



North Sumatera Ethnic Gysms Training for PKK Kerapuh Village Women

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Abstract. Being fit throughout the ages is everyone's dream, excellent body fitness will allow everyone to be able to work optimally without experiencing significant fatigue. The purpose of the North Sumatera ethnic gymnastics training for PKK Kerapuh Village women, is to improve body fitness and lose weight for PKK Kerapuh Village women. This activity was carried out at the PT. Socfindo Bangun Bandar Village City. This activity was attended by 30 PKK women who are members of the gymnastics club. This activity has been able to improve the physical fitness of PKK mothers and reduce their weight by an average of 12% of their body weight. This activity has also produced 3 North Sumatera ethnic gymnastics instructors who have the ability to become Ahoy gymnastics instructors.

Keywords: Gymnastics, Ethnic, North Sumatera

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1. Introduction

Exercising has now become a habit in society. Awareness of maintaining health by exercising has become a habit for many people, both the elderly and teenagers. Exercising turns out to have many benefits, in addition to filling spare time, exercise can improve motor skills, and improve heart and lung function. It can also train and instill character education in oneself, as well as a way of socializing among fellow mothers in the village area. Therefore, there are many ways that are done by the community to be able to maintain a healthy body, so that it can be fit throughout the ages. At this time degenerative diseases appear relatively quickly in adults, this needs to be anticipated by the community to be able to maintain their body health by exercising regularly, and consuming healthy and nutritious food.

The emergence of communities and sports clubs in society must be developed and reproduced to be able to accommodate the physical activities of young men and women as well as mothers who want an ideal body shape and have excellent physical fitness. With the increasing number of communities and sports clubs, more and more people will be actively exercising. This is in accordance with what has been programmed by the government, namely the movement to socialize sports in all circles of society regardless of age. Mass exercise or exercise that can be followed by many people is certainly an option for many, besides being easy it is also cheap, but the results are good enough to improve body fitness. One of the mass sports options that are very popular with many people, including housewives, is rhythmic gymnastics (Aerobic Gymnastics).

Gymnastics is a type of sport that can be done both indoors and outdoors. The risk of injury when doing gymnastics is also relatively low and safe for everyone in a fairly wide age range. However, morning exercise has many health benefits. Rhythmic and dynamic gymnastic movements encourage the body to always be active. Almost all body parts are actively moving, from the neck, arms to legs, gymnastic movements will make the muscles work harder and spur sweat. When the sweat pours out, the body will usually feel more refreshed. By following the morning exercise regularly, body fitness will also increase. You will no longer feel tired. The body also becomes more flexible and less prone to injury. Bones need

more than just nutrition to keep them strong. Although calcium and vitamin D are very important for bones, exercise also plays a big role. In order to stay strong until old age, you can do morning exercises regularly. When doing gymnastic movements, bones and joints also actively move. Some movements also require the body to rest on the feet with more weight than usual. Movements like this are great for building bone strength. Gymnastic movements can also reduce the risk of osteoporosis as well. One of the motives of people exercising is to lose weight. When the number is weighed too high, it generally actually lowers self-confidence. In addition, obesity is also often followed by the emergence of a disease that is quite dangerous.

Morning exercise can help you lose weight. The movement that is done will burn calories in the body and get rid of harmful substances through sweat. Routines can make people feel bored. Responsibilities and demands of work also have the potential to trigger stress and damage the mood. In fact, if the mood is disturbed, doing anything is no longer fun. Exercise such as morning exercise can help improve mood. When you do gymnastics, your body will produce endorphins that trigger feelings of pleasure. The benefits of this morning exercise can have an impact on many things and make life more enjoyable. Morning exercise generally consists of several sessions, ranging from warm-up, core to cool-down sessions. Each session is made in such a way that the body can compensate for every movement made. In core sessions, generally the tempo becomes faster and spurs the heart to pump harder. Movement in a fast tempo like this is great for training the strength of the heart and lungs. The heart muscles become stronger. If exercise is done regularly, it is not impossible for you to avoid heart disease. Maintaining a healthy diet and rest is an important part of maintaining health apart from exercising. By consuming healthy foods, the nutrients needed by the body can be met, to support daily activities. Adequate rest is also needed by everyone to support daily activities.

