

# Hula Hoop Dance Video Tutorial to Stimulate Children's Development Aspects

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## ABSTRACT

Hula Hoop is an effective stimulation for the developmental aspects of children. Hula-Hoop dancing is an alternative activity besides gymnastics for preschool children. Against the facts, almost all preschool teachers do not know how to dance Hula Hoop. The cause is Hula Hoop Dance Tutorial does not exist yet. The research objective is to analyze for preschool teachers needed about Hula Hoop Dance tutorials. This research is a descriptive qualitative survey method. The number of participants is 18 Preschool teachers in Palembang. The survey shows that all participants need Hula Hoop Dance video tutorials to stimulate children's developmental aspects. This research recommendation is the development of a hula hoop video tutorial for the next research.

**Keywords:** *Hula hoop dance, Development aspects, Early childhood education, Need analysis.*

## 1. INTRODUCTION

Hula Hoop dance is one of the activities to develop music and movement for preschool. The hula hoop dance is a fun contemporary dance that is a fundamental movement skill such as stability, locomotor, and manipulative movements. Hula hoop dancing gave many advantages for preschoolers. Hula hoop dance activities provide new experiences for preschoolers. Hula hoop dance can develop all aspects of children's development, such as affective, cognitive, motor development. Not only develops all aspects of child development, but also hula hoops provide health and fitness for children. Early research revealed that the Hula hoop dance is an alternative activity in which there are music and movement for preschoolers, in addition to gymnastics. Hula hoop dance is recommended as a fun musical activity and movement in kindergarten [1].

The gap between expectations and facts creates an urgent problem to be resolved immediately. This research problem is the unavailability of a guide for kindergarten teachers to dance the hula hoop. The state of this study's art is the result of this study that focuses on collecting data on the needs of kindergarten teachers about the importance of hula hoop dance guidelines. This study's results are also used as the basis for further research on the making of hula hoop dance guidance.

Not many studies have examined the topic of hula hoops. Several studies examining hula hoops include [2]

research that focuses on the development of elastic motion from hula hoop media. [3] Classroom action research was conducted to improve the gross motor skills of early childhood. through playing the hula hoop. [1] A case study focuses on the implementation of hula hoop dance. In this study, researchers examined the hula hoop dance's implementation for kindergarten children to develop early childhood movements and songs. In general, the three studies above are different from the research to be carried out. The research focuses more on data collection related to the importance of making hula hoop dance guides.

However, the reality is different, based on the results of a survey of teachers in kindergarten. Most teachers do not know and are unable to perform a hula hoop. When sports, the teacher only teaches gymnastics to children. The school provides and facilitates both the room and the hula hoop. However, the existing hula hoops cannot be used by the teacher. Teachers are not able to explore hula hoops, so that hula hoop activities cannot be used as an alternative to movement activities other than gymnastics.

Analyzing problems in the field, the researcher aims to survey to gather data related to the hula hoop dance guide's importance to stimulate child development in kindergarten. The questionnaire results were used as reference material for researchers to develop video tutorials for hula hoop dance for kindergarten children

## 2. METHOD

The research method used is descriptive qualitative research with a survey method. A qualitative approach was used to analyze the descriptive questionnaire submitted by the respondents [4]. The survey method is one of the methods that can be used in research development [5], [6]. The method in this study was a survey conducted on 18 kindergarten teachers in Palembang as informants. Data were collected by distributing questionnaires via a Google form. The questionnaire contains ten questions about the needs analysis of the importance of a hula hoop dance tutorial. This research was conducted during the Covid Pandemic 19, so the number of respondents and time is limited in November 2020. The design of this study is in Figure 1.

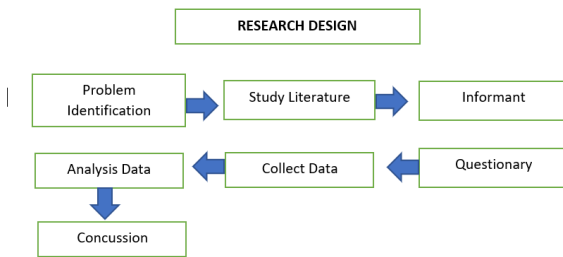


Figure 1. Research design

Research Analysis uses the analysis of Miles and Huberman [7] - [9]. The stages of data analysis include (1) data reduction, (2) data display, and (3) concluding [8].

