

# Sports Studies Swimming Against the Establishment of Early Childhood Mental

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**Abstract-** Sports swimming is a sport that is done in airsebagai leisure activities among the general public. Pool has benefits for the whole body motion train and exercise in breathing. Swimming motion is highly recommended for young children as the provision of body building and safety play while in the pool. Early childhood is a child referred to the latter phases of childhood aged 6-11 years (maximum 12 years) who are able to form mental operations on the knowledge they have to be able to solve the problem. Swimming sports studies on mental formation in early childhood is an attempt to discover the benefits contained in the swimming activity from the standpoint of psychology that is mental. Mental changes are influenced by the flow of blood that mixes with the adrenal gland.

**Keywords :** Pool, Mental, Kids

## 1. Introduction

Swimming is a sport that structured water movement and function to move the body to the destination with the body is positioned on the surface of the water. Swimming movements performed by moving the entire body from feet to head. Movement of the foot to function as regulator of speed and balance, while the function hand to help move his head as pernafasandan process helps speed the body movement. Swimming sport loved by all elements of society began to toddlers to the elderly. Factors that affect the interests of the sports pool is a container of activities undertaken in the water and as a recreational alternative to the general public. Swimming sport has benefits for the whole body motion train and latihandalam breathing. Person's ability to perform swimming movements influenced the intensity of exercise done to meet the target. Target reached can be reached with the training methods of multi-stroke slide is workouts, hand movements leg, arm movements, breathing movements, and coordination of movements (Subagyo and Sismadiyanto, 2009: 44). The system can be adapted to swimming practice the coach coach can work individually correspond each swimmer's ability to look the development and capabilities of the swimmer (Balilionis, et al, 2009).

The theory of self-expression in sports are human beings the most active, that the physiological and anatomical structure of the limited activity. The degree of physical fitness is always influencing activities followed, habits or attitudes propel themselves into play (sports) certain (Rosdiani, 2012: 103). Swimming motion is highly recommended for young children as the provision of security in bodybuilding and playing in the water. Early childhood is a child referred to the latter phases of childhood aged 6-11 years (maximum 12 years) who are able to form mental operations on the knowledge they have to be able to solve the problem (Joseph, 2009: 6).

Early childhood is the early stages of forming mental in the face of all the events encountered while doing the activity. Mental linked to attitudes related to the emotional feeling and action tendency as a form of feelings and tendencies associated with conative aspect or the willingness to do (Husdarta, 2010: 24). Mental in sport is the willingness to respond in positive and negative ways to the implementation of motion. The relationship between mental and physical health is an integral biopsychosocial conditions inside. The introduction of the concept of swimming motion on the child physically and psychologically constitute mental part of the formation to be able to do well even though swimming is in place deeper than height.

## 2. Discussion

Swimming sports studies on mental formation in early childhood is an attempt to discover the benefits contained in the swimming activity from the standpoint of psychology that is mental. Sports application pool is the pool that has a depth that varies. Variations pool adapted to the needs of each user including for the pool that is used to soak themselves, play, learned to swim, and play.

Early childhood is a good step in the train movement and develop sports technique because in this phase the child has social development and intelligence (Rahyubi, 2014: 220).

The results of observation since August 2017 until August 2018 through swimming training center Jamboree & Pine Club Swimming conclusion that children aged between 6-12 more encouraged parents to be able to swim from the child's own interests. The fundamental nature of children is play, then if the child was in the pool the activities carried out is to play water.

Children are particularly dependent on adults in a variety of sporting activities and supervision, as well as adults to be an example in the formation of behavior, it becomes a special responsibility for the adults (parents, teachers, coaches, and sports professionals) to understand the specific problems that occur in children during exercise. Special attention is much needed fully to the limitations of the child, fears, needs and expectations so that the sport is done by encouraging and safe (Giriwijoyo and Sidik, 2013: 68).

## 2.1. Mental formation through Motion Control Engineering



Fig 1. Stages Mechanical Pool

Person's ability to perform swimming movements influenced by the mastery of basic movement forms pools. The first style is taught to children who do not yet have the ability to swim is breaststroke. Breaststroke is a style that has a motion with the level of coordination is easier when compared with other styles are freestyle, back and butterfly. Stage rehearsal for the breaststroke for beginners who first trained are:

### 1) breathing

Breathing while swimming is done through the mouth and nose should not, because what might happen if the child is breathing with the nose of water will enter the respiratory system and make breathing difficult child. Breathing from the mouth will have security in children although incoming water when going to take a breath, the water will not make the child difficult to breathe and just swallowed it.

### 2) gliding motion

Gliding motion is a general motion which is also used by all other swimming styles technique. Posture while gliding is by placing both feet and hands so that the body in the position of a line. Glide attitude makes the body float when done properly, but if there is an open body position or bent it will make the body difficulty moving well. The sliding motion is its formative stage for the child's mental dare to let the body float on the water. The boost given from the pool walls or floor of the pool will give new impetus to advance the body posture or attitude of the line

straighten the legs and arms. Attitude straighten your legs and arms will directly release the foot from the floor of the pool so that there is no buffer body to remain standing or drowning.

