

The Student Interest in Participating in the Healthy Indonesian Gymnastics at Elementary School Level

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Abstract— The purpose of this study is to describe the student interest in taking part in the Healthy Indonesian Gymnastics at SDN 05 Serasi Kecamatan Rao Selatan Kabupaten Pasaman. The type of this study is quantitative, with a descriptive method that involved 43 students in 2017/2018 of the school year. The instruments of this study are the form of questionnaires with a Likert scale. Data collection is done by giving work questionnaires to students and the student filling out the questionnaires. The results of the study show that students are desire, pleasure, seriousness, and discipline. So, it can be concluded that the student interest in taking part in the Healthy Indonesian Gymnastics is good.

Keywords— *interest, healthy Indonesian, gymnastics*

I. INTRODUCTION

Sport has an important role in human life, in today's modern life, people can not be separated from sports activities for sports body. With the health benefits of exercise body will be more healthy and fresh. Physical fitness is the main asset that should be owned by a person, both adults and children. Physical fitness can be obtained by doing regular physical activity and measured both in terms of quality and quantity. In order to do physical activity on a regular basis then the necessary guidance.

Development of physical fitness is essential to improve the physical quality. With physical fitness one can indulge optimally in everyday life so as to increase quality of life. Moreover, for children of school age, of course, physical fitness is very important that children remain healthy, active and cheerful in following the learning process both classroom and outside the classroom. It is hoped that the children have a good concentration while receiving lessons in school.

Many choices of physical activity that can be done by children in order to improve the quality of life, one of them doing gymnastics on a regular basis. Gymnastics is a sport that involves movements that require strength, speed, and harmony of regular physical motion. Gymnastics can be used for achievement, relaxation or recreation to improve physical fitness. One form of exercise that can be done, especially in children 05 Dressage Elementary School District of South Rao Pasaman is Gymnastics Healthy Indonesia.

Gymnastics Healthy Indonesia is a physical activity that is structured and planned so that not only can be used as the subject matter presented in the subjects of Physical Education. However, the role is to improve and maintain physical fitness so that it can be included in educational programs conducted before the lesson begins. Gymnastics Healthy Indonesia is a form of physical exercise that is expected to improve the physical fitness of students so that this activity is very suitably carried out by elementary school students.

Gymnastics Healthy Indonesia has the potential to develop basic movement as an important foundation for the mastery of technical skills olahraga a branch. More importantly, exercise can improve the freshness effectively for those who do. Supposedly healthy students perform as safely Indonesia enthusiastically, and vying to become the gymnastics instructor, have a desire to master gymnastic movements in Indonesia are healthy in order to achieve the goal of the activity itself.

The success is inseparable from the interests of students to participate in learning both in class and outside of class. At the elementary school students in terms of exercising sangat supported by a factor of interest, it is given the age of the students who are still in the growth stage and to cultivate a wide variety of teaching methods in the exercise presented by teachers so that students can observe and imitate the model presented by the teacher to cultivate students' interest.

SD N 05 Serasi Kecamatan Rao Selatan Kabupaten Pasaman is one of the schools that have activities Gymnastics Healthy Indonesia 2 times a week on a regular basis which is Tuesday and Thursday before the hour lesson begins. Although gymnastics is already done routinely, but there are still many students who are not really doing gymnastics Healthy Indonesia.

Based on the observation of researchers looked at the State Elementary School 05 Dressage District of Rao South can be described as follows: 1) The students' interest in participating in gymnastics Healthy Indonesia, 2) motivation of students in participating in gymnastics healthy Indonesia, 3) Students are bored doing exercise because doing exercise routine 2 times a week, 4) the competence of teachers, 5) support the principal in Indonesia gymnastics healthy activities, and 6) a gymnastics instructor unattractive.

The problems that occurred in the State Elementary School 05 Dressage question must be solved quickly. That's because, if students are not serious in Indonesia doing gymnastics healthy then physical fitness and health of their body is not properly maintained. Additionally, gymnastics Healthy Indonesia is one of the mandatory program of government that should be followed by sekolah. Untuk overcome these problems teachers have to know the cause. One attempt to do is to find out how far where students interested in gymnastics Indonesia Sehat it. From permasalahan above, researchers are interested to see how far the interest of students in participating gymnastics Healthy Indonesia in State Elementary School 05 Dressage Pasaman District of South Rao.

