



Peresean as a Medium for Strengthening Sportsmanship Character and Cultural Resilience among the Sasak Community of Lombok

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Abstract

Peresean is a traditional martial art of the Sasak community in Lombok that embodies not only cultural heritage values but also educational and social functions. Amid the challenges of globalization and cultural transformation, traditional practices such as Peresean play an increasingly important role in strengthening character development and sustaining cultural continuity. This study aims to analyze the role of Peresean as a medium for strengthening sportsmanship character and cultural resilience among the Sasak community of Lombok. The research employed a qualitative approach using a literature review and conceptual analysis design. Data were collected from scholarly books, journal articles, conference proceedings, and institutional publications related to Peresean, sportsmanship, character education, cultural resilience, indigenous sports, and Sasak culture. The collected data were analyzed using thematic content analysis to identify recurring values, patterns, and relationships associated with the educational and cultural functions of Peresean. The findings indicate that Peresean contains fundamental sportsmanship values, including respect, fairness, responsibility, discipline, courage, honesty, and self-control. These values are internalized through participation and observation, contributing to the development of ethical behavior and personal responsibility. Furthermore, Peresean serves as a mechanism for preserving cultural identity, facilitating intergenerational transmission of cultural knowledge, strengthening social cohesion, and enhancing cultural resilience within the Sasak community. The study also proposes a conceptual model illustrating the relationship between Peresean, value internalization, sportsmanship character formation, cultural resilience, and sustainable cultural heritage preservation. The findings suggest that Peresean should be recognized not only as a traditional cultural performance but also as a strategic resource for character education and cultural sustainability. Strengthening institutional support, educational integration, and community participation is essential to ensure the continuity and relevance of Peresean in contemporary society.

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Introduction

Globalization, digitalization, and the rapid flow of information have transformed social interactions, lifestyles, and cultural practices across communities worldwide. While these developments offer opportunities for innovation and connectivity, they also present significant challenges to the preservation of local cultural traditions. Many indigenous cultural practices are increasingly confronted by the pressures of modernization, changing social values, and declining participation among younger generations. As a result, communities are required not only to preserve their cultural heritage but also to ensure that traditional practices remain relevant within contemporary society. In this context, local traditions are increasingly recognized as important cultural resources that contribute to character formation, social cohesion, and community resilience.

The Sasak community of Lombok possesses a rich cultural heritage that reflects its historical experiences, social structures, and collective identity. Among the various forms of cultural expression maintained by the Sasak people, Peresean occupies a prominent position as one of the most distinctive traditional practices. Peresean is commonly known as a traditional martial art involving two fighters, referred to as pepadu, who engage in a regulated contest using rattan sticks and protective shields. Although it appears as a physical competition, Peresean embodies a complex system of cultural meanings, ethical principles, and social values that extend beyond the arena of combat (Wibowo et al., 2025).



Historically, Peresean was associated with agricultural rituals, rain-invoking ceremonies, and communal celebrations. Over time, the tradition evolved into an important cultural performance that symbolizes courage, honor, discipline, and solidarity within Sasak society. The continuity of Peresean demonstrates the capacity of local communities to preserve cultural heritage while adapting to changing social contexts. According to Mahyuni (2007), cultural traditions among the Sasak people function as important mechanisms for maintaining collective identity and transmitting cultural knowledge across generations. This function becomes increasingly significant in contemporary society, where cultural homogenization threatens the sustainability of local identities.

Recent scholarly attention has highlighted the educational dimensions embedded within Peresean. Studies conducted by Al-Pansori (2024) and Fajri (2024) indicate that Peresean contains substantial character-building values, including honesty, responsibility, self-discipline, respect, and courage. These values are transmitted through direct participation, observation, and social interaction within the cultural setting. Unlike formal educational approaches that rely primarily on classroom instruction, Peresean offers experiential learning opportunities through which ethical principles are practiced and internalized in real-life situations. Consequently, the tradition functions as a form of indigenous character education that remains closely connected to local cultural realities.

The character-building potential of Peresean is particularly relevant in relation to the concept of sportsmanship. Sportsmanship represents a set of moral and ethical values emphasizing fair play, respect for opponents, self-control, responsibility, and adherence to rules during competition (Vallerand et al., 1997). Within contemporary society, concerns regarding declining ethical behavior, intolerance, aggression, and weakened social responsibility among youth have intensified discussions regarding effective approaches to character development. In response to these concerns, traditional cultural practices such as Peresean offer alternative pathways for cultivating sportsmanship values through culturally meaningful experiences.