## 3. RESULTS AND DISCUSSION

Eighteen kindergarten teachers in Palembang filled in the questionnaire. Based on the results of data analysis, which was carried out in 3 stages. (1) In the data reduction stage, namely, the researcher selects results relevant to the hula hoop topic. (2) The data display stage. Following the questionnaire results, data can be seen in Figures 2-10.

The first question is, "Does the teacher think children need to develop movements and songs with the media?" All respondents answered that they need the media in doing movement and song activities.

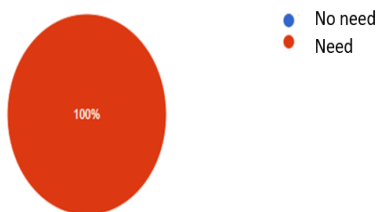


Figure 2. Responses of respondents on question 1

The second question, "Is the media interesting and suitable for children to use in dancing activities for kindergarten children?". All respondents answered that the hula hoop is a medium that is very suitable for motion development.

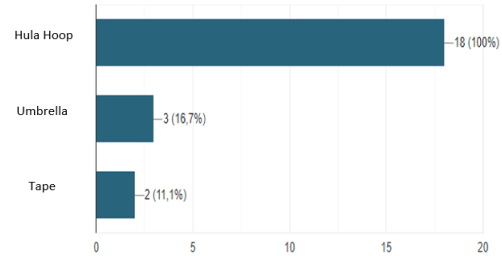


Figure 3. Responses of respondents on question 2

The third question, "Does the teacher think that children need movement and song stimulation activities besides gymnastics?" All informants answered, "Yes."

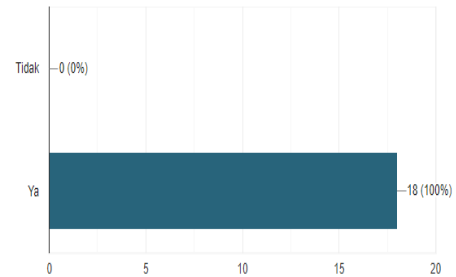


Figure 4. Responses of respondents on question 3

Fourth question, "According to the teacher, which movement and song activities are suitable and interesting and stimulate children to be active?" 14 out of 18 teachers chose to dance, while four teachers chose gymnastics, and no informant chose haling obstacles.

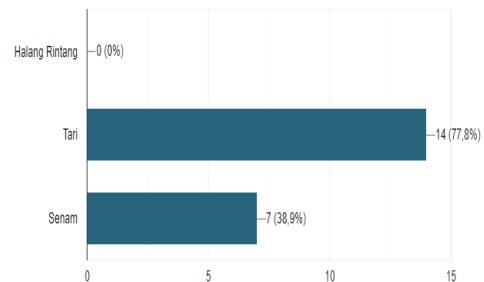


Figure 5. Responses of respondents on question 4

The fifth question, "Does the teacher need movement and song activities that can stimulate all aspects of child development? All informants answered that they thought that children needed movement and song stimulation activities besides gymnastics? Seventeen informants answered, "yes," and only one teacher answered, "no."

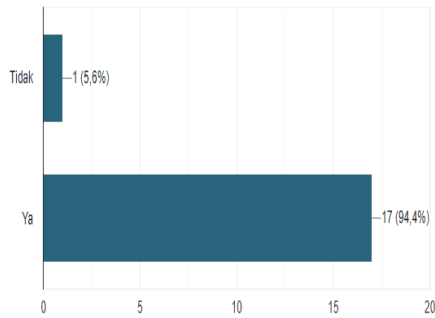


Figure 6. Responses of respondents on question 5

The sixth question, "Does the teacher need the hula hoop dance activity, which is designed as a movement and song activity that can stimulate all aspects of development child?" All kindergarten teachers answered "Yes," which means that hula hoop dance is needed.

