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## Aerobic Gymnastic Gymnastics Development Survey, Lampung Province

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**Abstract** Sports activities without realizing it or consciously are often carried out everywhere. This activity is related to physical movement, play, and recreation. Sports are sports that lead to movement activities aimed at health. aerobic gymnastic is a sport of gymnastics. The aim of this research is to know the development of aerobic gymnastic in Lampung, barriers to aerobic gymnastic exercise. government response, and supporting factors for aerobic gymnastic sports in Lampung province. The approach of this research is descriptive research, where the data collected is in the form of words, pictures, and not numbers. The instruments in this study were observation, interviews, documentation. The study was conducted orally (interview) with 4 respondents. The research location is in the Idola Pahoman Gymnastics Building, Bandar Lampung. The research data that had been collected were fully analyzed qualitatively. Result: The development of aerobic gymnastic in Lampung is good enough. Every sport will definitely need special attention from the government in the hope that the sport itself will develop and be more advanced. Conclusion of the research results: The development of aerobic gymnastic sports in Lampung, the obstacles that occur are about funding and infrastructure for aerobic gymnastic sports equipment in Lampung. The government's response to date has not provided good assistance and response. One of the supporting factors in this sport is adequate funding and infrastructure so that athlete's performance can continue to increase.

**Key word:** aerobic gymnastic, survey.

## **INTRODUCTION**

Sport is an activity to train the body physically and spiritually. Husdarta (2010: 133) states that sport is an energetic muscle activity in which athletes stretch their ability to move and their will as much as possible. Gymnastics is one of the main sports that has many types. According to Ratna Budiarti (2015: 2) gymnastics is a sport which is characterized as a very unique movement skill. When viewed in terms of taxonomy, gymnastics is a general movement and gymnastics is also completely represented by basic movements that build complete motion patterns both in terms of locomotor (moving places), non-locomotor (not moving places), and manipulative (manipulating objects).

Gymnastics was developed by an organization called Persatuan Senam Indonesia (PERSANI) and a world gymnastics organization under the name Federation International De La Gymnastic (FIG). Aerobic gymnastic, which was previously known as aerobic sport and has the meaning of competitive sports, is an artistic sport derived from traditional aerobic sports performed with high dynamic choreography, high cardiovascular intensity, creative aerobic

motion patterns incorporating elements of difficulty levels. The performance must be in sync with the music chosen and prepared by the athlete. Routines in aerobic gymnastics must show continuous motion, flexibility, strength, and use of the seven basic steps, as well as work out the elements of difficulty level perfectly. trampoline and general gymnastics.

The results of observations made by researchers that the facilities and infrastructure in aerobic gymnastics available in Lampung Province are not sufficient enough, but the achievements that have been made are quite good. Lampung Aerobic gymnastics is one that is taken into account in the National arena by other provinces in Indonesia. Lampung's aerobic gymnastics have had a good performance improvement, from PON 2012 Riau to PON 2016 Bandung. Thus, researchers are interested in conducting a Sport Development Survey for Aerobic Gymnastics in Lampung Province.

## **METHODS**

The method in this research is descriptive qualitative with data collection techniques in the form of observation,

interviews, and documentation. Data processing is carried out in stages by reading, observing, understanding and studying all the data obtained from the results of field observations made by researchers. The data collected from field observations are then analyzed and conclusions.

## **RESULT AND DISCUSSION**

In the results of PON 2012 Riau, the aerobic gymnastic exercise in Lampung can donate 1 silver medal in the individual women number for the province of Lampung, and at the 2016 PON Bandung the aerobic gymnastic sport in Lampung can donate 2 silver medals for the individual women and mix pairs, 1 medal bronze on the individual number men.

The results of the research obtained at the aerobic gymnastic types organization in Lampung, when it was founded until now there has been a special management. The management of the aerobic gymnastic branch is managed by the management of PERSANI Lampung.

The achievement development program carried out by the aerobic gymnastic branch in Lampung includes: Early childhood athlete coaching aims to provide a layer for

retired seniors, in order to have a new regenerasi and uninterrupted achievement for the following year. The result of this research shows that the training of early age athletes in the aerobic gymnastic branch of Lampung is not easy, because all prospective athletes are required to follow routine exercises every week in gymnastics building.

The coach is a model that becomes an example and role model for students, especially junior athletes or beginners, so that everything that is done is always in the spotlight of athletes and society in general. The results of the study, the coaches who were given the responsibility to train athletes in the aerobic gymnastic in Lampung were coaches who had good abilities and had training certificates / licenses.

The training program has 4 steps, the first is the general step, the special step, the pre-match step, the match step, the aerobic gymnastic Lampung holds a routine training program according to the schedule, which is 6 times a week and when facing a championship / tournament the training schedule is added. Facilities and infrastructure are important in the development process. The success, smooth

operation and running or not of a coaching include the existing facilities and infrastructure. The results of the research in the aerobic gymnastic branch of Lampung in terms of the existing facilities and infrastructure are inadequate, there are several exercise needs that have not been fulfilled. Both are related to the building where the exercise is still joined by the rhythmic gymnastics and the original aerobic gymnastic mattress that doesn't exist yet. With the fulfillment of these facilities and infrastructure, coaches and athletes can improve the quality of each event.

## CONCLUSION

Based on the results of research and discussion, it can be concluded that the development of aerobic gymnastics in Lampung. The development of achievement is good enough with the system applied so that athletes achieve the expected results with achievements up to the national level. In the implementation of the training program carried out by the aerobic gymnastic branch of Lampung, the training frequency is based on the existing theory, 6 times a week. The development of early age athletes in the aerobic gymnastic branch is not easy, because all prospective athletes are required to follow

routine exercises every week at the idol gymnastics building. The facilities and infrastructure in the aerobic gymnastic branch in Lampung are not sufficient, because the aerobic gymnastic in Lampung does not have a special training place, they still join other sports and do not have original mattresses for competitions.

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