



**Perception and Motivation of Students Towards the Implementation of Indonesian
Great Children's Gymnastics in Elementary Schools**

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Abstract

This study aims to examine students' perceptions and motivations towards the implementation of the Great Indonesian Children's Gymnastics program in elementary schools. The method used is a survey with a descriptive quantitative approach. The research population is all students of State Elementary School Jawa 5 Martapura, with a purposive sample of 70 students from grades 5 and 6. The instrument used is a Likert scale-based questionnaire to measure students' perceptions and motivation. Data analysis was conducted using descriptive statistics in the form of percentages and categorization based on the mean and standard deviation. The research results show that the majority of students have perceptions and motivations in the moderate to high category regarding the implementation of Great Indonesian Children's Gymnastics. However, there are still students with low perceptions and motivation, indicating challenges in the implementation of this program. The differences in levels of perception and motivation are influenced by the understanding of the benefits of exercising, implementation methods, and individual interests. In conclusion, Great Indonesian Children's Gymnastics has the potential to become part of a healthy lifestyle culture for students if implemented with a more engaging, educational approach that suits the characteristics of elementary school-aged children. .

How to Cite

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INTRODUCTION

Rhythmic gymnastics, or rhythmic gymnastics, is a type of gymnastics that prioritizes the elements of art and the beauty of movement to develop and improve artistic skills in moving. In general, this gymnastics is similar to gymnastics in general, but has the addition of rhythm or rhythm as an accompaniment (Abdilla, 2022). Gymnastics is a type of sport that involves carefully selected body movements and is carried out in a conscious, structured, and planned manner. The purpose of this activity is to improve physical fitness, develop skills, and instilling spiritual values for students (Studi et al., 2016).

Great Indonesian Children's Gymnastics is a program initiated by the Ministry of Primary and Secondary Education (Kemendikdasmen) and introduced in early 2025, as part of the 7 Great Indonesian Children's Habits Movement. This initiative aims to improve children's physical fitness while instilling positive values through educational and fun activities. The Ministry of Primary and Secondary Education (Kemendikdasmen) has launched the program "Gerakan 7 Habits of Great Indonesian Children". This initiative aims to instill positive behavior in children from an early age, so that they grow into healthy, intelligent, and strong personalities. The success of the formation of this superior generation also depends heavily on the physical fitness of children. Various studies have proven that the level of physical fitness has a direct and significant impact on learning outcomes, especially in physical education subjects (Zulfikri et al., 2025).

Perception is a person's way of seeing and understanding something, both in a limited meaning and in a wider scope (Zainuddin et al., 2024; Utomo et al., 2012). Perception is what people perceive through sight and touch, and produce stimuli that create unique impressions and produce interpretations (Syahputra & Arwandi, 2019; Zainuddin et al., 2024). Perception is the process by which we receive and understand information from the surrounding environment through our senses (Novinggi, 2019; Zainuddin et al., 2024). Perception is a person's way of understanding, and give meaning to something based on experience, knowledge, and his personal point of view. Everyone can have a different perception of the same thing because it is influenced by their background, emotions and surrounding environment. So, perception is like a unique "glasses" that everyone uses to see the world.

Motivation is a non-intellectual psycholo-

gical factor that has a special role in generating enthusiasm, feelings of pleasure, and enthusiasm in exercising. In general, motivation is an internal force or drive that encourages a person to carry out an activity optimally and in a directed manner. The power of this motivation is a driver for individuals to show better quality and behavior, both in sports and in the learning process, with the aim of improving physical fitness. One example is gymnastics (Hendrawan & Majalengka, 2019; Penjakora et al., 2024). Motivation influences a person to try as optimally as possible in achieving his desired goals (Mylsidayu et al., 2022).

Sports movements are included in the physical education program. Gymnastics is a physical activity that can support children's development optimally (Di & Nusantara, 2022; Pamungkas & Mahfud, 2020). Exercise has an important role for every individual, as it can maintain the health of the body and prevent various diseases. Especially for children, exercise helps their growth and development process and increases endurance. In addition, through gymnastics, children's motor skills can be honed, so they have good movement skills (Anggara, 2021). One of the benefits of exercise is to make the body healthy, strong, and fit, as well as to keep a person enthusiastic in activities.

