

## The Effect of Swimming Style Training on Personality and Swimming Ability in Beginners in Rejang Lebong - Bengkulu

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### Abstract

The background to this research is that the training program for beginner swimmers is still ineffective and the personality and abilities of beginner swimmers in Rejang Lebong are still unknown. The aim of this research was to determine the interaction of breaststroke and freestyle swimming training on the swimming ability, speed, personality and style mastery of beginner swimmers in Rejang Lebong. This type of research used by quasi-experiment, the sample population is 40 people, the sampling technique in this research used by purposive sampling, namely with certain considerations, the data collection technique used by observation, a swimming ability test, namely a speed of 25 meters, filling out a questionnaire, and documentation. The data analysis technique used by normality, percentage and homogeneity tests with normality results of  $0.200 > 0.05$  with a normal distribution, a percentage of 87.50% with a very good category, and homogeneity test results of  $0.000 < 0.05$ , namely there is a significant difference between results of swimming 25 meters breaststroke and swimming 25 meters freestyle in pretest and posttest. The conclusion of this research is that there is an interaction between the training methods of the breaststroke group and the freestyle group on the swimmer's personality and ability.

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## INTRODUCTION

Swimming is a water sport that requires strength, speed and good endurance (Kelana, 2023). Introduction to water is the initial exercise learned by novice swimmers (Erni & Roepajadi, 2020). The psychological factor that is influencing is the disruption of the athlete's psychological aspects. If the psychology is disturbed then motor skills are also affected (Selpamira, 2022). Open water swimming is a popular blue activity that has gained recent interest in the mental health field (Overbury et al., 2023).

Introduction to water aims to eliminate fear of water and improve movement skills in water. Swimming movements which are the initial introduction for beginners also start from the basics, namely breaststroke and freestyle. According to (Maulidin et al., 2019) a person's breaststroke movement is determined more by muscle mass because the anatomy of their legs tends to be more stable and their body structure is heavy so they need to absorb a lot of energy when moving. Meanwhile, freestyle movements have movements that go straight, such as walking, apart from using freestyle training techniques, methods also need to be developed to increase swimmers' speed abilities (Ujang Rohman, 2019).

The benefits obtained from swimming, especially for children, are growth. The personalities of individuals in a coach-athlete relationship will interdependently shape the emotions, cognition, behavior and opinions of both individuals, thereby significantly improving their performance (Stanford et al., 2022).

According to (Josep et al., 2021) the personality traits in his research consist of manifestations of various levels produced by the conjunction of predisposing factors such as muscles, breathing and feelings. People who have the right feelings about themselves have higher levels of self-confidence and satisfaction to achieve success (Tavakolizadeh et al., 2012).

Psychology is a factor that influences a swimmer's performance from within and from outside an athlete (Negara et al., 2021). Meanwhile, according to (Juriana et al., 2018) trainers' knowledge of psychology and its application to students is very much needed to support the achievements of swimming athletes,

especially beginners who still really need motivation when training.

Motivation is a force that becomes a driving force so that enthusiasm for action determines activities towards an achievement. Motivation is very important in the learning process, performance and achievement in sports and school learning (Mylsidayu, 2015). Physical fitness is a form of human physical endurance in carrying out various forms of activities in daily life without causing severe fatigue (Irwansyah et al., 2022).

The changes that occur between personality and cognitive ability are that poor personality may be associated with decreased emotional stability and openness due to the cognitive resources required to maintain these traits, whereas poor cognitive abilities will be associated with increased agreeableness and awareness to compensate for cognitive limitations and improve functioning. life (Stieger et al., 2021).

The problem that occurs in Rejang Lebong - Bengkulu is the lack of existing training programs and the effects of training on the personality and abilities of beginner swimmers which are still unknown in Rejang Lebong - Bengkulu. According to (Pramandhika et al., 2020) the relationship between motor skills and children's level of participation has been shown to strengthen with age, the importance of adequate opportunities to practice children's motor skills.

Previous research has examined (Dennison et al., 2013) in its research results that an increase in  $\dot{V}O_2$  The maximum occurred for everyone from both the breaststroke and freestyle groups. Achieving an achievement, especially in swimming, is seen from external factors and internal factors, namely external factors that are influenced by training programs, facilities and infrastructure, family and coaches.

