

STUDENT ANXIETY IN DOING FLOOR GYMNASTICS MOVEMENTS

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Abstract

The purpose of this study was to find out how much anxiety students majoring in physical education had to UNM Elementary School. This research is a quantitative descriptive research using surveys as the primary data collection method. The sample population used in this study amounted to 35 people. The questionnaire was the instrument used in this research project. The overall results showed that physical education students to elementary school in floor gymnastics lectures for the 2023-2024 academic year were included in the moderate anxiety category with a percentage of 54.3%.

Keywords: *Anxiety; Floor Gymnastics; Student*

Submitted : 01th of December 2023

Accepted : 28th of January 2024

Published : 31th of January 2024

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DOI <http://dx.doi.org/10.31851/hon.v7i1.14655>



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INTRODUCTION

One of the activities that can be done during physical education is gymnastics. Gymnastics can be understood as any form of physical exercise that is organized systematically and involves movements that are selected and planned to meet a specific goal (Kumala & Maksum, 2020). In another sense, gymnastics can be understood as a kind of body exercise performed deliberately with the intention to shape and harmonize one's personal development (Mabrur et al., 2021).

The term "gymnastics", which refers to the sport of gymnastics, comes from the Greek phrase "to describe the range of movements performed by naked athletes." Rhythmic gymnastics, agility exercises, and floor gymnastics are some of the components that make up gymnastics as a whole. Free exercise is a term often used to refer to exercise floors. This is because when gymnasts do

movements or exercises on the gymnastics floor do not bring or use any tools. According to Yanto Kusyanto in (Nurjayadi, 2016) Floor gymnastics is one of the components that make up the gymnastics group. In accordance with the expression "floor", the movement or form of exercise is carried out on the floor on a mat or rug, that is, the tools used.

The movement in this gymnastics emphasizes the importance of flexibility in the child's body (Indrayogi, 2020). Movement in gymnastics is still felt challenging by students who sit at the college level. Because young people still experience anxiety every time they make movements that have the potential to cause injury, especially when they are about to flex their bodies (Hanan et al., 2022). To excite students to move in such a complicated way, instructors will usually change the movements in such a way that it is less difficult and more fun for students.

Children should be encouraged to maintain a flexible body. Children receive a diverse education at school, one of the benefits of which is the development of physical flexibility (Fathurrozi et al., 2020). To be able to do this movement, not only done once, but also regular practice is needed. While in learning only a handful of people are able to do the movement, and even that does not guarantee 100% that children will be able to participate in the activity. Because a student's physical flexibility varies from child to child, it is not possible to set the same size or standard of physical flexibility on all students (Febriyani et al., 2020).

One psychological aspect that plays an important role in the performance of an athlete is the aspect of anxiety (Hamzah et al, 2023). Many college students have feelings of anxiety, tension, and fear, and they are unwilling to do various movements in gymnastics (Bafadal, n.d.). Students are hesitant to do the exercises and often declare "I can't" before actually doing the gymnastic moves. Even though instructors need to provide encouragement, examples, and assistance so that students are willing and dare to try. However, there are still some students who find it difficult to follow this movement.

This is because students do not get enough practice so that children are not familiar with these complicated movements (Prasetyo & Dimiyati, 2018). Students who are anxious and tense will have less body flexibility because the discomfort will cause the body to become stiffer when doing movements in gymnastics (Ashidqy et al., 2023).

Anxiety is one of the most common types of psychological problems people experience (Hayat, 2017). When the learning environment is like floor gymnastics, anxiety can manifest itself in any student who follows instructions. A student's ability to concentrate is impaired by worry, and the student's feelings of fear prevent them from moving (Arti et al., 2017). However, one needs to have attention and courage to complete every movement in this gymnastics.

METHOD

This study used descriptive analysis as well as descriptive statistical approach. A descriptive approach intended to give the reader a clear understanding of the issue under investigation (Ikadarny et al, 2022). As discussed earlier, the difficulties presented in the form of percentages can be carried out next. The survey was conducted on November 20, 2023. The research was conducted on the campus of the Faculty of Sports Science, Makassar State University.

Population is all things that will be studied, be it objects or non-living objects or in the form of subjects or humans or social devices available in a study (Rahmadani et al., 2023). The population in this study was the whole physical education students to elementary school FIK UNM of which there are 75 people. A sample is any method used to identify a sample for research purposes (Ancient et al., 2023). Based on the above opinion, what is meant by sample is a part or representative of the population studied and the data obtained represent the population. The sample in this study was 35 physical education students to elementary school FIK UNM. Sampling technique by means of *purposive sampling*, where sampling is carried out using lottery techniques. The data

instrument used in this study was a questionnaire. The type of questionnaire offered is a closed questionnaire that is answered directly by respondents.

