



## Development of the Koribantes Young Generation Dance for Millennials and Z Generation

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\*Surya Adi Saputra<sup>1abcde</sup>, ME Winarno<sup>1abcde</sup>, Lokananta Hari Wiguno<sup>1abcde</sup>

<sup>1</sup>Universitas Negeri Malang, Indonesia.

### ABSTRACT

### ARTICLE INFO

**The purpose of the study.** The goal to be achieved is to produce a new gymnastics, with the name "Koribantes Young Generation Dance" which is a new gymnastics that is different from the usual Physical Fitness as an innovation of gymnastics whose objects are young people with a touch of music and movements according to the soul. their youth form of modern dance gymnastics.

**Materials and methods.** The research method used is a model development research method in which a process or steps to develop a new product based on the theory of Research & Development.

**Results.** The results of this study produce a new gymnastics: (1) New gymnastics that is devoted to for the millennial generation and generation Z (2) the development of a cardio training model with dance (3) The results of the effectiveness test of this exercise are feasible to use.

**Conclusions.** From the results of small group trials and large group trials as well as discussion of research results, it can be concluded that "Koribantes Young Generation Dance" deserves to be a gymnastic product used by millennials and generation Z as a form of cardio training program to train strength keep heart and lung.

**Keywords:** *Koribantes; Dance; Young; Millenial Generation; Z Generation; Cardio.*



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### INTRODUCTION

Cardio exercise is a physical activity that aims to strengthen the heart and lungs. Besides being able to improve the body's function in utilizing oxygen, cardio exercise is also useful to improve heart rate, blood pressure, and breathing. Cardio exercise not only makes the heart healthy, cardio exercise makes the body more relaxed and calm. This is because cardio exercise can release endorphins which can reduce stress and improve mood. A study even revealed that regular exercise, such as walking for 30 minutes for at least 15 days, has been proven to reduce stress and reduce symptoms of depression.

\* Corresponding Author Surya Adi Saputra, e-mail: [surya.adi.fik@um.ac.id](mailto:surya.adi.fik@um.ac.id)

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In Henning L's study (2017), which compared two groups of women who were active in cardio exercise with women who never exercised, a very significant difference was seen. The group of women who actively exercised cardio had a stronger immune system than those who were not active. In addition, the group that wasn't actively doing cardio sports tended to have higher stress levels. Excessive stress is a factor that can weaken the immune system. Researchers believe doing physical activity such as cardio exercise can increase good cholesterol levels and reduce bad cholesterol. In addition, cardio exercise can also reduce weight in obese people.

The appeal of modern dance is extraordinary for the age level of young people because with a touch of energetic music, stomping music beats, big bass, lyrics that touch the feelings of young people, sounds like have fun and are fun and bring joy, the movements and choreography are more nuanced modern. It's definitely very popular with the younger generation.

For today's youth, laying down is the most enjoyable way to spend time. Resting on a bed or sofa all day, watching TV while using your smartphone is indeed an easy way to pamper yourself, especially on weekends. Laying down is also usually done by people who are "mager" alias lazy to move. Because he was too lazy to move and even took a shower only once a day, when he wanted to eat, he was too lazy to go out and finally ordered via online motorcycle taxi. With the development of technology, all matters of life become easier and more practical, however, if not used in the right proportion, it will certainly have a negative impact, one of which is making people lazy to move. Unwittingly, lazy movement will have a bad impact on one's health. The impact that occurs if you are lazy to move cannot be directly felt by the body, but gradually because you are used to minimal activity, the body will be susceptible to various diseases or some health problems.

Based on the background of this problem, I as a researcher intend to develop models of cardio training with modern musical concepts and balanced with modern movements (choreography) to keep up with the times such as hip-hop, remix, latin, cumbia music from Africa, reggaeton, party songs from the eastern regions of Indonesia and so on.

The hope is that it will have extraordinary appeal to the younger generation and lead them to be active in sports and provide a new nuance in cardio exercises that are easy, interesting, and there is an update to choreography motion and have the effect of increasing heart and lung endurance, curing sedentary diseases. burn fat and provide significant health impact.

## MATERIALS AND METHODS

### *Study participants*

The research subjects were sports students of the Faculty of Sports Science majoring in PJKR and FIK Coaching, State University of Malang.

### *Study Organization*

Based on the data that will be disclosed which consists of identification of the problems encountered, identification of exercise that has been carried out, identification of supporters, and identification of the goals to be achieved.

This research method was carried out in 6 stages, namely analyzing the needs of following the development and character of the Z generation of young people, then analyzing the music that is appropriate for this generation along with the analysis of the movement patterns (choreography). In the next stage, starting with the stage of making songs by arranging music based on the tempo and beat of the song and adjusting it to the choreography plan. After the music and choreography are made, they are tried out, from the first stage trials will be analyzed and revised, then repairs and trials will be carried out in stage II and finally produce a new gymnastic final product, with the following chart.