1) Interest

In this section, theories related to interests will be explained. Theories related to interests, namely (1) understanding of interests, (2) types of interests, (3) characteristics of interest, (4) elements of interest, (5) factors that affect interest. The five theories are explained below. States that "the interest of a sense of preference

and a sense of interest in a thing or activity, without being told, interest is basically the acceptance of a relationship between oneself and an outside self" [1]. The opinion above is also supported by the opinion explaining "that interest is a constant tendency to pay attention and remember a number of activities, one's activities that are of interest, are paid attention to and are accompanied by feelings of pleasure".[2]

The characteristics of interest are as follows: 1) Interest grows along with physical and mental development. 2) Interest depends on the readiness of learning. 3) Interest depends on the readiness of learning. 4) Development of interests may be limited. 5) Interest is influenced by culture. 6) Interest in emotional weight. 7) Interest tends to be egocentric[3].

2) Healthy Indonesian Gymnastics

Understanding healthy Indonesian gymnastics according is a bodily exercise that is deliberately selected, carried out consciously and planned, systematically arranged with the aim of increasing physical fitness, developing skills and instilling mental values spiritual[4].

II. RESEARCH METHODOLOGY

The type of this study is quantitative with descriptive method. Which aims to systematically describe and illustrate the phenomenon into details. Descriptive research is one of the studies aimed at describing systematically, and accurately[4]. about the facts and nature of certain populations or trying to describe phenomena in detail[5]. So the goal of this study is to describe how the student's interest in participating in gymnastics healthy Indonesia in SD N 05 Dressage District of South Rao.

The population of this study is 4th, 5th, 6th grade students of SDN 05 Serasi Kecamatan Rao Selatan Kabupaten Pasaman on 2017/2018 of school year. The amount of students is 101 students which distributed in three classes. The technique of total sample which used total sampling. The samples of this research were 43 person. The instruments of this study are the form of questionnaires with a Likert scale. Data collection is done by giving a work questionnaires to students and the student filling out the questionnaires. Then, the data will be analyzed using the descriptive prentsetase method.

$$p = \frac{f}{n} \times 100$$

Keterangan : P= Jumlah Persentase
F= Frekuensi Jawaban
N=Jumlah Data

III. RESEARCH RESULT AND DISCUSSION

In this chapter will be found in the results of the interest of the students of SDN 05 Dressage District of South Rao Pasaman in the following gymnastics Healthy Indonesia. The results of the study include a description of data, data analysis, and discussion. All three results of these studies will be explained as follows.

The data described in this section in the form of student interest scores SD N 05 Dressage Kecamatan South Rao Pasaman. This interest is analyzed based on intrinsic indicators. Data obtained by giving questionnaires interest in 43 elementary students N 05 Compatible with 30 items of the statement in the form of a questionnaire to be filled out by students in participating in gymnastics Healthy Indonesia.

The study was conducted by giving questionnaires to grade IV, V, VI students of SD N 05 Dressage District of South Rao. Research was conducted on Thursday, January 04, 2018. Questionnaires were filled students collected and analyzed based on the alternative answers Arikunto. Obtained data about the student's interest SD N 05 Dressage District of South Rao Pasaman in the following gymnastics Healthy Indonesia.

Based on the data obtained can be described in a data acquisition score interests grade IV, V, VI SDN 05 Dressage District of Southern District of Rao Rao South in the following gymnastics insrsinsk Healthy Indonesia indicator. Explanation indicator can be seen below. The classification of the level of achievement between 65-79% in the category enough.[6]

IV. CONCLUSIONS

Based on the description of the data it can be concluded that the interests of students SD N 05 Dressage District of South Rao Pasaman in the following gymnastics Healthy Indonesia. in the category enough. Measurement of interest is seen from subvariable intrinsic, with four indicators: desire, pleasure, seriousness and discipline that will be covered in this discussion.

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