



DEVELOPING FITNESS EXERCISE MODEL BASED ON ACEH CREATIVE DANCE

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Abstract: Local wisdom is a view of life and knowledge that can be used by local people to solve various problems in meeting their needs. Local wisdom can function as a source of noble values for our nation. One of Aceh's local wisdom is traditional dance which needs to be preserved which is one of the nation's cultural heritage. Dance is not just used as competition and entertainment, because it is one of the can improve fitness. Fitness is one component that makes us able to carry out all daily activities as well as in sports activities and especially in education. The purpose of this study was to produce a fitness training model based on Aceh's dance creations. The method used in this study was the research and development (R&D) research method from Borg and Gall. The subjects of this study were junior high school students in Langsa City, East Aceh and Aceh Tamiang. The stages in this research and development are: 1) needs analysis, 2) expert validation, 3) small group trials, 4) large group trials, and 5) effectiveness tests. The instrument used in the study was jogging 1600 M. Data analysis in this study was the N-Gain Score Test and statistical methods using SPSS to see the effectiveness of the model. The results of the data analysis showed that there was an increase in the experimental group compared to the control group, the experimental group obtained an average value of 77.56 or 77% included in the Effective category. Meanwhile, the average N-Gain score for the control group was 41.46 or 41% included in the Ineffective category.

Keywords: physical fitness, Development, Model

INTRODUCTION

Local wisdom is a view of life and knowledge that can be carried out by local people in solving various problems in meeting their needs, (Turner, 2022). Local wisdom can function as a source of noble values for our nation. One of Aceh's local wisdom is traditional dance which needs to be preserved, which is one of the nation's cultural heritage. Children's behavior at school is a reflection of character, for that local wisdom-based character education is needed for children to preserve national culture and strengthen a sense of love for the region (Pang, 2012). Sometimes local wisdom is only considered as mere custom or just entertainment for the community, even though many existing local wisdoms are one of the best activities, especially in terms of physical fitness. Local wisdom that exists such as dance, singing, performances and so on, in the eyes of the community is only an ordinary spectacle, even though it contains many elements of fitness, one of the most common is dance, because dance is a performance that uses all parts of the body. For moving.

Dance is a physical activity that can improve children's physical, mental and intelligence abilities (Theocharidou, 2018). Physical inactivity is a modifiable risk factor for cardiovascular disease and many other chronic diseases, including diabetes mellitus, cancer, obesity, hypertension, bone and joint disease and depression. Dance activities can improve physical fitness. In addition, current physical fitness status is an interpretation of physical fitness status in the future which will affect a person's quality of life in health status. There are four components of physical fitness related to health, namely; pulmonary endurance, muscle strength, muscle endurance, flexibility (Pereira, 2019).

In the world of education, especially in physical education, dance is only used as a creative arena, dance is usually only performed during inter-school competitions and extracurricular activities. Whereas dance is very useful if it is packaged and displayed in a good form, because dance is a performance that prioritizes all body movement activities. Physical education is related to fitness, this education aims to make students have the ability, namely to develop self-management skills in an effort to develop and maintain physical fitness and a healthy lifestyle. Students are one of the educational goals that are required to have a response or response to subjects, in this case Physical

Education lessons. Physical Education has targets, namely physical, mental, social and emotional aspects, which are very closely related to improving or building healthy daily living habits through physical activity. Humans need total fitness, total fitness includes multi-dimensional aspects, namely: intellectual, social, spiritual, and physical fitness components, therefore physical activity has at least three objectives, namely for health, physical fitness, and performance/ appearance (Hsueh, 2019), from the health dimension aims to avoid disease transmission and slow death, the physical fitness dimension aims to minimize the risk of developing health problems, and the performance/appearance dimension aims to achieve efficiency in daily tasks and meet the demands of sports.

METHOD

This research was a qualitative research with a Research and Development (R&D) design focusing on developing fitness exercise model based on creative dance. Development research or often abbreviated as R & D is a research process that is applied to develop and or validate products or sometimes this research also called research based development which aims to improve the quality of training. In addition, R&D also aims to find something new through *basic research* as an effort to answer questions about practical problems through *applied research* in an effort to improve practice (Gall, Joyce, & Borg, 2006). It consists of steps known as the R & D cycle, starting from studying research findings related to the product to be developed, then developing it, testing it, correcting deficiencies, and doing retesting, after that producing it. This research was conducted in a junior high school in Langsa City, Aceh and was carried out within three months, starting from July 2021 to October 2021.

RESULTS

The development of this fitness training model aims to produce a motion model to improve fitness. The results of this fitness practice development are written in the form of a script or guideline for fitness training steps accompanied by variations in activities, so that they can be better understood and studied in individual situations, in pairs or in groups. However, before the learning model was produced, there were 10 stages of activities that can be described below.