North Sumatra, which consists of many tribes and cultures, certainly has its own characteristics that can be explored in various art forms. The Ahoi Nusantara Gymnastics is a typical dance of Medan City which collaborates Malay music and songs with a number of regional dances in North Sumatra such as the Toba, South Tapanuli (Tapsel) and Karo dances. Therefore, the Ahoi Nusantara Dance was created in such a way that it can be danced by children to the elderly. Even the movement is very easy, so it can be danced by all elements and groups. Ahoi gymnastics itself is expected as a forum to introduce the dances of various tribes in North Sumatra, to the community, and also as a way to promote traditional dances to the wider community.

PKK women in Kerapuh Village have community sports activities which are also attended by young women, activities that are always carried out every Tuesday afternoon and Friday afternoon. Community sports activities that became the choice of PKK mothers and young women were rhythmic gymnastics. This activity has been going on since the beginning of the pandemic, the background of this activity being carried out is to fill free time for mothers and young women, as well as to improve body fitness, considering the benefits of exercise for the body.

The author sees a lot of problems that exist in gymnastics activities carried out by PKK women in Kerapuh Village, which must get very serious attention, so that the purpose of exercising is directly beneficial to the health of the body. Many of them want to have an ideal weight in order to have an attractive appearance, but the fact is that they have been training for years but do not get the ideal weight. This is because there are still many mothers who do not maintain an unsustainable or routine diet, rest, and exercise.

The main problem that the author found was that the instructor resources were still not good, the existing instructors only did gymnastic movements guided by the video gymnastics that was played. The instructor also does not have a well-written exercise program, taking into account frequency, intensity and time (FIT). The exercises carried out tend to be monotonous so that many mothers are less enthusiastic in following the gymnastic movements presented. Instructors do not have good knowledge and understanding of healthy lifestyles, instructors assume that with exercise they will get excellent physical fitness, even though there are many other factors that affect one's body fitness. Inadequate training equipment, gymnastics club does not yet have a portable sound system that can produce good sound.

In locomotion, the more and often the movement is done, the faster the person will master the movement, which in the end will become an automatic movement. Gymnastic movements must be carried out from easy movements and then more complex movements, in rhythmic gymnastics there are also movement patterns that must adjust to the number of beats from the rhythm of the music that is followed, then we can get beautiful and interesting gymnastic movements.

Based on the results of a survey that we conducted on partners who did not have a gymnastics instructor, mothers' knowledge of the supporting factors for having good body fitness was still very minimal, gymnastics activities had not been carried out in a sustainable manner. Gymnastics club organization that has not been well formed. There are no gymnastics training facilities, especially the sound system. We see

this is one of the fundamental problems with these partners. This situation causes mothers and young women who practice do not have much opportunity to be able to practice gymnastics seriously.

The initiative from PKK women to hold rhythmic gymnastics activities regularly by involving young women is certainly an opportunity to further promote sports activities in rural communities. The rhythmic gymnastics activities that have been carried out have been running but in the implementation of the training activities they have not been programmed properly. Though practicing gymnastics must be planned properly to achieve maximum results. In accordance with the definition of exercise, namely "An activity that is carried out repeatedly, systematically, the burden of which is increasing day by day" (Harsono).

The problem faced by partners is the absence of competent gymnastics instructors in fostering and training PKK mothers and young women who are members of the gymnastics community. The level of participation of PKK mothers and young women in rhythmic gymnastics activities is still low. Training facilities are still very minimal. The results of interviews and observations made by the author saw that there were several data obtained, including:

1) The instructor does not understand how to make a good and correct training program, which is in accordance with the condition of the audience. 2) The instructor only trains based on experience and still sees video shows in practicing gymnastics. 3) The instructor has never attended a gymnastics instructor's coaching clinic. 4) Very inadequate practice facilities only have radio tapes. 5) Gymnastics instructors do not have the knowledge and understanding of a healthy lifestyle.

