

# Analysis of Front Roll Movement in Floor Gymnastics of Physical

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## Analysis of Front Roll Movement in Floor Gymnastics of Physical Education Students at IKIP PGRI Pontianak

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### Abstract

This research describes the analysis of front roll movements in floor gymnastics among physical education students at IKIP PGRI Pontianak for the academic year 2022-2023. The research method used was quantitative descriptive, with a sample of 63 physical education students from IKIP PGRI Pontianak, academic year 2022-2023, from the morning class A and afternoon class A, using quantitative descriptive data analysis techniques. The research was conducted in the sports hall of IKIP PGRI Pontianak. The research results indicate that the front roll movement skills using the inquiry method among physical education students at IKIP PGRI Pontianak for the academic year 2022-2023 are considered quite good, with an average score of 82 and a percentage of 26% in the morning class A and 17% in the afternoon class A. The conclusion of the research is that the use of the inquiry method can enhance the ability to perform front roll movements in floor gymnastics.

**Keywords:** Front Roll, Floor Gymnastics, Inquiry

### INTRODUCTION

Learning in Indonesia currently emphasizes collaborative learning to achieve a positive learning experience. Learning success can be said to be achieved if the learning objectives are met, students' understanding improves, and there is interest in subsequent meetings by the students. The quality of teaching must be improved in management so that the learning process can be well received between teachers and students (Darsana, 2019). Understanding the concept of learning should be accompanied by abilities, attitudes, and active behavior in the learning process. Learning in formal education is more structured and organized compared to non-formal education, but in non-formal learning, students have flexible time and can learn in a more natural way. (Syaadah, Al, Ary, Silitonga, & Rangkuty, 2022) formal education is defined as education that follows the educational path in schools, whereas non-formal education learning is a learning process that individuals perceive as an addition, replacement, or supplement to formal education.

Physical education can be said to be inseparable from the national education system because in physical education, it is not just about improving physical fitness but also encompasses physical and spiritual aspects. Physical education can serve as a means to shape behavior and improve attitudes (Tifal, 2023). There are many processes

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involved in physical education, including the formation of quality human resources. As an integral part of education, physical education aims to develop aspects of physical fitness, motor skills, social skills, moral actions, aspects of a healthy lifestyle, and awareness of a clean environment. Physical education is a learning process that prioritizes physical activity to develop students' motor skills, promote healthy behaviors both mentally, emotionally, and socially to acquire movement skills and healthy lifestyles (Wahyudi, Simanjuntak, Bafadal, & Wardhani, 2023).

Motor skills in physical movement are the embodiment of the quality of coordination and control of body parts involved in movement. Skillful movement is a crucial factor in physical education because many basic movements are learned within it. (Hananingsih & Imran, 2020) stating that motor skills focus on improving human movement in physical education. Motor skills refer to an individual's ability to perform actions related to sports activities. Each individual has different talents. Naturally, children have varying developments in intelligence, interests, talents, creativity, and personality (Febbyananda Rigiddwi Radiant Putra, 2022).

Physical education students from the 2022 batch have experience in performing front rolls in floor gymnastics during their school years. However, many students are not yet skilled or proficient in performing the front roll movement in floor gymnastics due to their experience. Each student has different skills. Some students are good at performing front rolls in floor gymnastics, while others do not have the skill to execute the front roll. Physical education students are not only required to master one skill during their studies, but they must also have several skills in various sports branches or mandatory subjects throughout their studies. Considering that the skill of performing a front roll in floor gymnastics should be mastered by students, this research is conducted. (Muhammad Muhyi, 2023) Saying that the fundamental problem is how to help students acquire skills in sports.

The inquiry approach is the method used in this research. By using the inquiry method, students are more active in asking questions and finding their own ways to solve their learning problems (Eka Cahyadi, Agus Harianto, 2022) the approach to students is very important; the learning provided should encourage students to be more active and explore on their own. The goal of adopting the inquiry approach is for students to master the concept and develop skills in performing front roll movements in floor gymnastics.

Inquiry is a learning method where students are involved as scientists solving their own problems. (Ginanjar, 2015).

## METHOD

The research method used is quantitative descriptive with the aim to describe the situation within that population. Quantitative descriptive is a research method that operates on a simple qualitative approach (Yuliani, 2018). Quantitative descriptive research can provide valuable insights into the observed phenomena and is often used as an initial step for further research. As expressed (Putra, 2015). Quantitative descriptive research involves looking at the reviewed object in the form of numbers, presenting it as it is, and drawing conclusions based on the observed phenomena. The population in the study consists of 63 physical education students from IKIP PGRI Pontianak, batch 2022, from class A morning and A afternoon. The research took place in the sports hall of IKIP PGRI Pontianak. Initial data collection was done through observation by distributing observation sheets, focusing on the front roll movement in floor gymnastics with a scoring scale of 0-100. The front roll involves several steps, including a balanced squat position, placing the head on the mat, rolling with the nape as support, hands hugging both knees, and ending with a balanced squat position (Dini Aji Permatasari, Bambang Priyono, 2012). The front roll movement is a rotation of the body over the mat, facing forward. (Fresa Dera Ramdani, Muhammad Mury Syafei, 2022) The front roll can be defined as a continuous forward-moving motion. Out of the five stages of the front roll movement, which will serve as the basis for assessing the basic technique of floor gymnastics front roll with an inquiry approach so that students dare and are skilled in performing the movement. The analysis technique uses quantitative descriptive by presenting the results of the floor gymnastics front roll movement.

