



The Organization of “Senam Ayo Menyapu”

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History Article

Received 12 March 2018
Approved 5 June 2018
Published 31 July 2018

Keywords

Gymnastic; Activity Implementation; Descriptive Qualitative Method

Abstract

This research aimed to see in detail the implementation of senam ayo menyapu (“Let’s sweeping” gymnastic) activity from planning, organization, socialization, and implementation to its benefit to Surakarta City’s government and people. The method employed in this study was descriptive qualitative method. The result of research explains recreation sport activity in Surakarta City responded to enthusiastically by the people as they are aware of the importance of health. However, in the implementation of sport activity, people often ignore cleanliness. As Adipura City, Surakarta has a program based on 3WMP: waras (healthy), wasis (smart), wareg (satisfied), mapan (steady) and papan (shelter). Senam ayo menyapu is the gymnastic using palm rib broom. Senam ayo menyapu activity was arranged in Solo menyapu day celebration exactly on June 08. The planning of organizing senam ayo menyapu was conducted in Living Environment Service and TISA Competency Test Place. Socialization process was conducted by teaching gymnastic movement to the people in various institutions by gymnastic instructor. Online media such as youtube, facebook and VCD are used to introduce senam ayo menyapu movement. The process of implementing senam ayo menyapu was conducted usually on Friday and Sunday in many institutions. The benefit of gymnastic could be seen from 320 of 376 (85.10%) respondents loving sport and 56 (14.8%) not loving sport. About 275 (85.93%) respondents loved senam ayo menyapu activity and 45 (14.06%) did not love it.

How to Cite

Ramadhan, M. R. N., Kristiyanto, A., & Purnama, S. K. (2018). The Organization of “Senam Ayo Menyapu”. *Journal of Physical Education, Health and Sport*, 5(1), 32-38.

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p-ISSN 2354-7901
e-ISSN 2354-8231

INTRODUCTION

Sport activity is the one related to human activity affecting health degree in conducting various activities. Sport aims to improve self- and environment health that is inseparable as long as human being is still alive. Sport has two aspects: physical and spiritual. Physical aspect is body balance regulation in working to avoid many diseases. Meanwhile, spiritual aspect is the improvement of human discipline in controlling self emotion and piety to God.

Agus Kristiyanto (2012:3) argued that "Sport includes: (1) educational sport, organized as a part of education; (2) recreation sport, implemented as the part of health and fitness recovering process; and (3) and achievement sport, intended as an attempt of improving sportspersons' ability and potency to improve the nation's dignity.

Sport activity in Surakarta City has been responded to enthusiastically by people as they are aware of the importance of health. One of sports held widely in Surakarta City is recreational sport. Recreational sport is conducted massively and individually. Recreational sport is an activity conducted in spare time without compulsion and sanction for those not conducting it. One of massive recreational sports that can be conducted collectively is gymnastics. Adi Trisnawan (2010) stated that gymnastics is an activity to stretch body parts. Meanwhile, Sayuti Sahara (2010) said that "Gymnastics is a practice system to improve physical development" (Aprilia Ayu Kusuma Wardani, 2012). Gymnastics contains physical demand according to child development through physical education program such as muscular strength and resistance in whole body (Helmi.B, 2017, Hendra Agusta, 2009). In Surakarta City, there are many gymnastic communities and gymnastic types. The types of gymnastic include: aerobic, taichi, zumba, yoga, poco-poco, healthy heart, and *ayo menyapu*.

Surakarta City consists of 5 sub districts: Serengan, Laweyan, Banjarsari, Jebres, and Pasar Kliwon. Out of the 5 sub districts existing, the largest one is Banjarsari. In each of sub district, there are some places to conduct recreational sport such as playground, court, hall, and etc. However, in conducting sport activity, people often ignore the cleanliness of place where they do the exercise (sport). For example, people dispose rubbish haphazardly, damage sport facilities, and scratching public facilities.

As Adipura City, Surakarta as a program to make its environment clean in the future by

driving the people to do exercise orderly. To create a successful development program, everything should be created and conditioned to support the program from today. Surakarta City Government's program is 3WMP: *waras* (healthy), *wasis* (smart), *wareg* (satisfied), *mapan* (steady) and *papan* (shelter). Therefore, Surakarta City government develops the policy of developing *senam ayo menyapu* aiming to make the people aware of the importance of maintaining the environment cleanliness (Indiahono et al., 2012) stating that in developing policy, there are two important points: policy developed by government and the option of implementing or not implementing the policy. In developing policy in a region, public participation is very desirable. Conceptually, public participation in developing policy start from planning to implementing a regulation (Tomy M Saragih, 2011). Similarly, Ricky Wirawan, Mardiyono (2015) argued that people is the element of local autonomy given political movement space to go forward in local autonomy implementation.

