

# The Analysis of Aerobic Gymnastic Coaching in Central Java

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**Abstract**—Less developed aerobic gymnastics athletes coaching is marked by decreasing number of athletes who participate in aerobic gymnastic competitions in Central Java. This study aimed to analyze the factors that caused the under-development of aerobic gymnastic training. The research design was qualitative research. The instruments used were observation and interview with aerobic gymnastic coachs. The result was presented in an analytical narrative and verbal descriptions with informal descriptive techniques. Results: The results of this research is 1) The lack of introduction and socialization in the regions was the cause of reducing participants, 2) The lack of coachs resources in the area due to lack of trainer training activities, 3) Unclear competition schedules in each year, 4) The low quality of coachs resources which caused “code of points” could not be comprehensively understood, 5) The coachs got difficulty in composing the choreography, 6) Difficulty in developing coaching due to the limited support of the PERSANI, 7) The breakdown of athlete’s regeneration because some of them were retired, 8) coaching athlete practiced only when they will join in a championship. The decrease of athletes in participating competition.

**Key words**— *aerobic gymnastic, coaching*

## I. INTRODUCTION

Aerobic gymnastic is an ability to present high-intensity, complex, and continous gymnastic. It consists of basic aerobic steps and arm movements combination. Aerobic gymnastic is presented with music to create continous, rhythmic, and dynamic sequence of high and low intensity movements. As it adapts from traditional aerobic, the coreography must present continous, flexible, strong movement, and the use of seven basic steps perfectly executes the difficulty level of elements [1]. The process of preparing successful gymnastic athlete can not be instant and in a sudden. Refference [2] coaching gymnastic since young age is very important to create a successfull gymnastic athlete.

The stages of age in the gymnastic training to create successful gymnastic athlete are divided into three stages, as follows: 1) the initial stage (preparation) is between the age of 6-7 years old for boys, and 8-9 years old for girls, (2) specialitation stage is between 9-10 years old for girls, and 14-15 for boys, 3) peak performance stage is between 14-18 years old for women, and 22-25 years old for men. Age stages of Bompas’s theory matches to foster program in aerobic

gymnastic age group competition which is listed in code of points, as follows: 1) national development for 9-11 years old, 2) age group 1 for 12-14 years old, 3) age group 2 for 15-17 years old. Therefore, for getting optimum achievement needs aerobic gymnastic coaching since early age.

Coaching is as an effort to organize or a way to achieve a goal. Coaching is an effort or action taken to change a situation well to get the achievement goals to be achieved optimally [3]. Aerobic gymnastic coaching in Central Java has been operating in a long time. The first one had competed in PORDA 2005 until PORPROV 2018. During this period of time, aerobic gymnastic coaching in Central Java had developed many outstanding athletes in national level. On the other hand, lately there has been a decline of athletes who participated competition. Due to the decline of athlete in participating competition is likely that the chain of aerobic gymnastic in Central Java has been broken. Based on the problem above, the research question was “What is the analysis of aerobic gymnastic coaching in Central Java which has caused a decline the number of athletes for participating the competition?”.

## II. MATERIALS AND METHODS

This research was qualitative reasearch with descriptive approach method. Descriptive research aims to produce description or explanation about a phenomenon or event that focuses on what happening it is without regarding to the cause why the event occured [4]. In addition, Creswell stated that descriptive research is research method that try to describe and interpret the object barely. This research usually calls as non-experiment research as the research does not need control and manipulate the variables.

The qualitative research is a research which produces analytical procedure. It does not use statistic analysis or other quantify techniques and the data triangulation in analysis. The collected data is words, images, but not numbers. The data may come from interview script, field note, images, videos, private documents, note or memo, and other legal documents. After every interview, the researcher always chooses to group the data according to the categories that have been set. And so on until getting the information the researcher wants. Miles and Huberman in [4], argued that data analysis in qualitative research, carried out at the time of data collection takes place,

and after the completion of data collection within a certain period.

