

Gymnastics Talent Identification Test in Semarang City

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Abstract: The purpose of this study was to determine the giftedness of children aged 10-15 years in gymnastics. This study uses a survey research design. The instrument uses a special gymnastics talent scouting test. The research sample was 160 students from SD Pekunden Semarang. The results showed that in the men's artistic gymnastics discipline, out of a total of 86 students, there were 6 students in the excellent category, 68 students in the good category, 10 students in the sufficient category, 2 students in the less category, in the female artistic gymnastics discipline, out of a total of 74 students. 19 students included in the very good category, 54 students in the good category, 1 student in the moderate category, in rhythmic gymnastics, out of a total of 74 students 11 students entered in the very good category, 63 students in the good category, in gymnastics discipline men's gymnastics aerobics, out of a total of 86 students who fall into the very good category, 4 students, 66 students in the good category, 16 students in the moderate category, and in the girls' aerobics gymnastics discipline, out of a total of 74 students, 1 student falls into the very good category. the good category is 43 students, the sufficient category is 30 students. The conclusion from the research is that 25% of students are gifted in gymnastics.

Keywords: test, talent, gymnastics

INTRODUCTION

Sport is inseparable from people's lives because sport is a necessity. The system of a sports coaching is an important foundation in the breeding of athletes and then it is continued systematically, in stages until it reaches peak performance (Khobibah et al., 2021). It should be noted that achievement in a sport is basically an interrelation of many factors that are interrelated and have an important role in achieving an achievement in a region that has a sports organization with the aim of scouting talent and fostering sports achievements. (Castyana et al., 2023).

The success or failure of an athlete to excel is influenced by existing factors including intrinsic and extrinsic factors. Intrinsic factors come from the quality of athletes and in athletes who already have innate talents that are suitable for certain sports so that they can be developed to achieve peak performance. Extrinsic factors include the environment as well as supporting infrastructure (Pendidikan et al., 2021).

Factors related to athletes are various qualities that athletes should have such as physical factors, motor factors, mental factors, emotional factors, and anthropometric factors. The factor of

the quality of the training itself is divided into two aspects, namely the aspect of the coach and the aspect of the athlete. The essence of sports is basically not just achievement but has a goal to improve health in sports. Creativity is also needed in making forms of sports activities so that they are not boring and fun (Widanita et al., 2020).

The basic concept of early childhood sports development is due to the potential period for early childhood in achievement development to the maximum, this coaching is carried out regularly, continuously, planned, programmed and systematic. According to Tudor O. Bompá (2009) argues that the development of sports achievements is believed by many people starting from nurseries, in a coaching for sports achievements there are stages of coaching (Krismon, n.d.).

Proper coaching of athletes will produce strong physical, technical, tactical and mental. An achievement will be formed if it is started and has been programmed from an early age, of course with continuous training, increasing according to the stages (Rudiansyah et al., 2023). Sports nursery is a stage or process in developing sports achievements which is a basic element or foundation of a sports achievement coaching system. Nurseries are carried out from an early age because they are guided by flexibility, balance, coordination, speed, agility, flexibility, which are still malleable (Puspitasari & Habibah, n.d.).

Miltiadis Proios (2012) argues that the goal of maximum achievement is of course the goal of every athlete. Showing the results of training, experience can also control psychology, which is very important, what's more during a match and requires concentration. Coaches have their own way of achieving achievements for their athletes. Presented planning, training programs as well as routine exercises (Putri Larasati et al., 2018).

Gymnastics is one of the sports that exist in every elementary school and is one of the subjects in schools. This gymnastics starts from early childhood which is inseparable from the age of elementary school so that in nursery gymnastics recruiting prospective athletes can be done at elementary school age. (Senam et al., 2022). Gymnastics can be a physical activity and can help maximize the growth and development of children. At an early age, children tend to be active because of their great curiosity, also considering that early childhood is a golden period in developing children's potential, which must be developed optimally. (Gusti et al., n.d.).

Gymnastics is a sport that has its own characteristics of motion and technique. For this reason, it must be studied and trained properly and intensively (Darma Sitepu & Faisal Ansari Nasution, 2019).

Gymnastics was born from ancient Greece, precisely in the fifth century BC. All body exercises carried out by the Greeks including their customs and for health including gymnastics. Little by little, gymnastics continued to grow until in the 18th century, a German named Friederich Ludwig Jahn, who is touted as the father of gymnastics (Khairunnisa et al., n.d.). Gymnastics is a body exercise that is selected and constructed or designed deliberately, carried out consciously and planned, systematically arranged with the aim of increasing physical fitness, developing skills and instilling mental-spiritual values. Gymnastics can also be interpreted as a form of body exercise on the floor or on tools designed to increase endurance, strength, flexibility, agility, coordination and body control (Guretno, 2022).

