



The Influence of Creative Gymnastics Exercise on Improving Physical Fitness In Women In Coastal Area Jorong Tanah Laut District

Mita Erliana ^{*1}, Perdinanto ², Yanda Hartati ³, Rabiatal Mirati ⁴

^{1,2,3,4} Physical Education, Universitas Lambung Mangkurat, Banjarmasin Indonesia

Article Info

Article History :

Received : May 2023

Revised : June 2023

Accepted : June 2023

Keywords:

Creative Gymnastics,
Gender,
Physical Fitness,

Abstract

The purpose of this study was to determine the effect of creative gymnastic exercises on women on the coast of Jorong, Tanah Laut. The method used in this study is the pre-experimental method. The population in this study were female traders on the coast of Jorong, totaling 30 people and a sample of 30 people. In this study, a total sampling technique was used, namely the entire population was used as the main sample. The process of carrying out the research was by making creative exercise videos, then the exercises were tested on women on the coast. after the gymnastic movements can be carried out properly and correctly, the researcher provides a creative gymnastic training program 3 times a week, this activity lasts for 2 months. Based on the results of calculations using the t-test, it can be seen that the tcount before exercise with creative gymnastics with aerobic gymnastics is -7.071 with a probability of 0.000, because probability <0.05, it can be concluded that there is a significant effect of creative gymnastics training on increasing fitness body for women along the coast of Jorong, Tanah Laut Regency.



*Corresponding email : mita_eliana@ulm.ac.id

ISSN 2685-6514 (Online)

ISSN 2477-331X (Print)

INTRODUCTION

The development of science and technology has been evident in increasing the productivity and performance of a job. Thus, humans are complacent with existing conveniences and depend on tools. This results in a decrease in the physical condition of the human itself, because human activity is reduced. Likewise with consuming food, they prefer instant and fast food so consumption of unhealthy food and developments in science and technology have given a new role in people's lifestyles. Thus, the potential for disease is greater. The level of stress and tension rises due to various problems, whether it's issues around the household, work, most people find it difficult to calm down, they often get carried away by emotions so that they become stressed because a healthy lifestyle becomes unbalanced. It can be seen that health problems often arise because people currently only think about economic and family problems, and they don't think much about health. Even if they are sick or their bodies don't function properly, they can't do their daily activities.

Especially women who lack the economy in meeting their daily needs. At this time, many elderly people are still busy making a living to meet their daily needs. They sell food and/or trade so they have very little time to do sports and even if there is spare time for sports, they are already exhausted because they have been selling all day. Whereas the elderly who live well enough or have all their daily needs met, they just sit around, play

with their grandchildren and go for a walk. If we need to know that most seniors have weak muscles and stiff joints, the body is slightly bent, walks more slowly, vision is less clear, hearing is reduced and is susceptible to various kinds of diseases such as stroke, high blood pressure, heart disease, diabetes mellitus or diabetes. high blood pressure and others, (Saviqoh, 2021). Many elderly fall easily due to decreased function of their bodies. For this reason, sports exercises are needed so that the elderly have good physical fitness, so they can carry out their daily activities.

Creative Gymnastics is a series of movements that are chosen deliberately by following the rhythm of the selected music so as to produce certain rhythmic provisions, continuity and duration. In other words, aerobics is a series of movements and music that is deliberately created or made so that harmony appears between movement and music to achieve certain goals (Navera, 2021). Basically, Creative Gymnastics exercise activities greatly affect its users. Aerobic gymnastics itself is often interpreted as a sport where the movements are selected and carried out according to the wishes of the perpetrator and using musical accompaniment. Aerobics is carried out as a program to increase the physical fitness of the community because it has advantages when compared to other sports activities. Accompaniment music is the lifeblood of the gymnastic training process, for that it requires carefulness in choosing music and songs as accompaniment. Society, especially

women, do not understand the benefits of sports, our society's lifestyle patterns are less balanced. Without being balanced with healthy food and exercise, which can make people vulnerable to various kinds of diseases that can attack them, such as diabetes mellitus or what people often call diabetes or high blood sugar levels is a disease whose number of sufferers is increasing from year to year. year to year. Exercise can cause an increase in glucose use by active muscles. Glucose is absorbed into the bloodstream and travels throughout the cells in the body and is used as energy. Glucose in the bloodstream is known as blood sugar levels. The amount of glucose is usually more carefully controlled. Glucose is obtained from the food we eat, either directly from sweet foods or from carbohydrates (which are found in rice, bread, potatoes or other foods).

