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Swimming Instructor Confessions : Age And Gender Are Most Fastest In Capturing Swimming Learning

INFO PENULIS

Rusdi
IKIP PGRI Pontianak
rusdiyudhit@gmail.com

Whalsen Duli Agus Lauh
IKIP PGRI Pontianak

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Abstract

Penelitian ini bertujuan untuk mengetahui kelompok usia dan jenis kelamin anak yang lebih cepat menyerap pelajaran renang berdasarkan pengalaman instruktur renang. Metode yang digunakan dalam penelitian ini adalah dengan mengajukan pertanyaan melalui google form yang disesuaikan dengan permasalahan yang ingin diteliti. Pertanyaan diajukan kepada instruktur renang dan mendapatkan informasi serta pengalaman dari instruktur tersebut. Sampel penelitian yang diambil dalam penelitian ini adalah 22 orang instruktur renang yang telah mengajar renang selama lebih dari 5 tahun. Hasil penelitian menunjukkan bahwa berdasarkan pengenalan dari instruktur, usia 11-13 tahun sebesar 40%, diikuti oleh usia 8-10 tahun sebesar 38%, usia 5-7 tahun sebesar 13%, usia dibawah 4 tahun sebesar 6% dan usia 14-16 tahun sebesar 5%. Sementara itu, anak perempuan usia 11-13 tahun sebesar 59%, diikuti oleh anak usia 8-10 tahun sebesar 23%, usia 5-7 tahun sebesar 13%, usia di bawah 4 tahun sebesar 6%, dan usia 14-16 tahun sebesar 4%. Sementara itu, pada jenis kelamin yang lebih cepat belajar berenang, laki-laki 5% lebih dewasa, tidak ada pengaruh sebesar 18%, perempuan 36% lebih cepat, dan laki-laki 41% lebih cepat.

Kata kunci: Instruktur Renang, Usia, Jenis Kelamin

Abstract

This Research Aims To Find Out What Age And Gender Children Pick Up Swimming Lessons More Quickly According To The Experience Of Swimming Instructors. The Method Used In This Research Is By Asking Questions Via Google Form Which Are Tailored To The Problem The Researcher Wants To Explore. Questions Are Asked Of The Swimming Instructors And Gain Information And Experience Of The Instructors. The Research Samples Taken In This Study Were 22 Swimming Instructors Who Had Taught Swimming For More Than 5 Years. The Results Show That Based On Recognition From Instructors, Ages 11-13 Years Are 40%, Followed By Ages 8-10 Years At 38%, Ages 5-7 Years 13%, Ages Under 4 Years 6% And Ages 14-16 Years 5%. Meanwhile, Girls Aged 11-13 Years Were 59%, Followed By 8-10 Year Olds With 23%, 13% Aged 5-7 Years, 6% Aged Under 4 Years And 4% Aged 14-16 Years. Meanwhile, In The Gender That Is Faster At Learning To Swim, Men Are 5% More Mature, There Is No Effect At 18%, Women Are 36% Faster, And Men Are 41% Faster.

Keywords*:* Swimming Instructor, Age, Gender

A. Introduction

Swimming is a skill that humans must have both for survival and just for recreation. Many parents send their children to learn to swim at a very young age and this becomes an obstacle for instructors who teach swimming because at a very young age children are usually very difficult to communicate with, children are too afraid, so instructors have difficulty implementing it. swimming styles to be taught. Swimming teachers must have extra patience when teaching young children. They need to understand how children learn differently, innovate in teaching methods and provide a supportive environment so that children feel comfortable and not afraid. One of the obstacles faced by swimming instructors when teaching young children is the fear and discomfort that children may feel. Apart from that, the obstacle faced by swimming teachers when teaching young children is that teaching swimming techniques and correct swimming styles, small children usually do not have coordination, understand the instructions given well enough, and find it difficult to understand their body movements.

Age restrictions before children are taught to swim have also been made by organizations involved in the field of swimming, this is to create a limit so that undesirable things can be avoided. Age, swimming lessons at tutoring institutions or swimming learning places and parents should limit organized swimming lessons until after a child reaches the age limit of 4 years (48 months)" (AAP, 2003), children aged 4-6 years are observed to obtain traditional beginner swimming skills are faster and more efficient than those of younger children (Blanksby et al., 1995; Parker & Blanksby, 1997).

