

## **SOCIALIZATION AND AEROBIC GYMNASTICS COMPETITION IN SPECIAL REGION OF YOGYAKARTA**

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**Abstract:** This community service activity aims to introduce the National Development group's aerobic gymnastics to the public, look for potential aerobic gymnastics athletes, and provide experiences for children to get to know about new gymnastics disciplines. The goal of the service team is to carry out the Three Pillars of Higher Education in the form of community service and to collaborate with various parties in order to introduce this aerobic gymnastics. This socialization activity and aerobic gymnastics competition was attended by teachers and elementary school students aged 9-11 years old in the Special Region of Yogyakarta. The socialization activities were conducted offline by inviting representatives of the PERSANI Regional Government administrators as partners, district/city government administrators, Physical Education teachers, and coaches, with the total of 19 people. Implementation of socialization was done at the Faculty of Sports Science, Yogyakarta State University. The aerobic gymnastics competition was attended by 32 participants and judged by three judges online. The result of this service is the dissemination and introduction of aerobic gymnastics for the Persani (Indonesian Gymnastics Federation) in the level of Regency/City, Physical Education teachers in the elementary school, elementary school students, parents, and coaches. As the aerobic gymnastics competitions is implemented well, the creation of gymnastic packages for students aged 9-11 years old is gained. This activity is a way to identify the talents of prospective aerobic gymnastics athletes who can be suggested to practice gymnastics so that later they can gain the achievements for Special Region of Yogyakarta. The results of this activity will be published in a journal.

**Keywords:** socialization, gymnastics competitions, aerobic gymnastics.

### **INTRODUCTION**

In the efforts in exploring and improving the performance of gymnastics in the Special Region of Yogyakarta, especially aerobic gymnastics, it is significant to hold various forms of activities that contain elements of gymnastics. One of the programs that is considered quite effective and able to absorb children's interest in learning and participating in gymnastics is to organize socialization and aerobic gymnastics competitions for the National Development group. This group was chosen since the development process in the gymnastics should be done as early as possible. Aerobic gymnastics socialization and competitions are expected to explore talents and increase children's interest in engaging in gymnastics, and in aerobic gymnastics specifically.

In common sense, healthy children have a fairly high physical activity as they always move dynamically and they are driven by their curiosity about the surrounding environment. By directing the children to stay active, it is not only leading them to excel, but also help them in keeping their body stay healthy and fit. Gymnastics can also help children to be more confident, actively move, trigger their bravery, and socialize with other children. So that children will get a lot of benefits when participating in these activities. This socialization activity will use the Information Technology (IT) system, in this case the team will make a gymnastics choreography package tutorial which will be distributed to the Persani local government/city and the Physical Education elementary school teachers who teach the students in the lower grades. The tutorial package provided is in the form of a video that can be accessed directly so that it will be easier to learn and imitate movements. The socialization was conducted early so that it could be evaluated for the achievement of the next stage such as the implementation of the aerobic gymnastics competition as the results of the socialization.

By seeing the existing phenomenon that there is no any socialization activity and there is no any implementation of aerobic gymnastics competitions for the children aged 9-11 years old, the

socialization is very significant to implement considering that this exercise has a good opportunity for achievement, in the children's category there are 4 sets of medals that can be contested, this exercise can be done individually, in pairs or in trio and the participants can be male and female. One thing that is very important to consider for the prospective athletes and the coaches is the existence of a programmatic, structured and age-adjusted coaching system. The achievement of these activities should need such special attention. One effort to improve achievement in gymnastics is through the program so-called "Socialization and Competition for Aerobic Gymnastics in the Special Region of Yogyakarta". Through this activity, it is also expected to be able to find the potential aerobic gymnastics athletes in Yogyakarta Province. The coaches can observe and scout the prospective athletes through these activities. The objectives of holding these activities are; (1) Introducing aerobic gymnastics of the National Development group to the public, (2) Community (Persani Regency/City Government and Physical Education teachers in elementary school) is willing to develop and realize the results of the socialization, (3) Looking for potential aerobic gymnastics athletes, (4) Provide experience for children to do gymnastic movements, and (5) Trigger the children's bravery through the gymnastics competitions and to improve the children's confidence as well.

### **The essence of gymnastics**

Gymnastics is a form of physical activity that involves several elements that support the physical fitness process. Soenyoto and Tommy (2014) have explained that gymnastics is an effective physical activity to optimize children's growth and development. According to Mahendra (2004), gymnastics is the main activity that is most useful in developing physical components and motor abilities. Meanwhile, according to Fahmi (2001), gymnastics is a sport that is specially arranged with the intensity of dynamic motion usually accompanied by a distinctive musical arrangement and always shows the strength, agility, flexibility, balance, and perfection of the performer.

Gymnastic motions are very suitable to fill the Physical Education programs. Physical activity greatly affects the development of all components of the human body as a whole. It means that by doing these gymnastic activities, the organs of the body can develop properly according to their functions. Hence, automatically it gain the body fitness properly. In contrast to other sports in general which measure the results of their activities on certain objects, gymnastics refers to the form of motion that is done with an integrated combination and incarnates from every part of the body from the components of motor abilities such as strength, speed, balance, flexibility, agility, and accuracy. (Triyasari, Sugiyanto, & Sukardi, 2016). The other side effect that can be obtained apart from the level of physical fitness, this gymnastic activity may lead to the athlete's achievement in the championship. Both physical fitness and achievement require proper, gradual, tiered, and continuous training.

### **Types and numbers contested in Gymnastics**

Gymnastics is a sport that has many types and variations, so that gymnastics needs to be grouped and grouped according to FIG (Federation Internationale de Gymnastics) or the International Gymnastics Federation and it is divided into; (1) Artistic gymnastics, (2) sports rhythmic gymnastics, (3) acrobatic gymnastics, (4) sports aerobics, (5) trampoline gymnastics, and (6) general gymnastics.