The relationship between Peresean and sportsmanship has been explored by Soewena et al. (2020), who argue that appreciation and participation in the tradition contribute to the development of sportivity among members of the Sasak community. Similar findings are reported in the study entitled *Values of Sportsmanship in the Performing Arts of the Sasak Lombok Community* (2025), which emphasizes that the ethical principles governing Peresean encourage mutual respect, fair competition, and social harmony. These values align closely with the dimensions of sportsmanship proposed by Vallerand et al. (1997) and Shields and Bredemeier (2009), suggesting that Peresean may serve as a culturally grounded medium for character education.

Beyond its contribution to sportsmanship development, Peresean also plays an important role in strengthening cultural resilience. Cultural resilience refers to the ability of a community to preserve, adapt, and transmit its cultural values and practices despite social, economic, and environmental changes (Chandler, 2014). In the context of globalization, cultural resilience has become increasingly important because communities must continuously negotiate between preserving traditional identities and responding to contemporary challenges. UNESCO (2003) recognizes intangible cultural heritage as a fundamental resource for sustaining cultural diversity and strengthening social cohesion. Furthermore, UNESCO (2019) emphasizes that cultural sustainability constitutes an essential dimension of long-term community development.

Research conducted by Sasongko et al. (2025) demonstrates that the resilience of Sasak culture is strongly influenced by the community's capacity to maintain traditional practices while simultaneously adapting to changing circumstances. Peresean represents one example of this adaptive process. The tradition continues to be performed in cultural festivals, tourism activities, educational programs, and community celebrations, allowing it to remain relevant within contemporary society. Through these practices, cultural knowledge is transmitted across generations, strengthening collective identity and preserving cultural continuity.

The significance of cultural identity in fostering resilience is also supported by Fabio et al. (2015) and Sani et al. (2015), who argue that stronger group identification contributes positively to psychological well-being, social solidarity, and community sustainability. In the case of the Sasak community, participation in Peresean strengthens individuals' attachment to shared cultural values and reinforces collective belonging. Therefore, the tradition serves not only as a cultural performance but also as a mechanism through which social and cultural resilience are maintained.

Although previous studies have examined Peresean from perspectives of local wisdom, cultural heritage, tourism, and character education, research integrating sportsmanship character and cultural resilience remains limited. Most existing studies focus on either the educational values or the cultural significance of the tradition separately. Consequently, there is a need for a more comprehensive analysis that positions Peresean as a medium capable of simultaneously strengthening sportsmanship character and enhancing cultural resilience within the Sasak community.

Based on these considerations, this study aims to examine the role of Peresean in fostering sportsmanship values and strengthening cultural resilience among the Sasak people of Lombok. The findings are expected to contribute to the literature on indigenous sports, character education, and cultural sustainability while providing practical insights for cultural preservation initiatives and educational programs grounded in local wisdom.

Materials and Methods

This study employed a qualitative approach using a literature review design and conceptual analysis to examine the role of Peresean as a medium for strengthening sportsmanship character and cultural resilience among the Sasak community of Lombok. The qualitative approach was selected because the research sought to understand meanings, values, social practices, and cultural functions embedded within the Peresean tradition. Such an approach enables a comprehensive exploration of the educational, cultural, and social dimensions of indigenous traditions that cannot be adequately explained through quantitative measurement alone. Furthermore, qualitative inquiry is particularly suitable for examining cultural phenomena, local wisdom, and community-based practices that are deeply rooted in social contexts and collective experiences (Bale, 2003; Giulianotti, 2015).

The study relied on secondary data derived from scientific publications, scholarly books, conference proceedings, policy documents, and cultural heritage reports related to Peresean, sportsmanship, character education, cultural resilience, indigenous sports, and Sasak culture. The use of literature-based research was considered appropriate because the objective of the study was not merely to describe the existence of Peresean but also to construct a comprehensive conceptual understanding of its contribution to sportsmanship development and cultural resilience. This approach facilitates the synthesis of various theoretical perspectives and empirical findings that have been developed across different academic disciplines.

The sources of data consisted of peer-reviewed journal articles, scholarly books, and institutional publications that have contributed significantly to discussions on sportsmanship, character education, cultural identity, and cultural sustainability. Literature concerning Peresean and Sasak culture was obtained from studies conducted by Mahyuni (2007), Soewena et al. (2020), Al-Pansori (2024), Fajri (2024), Wibowo et al. (2025), Patrawidya (2025), and Ahmadi (2026). These studies provide substantial insights into the historical development, educational values, cultural significance, and contemporary transformation of Peresean within Sasak society. To strengthen the theoretical framework, the study also utilized references on sportsmanship and character education developed by Vallerand et al. (1997), Shields and Bredemeier (2009), Hellison (2011), and Lickona (2012).