Even though there are several articles that say that the younger children are taught to swim, the better this needs to be our joint study and further research so that swimming is a place for children to be able to recreate and learn in a world that may be different compared to walking on land which does not endanger them, especially children. children who have not reached the age of 4 years. Then there is also a need to research the age of the child who picks up swimming lessons most quickly or the lessons delivered by the swimming instructor. Is it that the older you get, the faster you catch or the earlier a child is taught to swim, the faster his ability to catch.

Van (2010) said that one of the main factors influencing the success of learning to swim is age. There is an opinion that learning to swim at an early age can provide benefits in developing motor coordination and technical skills. However, not all children have the same level of readiness to learn swimming. Some children may find it easier to learn to swim than others, and it has been suggested that a child's gender may also influence their abilities. A study conducted at the University of Wester Sydney showed that girls tend to have lower self-confidence in learning to swim than boys, which can affect their ability to learn swimming techniques. In this study, researchers will take samples from swimming instructors who work with children of various ages and genders to find out their views regarding the factors that influence success in learning to swim, especially those related to age and gender. By answering questions in the survey.

Swimming instructors are invited to provide views based on their experience in teaching swimming and the influence of age and gender on a child's ability to learn to swim quickly. It is hoped that the results of this research can provide useful information for parents and swimming instructors in choosing the right time to start teaching their children to swim. Apart from that, this research can also help in developing effective swimming teaching programs for children of various ages and genders.

Sims&Onestak(2016) Learning to swim involves teaching about water safety and self-rescue skills for students. Gibson (2021) learning to swim is a complex and multidimensional activity, involving motor, cognitive and social skills. There are many opinions that explain the meaning of this sport, but in short, swimming is a sport that is done in water, by moving the body (hands and feet) so as not to drown.

Age is the period of time since a person existed and was able to measured using units of time from a chronological perspective, Normal individuals can see the degree of anatomical development and physiologically the same (Nuswantari, 1998). Age is also time length of life or existence (since birth or birth) (Hoetomo, 2005).

Age Classification In 2009, the Indonesian Ministry of Health categorized age or age into: 1). Age 0 to 5 years is the toddler period, 2). Age 5 to 11 years is the childhood period, 3). Age 12 to 16 Years are Early Adolescence, 4). Age 17 to 25 is Late Adolescence, 5). Age 26 to 35 is Early Adulthood, 6). Age 36 to 45 is Late Adulthood, 7) .Age 46 to 55 years is the early elderly period,

8).Age 56 to 65 years is the late elderly period, 9).A person aged 65 years and over enters the elderly period Meanwhile, the division of age categories is according to health agencies

The world or WHO is divided into: 1) Aged 0 – 17 Years is the Age of Minors, 2) Aged 18 – 65 Years Entering Youth, 3) Aged 66 – 79 Years is Middle Age, 4) Aged 80 – 99 Years are old people, 5) 100 years old and above are long-lived old people

There are several studies that say that the younger the better, children are taught to swim. Hass, R. (2012) aged 4 to 7 years obtain the fastest and most effective swimming abilities. Robinson (2016) children who are taught to swim at an early age experience increased motor skills, social skills and self-confidence. Knight & Lambrick (2017) children who learn to swim at an early age have better self-confidence, increased cognitive and physical abilities and a higher risk of injury. Meanwhile, according to Yang & Lee (2018), learning to swim in children from an early age can help reduce the risk of accidents in the water and promote a healthy lifestyle. We cannot deny this, but there are several obstacles faced by swimming instructors when sending children who are still very easy, for example communication, excessive fear.

Langendorfes, S.J. (2018) Children with greater swimming experience or who swim more often in a positive environment tend to learn to swim more quickly. Baca, G.R(2019) Swimming teaching in the past contradicts current medical recommendations and provides insight into the globalization of better and safer swimming teaching practices for children throughout the world. Therefore, it is important for swimming instructors to always follow the latest developments in swimming research and ensure that the swimming instruction they provide meets strict safety and health standards. Rychteckyj&Sacko (2016) Swimming instruction programs that emphasize safety and technical swimming skills in children can help motivate them to continue learning and improving their abilities. According to Morris (2019), swimming instruction that focuses on children's safety and security in the water can help minimize the risk of accidents and unexpected events in the future.

