



International Seminar of
Sport Culture and Achievement

ISSCA 2014 PROCEEDINGS

*“Global Issues of Sport Science &
Sport Technology Development”*



Diterbitkan Oleh:
Fakultas Ilmu Keolahragaan
Universitas Negeri Yogyakarta



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The Leader in Research & Innovation

International Seminar of Sport Culture and Achievement
"Global Issues of Sport Science & Sport Technology Development"

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24 April 2014

Preface

Salam Olahraga!

Praise and be grateful to the Lord, so that this proceeding can be issued. The International Seminar of Sport Culture and Achievement with "Global Issues of Sport Science & Technology Sport Development" theme is held on 23rd- 24th April 2014 at Yogyakarta State University Hotel. The seminar is conducted by Faculty of Sport Science, Yogyakarta State University.

The seminar was conducted in order to enliven the 50th anniversary of Yogyakarta State University. The Seminar aims at revealing any growing sport potentials and recent worldwide research results. There are three pillars of sport: recreational sports, physical education/ sports pedagogy, and elite sport that in common have one goal to form characters and support achievement.

Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general. Final words for all those who have helped this seminar, we thank you.

 **Dean of Faculty of Sport Science**
Yogyakarta State University,

Dr. Rumpis Agus Sudarko, M.S.

Preface

Assalammualaikum Warrah Matullahi Wabarakatuh

The honorable speakers, Prof. Dr. Djoko Pekik Irianto, M.Kes. AIFO (Deputy of Achievement Improvement of Sport and Youth Ministry), Dr. Wayne Cotton (Australia), Dr. Jose Vicente Garcia Jimenez (Spain), Dr. Achara Soachalerm (Thailand), Dr. Lim Peng Han (Singapore), and Dr. Gunathevan A/L Elmulai (Malaysia). The distinguished guests.

First of all, on behalf of the committee of the International Seminar of Sport Culture and Achievement, let me express great thank to God Allah SWT who gives us opportunity and health, so that we can join this international seminar on sport culture and achievement. It is my pleasure to welcome you to the International Seminar of Sport Culture and Achievement in Faculty of Sport Science Yogyakarta State University.

The international seminar is in order to celebrate the 50th anniversary of Yogyakarta State University. In this opportunity, we invite five speakers from five countries; they are from Spain, Australia, Thailand, Singapore, and Malaysia. The participants of the seminar are 250 participants.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the seminar will run well and be successful.

Thank you very much.

Wassalamualaikum Warrahmatullahi Wabarakatuh

Yogyakarta, 24th April 2014
Chairman of ISSCA,



Dr. Panggung Sutapa, M.S.

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SCHOOL AS SPORT HEALTH PROMOTION PLACE TO IMPROVE STUDENTS HEALTH LEVEL

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Abstract

School is place for interaction of students. School is a good place to promote the sport health in order to improve the health of students. So far, there are still some schools that have not implemented a sport health promotion, even still there are some schools that do not understand the forms of activities that can be done by the school as a sport health promoting media. This article aims at providing thought concept of sport health promotion that can be implemented in school. The types or forms of health promotion activities which can be done through the school will include: sport extracurricular activities, organizing sports festivals, organizing class meetings, fun bike, arranging sport day, the socialization of the importance of sport through seminars or workshops. The proposed concept is expected to raise the awareness and concern of school for students to improve health level through sports. The activities undertaken should be fun and raise awareness of the students to do sports.

Keywords: schools, promotion, sport health, students

INTRODUCTION

Health is everyone's need; health can be obtained from a healthy lifestyle. Health is a human right and it is an investment, is also a gift of God, and therefore, the health quality needs to be maintained and enhanced. One way to be healthy is by exercise. Sports should be introduced early, either through parents or promotion or information through mass media and not least through schools. Many things can be done by schools to promote sport health. School is one of the important elements in the promotion of health. Students get health information, knowledge, and even application of the sport itself through schools, if the students are already embedded on the importance of exercise and practice in daily life, even not just students who have known the importance of exercise, but they also can promote the health of the sport in their environment. Health promotion is a key pillar of public health. School is a right place for sport health promotion. Schools are not only as places of learning, but also as a means for the formation of healthy behaviour through sports. The existing curriculum in schools also includes sports subjects.