Discussion

The results of the study on the level of anxiety of physical education students to elementary school in floor gymnastics learning for the academic year 2023-2024 odd semester obtained a maximum score of 105 and a minimum score of 75 out of 25 questions with scores from 1 to 5. The average was 90.14, and the standard deviation was 6.38.

Categorized according to a predetermined formula into 5 categories, namely very low, low, medium, high, and very high categories. The results of categorizing data on the level of anxiety of physical education students to elementary school in floor gymnastics learning can be seen in the following table:

Table 1. Results of Categorizing Student Anxiety Levels

No.	Interval	Kategori	Frequency	Percentage (%)
1.	> 96	Very High	4	11,4
2.	91-95	Tall	5	14,3
3.	86-90	Keep	19	54,3
4.	81-85	Low	3	8,6
5.	< 80	Very Low	4	11,4
	Total			100

Based on the data analysis, it is known that as many as 4 students (11.4%) have very high anxiety levels, 5 students (14.3%) have high anxiety levels, 19 students (54.3%) have moderate anxiety levels, 3 students (8.6%) have low anxiety levels, and there are 4 students (11.4%) who have very low anxiety levels. For more details can be seen in the histogram below:

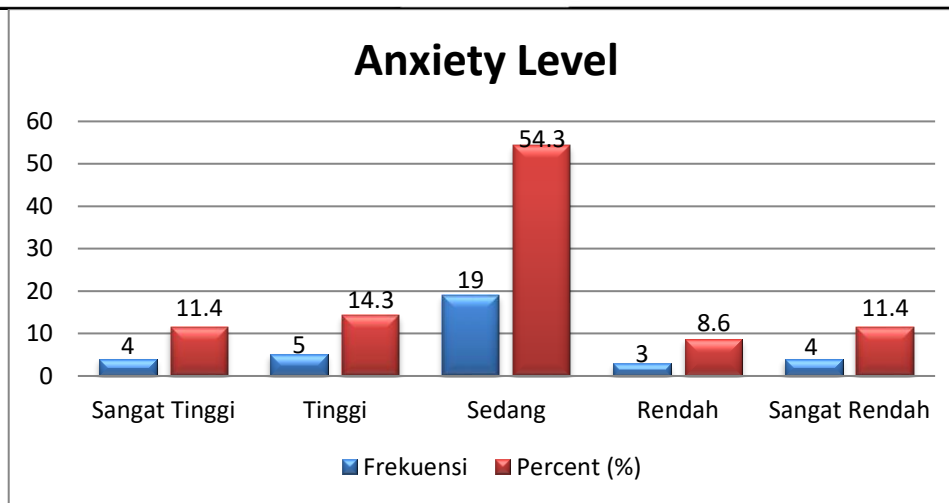


Figure 1. Diagram of the Anxiety Level of Physical Education Students to Elementary School

The purpose of this study was to determine the extent to which physical education students to elementary school, Faculty of Sports Sciences, Makassar State University experienced anxiety when participating in the floor gymnastics lecture process. This study used a research instrument in the form of a questionnaire to conduct its investigation. Data analysis methods used include descriptive analysis and the use of calculations and percentages.

Based on the results of research findings and the percentage of students during lectures, the level of anxiety of physical education students to elementary school is in the medium category. This can be seen from the fact that the study produced results showing that the overall proportion was 54.3%. The percentage of each factor seen in the process of obtaining the score showed that biological factors were greater by 54.3%, and psychological variables reached 45.7% of the total. Following up on these findings, indicators of anxiety due to physiological factors are increasingly visible when students follow the lecture process on campus.

Based on research findings, this medium category shows that learning as required in floor gymnastics lectures still requires additional learning, both theoretical and practical. Signs of anxiety, both physiological and psychological, appear in college students when they are involved in the process of floor

gymnastics lectures, and this can be considered evidence of such problems. While facilities and infrastructure in educational institutions are generally conducive to supporting academic success.

Floor gymnastics learning consists of various techniques and movements that are implemented in several meetings (Rifa'i, 2021). So, to be proficient and get flexibility to do these movements, you need to do the exercise several times.

Anxiety is a negative psychological condition characterized by feelings of worry, anxiety, and fear caused by threats to security, both actual and unreal (Bimantoro & Zoki, 2022). As mentioned earlier, anxiety is a condition that a negative person has. If you are anxious, your body will react both physiologically and psychologically to your current state (Irwanto & Farhanto, 2021).

A reaction can be an action, a conscious or unconscious action, or even an action that a person is not aware of. Students can face this problem when they engage in practical lectures on campus. A student who cares about how feelings and thoughts can change and how it will affect him. Students should be able and dare to do various movements in practice, especially for those students of physical education and sports, but instead make them restless and cause the appearance of their movements to be not optimal. In addition, it is also possible that students only completed relevant questions on the questionnaire at the time they were asked about the statement. So that the results obtained do not accurately reflect the feelings of students.

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