Based on research that has been conducted, there are differences in swimming learning abilities between children and adults. According to Johnson & Lee (2019), children achieve basic swimming skills more quickly because they still have natural reflexes such as the reflex to plan their breath when drowning. Meanwhile, in another study conducted in South Korea by Kim (2017), survey results showed that 83.3% of swimming instructors believed that children aged 3-5 years could learn lessons.

Gender has been identified as a major determinant of athletic performance through the impact of height, weight, body fat, muscle mass, aerobic capacity or anaerobic threshold as a result of genetic and hormonal differences (Cureton et al., 1986; Maldonado-Martin et. al. , 2004; Perez-Gomez et al., 2008; Sparling and Cureton, 1983). Some authors have suggested that gender differences in race records may disappear (Beneke et al., 2005; Tatem et al., 2004; Whipp and Ward, 1992); others have studied physiological limits in sport with nonlinear models, but with limited data (Nevill and White, 2005; Nevill et al., 2007). However, male and female differences must first be studied through the full panel of measurable Olympic disciplines. During the modern Olympic era (1896–2007) the evolution of time, distance or altitude values of world records was shown to follow a piecewise exponential model (Berthelot et al., 2008). Furthermore, women currently display lower record scores compared to men. An asymptote for all events has been suggested, with women's performance limits remaining inferior to men's. Thus, the gender gap will probably be resolved when men and women reach their physiological limits. Here we compare the improvement in men's and women's world records and top ten performances (i.e., the best performances of the top ten performers of each gender each year) over the modern Olympic era to measure the evolution of the gender gap.

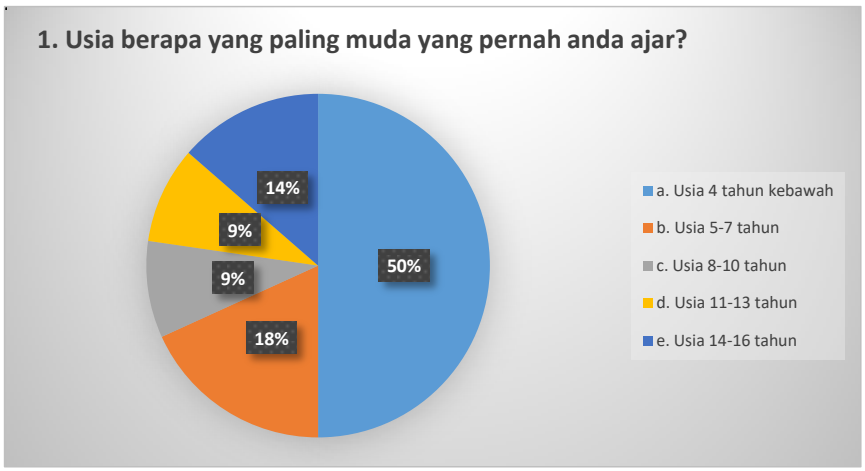
B. Methodology

This research is included in the type of quantitative descriptive research using a survey approach. Morissan (2016 : 166) explains that survey research is often used in research that uses human individuals as the unit of analysis. Sugiyono (2016: 6) explains that the survey method is used to obtain data from certain natural (not artificial) places, but researchers carry out treatments in collecting data, for example by distributing questionnaires, tests, structured interviews and so on.

This research used a survey by giving 15 questions created in a Google form relating to the age of male and female children who were quicker to grasp swimming lessons and gender or sex who were quicker to grasp swimming lessons which were carried out by swimming instructors who had more teaching experience. from 5 years of swimming lessons.