Considering the celebration of Surakarta City's anniversary, Surakarta Mayor FX Hadi Rudyatmo instructed Living Environment Service to develop environment cleanliness program by integrating massive-recreational sports. It is intended to improve the people's awareness of maintaining and taking care of their environment through sport. Considering this, the *senam ayo menyapu* activity was arranged. *Senam ayo menyapu* activity was arranged based on *Solo Menyapu* day on June 08. *Senam ayo menyapu* is gymnastic using palm rib broom as an aid and accompanied with 3 WMP song. Agus Kristiyanto (2010) defines aid as a visual aid to practice a process (Kahfi, 2016).

In implementing *senam ayo menyapu* activity, a good executing management is needed to make the activity running smoothly. Untung Nugroho (2015) defines management as the process of planning, organizing, directing, and supervising organization members' effort and resource use in order to achieve the objective (Stoner). Similarly, Handoko (1997) defines management as the process of achieving the objective of organization (Puji Ratno, 2017). Gede Doddy Tisna and I Nyoman Sudarmada (2014) suggest that there are four important elements: objective to be achieved, scope, appropriateness, and direction. In the observation on *senam ayo menyapu*, there should be a clear study on government's policy concerning the organization of *senam ayo menyapu* such as planning, organizing, socializing, and implementing process, and the benefit obtained by Surakarta City government and people.

METHOD

Setting

This study was conducted from February to June 2018. The research was taken place in Surakarta City's Living Environment Service and Tourism Service, TISA Competency Test Place (TUK TISA), *Balaikota Surakarta* (Surakarta Mayor Office), Vastenburg Fortress, Banjarsari Monument, sub district offices in Surakarta City including Jebres, Laweyan, Pasar Kliwon, Serengan and Banjarsari, and Surakarta Sebelas Maret University campus.



Figure 1. Map of Surakarta City

Type of Research

This research employed descriptive qualitative method, describing a condition actually in the problem to be studies such as action, and evaluation using sentences supported with the field fact.

Data Source

Data source of research included:

Author

Author conducted an observation on *senam ayo menyapu* activity that has been conducted in Surakarta City

Academician

Academicians in this study came from the members of TISA Competency Test Place (TUK TISA), lecturers and students of Sebelas Maret University and Tunas Pembangunan University, Surakarta.

Practitioners

Practitioners in this research consisted of gymnastic instructors, employees of Surakarta Living Environment Service, employees of Surakarta City Tourism Service, and employees of each sub district.

Technique of Collecting Data

Technique of collecting data designed completely in this research is explained below.

Interview

Interview was conducted in many places

in charge of holding *senam ayo menyapu* activity. Interview was conducted with employees of Surakarta City Living Environment Service and Tourism Service, Gymnastic Instructor and Surakarta City people.

Observation

Observation was conducted on *senam ayo menyapu* activity that has been running in Surakarta City, in the processes of socializing and implementing gymnastic competition to be held, and in collecting archive and document becoming reference to get accurate information.

Questionnaire

Questionnaire was distributed after the *senam ayo menyapu* competition has finished. This activity was intended to explore information from the people to find out the extent to which it affects the sporting consciousness with the self-organized questionnaire. The questionnaire contains some questions explore the data of the effect of *senam ayo menyapu* gymnastic implementation on the people. The question consisted of twenty items.

Do you love sport activity?

Do you know that sport can improve body fitness?

What is sport activity you like most?

How many times do you do exercise (sport) a week?

Do you love creation gymnastic sport?

Do you know *senam ayo menyapu*?

Before you know *senam ayo menyapu*, do you love sport?

Have you ever attended/participated in *senam ayo menyapu* activity?

Where do you attend/participate in *senam ayo menyapu*?

Do you like *senam ayo menyapu* activity?

How many times do you do *senam ayo menyapu* practice a week?

What motivation does make you interested in practicing *senam ayo menyapu*?

Can *senam ayo menyapu* be a typical characteristic of gymnastic the Surakarta City has?

Having known or participated in *senam ayo menyapu*, do you like sport more?

Do you like more other sports in addition to *senam ayo menyapu*?

