

## Aerobics Development at Gymnasiums in Semarang

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**Abstrak** Tujuan utama dari penelitian ini adalah untuk mendeteksi sejauh mana struktur organisasi, program latihan, sarana dan prasarana, pendanaan, dan faktor-faktor lain yang didukung yang ada pada gimnasium di Semarang. Penelitian ini merupakan penelitian kuantitatif. Data dikumpulkan langsung oleh: (1) observasi, (2) wawancara, dan (3) dokumen mengumpulkan. Hasil penelitian menunjukkan bahwa: ada struktur manajemen yang baik di St Anna gimnasium, program praktek umum aerobik, jenis aerobik adalah dampak tinggi dan dampak aerobik rendah, sarana dan prasarana yang tidak memadai, dana yang dikelola oleh pemilik gimnasium dan telah mendapat bantuan dana dari departemen Pendidikan Semarang, itu terletak di tempat yang strategis, dan sudah mendapat dukungan yang baik dari departemen. Ada struktur manajemen yang baik di Tantia dan Athalia gimnasium, program latihan yang berdampak rendah dan dampak aerobik yang tinggi, sarana dan prasarana yang tidak memadai, dana yang dikelola oleh pemilik gimnasium, itu terletak di tempat yang strategis, dan sudah mendapat yang baik dukungan dari departemen.

**Kata Kunci:** pengembangan, aerobik, gimnasium

**Abstract** The main purpose of this research is to detect the extent to which the organization structure, practice program, facilities and infrastructure, funding, and another supported factors that exist at gymnasiums in Semarang. This is a quantitative research. The data are collected directly by: (1) observation, (2) interview, and (3) documents collecting. The result of the research has shown that: there is a good management structure at St. Anna gymnasium, the practice program is general aerobic, types of the aerobics is the high impact and low impact aerobic, inadequate facilities and infrastructure, funding is managed by the owner of the gymnasium and has already got a fund help from the department of education of Semarang, it located at the strategic place, and already got a good support from the department. There is a good management structure at Tantia and Athalia gymnasium, the practice program are low impact and high impact aerobic, inadequate facilities and infrastructure, funding is managed by the owner of the gymnasium, it located at the strategic place, and already got a good support from the department.

**Keywords:** development, aerobic, gymnasium

### PENDAHULUAN

Nowadays, aerobic becomes the society's recreative sport selection which favored at all level of the society and are enjoyed up to the many regions in Indonesia and it affect the people at least to neglect the achievement sport, yet they prefer to sport that is relaxed, glorious, and can be practiced by many people and also all of the society. One of these sports is aerobic which nowadays it becomes people's most liked sport. Not only at gymnasiums, aerobic with all of its variations is also be held at residential areas, and domestic or private offices on certain day, with musics and the rights moves with beautiful dances, what is expected of aerobic is that it can be followed by all people, such as; young people, old people, woman, or man, with the result that the aerobic instructor has to be able to mix the aerobic moves in such a way so it would be interesting and easy to follow (Sadoso Sumosardjuno, 2001:4).

Those gymnasiums are spread over 177 districts of 16 subdistricts in Semarang, and are unevenly spread in each subdistrict. There is possibility that there may be exist gymnasiums with the categories of large or small at villages or residential areas which are unknown by the researcher. Yet, there many aerobics are held incidentally once a week in residential areas, twice a week at offices and the more specific thing is that, there is aerobic private in home on certain day

From the description above, it can be concluded that with the total of more or less 90 gymnasiums, if each gymnasium needs 3 to 5 instructors then, it needs about 360 instructors, whereas there is only about 200 instructors in Semarang, so that the total amount of the instructors in Semarang is less than is expected. That's why we need more aerobic instructors in Semarang.

The fact is that in Semarang there are many autodidact instructors with lack of abi-

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lity to train aerobic. The training of instructor candidates is needed to produce experienced professional instructors that able to teach, train appropriately of the aerobics development moves, and consistent to the norm of the right aerobic moves.

## RESEARCH METHOD

This rerearch is a qualitative research, it means that the problem is shown to describe or explain a phenomena that happen in the society, in this case the researcher shows about the process of aerobic development at gymnasiums in Semarang.

A qualitative research oftenly produce a grounded theory, in other words the field collecting data is not from the hypothesis as is in kuantitatif method. Qualitatif characteristic of the research determine the quality into descriptive and dicussion, in this case is about the aerobic development at gymnasiums in Semarang which includes: (1) the structure of organization at gymnasiums in Semarang, (2) practice program at gymnasiums in Semarang, (3) facilities and infrastructure at gymnasiums in Samarang, (4) funding of gymnasiums in Semarang, and (5) other supported factors.

Data are collected directly through: (1) observation, (2) interview, and (3) documents collecting. In order to keep the collected data be as objective as possible, the researcher's questions are formed in an interview form and are formulated according to the previous information, so that the collection can be controlled. To guarantee the collected data of this research is trustworthy, researcher uses 4 criteria that is: (1) credibility, (2) transferability, (3) dependability, (4) confirmability.

## RESULT

The important constituent to be considered in the implementation of the development of aerobic in society is structure of organization, training program, facilities and infrastructure, funding, and other supported factors.