That respondents or research subjects are actively involved to actively participate from the discovery and formulation of problems, research processes, data analysis to decision making. The respondents used in this research consisted of 6 aerobic gymnastic coach in Central Java. They were the regency of Brebes, Banyumas, Kendal, Temanggung, Grobogan, and Semarang

### III. RESULT AND DISCUSSION

According to the observation about the decline of athlete number in participating competition, it could get the data below, as follows:

TABLE I. Data of Aerobic Gymnastic Athletes Total in Central Java Each Competition

Competition	Year					
	2018	2017	2016	2015	2014	2013
PON			3			
PRA PON				3		
Kejurnas				5		
PORPROV	22					26
POPNAS		4				
Kejurprov	3	14	11	9	4	

According to the table above, it showed that there had decreased athletes total who participated the competition. In Kejurprov 2018, there were only three (3) athletes participated. In PORPROV, 2013, and 2018 were also decreased. Especially in PORPROV 2018 aerobic gymnastic discipline in the male individual and pair category would not be contested by KONI Central Java. It happened since it did not meet the quota of athletes in accordance with KONI's rules namely it should consist of five regions

According to Ms. Veni Alfianita, aerobic gymnastic fostering in Semarang was less undeveloped. It occurred because there was no aerobic gymnastic athletes regeneration born in Semarang. After PORPROV 2018, there were only two aerobics athletes left after. It was because of the lack of socialization (both the Semarang government and related parties) to the societies (therefore no one knew if there was a training center for aerobic gymnastic athletes in Semarang.) Due to unavailable athletes that wanted to train, the coaching process was being failed.

Still according to Ms. Veni Alfianita, organizing the choreography and difficulty elements became complicated because many kinds of them had not mastered yet. She suggested that PERSANI of Semarang needed to provide more support along with adequate facilities and infrastructure if they wanted the coaching of aerobic gymnastic became existing again. Moreover, the Central Java government must also support in the form of better and developed competition (because the provincial government never applied it before).

She expected that the development of aerobic gymnastic could be more acceptable in society.

The gymnastic coach named Arif Setiawan stated that the coaching of aerobic gymnastic in Temanggung experienced a poor development. The reasons were each athlete has a bustle and his own activities. In addition, regeneration was also hampered since the participants of KEJURDA aerobic gymnastic at the junior level was limited, so the training had been stopped. At this moment, there were only two male athletes who focus on aerobic gymnastics in Temanggung regency since many athletes prefer to focus on their respective jobs; not in gymnastic world. Besides many athletes did not have any interest in the gymnastic, another reason was the less of facility and adequate training center, and the athletes were undisciplined during the training. Regarding the choreography, Arif explained that the athletes got some difficulties, so they decided to imitate the existing choreography. Reference [5], choreography consists of various movements, supporting points, degrees and ways of rotation around the three axes of the body. The movement routine also effectively combines transitions with long and short passes, and uses all zones equally

Moreover, Ms. Harining Suprianti aerobic gymnastic coach from Banyumas stated that lately, there were still two female aerobic gymnastic athletes. Although the excellent supports and adequate facilities had been given by PERSANI Banyumas regency, but the lack of socialization or training caused the complication in organizing choreography and difficulty element. She often took along their athletes to practice in Jakarta and imitate the existing choreography.

In the process of creating / composing choreography based on the results of [6], the choreography creation method is in accordance with a process algorithm that involves research and idea development: referential work studies, observations, methods and evaluations that are driven by inspiration. The choreography development algorithm includes: choosing musical works, choosing difficulty elements, distribution of these elements in the contest space and work level, step sequence interactions, transition elements and difficulties. A composition with the basic requirements consisting of unity, variation, transition, repetition, sequence, climax and proportion united with choreographic aspects namely; space, motion and time, and combined with acrobatic elements in it. The combination of 7 basic steps combined with aerobic movement patterns is displayed in the choreography preparation. With this composition, the choreography displayed will look beautiful and get high artistic value.

Coaching activities and searching local athletes were always implemented, but it was always getting obstacle when the potential candidates preferred to choose fitness and zumba aerobic. She stated that the climate of competition in Central Java was not fully developed. The participants who joined in competition were only few regions. She hoped that aerobic gymnastic especially in Banyumas and Central Java could be

better with the more competition from many districts and cities in Central Java.

The decline of aerobic gymnastic coaching was also delivered by Tubagus Herlambang, an aerobic gymnastic trainer from Grobogan. He had some difficulties to maximize coaching due to unavailable athlete in every age level. As a result, athletes coaching in Grobogan had decreased. Currently, there were only five athletes in Grobogan. On the other hand, along with the development and alteration of the "code of points" aerobic gymnastics, now it required space with a size of 10 x 10 meters while their own room had 7 x 7 meters. So the exercise was going to be less optimal.