The purpose of this research is to optimally improve gymnastics achievement by maximizing the number of talented athletes in competition/competition activities, increasing effectiveness and efficiency in the coaching process and resource utilization, exploring talented gymnastics athletes who have not been actively involved in participating in sports, providing opportunities for talented young athletes to develop sports skills properly and also provide stimulation so that children participate in sports according to their potential on an ongoing basis. Talent scouting was established as an effort to explore and develop the potential of human resources, so that national development in the field of sports, especially in an effort to achieve optimal performance, can take place correctly, efficiently and effectively. For this reason, we carried out a talent tracing test for students at SD Negeri Pekunden Semarang City. The implementation of the gymnastics talent tracing test is carried out by observing students carrying out the test which is then filled in on the forms that have been prepared. Even though the time spent in carrying out this gymnastics talent tracing test was relatively short, it did not become a significant obstacle to achieving the goals and objectives of this gymnastics talent tracing test.

METHOD

This type of research is survey research. Samples were taken from grade 1 to grade 3 of Pekunden Elementary School. The target for the gymnastics talent tracing test was students from grades 1 to grade 3 at SD Negeri Pekunden. The implementation method used by the talent scouting team this time was direct observation of 160 students from grades 1 to grade 3 of SD Negeri Pekunden. The test instruments consist of an anthropometric test, a physical condition test and also a coordination test.

RESULTS

Based on the calculation results of the SD Negeri Pekunden gymnastics talent tracing test that has been carried out, it can be concluded that in the men's artistic gymnastics discipline, out of a total of 86 students who fall into the very good category, there are 6 students, 68 students in the good category, 10 students in the moderate category, in the less category, 2 students, in the female artistic gymnastics discipline, out of a total of 74 students, 19 students fell into the very good category, 54 students in the good category, 1 student in the sufficient category, in rhythmic gymnastics, out of a total of 74 students, 11 students in the very good category, 63 students in the good category, in the men's aerobics gymnastics discipline, out of a total of 86 students, 4 students fall into the very good category, 66 students in the good category, 16 students in the moderate category and in the aerobics discipline female gymnastics, out of a total of 74 students who fall into the very good category, 1 student, 43 students in the good category, 30 students in the moderate category.

Table 1. Men's artistic gymnastics

Range	PERCENTAGE	Criteria
4,01 - 5,00	7%	Very Good
3,01 - 4,00	67%	Good
2,01 - 3,00	10%	Enough
1,01 - 2,00	2%	Not enough
0,01 - 1,00	2%	Very less

Table 2. Women Artistic Gymnastics

Range	PERCENTAGE	Criteria
4,01 - 5,00	25%	Very Good
3,01 - 4,00	71%	Good
2,01 - 3,00	1%	Enough
1,01 - 2,00	3%	Not enough
0,01 - 1,00	0%	Very less

Table 3. Ryhthmic

Range	PERCENTAGE	Criteria
4,01 - 5,00	15%	Very Good
3,01 - 4,00	83%	Good
2,01 - 3,00	0%	Enough
1,01 - 2,00	0%	Not enough
0,01 - 1,00	2%	Very less

Table 4. Male aerobic

Range	PERCENTAGE	Criteria
4,01 - 5,00	5%	Very Good
3,01 - 4,00	75%	Good
2,01 - 3,00	18%	Enough
1,01 - 2,00	0%	Not enough
0,01 - 1,00	2%	Very less

Table 5. Female aerobic

Range	PERCENTAGE	Criteria
4,01 - 5,00	1%	Very Good
3,01 - 4,00	57%	Good
2,01 - 3,00	40%	Enough
1,01 - 2,00	0%	Not enough
0,01 - 1,00	2%	Very less

DISCUSSION

Gymnastics (gymnastics) comes from the Greek which means naked. In ancient times, gymnastics was done naked or semi-naked, this meant that the movements could be carried out without any disturbance so that they would become perfect (Sholeh, 1992: 2). Actually gymnastics has existed from ancient times, but the movements were still very simple and adapted at that time. In 1776, Johan Christian Friederich Gustmus tried to develop gymnastic movements. Finally he created gymnastics systematically and sequentially. Internationally, he is known as the Father of Gymnastics (Hanafi et al., 2022)

Gymnastics is a sport that involves body movements that require strength, speed, and harmony of physical movements. The assessment of gymnastics is seen in the form of motion that is done with an integrated combination of each limb. Gymnastics is a sport that can be done by anyone, from small children to the elderly. Gymnastics can also be done anywhere, such as at home, at school, at the gym, or at the gym (Ikhsan et al., 2020).

