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# Review of Basic Freestyle and Breaststroke Swimming Skills of Silimang Rokan Hulu Club Athletes

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## ABSTRACT

This research was motivated by the observation that some athletes at the Silimang Rokan Hulu club could only swim two swimming styles: freestyle and breaststroke, and that they had only competed in the fun swimming events, typically in the 25-meter and 50-meter events. Furthermore, coaches had never known their students' ability levels in freestyle or breaststroke. Therefore, the researcher wanted to conduct a review of the basic freestyle and breaststroke swimming skills of the Silimang Rokan Hulu club. This study aimed to determine the basic freestyle and breaststroke swimming skills of the Silimang Rokan Hulu club. This research was a quantitative descriptive study. The method used was a survey, with data collection using freestyle and breaststroke swimming test instruments. The sample consisted of 20 Silimang Rokan Hulu club athletes. The analysis technique used was descriptive statistics, expressing frequencies as percentages, and categorizing using 5 normative limits. The results of this study indicate that the freestyle swimming ability of the Silimang Club athletes of Rokan Hulu Regency is categorized as sufficient with the level of freestyle swimming ability in the very good category of 1 person or 5%, the good category of 6 people or 30%, the sufficient category of 5 people or 25%, the less category of 8 people or 40% and the very less category of 0%. The breaststroke swimming ability of the Silimang Club athletes of Rokan Hulu Regency is categorized as sufficient with the level of breaststroke swimming ability in the very good category of 0 people or 0%, the good category of 8 people or 40%, the sufficient category of 6 people or 30%, the less category of 4 people or 20% and the very less category of 2 people or 10%.

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A. Conception and design of the study;
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## INTRODUCTION

Sport is a comprehensive physical and mental activity for almost everyone, from children to adults, men and women. It is a structured movement activity that develops and nurtures a person's physical potential. Most people generally view sport as a morning or afternoon physical activity aimed at achieving a healthy and fit body. The timing of these activities is determined by the participants (Aditia, 2015).

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Sport plays a crucial role as a driving force in building a foundation of recognized achievements. Thus, it serves the function of creating various potentials to stimulate other development sectors in a conscious, healthy, and sustainable manner. Our goal is to provide support and encouragement for national sporting achievements, as a comprehensive national drive. It is our shared responsibility to shape sport (Utami, 2015).

The design, coaching, and development of all aspects of sports can be implemented by regularly implementing sports, consistently supporting and embracing all sports associations, establishing regional and national sports development centers, and regularly holding tiered, programmed competitions with a dedicated calendar, consistently, and in alignment with government programs. This can maintain physical health as a prerequisite for an active and productive life. Every athlete who engages in intense sports activities will maintain a healthy and fit body. Therefore, to maintain physical health, one alternative is to exercise regularly, consistently, and continuously (Haryanto et al., 2021).

The development of a nation is driven by several fundamental aspects of life, including science and technology, including sports. Sports are a means of developing human resources and enhancing dignity, enabling the nation's hopes and aspirations to be realized. Programmed sports socialization and development in Indonesia is one of our efforts, as well as the government's, to improve physical health for the community, cultivate character and sportsmanship, and enhance sporting achievements in each field.

Based on the above explanation, we can conclude that sport is a planned, structured, and systematic physical activity undertaken to improve physical fitness, whether individually or in groups, competitively, for recreation, or educational purposes. The goal is to strengthen muscles and bones and to protect the body from various diseases. The sport in question is swimming. Swimming involves body movements that mobilize skeletal muscles in water, generating a propulsive force that propels people forward. This activity can be practised by everyone, from children to adults. Swimming is a water activity that utilises all parts of the body, from the arms and legs, combined with breathing, to propel the body forward (Setyo Wicaksono, 2017).

Swimming is a competitive sport, promoting performance, performance, and capacity building. It fosters and develops athletes in a planned, structured, hierarchical, and sustainable manner through various competitions at the regional, national, and international levels. The goal is to achieve success, supported by sports science and technology (Sarifin & Ilyas, 2009).