## RESULT

The research was conducted in the sports hall of IKIP PGRI Pontianak. The implementation process was carried out directly with students performing the front roll movement on the mat. The students were divided into two groups, where Group 1 was from class A morning and Group 2 was from class A afternoon. Both groups practiced the floor gymnastics front roll movement on the mat using the inquiry method. The activity was conducted for 4 meetings, and results were obtained from 29 students before the inquiry method was applied; 19 students successfully performed the front roll. After

implementing the inquiry method, 24 students successfully performed the front roll with an average score of 82.75, indicating a 26% improvement in the morning class. For the afternoon class, out of 34 students, 24 were able to perform the front roll before the inquiry method was applied. After the inquiry method was applied, the number of successful students increased to 28, with an average score of 82.35, indicating a 17% improvement. The assessment scale was calculated on a range of 0-100.

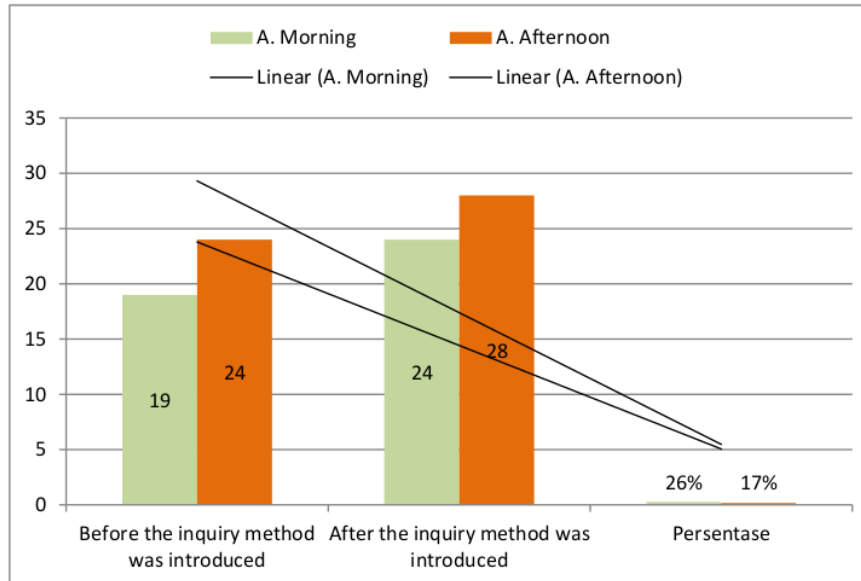


Figure 1. Graph of Front Roll Mastery in Floor Gymnastics

From the average results of the morning and afternoon classes, the average ability of Physical Education students at IKIP PGRI Pontianak for the academic year 2022-2023 obtained scores of 82.75 and 82.35. Referring to the table of assessment ranges for floor gymnastics front roll, the students' ability is considered sufficient.

Score Range	Description
80-95	Excellent
85-94	Good
75-84	Fair
65-74	Poor
<65	Very Poor

Table 1. Score Range for Floor Gymnastics Front Roll

Improving the ability to perform floor gymnastics front rolls can be done using various methods. The research results show that the inquiry method can help students in performing floor gymnastics front rolls. The inquiry method offers a student-centered perspective as students are directly involved in the learning process. (Wahyuni & Witarsa, 2023) Applying inquiry in the learning process can develop creative thinking in students. Inquiry is often used during the learning process because this method encourages students to think independently and creatively in solving or answering their own problems. Inquiry-based learning can discover concepts and principles through the learning experience (Suprianto, 2020).

### DISCUSSION

Physical education is a process of physical activity obtained under conditions where an individual experiences changes both physically and spiritually. (Rhiskita, Beauty, Rachman, & Tuasikal, 2020) Through physical education, students undergo an educational process by acquiring character and movement patterns. Physical education has a very constructive goal for individuals to develop positive values by adopting a healthy lifestyle. Healthy living habits through healthy lifestyle management can be combined with sports activities (Shinta et al., 2023). The role of lecturers is very important for students; with the guidance provided, students feel guided and confident. Besides teaching, lecturers have a role to nurture students because fundamentally, every individual has a different level of self-confidence (Ariana Asri, Muhammad Akbar Syafruddin, 2021). Research using the inquiry method has been conducted (Suryaman, 2019) whereas student participation in physical education learning is very low, choosing the inquiry model has made the learning process more effective.

### CONCLUSION

Based on the research results conducted by the researcher, it can be concluded that student activity in performing floor gymnastics front rolls using the inquiry method can improve the learning of floor gymnastics front rolls. Each student has different abilities, and the approach to teaching students should also have different methods. One of them can use the inquiry method. The author hopes this research can serve as a teaching reference for lecturers and teachers so that students can achieve improved learning outcomes.

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