

Evaluation of Physical Fitness and Saman Dance Movement Understanding in Saman Dancer Regional Government of Gayo Lues

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Abstract

Physical fitness and understanding of saman dance movements in saman dancer of Gayo Lues regional government? In accordance with the problem formulation mentioned above, this research was conducted with the aim of: to determine the physical fitness and understanding saman dance movements in saman dancer of Gayo Lues regional government? Based on the background mentioned in introduction section, the problems faced are related to physical fitness and movement understanding: How is physical fitness and saman dance movements understanding in the saman dancer of Gayo Lues local government? This research uses qualitative approach and is a descriptive research. The research subjects are saman dancer of Gayo Lues regional government. Research instruments were physical fitness tests and questionnaires. Based on the research result and physical fitness data processing in saman dancer of Gayo Lues regional government, consisting of six test items, the results were obtained as shown in the answers to the research questions, that the endurance results of the Gayo Lues local government saman dancers have an average category, the average speed is in the poor category, the average agility is in a good category, the average arm power is in the poor category, leg power category is moderate and the average flexibility is in poor category, then the level of understanding saman dance movement is in good category.

Keywords: *Evaluation, Physical Fitness, Understanding of Saman Dance Movement*

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I. Background

When the Saman dance is played, it can be seen that the saman dance movement is full of cohesiveness of movements and a meaningful sound. The art of Saman dance, where several models of saman dance that express body movements have a fairly long duration such as 15:10 (fifteen ten seconds) and a big number of dancers accounted for 61 dancers. The saman dance has a very spectacular characteristic, for example its fast and slow movements. According to Salam (2011: 71) The art of dance in saman expresses body movements. Of these gestures, the most dominant are hand movements. Followed by body movements and head movements. While the legs in a kneeling position only functions to support the balance between the movements of the hands, body and head. The movements in the Saman dance have their respective meanings, namely: (1) Introduction, preliminary movements, clapping, chest hitting motion, thigh hitting motion, head shaking, body movements, body shaking, receding movements (alternating), body bending movements. Saman dance is something that is very draining, so it must be completed with practice. Saman dancers are required to improve their physical fitness to perform the dance well. The movement of the Saman dance is characterized by a draining body expression, so the dancer must have a healthy physical fitness. Based on this, one's physical fitness will have an influence on the performance of a Saman dancer and will also provide positive support for the results of the performed Saman dance. A saman dancer has optimal physical fitness, hence in performing the Saman dance, the dancer will not feel too tired even though healthy physical is required. Conversely, if a Saman dancer does not have high physical abilities, a Saman dancer will feel fatigue and tired. With physical fitness, healthy Saman dancers will be excited to perform the Saman dance and get results as expected. Saman dance highly requires a strong body, because if a Saman dancer does not have good physical fitness, then a dancer will experience undesirable things such as pain in the chest clapping motion, tired and distracted during the performance. In saman dance, the required physical fitness includes endurance, flexibility, agility, speed, balance and accuracy. Physical fitness is a must for a Saman dancer as it will be shown physically by whether or not they are good at

making movements in the Saman dance. Therefore, physical fitness components are very supportive of the Saman dance movement and will have an impact on the health of a Saman dance dancer. When the Saman dance is played, it can be seen that the saman dance movement is full of cohesiveness of movements and a meaningful voice sung. The art of Saman dance has several saman dance models that express body movements with a long duration.

From the aforementioned problem above, it is necessary to study the Saman dance movements in terms of fitness and the concept of movement. Therefore, the researcher intends to conclude that want to research about "Evaluation Of Physical Fitness And Saman Dance Movement Understanding In Saman Dancer of Gayo Lues Regional Government"

The aim of this research is to evaluate physical fitness of saman dancer of Gayo Lues regional government.

A. The Nature of Saman Dance

According to Bahry (2005:3) the dance is called saman because it was created by a Gayo Islamic cleric named Syekh Saman in XIV AD century. The cleric was from Gayo. Initially, this dance was just a folk game called Pok Ane. However, then added the accompaniment of poems containing praise to Allah SWT, and also accompanied by a combination of pats of the dancers. At that time, the saman dance became one of the preaching media.

At first, the saman dance was only displayed for certain events, especially when celebrating the Birthday of the Great Prophet Muhammad PBUH. Usually, the saman dance was performed under the Meunasah (a type of surau). However, the saman dance develops over times and is frequently performed nowadays. Now, the saman dance can be classified as an entertainment or performance dance, because the saman dance performances are not bound by certain times, events or ceremonies.

B. The Nature of Physical Fitness

Other definition mentions that physical fitness is the body's ability to perform daily tasks and work actively, without experiencing significant fatigue and with the remaining energy reserves it is still able to enjoy free time and face unexpected emergencies, Wahjoedi (2001).

Several definitions of physical fitness are also mentioned by several experts. According to Widiastuti (2017:13), Physical fitness is a person's ability to do a certain job quite well, without causing fatigue. Fitness is defined as a body's capability to perform daily routines for a long time without experiencing significant fatigue and still having spare energy to carry out sudden activities, Nala (2011:30). Mukholid (2004:3) mentions that physical fitness is the ability and capability to perform activities or work, enhance work power without experiencing excessive fatigue.

