



Implementation of Sports Habits through Healthy Gymnastics to Create Great Indonesian Children at UPT SDN Sidorejo 1

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Abstract . This article was created as an effort to publish information about the habits implemented by students to form a great Indonesian generation in sports through healthy gymnastics on Tuesday, Wednesday, Thursday, Friday, and Saturday. Additionally, this article discusses the importance of cultivating sports habits from elementary school age to create a healthy and active lifestyle. The method used in this research is a qualitative approach with data collection techniques using library research, where the authors collect various references through journals, articles, and other sources. Gymnastics itself is a type of sport performed en masse, ranging from elementary to high school levels and the general public. In the past, gymnastics was highly cultural, proven by the lack of differences across almost all societal groups - gymnastics was done both in groups and collectively, with young and old, males and females exercising together. This program was also implemented at UPT SDN Sidorejo 1 every day before class, and its results are evident in the emergence of student self-confidence, creative attitudes, and a healthy lifestyle.

Keywords: Sports, Healthy Gymnastics, 7 Habits of Great Indonesian Children

1. INTRODUCTION

aged children . At this stage, regular physical activity is not only important for physical growth and health but also contributes to increased concentration, academic achievement, and the development of social skills (Donnelly et al., 2016). However, in recent years, there has been a worrying trend of decreasing physical activity among children, mainly due to the increasing use of digital technology such as gadgets and social media, which often replace time that should be used for physical activities (Twenge et al., 2019). This decrease in physical activity has a direct impact on the increased risk of obesity and other health problems in children (Hasibuan & Khairani, 2024) . According to a report from the World Health Organization (WHO) in 2020, the prevalence of obesity in elementary school-aged children continues to increase globally, and this is one of the urgent public health problems to be addressed (WHO, 2020). In addition to the risk of obesity, lack of physical activity is also associated with various other health problems such as metabolic disorders, low cardiovascular fitness, and mental disorders such as anxiety and depression (Khan et al., 2015).

Implementation is a process that must be applied in various fields, one of which is the field of education. Implementation of Education means everything that is implemented or applied through a program that is designed to be fully implemented with the regulations that

have been set. According to Nuruddin Usman, implementation is an activity, an action that is carried out intentionally, to achieve a certain goal. Meanwhile, according to Widodo, implementation is a means to implement a policy and can have consequences or impacts on something. The main purpose of implementation is to achieve a mature plan, both individually and in groups. Based on the understanding above, implementation is a planned activity, which is carried out seriously with the regulations that have been set to achieve a certain goal (Wisudaningsih et al., 2023) .

Habituation is something that is often done in everyday life. This is reflected in a person's behavior to do something. So what a person does is a process of habituation. Learning is a series of educational processes. Learning is a process of teaching and learning activities, in which there are two subjects involved, namely teachers and students (Sulikan et al., 2020) .

Sports activities are one of the activities that are really needed by everyone to maintain physical fitness as a support for other activities such as the demands of completing work so that it can be completed well and on time. In addition, there are many other benefits that can be obtained from sports activities that are routinely and regularly carried out, including influencing the period of individual change from childhood to adulthood (Cavadini, Decarli, Grin, Narring, & Michaud, 2000), for improving the physical condition of the elderly (Junaidi, 2011), positively impacting physical fitness (Prativi, Soegiyanto, & Sutardji, 2013), helping in problem solving (Lukmana & Maksum, 2014), even in women the greater the sports activity the smaller the premenstrual syndrome (Pratiwi, 2014), in elite athletes it can be used to determine changes in heart rate (Korobeynikov, Korobeynikova, Iermakov, & Nosko, 2016) although with more extreme sports activities it is different from normal sports activities in general (Juliana, 2015) .

Sports play an important role in the formation of a healthy and active generation, especially at the elementary school level. In the modern era filled with technology and a sedentary lifestyle, obesity and diseases related to lack of movement are increasingly rampant among children. Therefore, efforts to build healthy living habits from an early age are crucial. Realizing the importance of the role of sports in the formation of health and physical activity, many countries have included sports education programs in their elementary school curriculum (Sugiyanto, 2018).

