



Identification of Student Athlete Movement Activities during the Covid-19 Pandemic at Elementary School Level

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Abstract

Movement / physical activity is a very important matter for a child's life to support the performance of the movement itself, from the child as a student or the child becomes an athlete, when the child becomes an athlete, movements that already exist or have been studied must be monitored for stability and maximum of a movement that leads to skill. The purpose of the research is to describe and examine the movement activities of elementary school-level athletes throughout Surabaya during the COVID-19 pandemic. This type of quantitative descriptive research because in this study more emphasis on calculations of the data obtained through the google form. Discussions that occur in elementary schools in Surabaya are mostly non-athletes, there are about 87.2% who are students or ordinary students, and for athletes 12. 8% of the number of schools based on the division area between West, East, Central Surabaya. , north and south. This shows that it is quite good for the activities of the child who has this level of growth, amounting to 58.1%, this shows that these elementary school children are indeed good activities, above 50%. Movement activities by elementary school students can be said to be various movements, in general the exercises are aerobic and anaerobic, while the descriptions are jogging, running, cycling, sit-ups, push-ups, planks. With this existence, it is very much supported by various factors, including being supported by schools, teachers, parents, and open land in the area where they live so that the elementary students for movement or sports activities are well fulfilled. north and south. This shows that it is quite good for the activities of the child who has this level of growth, amounting to 58.1%, this shows that these elementary school children are indeed good activities, above 50%. Movement activities by elementary school students can be said to be various movements, in general the exercises are aerobic and anaerobic, while the descriptions are jogging, running, cycling, sit-ups, push-ups, planks. With this existence, it is very much supported by various factors, including being supported by schools, teachers, parents, and open land in the area where they live so that the elementary students for movement or sports activities are well fulfilled. this shows that these elementary school children are indeed good activities, above 50%. Movement activities by elementary school students can be said to be various movements, in general the exercises are aerobic and anaerobic, while the descriptions are jogging, running, cycling, sit-ups, push-ups, planks. With this existence, it is very much supported by various factors, including being supported by schools, teachers, parents, and open land in the area where they live so that the elementary students for movement or sports activities are well fulfilled. this shows that these elementary school children are indeed good activities, above 50%. Movement activities by elementary school students can be said to be various movements, in general the exercises are aerobic and anaerobic, while the descriptions are jogging, running, cycling, sit-ups, push-ups, planks. With this existence, it is very much supported by various factors, including being supported by schools, teachers, parents, and open land in the area where they live so that the elementary students for movement or sports activities are well fulfilled.

Keywords: elementary school, physical activity, exercise

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Movement / physical activity is a very important matter for a child's life to support the performance of the movement itself, from the child as a student or the child becomes an athlete, when the child becomes an athlete, movements that already exist or have been studied must be monitored for stability and maximum of a movement that leads to skill. The purpose of the research is to describe and examine the movement activities of elementary school-

level athletes throughout Surabaya during the COVID-19 pandemic. This type of quantitative descriptive research because in this study more emphasis on calculations of the data obtained through the google form. Discussions that occur in elementary schools in Surabaya are mostly non-athletes, there are around 87.2% who are students or ordinary students, and for athletes 12.8% of the number of schools based on the division area between West, East, Central Surabaya, north and south. This shows that it is quite good for the activities of the child who has this level of growth, amounting to 58.1%, this shows that these elementary school children are indeed good activities, above 50%. Movement activities by elementary school students can be said to be various movements, in general the exercises are aerobic and anaerobic exercises, while the descriptions are jogging, running, cycling, sit-ups, push-ups, planks. With this, it is very much supported by various factors, including being supported by schools, teachers, parents,

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PRELIMINARY

When the pandemic hit in Indonesia, not only was the implementation of teaching and learning activities disrupted but also disrupted sporting events and training camps. All training centers, gyms and open fields must stop. This situation was carried out as an effort to limit the spread of COVID-19 by carrying out social distancing and carrying out health protocols from the public (WHO, 2015). This covid-19 pandemic has closed all cases which in terms of learning, training, to the economy have also experienced a decline, in addition to complying with the protocol from the government, we also have to save from the movement activity graphs of elementary school (SD) students wherever they are for survival. of the motion. Therefore, monitoring and evaluation can use the online method by being monitored remotely. To be able to provide assistance and monitoring, usually communication can still be done offline or online with various media such as zoom meetings, hangouts, whatsapp, video calls, and so on.

In line with the opinion that basically activities that are direct and allow the involvement of technology generate higher interest (Shilko & Sharafeeva, 2020). But if you monitor from a distance things that contain movement activities that speak of motion biomechanics, it is very difficult to monitor it because the online frame is very limited by the online so that the movement activities of elementary school-level athletes cannot be maximized, it is possible that the graph will drop, in addition to equipment

which contains to maximize the movement students also do not have it completely. Because the characteristics of elementary school children or adolescents must be monitored regularly (Timmons et al., 2007), they will be easily shaken because of the existing environment.

