



Interest in participating in routine exercise at the Dharma Wanita Gymnastics Club, Jambi University Unit

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Abstrak

The number of members of the Dharma Wanita unit at Jambi University in 2024 is 119, but during one of the routine activities of the Dharma Wanita unit at Jambi University, namely routine group gymnastics every Wednesday afternoon which is held at the official residence of the rector of Jambi University, this activity is only attended by 20-30 people each week. . This research aims to find out how interested the Unja DWP is in routine exercise at the Dharma Wanita gymnastics club unit of Jambi University. The method used in this research is distributing questionnaires, where respondents will be given a number of statements and will answer according to their circumstances. The scores obtained from the questionnaire will then be analyzed using qualitative descriptive statistical techniques which are applied in the form of percentages. The total population of all Dharma Wanita Units at Jambi University is 119 members. This number is more than 100 people, so by determining a sample size of 25%, the sample size calculation is 25 members. The results of the research show that the total percentage of DWP interest as a whole answered in the very high category, 8%, totaling 2 members, with the high category 68%, totaling 17 members, with the medium category 8%, totaling 2 members, and the low category 8%, totaling 2 members, with a very low category of 8% with 2 members.

Keywords: *Interests, Dharma Wanita, Gymnastics*

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INTRODUCTION

Gymnastics is a sport that is very good for a person's body and physical fitness if we do the sport correctly and can stimulate the heart and blood circulation (Supriadi & Schiff, 2021). Aerobic exercise is a physical activity that can stimulate the heart, blood circulation and breathing, which is carried out over a long period of time, resulting in improvements and benefits to the body (Darsi, 2018).

Aerobic exercise is exercise that is in great demand by the public as an alternative sports activity with the aim of being a means of recreation and so on (Kuncoro & Rahayu, 2023). Gymnastics is a recreational sport that is popular and enjoyed in all corners of the country. Aerobic exercise is in great demand by the public as an alternative sports activity with the aim of

losing weight, shaping the body, maintaining physical fitness, improving quality of life, as a means of recreation and so on. This is in accordance with the opinion of (Indah, 2016) who explains that aerobic exercise is a type of physical exercise that is used as a means of preventing and losing weight as well as an effective means of rehabilitation or therapy. Indeed, there are many benefits that can be obtained from this activity, starting from improving heart function, increasing muscle strength, burning fat, and other benefits for the body.

Participating in aerobic exercise regularly and continuously has a positive impact, physically it can be seen from the condition of the body (Arifah et al, 2022). The body will look fitter, the body shape will look more solid, firm, increase recovery ability and eliminate fatigue after carrying out tasks. When the aerobic exercise process takes place, the fat in the body will be converted into energy. This energy formation is the result of the process of burning fat when carrying out exercise movements at a certain intensity for a certain time (Siska A et al, 2020). So that the blood vessels become more elastic due to reduced fat deposits due to more fat reserves being burned, blood flowing through the blood vessels will flow smoothly, there will be no blockages or swelling due to fat settling in the blood vessels (Dharma, 2020).

Humans have attention, namely feelings, these feelings are what is meant by interest, interest is a feeling that influences the individual's behavior in carrying out activities, the greater the interest that arises, the more directly proportional to the behavior it causes (Romadhon & Rustiadi, 2016). This means that the great interest in the individual makes the individual motivated to carry out various forms of behavior patterns that are carried out seriously based on a sense of pleasure and comfort without any element of compulsion in carrying out activities. A high sense of interest and curiosity is one of the factors in the emergence of interest, coupled with the acceptance of a relationship between an individual and an object creates a tendency, meaning that the stronger and closer the relationship, the greater the interest generated.

A person's interest in an object or thing, apart from being influenced by factors within the human being, is also influenced by social motives, for example someone is interested in high achievement in order to get a high social status (Junaedi, 2019 & Khatimah, 2024). Stimulation that comes from an environment or scope that is in accordance with a person's desires or needs will easily generate interest, for example, a tendency towards learning, in this case a person has a desire to be curious about knowledge (Syarif, 2019).