1. Needs Analysis

Based on the theory of model development that the writer used as the basis for designing product manufacturing, the first step was to conduct a preliminary study or a needs analysis study. The main objectives that will be disclosed in this stage are, among others, how important the development of a fitness training model was, what obstacles and supports were encountered in developing a fitness training model.

2. Planning the Research

The next step, after getting the results of the conclusions of the needs analysis, the researchers set the planning of the product development. Based on the results of the needs analysis, it was necessary to develop a fitness training model that was in accordance with the stages of training, both individually, in pairs and, so that the reciprocal process will be carried out directly during the training process. In the planning stage of this research, the researchers formed a team according to their field of expertise and prepared several facilities needed during the implementation of the learning, such as, training tools, cameras, developed draft models, model evaluation drafts, and test instrument drafts.

3. Initial Product Development

Fitness training model to which are going to be developed is presented in the following figure.

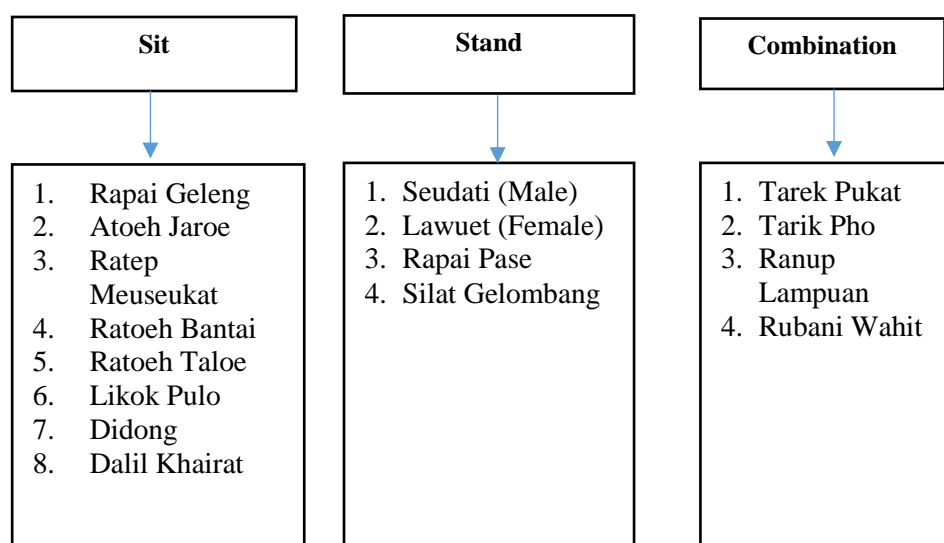


Figure 1.1. Fitness training model to be developed

4. Small Group Trial

After carrying out the initial product development which was in the stages of expert judgment, the researcher then conducted product trials in small groups. In this trial the researchers involved as many as 20 junior high school students.

5. Revision of Small Group Trial Results

As the small group trial was conducted and obtained some notes and input from the respondents and teachers, the next step was to revise the developed model. The following was a summary of the results of the small group trial which was revised based on field notes, input and suggestions from related parties as follows: the movements were very fun and the music was also very special, it was recommended that the implementation time be extended.

6. Large Group Trial

The large group trial was conducted after having revising the phase I based on field notes, input and suggestions, in small group trials. This test involved as many as 150 students as respondents, consisting of several junior high schools in Langsa City, East Aceh and Aceh Tamiang and also involved their physical education teachers.

7. Revision of Large Group Trial Results

As the trials in large groups and getting some notes and input in the field from several teaching staff and respondents had done, the next step was to revise phase II of the developed exercise model. This was useful as a basis for evaluation in product improvement that would be applied to effectiveness testing at a later stage.

8. Model Effectiveness Test

Having carrying out several series of processes for developing this practicing model, starting from analyzing needs to large group trials and conducting phase II revisions, as well as conducting a series of expert tests and instrument feasibility tests, the next step was to conduct an effectiveness test to find out whether this model was effective to give or not. The results of this effectiveness test will later provide conclusions to researchers as well as provide answers that the developed model was feasible or not to be produced and applied to students.

9. Final Product Revision/Improvement

After testing the effectiveness of the model and obtaining empirical results or findings that the fitness training model product developed for students is effective in improving the results of students' fitness training. Therefore, it can be concluded that this fitness training model product can and is feasible to be applied and used to improve fitness.

10. Dissemination and Implementation This model of student fitness training as the final product has been disseminated by researchers both offline and online. As for the current article, it is still in the review stage in the journal *International Journal of Human Movement and Sport Science* indexed by Scopus Q4.

CONCLUSION

Based on the results of several studies, ranging from needs analysis, validation testing by experts, field trials and effectiveness tests, as well as a study of the results of research and development discussions on this student fitness training model product, it can be concluded that the product development of fitness training models For students this can be done and applied in the training process, the development of fitness training models for students is effective for improving students' fitness.

Interest

The author has tried to seek financial support and sponsorship. Unfortunately, the author neither got it from any sponsorship or assistance from institutions and grant funds.

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