Women tend to be better at sports activities with low intensity and long time, rather than high intensity and short time because there is a separate reason, namely muscle strength, agility, balance, and coordination of body movements in the elderly have decreased, so women tend to move slower. (Astuti, 2018). For this reason, sports that are suitable for women are heart healthy gymnastics because the intensity is low and the movements are easy for women to follow. Gymnastics in Indonesia has fitness exercises which are primarily aimed at increasing physical fitness so that the body becomes healthy and fit, (Soraya et al., 2019). The Physical Freshness gymnastic movement (SKJ) is an

energetic movement, but not too loud and also not low impact. There are quite a lot of variations of movement in creative gymnastics so that these exercises can move all parts of the body, from head to toe. (Handayani et al., 2020), (Dewi & Rifki, 2020). The various movements in this exercise also function as a medium for remembering the brain, because getting the brain used to work can help improve memory and prevent senility. Because of its many benefits, researchers tried to apply creative gymnastics to coastal mothers who incidentally sell at Asmara Beach, Jorong sub-district, Tanah Laut Regency, South Kalimantan.

METHODS

The method used in this study is the pre-experimental method. (Arifin et al., 2022). The purpose of the pre-experiment is to obtain information that is an approximation of the information that can be obtained by the actual experiment in circumstances where it is not possible to control and manipulate all the relevant variables. The design in this study uses The One Group Pretest-Posttest design, which means that a group of subjects is subjected to treatment for a certain period of time, while measurements are made before and after treatment is given and the effect of treatment is measured from the difference between the initial measurement (O1) and the final measurement (O2). (Warni et al., 2017). (Pratama, 2013).

Participants

The population in this study were female traders on the coast of Jorong,

totaling 30 people and a sample of 30 people.

Sampling Procedures

The population in this study were female traders on the coast of Jorong, totaling 30 people and a sample of 30 people. In this study, a total sampling technique was used, namely the entire population was used as the main sample. (Sugiyono, 2015).

Materials and Apparatus

Data collection in this study was to collect Vo2max data using the bleep test. (Akhmad & Suharjo, 2018).

Procedures

The process of carrying out the research was by making creative exercise videos, then the exercises were tested on women on the coast. After the gymnastic movements can be carried out properly and correctly, the researcher provides a creative gymnastic training program 3 times a week, this activity lasts for 2 months.

Design or Data Analysis

Data analysis using 1) normality test 2) homogeneity test 3) t-test or hypothesis test, (Kim & Park, 2019).

RESULT

The hypothesis tested in this study was: " Creation gymnastics can increase physical fitness in the Gender (Women) in the Coastal Areas of Jorong Tanah Laut District.". This hypothesis is the original/alternative hypothesis (H_a), for the purposes of testing the hypothesis, the hypothesis is changed to a null hypothesis (H_o), to become: "exercise with creation gymnastics on increasing physical fitness

in Gender (Women) in the Coastal Areas of Jorong Tanah Laut District. ". The hypothesis was tested with a t-test (paired t-test) with physical fitness pretest data and physical fitness posttest data. The following presents the results of the analysis of the differences in the results of the physical fitness pretest data and the physical fitness posttest data.

Preliminary test results and posttest data:

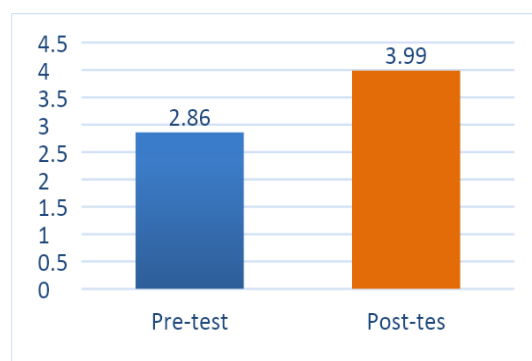


Fig 1. Graphic pre-test and pos-test

Based on the results of calculations using the t-test, it can be seen that the tcount before exercise with creative gymnastics with aerobic gymnastics is -7.071 with a probability of 0.000, because probability <0.05 , it can be concluded that there is a significant effect of creative gymnastics training on increasing fitness body for women along the coast of Jorong, Tanah Laut Regency. The value of tcount before exercise with Skj Creation gymnastics. After training with SKJ gymnastics of -3.715 with a probability of 0.001, because probability <0.05 it can be concluded that there is a significant effect of creative gymnastics training on increasing physical fitness in gender (women) in the coastal areas of the Jorong Tanah Laut sub-district.