Swimming is a form of exercise performed in water with the body parallel to the water's surface, or streamlined. It has been practised since prehistoric times as a necessity for human life, particularly for self-defence during natural disasters such as floods. Swimming, a complex sport, is a complex sport, requiring the use of the head, arms, and legs in every swimming movement. This sport is very beneficial and useful for anyone and is a fun sport to relax the mind (Rezki et al., 2019).

Swimming includes various stroke techniques, including freestyle, breaststroke, butterfly, and backstroke (Laksana et al., 2021). Swimming is a highly popular and

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frequently competed sport, especially among Indonesians, as Indonesia is a maritime nation (Raihanthiardy & Denay, 2020).

Freestyle swimming involves the body lying face down, facing the pool floor, with the body in a streamlined position. Both arms are alternately moved forward in a paddling motion, while the legs alternately whip up and down, resembling a torpedo. When swimming freestyle, the face is facing the floor. Inhalation occurs when the arms are extended out of the water. When the body is tilted and the head is turned to the side, the swimmer takes a breath, regardless of whether the head is turned to the right or left (Abdul Malik, Sukardi Putra, 2015).

Breaststroke is swimming with the chest facing the water's surface, maintaining a streamlined or level position. Both legs simultaneously kick outward in a whip-like motion, while both arms are extended in front of the swimmer. They are then pulled simultaneously under the chest, not exceeding the waist. Both arms are opened to the sides, as if splitting the water's surface, allowing the body to glide forward more quickly. The breaststroke technique consists of several movements: start, underwater stroke, straight body position, arm movement inward and forward, simultaneous leg movement, inhalation as the head is tilted upward, and then, as the arms are pushed straight forward, the head re-enters the water's surface (Hermawan & Nurmasari, 2020).

The Silimang Rokan Hulu Club was founded on April 24, 2019. This club was founded directly by its initiator, Mr Resdianto, M.Pd.., who is a lecturer in the Sports and Health Education Study Program at the Pasir Pengaraian University Campus, who was born in Surau Gading on October 11, 1989. Initially, he himself trained the club, but over time, with the increasing number of athletes registering, he added assistant coaches, namely Riski Ganda, Taufik Nurrahman, Ana Khairunnisa, Mutia Azela, with Treasurer Hafiza. The meaning of the name of the Silimang club is a fish that likes to flock when swimming. With the hope that many people will join this club to train, it turns out that apart from prayers and efforts over time, this club continues to grow and now has reached 20 athletes who have joined. The Silimang club's training ground is the Sapadia Hotel swimming pool in Rokan Hulu Regency. The club's training schedule is on Wednesdays from 4:00 PM WIB until finished and Sundays from 7:00 AM WIB until finished. The training equipment and infrastructure owned by the Silimang club include life jackets, goggles, swimsuits, and other equipment, which are still in the process of being purchased individually by the athletes' parents. For the pool, they still use a payment system that is charged directly to the athletes' parents, so the athletes' parents directly pay the entrance fee.

Based on the researcher's observations at the Silimang Rokan Hulu club, the researcher found several problems, including that some of the athletes at the Silimang Rokan Hulu club could only swim in two styles, namely freestyle and breaststroke. The Silimang club athletes had only recently participated in fun swimming championships, both in the provinces of Riau and West Sumatra. The distances they participated in were, on average, 25 meters and 50 meters. Therefore, the researcher was interested in

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studying this in more depth because the basic skills of freestyle and breaststroke swimming of the Silimang club athletes were not yet known.

## METHODS

This research is a quantitative descriptive study. Quantitative descriptive research is research conducted to determine the value of one or more independent variables without making comparisons or combining several other variables, and to collect concrete and concrete data (Pribadi & Madilis, 2022). This study aims to examine the extent of the basic freestyle and breaststroke swimming skills of the Silimang Rokan Hulu Club.

A population is a generalized area consisting of objects/subjects with certain qualities and characteristics determined by the researcher to be studied, and then conclusions drawn (Sugiyono, 2017). The population of this study was 20 athletes aged 10-12 years. The sampling technique used in this study was total sampling, a sampling technique that uses the entire population as a sample for this study, namely the 20 Silimang Rokan Hulu Club (Suryanhi & M, 2020).

