



Aerobic Dance: Facilities for the Development of Physical Education and Recreational Sports

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Article History

Received October 2022

Accepted February 2023

Published Vol.12 No.(1) 2023

Keywords:

Aerobic Sports, Physical Activity, Aerobic Dance, Recreational Sports.

Abstract

This study is an explanation based on a literature review about aerobic dance which is currently being favored by almost all Indonesian people. This literature review is quoted from Google Scholar, Science Direct, and books, using the keywords aerobic exercise, physical activity, dance aerobics, and recreational sports. The references are used from 2015 to 2022. Aerobic dance is a fun sport for an active lifestyle and is an indicator of future health. Aerobic dance is popular for several reasons, one of which is that it is low cost and can be performed anytime, anywhere, and by anyone regardless of gender and age. Aerobic dance can have a positive effect on physical and mental health. Aerobic dance can reduce risk factors for cardiovascular disease in all age groups, especially in the elderly, and reduce mental health problems such as lowering levels of reactions to stress, depression, and anxiety. Aerobic dance that is done regularly can improve physical and mental health. In addition, it has a positive impact on social relationships and increases self-efficacy. Aerobic dance is recommended as a recreational sport.

How to Cite

Latuheru, R. V., & Arfanda, P. E. (2023). Aerobic Dance: Facilities for the Development of Physical Education and Recreational Sports. *Journal of Physical Education, Sport, Health and Recreation*, 12 (1), 83-82.

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p-ISSN 2460-724X

e-ISSN 2252-6773

INTRODUCTION

Sport is one of the most important physical activities of humans. Exercise that is done regularly helps develop skills, maintain physical, mental, and social fitness, and prevent various diseases. Aerobic exercise is one of the recreational sports that can help to maintain fitness. Aerobic exercise is a sport that can be done by all groups, both in the school environment and in the community, because of the low cost, fun, and can be done together (Wardani & Nurudin, 2020). One of the most popular exercises today is aerobics. Aerobics are activities that require large amounts of oxygen and ultimately improve the oxygen delivery system. This system is often referred to as the cardiovascular system because the heart and blood vessels carry oxygen (Arfanda, 2019).

Regular physical activity is part of a healthy lifestyle and contributes to physical and mental health. According to WHO in 2010, it is recommended that children and adolescents do at least 60 minutes of aerobic exercise per day and 150 minutes per week, and upon reaching adulthood based on the individual's ability to increase speed, strength, and flexibility (Pontone et al., 2021). Recreational sports are activities favored by adults that are expected to involve children from an early age because they can improve physical and emotional fitness. Recreational aerobic dance is defined as a low-intensity and low-frequency non-competitive sport performed for recreational or educational purposes. For example, aerobic dances that are carried out in aerobic exercise studios that are not competitive in nature, and programs in schools that are intended for physical activity and student enjoyment (Pontone et al., 2021).

METHODS

This literature review analyzes relevant articles and focuses on aerobic dance as a means of physical education and recreational sports. The references used in this literature review are quoted from Google Scholar, Science Direct, and books, and include the keywords aerobic exercise, physical activity, dance aerobics, and recreational sports. The references used are references from 2015 to 2022.

RESULTS AND DISCUSSION

Aerobic Dance

One of the most popular forms of aerobic

exercise is dance aerobics. Aerobic dance is an exercise in which a series of movements are performed for a certain period to the rhythm of the music. In general, aerobic dance is a sport that improves heart and respiratory function. Anyone can do this aerobic dance, from teenagers to the elderly can do aerobic dance by adjusting their character. This aerobic dance exercise also includes concentration, attention, memory, sensory stimulation, and social interaction. Aerobic dance is a good exercise to improve cognition, mood, and physical condition (Wong et al., 2020). Aerobic dance is very popular in various parts of the world (Schroeder et al., 2017). This aerobic dance is always considered fun because it is usually performed by a group of people with different goals (Stamford, 2016).

Aerobic dance is one of the aerobic exercises that is developing and is loved by the community for several reasons, including being able to practice alone or together, can be done anywhere, at a low cost. Several previous studies have demonstrated the benefits of aerobic dance in lowering the individual's level of stress response and reducing psychosomatic illness (Ramanian et al., 2020). Aerobic dance is one of the most popular fitness activities (Zarębska et al., 2016). The popularity of aerobic dance is associated with the type of physical activity that fits the concepts of gender identity, femininity, and body image (Chuprun & Yurchenko, 2020). Low-intensity dance aerobic exercise is considered appropriate for the potential benefits associated with executive function (Hyodo et al., 2021). Aerobic dance is a form of endurance training and includes the most preferred physical activity, especially by women. Research shows that aerobic dance is a unique style of exercise that combines movement and music, and allows the brain and body to experience consciously created movements related to creativity, performance, and agility (Teixeira-Machado et al., 2019; Hua & Ye, 2020; Dun et al., 2021). Popular aerobic dances are discotic, zumba, aerobics, line dance, and hip hop.

Aerobic dance is a aerobic exercise whose movements are accompanied by music that is adjusted and performed within a certain duration. This aerobic dance is usually led by a trainer. Aerobic dance can be divided into three categories based on the intensity, namely low impact, high impact, and mix impact. There are several considerations that must be taken before doing this aerobic dance, including age-appropriate intensity, interesting rhythm, and flexibility (Budiono & Yulianto, 2019). In aerobics, music is used as a movement guide that provides motivation and

enthusiasm. That's why the music you choose should be fun, energetic, and emotionally impactful. The music chosen usually remains rhythmic with 8 beats in each rhythm (Arfanda, 2015).