In addition, literature concerning cultural resilience and cultural sustainability was incorporated to examine the broader social implications of Peresean. Key references included Chandler (2014), UNESCO (2003, 2019), Fabio et al. (2015), Sani et al. (2015), and Sasongko et al. (2025). These works provide conceptual foundations for understanding how cultural practices contribute to identity preservation, social cohesion, and community resilience amid contemporary social transformations.

Data collection was conducted through systematic identification, selection, and review of relevant literature. The selection process emphasized publications that directly addressed at least one of the central themes of the study, namely Peresean, sportsmanship, character education, cultural resilience, indigenous sports, or Sasak cultural heritage. The collected sources were then organized according to thematic categories to facilitate analysis and interpretation.

The data were analyzed using thematic content analysis. This analytical technique was employed to identify recurring concepts, values, patterns, and relationships across the selected literature. The analysis was conducted through several stages. First, all relevant documents were read comprehensively to gain an overall understanding of the themes discussed. Second, key concepts and findings related to sportsmanship values, character formation, cultural identity, and cultural resilience were identified and categorized. Third, the identified themes were compared and synthesized to construct an integrated conceptual explanation regarding the role of Peresean in strengthening sportsmanship character and cultural resilience.

To ensure analytical rigor, the interpretation of findings was guided by three complementary theoretical perspectives. The first was sportsmanship theory, which emphasizes fair play, respect, responsibility, and ethical conduct in competitive activities (Vallerand et al., 1997; Shields & Bredemeier, 2009). The second was character education theory, which focuses on the cultivation of moral virtues through meaningful social experiences (Lickona, 2012; Hellison, 2011). The third was cultural resilience theory, which explains how communities preserve and adapt cultural values while maintaining collective identity under conditions of change (Chandler, 2014; UNESCO, 2019).

Through this analytical framework, the study sought to develop a coherent understanding of how Peresean functions simultaneously as a traditional sporting practice, a medium of character education, and a mechanism for sustaining cultural resilience. The integration of these perspectives provides a comprehensive basis for examining the contemporary relevance of Peresean and its contribution to the preservation of Sasak cultural heritage in an increasingly globalized society.

Results and Discussion

Peresean as a Medium for Character Education

The findings of this study indicate that Peresean serves not only as a traditional martial performance but also as an effective medium for character education within the Sasak community. The values embedded in Peresean are transmitted through direct participation, observation, and social interaction, allowing individuals to experience moral principles in practical situations rather than merely learning them as abstract concepts. This characteristic positions Peresean as a form of indigenous character education that remains closely connected to the social and cultural realities of the community.

Based on the literature analysis, several fundamental character values consistently emerge within the implementation of Peresean, including respect, responsibility, courage, honesty, discipline, self-control, and sportsmanship. These values are not conveyed through formal instructional processes but are embedded within the rules, rituals, and social norms governing the tradition. Consequently, Peresean functions as a living educational environment in which ethical values are continuously practiced and reinforced through communal participation. This finding supports the argument of Al-Pansori (2024) and Fajri (2024), who emphasize that Peresean contains substantial educational values that contribute to character formation among participants and observers alike.

One of the most prominent values found in Peresean is respect. Although the performance involves physical confrontation, participants are expected to maintain respect toward opponents, referees, and community elders throughout the contest. Before and after a match, fighters demonstrate mutual acknowledgment and acceptance regardless of the outcome. Such practices reinforce the understanding that competition is not intended to create hostility but rather to strengthen social relationships and mutual appreciation. This condition reflects the principles of character education proposed by Lickona (2012), who identifies respect as a fundamental moral virtue that supports harmonious social interaction.

In addition to respect, responsibility emerges as another important educational value. Every participant is required to comply with established rules and accept the decisions made by referees without protest. Adherence to these norms cultivates personal accountability and encourages individuals to understand the consequences of their actions. Hellison (2011) argues that responsibility develops when individuals actively participate in social activities requiring self-regulation and accountability. Within the context of Peresean, responsibility is demonstrated through disciplined participation, commitment to fair competition, and willingness to uphold communal values.

