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EMPOWERMENT OF RIVER FLOW REGION COMMUNITIES BASED ON OPEN WATER SWIMMING, DIVE, AND POST FLOOD SAFETY SIMULATION IN BANJAR DISTRICT

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Abstract

Making PJOK learning videos is needed in helping teachers for online learning to be delivered to students. The purpose of this activity is to help PJOK teachers make basic learning videos of big ball games using video editing applications. This activity was carried out directly with the method of lectures, demonstrations, discussions and structured guidance on September 15, 2020 in Kusan Ilir District, Tanah Bumbu Regency. Participants in this activity are PJOK teachers who are recorded on duty in the 3T area as many as 8 people. Teachers who have never made simple and short learning videos using video editing applications are very excited because the videos produced using these applications can be directly shared with students. This activity received a response on very good criteria for the four aspects assessed, namely material, resource persons, duration and delivery media and the teacher can make PJOK learning videos. The goal is to express the real meaning of playing, even though students only follow the movement through virtual videos.

Keywords : Debriefing; Watershed Community; Banjar Regency

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INTRODUCTION

Indonesia is a maritime country that has a lot of good potential from natural resources. This can be seen from the various islands that have and have their own wealth, both oil and gas, mining, fishing and other natural income (Ihsan et al., 2022). So that the existence of this wealth becomes an important capital for the Indonesian people to realize the ideals of a prosperous nation (Okilanda et al., 2021). Of the many tours in Indonesia that involve preserving the environment,



especially waters, we will focus on the province of South Kalimantan. South Kalimantan Province is one of the provinces that has many water areas and is dubbed the area of a thousand rivers. (Wahidah et al., 2020) The need for technology is very high, one of the problems that will be faced by a physical education teacher where they are used to daily activities in the field. The use of technology needs to be emphasized so that physical education teachers are able to deal with things like this. (Cepi Riyana, 2018).

The province of South Kalimantan which is very active in carrying out activities in water areas is the upstream district to the city of Banjarmasin which has human resources who carry out many daily activities related to the aquatic environment, from using water for drinking, eating, bathing, washing and even selling transactions. Buyers also still carry out activities in the waters (Rizka, 2013). Swimming is all activities carried out in the water with the aim of training students to improve motor skills in the water. (Lauh et al., 2020) One illustration is where the distance that separates one person from another, while we need the person concerned must deal with the person needed to facilitate communication. With communication through the network, a teacher can also develop information technology skills, therefore according to (Johnson E.B., 2015) technology is now advanced, it's just us who develop and pursue it so that it attaches to us.

A group of people who live in a place or space is not a community if there is no relationship between them that can occur socially, culturally or economically, according to (Indratmo dan Sewuko, 2003) in Dhenov said that community has meaning in three ways, namely a group which has a certain space, a group that has the same characteristics, a group that is limited by the same cultural identity and formed with the same social relations (Murjainah et al., 2020).

South Kalimantan was hit by a major flood which submerged many residential areas to a height of 1 meter. This is the biggest natural disaster that has never happened before in South Kalimantan. One of the widest and closest regencies to the capital city of South Kalimantan Province is Banjar Regency which



has 20 sub-districts where each sub-district must have a river trajectory that always flows and is tidal in nature. After the flood, there were many volunteers who actively helped both from the area itself and from outside the area. We received information that coastal communities (Hamdi, 2016) on the banks of the river are very difficult to deal with the flow of water that flows after the big flood. Then there has never been a simulation of mitigation and safety in the aquatic environment. Then coupled with the inability of the community to cope with the cleanliness around the river's coastal environment, which is due to the fact that they are not used to doing water swimming activities by facing a fairly heavy river current. In developing children's movement skills, physical education planning is needed to achieve a complete degree of health including cognitive, psychomotor and affective aspects. (Indratmo dan Sewuko, 2003) Based on the description of the problem above, we as a research team really want to try in terms of finding a solution to the problem by conducting research. Where this research is planned to directly involve the community, both adults and youth groups who live on the edge of the river in several sub-districts in Banjar Regency (Putra et al., 2020).

Research conducted by (Ruslan, Abdul Gani, Hasanuddin Jumareng, Kuswahyudi, Oman Unju Subandi, 2015) to improve breaststroke swimming skills, the difference with research conducted by researchers lies in the program provided by researchers using modified games, so it will be more fun for students which brings from the program given by the teacher, the equation is to provide a treatment program to improve swimming skills. In the simulation of safety in the waters with the method of providing water swimming, diving and safety.