When students do routine gymnastics on Saturday morning, several things are encountered, salah satunya ada siswa yang antusias banyak yang excited to take part in morning gymnastics at that time. However, there are various levels of participation, some students are very active while others are less enthusiastic and some even move carelessly. The purpose of routine gymnastics on Saturday morning is carried out because there are many benefits that can be done because according to (Fedewa et al., 2015). Physical activity can help children lower their risk of obesity as well as various chronic diseases, such as diabetes and heart disorders in the future. In addition, regular exercise also plays a role in shaping discipline, improving social skills, fostering confidence, and supporting their academic achievements. Gymnastic movements can also help improve various aspects of physical fitness, including strengthening muscles and improving overall endurance (Altaibi, Armade M, 2020).

This gymnastics can be used as rhythmic gymnastics material in schools with the aim of encouraging students to develop dynamic movements. Regular movement exercises will help improve physical fitness, covering physical, mental, emotional, and social aspects (Montosa et al., 2018; Studi et al., 2016). The renewal of gemu-

famire gymnastics, penguin gymnastics and pancasila gymnastics to great Indonesian children's gymnastics was carried out as part of efforts to increase the relevance, effectiveness, and attractiveness of physical activity for children in Indonesia. The change from the previous Gymnastics to Great Indonesian Children's Gymnastics aims to make this gymnastics more relevant, effective, and attractive to Indonesian children. The new gymnastics was made more modern and energetic, so it was more in line with the times and preferred by children. This change is not to remove the values from the previous gymnastics, but to adapt it in a way that is fresher and suitable for today's children.

Linked to research from (Studi et al., 2016). The existing one is only researching physical fitness gymnastics in elementary school. Meanwhile, there is currently a new program called the 7 habits of great Indonesian children (Teguh Wiryanto, 2025). In the new program, there is Great Indonesian Children's Gymnastics (SAIH) which supports the habit of exercising in Indonesian children. Because this gymnastics has only been carried out since January 25, 2025, so, There is no reference to psychological influences such as motivation in this gymnastics. Therefore, this research was carried out with the aim of examining the perception and motivation of students in participating in the Great Indonesian Children's Gymnastics program in elementary schools. By understanding aspects of students' perceptions and motivations, It is hoped that this research can provide a broader picture of the effectiveness of the program and the factors that influence it. The results of this study are expected to be a reference for policymakers and educators in optimizing the implementation of SAIH in elementary schools.

METHODS

This research method uses a survey method with a descriptive quantitative approach, aimed at describing the perceptions and motivations of students regarding the implementation of the Great Indonesian Children Gymnastics (SAIH) in elementary schools. Data was collected through questionnaires or questionnaires compiled based on the Likert scale with 5 categories of answers (Strongly Agree, Agree, Neutral and Disagree, Strongly Disagree). Sampling was conducted using purposive sampling for 5th and 6th grade students, category 2, because this research was conducted in 5th and 6th grades where students have more developed cognitive, motor, and social skills compared to lower grades, making

them better able to understand instructions, follow research procedures, and demonstrate more consistent responses.

The population in this study is all students of State Elementary School Jawa 5 Martapura. The sample in this study uses a purposive sampling technique, namely students in the high class category in the form of grades 5 and 6 in a total of 70 students as a sample of this study.

The research instrument used questionnaires, motivation and perception questionnaires. This instrument can be a questionnaire, interview or observation designed to measure the variables being studied. The selection of the right instrument is very important to ensure the validity and reliability of the data obtained, so that the research results can be trusted and reliable.

The data analysis used in this study used descriptive data analysis techniques. Descriptive statistical calculation using percentage descriptive statistics. The descriptive analysis aims to find out how high students' perception and attication of Indonesian children's gymnastics is great in elementary school. The descriptive analysis aims to find out how high students' perception and attication of Indonesian children's gymnastics is great in elementary school.

$$P = f / n \times 100\%$$

Information:

p : Persentase

f : Frequency that is being searched

n : total frequency count

After the results of the data analysis, the categorization uses the mean and standard deviation to determine the score criteria using the following reference assessment.