Mahendra (2000:14) Stating that "the notion of gymnastics is the main activity that is most beneficial in developing the physical components and movement abilities. Madijono (2010:1) Stating that "gymnastics is a form of physical exercise that is systematic, regular and planned by carrying out specific movements to obtain benefits in the body". Sutrisno dan Khadafi (2010:60) Stating that "gymnastics according to Sutrisno and Gaddafi is any form of physical exercise that is arranged systematically by involving selected and planned movements to achieve certain goals". Margono (2009:19) Stating that "the notion of gymnastics is a body movement exercise that is selected and created with a plan, arranged systematically with the aim of forming and developing a harmonious personality". Hendra Agusta (2009:9) Stating that "gymnastics is a form of bodily exercise that is selected and deliberately constructed, carried out consciously and planned, systematically arranged with the aim of increasing physical fitness, developing skills and instilling mental-spiritual values". Muhajir (2006:70) Stating that "gymnastics are body exercises on the floor or on tools designed to increase endurance, strength, flexibility, agility, coordination and self-control"(Murti et al., 2020).

Artistic gymnastics according Hendra Agusta (2009: 12), gymnastics that combines tumbling and acrobatic aspects to get artistic effects from movements performed on tools (Tubagus et al., 2023). Artistic gymnastics that is taught in elementary schools is floor gymnastics. Floor gymnastics is part of the gymnastics family with the term floor, so floor gymnastics movements are carried out on a mat or rug. (Penelitian et al., n.d.). Floor gymnastics is often also referred to as free practice, because when carrying out movements or exercises the gymnast may not use a tool or an object. One of the floor exercises is the back roll (Dwi et al., n.d.).

Rhythmic movements are the same as dance movements, which have three main elements, namely rhythmic movements and creativity. The three support each other and are related. Of the three main elements, what is called movement is a change in position or attitude, while rhythm is a state of motion and sound that is regular and constant (Fajar Sriwahyuniati, 2019). Rhythmic activities besides being able to nourish the body, also make people happy. In rhythmic activities besides there must be harmony of movement and rhythm, there must also be a

combination of movements between the movements of the arms and legs, head and hands as well as variations in steps. (Kependidikan et al., 2020). Compared to tool gymnastics and artistic gymnastics, rhythmic gymnastics has wider development possibilities. The training tools needed are not like the tools or artistic gymnastics so that it allows them to be taught classically (Hardika & Fuzita, 2022).

Aerobics is a physical activity that is arranged systematically, the movement mainly involves the large muscles of the body, is carried out continuously, dynamically and rhythmically, while in the activity the energy used is the aerobic system according to Sumaryanti (Rose et al., n.d.). Aerobic Gymnastics is a form of physical activity that does not require oxygen in its implementation. This exercise is done with the aim of increasing muscle mass and muscle tone. At first Dr. Kenneth Cooper introduced aerobics which emphasized more exclusive high impact movements (Muhammad, n.d.). These movements put more pressure on the soles of the feet, heels, ankles, knees and hips. Aerobics is very popular in Indonesia. According to an analysis published in the British Journal of Sports Medicine, by maintaining aerobic exercise until middle age and continuing a lifestyle into old age, a person can delay their biological age by up to 12 years. (Nurafifah, 2021).

As a follow-up to this activity, we recommend that schools be able to facilitate potential students by holding extracurricular activities of artistic gymnastics, rhythmic gymnastics and gymnastics aerobics at least 3 times a week and can direct students' parents to be able to include their gifted sons and daughters into the school. gymnastics club in the city of Semarang. Then, students who do not have gymnastics talent can be directed to other sports.

In the future it is also necessary to have a special advanced talent test for stage 2 gymnastics in order to achieve optimization of gymnastic talent and achievement at SD Pekunden. As a follow-up to this activity, we recommend that schools be able to facilitate potential students by holding extracurricular activities of artistic gymnastics, rhythmic gymnastics and aerobic gymnastics at least 3 times a week and can form a Student Gymnastics Sports Club at SD Pekunden. In the future it is also necessary to have a special advanced talent test for stage 2 gymnastics in order to optimize gymnastics talent and achievement at Sekaran 02 Public Elementary School.

CONCLUSION

Based on the calculation results of the SD Negeri Pekunden gymnastics talent tracing test that has been carried out, it can be concluded that in the men's artistic gymnastics discipline, out of a total of 86 students who fall into the very good category, there are 6 students, 68 students in the good category, 10 students in the moderate category, in the less category, 2 students, in the female artistic gymnastics discipline, out of a total of 74 students, 19 students fell into the very good category, 54 students in the good category, 1 student in the sufficient category, in rhythmic gymnastics, out of a total of 74 students, 11 students in the very good category, 63 students in the good category, in the men's aerobics gymnastics discipline, out of a total of 86 students, 4 students fall into the very good category, 66 students in the good category, 16 students in the moderate category and in the aerobics discipline female gymnastics, out of a total of 74 students who fall into the very good category, 1 student, 43 students in the good category, 30 students in the moderate category.

Conflict of Interest

No conflict of interest.

Acknowledgment

1. Principal Pekunden Elementary School
2. Semarang City Gymnastics Association

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