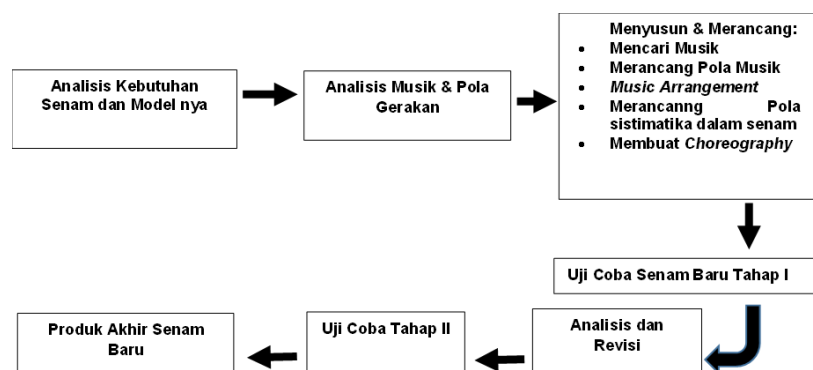


Figure 1. Stages of Model Making for Young Generation Dance Correspondents

### Research instrument

The instruments for measuring the research variables were adapted and arranged according to the variables translated into research indicators. The research instrument consisted of gymnastic expert validation instruments and test instruments.

## RESULTS AND DISCUSSION

Gymnastics "Koribante Young Generation Dance" is a more specific modification of cardio dance. The concept of fitness training with modern nuances of music and balanced with modern movements (choreography) to keep up with the times such as hip-hop, remix, latin, cumbia music from Africa, reggaeton, party songs from eastern Indonesia and so on. For movements, dance movements are more dominant than gymnastics or aerobic movements. The aim of the movement is for teenagers to feel happy and without realizing it, they are already moving actively, sweating and burning lots of calories. 1x cardio dance practice session takes an average of one hour. In one such session, there are 10 to 12 songs.

The first three minutes were spent on stretching or stretching the muscles. After that, slow music is played for 5 to 10 minutes. The movement tempo is increased over time and reaches a peak at 30 to 40 minutes. The last four to five minutes are used for cool down. Assessment data from 10 samples on the effectiveness of conventional gymnastic models is shown in table 1.1, the Koribantes Young Generation Dance gymnastic model is shown in table 1.2 below:

*Table 1. Results of the Assessment of the Old (Conventional) Gymnastics Model*

No	Warmup	Core	Collingdown	Total	Value	x 100%	Categories	Meaning
1	7	7	8	22	0.73	73	Good	Passed
2	0	8	8	16	0.53	53	Sufficient	not pass
3	8	7	7	22	0.73	73	Good	Passed
4	7	8	7	22	0.73	73	Good	Passed
5	7	8	7	22	0.73	73	Good	Passed
6	8	7	8	23	0.76	76	Good	Passed
7	7	7	7	21	0.70	70	Good	Passed
8	7	7	8	22	0.73	53	Good	Passed
9	8	0	9	17	0.56	56	Sufficient	not pass
10	7	8	7	22	0.73	73	Good	Passed
Student Totals				209				

Description :

1 = highest answer score

3 = three instrument items (motion assessment instruments)

12 = twelve stages of motion

10 = ten respondent

Based on table 1.1, the total data = 209 is obtained. Thus the overall effectiveness of the conventional exercise model = 209: 360 = 0.59 or 59% of the expected criteria.

*Development of the Koribantes Young Generation Dance for Millennials and Z Generation.**Table 2. The results of the Koribantes Young Generation Dance gymnastics assessment.*

No	Warmup	Core	Collingdown	Total	Value	x 100%	Categories
1	10	8	7	25	0.83	83	Good
2	8	8	8	24	0.80	80	Very Good
3	8	7	7	22	0.73	73	Good
4	8	8	7	23	0.76	76	Good
5	9	8	8	25	0.86	86	Good
6	8	8	9	25	0.83	80	Very Good
7	10	7	8	25	0.83	83	Very Good
8	7	8	7	22	0.73	73	Good
9	8	9	9	26	0.86	86	Very Good
10	7	10	8	25	0.83	85	Very Good
Student Totals				209			

To calculate the average effectiveness of the conventional gymnastics model and the Koribantes Young Generation Dance gymnastics, the criteria/ideal scores for the work system must first be determined:

The ideal score =  $1 \times 3 \times 12 \times 10 = 360$

Description :

1 = score the highest answer

3 = three instruments (motion assessment instrument)