Table 1. Assessment norms

Intervals	Category
$X > M + 1,5 \text{ SD}$	Very high
$M + 0,5 \text{ SD} < X < M + 1,5 \text{ SD}$	Tall
$M - 0,5 \text{ SD} < X < M + 0,5 \text{ SD}$	Keep
$M - 1,5 \text{ SD} < X < M - 0,5 \text{ SD}$	Low
$X < M - 1,5 \text{ SD}$	Very low

Source: (Pangastuti & Munfa'ati, 2018).

RESULTS AND DISCUSSION

This study aims to find out the level of students' perception and motivation towards great Indonesian children's gymnastics. Therefore, The researcher used percentage descriptive data to analyze the data filled in the questionnaire distributed to students of school primary Negeri

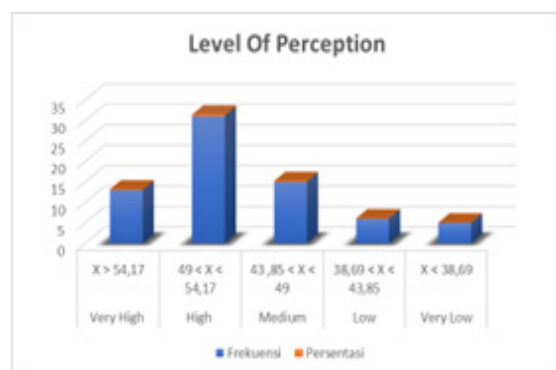
Jawa 5 Martapura. Based on the results of the calculation data, using a descriptive percentage questionnaire, the level of perception and motivation of students towards Indonesian children's gymnastics is great as follows.

Based on the results of statistical descriptive data on the level of students' perception of Indonesian children's gymnastics, it is great. There is a minimum score of 36, a maximum score of 57, a mean of 46.43 and a standard deviation (SD) of 5.16.

Table 2. Results of descriptive calculations on the percentage of students' perceptions of the Indonesian Great Children's Gymnastics

Category	Intervals	F	%
Very high	$X > 54,17$	8	11%
High	$49 < X < 54,17$	16	23%
Medium	$43,85 < X < 49$	24	34%
Low	$38,69 < X < 43,85$	16	23%
Very low	$X < 38,69$	6	9%
Total		70	100%

Based on the results of the data obtained in **Table 2** the level of student perception of Indonesian children's gymnastics shows that 16 students (23%) are in the high category, which means that most students show a high perception of Indonesian children's gymnastics. In addition, there were 24 students (34%) in the medium category, 8 students (11%) in the very high category, there were 16 students (23%) in the low category, and 6 students (9%) in the very low category.



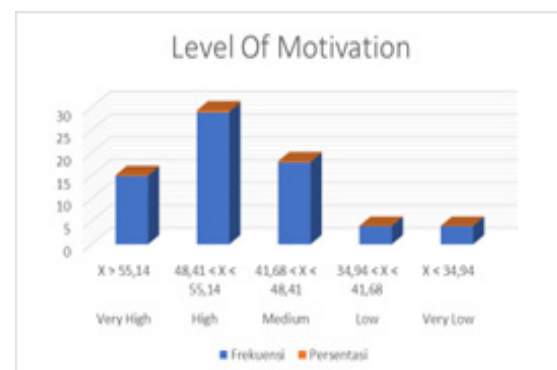
Picture 1. Diagram of student perceptions of the Indonesian Great Children's Gymnastics

Based on the data obtained from **Table 3** the level of student motivation towards Indonesian children's gymnastics shows that 29 students (41%) are in the high category, which means that the majority of students show high motivation towards great Indonesian children's gymnastics.

In addition, there were 18 students (26%) in the medium category, 15 students (21%) in the very high category, there were 4 students (6%) in the low category, and 4 students (6%) in the very low category.

Table 3. The results of the descriptive calculation of the percentage of student motivation towards the Indonesian Great Children's Gymnastics.

