

Movement Analysis Of Bedincak Gymnastics Based On Traditional Dance Of Bangka Belitung

Widia Srilestari^{1)*}, Tati Narawati²⁾, Yudi Sukmayadi³⁾

^{1,2,3)} Art Education Study Program, Graduate School, Indonesia University of Education, Indonesia.

*Corresponding Author

Email : widiasrilestari1771@upi.edu

How to cite: Srilestari, W., Narawati, T., & Sukmayadi, Y. (2024). Movement Analysis of Bedincak Gymnastics Based on Traditional Dance of Bangka Belitung Province *Gondang: Jurnal Seni dan Budaya*, 8(1): 180-194. <https://doi.org/10.24114/gondang.v8i1.56549>

Article History : Received: Mar 07, 2024. Revised: Jul 22, 2024. Accepted: Jul 24, 2024

ABSTRACT

The problem of this research is how Senam Bedincak can be an alternative recreational sport for the people of Bangka Belitung. The purpose of this study is to describe and analyze the choreographic and musical structure of Bedincak Gymnastics in Bedincak Gymnastics so that it becomes an alternative recreational sport for the people of Bangka Belitung. The method used is descriptive analysis with a qualitative approach. Bedincak Gymnastics is a community sport that adopts traditional Bangka Belitung dance movements such as Kedidi Dance, Dincak Dambus Dance and Measles Dance. The purpose of Bedincak Gymnastics is to improve the overall health and fitness of the community as well as to introduce and preserve Bangka Belitung culture to the community. Bedincak Gymnastics consists of 7 movement structures, namely opening movement, pattern 1 movement, pattern string movement, bedincak basic movement, pattern 2 movement, pattern 3 movement and closing movement.

KEYWORDS

Bedincak Gymnastics,
Bangka Belitung,
Recreational Sports,
Tari Kedidi,
Tari Dincak Dambus

This is an open access article under the [CC-BY-NC-SA](https://creativecommons.org/licenses/by-nc-sa/4.0/) license



INTRODUCTION

Recreational sports are sports that are carried out by the community with a passion and ability that grows and develops in accordance with the conditions and cultural values of the local community for health, fitness, and joy. Recreational sports are carried out during leisure time or free time (Surbakti, 2013). Recreational sports are physical activities carried out for pleasure, relaxation and fitness without the pressure of competition. The main goal is to improve physical and mental health, and provide entertainment. Research (Warburton et al., 2006) shows that physical activity in general can reduce the risk of heart disease, increase physical endurance, and reduce stress levels. Participation in recreational sporting activities can also have a positive impact on a person's social life.

One type of recreational sport that is widely practiced by the community is Aerobic exercise. Gymnastics as a form of physical exercise that involves regular body movements, has been known to have a number of health benefits. These include improved cardiorespiration, muscle strength, flexibility, and coordination (ACSM, 2018). In aerobic exercise which is a type of exercise that is designed to be a series of patterned and non-patterned movements accompanied by the rhythm of music as a tempo setter of movements within a certain duration. in general, aerobic exercise can be done by anyone, be it children, adolescents, to the elderly. aerobic exercise is also one type of exercise that is good for improving cognitive function, *mood*, and also physical (wong et al., 2020). aerobic exercise is always considered exciting because it is carried out by a group of people who may have different goals. In the implementation of aerobic exercise, participants can enjoy the movements guided by the gymnastics instructor with supporting music. the music used by aerobic exercise must

be able to bring up between motion and rhythm with the aim that aerobic exercise becomes interesting and can bring out creativity in the variety of movements.

Types of aerobic exercise that are popular among the community include zumba, SKJ, abdominal exercises, healthy heart and others. In general, aerobic exercise contains a lot of dance as seen today but this triggers a lack of interest in the younger generation in participating in gymnastics and preserving culture including traditional dance, as in the results of research on the characteristics of respondents based on the age of 100 community respondents who participated in participating in aerobic exercise in Kudus Regency can be seen in the following table.