The analysis also reveals that Peresean plays a significant role in developing self-control and emotional regulation. Although physical contact is an inherent aspect of the tradition, participants are expected to restrain excessive aggression and avoid actions that may endanger opponents beyond the accepted rules. Emotional control becomes particularly important when participants experience defeat or injury during competition. The ability to manage emotions under such circumstances contributes to the development of maturity, resilience, and ethical behavior. These findings are consistent with the perspective of Shields and Bredemeier (2009), who emphasize that sportsmanship involves moral decision-making and self-discipline rather than merely pursuing victory.

Furthermore, the value of courage occupies a central position within Peresean. However, courage in this context is not interpreted solely as physical bravery. Rather, it encompasses the willingness to face challenges, accept risks, and uphold honorable conduct despite difficult circumstances. The cultural meaning attached to courage encourages participants to demonstrate confidence while remaining humble and respectful toward others. This interpretation aligns with findings reported by Patrawidya (2025), which highlight the moral significance embedded within Peresean performances and their contribution to shaping ethical behavior.

The educational function of Peresean becomes even more evident when viewed through the lens of sportsmanship. According to Vallerand et al. (1997), sportsmanship consists of several dimensions, including respect for rules, concern for opponents, commitment to participation, and respect for social conventions. These dimensions are strongly reflected in the structure and implementation of Peresean. Participants are required to compete fairly, comply with traditional regulations, and prioritize honor over personal gain. Similar conclusions were reported by Soewena et al. (2020), who found that appreciation of Peresean contributes significantly to the development of sportivity within the Sasak community. Likewise, the study Values of

Sportsmanship in the Performing Arts of the Sasak Lombok Community (2025) demonstrates that the tradition reinforces fair play, mutual respect, and social harmony.

Another important finding concerns the intergenerational transmission of character values through cultural participation. The educational impact of Peresean extends beyond active fighters and influences spectators, community members, and younger generations who observe the practice. Through repeated exposure to cultural performances, individuals learn the behavioral expectations and moral standards valued within the community. This process strengthens the continuity of local wisdom while simultaneously fostering positive character development. As noted by Ahmadi (2026), Peresean increasingly functions as a medium for introducing and preserving Sasak cultural values among younger generations, thereby enhancing both cultural awareness and moral education.

Taken together, these findings demonstrate that Peresean functions as a comprehensive medium for character education that integrates moral learning, social interaction, and cultural participation. The tradition provides a culturally grounded framework through which values such as respect, responsibility, courage, self-control, and sportsmanship are cultivated and transmitted across generations. Consequently, Peresean contributes not only to the preservation of cultural heritage but also to the development of ethical individuals capable of maintaining harmonious relationships within society. Through this dual function, the tradition remains highly relevant in addressing contemporary challenges related to character development and social cohesion in an increasingly dynamic social environment.

Peresean and Cultural Resilience

The findings of this study demonstrate that Peresean plays a significant role in strengthening cultural resilience within the Sasak community of Lombok. Beyond its function as a traditional martial performance, Peresean serves as a cultural institution that facilitates the preservation, transmission, and adaptation of local values across generations. In the context of rapid social transformation, globalization, and technological advancement, the ability of a community to maintain cultural continuity has become increasingly important. Consequently, Peresean can be understood not only as a cultural heritage practice but also as a strategic mechanism through which the Sasak community sustains its collective identity and cultural existence.

Cultural resilience refers to the capacity of a community to preserve its cultural values, maintain its identity, and adapt to changing social conditions without losing its distinctive characteristics (Chandler, 2014). This concept emphasizes that resilience is not merely the ability to resist external influences but also the ability to transform and adjust while retaining core cultural values. Within the Sasak community, Peresean illustrates this adaptive capacity by continuing to exist and evolve despite shifts in social structures, lifestyles, and patterns of cultural consumption. The persistence of Peresean across generations reflects the community's commitment to preserving an important element of its cultural heritage while simultaneously responding to contemporary challenges.

One of the primary contributions of Peresean to cultural resilience lies in its role as a medium for preserving cultural identity. Cultural identity represents a collective understanding of shared history, values, beliefs, and traditions that distinguish one community from another. As noted by Mahyuni (2007), cultural practices among the Sasak people function as important symbols through which collective identity is maintained and communicated. Peresean embodies a range of cultural meanings associated with courage, honor, solidarity, and respect, all of which form essential components of Sasak cultural identity. Through regular performances and community participation, these values continue to be recognized, practiced, and transmitted, ensuring that cultural identity remains relevant within contemporary society.