DISCUSSION

Creative Gymnastics is a form of exercise that aims to improve physical fitness because the movements involve a number of large muscles continuously with sufficient training load to stimulate the heart, lungs and blood vessels, and the amount of exercise for each muscle is not too high so enough to improve physical fitness. This is supported by research (Listyarini, 2015) (Soraya et al., 2019). The effect of physical fitness reflects that each person has different levels of physical fitness, a level of physical fitness has the minimum requirements needed so that in a particular profession there is the ability to carry out other life functions outside of daily work. Based on the description of the data, it shows that the average physical fitness before aerobic exercise is 13.25. The highest physical fitness value with SKJ gymnastics was 18 and the lowest was 10. The average physical fitness after exercising with SKJ gymnastics was 15.10 with the highest result being 20 and the lowest 11. It can also be seen that there was an increase in the average before exercise and after exercise by 1.8 when viewed in percent 9%. This shows that the results after the exercise with SKJ creations gymnastics and exercises have an effect on increasing physical fitness, but in this case the exercises are carried out routinely at least 1 week 3 times with moderate intensity.

Creative Gymnastics is a physical activity with systematic movements using musical accompaniment. Creative gymnastics is useful for maintaining heart health and physical fitness. Through regular, programmed and planned training will improve physical and spiritual quality. Exercise makes tense muscles flexible, and relieves negative emotions.(Dartini et al., 2017). This will make people feel better about themselves because anger and frustration can be reduced. In addition,

sports can maintain mental strength and increase the capacity to think. Regular aerobic exercise will benefit our bodies. (Pangaribuan & Berawi, 2016). These benefits are mainly for the heart and lungs. Our heart can pump a greater amount of blood and beats more slowly. Our lungs will increase their breathing capacity. Meanwhile, our mitochondria are components of muscle cells that store oxygen and release more and more energy so that our bodies become more efficient at dissipating heat. With regular creative exercise, the body becomes lighter. All fatigue after work is gone. What's more, the body's resistance increases.(Munchen, 2018), (Aissya et al., 2021). So it can be concluded that there is a significant effect of training with creative gymnastics on increasing physical fitness in Gender (Women) in the Coastal Areas of Jorong Tanah Laut District. However, if with training but physical fitness does not increase, this is due to several obstacles, namely According Sabrina et al., (2021) there are several factors that influence physical fitness, including: (1) Age, the level of physical fitness increases until the age of 30 years and after the age of 30 years there will be a gradual aging of the fitness level. The increase and decrease fluctuations run naturally if intervention is not carried out. (2) Gender, men generally have a level of physical fitness that exceeds women. Differences and development and hormone function between the two are considered as the most responsible factor on the difference in circumstances. Androgenic hormones that men have have an effect on muscle development so that muscles men are generally stronger than women's muscles. (3) Offspring, descendants of color have superior physical abilities white people. The ability possessed by certain offspring is thought to be related to the number of mitochondria possessed by certain breeds. (4) Food, calorie intake and nutrients

determine the availability of energy sources in the body. Lack of intake of calories and nutrients will have an impact on reducing the body's ability to carry out activities. Lack of quality food obtained in the diet every day can reduce the level of one's physical fitness. (5) The habit of smoking, can cause disruption of the exchange and transportation of oxygen in the body. (6) Exercise, physical exercise carried out by a person will affect the level of fitness. Trained people will have stronger, more flexible muscles and have good cardiorespiratory endurance.

CONCLUSION

Based on the results of the research and discussion that the researchers have done, it can be concluded as follows: there is an effect of the results of the exercise between Creative Physical Fitness Gymnastics on increasing physical fitness in women in the coastal areas of Jorong Tanah Laut District.