### 3) Footwork

The first leg basic movements in breaststroke (as the basic style for beginners) is a mental process of forming the second stage. Phase footwork will establish the child's mental started confidently set her body on the water without a disclaimer and worry sinking. Footwork on the breaststroke is the same as the movements performed by the frog through methods that facilitate children to remember that "pull, open, and close". Leg movement begins at the moment glide attitude is the attitude of a straight leg and then use the method of "pull" that pull the legs by bending the knees simultaneously between the right and left to attach the thigh and calf. "Open" is footwork done an advanced position at the foot of the drop to the position of the open thighs and separate the left and right legs without straightening the knees (knee still in the condition of bending). "Close" is the continuation of an open position to straighten the knees and accompanied by kicking and simultaneously tighten the foot like the sliding motion.

### 4) Hand motion

Hand movements when berenan Breaststroke is a mental formation stage the third stage is assured. Hand gesture serves as a movement to help take a breather by raising the head to the top of the water. Stage hand movement will give confidence to the child to be able to take a breather by open hand and water thrust towards the rear through the right side and left without bending the elbow. Open hand movements performed at a position slightly downward direction and then the urge to do until it is parallel with your shoulders and then bend the elbows to be straightened back as the position of the hand gliding.

### 5) Coordination whole Movement

Koordinasiseluruhgerakan is the final stage in training the child's ability to swim. Menggabungkan entire start breathing techniques, gliding strokes, footwork, and hand gestures carried out in a systematic manner. Motor coordination is done through the stages, children slide first, then do the footwork, hand gestures (after leg straight back), and back to the glide attitude (straightening up). Coordination of the whole movement is the establishment phase of the process of formation of the child's mental bold, confident, and confident of the abilities that will eliminate the anxiety in children.

## 2.2. formation mental through

### 1) depth of pool

Swimming activities if done at a depth of more than a child's height, then the child will feel fear and anxiety occurrence. Fear and anxiety is a state of mental and emotional reaction to a situation that is perceived threatening and unpleasant (Jamshidi, Hossien, Sajadi, Safari, and Zare, 2011). Factors that may affect the child's anxiety when performing pool is divided into two internal factors include self-esteem, anxiety innate, positive-negative-Affect, while external factors include training, skill level, and a sport that was involved (Ardini & Jannah, 2017). Mental position lies in the composition of hormones and glands in the body. Hormones are chemical substances secreted in body fluids by a cell or group of cells and effect settings physiology. Hormones produced by glands that do not have a channel that would secretions and blood flow following the circulation of blood throughout the body, if it came to a target organ that the hormone will stimulate change. Mental changes are influenced by the flow of blood that mixes with the adrenal gland. The adrenal glands are located on the superior pole of the kidney are the adrenal medulla and the adrenal cortex. The adrenal medulla produces the hormone epinephrine (adrenaline) and norepinephrine hormone, while the adrenal cortex produces the hormone corticosteroid. Adrenal production with large volume occurs when a person's body in a state of fear or danger, thereby widening the bronchial tract and make it difficult to physically move (Puspitawati, Hapsari, and Suryaratri, 2012: 188).

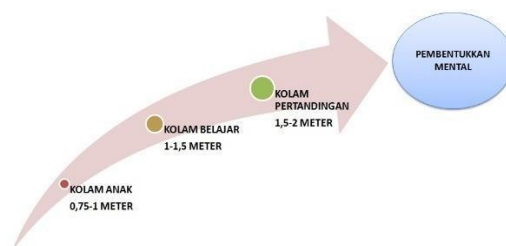


Fig 2. Phase Depth of pool

Early childhood mental formation to overcome fear and anxiety is done by training techniques to play in the water. Mechanical exercise play in the water is a persuasive approach was played by accompanying the child while doing the techniques learned to swim. Pool exercises performed with an atmosphere that is not rigid or raw, but more emphasis on the role to foster communicative atmosphere in friendship, so that in this situation the trainer can provide motivation confidence. Children's ability to perform the techniques taught swimming is a key early child mental shape against fear and anxiety. The steps taken to fight the fear and anxiety is by swimming in a pool that has a certain depth, but still through the mild stages prior to stage the hardest. This stage is a great way to swimming practice mental shape children who initially feel fear and anxiety while swimming in the deep, then the child can mehilangkan these feelings become confident and dare to swim in deeper water.

### 3. Conclusion

Sport is an activity pool water to the formation in early childhood mental. Mental Formation is obtained in two stages, namely the stages of the mastery of technique and stage movement to swim in the pool depth. Coordination of the entire motion on the sports pool is the stage of maturity of the child's mental formation bold, confident, and confident of the abilities that will mehilangkan anxiety in children. The habit of swimming with the right techniques and exercises through the stages of the pool depth will give control of the production of children's mental adrenal thus formed for the better.

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