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**Submission date:** 04-May-2022 03:31AM (UTC-0500)

**Submission ID:** 1804677169

**File name:** Ning.docx (237.51K)

**Word count:** 2876

**Character count:** 15714

**FAMILY FITNESS WITH PANDEMIC-ERA RHYTHM GYMNASTICS  
MODIFICATION MODEL**

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**Abstract**

*This study aims to create a Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic. The ultimate goal of this study is to produce a modified model of rhythm gymnastics for fitness that can be used as a medium of exercise for families, helping families in maintaining fitness. Research time for 6 months from March to August 2021. This research was conducted in Jakarta. This research uses research and development (R&D) methods, with reference to the ADDIE model, where this research goes through 5 stages, namely Analysis, Design, Model Development, Implementation, and Evaluation. The initial product manufacturing using 25 model items, after validation by experts, there are 24 model items that are suitable for the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic. Based on data on the results of research that has been obtained from field tests as many as 24 items of Rhythm Gymnastics Modification Model for each family, and based on the results of research discussions, researchers can draw the conclusion that: Rhythm Gymnastics Modification Model made suitable for use by family fitness during the Covid 19 pandemic. This Rhythm Gymnastics Modification Model is then printed and used as a guidebook for the Rhythm Gymnastics Modification Model for each family. The results of the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic can provide a positive contribution for families and physical fitness observers specifically in carrying out physical activities for family fitness during the Covid 19 pandemic.*

**Keywords:** Rhythm Gymnastics Modification, fitness, Covid 19 Pandemic

**INTRODUCTION**

National development in several fields such as economics, education, health, technology implemented by the central and local governments has an impact on increasing the life expectancy index of the Indonesian population. This increase in the

human life expectancy index is one of the indicators of the level of prosperity in a region or nation, so that it can be declared the area as a developed or disadvantaged area.

The number of Indonesian people's lives tends to increase every year (SUSENAS 2010 data). Life expectancy in 2002 was 67 years increased by 6.9% to age 72 in 2012. The increase in life expectancy of an area will be accompanied by an increase in the number and percentage of families. Life Expectancy as an achievement and challenge but on the other hand beban government and society. The current conditions of facilities and public access are intended for all ages, the government does not distinguish such facilities for families. The need for family awareness to stay healthy and fit in order to enjoy existing public facilities. So that an activity can be made that provides awareness for the Family to remain active and independent.

The level of family independence has not been measured in a presentation of statistical data, but some families in the city look more well handled. According to family data handled from the Ministry of Social Affairs of the Republic of Indonesia in 2013 through the nursing home system as many as 278 orphanages, both government and private who get assistance, handle an average of 70 families. The non-nursing system of 26,500 families who get services through the Family social assistance program. So that as many as 45,960 families are handled spread across various cities in Indonesia. Contrary to SUSENAS data, the predicted number of families until 2020 amounted to 28.8 million people. Families handled by the government are less than 5% and the rest have not been touched.

The above image confirms that the public service has not fully touched his needs as a citizen. The characteristics of this family are different from productive communities for that health care must be different. Providing health access for families is not only health services but also must cover services on how to maintain family

health and fitness, so that families in Indonesia remain active, independent and productive.

Fitness itself is a need that must be met so that we can carry out daily life activities properly. Another definition, physical fitness is the ability of the body to perform activities without experiencing excessive fatigue. The term physical fitness has an understanding that is no different from the physical aspect in total fitness or known as physical fitness (Arisman & Noviarini, 2021).

In general, the definition of physical fitness is a person's ability to carry out daily life activities lightly and easily without feeling significant fatigue and still have energy reserves to do other activities. The higher a person's physical fitness level, the better his physical work ability (Okilanda, 2017).

Physical fitness is the key to true health and endurance. Therefore, some people routinely do various exercises and physical activities, such as exercising. The body will become more fit and not easily contracted by disease. In addition to stable health conditions, physical fitness exercises will make the body feel fresher. So, the more often you exercise actually makes you not easily tired. With physical fitness exercises, your endurance can be further increased. Although it is important, there are still those who do not understand what physical fitness is (Alba et al., 2019).