The preservation of cultural identity through Peresean is closely related to the process of intergenerational cultural transmission. Cultural resilience depends largely on the ability of older generations to transfer knowledge, values, and traditions to younger members of the community. The findings indicate that Peresean provides an effective platform for this process because it encourages interaction between cultural elders, practitioners, and youth. Young people who participate in or observe Peresean are introduced not only to the technical aspects of the performance but also to the ethical principles and cultural meanings associated with it. This finding supports the argument of UNESCO (2003), which identifies intergenerational transmission as a fundamental requirement for safeguarding intangible cultural heritage.

Furthermore, Peresean contributes to cultural resilience by strengthening social cohesion and collective belonging. Cultural traditions often function as spaces where community members gather, interact, and reaffirm shared values. The performance of Peresean typically involves broad participation from various segments of society, including cultural leaders, fighters, families, and spectators. Such collective involvement strengthens social relationships and reinforces a sense of community ownership over cultural heritage. This condition is consistent with the findings of Fabio et al. (2015) and Sani et al. (2015), who emphasize that strong group identification contributes positively to social well-being, solidarity, and resilience. Through participation

in Peresean, individuals develop a stronger attachment to their cultural community, thereby enhancing collective resilience in the face of external pressures.

The adaptive nature of Peresean further illustrates its contribution to cultural resilience. Cultural sustainability does not imply maintaining traditions in a static form; rather, it involves allowing traditions to evolve while preserving their fundamental values. In recent years, Peresean has increasingly been incorporated into cultural festivals, tourism activities, educational programs, and public cultural events. This adaptation has enabled the tradition to reach wider audiences while maintaining its cultural significance. According to UNESCO (2019), cultural sustainability requires communities to balance preservation with innovation so that cultural practices remain meaningful in changing social environments. The continued relevance of Peresean demonstrates the success of this balancing process within the Sasak community.

Research conducted by Sasongko et al. (2025) similarly highlights that the resilience of Sasak culture depends upon the community's ability to integrate traditional values into contemporary contexts. Peresean exemplifies this process by serving both as a cultural heritage practice and as a contemporary medium for cultural education and identity reinforcement. Likewise, Wibowo et al. (2025) emphasize that Peresean remains an important expression of local cultural and moral values despite ongoing social transformation. These findings suggest that the sustainability of Peresean is closely linked to its ability to maintain relevance while preserving its essential cultural functions.

Another important aspect identified in the literature concerns the role of Peresean in responding to cultural homogenization. Globalization often promotes standardized cultural forms that may gradually reduce the visibility of local traditions. Within this context, indigenous cultural practices become increasingly important as symbols of cultural distinctiveness. Bale (2003) argues that traditional sports frequently function as expressions of local identity that resist cultural uniformity and reinforce community autonomy. Similarly, Giulianotti (2015) notes that sporting traditions possess the capacity to generate and sustain cultural meanings that contribute to collective identity formation. Peresean reflects these characteristics because it represents a uniquely Sasak cultural expression that distinguishes the community from broader cultural influences.

The findings also indicate that Peresean contributes to the preservation of cultural values through its educational function. As discussed in the previous section, the tradition facilitates the transmission of values such as respect, responsibility, courage, and social harmony. These values constitute important cultural resources that strengthen the community's capacity to respond to social change. In this regard, cultural resilience is not limited to preserving physical practices but also involves maintaining the moral and social values embedded within cultural traditions. The educational role of Peresean therefore supports both individual character development and the long-term sustainability of Sasak cultural heritage.

Overall, the findings demonstrate that Peresean serves as a vital mechanism for strengthening cultural resilience among the Sasak community of Lombok. Through its contributions to identity preservation, intergenerational transmission, social cohesion, cultural adaptation, and value transmission, Peresean enables the community to maintain cultural continuity while responding constructively to contemporary challenges. The tradition thus represents an important example of how indigenous cultural practices can function as dynamic resources for sustaining cultural identity and resilience in an increasingly globalized world.

Proposed Model of Sportsmanship Character and Cultural Resilience through Peresean

Based on the results of the literature analysis, a conceptual model is proposed to explain how Peresean functions simultaneously as a medium for strengthening sportsmanship character and enhancing cultural resilience within the Sasak community. The proposed model was developed through the synthesis of theoretical perspectives on sportsmanship, character education, cultural resilience, indigenous sports, and empirical studies concerning the cultural significance of Peresean. The model integrates the findings discussed in the previous sections and provides a comprehensive framework for understanding the interconnected relationship between traditional cultural practices, character formation, and cultural sustainability.