### **Aerobic gymnastics**

Aerobic exercise is a sport that is usually done to maintain fitness. It gives pleasant properties and it gives such benefits to the body. In addition to maintaining fitness and fun, it is commonly called fun aerobics, in addition to fun aerobics, there is also achievement gymnastics which is often called aerobic gymnastics. It is a gymnastics sport in the form of choreography that is specially arranged with dynamic intensity of motion accompanied by an appropriate and distinctive musical rhythm (song) arrangement (Fahmi, 2001). The arrangement of motion is usually prepared according to the character (character/story) that you want to show, but the

choreography must always show strength, agility, flexibility, balance and perfection of execution.

In aerobic gymnastics in the age group of 10-12 years old, there are several examples of motion that are supported by locomotor movement patterns, including: tuck jump to split. Meanwhile, in non-locomotor motion patterns, gymnastics can increase strength, flexibility, and static balance. The examples of motions found in the elements of aerobic gymnastics in the age group of 10-12 years old including: sit-ups and splits. There are 3 basic motion characteristics of aerobic gymnastics: (a) locomotor, which is a motion to move places, including: walking, run jump, skipp, lunges, knee up, jumping jack. (b) non-locomotor, is a motion that does not move and the motion relies on the joints of the body to form different positions while remaining on the axis of the body, for example: straddle press movement; (c) manipulative. is the ability to manipulate certain objects with the limbs: hands, feet, head. However, in aerobic gymnastics, manipulative motions are rarely found, these movements are often found in sports rhythmic gymnastics because they use tools such as ropes, hoops, mace, and ball.

This sport is the short one when it is seen through the display time, such as: 1 minute 30 seconds for the individual male and female categories, and 1 minute 45 seconds for the category of pair, trio, group, while for the age group starting from 1 minute 15 seconds to 1 minute 30 seconds, so that many physical elements are involved in it, including: strength, agility, coordination, flexibility, balance, and explosive power in every performance.

These gymnastics rules are regulated in the code of points issued by FIG (Federation Internationale de Gymnastique). These regulations apply to all countries that are members of FIG and it will change every 4 years. The basic changes are usually caused by evaluations or the results of the development of abilities, physical conditions, techniques, skills or other things.

According to Sukadiyanto (2009), in aerobic gymnastics several biomotor components have been developed: (1) The definition of strength is the ability of a muscle or a group of muscles to cope with a load or arrangement, in gymnastics muscle strength is needed the most compared to other physical qualities. It can be seen through several examples of movements in artistic gymnastics between playing the fly flag movement, or in aerobics there is a press movement, (2) Speed is a person's ability to perform a movement or series of movements as quickly as possible in response to a stimulus. In responding to stimuli in the form of motion or a series of movements that are carried out as quickly as possible, a gymnast needs speed for: jumping horse prefixes, somersault spins, kicks when kipp, and so on. In other words, speed is the ability of the muscles to contract in a short time. The low level of speed will result in the gymnast being unsuccessful in performing certain movements.

## **METHODS**

Socialization activities and aerobic gymnastics competitions were one of the facilities provided by the community service team in order to help selecting the prospective athletes in Yogyakarta Province. Socialization activities were conducted by utilizing IT so that it would be easier to solve problems. The step taken was that the PPM Team (Community Service Team) would make a video tutorial for aerobic gymnastics choreography for early age which would then be sent through the Persani Regency/City Government in Yogyakarta and uploaded on Youtube with the hope that the enthusiasm of the participants would be high.

## **FINDINGS AND DISCUSSION**

The indicator for accomplished the goal is the implementation of socialization and aerobic gymnastics competitions for elementary school students aged 10 years old in Special Region of Yogyakarta. The design of this service activity underwent a slight change. At first, this activity was an offline competition, but due to the COVID-19 pandemic, the activity was changed to online/virtual, besides that the competition activity was changed to a festival based on the results of coordination meetings and input from partners, district/city administrators and coaches. The basis for the change in this activity was the consideration that the main purpose of this service was

socialization, talent search, and very rare activities for recruiting gymnastics athletes so it was necessary to hold a festival.

### **Supporting and Obstructing Factors**

#### *Supporting Factors*

Some of the supporting factors for the implementation of activities are; (1) Establishing good coordination between the Service Team and Partners, (2) Availability of adequate tools and facilities for the implementation of socialization activities and assessment of gymnastics competitions, (3) Establishing good communication between partners, target groups, and the Service Team, (4) Participants can imitate the motions in the video that was socialized by the PPM team, (5) There are participants from outside Yogyakarta so that the competition is getting tighter, (6) The enthusiasm of the participants is very good since there is only rarely events in the gymnastics sport so that the positive response and it hopes that it can be held every year.

#### *Obstructing Factors*

In addition to supporting factors, of course there are some obstructing factors that occur, both during the implementation process and implementation, including; (1) the making of videos is quite obstructed due to the Covid-19 pandemic so that the results are not good enough due to the limited space and shooting equipment, (2) the socialization process uses links so that sometimes file downloads are not well, resulting in incomplete video scrutiny, (3) a more comprehensive system is needed and preparation in terms of recording also needs to be improved in the future.

### **CONCLUSION**

The implementation of socialization and aerobic gymnastics competitions is one of the effective ways to improve the quality of athletes' screening and generate innovation and creativity. By holding this event, the students know and understand that there are various types of gymnastics and after participating in the festival, it is hoped that the children will be enthusiastic in practicing.

Socialization activities and aerobic gymnastics competitions need to be conducted regularly, in addition to introducing students to be able to become athletes so that in the future they can compete at the national level and they will not be left behind in their development.

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