The vertebral column has three important functions in swimming, to minimize resistance, help facilitate the movement of swimmers to breathe, and provide stability of the arms and leg muscles that function for maximum propulsive effect. and the dholpin style where flexibility gives the body an angle of movement in the swing movement. Trunk flexibility rests on the breadth or not of the space for the intercorpus verterba articulations, the vertebral interarcus articulations. A

person is said to have good trunk flexibility if he has a wide range of motion of the trunk. Trunk flexibility is a physical element that plays a role in swimming movements. Broad and maximum truncus flexibility results in more efficient movement. Precise anatomical position and stance, providing good buoyancy, swing and repulsion speed. The trapezius and deltoid muscles have functions on the shoulder girdle, namely elevation, upward rotation and adduction, these functions are related to swimming movements when doing swings.

stated that aquatic swimming is one of the disciplines of swimming that is competed outdoors. Swimming for this type can be done in several places, including in lakes, rivers and oceans. (Imansyah. F, 2018) said swimming as a sport that is one of the most popular sports from various circles in society, because swimming can be carried out by children and adults, male or female. Swimming has various purposes, including educational sports, recreational sports, rehabilitation, and achievement sports. Teachers must also be able to control students in an atmosphere like this, (Arikunto, 2007) Students are expected to be able to find and develop new knowledge and skills in accordance with the knowledge they have. they will understand and interpret their knowledge better. Then the importance of this activity is carried out so that later after the material and video-making simulations are delivered (Ratnawati, 2017) to PJOK teachers, it will have a positive impact, which can be seen from the results of participant responses after the activity is carried out.

This study seeks to explore the potential of the community, especially youth organizations to be able to apply the knowledge that will be conveyed later. Seeing the situation and conditions that occurred in Banjar Regency and the forms of success in environmental safety in each sub-district, the research team was interested in providing water swimming, diving and safety simulations, especially for youth groups in several sub-districts in Banjar Regency.



METHOD

The type of research used is field research, in which data collection is carried out by searching for data directly from the research location. The method used in this research is descriptive qualitative research method. Sugiyono stated that the descriptive qualitative research method is a research method used to examine the condition of natural objects, where the researcher is the key instrument, the data collection technique is done by triangulation (combined), the data analysis is inductive, and the results of qualitative research emphasize the meaning of on generalization (Sugiyono, 2014). Descriptive qualitative method can be interpreted as a problem solving procedure investigated by describing / describing the state of the research subject / object (a person, institution, community, etc.) at the present time based on the facts that appear or as they are (Wahidah et al., 2020). Descriptive research method is research that is intended to collect information about the status of an existing symptom, according to what it was at the time the research was conducted, and descriptive research does not require administration and control of a treatment.

Table 1. Stages of Research Design Steps

Stage	Step	Activity
	a. (Data Reduction)	Data reduction is summarizing, choosing the main things, focusing on the important things, looking for themes and patterns and removing unnecessary things.
1	b. (Data Display)	Presentation of data where the researcher presents the data, the presentation of the data can be done in the form of a brief description, the relationship between categories of the like
	c. (Conclusion Drawing)	The verification stage where the researcher draws conclusions, the expected qualitative



		conclusions are new findings in the form of descriptive. Stage 2 expert evaluation with those who have adequate
2	Instrument Validation	competence in the field of aquatic swimming ⁸ Meeting with several people to exchange information and ideas through question and answer, so that meaning can be constructed in a particular topic
3	Interview	Document studies are complementa ⁶ to the use of participatory observation and interview methods in qualitative
4	Documentary Study	¹¹ earch Triangulation is defined as a data collection technique that
5	Triangulasi	combines various data collection techniques and existing data sources

RESULT

The subjects in this study are indigenous people who live in the research destination. Based on data collected from 3 sub-districts, research subjects were obtained based on sampling criteria including: local community/coral cadets, had been flood volunteers, did not have the ability to swim in open water, maximum age 40 years. Based on these criteria, the research team obtained 60 subjects divided into 3 districts:

1. Martapura District as many as 12 people
2. Aluh-Aluh District as many as 8 people
3. Sungai Tabuk District as many as 10 people

So the total number of research samples is 30 people. In addition, the research team also prepared a respondent's questionnaire with the aim of knowing the level of understanding of the subject and adding research data. This research was conducted from April to October 2021 in Banjar Regency in 3 sub-districts including Martapura District, Aluh-Aluh District and Sungai Tabuk District. The



research was conducted through observation, interviews and documentation studies with research subjects and several informants directly in the field. The results of the study were analyzed by researchers using qualitative descriptive techniques, which means that researchers will describe, describe, and interpret all the data collected so that they are able to obtain a general and comprehensive picture.

