SOCIALIZATION OF AEROBIC EXERCISE BASED ON CULTURE IN SOUTH SULAWESI

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Abstract: The socialization of aerobic dance based on South Sulawesi culture was raised because of the increasing dependence of humans on technology so that physical activity is reduced. This community service activity focuses on encouraging physical activity, especially sports, in this case aerobic dance based on South Sulawesi culture. This service activity aims to provide sports references to teenagers aged 17-25 years. The form of South Sulawesi culture that is carried out in aerobic dance is in the form of several movements and music adopted from dances in South Sulawesi. Before and after implementing the South Sulawesi culture-based aerobic dance, participants had their pulse measured to see their resting pulse. Measure their pulse using an oximeter. The results showed an increase between the resting pulse rate and the training pulse rate for all subjects entering the training zone.

Keywords: Aerobic Exercise, Youth, Culture Of South Sulawesi

INTRODUCTION
Health problems are a serious problem, namely the lack of physical activity, especially sports. This problem arises because there are more and more conveniences that can be obtained and do not require physical activity. For example, to go up to the 10th floor, someone no longer needs stairs, they just need to press the button on the elevator. In the past people had to go to the market to shop, now just by using an online shop, just by lying down all your needs could be met. This problem does not only affect the elderly, even children have experienced a decrease in physical activity. The Indonesian Ministry of Health further stated that obesity and stress are some of the symptoms and impacts of the limited participation of Indonesian people in physical activity¹. Decreased intensity of physical activity which can result in health problems². Lack of motor activity leads to a deterioration in health, an increased risk of cardiovascular and other diseases, and a decrease in physical activity³.

Obesity not only causes excess weight but can have more impacts than that. Various


Degenerative diseases can arise, for example, coronary heart disease, hypertension, diabetes mellitus, and rheumatism. Not only that, obesity can affect a person's appearance, slow movements, and an unattractive appearance. Health problems caused by obesity can cause cardiovascular disorders such as hypertension, coronary heart disease, and respiratory problems.45

Based on the results of several studies, there was a significant increase in the average cardiovascular endurance between before and after aerobic dance intervention678. This inspired us to hold an aerobic dance outreach based on South Sulawesi culture. Where in Indonesia everything related to culture is booming, which is one of the efforts to maintain authentic Indonesian culture. This aerobic dance was chosen with various considerations, especially since aerobic dance is an economical sport, can be done anywhere, alone or together, and is cheap. Several previous studies have revealed that the benefits of doing aerobic dance can reduce an individual's stress response level and reduce psychosomatics.9

The chosen service subjects are teenagers aged 17-25 years, where they should have intense physical activity, but are more busy with their respective devices. It is hoped that from this outreach activity, the teenagers involved will remain active in participating in sports activities, one of which is aerobics.

**METHOD**

This service is an outreach carried out with full involvement from the community. This socialization was carried out on Saturday, October 21 2023. The decision to make the schedule was determined together with community members. This socialization was carried out at the Universitas Negeri Makassar Faculty of Education Campus. The service subjects chosen were teenagers aged 17-25 years. Service subjects are actively involved in preparing socialization schedules, and providing facilities for holding aerobic dance activities. The form of South Sulawesi culture that is carried out in aerobic dance is in the form of several movements adopted from dances in South Sulawesi, as well as music. The beat of the music is adjusted to the beat of low-impact aerobic exercise, namely 120-158 BPM. Before and after implementing the South Sulawesi culture-based aerobic dance, participants had their pulse measured to see their resting pulse and exercise pulse. Measurement of pulse using an oximeter. This service involves professional aerobic dance instructors from the city of Makassar. This service activity can be depicted in the picture below:

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RESULT

This Community Service is carried out to socialize aerobic dance based on South Sulawesi culture, taking place from 9.00 - 12.00 WITA. During the socialization, assistance is provided in carrying out good and correct movements, so that the goals of aerobic dance can be achieved. It is hoped that these subjects will, continue to do aerobic dance even without assistance so that physical fitness through physical activity can be achieved.

To describe the physical condition of the community, pulse measurements were taken before and after aerobic exercise based on South Sulawesi culture. The descriptive statistical results can be seen in the table below:

<table>
<thead>
<tr>
<th>Table 1. Frequency Distribution of Socialization Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
</tr>
<tr>
<td>Man</td>
</tr>
<tr>
<td>Woman</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

Table 1 describes the number of subjects involved in South Sulawesi culture-based aerobic exercise. There were 27 male teenagers and 42 female teenagers, so the total number was 79 people.

<table>
<thead>
<tr>
<th>Table 2. Descriptive Statistics</th>
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<tbody>
<tr>
<td>N</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Resting Pulse Rate</td>
</tr>
<tr>
<td>Exercise Pulse</td>
</tr>
</tbody>
</table>

Table 2 shows the number of subjects as many as 79 teenagers, for resting pulse the minimum value was 87.00, the maximum value was 98.00, the mean was 91.50 and the standard deviation was 3.56. Meanwhile, for exercise pulse, the minimum value was 138.00, the maximum value was 169.00, the mean was 148.22 and the standard deviation was 8.20.
DISCUSSION

Griadhi also did the same thing, who adopted aerobics and Legong dance as aerobic dance\textsuperscript{10}. Légong dance is a famous Balinese dance with dynamic movements. It has the potential to become the exercise of choice for improving physical fitness. This study aims to evaluate the effect of légong dance training on physical fitness\textsuperscript{11}. Similar research was also conducted by Argiriadou in 2018 regarding traditional Greek dance, music, and singing which can increase physical fitness, improve social life, reduce stress, and improve mood\textsuperscript{12}.

This aerobic dance training is based on South Sulawesi culture, if done according to the correct rules, namely at least 3 times a week with a total duration of at least 150 minutes, then this aerobic dance training will increase cardiovascular endurance and concentration\textsuperscript{13}.

One of the reasons why aerobic dance is based on South Sulawesi culture, namely the popularity of aerobic dance, is because the movements carried out are supported by music so that there is harmony between the movements and the rhythm of the music. Aerobic dance participants enjoy the process that occurs, this is helped by supportive music\textsuperscript{14}. In socialized aerobic dance, movements and music must always be updated, because this will greatly influence the popularity of aerobic dance itself\textsuperscript{15}.

All subjects experienced an increase from resting heart rate to exercise heart rate and all of them entered the training zone. Measurement of exercise pulse is by using the 220-age formula, where the exercise zone is between 50-70%.

CONCLUSION

Socialization of aerobic dance based on South Sulawesi culture can improve the cardiovascular system of service subjects. So aerobic dance based on South Sulawesi culture can be used as an alternative in choosing aerobic physical activity.

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REFERENCES