Movement / physical activity is a very important matter for a child's life to support the performance of the movement itself, from the child as a student or the child becomes an athlete so that it can be called a student athlete, which has the meaning of students who become athletes at school age (Jacob Im, 2021) which is always supported by the school to represent the school in competing in sports. When the child becomes an athlete, existing or learned movements should be monitored for stability and maximal movement leading to skill. The movement apart from being driven by the students themselves, the movement must also be monitored by an expert in the movement activity. So movement activities are not only carried out by students from providing literacy by them but monitoring from a teacher must be there which aims to monitor and also evaluate these students. Early childhood activities must really be considered for the future success of a country (Garcia et al., 2021).

So With this, these students need proper and correct attention when in conditions like this (Wong et al., 2015), so that the movement activity possessed by them remains good and does not experience a decrease in their movement activity. In connection with the

above, physical education is a very appropriate coaching place. Considering that in physical education there is a learning pattern that emphasizes movement activities that are important for the growth, development, and defense of the skills of an athlete at the elementary level. In accordance with the background described above, on this occasion, this research will examine the identification of student athlete movement patterns during the COVID-19 pandemic.

RESEARCH METHODS

This type of research is descriptive quantitative because in this study more emphasis on calculations of data obtained through an instrument compiled in the form of a google form, this instrument is shaped like a Likert scale that measures daily movement activity programs as ordinary students or student athletes. The sample technique uses cluster random sampling, which makes 2 schools taken from each region to represent the public and private sectors which are divided into 5 regions, namely West, East, North, South, Central, with a sample of 250 students, according to secondary data provided by the school. the schools are as follows: 1) Wiyung Elementary School; 2) MI Bahercul Ulum; 3) SDN Jeruk 1; 4) SDN Gading 1; 5) SDN Kedungndoro 2; 6) Muhammadiyah Elementary School 2; 7) Al Irsyad Elementary School

RESULTS AND DISCUSSION

A. Results

The results of this study are students who step on elementary schools in Surabaya are mostly non-athletes, there are about 87.2% who are students or ordinary students, and student athletes are 12.8% of the number of schools based on the division between west Surabaya , east, center, north, and south.

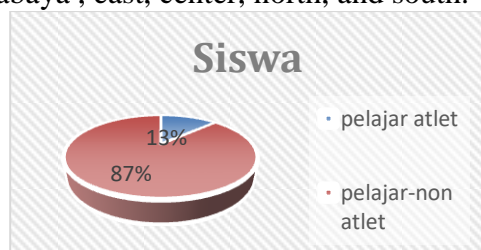


Image 1

Diagram of athletes and non athletes

The diagram above gives a conclusion to all of us, that students in elementary school are divided into 2, namely students (student athletes) and non-athletes (student non-athletes). The existence of these 2 kinds of students in a school does not mean that these students only study exact or social subjects, but for the student athlete himself, academically, he also doubles up on exact, social, and sports. With different statuses, they also need what is called movement activity, while their movement activities vary, according to their respective existence and social level around their environment. As for the frequency of movement activities carried out by students before the pandemic, as shown in the diagram below:



Figure 2
Movement activity diagram before the pandemic

The diagram above explains that students who are elementary school students often do activities as much as 58.1%, for those who do rarely/sometimes as much as 35.5%, in rare/sometimes these students besides being active, these students play games through gadgets and sleep a lot, while not at all as much as 6.4%, the reason for not at all is because the child is lazy and around the house there is no open place to play, and one more that is high strata so that movement activities are very hampered. But it can be concluded that around 93.6 perform movement activities around the house which are always needed by elementary school-aged students.

Looking at the various diagrams that show the general movement activities of elementary school children, the diagram below gives meaning to elementary school children who

are called student athletes doing movement activities that are inserted by the exercises given by their trainers. The exercise is classified as usual, namely aerobic exercise and anaerobic exercise, especially for elementary school children {looking at the Frequency of Intensity Training Time (FITT)}, so that elementary school children are not disturbed in their growth and development, the percentage of aerobic and anaerobic exercise is as follows:

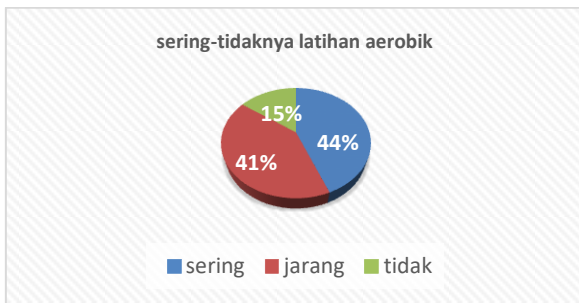


Figure 3

How often do you do aerobic exercise?