According to him, with the least number of participants in each championship made the less competitive climate. Hence, he expects that aerobic gymnastic can be contested in each age level category. The solution given was to maximize the training of athletes just before the competition. Reference [7] the coaching of athletes should be carried out continuously and continuously and starting as early as possible since the individual shows an expectation in the field of sports, it needs to be followed up for the fostering of sports talents and achievements. Sports achievements do not just stop at an event, and the event is always held periodically to find out the progress of the achievements of each athlete, then the continuity of coaching must always be done.

Laila Nur Mutia, an aerobic coach from Kendal stated that athlete coaching in her district had dropped drastically, even at this moment it is totally inactive. The last training was carried out in PORPROV 2018. It was because there was no aerobic gymnastic athletes. Then, most of them were going to be vacuum because they tend to do their respective jobs. She stated that there were rarely training activities to the trainers, so they were less able to organize choreography with a good composition, besides that the uncertain competition schedule in each year also became an obstacle in coaching area.

The different conditions occurred in Brebes. According to Saeful Bahri, an aerobic gymnastic trainer, the athletes coaching tended to run well and the regular training was often carried out. The total of athletes was eight male and female gymnasts. He stated that the athletes which were declined in another district because of less generalization, socialization and training by affiliate of association that had never been implemented. In addition, the society had a less enthusiasm in pursuing aerobic gymnastic. It is based on the lack of socialization and societies' knowledge, they tended to choose fitness aerobic. In organizing the choreography, it used some methods, such as observing, imitating, and modifying the movements. For senior athletes, they composed their own choreography based on their athletes' character, with the guidance and direction of the trainer in accordance with the rules stated in code of points. The climate of competition was also less competitive. There were still few regions that were attracted to foster aerobic gymnastics. The reason was about unavailable aerobic trainers' resources in each region. He expects that aerobic gymnastic can develop well; it can be

through socialization and fostering in order to have aerobic gymnastics in each district. So the number of athletes in Central Java will increase and made the climate of competition to be better.

Sports achievement coaching which is the goal of fostering sports achievement is one of the programs needed in sports coaching. Performance sports coaching aims to foster achievement or actualize potential talent into sports branching performance with standard forms, qualifications, and rules. Without ignoring the other basic coaching principles, it is necessary in some aspects of the principles of learning to be considered in developing a sports coaching program. From a number of opinions regarding coaching the author can conclude that coaching is a process of business improvement to get better results by requiring a long time in a sustainable manner. Coaching in sports clubs includes: (1) administrators, (2) athletes, (3) coaches and referees and (4) training, matches and competitions [8]. Realizing that the gym club is a forum for the process of coaching and developing gymnastics in the early stages, as the spearhead of nurseries within the framework of the national gymnastics sports coaching system, it is necessary to make efforts to empower the club in order to make an optimal contribution in achieving the acceleration of increasing the achievements of the national gymnastics branch [9].

According to results of a study on choreography by [10], entitled Optimization of Choreography Training for Gymnastics Aged 8–11 Years Old in Aerobic Gymnastic. The aim is to optimize the gymnast choreography training aged 8–11 years. The method used through the analysis of video material with expert evaluation methods, and mathematical statistical methods. The result, in the preparation of choreographic parameters set for the initial training phase. Conclusions obtained from the established parameters that have a significant impact on the aesthetic component of athlete movement activities in aerobic exercise at the initial training stage. The dynamics of increasing choreography readiness in group experiments confirm the advantages of the chosen technique using a choreography training model developed by gymnasts aged 8–11 years.

#### IV. CONCLUSION

Based on the data observation and the results of the interview, the researcher drew the conclusion that there were some reasons caused the decline of aerobic gymnastic athletes in Central Java as follows: 1) The lack of generalization and socialization in the region was the cause of less participants in each competition. 2) The lack of trainers' resources due to less training activities for the trainers. 3) The unclear competition schedules in each year became an obstacle in fostering the region. 4) The low quality of trainers' resources made the code of points cannot be comprehensively understood. 5) The trainers found the difficulties to arrange the choreography. 6) The obstacles to develop the coaching in region due to limited support from PERSANI and inadequate training facilities and infrastructure. 7) The breakdown of athlete's regeneration

happened also because of the retirement. 8) The fostering was not continuous because they just exercised during the championship.

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