C. Result and Discussion

1. Usia Paling Muda Belajar Berenang

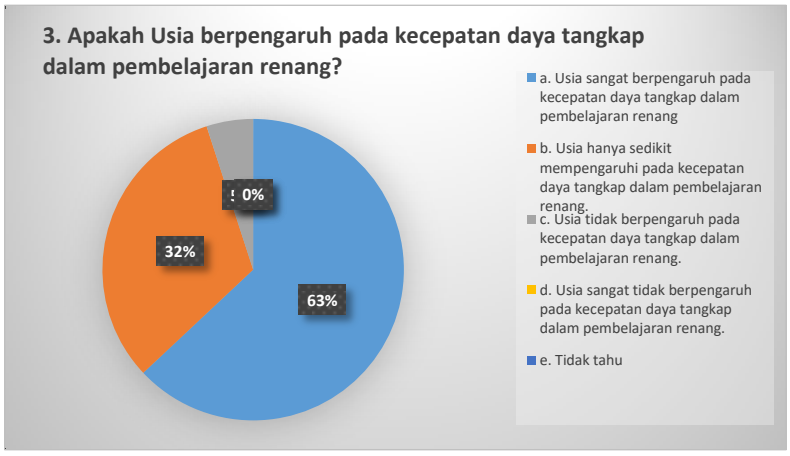


Based on data analysis, it appears that the youngest age at which most people start learning to swim is 4 years and under. Half or 50% (11 people) of the instructors stated that they had participants who started swimming lessons at this age.

2. Usia Paling Tua Belajar Berenang

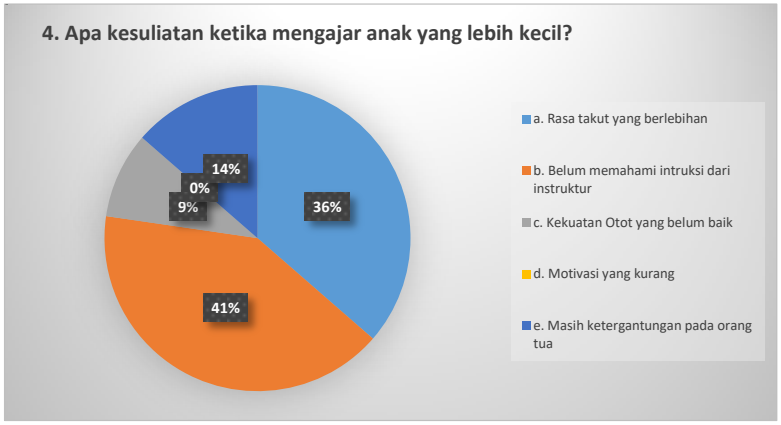
Based on data analysis, it appears that the oldest age to start learning to swim is 14-16 years as much as 43%. At this age children can receive clear instructions

3. Pengaruh usia pada kecepatan daya tangkap



Based on data analysis, it can be seen that age has a big influence on the speed of catching power in learning to swim, namely 63%.

4. Kesulitan mengajar anak kecil

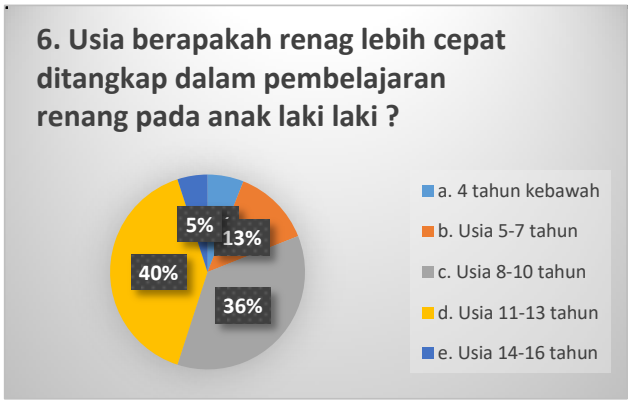


Based on data analysis, it can be seen that the difficulty in teaching swimming to young children is that 41% of the children find it difficult to receive instructions from coaches, 36% are excessively afraid, 24% are dependent on parents and 9% are not in good muscle condition.

5. Apa kesulitan mengajar anak yang lebih besar/dewasa?

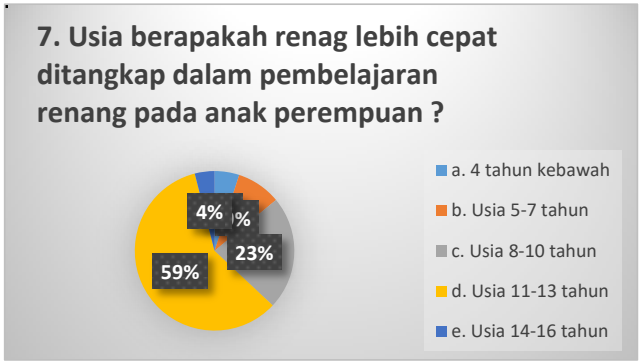
Based on data analysis, it appears that difficulties in teaching swimming to older children are caused by 5% weaknesses in learning approaches, 14% lack of teaching modules, 18% lack of self-confidence, 18% excessive fear and 18% excessive past trauma. 45%.