Table 1. Age of Respondents (Source: Processed data, 2023)

No.	Age range (years)	Frequency	Percentage(%)
1	49-53	2	2%
2	45-48	6	6%
3	41-44	1	1%
4	37-40	27	27%
5	33-36	15	15%
6	29-32	10	10%
7	25-28	19	19%
8	21-24	20	20%
	amount	100	100%

Based on table 1 above, it can be obtained information that of the 100 community respondents who participated in participating in aerobic exercise in Kudus Regency were dominated by people who had an age range of 37-40 years, as many as 27%. (Pradevi & Priyono, 2023)

This resulted in dances starting to be less and less attractive and gradually forgotten among the younger generation and society, so for this reason an effort is needed to preserve traditional dance. In this case, it is done by combining traditional aerobic gymnastics dances. the development of aerobic gymnastics with traditional dance is also one of the implementation of government programs for tourism development in Indonesia. Tourism development in Indonesia basically uses the concept of *cultural* tourism as stipulated in Law No.9 of 1990. This is done of course with the consideration that Indonesia has diverse artistic and cultural potentials that are scattered in each Tourist Destination Area (DTW) in Indonesia. (Purnama & Rachmadian, 2016).

On the basis of tourism development, it is expected to always pay attention to the preservation of the nation's arts and culture which is used as an asset for Indonesian Tourism. Thus, there needs to be a moral responsibility for those who make policies in the field to always use the potential of art and culture owned for various activities. One of the things done by the Bangka Belitung provincial government is to introduce the younger generation and invite the community to preserve the traditional dances of Bangka Belitung province which are packaged into aerobic gymnastics movements.

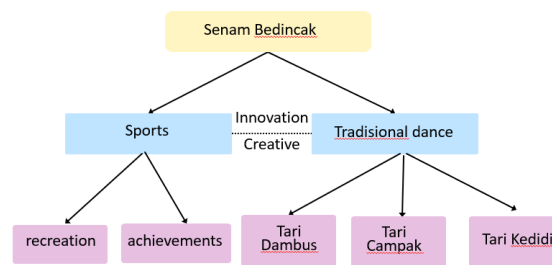


Figure 1. bedincak gymnastics scheme

Bedincak Gymnastics was initiated by the Bangka Belitung Provincial Police (POLDA) and in collaboration with the provincial government of Bangka Belitung which is now an iconic

gymnastics is Bedincak Gymnastics. Bedincak Gymnastics is one of the icons of Bangka Belitung where in every gymnastic movement there are local nuances that are not far from traditional Bangka Belitung dances. Ichsan, E.A stated that Bedincak Gymnastics is not only a body exercise that nourishes the body, but can also radiate happiness and joy that nourishes the soul. Because the word berdincak in Indonesian means dancing while having fun which is usually displayed in every healthy day in schools (routine gymnastics) and holidays (independence day), especially in Bangka Belitung.

The Bangka Belitung provincial government actively promotes Bedincak Gymnastics by holding competitions and championships in every region in the province of Bangka Belitung with the aim of implementing bedincak gymnastics championships as an effort to provide motivation and enthusiasm to students and the people of Bangka Belitung province in creating and fostering a sense of love for local culture. In addition, it is also a means of entertainment and supports existing tourism. (<https://www.bangka.go.id/?q=content/senam-bedincak-bupati-cup-media-promosi-budaya-lokal>, Dec 1, 2019, 01:12)

The Bedincak Gymnastics movement that combines traditional dance with aerobic gymnastics movements was created and organized by Rian Perkasa and Sukma wijaya in 2019. The movements of Senam Bedincak are inspired by traditional dances of Bangka Belitung that have been passed down from generation to generation. These traditional dances are an integral part of the region's cultural heritage and are performed in various occasions and celebrations. Bedincak gymnastics, which incorporates these traditional dance movements, provides a unique and interesting form of exercise. The use of traditional dance movements in Bedincak gymnastics provides a cultural and artistic element to Bedincak gymnastics. Bedincak gymnastics which is based on traditional dance movements, offers a unique and culturally rich form of exercise. In addition, it has been shown in various studies that traditional dance-based exercises such as Bedincak exercise offer psychological and social benefits to individuals.

On the basis of what has been described, bedincak gymnastics needs to be studied because this gymnastics has its own meaning and meaning that needs to be explained in detail regarding the analysis of the form of motion and music of bedincak gymnastics. This is an interesting view and encourages the author to find out more about the form of motion and music of bedincak gymnastics. By knowing the form of motion of bedincak gymnastics, it is hoped that it will make it easier for people to learn bedincak gymnastics according to its movements and develop its movements. Based on the description above, the researcher is interested in conducting research with the title "Analysis of Bedincak Gymnastics Movement Based on Traditional Dance of Bangka Belitung Province".