Dharma Wanita PBB began on 5 August 1974 when the organization of the Wives of Indonesian Republic Employees during the New Order Government was formed under the name Dharma Wanita (Sari M et al, 2019). This organization was founded by the Chairman of the KORPRI Board of Trustees at that time, Amir Machmud, on the initiative of Mrs. Tien Soeharto as First Lady, at that time Dharma Wanita consisted of wives of employees of the Republic of Indonesia, members of the ABRI who were employed and employees of BUMN (Mahdina, 2018). Dharma Wanita Unity is a work unit at Jambi University, which has been established since March 23 1963. In 2024 Dharma Wanita Unity UNJA will have 119 women members. DWP UNJA has 21 routine activities that have positive value and of course have benefits, one of which is the DWP Unja Routine Gymnastics activity.

The exercise activity was held on Wednesday at 16.30 WIB and lasted for 30 minutes, with a total of 26 participants. The gymnastics activities consist of gymnastics, warm-up (Jambi fitness gymnastics), aerobics, creative gymnastics and ends with cool-down exercises. This activity is a routine activity officially ordered by the head of the DWP, namely the Chancellor of Jambi University.

From the results of preliminary observations carried out by researchers, several members of the Dharma Wanita Association of Jambi University have 119 members, however, during the routine exercise at the official residence of the Jambi University rector every week, only 20-30 people attend each week. Meanwhile, this is a routine activity created by the rector, who is the wife of the rector of Jambi University. Meanwhile, the purpose of the Chancellor for making this routine exercise activity is for recreation, for health, for work, and to socialize with other members or stay in touch.

METHOD

This research is included in qualitative descriptive research regarding interest in taking part in aerobics at the Dharma Wanita Gymnastics Club, women's gymnastics unit, Jambi University. Descriptive research is aimed at being able to describe existing phenomena, systematically the facts and characteristics of the objects and subjects being studied accurately (Apriyani et al, 2022). This research will be carried out at the chancellor's official residence which is planned for August 2023. This research uses total sampling techniques. The total population interested in taking part in aerobics at the women's Dharma gymnastics club,

women's gymnastics unit, Jambi University, is 119 members. Because the population is 119, the researcher took the entire population to be studied, namely 119 members. The instrument used by researchers, namely a questionnaire in tabular form, aims to determine interest in routine exercise among members of the Dharma Wanita Unit of Jambi University.

After grouping the data into each category, a percentage formula is used to find the percentage of each data according to the formula in Anas Sudijono (2011:43). Like the formula below:

$$P = \frac{f \times 100 \%}{N}$$

RESULTS AND DISCUSSION

Result

The results of data on interest in participating in routine exercise at the DWP Unja gymnastics club were obtained from the results of data processing using a percentage formula which was divided into 4 factors, namely:

1. Extrinsic factors (environment)

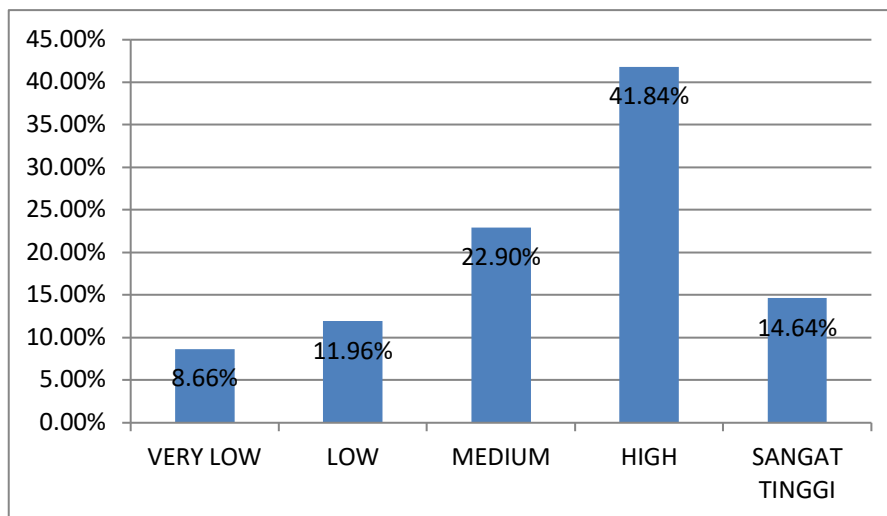


Figure 1. Histogram of extrinsic factors (environment)

Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic (environmental) factors is in the high category at 41.84% with a number of DWP of 9 people, the medium category is 22.90% with a number of DPW of 7 people, the very high category is 14.64% with 4 DWPs, Low 11.96% with 3 DWPs, and Very low 8.66% with 2 DWPs.

