

The Modern Rhythmic Motion Pattern as the Content of the Rhythmic Activity

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Abstract—Nowadays, the modern rhythmic motion pattern can be categorized as the education model in the schools. The modern rhythmic motion patterns are being great options for the students because those are appropriate with the heyday of the millennium era, such as gymnastics, aerobic, modern dance, and line dance. The study finds out the phenomenon of rhythmic activity in the society and the schools using Physical Education Model by modern rhythmic motion pattern. The similarity of modern rhythmic motion pattern and aerobic are being the base of physical fitness. It can be concluded that the giving of the modern rhythmic motion pattern improves the students' health.

Keywords—component; modern rhythmic motion pattern; physical fitness; rhythmic activity

I. INTRODUCTION

The reason behind why the researcher did this research is in order to find out about some sort of activity that is currently trending and going around the rising generation of this era, the researcher wants to rise this topic through several ways, such as observing their modern rhythmic motion pattern activities that the researcher thought as a part of their rhythmic activities has various kinds of activities, such as skj, poco-poco, aerobic, modern dance, break dance, belly dance, sport dance, pilates dance, aero dance, hip hop, etc. [1]. In this research the researcher are more interested towards the movement pattern or rhythmical motion pattern of hip hop, which seems quite similar to break dance, but in reality is very different in how it looks like.

Modernization is very influential on today's children all human activities or activities in the world with their easy access and imitation such as the development of aerobic gymnastics, salsa, beli dance, zumba. The development of external culture among school children must be accessed by the teachers, especially the physical education teacher, so that the physical education teacher does not know anything because teachers will be their role models to get information on which movements are allowed and what movements should not be done [2].

Some rhythmical activities in Indonesia seem to apply the concept of aerobic sport, with that in mind there are also a lot of benefit that we can achieve through rhythmical activities. As seen from the effect anatomically, modern rhythmical

movement can stimulate child growth, body posture, and a better body structure for children [3]. Physiologically, modern rhythmical movement can improve the functional abilities of the systems in our body. Rhythmical movement pattern as one of many sport activity, can also benefit our mental health which consist of our spiritual, mental, and intellectual [4]. Furthermore into the mental health of the participant, then this physical activity can fix their emotion and their motivation, in order to improve self-confidence, self-control, self-courage, and their sense of responsibility [5]. Physical education also aims towards the aspect of social health, through sport activity or rhythmical movement pattern hope that the audience will respect, affect, and help each other to improve togetherness and kinship [1].

Sport can improve the immunity of our body. The other positive benefit from sport is that we develop team work, cooperation, relationship between sportsmen, and teach us to act positively [6]. Based on all sorts of benefit that we can achieve from sport, then sport is being included in education curriculum of Indonesia starting from kindergarten, elementary school, middle school, and high school [7]. It was to be expected through this rhythmical activities that high school students can improve their mental health, fix their body posture, it is better to prepare the future generation that has a sturdy and prestigious body, a strong mental, the benefit of the training could also affect children's behaviour and character [8]. Furthermore on improvement of interest, creativity, and talent of students, also pushes the teacher to be more creative to dig more of rhythmical activities so it won't make their students bored [9]

Teenagers love to look at themselves and love to experiment with themselves, thus the researcher wants to use this momentum with the base of research of the previous researcher, on how does the effect of modern rhythmical motion pattern education model, in this case it's hip hop beat towards the fitness of their bodies and children's body posture [10]. In order to see more of the benefit from the model of physical education on schools based on modern rhythmical (hip hop) towards children's body fitness and children's body posture, then it is possible that this sort of model is applicable in higher grade of school [11].

A. Rhythmical Movement as a Part of Rhythmical Activities

Motion becomes the necessity of every human being, by moving humanity to maintain its existence, through human motion also can help feelings, expressions and also apply to involve it [12]. Indonesia is rich in rhythmic movements. Some motion patterns use 40 percent of large muscles, carried out continuously, simultaneously, and have doses that can be used for the work of the heart and respiratory system [13]. Thus, the rhythmic pattern of movement is one of the activities of aerobic exercise.

Some of the rhythmic activities in Indonesia seem to apply aerobic exercise, so there are many benefits that we get from rhythmic activity [14]. Judging from the benefits of anatomy, modern rhythmic movements can stimulate the growth of children, body posture and body structure of children better [15]. Physiologically, modern rhythmic motion can improve the functional abilities of the systems in the body.

II. RESEARCH METHODS

The method used in this study is the experimental method with the design of The One Group Pretest-Posttest [16]. Namely by giving treatment in the form of modern rhythmic dance and using instruments 12 minutes running tests to test their physical fitness. The method that is implemented in this research is an experimental method with an instrument of observation, an interview, and a form, and also uses a sample from this study as many as 45 middle school students aged 13-14 years.

Motivated by the activities of the young generation, nowadays researcher wants to make a model of physical education based on modern movement pattern which represented by hip-hop dance that will affect physical education on children level, children's confidence, and children's body posture [17]. For this, the researcher will prepare some stage of research.

- Step one for body realization, there are few parts on body realization: Bottom part of extremities such as stomach, pelvis, and legs.
- Step two is to give coordination training between top part of extremities and bottom part of extremities.
- Step three, the children are given pattern movement training by 2 x 8 counts.
- Step four, they combine the first, second, and third step.
- The children are trained with sorts of formation.

After all the movements are able to be done by students, students are asked to practice until memorized so that the time for the 60-minute exercise each session is complete. Treatment is done 3 times a week.

As for the training of 2 x 8 counts, we don't need any research because the movement pattern has been researched on the previous research. Even so on step four and step five, in this research the researcher focuses more on self-realization in step one and step two. In the field of self-realization, the one who will have a harder time is the teachers in this field.

After 3 months of being treated with a rhythmic modern dance, students were asked to take a final physical fitness test, running in the stadium for 12 minutes.

III. RESULTS AND DISCUSSION

The results of the experiment is explained in table 1.

TABLE I. RESULTS

Rhythmic Group	Pretest	Posttes					Result
	Mean ± SD	Mean ± SD	N	df	T	Sig	
Modern Rhythmic	1430.50 ± 185.95	1556.80 ± 162.40	10	9	3.74	.005	significant

From the table it can be seen that the group that received the modern rythmic treatment showed a significant change in the level of confidence $\alpha \leq 0.05$, meaning modern rhythmic dance training had a significant influence on the child's physical fitness level. Whereas t-count in modern dance groups shows 3.74, meaning modern rythmic exercises can improve students' physical fitness.

IV. CONCLUSION AND RECOMMENDATION

A. Conclusion

Modern Rhythmic gave a significant effect towards the body fitness of students, and is possible to be included in the physical education curriculum in schools.

B. Recommendation

This research should continue to look at children's participation in the movement that has been designed and to see the enthusiasm of the child towards the body that he moves after that, how does it affect the body that is consciously moved and sees the effects that it causes.

This modern dance model should be taught at the elementary school level so that Penjas teachers can be creative and be able to direct students with the culture outside that is adopted by our youth today.

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