In a study, previous research is considered important because it is an attempt by a researcher to find a comparison and then as a reference to find new inspiration for further research. In addition, previous research helps researchers to position the research and show the originality of a study. Here are some previous studies that are considered relevant to the research topic raised.

Research conducted by Rohil Agatha Lusia (Agatha Lusia, 2022) in her research entitled "Exploration of Ethnomathematics in Bedincak Gymnastics as an Alternative Learning and Refreshing Container for Students. This research is motivated by the application of Mathematics learning which is associated with local culture so as to provide a more meaningful understanding of learning Mathematics. The purpose of the research is to find out the movements of gymnastics in mathematics learning so that it can be an alternative indicator of learning. The method used is descriptive qualitative approach.

Research conducted by Donny Firmansyah (Firmansyah et al., 2022) entitled The Effect of Bedincak Gymnastics and PGRI Gymnastics on Motor Development. This research was motivated by the low motor activity of elementary school students. The purpose of the study was to identify and analyze differences in the effect of Bedincak Gymnastics and PGRI Gymnastics on gross motor development in male and female students. The method used was experimental method with 2x2 factorial design.

Research conducted by Diah Margaretha Tiofany (Tiofany, 2021) entitled Changes in Fencing Dance from Performance to Recreational Sports in Kulon Progo Regency. This research was motivated by changes in the function of Angguk Dance, which was originally a traditional folk dance into a form of recreational sports. The purpose of the study was to analyze choreography, makeup

and clothing as well as changes in the function of Angguk Dance into recreational sports, namely Angguk Gymnastics and the factors that influence it.

Research conducted by Poerwanto, et al. (Poerwanto et al., n.d.) (2019) entitled Development of Traditional Dance-Based Gymnastics Movements. This research was motivated by efforts as a means of preserving and reintroducing dance and music movements in the archipelago, especially West Kalimantan. The purpose of the study was to develop traditional dance-based aerobic gymnastics movements to create new works. The method used is R & D development.

Research conducted by Agus Nero Sofyan and Kunto Sofianto (Sofyan & Sofianto, 2019) in a study entitled Revitalization of Traditional Dance as a Cultural Tourism Development Strategy in Kuningan Regency. This research is motivated by tourism development by prioritizing traditional dances that are developed as tourist attractions. The purpose of this study examines traditional dance revitalization efforts as a strategy to develop cultural tourism in Kuningan Regency.

This research focuses on Bedincak Gymnastics as an alternative recreational sport for the community to improve physical health and become an icon of Bangka Belitung in preserving regional arts and culture.

METHOD

In this study, the method used is descriptive analysis with a qualitative approach using the type of field research as a direct data source. Qualitative research researchers use descriptive analysis method Sugiyono (2017) explains that descriptive analysis method is a research method used to describe and analyze phenomena, events, or conditions that occur by collecting data systematically and factually. The object of research or object of study is an important element in a study which is the main focus to be observed, analyzed, and studied. Creswell (2014, p. 182) explains that the object of research or unit of analysis is "what" or "who" will be studied in a study. He highlights the importance of determining the right research object to ensure the validity and relevance of the research findings. This research analyzes Bedincak Gymnastics as the object of research. The descriptive analysis method describes Bedincak Gymnastics based on Bangka Belitung traditional dance according to the facts as they are. The participants of this research are the people involved and the sources in this research, namely Rian Perkasa, S. Pd as the creator of Bedincak Gymnastics.

The data collection process can be done through observation, interview, documentation study, and literature study. Observation was conducted to directly observe the practice and performance of Bedincak Gymnastics in the Bangka Belitung community. This allowed the researcher to gain an in-depth understanding of the movement structure in Senam Bedincak, the interaction of participants and the general atmosphere. Interviews aimed to gather information about the history, movements, costumes and music as well as the social functions of Senam Bedincak. Documentation study was conducted by collecting and analyzing documents related to Senam Bedincak Bangka Belitung, such as historical records and performance videos. To answer the research questions, the researcher conducted a literature study by reading references from books, research results, journals, and other relevant materials related to the research topic.