Are you more sure that sport makes body fit after you have known *senam ayo menyapu*?

Can *senam ayo menyapu* improve tourism in Surakarta City?

In you opinion, can *senam ayo menyapu* improve the cleanliness of Surakarta City?

Instrument of Collecting Data

Sugiyono (2013) stated that “Instrument of collecting data, by its technique, consist of interview, observation, and questionnaire”.

Technique of Analyzing Data

Data analysis is the process of organizing and ordering the data into basic pattern, category, and elaboration unit (Moleong. L. J, 2007:280). In detail, this research collected various data from one or some sites (places) and then mapped and analyzed it. In this research, the data concerned planning, organization, socialization and implementation, and benefit of *senam ayo menyapu* activity to Surakarta City government and people.

RESULT AND DISCUSSION

This section explains the result of research obtained from the function of management from planning, organization, socialization and implementation, to benefit of *senam ayo menyapu* to government and people in Surakarta City.

Planning

Planning process, according to Suswita Roza (2014) is an initial step to achieve the expected outcome. The planning of *senam ayo menyapu* is conducted very well, so that the process of *senam ayo menyapu* activity can run smoothly. This *senam ayo menyapu* refers to the *Solo Menyapu* day activity on June 08, 2013. Considering the celebration of *Solo Menyapu* day, Surakarta Mayor FX Hadi Rudyatmo cooperates with Living Environment Service of Surakarta City and TISA Competency Test Place (TUK TISA) to plan *senam ayo menyapu* movement, one objective of which is to socialize *gotong royong* (mutual cooperation) through art and to celebrate *Solo Menyapu* day.

Organization

Surakarta Mayor, through local secretary, instructed Living Environment Service to organize this activity. Then, Living Environment Service and TISA Competency Test Place (TUK TISA) planned *senam ayo menyapu* movement. Furthermore, *senam ayo menyapu* was socialized to Governmental Institutions such as Sub District and Village (Kelurahan), Youth and Sport Service particularly schools, and public particularly gymnastic studio and PKK (Family Welfare Empowerment) members.

Socialization and Implementation

Mardikanto, Totok (2015) defines socialization as a process of delivering information

to the people. (Singkoh, n.d.) says that “The important stage in socialization process is that when entering into socialization area, material introduction will be delivered and the people will respond to what has been delivered”. Socialization process is conducted through mapping in five sub districts. Socialization is attended by all governmental employees in Surakarta City. Socialization process is carried out by teaching gymnastic movement to the people in various institutions through gymnastic instructor selected. Online media such as *youtube*, *facebook* and VCD are used to introduce *senam ayo menyapu* movement. Circulars and pamphlets are sent by Living Environment Service to schools or governmental institutions to invite their members to attend the competition of *senam ayo menyapu* annually.

Surakarta City people has implemented *senam ayo menyapu* policy since 2015 until today. Soerjono Soekanto Dan Budi Sulistyowati (2013) defines society as a collection of people living together and resulting in culture (Fadil, 2013). It can be observed in Court, Balaikota Surakarta, Manahan Stadium Area, Gymnastic Studios, Schools, Universities, Kelurahan, and Sub District. *Senam Ayo Menyapu* is often held in important events such as the celebration of Surakarta City’s anniversary, but not all institutions participate in the activity due to its coincidence with other agenda.



Figure 2. The implementation of *Senam Ayo Menyapu*

People attend *senam ayo menyapu* activity based on high motivation. Mc Donald (2010) defines motivation as the change of energy characterized with the emergence of feeling and reaction to the achievement of objective, and something complex (Erwin Widiasmoro, 2015). Motivation the Surakarta City people have is to win the competition and to make their body healthy.

Table 1. List of Sub District and Kelurahan that have implemented *Senam Ayo Menyapu*

No	Name of Sub District	Name of Kelurahan	Notes
1	Serengan	Kemlayan	
	Kratonan	Jayengan	
	Tipes	v	
	Serengan	v	
	Danukusuman	v	
	Joyotakan	v	
		v	
		v	
2	Laweyan	Sriwedari	v
	Purwosari	Penumping	v
	Kerten	v	
	Jajar	v	
	Karangasem	v	
	Pajang	v	
	Sondakan	v	
	Laweyan	v	
	Bumi	v	
	Penularan	v	
		v	
		v	
		v	
		v	
3	Banjarsari	Timuran	v
	Ketelan	Keprabon	
	Punggawan		
	Kestalan		
	Setabelan		
	Gilingan		
	Nusukan	v	
	Kadipiro	v	
	Banyuanyar	v	
	Sumber	v	
	Manahan	v	
	Mangkubumen	v	
		v	
		v	
		v	
		v	
		v	
4	Jebres	Sudiroprajan	

