

Rhythmic Gymnaastics: Exploring Its Benefits And Contributions In The World Of Education (A Literature Review)

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Abstract

Health can be maintained in a simple way, namely by cultivating exercise. Exercise is a part of sports that can be accessible to all groups and does not require expensive costs. One of the exercises suitable for body fitness is rhythmic gymnastics. The purpose of this research is to describe the benefits of rhythmic gymnastics and its contribution to the world of education. The method used in this research is a qualitative descriptive method by applying literature review. The data in this research consist of books, journals, and theses related to rhythmic gymnastics. Data were obtained through downloading techniques and followed up with reading techniques to find information that answers the problems in this research. Data were analyzed by applying content analysis, focusing on the formulation of problems to find the benefits of rhythmic gymnastics and how its contribution in education. The results achieved from this research are that rhythmic gymnastics has practical benefits such as training muscle strength, improving flexibility, weight loss, increasing concentration, combating depression, improving sleep quality, and maintaining harmonious social relationships. In addition to the perceived benefits, rhythmic gymnastics also has significance in the field of education, contributing in the form of integration into the curriculum and becoming a topic of achievement in physical education and health, providing motor therapy for children, and serving as a competition venue for schools at the local, national, and international levels.

Keywords: Sports, Rhythmic Gymnastics, Benefit, Contribution

Abstract

kesehatan dapat dijaga dengan cara yang sederhana yaitu membudayakan senam. Senam adalah bagian dari olahraga yang dapat dijangkau oleh semua kalangan dan tidak membutuhkan biaya yang mahal. Salah satu senam yang cocok untuk kebugaran tubuh adalah senam ritmik. Tujuan dari penelitian ini adalah untuk mendeskripsikan manfaat senam ritmik dan kontribusinya dalam dunia pendidikan. Metode yang digunakan dalam penelitian ini adalah metode deskripsi kualitatif dengan menerapkan kajian Pustaka. Data dalam penelitian ini berupa buku, jurnal, dan tesis terkait senam ritmik. Data diperoleh dengan cara teknik pengunduhan dan ditindak lanjuti dengan teknik baca untuk menemukan informasi-informasi yang menjawab permasalahan dalam penelitian ini. Data dianalisis dengan menerapkan konten analisis yaitu berfokus pada rumusan masalah untuk mencari manfaat senam ritmik dan bagaimana kontribusinya dalam pendidikan. Hasil yang dicapai dari penelitian ini yaitu senam ritmik memiliki manfaat secara praktis berupa melatih kekuatan otot, meningkatkan kelenturan, menurunkan berat badan, meningkatkan konsentrasi, melawan depresi, meningkatkan kualitas tidur, dan menjaga harmonisasi hubungan sosial. Selain manfaat yang dirasakan senam ritmik juga memiliki sumbangsi pada dunia pendidikan yaitu berkontribusi dalam bentuk integrasi ke dalam kurikulum dan menjadi topik capaian dalam pendidikan jasmani dan kesehatan, memberikan terapi motorik anak, dan menjadi ajang kompetisi bagi sekolah baik padaTingkat lokal, nasional, dan internasional.

Kata kunci: Olahraga, Senam Ritmik, Manfaat, Kontribusi

PENDAHULUAN

Sports is a regular physical activity aimed at improving health and body fitness. It involves active body movements, engages muscles, and typically requires coordination between various body parts. Sporting activities can be done individually or in a team format, being both competitive and recreational. Besides the physical aspect, sports can also have social and psychological dimensions. Socially, sports can serve as a means to build communities, enhance team cooperation, and foster values

such as fair play and sportsmanship. Psychologically, sports can provide benefits for mental well-being, reduce stress, and boost self-confidence. The definition of sports varies depending on the context and may involve various types of physical activities, ranging from light physical exercises to high-level competition. According to the National Sports System Law (UUSKN) No. 3 of 2005, sports are defined as systematic activities to encourage, nurture, and develop physical, spiritual, and social potential. In Indonesia, sports are

regulated within the framework of the National Sports System, which includes educational sports, recreational sports, and competitive sports. (Undang-Undang RI No.3 Tahun 2005 Tentang Sistem Keolahragaan Nasional, 2007)