Children's health and physical fitness are important aspects in forming a quality generation. According to the World Health Organization (WHO), lack of physical activity in children has become a global problem that affects their growth and development (WHO, 2020). Amidst the rise of a sedentary lifestyle and the increasing prevalence of childhood obesity, the

importance of building healthy living habits from an early age cannot be underestimated (Syaharani et al., 2024) .

One of the right solutions is to exercise. Various diseases that may arise due to lack of exercise according to Sumosardjuno (1987) are 1) coronary heart disease. 2) obesity (excessive fat). 3) Hypokinetic, which is a disease caused by lack of movement so that it is easy for high blood pressure, low back pain, atherosclerosis (narrowing / hardening of the arteries) Although research results show that exercise is not a panacea (a medicine that can cure all kinds of diseases), exercise can improve physical and psychological conditions. Given the importance of exercise for human life, efforts to popularize exercise are ideas that have a very important meaning. This idea will create a conducive climate to make people aware of the importance of changing a sedentary lifestyle into an active lifestyle in this case exercising. Increasing awareness of healthy living should start from an early age (elementary school) and the most appropriate forum is through educational institutions because teachers and students can act as agents of change in their environment in the future. Teachers are role models for students, therefore teachers should be able to set an example through good speech, attitude and behavior for their students. In order to support their profession as educators and role models for students, it is important for teachers to get used to healthy living behavior through exercise. One form of exercise that can be a solution is general gymnastics training which consists of various forms of aerobic gymnastics training (Hidayat & Rosmi, 2024) .

Gymnastics is an effective physical activity that optimizes children's growth and development. Gymnastic movements are very suitable for filling physical education programs such as strength, muscle endurance of all parts of the body. In addition, gymnastics also has the potential to develop basic movement skills, as an important foundation for mastering the technical skills of a sport. More importantly, gymnastics can improve fitness for anyone who does it, even if they have to repeat a certain gymnastic movement dozens of times.

Basic gymnastics has many benefits for children's health and fitness, including improving learning concentration (Nuryana & Purwanto, 2010). This physical activity increases blood and oxygen flow to the brain, helping children concentrate while studying (Mulyana et al., 2024) .

The active role of the government has begun since the seventies. At that time the government has prepared the formation of a complete Indonesian person, especially in terms of health and physical fitness by introducing Indonesian morning exercise in the Indonesian let's move exercise. Physical fitness exercise continues to develop so that now there are several

forms of exercise emerging, one of which is let's unite exercise, let's move exercise, Indonesian fit exercise and SKJ exercise.

The benefits of SKJ gymnastics for physical health, make the body move actively with simple movements and can also help burn calories. In addition to stable health conditions, physical fitness training will also make the body feel fresher when doing activities. So, the more often you exercise, the less tired your body will be (Melfa Br Nababan et al., 2023) .

Gymnastics is a sport that can be done en masse, starting from elementary , middle , high school and the general public. However, in reality, there is a shift in values. In the past, gymnastics was very cultural, this was proven by the absence of differences, almost all levels of society did gymnastics either in groups or together, old, young, men and women did gymnastics together (Saputra & Susanti, 2023) .

For now, the gymnastics that is currently being implemented is the great Indonesian children's gymnastics. This gymnastics itself is a gymnastics that was officially launched by the Ministry of Elementary and Secondary Education (Kemendikdasmen) the great Indonesian children's gymnastics program, and is a new initiative that aims to improve physical health, form positive characters, and strengthen the spirit of togetherness among students.

This exercise activity is part of the 7 Great Indonesian Children's Movement program launched in December 2024. The main habits that we want to instill in Indonesian children from now on are Waking Up Early, Worshipping, Exercising. Eating Healthy and Nutritious Food, Enjoying Learning, Being Social, and Going to Bed Early.

Senam Anak Indonesia Hebat invites students to do basic exercise movements such as walking on the spot, stretching their arms, and stomping their feet. All of these movements are done for about 10 minutes and accompanied by a song titled "Ayo Olahraga" by Dwiki Dharmawan.

In its implementation, the Ministry of Education and Culture asks schools in Indonesia to implement this activity every morning before starting lessons. This is an initiation that this gymnastics activity is mandatory. Because through the Great Indonesian Children's Gymnastics program, it is implemented for elementary schools to secondary levels. Great Indonesian Children's Gymnastics aims to improve students' healthy lifestyles through structured exercise routines.