Meanwhile, internal is the child's physical condition, and the training given by the coach, such as technique, tactics and mentality (Aulia & Komaini, 2019).

Several previous studies explaining the various benefits of swimming can make children feel happy and happy, more enthusiastic. Research (Sumartiningsih et al., 2019) aims to encourage children to take part in physical activity happily and happily through swimming. Swimming can

also be a recommendation for children who suffer from asthma.

Previous research such as (Pramono et al., 2023) aims to evaluate and analyze travel time records. Based on this research, of course training has a very important influence on athlete performance. This success cannot be separated from the implementation given by coaches to swimmers from the start.

Based on the background above, researchers are interested in conducting this research with the title "The effect of swimming style training on personality and swimming ability in beginners in Rejang Lebong - Bengkulu.

## METHOD

The research method used by quasi-experimental method. This research is a type of quasi-experimental research. This research was carried out at the Jaya Tirta Yonif 144 swimming pool on April 27 2023 – May 27 2023. The population in this study was 40 people. The sample in this study was 32 people with sampling using purposive sampling.

The sample considerations in this study were beginner swimmers who had never been athletes and aged 5 to 10 years. The data collection technique and instrument used a carry out the first test according to their abilities, the test is carried out at a distance of 25 meters with the fastest time that can be obtained by the swimmer and the second measurement is the posttest or final test, this test is the same as the first test with swimming a distance of 25 The meter measures the child's fastest time and the child's ability to carry out movements. Furthermore, after carrying out a swimming ability test, namely speed with a distance of 25 meters, the sample is given a questionnaire or questionnaire for the sample content according to what they felt during training. This test is a sample personality test. The calculation of points for each question used by Likert scale, namely for positive questions starting with a score of 5 to 1, while for negative questions starting with a score of 1 to 5. The indicators in the questionnaire contain adaptation, strength, competitiveness, emotions, and managing pressure.

Training is carried out according to the schedule given by each coach, so that swimmers follow the scheduled training schedule. If the schedule given by the coach does not match the child's schedule, the child can be moved to another schedule.

Data collection techniques and instruments use speed tests with several tools, namely stopwatches, writing instruments and questionnaires. After carrying out the speed test, the sample is given a questionnaire to be filled out at the research location. There are 20 questions, with a positive scale and a negative scale. The data analysis technique in this research is the normality test using SPSS 25 as an aid for calculating data, calculating the normality test, then the process of managing the data with percentages using the formula  $P = \frac{F}{N} \times 100\%$  (Muhaimin, 2012) and

homogeneity test with the formula 
$$t = \frac{|s_1^2 - s_2^2|}{2 \cdot s_1 s_2 \sqrt{\frac{1 - r_{12}^2}{ab}}}$$

(Kadir, 2020) with the help of SPSS 25 as data manager, and to determine differences in the abilities of novice swimmers using variable descriptive statistics.

## RESULTS AND DISCUSSION

Data analysis used IBM SPSS 25 analysis of variance in calculating differences in swimmers' abilities using variable descriptive statistics through novice swimmers' abilities and personality.

Based on research that has been conducted, there were 32 beginner swimmers who were the samples in this study. The samples were divided into two groups, namely the breaststroke swimming group and the freestyle swimming group. After a long period of training, the samples will be tested based on their swimming ability, namely a speed of 25 meters.

Through survey techniques, data testing used by observation, tests, questionnaires and documentation.

Table 1 explains the data characteristics of the breaststroke group and the freestyle group with the results for each group having the mean value and standard deviation value obtained from each

sample, a sample of 16 people in the breaststroke group and 16 people in the freestyle group.

Table 2 explains research data by group through pretest and posttest with the mean value

and standard deviation for each value that has been obtained.