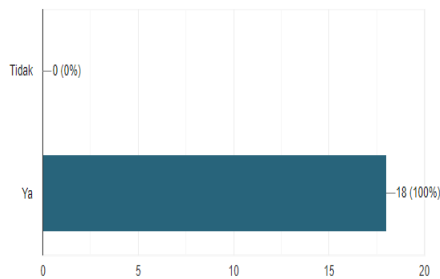


Figure 7. Responses of respondents on question 6

The seventh question, "Is there a video guide to the hula hoop dance in your kindergarten?" 16 out of 18 teachers answered that it was not available, while two teachers said they had guidelines.

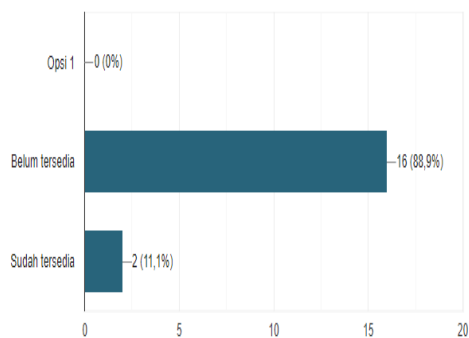


Figure 8. Responses of respondents on question 7

The eighth question, "Do teachers need guidance in doing Hula Hoop Dance?". All kindergarten teachers answered "Yes." This means that teachers need the hula hoop guide in developing movements and songs for kindergarten children.

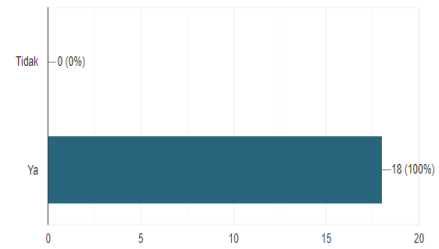


Figure 9. Responses of respondents on question 8

The ninth question, "What kind of guide do teachers need to teach hula hoop dance to kindergarten children?" It turned out that all 17 teachers answered the guide video, and one person answered the guide video and guidebook.

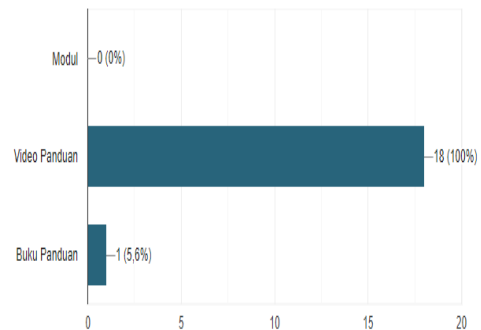


Figure 10. Responses of respondents on question 9

The ten-question, "Do teachers need a Hula Hoop dance guide video to stimulate all aspects of kindergarten children's development?" All of them answered, "Yes."

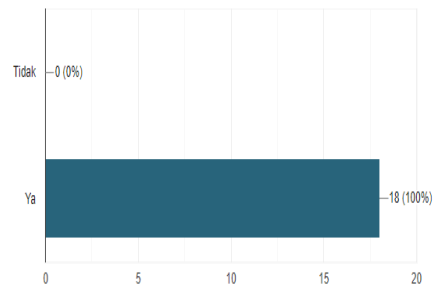


Figure 11. Responses of respondents on question 10

The conclusion stage, based on the survey results, concludes that the teacher needs a guide to hula hoop dancing in the form of a video tutorial to develop affective, cognitive, and psycho motor aspects of kindergarten children.

For this reason, it is necessary to develop a video tutorial of hula hoop dance so that it can facilitate teachers and students when carrying out motion activities by dancing the hula hoop. The video tutorial

of hula hoop dance was developed to make it easier for teachers and students to dance and simulate various aspects of affective, cognitive, and psycho motor development of kindergarten children in Palembang.

#### **4. DISCUSSION**

Based on the study results, the hula hoop dance guide in the form of a video tutorial is needed by kindergarten teachers to stimulate child development. Several studies support research.

This study focuses on the coordination of a dynamic hula hoop game [10]. This study is relevant to the study results because kindergarten teachers consider the hula hoop dance movement needed by children. After all, it includes the development of movement, one of which is the coordination of body movements, hands, and feet.