Although sport subject has been included in the curriculum in schools, but it cannot optimally promote health. Sport is still considered only as a supplement not used as a necessity, but sport health promotion in schools is a strategic step in improving public health, it is based on the opinion that health promotion in school through community is the most effective strategy among other public health efforts. The population of students in a community has the greatest percentage, almost every day, there has been an interaction in school for 4-8 hours. The fact is that there are most schools prioritize the cognitive aspects of the learning process. Extracurricular activities associated with sport are still less, moreover, the activities related to sports. Regarding this, in addition to creating the school conditions, it also needs exercise so that health promotion activities in school sports need to be done.

This article aims to provide the concept of sport health promotion exercise that can be applied in schools. The types or forms of health promotion activities can be done through the

school. The proposed concept is expected to be a growing awareness and concern of schools to improve health status of students through sports, through the efforts of sport health promotion that can be implemented.

THE NATURE OF SCHOOL

Schools play an important role as a basis for the formation of qualified human resources. The school functions as a socializing agent by providing the intellectual and social experiences from which children develop the skills, knowledge, interest, and attitudes that characterize them as individuals and that shape their abilities to perform adult roles "(Berns, 2004: 212-213). School is a building or institution of learning and teaching as well as a place to receive and give a lesson, according to the levels; there are primary school, secondary school, and high school (WJS Poerwadarminta, 1999: 889).

The school is an institution designed for teaching students / pupils under supervision of teachers. School as an educational institution is in charge of organizing the educational process and learning process in an effort to educate the nation's life. The school objective as part of a national education goals is to increase intelligence, knowledge, personality, noble character, and skills to live independently and to follow further education. Schools no longer function as a place to study, but as a place to learn applied science. They are a place for learning to express opinions and accepting other people's opinions and learning to accept the differences of each person.

School is as a system, meaning that all elements that exist in school as a whole unit, not separated from one another, such as students, teachers, principals, buildings, properties, learning devices, and so on. In independent school era, and School-Based Management (SBM) era, the first and foremost duties and responsibilities from school principle is to create schools that they lead become more effective, in the sense of becoming increasingly beneficial to the school itself and for the wider community users.

THE NATURE OF HEALTH

The term healthy in everyday life is often used to indicate that something can work normally. According to Indonesian Law Number 23 of 1992 on Health, healthy is a state of well being of body, soul, and social to enable more people to live productive socially and economically (Indonesia Health Ministry, 1992). According to WHO, health is a dynamic state of health including physical, spiritual, social, and not merely the absence of disease, disability, and weakness.

Healthy can be realized by various efforts, one of the ways is with the sport health promotion in schools. Health can be obtained from regularly eating with a balanced diet, exercise, and regular resting. Health is very necessary for every human being. Healthy is an ideal situation for everyone. Having a healthy body is the desire of everyone. When in healthy condition, then the activity can be done well, and vice versa. Each person is considered able to keep his or her health up to a certain limit, however, it will be different when a person falls sick, and it is certainly the ideal state of healthy people which will be reduced or even stopped altogether. Thus, health is a basic need in life. Body condition or health status is a level state of a healthy person or sick. The increased health status in terms of social factors is in line with the increasing degree of knowledge and technology education. The higher one's education is the higher the person's health status.

THE NATURE OF SPORT HEALTH PROMOTION

Health promotion is a key pillar of public health for all aspects of behavioural health programs. Health promotion is an effort to improve the community through a process of learning from- by - for and with the community, so that they can help themselves and develop

activities sourced from the public, according to the local socio-cultural conditions and supported by public health policy. Health promotion is the science and art of helping people make healthy lifestyle optimal. According Soekidjo Notoatmojo (2007: 56) health promotion includes behavioural aspects which are an attempt to motivate, encourage and raise awareness of the potential of the community to enable them to maintain and improve their health through exercise.

The vision of health promotion is to improve society's ability to maintain and improve their health, physical, mental, social status, and expected to also be able to be productive socially and economically (Wahit Iqbal Mubarak et al. 2007:6). Health promotion in schools is a strategic step in improving public health, it is based on the premise that health promotion through community turns out the most effective schools among other public health efforts, particularly in the development of healthy behaviour. Health promotion in schools aims to enable students to act as agents of change for parents, relatives, friends, or their neighbours. School health promotion is an institution where education and health programs combined to foster health behaviour as a major factor for health -oriented school life, where the school is not only as places of learning , but also as a means for the formation of healthy behaviour. School is a community that has been organized, making it easy to reach within the framework of the implementation of the health effort. Children in school is a very potential group to accept the changes or updates, At this stage, children are in a sensitive state to stimulation so easily guided, directed and instilled for healthy living habits .

