

The Influence of the *Anak Indonesia Hebat* Physical Fitness Gymnastics on Increasing the Interest of Grade VII Students in Participating in Morning Gymnastics Activities at SMP Negeri 1 Lawe Sigala-gala

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Abstract

The purpose of this study is to determine the effect of Senam Kebugaran Jasmani (SKJ) Anak Indonesia Hebat exercises on increasing the interest of seventh-grade students in participating in morning exercise activities at SMP Negeri 1 Lawe Sigala-gala. The study was conducted on the school field of SMP Negeri 1 Lawe Sigala-gala using a quantitative method through observations and a physical fitness test to measure students' interest levels. The research subjects were all 30 seventh-grade students, selected using the total sampling technique, in which the entire population was used as the sample. The average pre-test score was 42, and after the implementation of the SKJ Anak Indonesia Hebat program, the post-test average score increased to 78. The data analysis results showed a significant increase in students' interest in participating in morning exercises after receiving the SKJ Anak Indonesia Hebat training. This increase is evident as many students showed enthusiasm for the program due to its physical and mental benefits. Moreover, the program is accompanied by cheerful music, easy-to-follow movements, and promotes positive values such as discipline, cooperation, and joy. This study concludes that the Senam Kebugaran Jasmani Anak Indonesia Hebat training is effective in enhancing students' interest in participating in morning exercise activities at school.

Keywords: *Great Indonesian Children, Morning Exercise, Physical Fitness Exercise, Student Interest.*

INTRODUCTION

Gymnastics is a form of physical activity performed systematically and in a structured manner with the goal of improving physical fitness, developing motor skills, and fostering a healthy and harmonious personality. Experts such as Sutrisno and Khadafi (2010) and Madijono (2010) state that gymnastics consists of carefully selected movements to train the body, improve agility, flexibility, muscle strength, and motor coordination.

One form of gymnastics currently being widely developed in educational settings is the Great Indonesian Children's Gymnastics. This gymnastics is part of the "7 Habits of Great Indonesian Children" program launched by the Ministry of Education and Culture (Kemendikbud). The main goal of this program is to develop healthy lifestyle habits, improve students' physical fitness, and instill positive character values such as enthusiasm, discipline, and love of country. This gymnastics is packaged with dynamic, fun movements and accompanied by cheerful music that is easy to follow by students at all levels.

However, observations at SMP Negeri 1 Lawe Sigala-Gala indicate that student participation, particularly in seventh-grade students, in morning exercise is still relatively

low. Many students show disinterest and even tend to joke around during the activity. This phenomenon can be caused by various factors, both internal (such as physical condition, motivation, or a lack of understanding of the benefits of exercise) and external (an unsupportive learning environment, monotonous teaching methods, or a lack of variety in movements and music during exercise).

Efforts to increase student interest in gymnastics require a more engaging approach, one of which is through the implementation of Senam Anak Indonesia Hebat (Great Indonesian Children's Gymnastics), a gymnastics training method that is both entertaining and educational. This approach is expected to motivate students to actively and voluntarily participate in gymnastics activities.

Based on this background, this study aims to determine the effect of the Great Indonesian Children's Physical Fitness Gymnastics on increasing the interest of grade VII students in participating in morning gymnastics activities at SMP Negeri 1 Lawe Sigala-Gala.

LITERATURE REVIEW

Physical fitness exercises play a crucial role in developing healthy lifestyle habits and improving students' physical and mental abilities. Harsono (1988) stated that gymnastics can improve endurance, agility, and overall physical fitness. This aligns with Sutrisno's (2019) opinion, which emphasizes that through regular and structured gymnastics movements, students can develop physical abilities and support concentration and learning readiness. In addition to the physical benefits, gymnastics also positively impacts children's emotional and social development.

Students' interest in participating in sports, particularly gymnastics, is strongly influenced by various psychological and environmental factors. According to Meity (2014), interest is a psychological aspect that not only influences a person's behavior but also encourages active involvement in an activity. Sardiman (2016) explains that interest arises when an individual connects a situation to their needs, while Crow and Crow (2020) view interest as a driving force that shapes attention to a particular object or activity. In the context of gymnastics, student interest can be influenced by the method of implementation and the fun and engaging atmosphere of the activity (Nurhadi, 2021). The cheerful music and varied movements in the Senam Anak Indonesia Hebat (SAIH) program are believed to increase student motivation and enthusiasm for participating in gymnastics (Wulandari, 2022).