After the data is collected from the results of data collection, the data is processed using analytical techniques, namely finding facts in the field and being used as the results of the data obtained then analyzed and categorized systematically. The analysis technique sorts out the data that researchers have obtained such as choreographic structure, makeup, clothing and poetry in the music that accompanies the Bangka Belitung Bedincak Gymnastics. Activities in data analysis, namely data reduction, data display, and conclusion drawing/verification (Sugiyono, 2014, hlm 246). So all data is processed and arranged from the results of interviews, observations and documentation as well as data in the form of field notes systematically with the aim that the data can be understood and informed to everyone.

In this study, the researcher wanted to understand how Senam Bedincak functions as an alternative recreational sport and how it adopts elements from traditional dance. The qualitative approach allowed the researcher to gain in-depth insights into people's experiences and perceptions

of Senam Bedincak. In addition, this study can generate new understanding on how traditional sports can serve as a tool for cultural preservation, which can be the basis for further research.

RESULT AND DISCUSSION

Based on this research to provide a more in-depth picture of Senam Bedincak and its cultural significance, it is important to explore some key aspects that include the cultural context, social impact, and implications for the preservation of arts and culture in Bangka Belitung.

a. Bangka Belitung Arts

Bangka Belitung Islands has various traditional arts which are cultural heritage. These arts need to be preserved so that they are not lost in time. Bangka Belitung arts include dance, music, visual arts, theater, and spoken literature. Here are some of the arts that are iconic to the Bangka Belitung Islands. Campak Dance is a traditional Bangka Belitung dance that depicts the joy, enthusiasm and optimism of the people of Bangka Belitung. Dincak Dambus Dance is a dance performed by the people of Bangka Belitung to relieve fatigue and entertain themselves during harvest parties. Kedidi Dance is a traditional dance of the Bangka Belitung Islands that describes the life of coastal communities whose movements are inspired by the movements of the kedidi bird. Sambut Dance is a dance used to welcome guests in traditional events, weddings and other events. Sepen Dance is a traditional Belitung dance that describes the social life of the Belitung people. Serimbang Dance is one of the traditional dances that describes the history of the struggle of the people of the Bangka Belitung Islands. Chiat Ngiat Pan Dance is a traditional dance of the Bangka Belitung Islands that depicts Chinese culture in celebrating Chinese New Year in the Bangka Belitung Islands. Dul Muluk is a traditional Bangka Belitung theater art that depicts the life of the Belitung people. Campak Darat Kemboja Besaot is a traditional art of Belitung that depicts the struggle of the Belitung people against the colonizers.

b. Background of Bedincak Gymnastics

Bedincak Gymnastics originated from the Bangka Belitung Islands Province. It combines movements from Malay dance and sports movements. "Bedincak" comes from the Bangka Belitung language, which means "swaying or dancing." In general, Bedincak means dancing or swaying followed by lively and cheerful movements.

The initial originator of the Bedincak Gymnastics was Mr. Brigadier General Pol Istiono, Head of the Bangka Belitung Provincial Police 2019. The police collaborated with the Bangka Belitung Islands Provincial Government to patent the Bedincak Gymnastics as Bangka Belitung Gymnastics. Bedincak Gymnastics was created in 2019 by Rian Perkasa and Sukma Wijaya, two outstanding athletes from Sungailiat, Bangka Belitung as gymnastics motion stylists and Artono as the music composer of Bedincak Gymnastics.

Cooperation between Polda and the Bangka Belitung provincial government to introduce Bedincak Gymnastics to the people of Bangka Belitung. The efforts made by the Bangka Belitung Regional Police are to instruct the Polres branches throughout Bangka Belitung to conduct Bedincak Gymnastics competitions on a large scale in 2019 before Covid-19 increases in Bangka Belitung. Likewise, the Bangka Belitung Provincial Government, especially the Bangka Belitung Provincial Education and Culture Office, instructed the implementation of Bedincak Gymnastics to elementary, junior high and high school / vocational school students and university students.

During the production process, the Bedincak Gymnastics movement underwent three revisions. This is due to the consideration of the level of difficulty for all communities. Although it has been revised for various groups, some movements in Senam Bedincak may still be considered difficult by some people, especially for those who are not used to physical activity. This may reduce participation, especially among the elderly or individuals with physical limitations.

The purpose of Bedincak Gymnastics is to improve the overall health and fitness of the community as well as to introduce and preserve Bangka Belitung culture to the community.