	Sewu	Gandekan	v
	Jagalan		
	Pucangsawit		
	Jebres	v	
	Mojosongo		
	Tegalharjo	v	
	Purwadiningratan	v	
	Kepatihan Wetan		
	Kepatihan Kulon	v	
		v	
		v	
		v	
5	Pasar Kliwon	Kampung Baru	v
	Kedung Lumbu	Kauman	
	Baluwarti		
	Gajahan	v	
	Joyosuran	v	
	Semanggi		
	Pasar Kliwon	v	
	Sangkrah		
		v	
		v	
		v	
		v	

Table 2. List of Family Welfare Movement (PKK) Members who have implemented *Senam Ayo Menyapu*

No	Name of PKK
1	PKK Aisyah Gondang
2	PKK Asisyah Pragondang
3	PKK Banyuanyar
4	PKK RW 10 Semanggi
5	PKK RW 21 Gilingan/I
6	PKK RW 21 Gilingan/II
7	PKK RW 18 Mojosoongo
8	PKK Kelurahan Timuran
9	PKK Loji Wetan
10	PKK Kelurahan Joyosuran
11	PKK Padokan
12	PKK Pajangan

Table 3. List of Gymnastic Studio have implemented *Senam Ayo Menyapu*

No	Name of Gymnastic Studio
1	Sinar Kamulyan
2	Sri Sugiyanti

3	Srikandi
4	Drupadi
5	Arimbi
6	Sanggar GBS
7	Balines Crew
8	Damkar
9	Graha Saba Group
10	Group Merah Putih
11	Delima group
12	Adhisakti
13	Bengawan Sport
14	Manis Cantik
15	Cantik Manja
16	Sanggar SRB
17	Sanggar Ranah Minang
18	Banteng Srikandi Timur

Table 4. List of Colleges and Schools have implemented *Senam Ayo Menyapu*

No	Name of Colleges and Schools
1	Universitas Sebelas Maret
2	Universitas Tunas Pembangunan
3	SMK Mandala Bhakti
4	SMA Muhammadiyah PK Kota Barat
5	SMK Negeri 6 Surakarta
6	SMA Warga Surakarta
7	SMK Batik 2 Surakarta
8	SMA Negeri 8 Surakarta
9	SMK Negeri 4 Surakarta
10	SMA Negeri 4 Surakarta

The Benefit of Activity to Government and People

After the implementation of *senam ayo menyapu* activity has been completed, an evaluation is conducted on the activity. Maksum (2005) states that the objective of evaluation is to find out whether or not the objective of activity implementation has been achieved (Aris Jatmiko, Ronggo Sadono, 2012). The benefit of *senam ayo menyapu* activity to government and people can be inferred from data of survey showing that 320 of 376 (85.10%) respondents love sport activity and 56 (14.48) do not love sport. 190 of 320 (59.37%) respondents loving sport activity do exercise once a week. Eighty or 25% respondents do exercise (sport) twice a week. And 50 (15.62%) respondents do exercise three times a week. Then, 275 (85.93%) respondents love *senam ayo menyapu* ac-

tivity and 45 (14.06%) do not love it.

CONCLUSION

The conclusion of research is that *senam ayo menyapu* belongs to creation gymnastic category. This gymnastic has typical movement characteristics consisting of beginning, main, and closing movements. *Senam ayo menyapu* refers to *Solo Menyapu* day activity on June 08, 2013. Considering the celebration of *Solo Menyapu* day, Surakarta Mayor FX Hadi Rudyatmo cooperates with Living Environment Service of Surakarta City and TISA Competency Test Place (TUK TISA) to plan *senam ayo menyapu* movement, one objective of which is to socialize *gotong royong* (mutual cooperation) through art and to celebrate *Solo Menyapu* day. The media used to socialize this activity includes printed, electronic and media ones. *Senam Ayo Menyapu* has been held in 2015, 2016, 2017, and 2018. *Senam Ayo Menyapu* is expected to build awareness of doing exercise and maintaining environment cleanliness. The government is recommended to develop a better follow-up program of *senam ayo menyapu* including its participation in FORMI agenda. The people (society) are recommended to implement *senam ayo menyapu* sustainably according to the policy developed, to support the society movement to maintain environment in sporting.

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