The proposed model begins with Peresean Tradition as the primary cultural foundation. As a traditional martial art and cultural performance, Peresean represents a repository of indigenous knowledge, ethical norms, social values, and collective identity. The tradition is not limited to physical competition but encompasses rituals, rules, symbolic meanings, and social interactions that have been preserved across generations. Studies by Wibowo et al. (2025), Patrawidya (2025), and Mahyuni (2007) indicate that Peresean embodies important cultural values such as honor, respect, courage, solidarity, and communal responsibility. These values form the basis upon which character development and cultural resilience emerge.

The second component of the model is the internalization of cultural and ethical values. The findings suggest that participation in and exposure to Peresean create opportunities for individuals to learn and practice ethical principles within authentic social settings. Unlike formal educational environments that often rely on theoretical instruction, Peresean facilitates experiential learning through direct engagement. During the

performance, participants are expected to obey traditional regulations, respect opponents, accept outcomes gracefully, and prioritize communal harmony over personal interests. Through repeated participation and observation, these cultural norms become internalized as personal values. This process reflects the principles of character education proposed by Lickona (2012), who emphasizes that moral development requires continuous interaction between knowledge, practice, and social experience.

Several core values emerge through this internalization process, including respect, fair play, discipline, courage, responsibility, and self-control. These values are consistently identified in previous studies on Peresean (Al-Pansori, 2024; Fajri, 2024; Values of Sportsmanship in the Performing Arts of the Sasak Lombok Community, 2025). At this stage, cultural values are transformed into personal dispositions that influence behavior both within and beyond the context of cultural performance.

The third component of the model concerns the development of sportsmanship character. Sportsmanship is understood as a multidimensional construct involving respect for opponents, respect for rules, commitment to participation, ethical conduct, and social responsibility (Vallerand et al., 1997). The findings indicate that these dimensions are strongly reflected in the implementation of Peresean. Participants are required to compete honorably, exercise emotional restraint, and maintain mutual respect regardless of the contest outcome. These practices reinforce the moral principles associated with sportsmanship and contribute to the formation of ethical individuals capable of demonstrating fairness and integrity in various social contexts.

The role of Peresean in fostering sportsmanship is consistent with the perspectives of Shields and Bredemeier (2009), who argue that competition should promote moral excellence rather than merely emphasizing victory. Similarly, Hellison (2011) highlights that structured physical activities provide opportunities for developing personal and social responsibility. Through its combination of physical engagement and cultural regulation, Peresean offers a unique environment in which sportsmanship values are actively practiced and reinforced.

The fourth component of the model is the strengthening of cultural resilience. Cultural resilience refers to the ability of communities to preserve cultural identity, maintain social cohesion, and adapt to changing circumstances while sustaining essential cultural values (Chandler, 2014). The findings demonstrate that Peresean contributes to cultural resilience through several interconnected mechanisms. First, it reinforces cultural identity by preserving values and symbols that distinguish the Sasak community from other cultural groups. Second, it facilitates intergenerational transmission by enabling younger generations to learn cultural knowledge directly from experienced practitioners. Third, it promotes community participation and social cohesion by creating opportunities for collective engagement in cultural activities.

These functions align with the principles outlined by UNESCO (2003), which emphasize the importance of safeguarding intangible cultural heritage through community participation and cultural transmission. Furthermore, UNESCO (2019) identifies cultural sustainability as a critical dimension of long-term development, highlighting the need to maintain cultural practices while adapting to contemporary realities. The continued existence of Peresean within cultural festivals, educational activities, and public events demonstrates its capacity to contribute to sustainable cultural development.

The relationship between sportsmanship character and cultural resilience within the proposed model is particularly important. The findings suggest that these two outcomes are mutually reinforcing rather than independent. Individuals who internalize sportsmanship values such as respect, responsibility, and self-control are more likely to contribute positively to community life and cultural preservation. At the same time, strong cultural identity and community attachment encourage individuals to maintain and transmit ethical values embedded within local traditions. This reciprocal relationship is supported by Fabio et al. (2015) and Sani et al. (2015), who argue that collective identification strengthens both individual well-being and community resilience.

Ultimately, the model culminates in sustainable cultural heritage preservation. Through the integration of character development and cultural resilience, Peresean contributes to the long-term sustainability of Sasak cultural heritage. The tradition not only preserves cultural practices but also nurtures the ethical values and social relationships necessary for cultural continuity. As noted by Ahmadi (2026), Peresean increasingly functions as a medium for introducing and promoting Sasak culture to younger generations and wider audiences. Consequently, the proposed model illustrates how traditional cultural practices can simultaneously serve educational, social, and cultural functions within contemporary society.