Bedincak Gymnastics has various benefits, namely: Bedincak Gymnastics illustrates the local culture of Bangka Belitung, seen in the gymnastic movements that have local nuances that are not far from the traditional dances of Bangka Belitung. In addition, Bedincak Gymnastics is a body exercise that nourishes the body, but can also radiate happiness and joy that nourishes the soul. Bedincak gymnastics involves regular body movements that require speed, harmony, and body strength. It can help improve movement ability, muscle endurance, agility, flexibility, coordination, and balance. Bedincak gymnastics is also mentally and socially beneficial. It can help improve creative thinking skills, develop a positive self-concept through the success of each exercise. It can also help build better communication skills, improve sleep quality, fight depression, and aid in effective weight loss. Bedincak Gymnastics also plays a role in the culture and life of the people of Bangka Belitung by combining sports with traditional dance movements. The movements are also easy to follow for all people.

Bedincak Gymnastics is inspired by the traditional dance movements of Bangka Belitung. The traditional Bangka Belitung dance movements adopted in Senam Bedincak are Kedidi Dance, Dambus Dance and Measles Dance. These dances reflect the life of the people of Bangka Belitung such as celebratory traditions and social interactions. Traditional dances often have important social functions, such as in traditional ceremonies, celebrations and entertainment. Gymnastics Bedincak, as a form of exercise that adopts these elements, can be seen as a way to maintain and celebrate the cultural identity of the people of Bangka Belitung.







The movement characteristics of Bedincak Gymnastics are based on traditional dances of Bangka Belitung. Bedincak Gymnastics movement that adopts Kedidi Dance movement is the movement of Kedidi spreading hands with fingers in the head. Bedincak Gymnastics movements that adopt Dambus Dance movements are lenggang movements to the right and left, dincak dambus point movements, dincak dambus jumping movements, lenggang cross footsteps, and lenggang movements to the right and left with hands swinging from the side. The Bedincak Gymnastics movement that adopts the Measles Dance movement is the jumping dincak movement with hands on the waist.





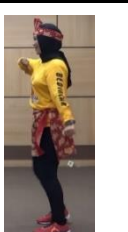
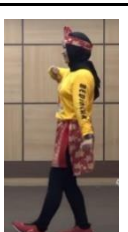
The makeup used in Bedincak Gymnastics is different from the makeup in dance performances. The makeup used is simple and simple for everyday. The clothing used in Bedincak Gymnastics in routine sports activities is comfortable sportswear such as t-shirts and training pants. Bedincak Gymnastics clothing has no provisions like a dance performance except for the competition there are additional accessories such as stanjak and cual patterned cloth to add aesthetics and regional identity.





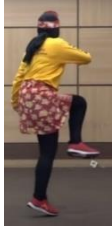
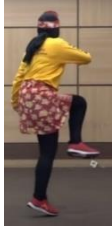
c. Movement Structure of Bedincak Gymnastics







Motion structure is related to the arrangement that regulates the relationship between various characteristics, both as a whole and in detail, so that the various elements will form a unity known as the structural elements (Sari & Yanuartuti, 2020). In Bedincak Gymnastics consists of 7 motion structures which are depictions of the starting position to the end. as for the motion structure in Bedincak Gymnastics, namely opening movements, pattern 1 movements, pattern assemblies, bedincak basic movements, pattern 2 movements, pattern 3 movements and closing movements. Each part has a specific meaning and purpose, which reflects elements of Bangka Belitung culture. For example, the opening movement can be interpreted as a symbol of a warm welcome to participants, creating an inclusive and friendly atmosphere. The movement patterns taken from traditional dances not only add visual beauty, but also invite participants to feel close to their cultural heritage.