Subsequent studies put more emphasis on active hula hoop activity [11]. This research is relevant to the research results because kindergarten teachers consider the hula hoop dance an active and dynamic activity to develop children's movements and songs.

This study emphasizes the impact of outdoor activities on kindergarten children. The teacher's answer about the hula hoop dance as children's movements can stimulate child development aspects. Hula hoop dance can be done outdoors. Children playing outdoors in natural areas also showed statistically significant motor fitness improvements with coordination, balance, and agility [12] outdoors are determinants of preschool physical activity [14]. Outdoor activities make students more active in moving when turning the hula hoop. The outdoors allows children to have a broad perspective on things because there is a vast world surrounding them outside [15], [22].

The next research is relevant to the teacher's answer about which movement and song development activities are impressive. Almost all teachers answered hula hoop dance. Because the hula hoop dance aims to maintain the circle at the waist continuously parallel to the ground through coordinated body movements, the hula hoop is variable in terms of ankle, knee, and hip joint strength, resulting in the adoption of various strategies. When dancing the hula hoop, indirectly, all the body's senses move along to the song's accompaniment. Hula hoop dancing is a fun activity accompanied by happy songs. Children's physical activity is motivated by a variety of outdoor environments [13].

Future research is relevant to the results of this study. Research that considers hula hoop dancing for preschoolers develops affective aspects such as when children try to rotate the hula hoop at the waist. It takes patience and high enthusiasm so that the hula hoop that the child rotates does not fall to the floor. Hula hoop

dance can develop emotional and intellectual skills in preschool children [21].

However, several studies contradict the research results. This research has a different focus, objective, and method from this research. Opinions differ from this study, suggesting that outdoor preschool settings are neglected and ineffective in use [16]. The following research sees from a different perspective that outdoor activities are not a reference when playing hula hoops because playing hula hoops can be done outdoors and indoors.

Another perspective of research on developing necessary motor skills is achieved by implementing various physical education programs. Teachers use the method of teaching music and movement activities in kindergarten [17]. This study confirms that developing children's skills is not always done with one activity, but various movement activities can be carried out, including the hula hoop dance.

The positive impact was developing music and movements based on DAP (Developmentally Appropriate Practice) on movement mastery of preschool children [18]. This research is relevant to this research but emphasizes only the aspects of developing motion. Meanwhile, the hula hoop dance is performed to stimulate all aspects of child development.

This study also describes the impact of motion and song development that develops loco motor motion [19]. This research has a different perspective on motion development, which only focuses on developing one movement skill. Whereas in hula hoop dance research develops three basic movements: stability, loco motor, and manipulative movements.

Subsequent research focuses more on the quality of specific loco motor skills that are more complex. When children dance the hula hoop, children indirectly focus on their thoughts so that the hula hoop remains on their hips. The same result explains that hula hoop dance focuses on children's ability to focus and improves cognitive abilities [20].

Based on the above discussion, "research novelty" is the latest information that kindergarten teachers in Palembang need a video guide to hula hoop dance as an activity to develop movements and songs for kindergarten children. This activity is expected to stimulate all aspects of child development. Researchers recommend further research to develop hula hoop dance guidance to stimulate all aspects of child development, such as affective, cognitive, and psycho motor.

#### **5. CONCLUSION**

This study concludes that kindergarten teachers need a video guide to hula hoop dance in developing affective, cognitive, psychomotor aspects. The video

tutorial is expected to make it easier for teachers to exemplify hula hoop dancing's basic movements to positively impact the development of affective, cognitive, and psycho motor aspects.

Suggestions for the teacher, you should make the hula hoop dance as a movement and song development activity, in addition to gymnastics. Video tutorials are a model for teaching the basic movements of hula hoop dancing to preschool children. Students can practice hula hoop dancing skills and develop their movements when dancing hula hoops. For further researchers, it is hoped that they can collect other information about hula hoop dance and develop a video guide to hula hoop dance.

## AUTHORS' CONTRIBUTIONS

This research is joint research. All authors have contributed to writing this article.

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