

## **Rhythmic Gymnastics Training for Cheerful Youth Towards a Fit Indonesia 2045**

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### **Abstract**

The characteristics of adolescent students (aged 10–19 years) at the Senior High School (SMA) level demand an effective learning design that supports body health and physical fitness. Creative rhythmic gymnastics accompanied by music is a relevant physical activity proven to reduce stress, improve school performance, and develop students' physical, cognitive, and social qualities. This community service focused on "Cheerful Adolescent Rhythmic Gymnastics Training Towards a Fitter Indonesia 2045 (SRRC)" at SMA Negeri 3 Salatiga. The activity utilized a three-stage training method (Preparation, Implementation, Evaluation) and involved 121 participants. The activity ran smoothly with high enthusiasm, where 80% to 90% of students were able to imitate the SRRC movements which are oriented towards elements of physical fitness (flexibility, balance, coordination, explosive power, and speed). The unique feature of SRRC is the integration of local regional music to foster Nationalism and Bhinneka Tunggal Ika (Unity in Diversity). The movement sequence included a Warm-up, creative Core Movements, and a Cool-down. Overall, the activity provided a significant positive impact on the physical, psychological, and social aspects of adolescent students, contributing to the improvement of adolescents' quality of life and supporting the Fitter Indonesia 2045 vision. It is hoped that similar activities can be continued sustainably.

**Keywords:** Training; Gymnastics; Cheerful Teenagers



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### **INTRODUCTION**

The characteristics of students are an important foundation for designing an effective learning process (1). Students in Senior High School (SMA), Islamic Senior High School (MA), and Vocational High School (SMK) fall within the same age range, which is the adolescent age (10–19 years) according to the World Health Organization (WHO). Adolescence is a crucial period marked by various changes, including physical growth, cognitive development, identity formation, and social relationship adjustments with both parents and peers, all of which significantly influence their motivation to learn (3). Maintaining physical health and fitness is a vital aspect for every individual (4). Optimal physical condition is a basic requirement for living a healthy life and being able to produce optimally (5). One of the effective efforts to achieve this condition is through regular physical activity (6). Beyond the physical benefits, physical activity is also proven to be able to reduce stress levels, improve academic performance at school, enhance sleep quality, and maintain the mental health of adolescents (7). Various types of physical activities can be performed, such as walking, running, cycling, gymnastics, and sports games (8).

Among the diverse options, creative rhythmic gymnastics offers an enjoyable activity because every movement is always accompanied by music (9). Rhythmic gymnastics is defined as a series of combined movements intentionally made harmonious with music to achieve a healthy and fit condition (10). In addition to fitness benefits, gymnastics is also an ideal activity for developing students' physical, intellectual, and social qualities (11). Learning that involves

physical activity in school is realized through the subject of Physical Education (Penjas) (12). At the SMA level, the Penjas subject demands depth of material, and although some students find it difficult, this actually motivates them to strive harder (13). Considering that most of the school-age children's time is spent in the school environment, rhythmic gymnastics becomes a highly relevant activity to support their health and holistic development. Given the significant role of gymnastics activities, especially for the development of adolescents, the focus of this community service activity is: "Cheerful Adolescent Rhythmic Gymnastics Training Towards a Fitter Indonesia 2045 for Students of SMA Negeri 3 Salatiga."

## **RESEARCH METHOD**

The implementation of this community service activity is carried out using a training method oriented towards improving practical skills and conceptual understanding of creative rhythmic gymnastics. The methods to be applied include three main stages: Preparation Phase, Implementation Phase, and Evaluation Phase. With this approach, it is expected that the partner's problems can be resolved and the objectives of the "Cheerful Adolescent Rhythmic Gymnastics Training" for the students of SMA Negeri 3 Salatiga can be achieved optimally.

## **RESEARCH RESULTS AND DISCUSSION**

The community service activity, which carried the theme "Cheerful Adolescent Rhythmic Gymnastics Training Towards a Fitter Indonesia 2045 (Pelatihan Senam Ritmik Remaja Ceria Menuju Indonesia Bugar 2045) for Students of SMA Negeri 3 Salatiga," was successfully conducted at SMA Negeri 3 Salatiga in Central Java Province. The total number of participants in this activity was 121 people, consisting of 4 Teachers, 2 Lecturers, 3 students serving as instructors, and 113 students from SMAN 3 Salatiga. All participants showed high enthusiasm and spirit in following the community service activity. 80% to 90% of the students were able to imitate all the movements of the "Cheerful Adolescent Rhythmic Gymnastics Towards a Fitter Indonesia 2045," or abbreviated as SRRC. The SRRC movements are oriented towards the elements of flexibility, balance, agility, coordination, explosive power, and speed, all of which are part of the physical fitness aspect. The main goal of SRRC is to create physical, mental, and social health and fitness, while also providing benefits such as developing motor skills, fostering self-confidence, and offering opportunities for social interaction.

The Cheerful Adolescent Rhythmic Gymnastics Towards a Fitter Indonesia 2045 (SRRC) possesses a unique and distinctive advantage by combining gymnastics activity with local regional music accompaniment. This has been proven effective in cultivating a sense of Nationalism and *Bhineka Tunggal Ika* (Unity in Diversity) as a form of local cultural wisdom, in an effort to resist the influx of foreign cultural influences that are not in line with decorum and civility. Through the cheerful local cultural music of the archipelago, the Cheerful Adolescent Rhythmic Gymnastics towards Indonesia Emas 2045 is the best solution for adolescents to become smart, creative, innovative, and inspiring. Furthermore, SRRC can stimulate students' motor development, such as: (1.) foot step movements, (2.) arm swings to the front, back, right, and left sides, (3.) body movements, and (4.) combination and coordination of movements. The movements of the Cheerful Adolescent Rhythmic Gymnastics (SRRC) begin with a Warm-up session, which includes a series of dynamic movements such as turning the head right and left, stretching the palms forward and backward, rotating the wrists, and shoulder stretches. For the legs, calf muscle stretching is performed by placing one leg slightly back and bending the front knee. There is also a static warm-up movement, which is *marching* or walking in place. Warming up is mandatory to prepare the students' muscles before exercising. This is beneficial for preparing students both physically and mentally.

After the warm-up session, it continues with the main movements or core movements of the creative gymnastics. This involves creative movements that engage the entire body, yet still provide space for them to be creative and adjust the movements according to their respective abilities. These movements can be performed with specific repetitions, involving movements of the entire body—both superior and inferior parts—that follow the rhythm of the music.

SRRC concludes with a Cool-down session, consisting of light movements such as taking deep breaths and exhaling slowly. This is to help stretch all body parts and to return the body to its normal condition.

## **CONCLUSION**

The implementation of the community service activity themed "Cheerful Adolescent Rhythmic Gymnastics Training Towards a Fitter Indonesia 2045 for Students of SMA Negeri 3 Salatiga" proceeded smoothly with the high spirit and enthusiasm of all participants. Furthermore, it provided positive impacts across three aspects—physical, psychological, and social—to adolescent students in order to enhance their quality of life and support the achievement of the Fitter Indonesia 2045 vision. It is hoped that community service activities targeting adolescents will continue to run, thereby providing opportunities to improve the quality of life.

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