Category	Intervals	F	%
Very high	$X > 55,14$	15	21%
High	$48,41 < X < 55,14$	29	41%
Medium	$41,68 < X < 48,41$	18	26%
Low	$34,94 < X < 41,68$	4	6%
Very low	$X < 34,94$	4	6%
Total		70	100%



Picture 2. Result diagram Student motivation towards Indonesian children's gymnastics is great

The results of this study are related to previous research, namely from (Alif Hamzah & Cahyadi, 2025) who said that the great Indonesian children's gymnastics movement can be cultivated from elementary school age, So that this habit becomes a culture of healthy living and becomes a guideline in carrying out daily activities in increasing body immunity. Therefore, this research was conducted to understand the perceptions and motivations of students towards the Indonesian Great Children's Gymnastics. As for student perception, there were positive and negative perception results, namely 7 students (10%) who had a very high positive perception, 30 students (43%) had a moderate positive perception, there were 16 students (23%) with a low positive perception, there were 2 students (3%) with a very low perception, and there were 15 students (15%) with a high positive perception of Indonesian children's gymnastics. On the other hand, there are also students who have a negative perception of Indonesian children's gymnastics as shown from the following data results, There are 7 students (10%)

who have a very high negative perception, there are 28 students (40%) with a moderate negative perception, there are 15 students (21%) with a low negative perception, there are 3 students (4%) with a very low perception, and there are 17 students (24%) with a high negative perception towards the great Indonesian children's gymnastics. This difference is influenced by the understanding of the benefits of exercise, the methods of implementation, and the students' interest. Positive perception generally encourages motivation to actively participate, while negative perception lowers participation. Therefore, a more engaging and educational approach is needed so that gymnastics truly becomes a part of the healthy lifestyle culture of elementary school students.

The results of this study are an important foundation for improving the method of implementing gymnastics in elementary schools. The right approach strategy can help improve students' perceptions and motivation, so this gymnastics movement can truly become part of a healthy lifestyle from an early age, as intended in previous research by Alif Hamzah & Cahyadi (2025).

The diversity of students' perceptions and motivations towards the Indonesian Great Children's Gymnastics shows that the implementation of this program has not yet been fully optimized in reaching and influencing all students equally. This is a challenge as well as an opportunity for schools and educators to develop more effective implementation strategies. A more interactive, enjoyable, and age-appropriate approach for elementary school children is key so that this gymnastic program is not only seen as a routine but as an activity that is anticipated and enjoyed by the students.

It is also important to conduct periodic evaluations of students' perceptions and motivations so that schools can adjust their teaching approaches dynamically. The involvement of teachers, parents, and the school environment also plays a role in shaping healthy lifestyle habits through this practice. By building a mutual understanding and awareness, it is hoped that the Indonesian Great Children's Gymnastics can truly become a part of a healthy lifestyle from an early age.

The novelty of this research lies in the focus on a quantitative and detailed study of students' perceptions and motivations in the context of the Indonesian Great Children's Gymnastics program at the elementary school level. This research not only identifies the level of student acceptance, but also demonstrates certain positive

and negative perceptions that have not been examined in previous studies. In addition, this research provides an empirical foundation for the development of physical education approaches that are more aligned with students' interests and needs, thus reinforcing efforts to instill a healthy lifestyle from an early age through enjoyable physical activities.

The researcher hopes that the next research can delve deeper into the factors that affect students' perception and motivation towards Great Indonesian Children's Gymnastics, as well as develop more innovative and fun learning methods, so that this gymnastics can be more widely accepted and effective in forming a healthy lifestyle culture from an early age.

CONCLUSION

Based on the research results regarding the level of perception and motivation of students towards the Great Indonesian Children's Gymnastics at State Elementary School Jawa 5 Martapura, it can be concluded that in general, students show a fairly good perception and motivation towards the gymnastics activities, although there are still variations in the level of acceptance.

These findings indicate that most students have perceptions and motivation in the moderate to high category, but there are still some students who exhibit low or even negative perceptions and motivation. This may be influenced by several factors such as a lack of understanding about the benefits of exercise, suboptimal implementation methods, and varying individual interests. Positive perceptions tend to encourage students' motivation to participate actively, while negative perceptions can be an obstacle in the implementation of the gymnastics program.

Therefore, there is a need for a more interesting, fun, and appropriate approach strategy for elementary school-age children. The great Indonesian children's gymnastics program must be developed as part of a fun healthy living culture, not just a routine. A periodic evaluation is also required, as well as the involvement of teachers, parents, and the school environment in forming awareness and healthy living habits among students from an early age.

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