2. Extrinsic factors (instructor quality)

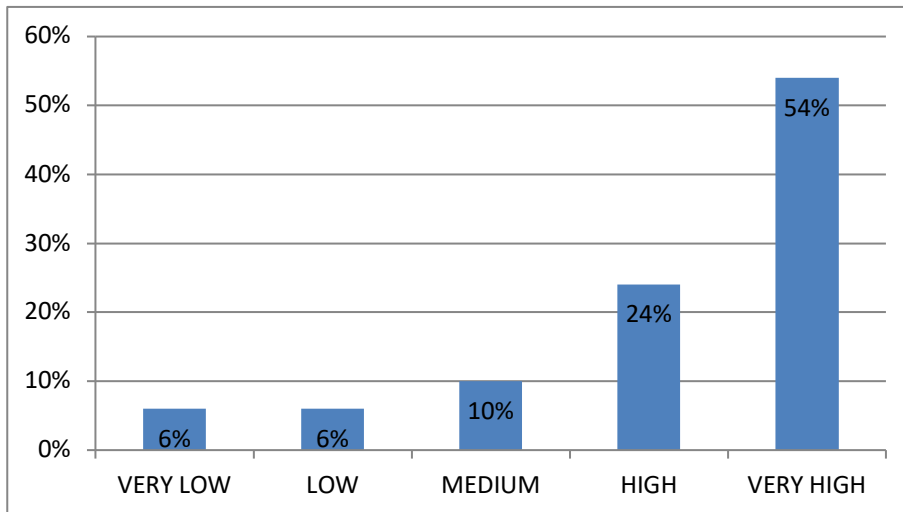


Figure 2. Extrinsic factors (instructor quality)

Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic factors (instructor quality) is in the very high category at 54% with a total of 13 DWPs, the high category is 24% with a total of 5 DPWs, the medium category is 10% with a total of 3 DWPs, Low at 6% with a total of 2 DWPs, and Very low at 6% with a total of 2 DWPs.

3. Intrinsic factors

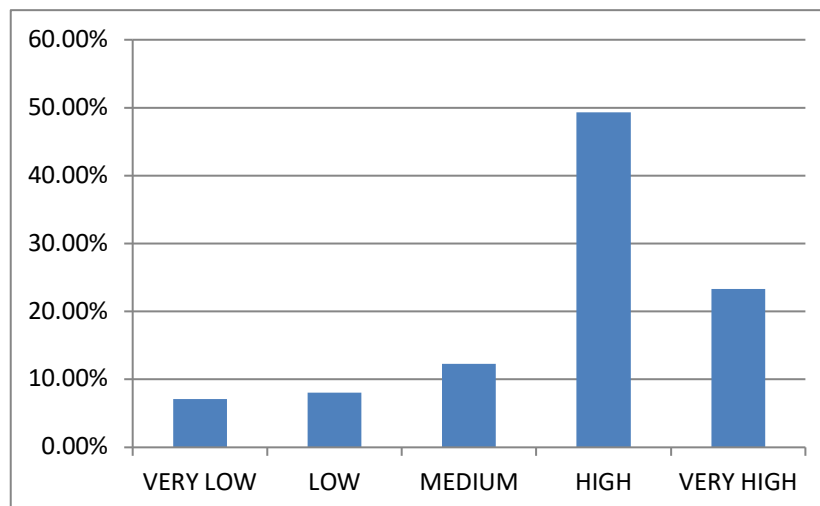


Figure 3. Intrinsic factors

Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic factors (intrinsic quality) is in the high category of 49.29% with a total of

12 DWP people, the very high category is 23.27% with a total of 6 DWP people, category Medium is 12.27% with 3 DWPs, Low is 8.07% with 2 DWPs, and very low is 7.10% with 2 DWPs.