Table 2. Movement Structure of Bedincak Gymnastics (Source: Widia Srilestari, 2023)

Motion Structure	Motion Name	Image	Count
Opening movement	Lenggang movement in place of creation		1 x 8
	Right kedidi movement		1 x 8
	Left kedidi movement		1 x 8
	Respectful gesture		1 x 8
Core movement pattern 1	Sway to the right and left facing forward with the right foot first.		1 x 8
	Front lunge and jump facing forward with the right foot first.		1 x 8

	Sway to the right and left facing forward with the left foot first.		1 x 8
	Front lunge and jump facing forward with the left foot first.		1 x 8
	Lenggang to the right and left facing the right forefront of the right foot.		1 x 8
	Front lenggang movement and jump to the right facing the right foot first.		1 x 8
	Lenggang to the right and to the left facing the right forefront of the left foot.		1 x 8
	Front lenggang movement and jump facing to the right to put the left foot first		1 x 8

Pattern assembly movement (transition)	Cross-legged movement		1 x 8
	Step to the right and left with arms straight up		1 x 8
Basic movement of bedincak	Dincak dambus movement point facing front		1 x 8
	Dincak dambus movement point facing right		1 x 8
	Dincak dambus movement jumps to face the back		1 x 8
	Dincak dambus movement jumps to face left		1 x 8

	Step to the right and left while clapping hands		1 x 8
	Double step movement with swinging hands		1 x 8
Movement pattern 2	Dincak dambus movement point facing front		1 x 8
	Double step movement with hands to the right and left		1 x 4
	One-legged springboard movement with hands up in accordance with the leg that is lifted (jumping right foot right hand up and vice versa)		1 x 4
Movement pattern 3	Step forward with the right hand clap and step back with the left hand clap.		1 x 8

	Lenggang movement to the right and left with hands swinging from the side		1 x 8
	Stepping movements rotate to the right and left with hands stretched straight up and then clap.		1 x 8
	measles jumps one foot to the right and left hands on the waist		1 x 8
Closing move	Twisting kedidi movement		2 x 8
	Respectful gesture		1 x 8

d. Bedincak Gymnastics Music

The music that accompanies Senam Bedincak plays an important role in creating an energetic and uplifting atmosphere. By combining traditional and modern musical instruments, such as the Dambus, Malay Drum, Violin, Keyboard, Guitar and Drums, the music not only brings the movements to life, but also reinforces cultural identity. The upbeat melodies and rhyming lyrics create a fun experience, encouraging participants to engage emotionally and physically. The music becomes the tie that unites movement and culture, making Senam Bedincak a holistic experience. Senam Bedincak also has Malay poetry in the form of pantun as lyrics or verses that accompany it. Bedincak Gymnastics music depicts the joy of the people of Bangka Belitung by promoting the culture of rhyming.

The accompaniment verses in Bedincak Gymnastics are as follows

*Buah Kemiri Buah Sukun
Tumbuh Deket Batang Sirsak
Kami Menari Dan Berpantun
Menyanyi Lagu Sambil Kami Bedincak
Alar Keladi Buah Keranji
Tumbuh Deket Batang Cempedak
Tarian Kami Ini Tari Kreasi
Namanya Tari Bedincak
Buah Jambu Kembanglah Kecubung
Dak Usah Malu Men Ka Nek Begabung
Reff:
Bedincak.. Yo Kite Bedincak..
Bejoget Gaya Bangka Belitung
Bedincak.. Yo Kite Bedincak..
Yang Penting Kite Bergembira
Goyanglah Badan Goyang Kek Kaki
Menyanyi Menari Lagu Bedincak..
Nge-Rep:
Bujang Miak Yo Kite Bedincak
Menyanyi Menari Musik Bedincak
Jangan Ragu Dan Icak Icak Malu
Ujung Ujung E Ikak Dak Terti Malu
Tue Muda Yo Kite Bedincak
Semue Urang Di Bangka Belitung
Men Ikak Lah Nyube Menari Bedincak
Men Lah Ketagih Dak Banyak Beritung
Bujang Dayang Yo Kite Bedincak
Ajek Sodare Kite Bedincak
Nyanyi Gembira Musik Bedincak
Kite Menari Nari Tari Bedincak
Bedincak Bedincak Ayo Bedincak..**

e. Bedincak gymnastics can be a suitable recreational sport, in terms of health, art, and culture.

Senam Bedincak is a recreational sport that is suitable for health, art, and culture. It is an exercise developed from a traditional dance from Bangka Belitung that was created to promote local culture and provide health benefits for those who do it. Bedincak Gymnastics aims to revive local culture and provide unique artistry. This makes Senam Bedincak a suitable recreational sport for those who want to develop physical health, revive local culture, and believe in the arts.