Engaging in sports does not require significant expenses due to its easily accessible nature. One part of sports is gymnastics. Gymnastics is a physical activity that involves regular and organized body movements, often performed with a specific rhythm and structured according to certain rules or patterns.. Arifin (2018) state that gymnastics is intentional movement involving specific body parts performed in an organized and systematic manner to generate motion. The objectives of gymnastics can vary, including enhancing flexibility, strength, balance, coordination, and overall fitness. Gymnastics often entails body movements executed with particular techniques and patterns and may involve the use of equipment such as gymnastic balls, ribbons, and other lightweight apparatus. Besides the physical aspect, gymnastics can also have artistic and expressive dimensions. Many forms of gymnastics, such as artistic gymnastics, rhythmic gymnastics, or aerobic gymnastics, emphasize the beauty of movement, creativity, and personal expression. Gymnastics can be practiced individually or in groups and can be adapted to various skill and fitness levels. Apart from being an enjoyable activity beneficial for health, gymnastics can also serve as a form of art or entertainment. It is frequently integrated into sports, fitness, or recreational programs and can be utilized as a means to develop self-discipline and body coordination.

From the definitions of sports and gymnastics above, it can be concluded that the relationship between sports and gymnastics lies in physical fitness, competitive aspects, flexibility and creativity, goals, and roles in everyday life. It is stated that sports and gymnastics are integrated entities aimed at providing health benefits to the body. Additionally, it is added that gymnastics is a part of sports that can be easily adopted by all segments of society because it does not require significant expenses. (Pane, 2015) Gymnastics is a popular form of physical activity among the

community and is cost-effective. When engaging in gymnastics, nearly the entire body is involved in movements, including the muscles of the wrists and ankles, and even the hips. The movements generated by gymnastics not only encompass a series of exercises involving the whole body but also trigger an increase in respiration rate and heart rate. This leads to an elevation in blood oxygen levels and the dilation of blood vessels. These metabolic changes can have positive effects beneficial to overall body health. Thus, gymnastics offers benefits that enhance stamina, support overall health, promote a more active lifestyle, and provide sustained positive benefits into old age.

One type of gymnastics that is popular, beneficial for the body, and can be easily done in various contexts and situations, including in the world of education, is rhythmic gymnastics. Rhythmic gymnastics is a type of gymnastics that involves body movements synchronized with music. This gymnastics combines hand, leg, and body movements that require balance, flexibility, and good coordination. In addition, rhythmic gymnastics requires supporting equipment such as ribbons, ropes, balls, hoops, etc. Sahabuddin et al. (2020)) describes that rhythmic gymnastics can be considered a very interesting sport with a combination and coordination of various other types of gymnastics such as ballet, dance, and music accompaniment. In line with Bobo-Arce & Méndez Rial (2013) that the rhythmic gymnastics is a relatively easy form of gymnastic movement, which can be performed with or without special equipment, and follows the rhythm of the music being used. Some of the tools that can be utilized include balls, hoops, ribbons, ropes, and clubs. Rhythmic gymnastics involves various types of movements, ranging from simple to complex. The training process for these movements begins with practicing basic motions without using any equipment initially.

The elements commonly found in rhythmic gymnastics are body movements, gymnastics apparatus, choreography, music, and special clothing. (Herlambang, 2017) The body must have flexibility to ensure that the movements in rhythmic gymnastics do not appear stiff. The movements performed should

prioritize body flexibility. The accuracy of rhythm or music tempo is an important element in rhythmic gymnastics. Gymnasts must be able to synchronize their movements with the rhythm of the music used. With body flexibility and rhythmic accuracy, aesthetic value or beauty is achieved. Movements should be performed elegantly and aesthetically, emphasizing visual beauty. Other supporting factors include the use of apparatus and props that enhance activity enhancement.