Based on the conclusion of the above expert's opinion, fitness is one's physical ability to perform activities without excessive fatigue.

C. The Relationship of Saman Dance and Physical Fitness

For dancers, good physical ability is the result of elements coordination of good physical condition. Good conditions that need to be prepared and trained are strength, speed, endurance, flexibility, accuracy and coordination. (Basri 2001: 35).

Based on Tari Hendi (2012:25), dance can make a body healthier because dance is a physical activity with that involves more movement with body agility, body flexibility, endurance and power which burns energy in the body and cardiovascular activity will increase similar to when someone is doing exercise. Hendi (2012:27) also mentions that physical fitness is the ability to carry out activities or daily work and adaptation to physical loads without causing excessive fatigue and still have reserves of energy to enjoy free time or sudden work and free from disease (Health Department, 1994). The higher one's physical fitness, the higher one's ability to cope with the workload given or in other words, the higher the productivity of the person (Department of Health, 1987 in Yuliana Noor Setiwati Ulvie, 2011).

Cardiorespiratory fitness is the ability of the heart and lungs to absorb and utilize oxygen during physical exercise. Regular exercise in aerobic activities will usually increase endurance by strengthening the heart muscle and increasing lung volume. A number of biophysical tests, including maximal volume oxygen consumption (VO₂ max), heart rate monitoring, and shuttle run tests are used to measure cardiorespiratory endurance. VO₂ max is used to measure a person's cardiorespiratory fitness during exercise.

D. The Relationship of Saman Dance with Basic Movements

Dance movements are refined movements and are given aesthetic elements. Movements in a dance functions as a communication media. Basic competence in learning dance includes basic practices and is proficient in mastering dance movements including traditional dances and contemporary dance as well as the

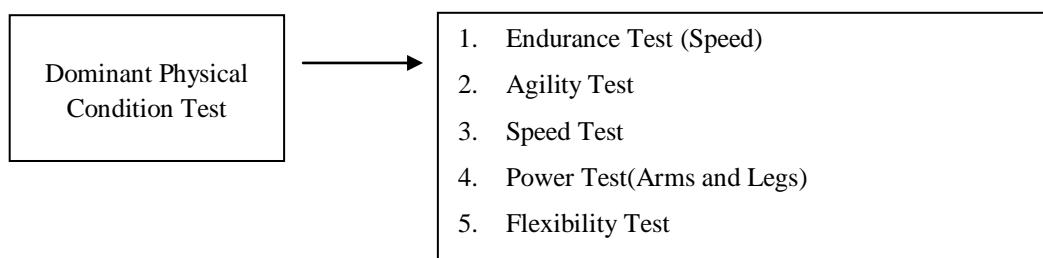
ability to understand the direction and goals of the choreographer in the concept of group choreography, Setiawati (2008). Bisri (2011) explains that the physical readiness of the body for a dancer is very vital to perform dance activities.

Dance skills that owned by a dancer can be formed through body's readiness in term of body parts that will be used to perform the dance movements. Dancing has several elements which must be developed through practice, good body abilities are the results of the coordination of elements of good physical conditions. The elements include strength, speed, endurance, agility, flexibility, coordination and accuracy. With the fulfillment of these elements, a balance of movement will be formed in the dancer's body.

II. Research Method

This research is an evaluation research with a quantitative approach and uses descriptive method. This type of evaluation research uses an activity to collect data or information and to compare it with criteria and then to draw conclusions.

Research design can be showed in the following figure:



The population of this research is the expert team in assessing saman dance movements of Gayo Lues local government which accounts for 5 people. Total sampling technique was utilized to collect data for this research using assessment form.

Once the data are collected, the subsequent data analysis technique is data processing using percentage formula. Then, the physical fitness test results and level of understanding are calculated using the percentage formula.

III. Results

Based on research results and data processing of physical fitness on saman dancer of Gayo Lues local government, consisting of six test items and questionnaire answers, the results were obtained as shown in the answers to the research questions. Based on the experts team whose assessing the physical fitness of saman dancer, the endurance results of the Gayo Lues Saman dancer had an average score of 30.36 in the moderate category, the average speed score of 8.63 which is in poor category, the average agility score of 13.07 which is in good category, arm power with an average value of 1.9 which is in poor category, the average legs power of 46.04 which is in moderate category, and the average flexibility score of 2.2 which is in poor category.

Moreover, saman dance understanding answered by the dancer based on assessment form given to the dancer shows that the saman dancers are able to answer the movement understanding. The understanding of saman dance movements of saman dancer of Gayo Lues local government has an average score of 80 which is in good category.

IV. Conclusion

Based on research results and data processing, the conclusions of this research are the physical fitness of saman dancer of Gayo Lues local government which accounts for six test items shows the results that saman dancer's endurance is in moderate category, the speed is in poor category, the agility is in good category, the arm power is in the poor category, the leg power is in moderate category, and flexibility is in poor category. In term of saman movement understanding, the saman dancer of Gayo Lues local government has the average value of good category.

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