In promoting health through exercise, it is also very effective because school year is a time filled with activities. There are many things related to health promotion programs in schools, but some are related to promote the sport in an effort to improve the health of students is rarely done. According to the WHO in Robin Bunton (1995: 20) the focus for health promotion are 1) Improving access to health, 2) the development of an environment conducive to health, 3) the strengthening of social networks and social supports, 4) promoting positive health behaviour and coping strategies, 5) increasing knowledge and disseminating information. Sports health promotion in school in principle is to create a school community that is able to improve their health through exercise or understanding of the importance of exercise.

Hendrik L Blum in Soekijo Notoadmodjo (2008 : 13) states that health status is influenced by four factors, namely: environmental, behavioral, and genetic health service factors. Based on the fundamentals of the WHO, Physical and Health Education of Canada makes 4E grouping program as a health promotion program in schools: Education, Environment, Everyone, and Evidence. Education involves teaching and learning processes that support for health promotion for all members of the school community. Environment involves all aspects of the school environment to create a safe and supportive environment for health promotion in schools. School environment involves not only contained in the school environment (e.g., cafeteria, classroom) but also outside the school involving the environment, e.g. homes. Everyone involves all members of the school (teachers, students, school cafeteria food seller) and also outside the school (parents, school community). Evidence consists of the collaborative concept in identifying the goals, planning actions and gather all the information that can support the effectiveness of health promotion programs.

THE SCHOOL ROLE IN PROMOTING SPORT HEALTH

School health promotion is in an effort to enhance the ability of learners, teachers and the public school environment to be independent in preventing disease, maintaining health, creating and maintaining a healthy environment, the creation of healthy school policy and actively participate in improving the health of the surrounding community (Indonesia Ministry of Health, 2007). Health promotion in schools is an attempt to create a school into a

community that is able to improve the health of the school community through three main activities 1) the creation of a healthy school environment, 2) maintenance and service in schools, and 3) continuous educational efforts. Promoting health through exercise can also include these three aspects. Schools can promote health through sports course policies made by the principal with input from teachers, school committees, parents and students. Schools should be a "place " that can enhance / promote the health status of learners. This concept by the World Health Organization is called by creating a "Health Promotion School".

School is an extension of family, school is the extended place to lay the groundwork child's behaviour, including behavioural health (Soekidjo Notoatmodjo, 2010: Rineka Cipta). Schools play an important role in education as a huge influence on the psychology of children, then in addition to the family as the center of education, the school also has a function as a place of education for the formation of children's personalities (Ahmadi, 2003). The most important thing in health promotion in schools is related to the use and the goals. In terms of the benefits of health promotion in schools, it can participate and build young healthy physical, mental, moral, and intellectual generation as well as supplying them with living skills (life skills). While related goals, methods, and techniques of health promotion in schools are very strategic and advantageous in terms of population aspects, aspects of individual development, and organizational aspects (Soekidjo Notoatmodjo et al, 2008: 40).

The scope or school settings of health promotion has three principles, they are: 1) involving all parts associated with health problems in schools, students, parents and community leaders and organizations in the community, 2) providing health education to the school with curriculum that can be able to improve the attitude and behavior of learners positively to health and to develop a variety of life skills that support the physical, mental and social health as well as attention to the importance of education and training for teachers and parents, 3) keeping the school to have access to the implementation of health services in schools, which is a. selection, early diagnosis, immunization, and simple treatment, b. cooperation with the local health center, c. nutritious food programs by observing the "safety" food.