Some researches which highlighting the importance of rhythmic gymnastics and in line with ongoing research namely Supriady (2020), Supriady (2020) attempted to examine the self-confidence levels of rhythmic gymnastics training participants at Club Citra Bandung. The researcher employed a quantitative method with a sample size of 15 individuals. The research instrument used was a self-confidence questionnaire, and data analysis was conducted using descriptive statistics. The research findings concluded that overall, the athletes' self-confidence level was 72.35%, which can be categorized as good self-confidence. In terms of indicators, self-efficacy reached 29.9%, while self-confidence reached 15.3%.

Other research is Firdaus, et al (2018) examined the role of rhythmic gymnastics in improving children's gross motor skills. Child development can be influenced by several factors such as the environment, parental role, and provided stimulation. One of the stimulations applied is rhythmic gymnastics, which can stimulate children's motor movements. The research findings concluded that initial observations on children in Group A at RA Jalaria showed suboptimal gross motor skills. Through the Classroom Action Research (CAR) method with the implementation of rhythmic gymnastics activities for two cycles, a significant improvement in children's gross motor skills was observed. Before the implementation of rhythmic gymnastics, the score for children's gross motor skills was categorized as very poor. However, after the implementation of rhythmic gymnastics, there was an improvement in Cycle I (categorized as poor) and reached a good category in Cycle II. Additionally, the analysis of teacher activities

showed a significant improvement in the implementation of rhythmic gymnastics activities from Cycle I to Cycle II. Similarly, children's activities indicated an improvement from the very poor category in Cycle I to the fair category in Cycle II. Thus, the proposed hypothesis was accepted, stating that rhythmic gymnastics activities are effective in improving children's gross motor skills in that group. Rhythmic gymnastics can be used as an effective method to stimulate the development of gross motor skills in children.

In line with Firdaus results above, Basri (2019) Conducted a research to observe students' responses to rhythmic gymnastics in improving the motor skills of sixth-grade students at SDN 020 Jalan Damai, Sidodamai Village, Samarinda Iilir. The research conducted by Basri is a Classroom Action Research (CAR) divided into 2 cycles, each consisting of four stages: planning, implementation, observation, and reflection. Data collected include results from formative tests, performance tests, and observation sheets during learning activities. After analysis, an increase in student activity was found from 70% in the first cycle to 80% in the second cycle. Additionally, from the observations conducted, students showed active involvement in rhythmic gymnastics learning, both when receiving tasks from the teacher and taking initiatives on their own. In teaching activities, teachers also experienced an increase from 95% in the first cycle to 100% in the second cycle. This indicates that the teacher has implemented learning according to the planned scenario, and rhythmic gymnastics can improve the motor development of children at SDN 020 Samarinda Iilir.

Hakim (2022) conducted research to examine the influence of increasing movement techniques in rhythmic gymnastics through play methods. The study concluded that in the first cycle, the gross motor skills of seventh-grade students in SMP Negeri 2 Makassar in the rhythmic gymnastics hoop technique were categorized as low. Factors such as a lack of understanding of play methods and perceived pressure by students, especially male students, hindered their skill improvement. However, after implementing the second cycle with

increased supervision, improved play method materials, and enhanced awareness, positive changes occurred. Students showed greater enthusiasm in learning, asked more questions, and no longer cheated in their movements. Students' awareness of the goals and benefits of the play method also increased, helping them understand the positive contribution of the rhythmic gymnastics hoop technique. The evaluation results in the second cycle showed significant improvement in the rhythmic gymnastics hoop technique, both in qualitative and quantitative descriptive analysis. Students achieved a moderate to high category, indicating that this action research successfully improved their gross motor skills. However, it should be noted that this action research was only conducted until the second cycle.

The purpose of this research is to describe the benefits and contributions of rhythmic gymnastics. In educational world. The elaboration of the problem statement that becomes the focus of development in this research is how the forms of rhythmic gymnastics and their benefits contribute to the field of education.

METODE

This research applies qualitative descriptive research by utilizing literature review. The literature review positions the author not only as a compiler but more as an analytical and deep thinker. (Karuru, 2013) The questions to be elaborated in this study will deeply explore the benefits of rhythmic gymnastics and how rhythmic gymnastics contributes to the field of education, especially in Physical Education and Health Education. These questions will examine the contextual benefits of rhythmic gymnastics, starting from the definition of rhythmic gymnastics and its background to its benefits. It will then proceed with factual evidence of the contribution of rhythmic gymnastics to the field of education.