Quoting the Kemenpora page, In addition to physical benefits, gymnastics for school children also has a positive impact on mental health. Based on a study published in the Journal of Adolescent Health (2020), physical activities such as gymnastics can reduce anxiety and

depression levels in children. Gymnastics helps in the release of endorphins, chemicals in the brain that act as natural stress relievers, so children feel happier and less anxious.

Furthermore, gymnastics also teaches important values such as discipline, teamwork, togetherness, and self-confidence. A study from the International Journal of Behavioral Nutrition and Physical Activity (2022) confirmed that children involved in gymnastics showed improvements in social skills and the ability to work in groups.

Gymnastics has the potential to increase children's intelligence through several mechanisms related to physical activity and motor skill development. This suggests that engaging in intense physical activity such as gymnastics can positively affect cognitive development and intelligence (Stevany, 2025) .

education is the main requirement to create a superior generation in the future. The era of technological disruption and free markets encourages nations to strengthen their identity. As once said by the national education figure Ki Hajar Dewantara several decades ago, "Education and teaching in the Republic of Indonesia must be based on the culture and society of the Indonesian nation, towards inner happiness and physical safety."

Indonesia is catching up on the quality of human resources (HR). In reality, the ranking of Indonesia's education system according to the World Population Review 2023 is still below neighboring countries such as Singapore, Malaysia, and Thailand. However, the government continues to improve the quality of education and teaching, both in terms of cognitive, developing vocational education, and character education.

The Merdeka Belajar program is an effort to shape the character of Indonesian children who are intelligent, nationalistic, resilient, and religious. Therefore, the government of President Prabowo Subianto and Vice President Gibran Rakabuming Raka has set the vision of their flagship program in the 4th Asta Cita, namely strengthening the development of human resources, science, technology, education, health, sports achievements, gender equality, and strengthening the role of women, youth, and people with disabilities (*Guide to Implementing 7 Habits of Great Indonesian Children* , 2025) .

From that vision, a national education agenda was created which is now focused through the Ministry of Primary and Secondary Education (Kemendikdasmen) and the Ministry of Higher Education, Science, and Technology (Kemendiktisainstek). The basis of character education must indeed begin as early as possible. From early childhood education (PAUD) to high school level.

A strategic initiative was launched by the Ministry of Primary and Secondary Education. The ministry officially launched the 7 Habits of Great Indonesian Children Movement in Jakarta, on Friday (12/27/2024). This movement aims to instill positive habits that can shape the character of Indonesian children to become a healthy, intelligent, and superior generation.

The launch of the 7 Habits of Great Indonesian Children Movement is an important milestone in the effort to create a golden generation of Indonesia towards 2045. This movement focuses on seven main habits that are expected to be internalized by children from an early age, namely Waking Up Early, Worshipping, Exercising, Eating Healthy and Nutritious Food, Enjoying Learning, Being Social, and Going to Bed Early.

The seven habits of great Indonesian children, in general, have benefits for developing eight national characters in each individual child or student, namely religious, moral, healthy, intelligent and creative, hard working, disciplined and orderly, independent, and useful (Imran, nd) .

Through the implementation of these habits, the Ministry of Education and Culture wants to ensure that Indonesian children not only excel in academic aspects, but also have strong personalities, social awareness, and responsibility towards their surroundings.

Minister of Primary and Secondary Education (Mendikdasmen) Abdul Mu'ti said that education is not only about providing knowledge, but also building character. Mendikdasmen added that these habits reflect the traditions and core values of the Indonesian nation that are deeply rooted in culture and religion. The Seven Habits of Great Indonesian Children Movement targets children from PAUD to high school. Abdul Mu'ti added that on that occasion, his party also introduced a movement before learning at school, called the Great Indonesian Gymnastics Movement (Wisnubroto, 2025) .

The great Indonesian gymnastics movement itself is also a part of exercise, where exercise is an important part of a healthy lifestyle that is useful for maintaining physical health and supporting mental health, besides that it can maintain physical fitness, increase self-potential and increase sportsmanship values (Setyawan, 2025) .