One way to keep the Family awake is to modify the rhythm gymnastics for fitness that suits the character and needs for the Family. A guideline is needed that can guide and provide convenience for families to have a level of health that can maintain physical fitness, and is easy to implement.

Gymnastics is one type of sport that can be done in groups or individually. There are several types of gymnastics, one of which is rhythm gymnastics. Rhythm gymnastics is one type of gymnastics that is done by following the rhythm of music, singing, or beats by prioritizing the alignment of movement. Rhythmic gymnastics can

be done with or without the use of tools. Rhythm gymnastics is a combination of dance and sports movements. The elements contained in rhythm gymnastics include: flexibility, continuity of movement, and accuracy of rhythm. A series of rhythm gymnastics can be done by walking, running, jumping, jumping, as well as swings, and hand rotations (Nopianto et al., 2020).

The creation of a Rhythm Gymnastics Modification Model for Family Fitness is expected to be a reference for healthy, fit and independent living movements that must be implemented immediately. So that the challenge to maintain and increase the life expectancy of Indonesian people in the future can be met.

Display and master the skills needed for mastery of rhythm gymnastics exercise model making. Identify various types of rhythmic gymnastics movements. Discuss awareness and understanding of the importance of creating rhythmic gymnastics movements tailored to family conditions. Identify knowledge and skills in the management of materials about rhythm gymnastics. Use the knowledge needed to develop and apply a wide variety of training in making rhythm gymnastics exercise models for families. Discuss various skills and strategies for the implementation of rhythmic gymnastics exercise models for families (Chan et al., 2021).

Learn some technical skills such as making a series of rhythm gymnastics suitable for the family. Family members can learn more about the various rhythm gymnastics movements. Contribution and appreciation to exercise activities will enrich and improve the quality of life. The quality of life in question will shape the family into a good citizen. Qualities that will develop such as: have a sense of responsibility, have a spirit of leadership, able to work together, and be honest. All family members will give a better appreciation of the importance of mastering the rhythm gymnastics exercise model. The love of exercise, which is usually very popular with all family

members, will be channeled through good training activities. All family members learn to rely on their own ability to practice healthy living rules.

## METHOD

This study aims to create a Rhythm Gymnastics Modification Model for Family Fitness. The ultimate goal of this study is to produce a Modified Model of Rhythm Gymnastics for Family Fitness During the Covid 19 Pandemic. Research sites are carried out in housing around Jakarta. The research will be carried out between March and August 2021. The planning and preparation process was made to help the success of research in making a Rhythm Gymnastics Modification Model for Family Fitness which will be compiled in the form of a Rhythm Gymnastics Modification Model for Family Fitness consisting of 25 items, the subyek used are families in housing around Jakarta. So the Rhythm Gymnastics Modification Model for Family Fitness that is compiled is an exercise medium in the form of a warm-up, core, and cover model, which is easily understood by the family, interesting to implement and this Rhythm Gymnastics Modification Model for Family Fitness is expected to improve the family fitness factor. <sup>2</sup> This research method uses Research and Development (R & D) research methods to validate products in the form of Rhythm Gymnastics Modification Models for Family Fitness (Putra et al., 2020). The design in this study is <sup>3</sup> based on systematic data derived from practice. Through systematic study there is an analysis, design, development, implementation and evaluation process with the aim of forming an empirical basis for creating instructional and non-instructional products as well as new tools and models. This is a way to test the theory and to validate the product, in addition to creating a new procedure.

<sup>3</sup> This research stage is a procedure taken in the manufacture of Rhythm Gymnastics Modification Models for Family Fitness. The end result of this study is to provide knowledge about rhythmic gymnastics modifications for family fitness.