6. Usia lebih cepat untuk anak laki-laki dalam menangkap pembelajaran renang.



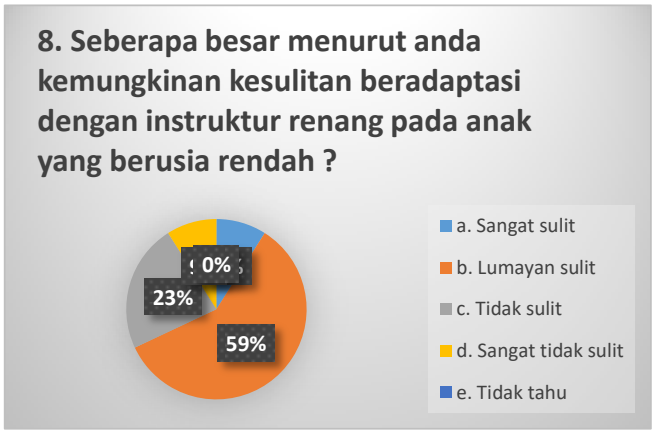
Based on data analysis based on the confessions of swimming instructors, it appears that the age level of boys who learn to swim the fastest is 40% at the age of 11-13 years, followed by 8-10 years at 38%, 5-7 years at 13%. under 4 years 6% and aged 14-16 years 5%.

7. Usia lebih cepat untuk anak perempuan dalam menangkap pembelajaran renang?



Based on data analysis and confessions from swimming instructors, it appears that the age level of girls who learn to swim the fastest is 59% aged 11-13 years, followed by 8-10 years old at 23%, 5-7 years old 13%, under 4 years old. years 6% and ages 14-16 years 4%.

8. Kesulitan adaptasi dengan instruktur pada anak usia rendah

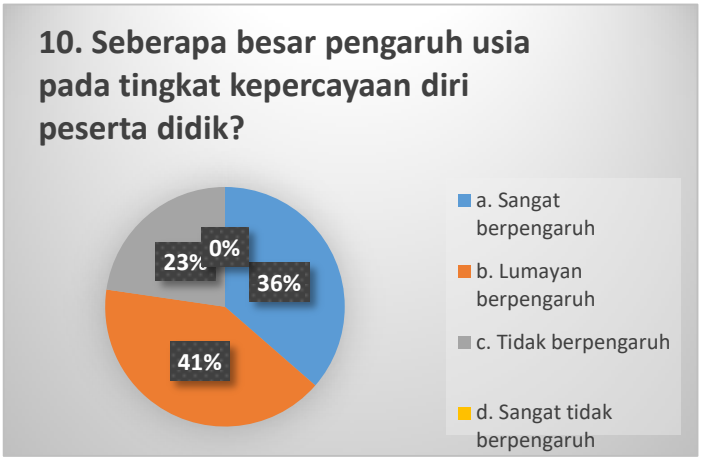


Based on data analysis, it can be seen that the difficulty for low age children to adapt to instructors is as follows: quite difficult 59%, not difficult 23%, very difficult 9% and very not difficult 9%.

9. Kesulitan adaptasi dengan instruktur pada anak usia tinggi

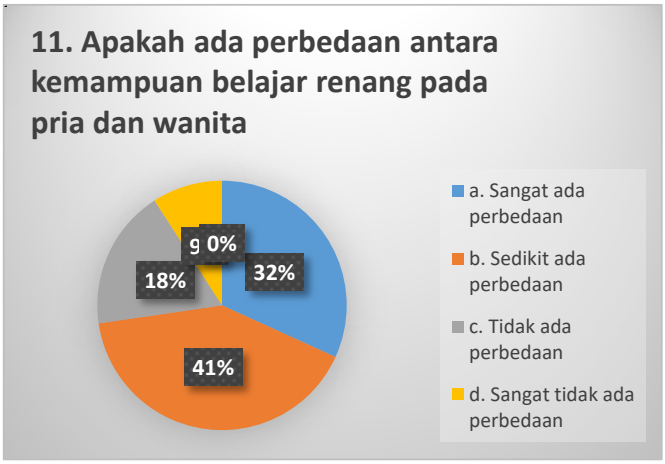
Based on data analysis, it can be seen that the difficulty for older children to adapt to instructors is as follows: not difficult 69%, very difficult 23%, very difficult 4% and quite difficult 4%.