Data in this research is obtained using documentation techniques. This technique involves downloading relevant scientific journal articles and books. The collected data is then processed through reading and gathering information related to the questions outlined above. The first question seeks to identify the benefits of rhythmic gymnastics, while the second question explores the forms of rhythmic gymnastics' contribution to the field of education.

HASIL DAN PEMBAHASAN

Findings

Based on primary data such as books, journals, and theses, it can be concluded that rhythmic gymnastics has significance in the development of Indonesia. This significance is seen in the perceived benefits and contributions of rhythmic gymnastics to the field of education, particularly physical education and health.

The general benefits of rhythmic gymnastics include shaping body responses, psychology, and social relationships. In detail, the benefits for the body include training muscle strength, balancing the body, improving flexibility, reducing weight, and maintaining sleep quality. Psychologically, rhythmic gymnastics helps fight depression, while socially it can foster communication and social relationships.

The contribution of rhythmic gymnastics in terms of education is that it can be integrated into the curriculum, especially in the Physical Education and Health subject. Rhythmic gymnastics contributes to education by assisting in the concentration and coordinated gross motor skills of children, specifically in rhythmic or specific movements. Additionally, rhythmic gymnastics contributes to participation in local, national, and international competitions. These findings can be grouped according to the table below;

Tabel 1. Benefits and Contributions of Rhythmic Gymnastics

No	Benefits	Contribution to Education
1	Bodi Fitness	1. Integration into the Curriculum
	1. Building Muscle Strength	2. Training Concentration and Gross Motor Skills of Children
	2. Body Balance	
	3. Improving Flexibility	

		4. Weight Loss	
		5. Enhancing Sleep Quality	
2	Psychology	Fighting Depression	3. Becoming Competitors/ events of competition at Local, National, and International Levels
3	Social Relation	Fostering Family and Social Relationships	

Discussions

Gymnastics is a part of sports that involves moving the entire body to achieve specific goals. Listyarini (2012) states that gymnastics is a physical activity chosen and intentionally designed, systematically organized and methodized with the aim of shaping and developing a balanced and harmonious overall personality. The word "gymnastics" originates from ancient Greek, "gymnos" meaning naked. In those times, gymnastics was often performed by people in the nude to demonstrate their physical fitness. However, nowadays gymnastics has evolved into an activity involving various organized and systematic movements. (Ramdani & Syafei, 2022)

The history of gymnastics originates from ancient Greece. Around 146 BC, Sparta and Athens were already practicing gymnastics. However, there were differences in who could engage in gymnastic activities. In Sparta, gymnastics was reserved for the nobility and the military, while in Athens, it was open to all. Gymnastics was not only about physical activity but also emphasized the coordination or harmony of movements created. The gymnastics practiced involved elements of training that later became known in athletic sports (running, jumping, throwing) and wrestling. (Purnamasari, 2016) Therefore, the development of sports and gymnastics in modern times is the result of the evolution and improvisation of Ancient Greek culture.

Gymnastics is an active occupation or actual activity that involves regular body movements. These movements can include various activities such as rolling, jumping, stretching the body, and others. Gymnastics is typically performed with the aim of improving physical fitness, developing body strength and flexibility, and providing overall health benefits. (Mulyadi & Rifki, 2021). In practice, gymnastics is often performed with the assistance of an instructor or guidance who designs a gymnastics

program tailored to the needs and abilities of individuals. Gymnastics can be done individually or in groups and can include various types such as aerobic gymnastics, yoga gymnastics, Zumba gymnastics, or rhythmic gymnastics. By engaging in gymnastics regularly, an individual can reap health benefits such as increased muscle strength, improved cardiovascular endurance, enhanced body balance and coordination, as well as overall physical fitness improvement. Additionally, gymnastics can also provide psychological benefits such as stress reduction, mood enhancement, and improved sleep quality.