4. Need factor

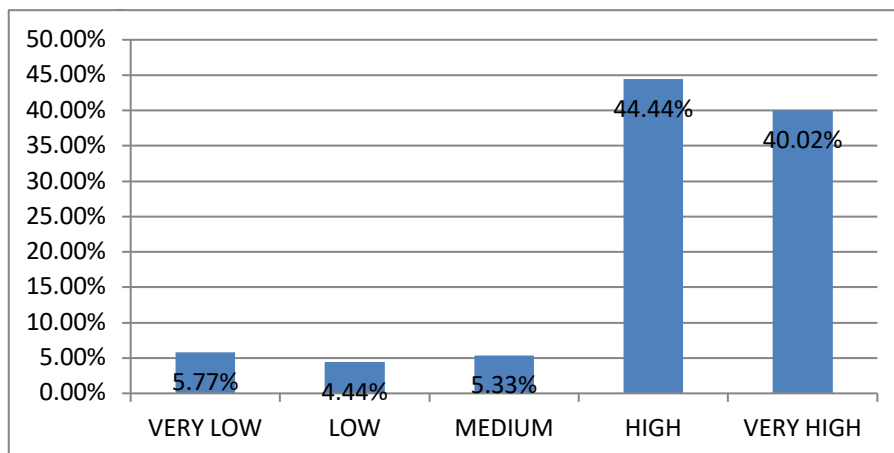


Figure 4. **Need factors**

Based on the table and diagram above, it shows that interest in participating in routine exercise in the factor (need) is in the high category of 44.44% with a total of 11 DWPs, the very high category is 40.02% with a total of 9 DPWs, the medium category is 5.33% with 2 DWPs, very low at 5.77% with 2 DWPs, and low 4.44% with 1 DWP.

Discussion

This research aims to determine the interest of the DWP Unja gymnastics club towards participating in routine exercise with the aim of improving physical fitness at the DWP Unja club. This DWP gymnastics activity has been carried out since 2022, in 2022 those who took part in the routine gymnastics activities were very enthusiastic and very interested, but in 2023-2024 I saw that the number of participants who attended was starting to be small. Meanwhile, the number of participants was 119 members. After conducting research using a questionnaire technique, the factor results were obtained, namely:

Extrinsic factors (environment): Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic (environmental) factors is in the high category at 41.84% with a number of DWP of 9 people, the medium category is 22.90% with a number of

DPW of 7 people, the very high category is 14 .64% with 4 DWPs, Low 11.96% with 3 DWPs, and Very low 8.66% with 2 DWPs.

Extrinsic factors (Instructor quality): Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic factors (instructor quality) is in the very high category at 54% with a total of 13 DWPs, the high category is 24% with a total of 5 DPWs, the medium category is 10% with a total of 3 DWPs, Low at 6% with a total of 2 DWPs, and Very low at 6% with a total of 2 DWPs.

Intrinsic factors: Based on the table and diagram above, it shows that interest in participating in routine exercise on extrinsic factors (intrinsic quality) is in the high category of 49.29% with a total of 12 DWP people, a very high category of 23.27% with a total of 6 DPW people, category Medium at 12.27% with a total of 3 DWPs, Low at 8.07% with a total of 2 DWPs, and Very low at 7.10% with a total of 2 DWPs.

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After carrying out this research, the policy of the DWP chairman is based on the results of the questionnaire answers and input from the sample who are members of the DWP, updated regulations regarding routine exercise activities will be implemented so that all members can participate, apart from that, the DWP chairman will also increase the amount of time and activities that were previously only 1 meal a week will become 2 meals a week. Then 3 policies will be implemented, namely: Firstly, updating the regulations so that DWP members must follow but there is no compulsion to be able to take part in the routine exercise that has been carried out. Second, additional time, which was initially once a week then changed to 2 times a week for gymnastics activities. Third, additional forms of activity, which were initially only aerobic exercise, were added with breathing exercises or yoga.

CONCLUSION

After conducting research and data analysis, it can be concluded that the interest of DWP Unja participants in participating in routine exercise has varied results. Based on these results, it was concluded that the DWP Unja participants' interest in participating in routine exercise was

high. However, the reason why the number of DWP members who took part in this activity was not as many as the total number of members, namely because the time and place were not flexible so there were still many members who could not attend. However, interest in taking part in exercise is high.

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