**Table 1.** Data Characteristics

Variable	Breaststroke Group	Freestyle Group B
N	16	16
Man	7	6
Woman	9	10
Age (years)	7.68 ± 1.44	7.56 ± 1.09
Height (meters)	118.2 ± 11.0	116.1 ± 8.01
Body weight (kg)	26 ± 5.4	2.54 ± 3.67

**Table 2.** Research Data

Variable	Breaststroke N = 16		Freestyle N = 16	
	Pretest	Posttest	Pretest	Posttest
Speed (seconds)	4.99 ± 11.3	32.91 ± 1.99	2.54 ± 6.95	29.95 ± 9.06
Personality (Points)		82.75 ± 2.13		84.0 ± 7.94

**Table 3.** Prerequisite Test

Prerequisite Test	Breaststroke	Freestyle
Normality	0.200 > 0.05	0.200 > 0.05
Personality percentage	87.50%	87.50%
Homogeneity	0.000 < 0.05	0.000 < 0.05

**Table 4.** Anova Hypothesis Test

Control group	df	F	Sig
Exercise	3	148.41	0.000 < 0.05

Table 3 explains the prerequisite tests in the research where each group has a normality value, personality percentage value, and homogeneity. Table 4 is a hypothesis test with the results of data analysis using anova. The results obtained from each of these tests from the F test control group were 148.41, a significant p value of 0.000 < 0.05, which shows that the results obtained are acceptable or have a different effect.

## DISCUSSION

The results of the normality test state that the data is normally distributed, the results of the questionnaire or questionnaire data are in the very good category, while the homogeneity test states that all data is homogeneously distributed. And from hypothesis testing data which shows that

there is an influence of swimming style training on the personality and abilities of beginner swimmers in Rejang Lebong - Bengkulu or based on existing data, it can be concluded that there is an interaction between breaststroke and freestyle swimming training on the personality and ability of swimmers. beginner.

Swimming is one of the most popular water sports in Indonesia, from children to adults they like to swim. Swimming is not just an achievement sport, but is included in the educational curriculum so that it becomes a sports education (Yanuharto et al., 2022 ). Through swimming, swimming can improve various changes in the body, such as psychology and the child's abilities. Increasing a person's performance is influenced by good psychology in understanding good conditions during training and competitions, of course it cannot be separated from motivation from oneself or from outside.

Psychological is a personality disorder or somatic symptom disorder (Petrigna et al., 2022).

Psychology is a science that has a direct influence on children so that it influences their appearance (performance), these psychological aspects include: achievement motives, intelligence, self-actualization, self-confidence, motivation, enthusiasm and so on (Effendi, 2016).

The factors needed to achieve swimming performance are anatomical factors (arm length, body height, leg length), physiological factors (maximum oxygen volume, agility, balance, coordination, strength, flexibility), biomechanical factors (movement speed and stroke frequency), and psychological factors (personality, attribution, achievement motivation, aggression, passion, anxiety, stress and others) (Mulyana, 2013).

The swimmer's personality and motivation from the people around him are also driving forces so that children become enthusiastic about training and have goals they want to achieve. The motivation given by the coach is very important in improving the swimmer's performance, for this reason the coach is expected to better understand the psychology of children through the psychology of the child's personality and apply what can be given if there are problems with performance to be repaired and corrected again so that they can improve the child's performance from an early age.

Based on the results of previous research (Post et al., 2022) which shows that multivariate covariance shows a much higher score for the reflection process during training for high-performance swimmers but lower effort scores compared to low-performance swimmers. This difference has adjustments to the training hours given by coaches to swimmers, so that the evaluation process after training is more effective and efficient for young swimmers.

So, it can be concluded that there is an interaction between training methods on swimming ability and the personality of novice swimmers in Rejang Lebong - Bengkulu. Even though the swimming styles given are different, they have a time that is not much different from the speed for beginner swimmers, the speed obtained by swimmers can also change at any time if they continue to practice.

## CONCLUSION

Based on the results of research and data analysis that has been carried out using existing data, the normality test on the data is  $0.200 > 0.05$  or normally distributed data, the percentage test data for the beginner swimmer questionnaire is categorized as very good with a percentage of 87.50% and the homogeneity data has the result is  $0.000 < 0.05$  or there is a significant difference, it can be concluded that there is an interaction between the training methods of the breaststroke group and the freestyle training group on the personality and swimming ability of beginner swimmers in Rejang Lebong - Bengkulu.

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