THE ACTIVITIES OF SPORT HEALTH PROMOTION IN SCHOOLS

Health promotion of sports in schools is expected to improve student achievement by increasing the degree of health. Educating children at school on health should be given the highest priority, not for their health per se, but also from the perspective of education, since they are to learn their need to be in good health. WHO in Soekidjo Notoatmodjo et al, (2008: 56) formulates six elements that make up the health-oriented schools, among others 1) the involvement of health and education staffs, teachers, parents, community leaders in health promotion efforts in schools, 2) the guarantee healthy and safe of environment, whether physical or psychological efforts, 3) implementation of skills-based health education and life skills effectively, 4) provision of access to health services, 5) the implementation of school policies and activities that support health, and 6) the efforts to improve the health of society as a whole .Health promotion activities in schools should be oriented from the needs of students, teachers, and even parents. Some activities that can support health promotion in schools, among others are:

1. Sport Extracurricular Activities

Sport extracurricular is held in school aims to develop their interest, talent of students in sports. Extracurricular sports besides aiming for achievement are as well as to keep the students fitness. This is relevant with the statement of Junaedi (2003: 63) statement that sport extracurricular is an activity that is done outside school hours with the aim to further develop skills in a sport of their choice or talent and pleasure.

Sport extracurricular is an activity that is fun, without realizing the condition of the body to be awake. The expectation is that students love to do and then will make students need exercise. Sports activities have real purposes, one of which is intended to improve the conditioning of healthy living, physical fitness, and optimal physical performance, shaping individual attitudes, a sense of social development, knowledge, and intelligence (Indonesia Department of Education, 1993: 5)

The extracurricular activities program is basically given to all students in accordance with their values, interests, talents, and abilities. The program of extracurricular activities principally is based on applicable policies and the ability of the school, the ability of parents/ community, and the school environment. Health promotion through sport extracurricular is an effective health promotion, because students already have the motivation to do sports not only for achievement but also to increase the degree of healthy living. Sports activities are very beneficial to make the body become healthier, fitter, and more spirit. The mood becomes more cheerful .

In extracurricular activities, students are required not to be lazy to move. If the body is already accustomed to moving, the soul, the spirit, and the mind will be healthier. The principles of extracurricular activities at least explain: 1) the diversity of the potential , needs , talents , and interests of learners and the educational unit . 2) increase potential and overall intelligence in accordance with the level of development and ability of learners.

2. Organizing sport festivals

Sport festival can be done by school so that students enjoy exercising. Festival can be packaged in a simple exercise with the goal that students can also be competitive to introduce traditional sports. Sport festival is a form of sport activities that are race and entertainment (Indonesia Law Number 3 in 2005). Sport festival is a recreational sport competitions aiming for the title or nature exhibitions, invitational, and friendship. Schools should create a program to facilitate the students to organize a sports festival. It is conceived intent to motivate students to exercise not only as a habituation healthy life but has led to a higher level.

Sports festival is intended for recreational sports coaching and development directed to promote sports in an effort to develop awareness of the school community in improving health, fitness, happiness, and social relationships. In sport festival, the sports held are for instance recreational or traditional sports. Traditional sports which can be held, among others are *gobak sodor*, *patel lele*, *jemparingan* (archery), *egrang*, etc.

3. Organizing class meetings

Implementation of class meeting is an activity that develops the potentials and talents of students. This activity is carried out among classes at a school that is usually done after the test ends. Class meeting is an activity that can refresh students' mind and can make a tense mind becomes calm. This is an important activity to do for the sake of refreshment after restating the semester for student brain. This activity is to foster interests in activities, promoting sports in a small scope. The class meeting intention is solely not for competition but it is the greater intention which is in developing the sport as the need for health.

Besides, these activities are to fill the spare time before the distribution of student academic report. Usually it is held between classes. Class meeting is very useful for students, teachers and parents. Class meeting has benefits, including: 1) talent Search, with class meeting, teachers will see the potential / talent of the students. 2) mental training, class meeting activities will affect the mentality of the students. This is evident when students who usually do not dare to express their opinions in the classroom, with this activity, it turns out many of the learners to be able to show their talent. 3) to facilitate student hobby, every student has different hobbies that can be channeled through this activity. 4) to sharpen

creativity, class meeting can sharpen the creativity of the students and teachers. Especially for teachers, they should find creative ideas to make class meeting activities more alive.

4. Fun Bike or Healthy Walk

Fun bike and healthy walk are currently a public idol. This activity is healthy besides it is cheap. To promote health through this activity can also be done by schools. The existence of fun bike activity and healthy walk are initiated by school so that students are expected to follow up with cycling and walking hobbies. Activity using a bike or on foot has many benefits that can be obtained. Cycling or walking can make a healthy body as cycling and walking also includes exercise, does not cause air pollution, making it environmentally friendly, and can be cost-effective. Healthy walk is a medium of gathering, moderate exercise which is healthy and very effective in establishing communication and togetherness. Culture of cycling or walking should always be preserved in the midst of modern vehicles that are in streets.

