potential. In the context of health promotion, participation is an important indicator of the success of a program (Ministry of Health of the Republic of Indonesia, 2023).

These findings are also in line with research showing that culture-based recreational activities can improve individual mental health and well-being (Siby & Kasingku, 2024). In addition, community activities such as Car Free Day that integrate health education have proven to be effective in encouraging healthy living behaviors (Khadija et al., 2023). Thus,

Wisisi not only contributes to physical fitness, but also has the potential to improve mental and social health.

The perception that Wisisi has a lower risk of injury compared to modern sports is also an important factor in increasing participation. This suggests that a culture-based approach can provide a higher sense of security and comfort for participants, especially for those who are less accustomed to high-intensity sports activities.

The results of this study have significant practical implications, especially in the development of culture-based sports programs at the community and educational institution levels. The high level of support (97%) indicates that the Wisisi-modern program has the potential to be widely implemented, both through the physical education curriculum and community activities.

In the context of tourism and the creative economy, the integration of Wisisi can also be a new attraction that combines aspects of culture and fitness. The experience-based tourism development strategy launched by the Directorate General of Tourism and Creative Economy (2022) can utilize this concept as an innovative value-added product. In addition, the revitalization of traditional dance art as a medium for promoting sustainable tourism has also been proven effective in the Indonesian context (Susanto & Sari, 2024).

Furthermore, this approach can also support the development of nature- and culturally-based sports that contribute to individual well-being (Buckley, 2020). By integrating physical, cultural, and social aspects, the Wisisi-modern program has the potential to become a holistic intervention model. Although the results of the study show very positive findings, there are some limitations that need to be considered. First, the relatively limited and homogeneous number of respondents (only from the Kotaraja Lapago community) limits the generalization of the findings. Second, the data used is perception-based quantitative, so it has not yet described the real impact on physiological and psychological parameters.

Therefore, further research needs to be conducted with experimental designs to measure the impact of Wisisi on fitness indicators such as VO2max, muscle strength, and flexibility. In addition, a qualitative approach is also needed to explore the cultural meaning and subjective experiences of participants in more depth. Comparative studies with other communities can also provide a broader picture of the effectiveness of this model. Overall, the results of this study show that the integration of the Wisisi Dance with modern sports is an innovative, relevant, and high-potential approach in improving fitness while preserving culture. These findings make an important contribution to the development of a sustainable and contextual culture-based sports model in Indonesia.

CONCLUSION

This study shows that the integration of Wisisi Dance with modern sports received very strong support from the youth of the Lapago Kotaraja Community, with an approval rate of 97% and an average score of 4.27. Key findings indicate that Wisisi is not only perceived as a cultural activity, but also as an effective form of physical exercise in improving fitness, including muscle strength, endurance, and general well-being. In addition, the aspect of cultural preservation is the most dominant dimension, where respondents consider that this integration is able to strengthen cultural identity and maintain the sustainability of traditions in the midst of modernization.

The implications of this study show that culture-based sports approaches have great potential to increase physical activity participation while preserving local values. The contribution of this research to the body of knowledge lies in strengthening the concept of integration between physical and cultural activities as an innovative model that is contextual and sustainable, especially in the context of local communities in Indonesia.

However, this study is still limited to a perception approach with a homogeneous sample. Therefore, further research is recommended to test the effectiveness of the Wisisi program experimentally on physiological fitness indicators as well as explore participants' experiences through a qualitative approach. Cross-community comparative studies are also needed to expand the generalization of the findings. Overall, Wisisi has the potential to become a hybrid sports model that is relevant for the simultaneous development of fitness and cultural preservation.

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