In summary, the proposed model positions Peresean as a dynamic cultural mechanism through which ethical values are internalized, sportsmanship character is strengthened, cultural resilience is enhanced, and cultural sustainability is achieved. The model provides a conceptual framework that may guide future research and policy initiatives seeking to integrate local cultural heritage into character education and community development programs.

Policy and Practical Implications

The findings of this study demonstrate that Peresean possesses substantial potential not only as a cultural heritage practice but also as a strategic medium for character education and cultural resilience. Consequently, the results provide important implications for policymakers, educational institutions, cultural organizations, and local communities. The integration of sportsmanship values and cultural resilience within Peresean offers opportunities to strengthen local identity while addressing contemporary challenges related to character development, cultural sustainability, and community engagement.

One of the most significant policy implications concerns the integration of local cultural heritage into educational systems. The findings indicate that Peresean embodies educational values such as respect, responsibility, discipline, courage, self-control, and fair play, all of which are essential components of character education. These values correspond closely with the objectives of contemporary educational policies that emphasize the development of ethical, responsible, and socially aware citizens. Therefore, educational institutions, particularly at the primary and secondary levels, may incorporate Peresean-related content into local curriculum frameworks, cultural education programs, and extracurricular activities.

Such integration would allow students to engage with character education through culturally relevant learning experiences rather than relying exclusively on abstract moral instruction. Lickona (2012) emphasizes that effective character education requires learners to encounter and practice moral values within meaningful social contexts. In this regard, Peresean provides an authentic cultural setting through which values can be internalized and applied. Moreover, Hellison (2011) argues that activities involving physical participation contribute significantly to the development of personal and social responsibility. Consequently, educational programs inspired by Peresean may offer a practical approach to strengthening sportsmanship and ethical behavior among younger generations.

Beyond the educational sector, the findings also have implications for cultural preservation policies. UNESCO (2003) recognizes community participation and intergenerational transmission as essential elements in safeguarding intangible cultural heritage. As a living tradition, Peresean requires continuous support to ensure its sustainability and relevance within contemporary society. Local governments and cultural institutions should therefore strengthen preservation initiatives through documentation programs, cultural festivals, community-based training, and public cultural events. Such initiatives would not only preserve the physical performance of Peresean but also protect the cultural values embedded within the tradition.

Furthermore, cultural preservation policies should move beyond a conservation-oriented approach and adopt a more dynamic perspective that recognizes the adaptive nature of cultural practices. UNESCO (2019) emphasizes that cultural sustainability depends upon the ability of communities to maintain cultural continuity while responding to changing social conditions. The continued relevance of Peresean demonstrates that traditional practices can successfully adapt to contemporary contexts without losing their essential values. Accordingly, policymakers should encourage innovative approaches that enable Peresean to engage broader audiences while preserving its cultural authenticity.

The findings also highlight the importance of community participation in strengthening cultural resilience. Sasongko et al. (2025) argue that the resilience of Sasak culture depends significantly on the active involvement of community members in preserving and transmitting cultural traditions. Peresean functions as a communal activity that encourages interaction among cultural leaders, practitioners, youth, and local residents. Such interactions contribute to the maintenance of social cohesion and collective identity, both of which are fundamental dimensions of cultural resilience. Therefore, community-based cultural programs should prioritize inclusive participation and facilitate opportunities for younger generations to engage directly with cultural heritage.

Another practical implication relates to youth empowerment and leadership development. The values of sportsmanship embedded within Peresean—including fairness, integrity, responsibility, and mutual respect—are highly relevant to contemporary efforts aimed at fostering positive youth development. Previous studies have shown that participation in culturally meaningful activities contributes to the development of social responsibility and ethical conduct (Shields & Bredemeier, 2009; Vallerand et al., 1997). By involving young people in cultural preservation initiatives, communities can simultaneously strengthen cultural continuity and cultivate future leaders who possess strong moral character and cultural awareness.

The findings further suggest opportunities for integrating Peresean into cultural tourism development. Lombok has become an increasingly important tourism destination, and cultural heritage constitutes one of its distinctive attractions. As noted by Wibowo et al. (2025), Peresean represents a unique cultural expression that reflects the identity and values of the Sasak community. Properly managed cultural tourism programs can contribute to economic development while simultaneously supporting heritage preservation. However, tourism initiatives should prioritize cultural integrity and community participation to prevent the commodification of

cultural practices. Maintaining the educational and cultural functions of Peresean must remain a central consideration in any tourism-oriented development strategy.