Bedincak Gymnastics is a recreational activity that is beneficial for health, culture and art. This gymnastics is an integral part and contributes to the culture of the people of Bangka Belitung Islands Province. Another author states that bedincak dance is a public dance and part of the cultural heritage of the Bangka Belitung Islands Province. This procedure is also considered an example of the children of the Bangka Belitung region.

Apart from being a form of exercise, Senam Bedincak also serves as a means to improve the physical and mental health of the community. Discussions on how this activity can reduce stress, improve fitness and build community can highlight its positive impact. Senam Bedincak can serve as an empowerment tool for the community, especially for women and children, by giving them a space to participate in activities that celebrate their culture. It can also boost self-confidence and social engagement.

Senam Bedincak not only serves as a sport, but also as a means to preserve the cultural heritage of Bangka Belitung. By integrating elements of local culture into physical activities, Senam Bedincak helps keep traditions and cultural values alive among the younger generation. In addition, Senam Bedincak also reflects innovation in the way communities adapt and develop their traditions. This shows that culture is not something static, but can evolve and transform over time. Discussions on how Senam Bedincak can serve as a model for other art forms and sports in other regions can broaden the understanding of cultural preservation.

Senam Bedincak can be used as an educational tool to introduce the younger generation to their culture and traditions. Through training and participation in Senam Bedincak, children and youth can learn about their cultural values, history and identity. This activity can also raise community awareness about the importance of preserving local culture. By organizing events or festivals featuring Senam Bedincak, communities can better appreciate and celebrate their cultural heritage.

Senam Bedincak integrates elements of local culture, which helps strengthen the cultural identity of the people of Bangka Belitung. It provides a sense of pride and attachment to cultural heritage. Senam Bedincak offers significant health benefits, including improved physical fitness, mental health, and stress reduction. It can attract people who are looking for ways to exercise in a fun way. This activity can increase community participation in physical activity, creating a sense of community and solidarity among participants. It can also be a means to build stronger social networks. However, Senam Bedincak has to compete with other more popular forms of sports and recreational activities. Therefore, the promotion of Senam Bedincak can serve as an educational tool to introduce the younger generation to their culture and traditions. This can help maintain cultural heritage and raise awareness of the importance of local cultural preservation. Building public awareness and interest in Senam Bedincak requires consistent and planned efforts such as collaboration with schools and communities, as well as the organization of attractive events.

By integrating artistry, movement structure, and music, Senam Bedincak offers a unique appeal as a recreational sport. It is not just about exercising, but also about celebrating and preserving the culture of Bangka Belitung. Participation in Senam Bedincak provides an opportunity for individuals to connect with their cultural roots, while improving physical and mental health.

CONCLUSIONS

Based on the results of research and discussion regarding the analysis of Bedincak Gymnastics based on traditional Bangka Belitung dances, it can be concluded that Bedincak Gymnastics is a community sport that adopts traditional Bangka Belitung dance movements such as Kedidi Dance, Dincak Dambus Dance and Measles Dance. Bedincak Gymnastics was initiated by Mr. Brigadier General Pol Istiono, Head of the Bangka Belitung Provincial Police 2019. The police collaborated with the Bangka Belitung Islands Provincial Government to patent the Bedincak Gymnastics into Bangka Belitung Gymnastics. Bedincak Gymnastics was created in 2019 by Rian Perkasa and Sukma Wijaya, two outstanding athletes from Sungailiat, Bangka Belitung as gymnastics motion stylists and Artono as the music composer of Bedincak Gymnastics. The purpose of Senam Bedincak is to improve the overall health and fitness of the community as well as to introduce and preserve Bangka Belitung culture to the public. The makeup used in Bedincak Gymnastics is different from the makeup in dance performances. the makeup used is simple and simple for everyday. The clothing used in Bedincak Gymnastics in routine sports activities is comfortable sportswear such as t-shirts and training pants. Bedincak Gymnastics clothing has no provisions like a dance performance except for the competition there are additional accessories such as stanjak and cual patterned cloth to add aesthetics and regional identity. Bedincak Gymnastics consists of 7 movement structures, namely opening movement, pattern 1 movement, pattern string movement, bedincak basic movement, pattern 2 movement, pattern 3 movement and closing movement. The music of Bedincak Gymnastics depicts the joy of the people of Bangka Belitung by promoting the culture of chanting. The musical

instruments that accompany Bedincak Gymnastics are a combination of traditional and modern musical instruments such as keyboards, violins, dambus, Malay drums, guitars and drums.