A research instrument is a tool or facility used by researchers to collect data to facilitate their work and improve the results, meaning they are more accurate, complete, and systematic, making them easier to process (Arikunto, 2006). This research instrument was a freestyle and breaststroke swimming test.

The data obtained is raw data from the students' test results. This raw data is then converted into scores by comparing the raw data achieved by the students with predetermined categories. The categorization is grouped into five categories: very good, good, sufficient, poor, and very poor. The categorization uses five normative limits (Anas Sudijono, 2009: 30) as a reference:

**Table 1.**
Category Formula

| Score Interval | Category |
|---|---|
| $M + 1{,}5\ SD < X$ | Very Good |
| $M + 0{,}5\ SD < X \leq M + 1{,}5\ SD$ | Good |
| $M - 0{,}5\ SD < X \leq M + 0{,}5\ SD$ | Fair |
| $M - 1{,}5\ SD < X \leq M - 0{,}5\ SD$ | Poor |
| $X \leq M - 1{,}5\ SD$ | Very Poor |

## RESULTS AND DISCUSSION

### Result

### Freestyle Swimming Test Results for Silimang Rokan Hulu Club Athletes

Based on the results of data processing on the freestyle swimming test of Silimang Rokan Hulu Club athletes, the fastest time was 21.08 seconds, the slowest time was 27.47 seconds, with an average of 24.53 seconds and a standard deviation of 2.07. Furthermore, the data was distributed based on categories and frequencies as in the table below.

**Table 2.**
Frequency Distribution of Freestyle Swimming Test Data for Silimang Rokan Hulu Club Athletes

| No | Interval | Category | Frequency | Percentage |
|---|---|---|---|---|
| 1 | X ≤ 21,43 | Very Good | 1 | 5% |
| 2 | 21,44 - 23,50 | Good | 6 | 30% |
| 3 | 23,51 - 25,56 | Fair | 5 | 25% |
| 4 | 25,57 - 27,63 | Poor | 8 | 40% |
| 5 | X > 27,63 | Very Poor | 0 | 0% |
| **Amount** | | | **20** | **100%** |

Based on the table above and the average scores obtained, the freestyle swimming ability of the Silimang Rokan Hulu Club athletes is in the adequate category, with the highest frequency of 8 athletes, or 40%, falling into the poor category. Breaststroke Ability Test Results for Silimang Rokan Hulu Athletes.

Based on the data processing results from the breaststroke swimming test for Silimang Rokan Hulu Club athletes, the fastest time was 23.19 seconds, the slowest time was 30.57 seconds, with an average of 26.22 seconds and a standard deviation of 2.35. The data is then distributed by category and frequency as shown in the table below.

**Table 3.**
Frequency Distribution of Breaststroke Swimming Test Data for Silimang Rokan Hulu Club Athletes

| No | Interval | Category | Frequency | Percentage |
|---|---|---|---|---|
| 1 | X ≤ 22,69 | Very Good | 0 | 0% |
| 2 | 22,70 - 25,04 | Good | 8 | 40% |
| 3 | 25,05 - 27,39 | Fair | 6 | 30% |
| 4 | 27,40 - 29,74 | Poor | 4 | 20% |
| 5 | X > 29,74 | Very Poor | 2 | 10% |
| **Amount** | | | **20** | **100%** |

Based on the table above and the average scores obtained, the freestyle swimming ability of Silimang Rokan Hulu club athletes is in the adequate category, with the highest frequency of 8 athletes, or 40%, falling into the good category.

Based on the graph above, we can describe it as follows: Breaststroke swimming ability test data for Silimang Rokan Hulu athletes ranged from a score of >29.74 with a cumulative frequency of "2", a relative frequency of "10%" with the "Very Poor" category, a score range of 27.40-2974 with a cumulative frequency of "4", a relative frequency of "20%" with the "Poor" category, a score range of 25.05-27.39 with a cumulative frequency of "6", a relative frequency of "30%" with the "Sufficient" category, a score range of 22.70-2504 with a cumulative frequency of "8", a relative frequency of "40%" with the "Good" category, and no athletes scored ≤22.69 with the "Very Good" category.