12 = twelve stages of motion

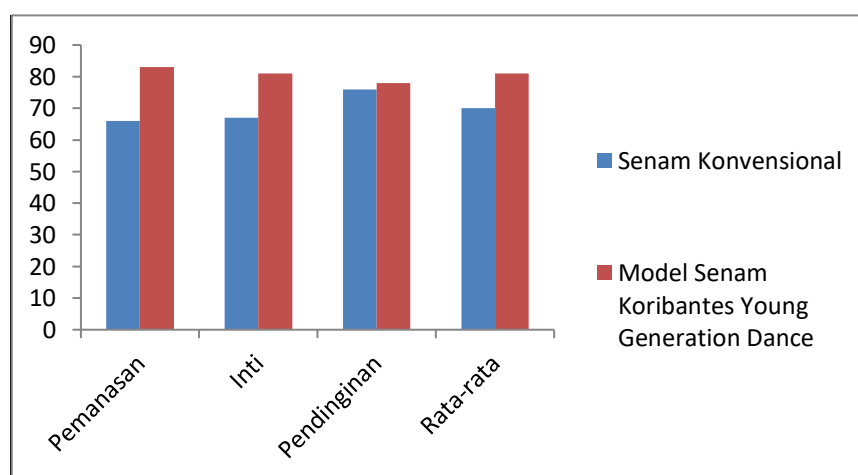
10 = ten sample people

Based on the table, the number of data = 242 is obtained. Thus the overall effectiveness of the conventional gymnastic model =  $242 : 360 = 0.68$  or 68% of the expected criteria.

Comparison of conventional gymnastic models with the Koribantes Young Generation Dance gymnastic model is shown in table 1.3 below:

*Table 3. Comparison of Conventional Gymnastics Models and Young Generation Dance Corridor Models.*

Conventional Gymnastic Model	Aspects of Psychomotor Evaluation	Model gymnastics youth koribante dance
66	Warmup	83
67	Core	81
76	Cooling Down	78
70	Average	81

*Figure 2. Histogram of comparative values of the conventional gymnastic model and the youth koribante dance gymnastic model.*

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In order to prove the significance of the difference between the conventional gymnastics model and the Koribantes Young Generation Dance gymnastics model, it is necessary to be tested statistically with a correlated (related) t-test. The formula used is the following:

$$t = \frac{\bar{X}_1 - \bar{X}_2}{\sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2} - 2r\left(\frac{s_1}{\sqrt{n_1}}\right)\left(\frac{s_2}{\sqrt{n_2}}\right)}}$$

Description:

X<sub>1</sub> : Average subject 1 (conventional gymnastics model)

X<sub>2</sub> : Average subject 2 (Koribantes Young Generation Dance gymnastics model)

s<sub>1</sub> : Standard deviation of subject 1 (conventional gymnastics model)

s<sub>2</sub> : Standard deviation of subject 2 (Koribantes Young Generation Dance gymnastics model)

s<sub>12</sub> : Variance of subject 1

s<sub>22</sub> : Variance of subject 2

r : Correlation between data of two groups

Table 4. The Model's Performance Values are Correlated

No	X <sub>1</sub>	X <sub>2</sub>
1	22	25
2	16	24
3	22	22
4	22	23
5	22	25
6	23	25
7	21	25
8	22	22
9	17	26
10	22	25
ΣX	209	242
X̄	20.9	20.2
S	2.37	1.39
S <sup>2</sup>	5.6	1.93
r	1	1

Dalam penelitian ini dirumuskan hipotesis sebagai berikut:

H<sub>0</sub> : efektivitas model senam Koribantes Young Generation Dance lebih kecil atau sama dengan model senam konvensional

H<sub>a</sub> : efektivitas model senam Koribantes Young Generation Dance lebih baik dari model senam konvensional.

$$H_0: \mu_1 \leq \mu_2$$

$$H_a: \mu_1 > \mu_2$$

Testing with t-test correlated right side test. Using the right-hand test because the alternative hypothesis (H<sub>a</sub>) reads "better".

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2} - 2r\left(\frac{s_1}{\sqrt{n_1}}\right)\left(\frac{s_2}{\sqrt{n_2}}\right)}}$$

$$t = \frac{20,9 - 24,2}{\sqrt{\frac{5,6}{10} + \frac{1,93}{10} - 2.1\left(\frac{2,37}{\sqrt{10}}\right)\left(\frac{1,39}{\sqrt{10}}\right)}}$$

$$t = -10$$

To make a decision, whether the comparison is significant or not, then the calculated t value needs to be compared with the t table price with  $dk\ n-2 = 8$ . Based on the attachment table II in the values in the t distribution, if  $dk = 88$ , for the first test party with an error level of 5%, then the price of t table = 1.86. If the calculated t price falls in the acceptance area of  $H_a$ , then  $H_a$  which states that the Koribantes Young Generation Dance gymnastic model is better than the conventional gymnastic model. Based on the calculations, it turns out that t count 10 falls on the area of acceptance of  $H_a$  or rejection of  $H_o$ . Thus it can be concluded that there is a significant difference (can be generalized) in the effectiveness of the gymnastic model, where the Koribantes Young Generation Dance gymnastic model is more effective than the conventional gymnastic model.