Bedincak gymnastics is a recreational sport developed from traditional dance movements of Bangka Belitung which is very suitable to improve the physical health of the community and preserve the arts and culture of Bangka Belitung. Bedincak gymnastics can bring all generations closer. Therefore, it is expected that people can maintain and preserve regional arts. The results of this study can be developed by applying the values contained in Bedincak Gymnastics in the field of education, both fitness and social values.

REFERENCES

- American College of Sports Medicine. (2013). *ACSM's guidelines for exercise testing and prescription*. Lippincott Williams & Wilkins. Available at: <http://the-point.lww.com/>
- Arum Sari, F. K., & Yanuartuti, S. (2020). Kajian Struktur Pertunjukan Tari Gandhong di Desa Bangun Kecamatan Munjung Kabupaten Trenggalek. *Gondang: Jurnal Seni dan Budaya*, 4(2), 128-136. <https://doi.org/10.24114/gondang.v4i2.20127>
- Creswell, J. W. (2014). *Research design: Qualitative, Quantitative, And Mixed Methods Approaches (4th Ed.)*. Thousand Oaks, CA: Sage Publications.
- Firmansyah, D., Rumini, R., & Priyono, B. (2022). Effect of Bedincak and PGRI Gymnastics Exercises on Motor Development. *JUARA : Jurnal Olahraga*, 7(3), 788-801. <https://doi.org/10.33222/juara.v7i3.2440>
- Lusia, R. A., & Janah, N. (2022). Eksplorasi Etnomatematika Pada Senam Bedincak Sebagai Alternatif Pembelajaran dan Wadah Refreshing Bagi Siswa. *Jurnal Fraction*, 2(1).
- Poerwanto, A., Haetami, M., & Gustian, U. (2018). Pengembangan Gerak Senam Aerobik Berbasis Tarian Tradisional. *Jurnal Pendidikan dan Pembelajaran Khatulistiwa (JPPK)*, 8(10). <https://dx.doi.org/10.26418/jppk.v8i10.37334>
- Pradevi, T., & Priyono, B. (2023). Motivasi Masyarakat dalam Mengikuti Olahraga Senam Aerobik di Kabupaten Kudus. *Indonesian Journal for Physical Education and Sport*, 4(2), 564-570. <https://doi.org/10.15294/inapes.v4i2.55156>
- Rachmadian, A. (2016). Pengaruh masuknya budaya asing terhadap pelestarian kebudayaan tari tradisional wayang topeng malangan di Malang Raya, Jawa Timur. *Jurnal Pariwisata Pesona*, 1(2). <https://doi.org/10.26905/jpp.v1i2.516>
- Rosalina, V., Susmiarti, & Ferdian, R. (2023). Development of Body Movement Skills Using Illustrative Music as a Stimulus in Dance Learning. *Gondang: Jurnal Seni dan Budaya*, 7(2), 374-383. <https://doi.org/10.24114/gondang.v7i2.52344>
- Sugiyono. (2014). *Metode Penelitian Kuantitatif, Kualitatif, dan Kombinasi (Mixed Methods)*. Bandung: Alfabeta.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Surbakti, S. (2013). Olahraga Rekreasi Outbound Training. Management Training Sport. *Jurnal Ilmu Keolahragaan*, 12(2), 32-45.
- Suryani, N.N.M. (2023). The Effect of Kebyar Duduk Peliatan's Performance During the Covid-19 Pandemic in Bali. *Gondang: Jurnal Seni dan Budaya*, 7(2): 447-460. <https://doi.org/10.24114/gondang.v7i2.49317>
- Tiofany, D. M. (2021). *Perubahan Tari Angguk Dari Bentuk Pertunjukan Ke Olahraga Rekreasi Di Kabupaten Kulon Progo* (Doctoral dissertation, Universitas Pendidikan Indonesia).
- Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. *CMAJ*, 174(6), 801-809. <https://doi.org/10.1503/CMAJ.051351>
- Wong, A., Mak, M. K. Y., Lam, L. C. W., & Mok, V. C. T. (2020). aerobic dance for cognitive and physical functions and mood in older adults with cerebral small vessel disease: abridged secondary. *Hong Kong Med J*, 26(6 Supplement 6).