

Anxiety Factors in Doing Floor Gymnastics (Front Roll) for Class V Students Muhammadiyah 18 Palembang Elementary School

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Abstract: This study aims to determine the anxiety factor in doing floor exercise (front roll) for fifth grade students at SD Muhammadiyah 18 Palembang. The focus of this study was to evaluate the student's anxiety factor in doing the front roll floor gymnastics who still experience a lot of doubts, or excessive anxiety in doing the front roll movement. This study uses the CIPP model which includes three indicators as follows: context, input, process, product. The interviews included fifth grade students at Muhammadiyah Elementary School and two sports teachers. Direct observation of the school and the infrastructure used by these students. This research was the cause of failure due to students' anxiety in doing the floor gymnastics practice and there were also those who did not want to participate at all. So that it results in a student learning system that is not as expected. The results of context research are 59% input 40% process 40% product 48%.

Keywords: Anxiety Factor, Elementary School, Gymnastics Floor

A. Introduction

Physical Education is an educational process through selected physical or sports activities to achieve educational goals. Through physical education students will develop movement skills, live a healthy life, and lead to physical and mental health (Rosdiani, 2012). Sports and Health Physical Education (PJOK) is a field of knowledge that is studied, one of which is at the Elementary School level (Ardiyani, 2016). PJOK is a process of educating a person as an individual and as a member of society which is carried out consciously and systematically through various physical activities in acquiring physical abilities and skills. With PJOK it is expected that students can maintain their health and fitness (Angelia, 2015; Ardiyani, 2016). PJOK also has guidelines for implementing learning, namely the curriculum. The curriculum is a set of plans and knowledge regarding objectives, content, and learning materials, as well as the methods used as guidelines for implementing learning activities to achieve certain educational goals (Ali & Yusuf, 2011).

One of the sports to improve the health of students both mentally and physically is floor gymnastics. In floor gymnastics, students are trained to have a flexible and strong body so that they can carry out activities and can receive the lessons delivered by the teacher well (Arikunto, 2013).

Floor gymnastics has other numbers such as aerobics, front roll, back roll, kayaking, and other branches. Front roll is an activity in gymnastics that functions to form a strong body, especially the back. In addition, the front roll is used to train students' concentration and abilities after doing the front roll. At the elementary school level, learning gymnastics, especially in front roll material, students' abilities need to be developed, especially in basic techniques. This needs to be done early on so that students in elementary schools understand the basic technique of doing a front roll so that it becomes the basis for developing their abilities in further education. In addition, learning methods greatly influence teaching and learning activities, for this reason the teacher must choose the right method to achieve educational goals. The part method is one of the efforts of physical education teachers in improving students' basic forward roll technique skills through learning activities. Through the use of the section method, the space for students to move is not limited, thus supporting efforts to develop their skills in doing a forward roll. Thus, through the use of the section method it is hoped that it can improve the basic forward roll technical skills in sports learning (Arikunto, 2014).

Likewise, what happened to fifth grade students at SD Muhammadiyah 18 Palembang, their ability to perform the basic front roll technique was not as expected, in the sense that at that school the teacher had not found a teaching style that students were interested in, the teacher lacked enthusiasm for students to develop each the movements given are in accordance with their student characteristics, then in the learning process the teacher tends to require students to be able to carry out the movement as a whole in accordance with what is exemplified by the teacher himself without having to see and assess the abilities possessed by students. This can be done from the observations, namely that of the 20 students consisting of 14 male students and 6 female students, none has reached the 85 indicators. And also feel anxious when doing the front roll movement. Through the use of the section method, there is room for movement. students are not limited, so that it supports the effort to develop their skills in doing front rolls (Asrullah, 2017). Based on the explanation above, to improve students' basic technical skills in doing front rolls, one of them is through the section method with the title "Improving Students' Abilities in Front Roll Material Through the Part of Method Class V SD Muhammadiyah 18 Palembang Bungan Garden, Sukarami District, Palembang.

Some degree of anxiety with competition is almost universal. Often, exercise-related anxiety can have a negative impact on the psychology and performance of athletes.

This can range from a bit of nervousness to a full-blown panic attack. Athletes tend to be tough. The natural tendency of the tough person facing obstacles (such as pushing a weight) is to just keep pushing harder. Unfortunately, with stress and anxiety, pushing harder on those feelings only makes it worse - basically a person becomes stressed out from stress and anxious about being anxious. So, athletes need new skills to deal with anxiety. Here are some tips that can be used before, or even in the middle of a competition (Daryanto, 2010).

In the past, I brought my athletes from SD Muhammadiyah 18 Palembang to the 02SN final in the province. My athletes experienced excessive anxiety and stress so that the points scored were far behind the opponents. As soon as time was out, I immediately gave input and encouragement to let go of the burden of competing and gave motivation that you are a great person and thank God my son was able to win the championship and also represent South Sumatra in the national championships in Medan, North Sumatra.

PJOK teachers have an important role to help increase students' understanding or knowledge, therefore PJOK teachers play an important role in creating a pleasant atmosphere when learning sports and physical education, especially to also provide knowledge about students' feelings of stress and anxiety or when doing the front roll movement will be practiced by students. So here we, as teachers at SD Muhammadiyah 18 Palembang, want to make an observation on how to make the students at SD Muhammadiyah 18 not anxious and stressed in doing the front roll movement.