The SAIH program itself is a government effort, through the Ministry of Primary and Secondary Education, to instill the values of physical fitness and positive character from an early age. These exercises are designed with simple, energetic movements that can be adapted to children's ages, and are accompanied by cheerful music to create a fun atmosphere and motivate children to be active. In addition to fitness aspects, these exercises also teach the values of discipline, cooperation, and a love of Indonesian culture, thus not only improving physical health but also shaping children's overall character.

Various studies support that engaging in regular and enjoyable gymnastics can increase students' motivation and interest in participating in sports activities. Muhajir (2007) stated that a varied and enjoyable approach makes students more active and enthusiastic in physical education lessons. Sardiman (2011) added that physical activities involving social interaction, such as group gymnastics, can stimulate intrinsic motivation, so that students are

naturally encouraged to participate. Suharno (2005) also stated that gymnastics tailored to students' characteristics can increase enthusiasm for learning and discipline in group activities. Therefore, gymnastics functions not only as physical exercise, but also as an effective learning medium in fostering interest and developing students' overall potential.

Thus, the Senam Anak Indonesia Hebat (Great Indonesian Children's Gymnastics) program, which combines physical, emotional, social, and cultural aspects through engaging music and movement, is an effective strategy for increasing student interest in exercise. The energetic music and varied movements in SAIH not only motivate students physically but also help build a positive learning environment and support their holistic development.

METHOD

This study used a quantitative approach with a quasi-experimental design (Assingkily, 2021). This design was chosen because it allowed researchers to observe the effect of the Senam Anak Indonesia Hebat (Great Indonesian Children's Gymnastics) program on students' interest in morning exercise, although it was not conducted in a completely randomized manner like a pure experiment. This approach measured changes in student interest by comparing data before and after the exercise intervention.

Population and Sample

The population in this study was all 30 seventh-grade students at SMP Negeri 1 Lawe Sigala-Gala. The sampling technique used was purposive sampling, in which the researcher intentionally selected all seventh-grade students who were considered representative of the population in the context of this study. Therefore, the sample used was also 30 students, namely all seventh-grade students.

Data collection technique

Data were collected using several instruments, namely: (a) Observation of student attendance and participation during morning exercise activities. This observation aims to see the active involvement of students during the program. (b) Interest questionnaire, which was filled out by students before (pre-test) and after (post-test) the implementation of the Great Indonesian Children physical fitness exercise. This questionnaire serves to quantitatively measure the level of student interest in exercise activities.

Research Procedures

Before the exercise program was implemented, students were given a questionnaire to measure their initial level of interest in morning exercise (pre-test). Subsequently, for several weeks, students participated in the Senam Anak Indonesia Hebat (Great Indonesian Children's Exercise) program as an intervention aimed at improving physical fitness and fostering interest and motivation in exercise. After the program concluded, students completed the same questionnaire again to measure changes in their interest (post-test).

Data Analysis Techniques

The data obtained were analyzed using a t-test to determine whether there was a significant difference between the level of student interest before and after participating in the gymnastics program. This test allows researchers to compare two conditions (pre-test and post-test) in the same sample. If the analysis results show a calculated t value greater

than the t table at the specified significance level, it can be concluded that the Senam Anak Indonesia Hebat program has a significant influence in increasing student interest in participating in morning gymnastics activities.

RESULTS AND DISCUSSION

Results

This study was conducted to determine the effect of the Great Indonesian Children's Physical Fitness Gymnastics (SKJ-AIH) program on the interest of seventh-grade students in participating in morning exercise activities at SMP Negeri 1 Lawe Sigala-Gala. Data collection was carried out in two stages, namely before and after the implementation of the SKJ-AIH program. The number of respondents in this study was 30 students.