The Benefits of Rhythmic Gymnastics

One of the exercises that receives a lot of attention from various groups is rhythmic gymnastics. The features of rhythmic gymnastics include music, uniforms, improvised movements, and aesthetics. The benefits of rhythmic gymnastics generally have similarities with the benefits of exercise in general, such as health benefits, psychological benefits, and social benefits. In rhythmic gymnastics, the benefits can be described as follows: training muscle strength, improving flexibility, weight loss, increasing concentration, improving bone health, improving sleep quality, helping fight depression, and building communication skills.

Rhythmic gymnastics can train muscle strength. The importance of muscle strength lies in regulating balance during movements. Training muscle strength is one of the main advantages of gymnastics. By engaging in strength exercises, the muscles of the body can be strengthened and developed optimally. Muscle strength training involves movements that push the muscles to work and tense repeatedly. Practicing muscle strength provides significant benefits to overall body health, including helping to improve endurance, making the body feel stronger, agile, and balanced in daily activities. Additionally, regularly trained muscles can increase muscle mass, shaping the

body to be more muscular and robust, and play a role in improving body balance and coordination while helping prevent the risk of falls and injuries, especially in vulnerable adults. (Wasisto et al., 2017)

Another benefit of rhythmic gymnastics is increasing flexibility. Body flexibility is the ability of the body to perform movements with a wide and flexible range of motion. (Trifayan, 2020) The benefits of body flexibility obtained from rhythmic gymnastics include improving body flexibility, preventing injuries as the body has better ability to absorb pressure and avoid injuries when performing extensive movements. Additionally, body flexibility is beneficial for enhancing athlete performance as the body feels light and easy to move.

Weight loss is another benefit obtained from rhythmic gymnastics. One of the reasons people engage in gymnastics or exercise in general is to lose weight. Excess weight poses risks to various diseases. Besides rhythmic gymnastics, there are several exercises that are not risky for weight. Sientia & Puruhita (2012) states that aerobic gymnastics plays a significant role in weight loss, and they add that weight loss recommendations are safer with gymnastics.

Improving concentration is an essential aspect of the positive benefits of rhythmic gymnastics. Gymnastics can enhance blood flow to the brain, aiding in providing ample oxygen and nutrients to brain cells. This can improve cognitive function, including concentration. Gymnastics not only aids in physical recovery but also provides an opportunity for the mind to relax. Engaging in gymnastics, particularly rhythmic gymnastics, can help reduce muscle tension and mental stress, allowing the mind to function optimally. Practicing rhythmic gymnastics provides space for the brain to recover after prolonged concentration. The ongoing recovery can boost or enhance concentration in subsequent mental activities. Not only does rhythmic gymnastics help with concentration in mental activities, but it can also aid in combating depression. Ruhardi., et.al (2021) explain that exercise, in general, can fight depression, suggesting that exercise can create an atmosphere, establish a rhythm, and evoke pleasant feelings. This is in line with Pingkan

et.al (2019) who state that stress can be overcome with effective exercise. Excessive depression has negative effects on health, mental well-being, and thoughts. Therefore, one efficient way to combat depression is to cultivate a healthy lifestyle by engaging in regular exercise, and one recommended form of low-risk exercise is rhythmic gymnastics.

Health and body fitness can also be influenced by good rest intensity. One way to maintain rest intensity is through the quality of sleep. Rhythmic gymnastics is one option for improving sleep quality. Basically, all types of gymnastics can contribute to physical, mental, and social well-being. Improving sleep quality (Fatiha et al., 2021) can be obtained from cultural behaviors such as engaging in regular exercise, managing stress effectively, and paying attention to sleep positions.

Externally, the benefits of rhythmic gymnastics include maintaining social relationships through effective communication. Gymnastics can build good relationships with both relatives and in social. Yulianti., et.al (2023) state that morning gymnastics has been proven to foster social relationships. They add that gymnastics is not only beneficial for physical fitness but also capable of creating positive energy in its execution. Therefore, gymnastics is highly beneficial both physically, mentally, and socially.

The Contribution of Rhythmic Gymnastics in the Field of Education

Sports or gymnastics play a crucial role in the national development of Indonesia. The categorization of sports into three categories, namely educational sports, recreational sports, and performance sports, reflects their broad role in supporting the formation of character, health, and athlete achievements. (Ruhardi et al., 2021) Therefore, the development and promotion of sports activities in various aspects of society not only contribute to individual well-being but also to the overall progress and national identity.