## Discussion

Based on the results of the study, the good time for freestyle swimming for Silimang Club athletes in Rokan Hulu Regency is 21.08 seconds, and the less good time for freestyle swimming for Silimang Club athletes in Rokan Hulu Regency is 27.47, with

an average freestyle swimming time of 24.53 and a standard deviation of 2.07 and H0 = Lhitung < Ltabel = 0.1467 < 0.1900, then the data is normally distributed, While the good time for breaststroke swimming for Silimang Club athletes in Rokan Hulu Regency is 23.19 seconds, and the less good time for breaststroke swimming for Silimang Club athletes in Rokan Hulu Regency is 30.57, with an average breaststroke swimming time of 26.22 and a standard deviation of 2.35, H0 = Lhitung < LTable = 0.1679 < 0.1900, then the data is normally distributed. For more details, see the table below.

**Table 4.**
Freestyle and Breaststroke Swimming Results for Silimang Club Athletes

| Swimming | Fastest Time | Late Time | $L_{count}$ | $L_{table}$ | Information |
|---|---|---|---|---|---|
| Freestyle | 21,08 | 27,47 | 0,1467 | 0,1900 | Normally Distributed |
| Breaststroke | 23,19 | 30,57 | 0,1679 | 0,1900 | Normally Distributed |

Overall, freestyle swimming ability is still considered low/insufficient. This is evident in the limited training schedule of the Silimang Club in Rokan Hulu Regency, which is only held twice a week. Furthermore, the ratio of coaches to athletes is unbalanced, and the athletes are still considered young (beginners). Routine and consistent training are essential to enable athletes to achieve success. Experienced, trained, and licensed coaches are essential. Training programs ranging from easy to advanced are essential, helping athletes learn the technique quickly and accurately. In addition to technical aspects, other aspects a coach must prepare are good physical condition, tactical decision-making skills while swimming, and the ability to consistently maintain discipline in training (Lahinda, 2020).

Breaststroke swimming ability, however, cannot be categorized as good. Research results indicate that the breaststroke swimming ability of Silimang Club Rokan Hulu athletes is in the adequate category. This can be interpreted as swimming with relatively good technique, but still lacking in speed, efficiency, and control. In this category, swimmers can already perform the breaststroke correctly, but still need to improve their skills and technique to reach a higher level.

Several factors may contribute to poor breaststroke skills, including poor coordination between the arms and legs, which can prevent swimmers from performing the breaststroke efficiently, suboptimal technique, lack of flexibility, and lack of strength. To improve their breaststroke skills to a sufficient level, swimmers can do the following:

1. Regular breaststroke technique practice can help improve swimming ability.
2. Increased flexibility can help swimmers perform breaststroke strokes better.
3. Increased strength which can help swimmers perform breaststroke strokes faster and more powerfully.
4. Coordination training between arm and leg movements can help improve breaststroke swimming ability.

Thus, swimmers can improve their breaststroke swimming ability even moderately by practicing and improving technique, strength, and coordination.

## CONCLUSION

Based on our research results, we can draw the following conclusions. The freestyle swimming ability of athletes from the Silimang Club, Rokan Hulu Regency, was categorized as adequate (25%). The freestyle swimming ability of athletes from the Silimang Club, Rokan Hulu Regency, was categorized as very good (1 person, or 5%), good (6 individuals, or 30%), fair (5 individuals, or 25%), poor (8 individuals, or 40%), and very poor (0%).

The breaststroke swimming ability of athletes from the Silimang Club, Rokan Hulu Regency, was categorized as adequate (30%). The breaststroke swimming ability of athletes from the Silimang Club, Rokan Hulu Regency, was categorized as very good (0%), good (8 individuals, or 40%), fair (6 individuals, or 30%), poor (4 individuals, or 20%), and very poor (2%).

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