Several studies have shown that aerobic dance can reduce the level of stress response in individuals and can cause psychosomatic depression (Ramania et al., 2020). The high motivation of aerobic dance participants shows the popularity of aerobic dance. Aerobic dance is a popular sport, as evidenced by the many aerobic dance competitions and many schools that encourage students to learn aerobic dance (J. Wang, 2021). It also received a lot of attention and made aerobic dance popular in society. The popularity of aerobic dance is very important in promoting recreational sports.

Aerobic dance can be done anytime, anywhere. Aerobic dance is now a part of life. Aerobic dance is not limited by space and time, and most importantly involves the active participation of body and soul for integrity and identity, and can also motivate life to be more vibrant. Aerobic dance can also help you escape from everyday life (Y. Wang & Wu, 2016).

Physical Education

School is an ideal environment for children and adolescents to do physical activity. The purpose of physical education subjects is to form behaviors and attitudes that encourage students to engage in lifelong physical activity (Rokka et al., 2019). The relevance of sport as a pillar of education and health in a formal and moral sense in society has been observed and explained in various contexts from time to time (Perna et al., 2019).

Aerobic dance has become a very popular activity over the last few decades because it is a fun, non-competitive group exercise. This can be seen on certain days when the school holds aerobic exercise together. Aerobic dance is a sport aimed at the general public, not for professional athletes. The rhythm of the movement created, attracts more people to do aerobic dance. Aerobic dance emphasizes coordination and collaboration between movements and contemporary popular music (Rokka et al., 2019).

When one can be completely immersed in music, one can perfectly combine body and soul through movement of the limbs and coordination with music. Aerobic dance is a form of adolescent social integration in modern society and can positively affect body image, self-esteem, and students' perceptions of the importance of physical activity for health (Rokka et al., 2019). Physical literacy means someone who is intelligent or educated in matters relating to his body. Individuals

who have physical literacy will be able to carry out various activities in their lives, most of which require physical activity with confidence, competence, effectiveness, efficiency and optimally (Bulqini et al., 2021). It is hoped that aerobic dance can provide an overview of physical literacy to students, so that they will consciously do aerobic dance, even though it is not within the scope of the school.

Recreational Sports

Sport is an activity that has the potential to generate enthusiasm and strength in building. Sport is a sense of spirit in the long-term development process, therefore sport must be seen as a goal and development asset (Firdaus & Kurniawan, 2019). Sport is a series of regular and planned exercise to maintain movement in improving the quality of life and increase the ability to move in improving life skills (Indricha, 2019). As announced by the government with the Great Design of National Sports which includes achievement sports, educational sports and mass sports.

Forms of sports that are able to exercise the community are educational sports, achievement sports and recreational sports. This is explained in the Law of the Republic of Indonesia No. 3 article 1 paragraph 12 of 2005 concerning the National Sports System that recreational sports are sports carried out by the community with hobbies and abilities that grow and develop in accordance with the conditions and cultural values of the local community for health, fitness and enjoyment (Wardani & Nurudin, 2020). From the quote above, it is clear that people can exercise through recreational sports based on their hobbies and abilities.

Sports carried out by the masses, in this case, recreational sports, are still very low. This is influenced by the awareness of the importance of exercise from within oneself (Reza et al., 2019). Recreational sports are physical activities carried out during the free time. Recreational sports aim to improve people's health, fitness, recreation, and enjoyment through sports (Rahma Oktaviani & Setiawan, 2020). Recreational sports are considered to be able to meet the needs of the body from the physical, mental and social aspects. Currently, recreational sports are no longer a secondary need, but have become a primary need and have become part of a person's lifestyle (Wibowo, 2020).

In society, the social model is a set of values or informal norms that are shared among members of interrelated community groups, which are based on the values of trust and so-

cial life. The social model is recognized as a key element of community recreation, sport, and the use of leisure. Several studies on recreation and sport discuss the relationship between social models and leisure time. The social impact of sport and culture shows that the impact of the social model in sport is its capacity to increase social relations and a sense of belonging among members of the group. Recreational and sporting capacities through individual leisure time choices provide opportunities to meet individual recreational needs and achieve broader social goals (Forsell et al., 2020).

Safe participation in sports and outdoor recreation will become increasingly challenging (Fortington et al., 2021). It is known that the motivation that leads to sports makes it an activity or tourism product aimed at developing a healthy lifestyle. Sport builds links between visiting and visited communities, with the relationship between sport and tourism playing an important role. The popularity of sports is associated with the fact that they produce, depending on the significant benefits. Aerobic dance can also be done by raising the local culture. For example, the movement can take from regional dance movements, or the music used can use traditional regional music (Arfanda et al., 2022). This will be interesting and can increase the attractiveness of aerobic dance as a mass sport.

Enjoyable and quality participation activities in active sports and recreation from an early age are extremely important, as they are known predictors of an active lifestyle and indicators of better health later in life (Keane et al., 2019). From the description above, one of the popular recreational sports is aerobic dance.

CONCLUSION

Aerobic dance is one of the most popular sports. A person who recognizes his own needs related to sports that provide physical, psychological, and social benefits is involved in recreational sports. Aerobic dance has a holistic calming effect. Aerobic dance is a recreational sport because it can be done by anyone, anywhere, anytime, and can reduce the risk of cardiovascular disease.

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