Educational sports are an integral part of the organized and continuous education process that serves to develop knowledge involving aspects of physical fitness, sports/gymnastics techniques, and health and nutrition principles. Another function of educational sports is to

develop skills through training and the development of motor and non-motor skills related to sports. Additionally, educational sports can contribute to the development of personality and health. Personality can be assessed based on attributes such as responsiveness, cooperation, and discipline, while promoting health provides a significant perspective on both physical and mental well-being.

Recreational sports offer a combination of emotional satisfaction and physical benefits. These sports have contributed significantly to promoting overall health and general well-being. Therefore, integrating recreational sports activities into daily routines can support a healthy and active lifestyle. Key aspects of recreational sports include emotional satisfaction, physical health, body fitness, building positive social relationships, and maintaining a balanced and sustainable lifestyle. (Fitriantono et al., 2018)

Competitive sports refer to sporting activities in which participants compete to achieve the highest performance in a competition or match. The primary focus of competitive sports is to attain excellence and victory over opponents. Some characteristics of competitive sports involve athletes participating in planned, structured, and ongoing competitions organized in a series. Elements in competitive sports include having the goal of winning, involvement of trained athletes, adherence to regulations or rules, and recognition or rewards for achieved accomplishments or performances. (Sinulingga & Hardinoto, 2014).

The implementation of gymnastics contributions in the field of education has continuously adapted to technology. In the case of developing floor exercises based on Android in high schools, it has yielded highly effective results in the learning process. Various aspects revealed in the research, such as the interest of teachers and students in multimedia development and the effectiveness of multimedia development in achieving the minimum student mastery, serve as the basis for the use of the Android-based floor exercise learning development product. In addition to achieving the minimum mastery of the gymnastics curriculum (KKM), Android-based

floor exercise learning also provides a positive perspective on the application of Android-based technology in physical education and health in high schools. (Titting et al., 2016).

A. Ulfah, D. Dimiyati, and A. J. A. Putra said that Rhythmic gymnastics has been proven to provide therapy for sensory school children (Ulfah et al., 2021). They also add that varied and diverse movements are more potential in improving children's sensorimotor skills. Rhythmic gymnastics is a form of sport that involves coordinated body movements with the rhythm of music. Through rhythmic gymnastics, children can develop gross motor skills such as body coordination, balance, and muscle flexibility. Additionally, rhythmic gymnastics can enhance children's ability to follow instructions, correct posture, and improve overall physical fitness. In line with Usman et.al (2023) who state that rhythmic or rhythmic gymnastics can improve gross motor skills in children aged 5-6. Children can perform coordinated movements involving the head, legs, arms, and body. Moreover, children can also imitate various joint-flexing movements with coordinated arm and leg movements. Rhythmic gymnastics or rhythmic exercises also contribute to all types of sports, whether in education, recreation, or competitive forms. It is not uncommon for schools and physical education teachers to include rhythmic gymnastics in the curriculum. Additionally, rhythmic gymnastics can also be found in local and national competitions.

CONCLUSION

Exercise is a physical activity aimed at providing beneficial effects to the body. Some benefits of regular exercise routines include promoting physical health, emotional well-being, and social connections. Rhythmic gymnastics is one form of exercise that does not require high costs for implementation and carries low risks. Rhythmic gymnastics offers various benefits to the body, psyche, and social relationships. Physically, it helps maintain fitness by training muscle strength, improving flexibility, weight loss, and enhancing concentration. Psychologically, it aids in combating depression, managing stress levels,

and promoting good sleep quality. Socially, it fosters good communication with relatives and peers. These impacts can be directly felt when fostering a positive gymnastics culture.

The contribution of rhythmic gymnastics to the field of education can be seen in its current context. Gymnastics needs to be taught with the support of technological adaptation and

integration into the curriculum. Besides, rhythmic gymnastics also helps children develop gross motor skills with musical coordination. In addition to being integrated into physical education, rhythmic gymnastics is also a competitive sport for all ages, both locally and nationally, and even international

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