Cycling and healthy walk are sports that are cheap, easy and can be done by anyone regardless of age, social status or economic capabilities. Cycling or healthy walk can also strengthen the brotherhood and strengthen school community, because by following a healthy walk and cycling, school community can socialize with one another in a more relaxed and familiar atmosphere. The management of fun bike or walk do not have to spend a lot of money. This activity can be carried out during holidays or on certain days. To attract participants, the door prizes can be provided. The route made should not be exhausting, but enough to burn calories; the roughly time is between 30 minutes to 1 hour.

5. Outbound

Outbound activity is a program or game that is designed specifically for high school students to develop and improve leadership and teamwork attitudes of students. Outbound activities are carried out in surrounding or open space, to make it more fun and more challenging. outbound activity is essential applied to students, in addition to reducing the saturation on day-to-day learning in the classroom. This activity can also make the body become healthy, because this activity requires participants to actively move and the cheerful and happy, and fun atmosphere, so that the physical and mental effects can be more pronounced, which is a positive effect.

Outbound is the activity carried out in the open environment by simulating some games either individually or in groups. Outbound activities are done regularly and properly that can improve the function of organs such as the heart, circulatory and respiratory as well as improve flexibility, overall durability.

6. Organizing Sport Day

Organizing sport day at the school is important. Sport is not just undertaken during school hours. All school members also need to do exercise. A good school will certainly pay attention to all aspects. Residents of the school from Monday to Saturday most use the time to gain knowledge. To improve the performance of is not only influenced by knowledge itself, but also physical fitness which is required to support the achievement of the school.

The school day for sport can be done on a certain day and the time should not be the same. This is done to familiarize the need to do sport for health, sport day is conducted to provide development opportunities in the emerging field of sport so that the balance between academic and non-academic (ME Winarno, 2012: 44). These activities are directly as an example of a friend, teacher, or employee to students. In addition to health benefits, other benefits are the harmonious relations between the residents of the school.

7. The socialization of the importance of sport through seminars or workshops

Health promotion exercise can also be done by providing knowledge to students through seminars or workshops. One of the missions of health promotion is to increase public knowledge by doing counselling, education, training, and strengthening human resources to

increase awareness, willingness and ability to live a clean and healthy (Ircham Machfoedz et al, 2005: 63). Behaviours based knowledge will be more lasting than the behaviour based on knowledge, because this behaviour is due to coercion or rule which requires it to do (Wahit Iqbal Mubarak, 2007: 28).

Seminar is suitable for large groups to target the upper middle of formal education. The seminar is a presentation (presentation) of an expert or several experts on a certain topic that is considered important and is usually considered to be up to date in the community. Topics of seminar course are adapted to the particular health promotion exercise for health. Health seminar is part of a health education to impart knowledge to the students to embed healthy behaviors through sport. Seminar is basically a socialized health program so that students will accept and participate on health through exercise. Therefore, this strategy can be regarded as an effort to foster community development atmosphere or atmosphere that is conducive to good health or an attempt to create an conducive atmosphere environment or supporting the development of health so that students are encouraged to do clean and healthy lifestyle behaviors.

CONCLUSION AND SUGGESTION

School is a right place to promote the sport health in order to improve students' health status. The improved health status may also have an impact on student achievements. School can promote sport health through policies made by the principal with inputs from teachers, school committees, parents, and the students. Schools should be a "place" that can enhance / promote the health status of the learners.

The sport health promotion activities that can be done through schools are by: sports extracurricular activities, organizing sports festivals, organizing class meetings, fun bike, implementation of exercise, socializing the importance of exercise through seminars or workshops. Sport health promotion can be done starting from the increase in public knowledge by doing counselling, education, training, and strengthening human resources to increase health awareness, willingness and ability to live a healthy life through exercise. Finally, students become aware that sport is a need to improve health status. To promote the sport health, it is required the participation of all components, the school can promote sport health surely through policies made by the school principal with input from teachers, school committees, parents and students .

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