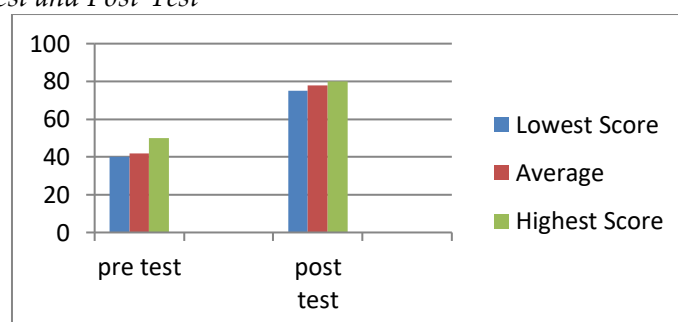
Student Interest Data Before Intervention

Based on the results of the questionnaire and initial observations, it was found that student interest in morning exercise activities was still low. This was reflected in indicators such as irregular attendance, lack of active involvement during the activities, and a tendency toward passivity and a lack of enthusiasm.

The average pretest score obtained was 42, with the lowest score being 40 and the highest being 50. Only 60% of students achieved a score above the Minimum Completion Criteria (KKM) set, which was 75.

No	Item	Pre test	Post test
1.	Average	42	78
2.	Lowest value	40	75
3.	Highest score	50	80
4.	Minimum Competency Criteria (KKM) Value	75	75
5.	% graduation	60%	85%

Comparison of Pre-Test and Post-Test



Student Interest Data After SKJ-AIH Intervention

After participating in the SKJ-AIH program for two weeks, significant improvements were seen across all student interest indicators. The program, packed with engaging music, varied movements, and a fun approach, increased student enthusiasm and participation.

The average posttest score increased to 78, with the lowest score being 75 and the highest being 80. The percentage of students achieving scores above the KKM increased to 85%.

Statistical Analysis

Based on the results of statistical calculations:

- a. Pretest average (X_1): 42
- b. Posttest average (X_2): 78
- c. Pretest standard deviation: 28,21
- d. Posttest standard deviation: 79,33
- e. Count t 's value: 19,01
- f. Table t 's value ($\alpha = 0,05$; $df = 58$): 2,045

Because t count $>$ t table ($19.01 > 2.045$), it can be concluded that there is a significant influence of the implementation of SKJ-AIH on increasing students' interest in participating in morning exercise.

Discussion

The research results show that the implementation of the SKJ-AIH program positively impacted student interest in morning exercise. This was demonstrated by a significant increase in the average student interest score from pretest to posttest.

These findings support the interest theory proposed by Slameto (2013), which states that interest can grow through stimuli that are enjoyable, varied, and tailored to individual needs. SKJ-AIH fulfills all three aspects, with the following characteristics:

1. Fun elements: Energetic and familiar musical accompaniment creates a more relaxed and enjoyable atmosphere for students.
2. Varied movements: The combination of aerobics, coordination, and stretching makes the activity more interesting and not monotonous.
3. Suitability to student abilities: The movements are adapted to the physical condition of junior high school students, so they are not burdensome.

In addition, this finding is also in line with the motor learning theory according to Schmidt and Lee (2011), which states that active involvement in enjoyable physical activities can increase intrinsic motivation and form sustained interest.

This research is supported by Wulandari's (2019) study, which showed that music-based gymnastics can increase student participation by up to 25%. Similarly, Suryani & Putra (2021) concluded that varying movements with modern music can increase student enthusiasm for routine sports activities.

However, this research has its own uniqueness because it focuses on the Great Indonesian Children's Gymnastics (SKJ-AIH), a national gymnastics innovation that combines distinctive movements with local music, making it more contextual to the culture and character of Indonesian students.

The increase in student interest is reflected in the following indicators: (a) Attendance: The number of students attending morning exercise has increased consistently. (b) Active involvement: Students are more active in following movement instructions during exercise. (c) Positive attitude: Enthusiasm and happy expressions are visible when participating in activities.

Thus, SKJ-AIH is proven to not only improve physical aspects, but also have an impact on students' psychological aspects, especially their interest and motivation to actively participate in sports activities at school.

CONCLUSION

Based on the description above, it can be concluded that, first, seventh-grade students' interest in participating in morning exercise at SMP Negeri 1 Lawe Sigala-Gala before the program was relatively low. Second, after participating in the Great Indonesian Children physical fitness exercise program, there was a significant increase in student attendance, participation, and enthusiasm. Third, this exercise program is effective as an alternative to increase student interest in morning exercise.

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