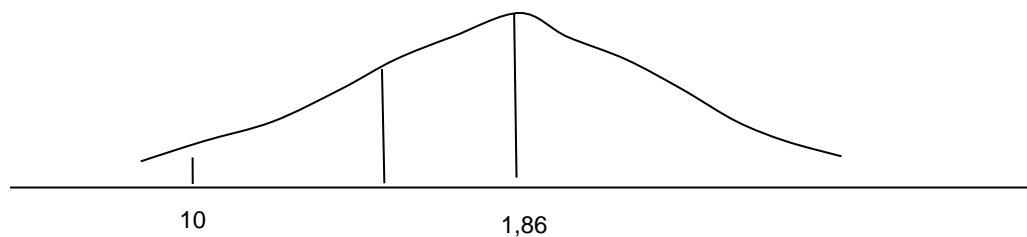


Figure 3. Hypothesis test on the right side t count -10 falls in the area of acceptance of  $H_a$ , so  $H_a$  is accepted.

With the testing of the product in the form of a gymnastics model, the product testing steps for this limited stage are declared complete.

Koribantes Young Generation Dance" which is a cardio dance exercise specifically for Millennial and Generation Z youth. The results of this study show that "Koribantes Young Generation Dance" after being tested and validated by experts that this exercise is suitable for young generations of youth, from the Millennial generation to generations X, Y and Z. "Koribantes Young Generation Dance" is a new innovations, namely researchers packaging it with innovative songs, music and choreography with contemporary nuances from foreign countries or party songs produced by Indonesian children themselves, then the songs are blended with modern dance movements, cumbia from Africa, reggaeton from Latin America, step cha-cha -cha, and some aerobic movement.

This exercise has great appeal for the younger generation and encourages them to be active in sports and provides a new nuance in cardio exercises which are easy,

interesting, and there is a renewal of choreography and has the effect of increasing the endurance of the heart and lungs, curing sedentary diseases, burning fat and has a significant health impact. Psychologically, "Koribantes Young Generation Dance" has the effect of joy and happiness because the music and movements are in accordance with the tastes of the younger generation, this is because the dance moves are simpler and flow according to the rhythm of the body and wrapped in up-to-date musical colors. Most of the music used is the latest songs that have entered the Billboard chart or songs that are currently popular.

The Koribantes Young Generation Dance movements aim to burn calories and existing fat. If routinely done over a long period of time, it will be able to lose weight. If done at intervals of at least three times a week and each session is held for one hour, a person can lose up to 5 kilograms in one month. But with a note, that person has to move very actively during practice.

For beginners who have never done dance practice, it might be difficult to follow the exemplary movements. However, in some practice, the difficulty will be replaced by fun. But for teenagers who have done or often do dance activities, they usually immediately find fun because the movements are really like simple dances.

## CONCLUSION

"Koribantes Young Generation Dance" is a new gymnastic product specifically aimed at the young Millennial and Generation Z, created as a cardio dance training program. "Koribantes Young Generation Dance" is packed with innovative songs, music and choreography with contemporary nuances from foreign countries or party songs produced by Indonesian children themselves, then the song is blended with modern dance movements, cumbia from Africa, reggaeton from Latin America, step cha -cha-cha, and some aerobic moves.

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## APPENDIX

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### Information About The Authors:

#### **Dr. Surya Adi Saputra**

Email: [surya.adi.fik@um.ac.id](mailto:surya.adi.fik@um.ac.id); State University of Malang, Indonesia, Semarang Street No.5, Sumbersari, District. Lowokwaru, City of Malang, East Java 65145.

#### **Professor. ME Winarno**

Email: [mewinarno.fik@um.ac.id](mailto:mewinarno.fik@um.ac.id); State University of Malang, Indonesia, Semarang Street No.5, Sumbersari, District. Lowokwaru, City of Malang, East Java 65145.

#### **Dr. Lokananta Hari Wiguno**

Email: [lokananta.teguh.fik@um.ac.id](mailto:lokananta.teguh.fik@um.ac.id); State University of Malang, Indonesia, Semarang Street No.5, Sumbersari, District. Lowokwaru, City of Malang, East Java 65145.