REFERENCES

- Aissya, A. N., Khafis, A., Ilmi, S., & Putri, M. W. (2021). Upaya Menjaga Kesehatan Mental Korban Terdampak Banjir Melalui Senam Aerobik Kreasi Di Pekalongan Pada Masa Pandemi. *Prosiding Seminar Nasional Kesehatan*. <https://doi.org/10.48144/Prosiding.V1i.822>
- Akhmad, I., & Suharjo. (2018). Bleep Test Countermeasures Test Using Infrared And Microcontroller Based Computer System. *International Journal Of Science And Research (Ijsr)*.
- Arifin, R., Hasyim, H., & Nurdiansyah, N. (2022). The Effect Of Cone Drill Training On Agility Futsal Players University Of Lambung Mangkurat. *Kinestetik: Jurnal Ilmiah Pendidikan Jasmani*. <https://doi.org/10.33369/Jk.V6i2.21956>
- Astuti, G. A. K. R. W. (2018). Hubungan Kebiasaan Olahraga, Kebiasaan Mengonsumsi Fast Food Dengan Kejadian Obesitas Pada Remaja Di Smp Bintang Persada Di Denpasar. *Poltekkes Denpasar*.
- Bayu Pratama, E. (2013). Pengaruh Latihan Dengan Treadmill Terhadap Tekanan Darah Pada Member Wanita Usia 40-50 Tahun Di Planet Gym Aerobic Dan Fitness Centre Surabaya. *E-Journal Kesehatan Olahraga Unesa*.
- Dartini, N. P. D. ., Suwiwa, I. G., & Sptyanawati, L. P. (2017). Tingkat Kebugaran Jasmani Siswa Kelas V Sekolah Dasar Gugus Vi Kecamatan Sukasada. *Journal Of Chemical Information And Modeling*.
- Dewi, R., & Rifki, M. (2020). Pengaruh Senam Aerobik Terhadap Tingkat Kebugaran Jasmani Siswa. *Jurnal Stamina*.
- Dian Saviqoh, I. (2021). Analisis Pola Hidup Dan Dukungan Keluarga Pada Pasien Diabetes Melitus Tipe 2 Di Wilayah Kerja Puskesmas Payung Sekaki. *Health Care : Jurnal Kesehatan*. <https://doi.org/10.36763/Healthcare.V10i1.116>
- Handayani, S. P., Sari, R. P., & Wibisono, W. (2020). Literature Review Manfaat Senam Lansia Terhadap Kualitas Hidup Lansia. *Bimiki (Berkala Ilmiah Mahasiswa Ilmu Keperawatan Indonesia)*. <https://doi.org/10.53345/Bimiki.V8i2.143>
- Kim, T. K., & Park, J. H. (2019). More About The Basic Assumptions Of T-Test: Normality And Sample Size. *Korean Journal Of Anesthesiology*. <https://doi.org/10.4097/Kja.D.18.00292>
- Listyarini, A. E. (2015). Latihan Senam Aerobik Untuk Meningkatkan Kebugaran Jasmani. *Medikora*. <https://doi.org/10.21831/Medikora.V0i2.4654>
- Munchen, T. U. (2018). Pengaruh Senam Pramuka Terhadap Peningkatan Kebugaran Jasmani Pada Siswa Sd

- Ybpk Sindurejo Kecamatan Ngancar Kediri. *Skripsi*.
- Pangaribuan, B. B. P., & Berawi, K. (2016). Pengaruh Senam Jantung, Yoga, Senam Lansia, Dan Senam Aerobik Dalam Penurunan Tekanan Darah Pada Lanjut Usia. *Majority*.
- Prista Cindi Navera, J. M. (2021). Pengaruh Latihan Senam Aerobik Terhadap Kebugaran Jasmani Pada Kelompok Ibu-Ibu Pkk Di Desa Asam Peutik Dusun Bukit Tengah Kecamatan Langsa Lama. *Jurnal Olahraga Rekreasi Samudra (Jors) : Jurnal Ilmu Olahraga, Kesehatan Dan Rekreasi*, 4(2).
- Sabrina, F., Afriwardi, A., & Rusdji, S. R. (2021). Hubungan Jenis Kelamin Terhadap Kebugaran Jasmani Siswa Sd Negeri 13 Sungai Pisang Padang. *Jurnal Ilmu Kesehatan Indonesia*, 2(1), 76–81. <https://doi.org/10.25077/jikesi.v2i1.305>
- Soraya, I., Sugihartono, T., & Defliyanto, D. (2019). Pengaruh Latihan Skj 2018 Terhadap Peningkatan Kebugaran Jasmani Mahasiswa Putri Penjas Unib. *Kinestetik*. <https://doi.org/10.33369/jk.v3i2.8998>
- Sugiyono. (2015). *Metode Penelitian & Pengembangan Research And Development*. Bandung: Alfabeta.
- Warni, H., Arifin, R., & Bastian, R. A. (2017). Pengaruh Latihan Daya Tahan (Endurance) Terhadap Peningkatan Vo2max Pemain Sepakbola. *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*, 16(2), 121–126. <https://doi.org/10.20527/multilateral.v16i2.4248>