From the description above, we can formulate the problem that there needs to be a habit that is able to develop healthy and active students, with disciplined and self-confident characters that are in line with the goals of the Indonesian government.

2. METHODOLOGY

To support this research, the method used in the research on the implementation of Sports Habits through Healthy Gymnastics to Create Great Indonesian Children at UPT SDN Sidorejo 1 includes several things. The type of research used in this research is qualitative research. Which is indicated by data in the form of descriptions of the results of the research. Qualitative research itself is a type of research that produces findings that cannot be achieved using statistical procedures or other quantification methods. The data produced is data in the form of descriptive data in the form of written or spoken words. So that the data collected is data in the form of words or sentences.

The types and sources of data used in this study are secondary. Secondary data is data obtained or collected by researchers from existing sources. The data is a written source, which is interpreted as a data source in the form of writing and presented in the form of documents, archives, notes and so on. The written sources used in the study are journals on the internet and those related to the journal we created.

Data Collection Techniques are carried out by means of Literature Review or can be called *library research*, in which the author collects various references regarding the implementation of Sports Habits through Healthy Gymnastics to Produce Great Indonesian Children at UPT SDN Sidorejo 1 through journals, articles, and other sources which aim to obtain important information related to the problems in the study, namely by reading journals and books on the internet related to the implementation of Sports Habits through Healthy Gymnastics to Produce Great Indonesian Children at UPT SDN Sidorejo 1.

Analysis Technique. The analysis method is the process of reviewing data that has been collected from various sources. In this study, the analysis was conducted by reviewing the implementation of Sports Habits through Healthy Gymnastics to Create Great Indonesian Children at UPT SDN Sidorejo 1

3. RESULTS AND DISCUSSION

UPT SDN Negeri Sidorejo 1 is one of the state elementary schools in Tuban district. This school was established in 1957. SDN Negeri Sidorejo 1 is an elementary school that is quite popular with the community. This school itself has a total of 149 students. UPT SDN Sidorejo 1 is currently using the independent curriculum and has begun implementing the 7 habits of great Indonesian children which are part of the deep learning curriculum. In its implementation, UPT SDN Sidorejo 1 also has several programs including extracurricular, co-curricular and intracurricular activities. For extracurricular activities at SDN Negeri Sidorejo 1

itself, there are scouts, dance, panembromo, tik, English, batik, volleyball, and rebana. And for the popular program at UPT SDN Sidorejo 1 is a special class attended by students in grades III-VI. For the existing intracurricular activities, among others, are the mandatory learning activities that are carried out every day or what are usually called teaching and learning activities (KBM), then there are commemorative ceremonies every Monday and other habits.

For the habit of gymnastics itself is done every day except Monday right after the bell rings at 07.00. The first thing to do is to invite students and teachers to gather in the field then after that students and teachers will do gymnastics together which at that time was led by class representatives and every day will always be rotated after finishing gymnastics continued with singing the song Indonesia Raya and one national song. Then usually there are clapping and greeting activities such as clapping for enthusiasm, PPK, presentation of Pancasila student profiles, healthy school greetings, healthy five greetings. After that continued with other habits such as literacy on Tuesday, numeracy on Wednesday, cultum on Thursday, and asmaul khusna on Friday, and Saturday bersi. After the activity continued with a joint prayer.

In each series of activities in this habituation, each has its own benefits. The benefits of the gymnastics activities themselves include fostering self-confidence, creativity, a healthy and active lifestyle in students at UPT SDN Sidorejo 1.

In addition, another visible thing is the decrease in the number of students who are absent from school due to illness. This is the impact of changes in diet, physical activity programs, and environments that support health. Improved physical health can also be seen in the decrease in the number of students who are obese (Rampai, nd).

4. CONCLUSION

The results of this exercise habituation activity have fostered self-confidence in students as well as a creative attitude, a healthy lifestyle at UPT SDN Sidorejp 1. This proves that the activity of habituating religious lectures for students at UPT SDN Sidorejo 1 which is carried out every Tuesday, Wednesday, Thursday, and Friday and has been designed and implemented quite effectively and efficiently in forming an attitude of self-confidence, creativity, a healthy lifestyle through exercise habituation which is carried out and led by class representatives and rotates every day.

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