### St. Anna Gymnasium

#### Structure of organization

The owner of St. Anna Gymnasium said that at the beginning, the Gymnasium that was established in 1978 only intended to serve the common gymnastics in order to meet the physical fitness requirements of people surrounding in particular and the people of Semarang in general, with the purpose is that to make a healthy body, to reduce an overweight and to

make an ideal body.

#### Practice Program

The practice program material of the common gymnastics given is *Senam Kesegaran Jasmani*, *Senam Jantung Sehat*, *Senam Tera* and *senam Ayo Bersatu*, aerobics such as: low impact aerobic, mix impact aerobic, step aerobic, cha-cha aerobik, jive aerobik, country aerobic, salsa aerobic, dangdut aerobic, taebo, body language, aeroflek, and ballroom dancing.

#### Facilities and Infrastructure

Tantia gymnasium which located at *Jalan Pedurungan Kidul V no 29 Semarang*, Handphone 08564084534 with 6 x 8 m<sup>2</sup> wide, and a building area of 120 m<sup>2</sup>. The building is ocated adjacent with the house of the owner. Facilities and infrastructure of Tantia gymnasium is shown in the list on attachments page.

#### Funding

At the beginning, the funding of Tantia Gymnasium was from the owner his/herself and later it becomes the dues from the members of Tantia Gymnasium. In the progress, Tantia Gymnasium oftenly cooperate with sponsor in order to develop the gymnasium, these funding is headed by the owner of Tantia Gymnasium.

#### Other supported factors

Athalia gymnasium has some supported factors in the development process that is the strategic location in *Pekunden* quarter which located to the west of the down town of Semarang with a distance of 1 km from *simpang lima*, the owner's ability and a good quality of the instructors are one of the supported factors in the implementation of aerobic development in Semarang.

## DISCUSSION

The important constituent examined in the implementation of aerobic including (1) the structure of organization, (2) practice program, (3) facilities and infrastructure, (4) funding, and (5) other supported factors.

#### The structure of organization

According to the researchers analysis, the field collecting data of the three gymnasiums has shown that all of those three gymnasiums have had a good structure of management organization. However, in fact there is a double job description in management, moreover the-

re is gymnasiums that have no the structure of organization but have a good coordination between the owner, instructor, and the protégé.

### Practice program

According to the researchers analysis, also found that there are class divisions, between junior with senior protégé. This class division will make it easier in giving the practice program, but in fact it can not be controlled because of many constraints such as the place, equipments, time, and practice hours, but there are advantages of this situation, unconsciously the junior will be motivated by that and they will be keep trying to master the material given by the instructor and there is thought by instructor that the more they do the aerobic class the better they master the aerobic techniques without ignoring the other aerobic material properly, with the purpose if their aerobic ability is better so it will be easier to adapt and follow other gymnastics material.

### Facilities and infrastructure

Researchers analysis shows that the implementation of gymnastic development depends on the location and facilities there. An equal and comfortable building will support the practice process, because the protégé will do the maximum and will be happy to do the practice until success is achieved. All of these five gymnasiums have had a place to practice and equipments, although there is short of the quantity and quality of it.

The location of these five gymnasiums consist of gymnastic floor room using ceramics and carpet with mirrored wall, and there is safety grip with practice equipments such as: foam mattress, dumbbell, stick, fan, tape recorder, audio devices, and there is parking place for vehicle, although it is not equal enough.

According to researchers analysis, the constraints is about the dimation of the practice room which oftenly not accommodate the protégé when it comes the practice, so that the practice is lack of moves and can not do the good and perfect moves. The other is about the lack of equipments in the gymnasiums, whereas the total amount of the protégé is about 35 children and the just about 20 of equipments.

### Funding

Funding is important thing to support the live of a gymnasium. A big gymnasium might have a good funding, ascertainable from many of benefactors that are sponsors in each

of the activity of a gymnasium.

After the research, according to researchers analysis, from the tenth gymnasiums at the beginning it stand, the funding to develop the gymnasium is started from the individual founder. Later it becomes protégés dues, and also from benefactors that help the funding of a gymnasium. It is known that if it becomes LPK (*Lembaga Pendidikan dan Keterampilan*), it will get a help fund from *Dinsospora*, so that it can support the fund of a gymnasium.

### Other supported factors

According to the researcher's analysis, people that attached in the management of the three gymnasiums in Semarang have a good loyalty, this has proven by the management members that always make a good coordinations about the development on those gymnasiums.

Besides, the protégés that have a good loyalty to the gymnasium is also one of the supported factors in the development of a gymnasium. Researchers analysis shows that the protégés that do the practice on the three gymnasiums have a good loyalty, it shown from the protégés that are joined the practice every day.

### CONCLUSION

From the research and discussion of the implementation of gymnastic development at gymnasiums in Semarang, it can be conclude that:

The structure of organization in gymnasium is good enough, however there is still a double job description in the management.

Practice program has been done according to the existed practice method but it is not good enough, the exist program still become the routines and not yet booked.

Facilities and infrastructure of those three gymnasiums are not standard enough to do the development of aerobics in Semarang

Commonly the funding of gymnasiums in Semarang is managed by the owner of the gymnasium, except in LPK, there is an exchequer and it has had a fund help from the department of Semarang.

Other supported factors, such as management and protégés loyalty and also support from *dinsospora* is good enough, and the cooperation with other instance or sponsors very helpful in the process of development of gymnasiums in Semarang.

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