

SOCIALIZATION OF THE JUMP TRAINING MODEL TO IMPROVE BASIC TECHNIQUE SKILLS IN RHYTHMIC GYMNASTICS

by Dr. Christina Fajar Sriwahyuniati, S.Pd., M.Or., Prof. Dr. Tomoliyus, MS., Krisnanda Dwi Apriyanto, S.Or., M.Kes.

ABSTRACT

Basic Education Data from the Directorate General of Early Childhood Education, Basic Education and Secondary Education, Ministry of Education, Culture, Research and Technology in 2021 shows that there are 1,849 elementary schools in the Yogyakarta Special Region Province (DIY). However, of the number of elementary schools, not many schools or children practice rhythmic gymnastics. This is a problem that needs to be studied more deeply regarding the causes of the lack of development of rhythmic gymnastics in DIY. Existing obstacles need to be studied in depth by looking at the results of championships that have been held, whether official championships or championships organized by ministries. So far, athletes from big cities, such as Jakarta and Surabaya, have won the competition, while DIY Province has received the lowest ranking. Many factors influence achievement, including athletes, coaches and infrastructure. The results of observations in the competition showed that the physical and technical quality of the DIY Province athletes was lagging behind that of the athletes who became champions. These factors need to be researched in order to find out the factors causing underdevelopment.

Objective: This community service (PkM) activity was held with the aim of (1) Providing Socialization of the Jump Training Model for PJOK teachers in Sleman Regency. (2) to improve the basic technical skills of rhythmic gymnastics for gymnastics students or athletes in Sleman Regency.

Method: Form activities in socialization by providing Jump Training Model training to PJOK teachers. As a form of evaluation of the implementation of PkM, a pre-test and post-test were carried out by measuring students' jumping skills.

Results: This PkM activity was attended by 50 Sleman Regency PJOK teachers and received good appreciation from the participants.

Outcome target: the output of this PPM activity is expected to be published in the IJHRES community service journal.

Kata Kunci: *Socialization, jump training models, basic techniques, rhythmic gymnastics*