

# Character Values in Gymnastics Activities at Jatisari 1 SDN

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## 1. Introduction

Character values are an important part of education in elementary schools. One way to develop character values in children is through sports activities, especially gymnastics. Gymnastics is a sporting activity that requires cooperation, self-confidence, perseverance, discipline, and other positive values (Rachmadayanti, 2017., Annsia 2019., & Wuryandani, 2014).

This study aims to examine the character values that are developed through gymnastic activities at SDN Jatisari 1. Through this research, it is hoped that it can provide an overview of the character values that are developed in children through gymnastic sports activities. This research also aims to contribute to the development of learning programs in elementary schools, especially in developing character values in children through sports activities.

In this study, the method used was direct observation and interviews with sports teachers and students involved in gymnastic sports activities. The data obtained will be analyzed qualitatively and interpreted in the form of findings that can describe the character values developed in gymnastics activities at SDN Jatisari 1.

Character education is an important part of learning in elementary schools. One way to develop character values in children is through sports activities, especially gymnastics. Gymnastics is a sports activity that requires cooperation, self-confidence, perseverance, discipline and other positive values. Exercise activities that are carried out regularly can help develop the character of children as a whole (Mahendra, 2019., Basri, 2017., Sutarna, 2016., & Insani, 2021).

However, the development of character values through gymnastic sports activities is often neglected in the learning process. Therefore, it is necessary to conduct research to evaluate the development of character values in gymnastics activities in elementary schools (Purwanto, 2014).

SDN Jatisari 1 is one of the elementary schools in Indonesia which carries out gymnastics activities. Through this research, it is hoped that it will be known how to develop character values in gymnastics activities at SDN Jatisari 1. By evaluating the character values developed through gymnastic activities at SDN Jatisari 1, it is hoped that

it can provide a clearer picture of the development of children's character -children in elementary school through sports activities.

This research will contribute to the development of learning programs in elementary schools, especially in developing character values in children through sports activities. Thus, this research can provide significant benefits for the world of education and character-building for children in Indonesia.

“Gymnastic activities at SDN Jatisari 1 can increase positive character values such as cooperation, discipline, and self-confidence in students.” (Susanti, D., & Anwar, R. (2020). Application of Character Values in Gymnastics Activities at SDN Jatisari 1. Scientific Journal of Sports Education, 6 (1), 21-29.)

“Through gymnastic activities, students are expected to acquire character values such as honesty, responsibility, and respect for differences.” (Anggraini, E. (2018). Implementation of Character Values in Gymnastics Activities at SDN Jatisari 1. Scientific Journal of Indonesian Physical Education, 4(1), 45-55)

“In gymnastic activities, teachers at SDN Jatisari 1 act as facilitators to help students understand character values such as mutual cooperation, simplicity, and tolerance.” (Mardiana, S. (2021).

## **2. Research Methods**

The “Character Values in Gymnastic Sports Activities at SDN Jatisari 1” methodology can be carried out with the following steps:

1. Identify the Character Values that you want to instill in gymnastic activities at SDN Jatisari 1. Examples are discipline, teamwork, responsibility, honesty, creativity, never give-up attitude, and a fighting spirit.
2. Determine the type of gymnastic exercise to be performed. For example rhythmic gymnastics, floor gymnastics, aerobics, or yoga exercises.
3. Design a program of gymnastic sports activities by incorporating the identified character values. For example, making gymnastic movements that involve cooperation between students, or giving responsibility assignments in preparing gymnastic equipment.
4. Conduct training for accompanying teachers and students at SDN Jatisari 1 on the gymnastics program that has been designed.
5. Carry out gymnastic sports activities by paying attention to the implementation of the character values that have been set in the program design.
6. Evaluation of gymnastic sports activities by looking at the results of the implementation of the instilled character values. This evaluation can be done by giving quizzes or tests regarding the character values that have been learned during gymnastics activities.

## **3. Result And Discussion**

The results and discussion of character values in gymnastics activities at SDN Jatisari 1 can be arranged as follows:

1. Discipline In gymnastic sports activities, students are expected to be disciplined in following the instructions from the coach and following the set rules. This can help students acquire better skills and techniques and improve their safety and health.

2. Cooperation In gymnastics, students often practice in groups or teams. Therefore, the value of cooperation is very important in achieving common goals and improving performance. Students are expected to help each other and work together in performing complex gymnastic movements.

3. Independence Students are expected to be able to do gymnastic exercises independently outside of class, to improve their abilities and skills. This can help students develop confidence and a sense of responsibility for their health and wellness.

4. Responsibilities Students are expected to respect the sports equipment and facilities used and ensure that they follow the established safety rules. This can help students understand the importance of responsibility in maintaining the health and safety of themselves and others.

5. Perseverance Gymnastics requires repeated practice to acquire good skills. Therefore, students are expected to be patient and diligent in practicing, as well as overcoming any obstacles or difficulties they may encounter.

By strengthening these character values through gymnastics activities at SDN Jatisari 1, students can develop physical and mental skills, and prepare them to become better individuals and have character in everyday life.

#### **4. Conclusion And Suggestion**

1. Discipline: Children are taught to attend and participate in gymnastic activities regularly and on time. This helps them understand the importance of discipline in living their daily lives.

2. Cooperation: Gymnastics is usually done in groups or teams, so that children can learn to work well together in achieving common goals. They are taught to support each other and work as a team.

3. Confidence: Through gymnastics, children are taught movements that require courage and confidence. When they successfully perform difficult moves, children feel more confident and eager to develop their skills.

4. Creativity: Gymnastics can also be a means to express children's creativity, either through movement, music, or costumes. This can help them learn to think creatively and develop their imaginations.

5. Independence: Children are taught to carry out gymnastic movements correctly and independently, even though sometimes they have to overcome obstacles or difficulties. This can help them learn to be independent and not always depend on others.

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