## RESEARCH RESULTS

The results of the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic were written in the form of a guidebook for rhythm gymnastics mophysication models. The book presents various Rhythm Gymnastics Modification Models that have been sorted the difficulty level from the first model to the last model.

adaptation procedures of development procedures (Borg & Gall, 1983) 1) Research and information collecting; included in this step include the study of literature related to the problems studied, and preparation to formulate research frameworks; 2). Planning; included in this step formulates skills and expertise related to problems, determines the goals to be achieved at each stage, and if possible / needed to carry out a limited feasibility study; 3). Develop preliminary form of product, which is to develop the initial form of the product to be produced. Included in this step is the preparation of supporting components, preparing guidelines and manuals, and evaluating the feasibility of supporting tools; 4). Preliminary field testing, which is conducting initial field trials on a limited scale, involving subjects as many as 6-12 subjects. In this step, data collection and analysis can be done by interview, observation or questionnaire; 5). Main product revision, which is to make improvements to the initial product produced based on the results of the initial trial. This improvement is very likely to be carried out more than once, according to the results indicated in the limited trial, so that a draft of the main product (model) that is ready to be tested more widely; 6). Main field testing, the main trial involving the entire sample. 7). Operational product revision, which is to make improvements / improvements to the results of wider trials, so that the product developed is already an operational model design that is ready to be validated; 8). Operational field testing, which is a validation test step against the operational model that has been generated; 9). Final product revision, which is to make

1 final improvements to the model developed to produce the final product; 10).  
Dissemination and implementation, which is a step to disseminate the product / model developed.

Rhythm Gymnastics Modification Models are carried out individually. Each Rhythm Gymnastics Modification Model is presented in different forms and steps in each rhythm gymnastics modification model, and is easy to apply in the rhythm gymnastics modification process for family fitness during the Covid 19 pandemic, so that later it is expected to achieve the appropriate goals. The needs analysis on the rhythm gymnastics modification model for family fitness during the Covid 19 pandemic aims to analyze how important the rhythm gymnastics modification model is. The needs analysis in this study used interview data with families.

The results of expert evaluation (initial product evaluation) expert evaluation is carried out to evaluate the initial product, providing input for improvement by conducting conceptual analysis which is further revised. In this study, experts were conducted to get input on the design of the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic. The initial design was tested by 2 experts, namely, physical fitness experts and rhythm gymnastics experts. To get input on the design of the Rhythm Gymnastics Modification Model to be developed, a questionnaire is used where the results are used as a basis to improve the initial product that will be used in field trials. Based on the results of expert evaluation or initial product evaluation by asking questions to experts. After being declared valid and revised, the Rhythm Gymnastics Modification Model of each family is final, there are 24 model items that can be applied to each family, both in terms of movement form and music rhythm. In this study involving experts in conducting model feasibility tests, expert judgement was carried out to get input on the design of the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic. After



validation, evaluation and revision of the model based on experts, the results obtained were as many as 24 valid Rhythm Gymnastics Modification Models while 1 Rhythm Gymnastics Modification Model was declared invalid because it was not in accordance with the characteristics of the research subject. Expert tests conducted by 2 experts, there are suggestions intended so that the product developed, in the form of a Rhythm Gymnastics Modification Model for each family is more perfect. The final result of the Rhythm Gymnastics Modification Model product for Family Fitness During the Covid 19 Pandemic, after research can be concluded that the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic applied is feasible and appropriate for each family. The results of the needs analysis showed that each family was very enthusiastic and very happy in following and doing the Rhythm Gymnastics Modification Model given by the researcher (Okilanda et al., 2021). This research is carried out optimally in accordance with the ability of researchers, but in research there are still very limitations that must be recognized as materials to be better in the future. The limitations in this study are as follows: This research was only conducted in residential areas around Jakarta.

## CONCLUSION

Based on data on the results of research that has been obtained from field tests as many as 24 items of Rhythm Gymnastics Modification Model for each family, and based on the results of research discussions, then Researchers can draw the conclusion that: Rhythm Gymnastics Modification Model made suitable for use by family fitness during the Covid 19 pandemic. This Rhythm Gymnastics Modification Model is then printed and used as a guidebook for the Rhythm Gymnastics Modification Model for each family. The results of the Rhythm Gymnastics Modification Model for Family Fitness During the Covid 19 Pandemic can provide a positive contirbusi for families



and physical fitness observers especially in carrying out physical activities for family fitness during the Covid-19 pandemic.

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