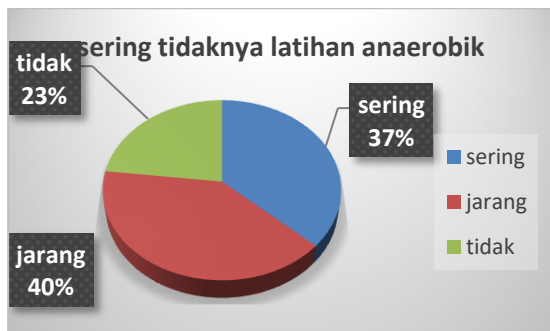


Figure 4

How often do you do aerobic exercise?

As for the exercises performed by student athletes, there are 3 types, 68.9% practicing with programs and mentoring by trainers, 31% doing it independently, and not doing exercises, in the 0.4% percentage who do not do this are part of the students. non-athlete.



Figure 5

Design training programs and mentoring

As for the training program, which includes various kinds of motion activities, according to the needs of the athlete, the training program can be seen from the diagram below:

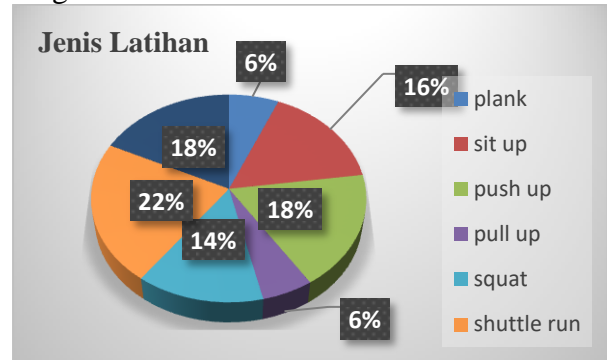


Figure 6

Types of student athlete training

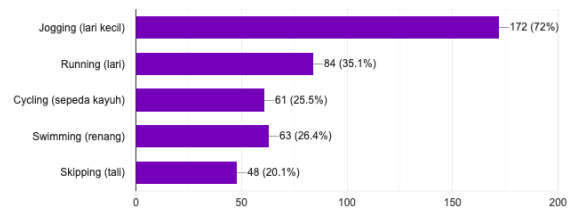


Figure 7

Type of activity Student athlete

Apart from the training activities that have been programmed, the children's activities are also supported by several factors, namely parks or open spaces for movement or sports activities, because we know for ourselves that the third big city (Putu Bagoes, 2021), the city of Surabaya, is a place to live. As stated by Peni Widarti (2019) that the total number of parks is 613 parks, 470 parks are passive parks, and 143 parks.active park.

and even then it is supported by the data in Figure 9 which shows that children really like movement activities with an average value of 8.5 scale.

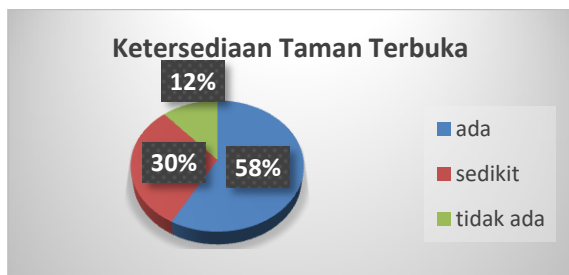


Figure 8
Availability of open park

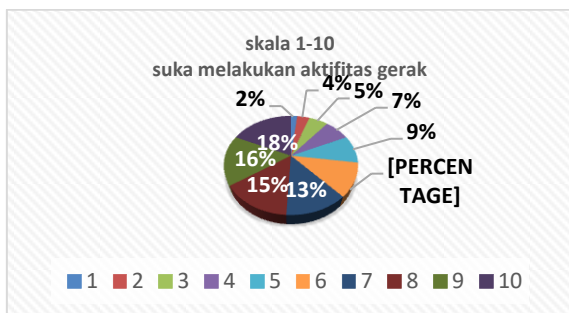


Figure 9
1-10 scale preference for movement activities

B. Discussion

This discussion provides an explanation that movement activities are very much needed or favored by students who are in the school, from activities that are carried out by themselves and activities that have been programmed by their respective coaches who are student athletes. As has been conveyed by various motoric figures, children do have a nature to move well with the aim of growth and development, apart from that, movement activity is really needed by the child, this is also not much different from previous research which shows age. adolescents are related to the needs of their activities, from before the pandemic and after the pandemic around 90.67% of those who do motion activities (Nanik, 2020)

CONCLUSION

Based on the discussion of the research on the identification of movement patterns of elementary school children, it is divided into two types, namely athletes and non-athletes. Discussions that occur in elementary schools in Surabaya are mostly non-athletes, there are about 87.2% who are students or ordinary students, and for athletes 12.8% of the

number of schools based on the division between west, east, central, north and south Surabaya. With a larger percentage not being athletes, elementary school children really expect from movement activities that children really like the existence of movement activities with a scale value of 8.5. So even in a big city, with a very dense population density and dense living areas, the child still likes movement activities as his nature likes to move or play for his growth and development.

THANK-YOU NOTE

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