Description of Recruitment of Flood Volunteers in Martapura District

Based on the results of interviews with subjects in the field, their process to become flood volunteers is only by forming small groups starting from neighborhood units to community units. The basis for the formation of flood volunteers is indeed based on the desire and sincerity of the local community/youth. For the average status, most of them are still unmarried with all male sex, therefore, the burden and a lot of free time to help people who are in need of assistance during the last big flood that hit the Banjar Regency area really underlies the desire of the coral community. local cadets to become flood volunteers.

Community Description After being given knowledge about diving, open water swimming, and water safety simulation in Martapura District

Based on the number of samples planned to obtain 12 volunteers who entered the criteria as research samples. Together with this, the researcher will describe the results of the interview with the subject, as well as the study of documentation in the field. All communities support when activities such as research and partnerships continue to be carried out properly, until they are impacted on the community. Then the people in Martapura District also want an even distribution of water drainage, around the highway to the Ahmad Yani main road. The response from one of the youth organizations about this activity is that it is very good to increase our knowledge, so that we can share knowledge and experiences together. We only have courage and some of our friends still have not completely mastered the flowing waters. Other inputs from community leaders around the place where the activity is carried out so that the government always pays attention to places where flood-prone points (lowlands) are made so that a place (container) can be a warehouse building or other to be used, at least put things

such as: rubber boats, buoys, water pump, until the alarm (siren sign of natural disasters). So based on several interviews with the community in Matapura District where apart from impacting this activity, they also need a container (place) which can be used to put things that can be used when the flood comes again, considering their area is classified as lowland and prone to flooding.

Description of Recruitment of Flood Volunteers in Aluh-Aluh District

⁵ Based on the findings of information in the field, the recruitment process to become flood volunteers in Aluh-Aluh District is not much different from that of Martapura District. There are many youths in Aluh-Aluh sub-district but not all of them want to be flood volunteers. Based on the results of the information that there has been no formation of youth organizations, but there are youths in this area who volunteered during the last flood. The main cause of the lack of community/youth who stepped in to help was the difficulty of access, and the flooding in the Aluh-Aluh area was very severe, up to 85% of all residents shifted to the highlands. Therefore, only a part of the population survives in their respective places.

Community Description After being given knowledge about diving, open water swimming, and water safety simulation in Aluh-Aluh sub-district

The community in Aluh-Aluh Sub-district was very happy and very enthusiastic to receive the arrival of the research team. So that all participants have understood the purpose of coming with the aim of wanting to carry out empowerment as well as socialization of how the last flood incident was, what was faced by the community, what was needed by the community and how the community responded when after being given knowledge about the implementation of free water swimming, shallow water diving to safety simulations. in the waters.

Description of Recruitment of Flood Volunteers in Sungai Tabuk District

Based on sources from community information in Sungai Tabuk Subdistrict, there are very many youth youth groups and the community, who participated in helping the evacuation process for highland residents. It's just that the researchers determined the sample with certain conditions, including the maximum age limit of 40 years. Until the number of subjects netted as many as 10 people. Actually, there



are still many youth organizations in the Sungai Tabuk sub-district, but only some are willing to become research subjects (ARISMAN & Okilanda, 2020). Therefore, the research team made the decision to determine the appropriate number of samples needed for the data mining process. Community knowledge perception data about water swimming.

CONCLUSION

¹⁵ Based on the results of interviews with the secretary of the Aluh-Aluh Sub-District Head, it was clear that when the nature of the water in the area was indeed ups and downs. For example, at 20.00 in the evening until 05.00 in the morning, the water sometimes rises to the surface of the highway. even the yard. This is a normal thing, we take it for granted. Then what about the last big flood. Now the secretary of the Camat when interviewed he said that the sub-district where we live on average has water up to a quarter of the house's height. Then what about the local community, some of which have fled and some have stayed in their respective homes. Then what about the youth / youth groups and flood volunteers in Aluh-Aluh District? Well, our people have flocked to Sungai Tabuk sub-district to help the people there who really need energy assistance. Both moving the elderly, children and important items that can be saved. Thus, the results of data analysis are very synchronized based on public knowledge about open water swimming with experiences that have occurred in the field.

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