B. Methods

The type of research used in this research is qualitative research (Sugiyono, 2012; Yusuf, 2013). This research was carried out at SD Muhammadiyah 18 Palembang. Which is located at Jalan Kebun Bunga No 1516, Sukarami District, Palembang. The population in this study were students of SD Muhammadiyah 18 Palembang. While the sample used was fifth grade students at SD Muhammadiyah 18 Palembang, totaling 20 people. Researchers conducted observation, interview, and questionnaire distribution to students.

C. Results and Discussion

Data from the research results were obtained from the results of interviews, and the distribution of questionnaires to students of Muhammadiyah 18 Elementary School is shown below in the table below. Data on the results of the analysis of the overall CIPP variable data on the anxiety factor in doing sports on the floor (front roll) for fifth grade students at SD Muhammadiyah 18 Palembang (Ekayani, 2017).

Table 1. Result of CIPP Model

No	variables	Result score	Maximum score	Percent (%)	Criteria
Anxiety factor in doing floor gymnastics (front roll)		248	420	50%	Enough
	Context	252	645	40%	Not enough
	Inputs	539	1395	59%	Enough
	Process	148	255	58%	Enough
	Product				
	Total	1187	2715	43%	Enough

Overall, the results of the presentation of the CIPP variable on the anxiety factor in doing floor gymnastics (front roll) for grade 5 SD Muhammadiyah 18 Palembang students is 43% in the sufficient category. With the details of the context variable, get a percentage of 50% of the variable input get percentage 40% process variable 59% product variable 58% (Febriyani et al, 2020; Kurniawan, 2011; Rikifirando, 2018; Uno, 2012).

Floor gymnastics, including the front roll, can be a physically and mentally demanding activity. Anxiety related to this activity can stem from various factors. Understanding these factors can help you manage and potentially overcome your anxiety. Here are some common anxiety factors associated with doing floor gymnastics, specifically the front roll. First, concerns about getting hurt during a front roll are common, especially if you are new to gymnastics. Learning proper technique, practicing under supervision, and using appropriate safety measures can help alleviate this fear. Second, anxiety can arise from the pressure to perform well, especially in front of an audience or during competitions. Setting realistic goals, focusing on personal progress, and practicing positive self-talk can help manage this type of anxiety. Third, lack of confidence in your abilities to execute a front roll perfectly can lead to anxiety. Building confidence through consistent practice, positive reinforcement from coaches, and focusing on incremental improvements can help boost self-confidence.

Fourth, striving for perfection can lead to increased anxiety, as it may create unrealistic expectations. Understanding that making mistakes is a part of the learning process and focusing on the progress rather than achieving perfection can help alleviate this pressure. Fifth, feeling the need to meet the expectations of coaches, teammates, or peers can also contribute to anxiety. Developing a supportive team environment and focusing on personal growth rather than comparison can help manage this type of pressure. Sixth, experiencing mental blocks, such as fear of performing a specific movement, can hinder your progress and increase anxiety. Working with a sports psychologist or mental performance coach can help you develop strategies to overcome these mental barriers. To address anxiety related to floor gymnastics, it is

essential to prioritize your well-being and approach the activity with a positive and growth-oriented mindset. Remember that everyone progresses at their own pace, and it is crucial to focus on the joy of the sport and the personal improvements you make along the way.

D. Conclusion

Based on experience and what we have experienced at Muhammadiyah 18 Elementary School Palembang during learning, especially to overcome excessive anxiety when children compete and do practical movements. We teachers must give encouragement and motivation as well as Meditation (Let go) a burden experienced by these students or athletes. Based on the results of the discussion obtained, it can be concluded as follows:

Context variable is enough

1. There is a clear background for the children of Muhammadiyah 18 Palembang Elementary School to take sports practice lessons well, especially the front roll floor gymnastics lesson as a reference to be able to get good grades.
2. Students have anxiety in carrying out movements because they are afraid that something will happen that will make them injured.
3. The purpose of the forward roll floor gymnastics lesson is to increase the child's courage and confidence in making movements.

Less input variables:

1. The student admission system which is through a written test procedure carried out by the administrator is in accordance with the procedure for SD/MI so that it does not focus on coaching athletes.
2. Acceptance of sports teachers at Muhammadiyah 18 Elementary School is a teacher who already has an S1 diploma and sports education graduates.
3. Facilities and infrastructure are still lacking, the facilities and infrastructure at SD Muhammadiyah 18 are good enough for elementary school children to have 2 mattresses and the field is also not too narrow.

Enough process variables

1. Implementation of learning is appropriate based on school administration and the teacher's handbook.
2. Teacher welfare is good enough.

3. Coordination between foundation managers and SD Muhammadiyah 18 went well.

Product variable enough

The success of the program is proven by the many achievements of the children in the academic and non-academic fields. For example, a child won 1st place in the provincial O2SN championship and represented Palembang at the national level. As well as science olympiad champion and ahmad Dahlan olympiad general champion.

Based on the results of the research on the anxiety factor in doing floor gymnastic movements (front roll) for grade 5 students at SD Muhammadiyah 18 Palembang and the conclusions described above, the researcher suggests and recommends continuing the program that has been running with some improvements.

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