The growing influence of digital technology also creates new opportunities for cultural promotion and preservation. Ahmadi (2026) highlights the increasing use of Peresean as a medium for introducing Sasak culture to broader audiences. Digital platforms may facilitate the dissemination of cultural knowledge, documentation of traditional practices, and engagement of younger generations who are increasingly connected through digital media. Educational videos, digital archives, virtual exhibitions, and social media campaigns may serve as effective tools for enhancing public awareness while strengthening cultural transmission. Such initiatives are particularly important in ensuring that cultural heritage remains accessible and relevant within an increasingly digital society.

From a broader perspective, the findings reinforce the view that indigenous cultural practices should be recognized as valuable resources for sustainable development. Rather than being perceived solely as historical artifacts, traditions such as Peresean possess contemporary relevance because they contribute simultaneously to character formation, social cohesion, cultural identity, and community resilience. Fabio et al. (2015) and Sani et al. (2015) emphasize that strong collective identification supports social well-being and resilience. Through its ability to strengthen both individual character and collective identity, Peresean represents a practical example of how cultural heritage can contribute to sustainable social development.

In summary, the policy and practical implications of this study extend across education, cultural preservation, community development, youth empowerment, tourism, and digital innovation. The findings suggest that Peresean should be positioned not merely as a traditional performance but as a strategic cultural resource capable of supporting character education and cultural resilience. Strengthening institutional support, encouraging community participation, and promoting adaptive cultural preservation strategies will be essential for ensuring that Peresean continues to contribute meaningfully to the sustainability of Sasak cultural heritage and the development of future generations.

Conclusion

This study demonstrates that Peresean is not merely a traditional martial performance preserved as part of the cultural heritage of the Sasak community in Lombok. More importantly, it functions as a strategic cultural medium that contributes simultaneously to the strengthening of sportsmanship character and the enhancement of cultural resilience. The findings reveal that the values embedded within Peresean—including respect, responsibility, discipline, courage, honesty, self-control, solidarity, and fair play—are transmitted through direct participation, observation, and social interaction. These values are not taught in a formal instructional setting alone but are internalized through lived cultural experiences, enabling individuals to understand and practice ethical behavior within meaningful social contexts.

From the perspective of character education, Peresean provides a culturally grounded framework through which sportsmanship values can be cultivated and reinforced. The tradition encourages participants to respect opponents, comply with established rules, exercise emotional control, and prioritize honor over personal victory. These characteristics reflect the fundamental dimensions of sportsmanship and contribute to the development of personal and social responsibility. As a result, Peresean serves as a practical example of how local cultural traditions can support contemporary efforts to strengthen character education while maintaining cultural relevance.

The study also confirms the significant role of Peresean in fostering cultural resilience. Through the preservation and transmission of cultural knowledge, values, and social norms, Peresean contributes to the maintenance of Sasak cultural identity amid ongoing social transformation. The tradition strengthens collective belonging, promotes community participation, and facilitates intergenerational learning processes that are essential for sustaining intangible cultural heritage. Its continued existence demonstrates the capacity of local communities to adapt cultural practices to contemporary contexts without abandoning their fundamental values. In this regard, Peresean represents a dynamic form of cultural resilience that enables cultural continuity while responding constructively to the challenges of globalization and modernization.

The conceptual model proposed in this study further illustrates the interconnected relationship between cultural participation, value internalization, sportsmanship character formation, and cultural resilience. The model suggests that the sustainability of cultural heritage is strengthened when cultural traditions function simultaneously as educational resources and mechanisms for identity preservation. Therefore, Peresean should be viewed not only as a cultural performance but also as an important social institution that contributes to individual development and community sustainability.

Based on these findings, several recommendations can be proposed. Educational institutions should consider integrating Peresean values into character education programs and local-content curricula to provide students

with culturally relevant learning experiences. Local governments and cultural organizations should strengthen efforts to preserve and promote Peresean through cultural festivals, training initiatives, documentation programs, and community-based heritage activities. In addition, the utilization of digital platforms should be expanded to increase public awareness and facilitate the transmission of cultural knowledge to younger generations. Future studies are encouraged to employ ethnographic, participatory, or mixed-method approaches involving Peresean practitioners, cultural leaders, and community members to generate deeper empirical insights into the long-term contributions of Peresean to character development and cultural sustainability. Through collaborative efforts among educational institutions, communities, and policymakers, Peresean can continue to serve as a valuable cultural resource for strengthening both sportsmanship character and cultural resilience within contemporary society.

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