10. Pengaruh usia terhadap kepercayaan diri anak



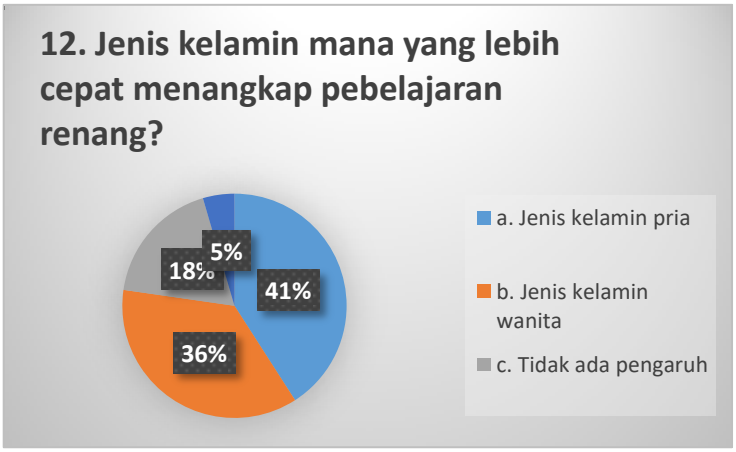
Based on data analysis, it can be seen that the influence of age on children's self-confidence is as follows: quite influential 41%, very influential 36%, and not influential 23%.

11. Perbedaan kemampuan belajar berenang pada anak berdasarkan jenis kelamin



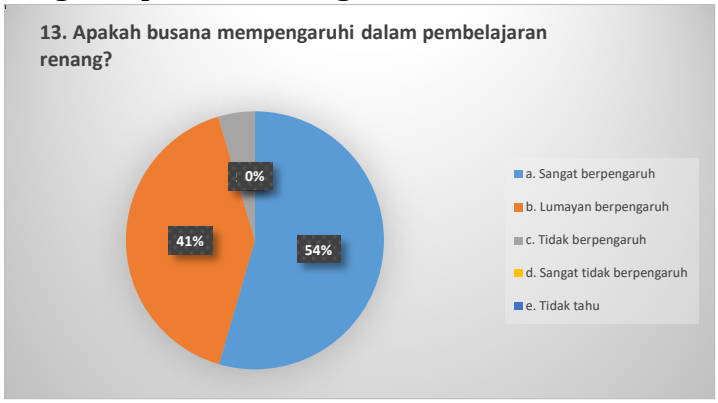
Based on data analysis, it appears that gender can influence the ability to learn to swim as follows: there is very no difference at 9%, there is no difference at 18%, there is very much a difference at 32%, and there is a slight difference at 41%.

12. Kecepatan daya tangkap berdasarkan jenis kelamin



Based on data analysis, it appears that gender can influence the speed of learning to swim as follows: men are 5% more mature, 18% have no effect, women are 36% faster, and men are 41% faster.

13. Pengaruh pakaian renang



Based on data analysis, it can be seen that the influence of swimwear during the swimming learning process is as follows: no influence at 5%, moderate influence at 41%, and very influence at 54%.

14. Keberanian berenang berdasarkan jenis kelamin

Based on data analysis, it appears that gender can influence children's courage in learning to swim as follows: women who are more mature 4%, men who are more mature 18%, men who are braver 23%, and women who are braver 27% and there is no influence as much as 41%.

15. Motivasi berdasarkan jenis kelamin

Based on data analysis, it can be seen that motivation based on gender is as follows: 9% more mature women, 10% more mature men, 18% men, 27% women and 36% no influence

Discussion

1. At what age do boys learn to swim more quickly?

Based on data from research and confessions from swimming instructors, it was found that 40% were boys aged 11-13 years, followed by 38% aged 8-10 years, 13% aged 5-7 years, 6% aged under 4 years and 14- 16 years 5%. It can be concluded that 11-13 years are faster at

learning to swim. The age factor plays an important role in a boy's ability to grasp the learning of swimming. Here are some explanations of how age factors affect their abilities:

a. Physical Development: Younger boys may not have fully developed the physical strength and coordination necessary for effective swimming. As they get older, they will experience improvements in muscle development and body coordination, which will help them master swimming techniques better.
b. Cognitive Skills: A child's cognitive abilities also develop with age. Older boys may have better cognitive abilities to understand instructions, swimming concepts, and feedback from swimming coaches or instructors.
c. Personality and Motivation: Psychological factors such as motivation and self-confidence can also change with age. Older boys may have higher levels of motivation and be better able to overcome fear or anxiety about water.
d. Experience and Formal Education: Older boys may have had more experience in water or have received more formal education in swimming. They may have taken more swimming lessons or had more time to practice compared to younger children.
e. Ability to Receive Instructions: Older boys generally have the ability to receive instructions better than younger ones. They may more easily understand technical instructions on swimming movements and be able to implement them better.
f. Emotional Growth and Development: In addition to physical development, older boys may also have reached a higher level of emotional maturity. They may be more patient and can handle frustration or failure better than younger children.

Based on data analysis, it can be seen that boys aged 11-13 years learn to swim the fastest, therefore at this age it is highly recommended for boys to learn to swim. By understanding how age influences boys' ability to grasp the learning of swimming, swim coaches and instructors can adjust their approach to ensure these boys can thrive in the sport of swimming.

2. At what age do girls pick up swimming skills more quickly?

Based on data from research and confessions from swimming instructors, it was found that those aged 11-13 years were 59%, followed by those aged 8-10 years at 23%, aged 5-7 years 13%, aged under 4 years 6% and aged 14-16 years 4% . Based on the data, it can be concluded that girls aged 11-13 years learn to swim faster.

Girls can pick up swimming lessons quickly starting from a relatively young age, depending on their level of physical, cognitive, and emotional readiness. Most children can start learning to swim around 4-6 years old, but some may even be able to start earlier if they are already familiar with the water and have a strong interest in learning. Generally, children aged 4-7 years usually have the ability to absorb information quickly because their brains are in a period of rapid formation. They also tend to be more open to new learning and have a high level of curiosity.

However, based on this research, girls learn swimming lessons more quickly, namely at the age of 11-13 years. This is because at this age, children already have better cognitive and motor skills, which can help them understand swimming instructions and techniques more quickly. Additionally, at this age, children tend to have higher levels of motivation and self-awareness, which can make them more committed to learning and progressing in swimming skills. The drive to pursue achievements and more complex activities can also be a factor that encourages them to learn quickly.

The most important thing is to provide a supportive environment, quality instruction, and opportunities for sufficient practice. With the right approach, girls aged 11-13 can pick up swimming lessons quickly and develop complex skills in a relatively short time.

3.The effect of gender on children's ability to catch speed in swimming lessons?

Based on data analysis, it can be seen that there is no significant influence between girls and boys on the speed of learning to swim. However, several factors may influence the process of learning to swim for boys and girls:

a. Physical Differences: While not an absolute rule, boys and girls often have physical differences that can affect how they interact with the water and respond to swimming instructions. For example, boys tend to have greater physical strength in some cases, while girls may have better flexibility.
b. Social and Cultural Factors: In some cultures, boys and girls may have different access or encouragement to learn to swim. For example, in some places, boys may be more

encouraged to learn to swim because it is considered an important skill in their lives, while girls may not have the same opportunities.

c. Self-Perception and Social Support: Self-perception and social support can also influence the speed of learning to swim. If a child feels confident in learning to swim and has enough support from family, friends, or instructors, then they are likely to learn more quickly, regardless of their gender.
d. Personal Motivation and Interest: Personal interest and motivation also play an important role in learning swimming. Children who have a strong interest in water and swimming may be more motivated to learn and practice, which can influence the speed with which they grasp swimming lessons.

It is important to remember that each individual is unique and their swimming learning experiences will vary. It is important for parents and swimming instructors to provide equal support, encouragement and opportunities for boys and girls to learn and develop in their swimming skills.

D. Conclusion

1. Based on survey results, boys are the fastest to learn swimming, namely at the age of 11-13 years 40%, followed by those aged 8-10 years at 38%, aged 5-7 years 13%, aged under 4 years 6% and aged 14-16 years 5%.
2. Based on survey results, girls are the fastest to learn swimming, namely at the age of 11-13 years 59%, followed by ages 8-10 years at 23%, ages 5-7 years 13%, ages under 4 years 6% and ages 14 -16 years 4%
3. There is no significant influence between girls and boys in the speed of learning to swim.

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