To answer the problems that have been discussed above, the solutions offered to partners in the implementation of this service activity are agreed to answer the main problems faced by partners in carrying out their activities so that later sports activities in Kerapuh Village can be carried out properly, namely by:

1) Conduct training in making an exercise program that is in accordance with the standard principles of exercise in sports, so that the training objectives can be measurable and systematic, and the training materials are adapted to the age of the audience, and are not monotonous. 2) Conducting a coaching clinic for gymnastics instructors with basic gymnastics training methods for beginner instructors, where at this level of training prospective instructors are equipped with knowledge and understanding of assembling gymnastic movements from the start. As well as providing knowledge about healthy lifestyles. 3) Provide gymnastic training tools according to the needs of partners. So that the given rhythmic gymnastics exercises can actually be carried out without any obstacles from the side of the training tool. 4) Provide assistance to instructors when doing rhythmic gymnastics exercises for PKK mothers and young women, so that changes to the rhythmic gymnastics model that has been taught can be implemented in gymnastic exercises. 5) Assist in compiling the organizational structure of the gymnastics club in order to develop the potential of sports in Kerapuh Village.

2. Method

Based on the problems that have been raised, in this PKM activity the approach method offered for the realization of this service program is an empowerment model with the following steps: 1) Preparation Phase; 2) Phase Program Planning. 3) Program or Activity Implementation Phase; and 4) Evaluation Phase.

The implementation of this service program will be carried out as an effort to improve the instructor and management system of the gymnastics club both in terms of managerial management and management of rhythmic exercise programs, so that in training activities and mentoring exercise programs that focus on providing training facilities, improving management management, coaching clinic for rhythmic gymnastics instructor, as well as training in making exercise programs. The program implementation methods that will be carried out are: (1) Provision of exercise facilities, (2) Improvement of management management, (3) coaching clinic for rhythmic gymnastics instructors, (4) and training in making rhythmic gymnastics training programs. All these methods are an integral part of this program.

3. Result and Discussion

Overall, the North Sumatera Ethnic Gymnastics Training for PKK Kerapuh Village Women went smoothly, according to the stages of the plan that had been made. At the preparation stage, the coordination in the implementation team produces a field action plan, while coordination with partners is carried out with the PKK chairman and the Kerapuh Village Head. The results of the meeting between the team and

partners agreed that the activity will start on Saturday 18 June 2022, at 14.00 at the Employee Center Afdeling 2 PT. Socfindo Bangun Bandar. This activity resulted in 3 North Sumatera ethnic gymnastics instructors who had been specially trained by the service team for 6 meetings. The three instructors will later become gymnastics instructors held by PKK every 2 times a week. The selection of the three Women was based on the results of the service team's monitoring of their performance during the joint exercise, at the first meeting. The motor skills of the three are above the average of the other participants, so they are considered worthy to become gymnastics instructors for other PKK Women.

During the training activities for the North Sumatra ethnic gymnastics instructors, the instructors were given knowledge and skills about the basics of rhythmic gymnastics movements, both hand and foot movements and hand and foot coordination. In addition to basic knowledge and skills of foot and hand movements, prospective instructors are also given the ability to count beats from music that is used as a gymnastics rhythm. Prospective instructors are also given material about movement patterns and counting patterns in gymnastics. As a result, the gymnastics instructors who have been trained are not only able to perform rhythmic gymnastics movements of North Sumatra ethnicity, they are also able to design other movements with other musical rhythms. This success is of course thanks to the direction and guidance of the instructor team and the perseverance of the prospective gymnastics instructors.

The selection of North Sumatra ethnic gymnastics to be a gymnastics for PKK women is because of the easy movements with excellent musical rhythms, as well as to introduce the indigenous culture of the North Sumatera people who consist of various tribes. This exercise is also very suitable for mothers over the age of 40 years and over. From this activity, the management of the PKK Village Gymnastics Club has also been formed, chaired by the village head complete with a supporting organizational structure. There is an agreement on the training schedule which is carried out every Tuesday at 16.00 and Saturday at 16.00. the result of this activity was an increase in the physical fitness of PKK women and an average weight loss of 12% of the initial body weight. The service team provided assistance in the form of a portable sound system that was used as a tool to play gymnastics music.



Fig. 1. Photos of Gymnastics training activities.

4. Conclusion

The community partnership program with the title of mentoring the gymnastics club Mrs. PKK Kerapuh Village, Dolok Masihul District, Serdang Bedagai Regency, has produced 3 gymnastics instructors who have been able to appear in front of North Sumatra ethnic gymnastics instructors. This activity has also improved the physical fitness of PKK women in Kerapuh Village to support daily activities both for work and other activities, this is marked by an average weight loss of 12% of active PKK women. This activity has been able to foster a sense of togetherness between PKK mothers, so that it can be continued for further programs in the field of improving the family economy and other business fields.

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