

## **EFFORTS OF DISCOVERY AND DEVELOPMENT OF PANCOAIR SPORT AS A RECREATIONAL SPORT IN ORDER TO INCREASE THE ATTRACTION OF WATER TOURISM IN INDONESIA AND FOREIGN COUNTRIES**

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### **ABSTRACT**

In order to increase innovative and creative work as a lecturer, I try to create a real work that is hoped to be able to give positive benefits in the development. As a lecturer of entrepreneurship subject for the students of Health and Education of Teacher Training and Education Faculty of UTP, so I try to engineer a kind of new sport that I name "Panco Air".

Inspiration of "Panco Air" came from smashing game that I had done since I was in grade 5 (an elementary school) together with my friends in my age. The play site was on a pathway bridge over a river 5 meters wide and 1.2 meters deep located in Srikaton village, Tugumulyo subdistrict, Musi Rawas Regency, South Sumatra

Paancoair socialization has been carried out with various activities. In order to researching and developing and mass-producing the Pancoair Sport Pedestal, a Research and Development team will be formed from researchers from various fields of science (multidisciplinary) and in collaboration with entrepreneurs

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## **INTRODUCTION**

Starting from our concern, where the discovery and creation of new copyrighted works, tends to be done by the nations of developed countries. Almost all products in Indonesia are products of other nations. This condition can be seen from the total percentage of patents in Indonesia, where the patents carried out by the nation itself are not more than 20% of the number of existing patents.

Likewise in the sports sector. Quite a lot of sports created by other nations are played by the Indonesian people. That's why, as a lecturer who teaches entrepreneurship courses at the Education and Sports Education Study Program (PKO) FKIP UTP, we try to engineer and elevate people's games into an interesting type of sport. The folk game referred to is

“slamming” by children in the countryside, which we are trying to turn into a new recreational sport which we named “Pancoair”.

Why is it called "Pancoair". The word "Army" comes from the sport or game "Army". As we all know the sport/game of arm wrestling is a game played by two people, holding hands, then trying to drop their opponent's hand to the floor/bottom of the table (Dictionary, 2021)

After I taught at FKIP POK UTP (in 1994), and I was given the task of teaching sports Entrepreneurship courses. One of the core course materials for Entrepreneurship is how to teach students to be creative and even create something new. Since then I have tried to be creative to be able to modify the "slamming" game that we did as a child, so that it can become a new type of interesting recreational sport.

## **METHOD**

This study uses a combination of several research methods, namely descriptive, experimental and historical research methods (childhood experiences). Using the historical method, because in this research, we try to remember and bring back the slam game that we did in grade 5 and elementary school in 1972.

Using descriptive research, because it describes all processes and efforts to bring back, from traditional children's games, into a new recreational sport called Pancoair. Using the experimental method, because in an effort to make game rules and Pancoair sports tools, direct trials are always carried out.

## **RESULTS AND DISCUSSION**

The first process we tried to recall (history) the game we did when we were in 5th grade. Then we tried to re-practice the "slamming" game at a time in a village in the Janti Klaten area. We did this practice by taking some children around the river and some students to do an experiment. The experiment was carried out over a small river/river with a width of about 5 m, and a depth of 1.2 m. At the top of the river, we gave the Beam Board a footbridge with a length of 5 m, a width of 25 cm and a thickness of 5 cm. We did this test in August 1996.

From the experimental results, all of our activities were well recorded and analyzed. From the results of these experiments, we understand all the movements that exist, and the process of falling players into the water. All activities are the same as when we played dings in 5th grade.

The second stage, we discussed and asked for input on the plan to modify and create a throw game, into a recreational sport, to sports lecturers (POK FKIP UTP).

At least we asked for input from almost all POK FKIP UTP lecturers at that time, including: (1). Mr. Drs. Shodiq Humonon, M.Kes, (2). Drs. Mamin Suparmin, M.Kes. (deceased), (3). Drs. Nuruddin M.Or, (4). Drs. Herrywansyah, M.Or, Drs. (5). Big Teddy (deceased), (6). Drs. Moh. Yusuf, MPd, (7). Drs. Slamet Sudarsono, M.Pd and (8). Drs. Teguh Santosa, M.Pd.

All of our inputs are recorded, and we adapt them to the design of the creation of the sports model that will be designed.

The third stage, the discussion process is carried out with POK students, every time they enter teaching Entrepreneurship courses. One of the most valuable inputs from students (Zimerer & Scarborough, n.d.) was, when we were going to make the Pancoair Sport

Pedestal. Where at first, we thought that a pedestal bridge would be made to span over the swimming pool. Though the width of the swimming pool reaches 25 m.

One of the students, raised his hand and gave input. If the game is played in a swimming pool, then the person who will be playing the sport should plunge into the water first. It is also useful to check whether this player can swim or not. To keep players safe.

From that student input, we found an inspiration. That we had to make a Pancoair Sports Pedestal bench that was inserted into the swimming pool.

The fourth stage, we check the depth of the swimming pool in general. It turns out that the depth of the swimming pool starts from a fairly low depth, about 1.5 m and continues to lead deeper, can reach 2 m. After knowing the depth of swimming pools in general, we can conclude that the minimum height of the Pancoair Sports Pedestal is 1.5 m.

In the fifth stage, then we tried to draw and design the estimation of the Pancoair Sport Pedestal that we will make. The next stage, is the process of making or engineering the Pancoair Sports Pedestal. According to Suharno HP (Suharno, 1992) there are 4 types of endurance, namely general endurance, local muscle endurance, special endurance, and stamina.

In water arm wrestling, local muscle endurance makes a significant contribution, because players must be able to exert their abilities on muscle groups, especially the arms and shoulders to be able to beat the opponent. Techniques for developing muscular endurance are very similar to those used to increase strength (Clenaghan, Rotella, & Dwijowinoto, 1993). How to train local muscle endurance: Push-ups. This exercise develops local muscle endurance in the arms and shoulders.

Starting position: Sleep on your stomach at first, both legs straight behind your back, toes resting on the floor. Both palms beside the chest, fingers pointing forward and both elbows bent. Implementation : Then lift the body up until both hands are straight, body and legs are one straight line. Then the body is lowered again, by bending both elbows, the body and both legs remain straight and do not touch the floor. This movement is done repeatedly. Perform 3-6 sets, with an intensity of 80% (submaximal), a frequency of 10-15 times per turn, recovery 1-2 minutes (Suharno, 1992)

According to Suharno (Suharno, 1992) explosive power is the ability of a muscle or group of muscles to overcome load resistance at high speed in one complete movement. In water arm wrestling, explosive power is an important element in the player's attempt to bring down the opponent. So that the players are expected to have a good explosive power to be a winner. According to James C. Radcliffe and Robert C. Farentinos (Radcliffe & Farentinos, 2002), a method to develop explosive power is plaiometric training. Plaiometrics refers to exercises characterized by strong muscle contractions in response to rapid and dynamic loading, or stretching of the muscles involved.

## **CONCLISION**

Pancoair sport is the result of engineering from children's slamming games in B. Srikaton Village, Tugumulyo District, Musi Rawas Regency. The process of making Pancoair Sports Pedestals requires a fairly long process and must collaborate with various outside parties. Such as welders, swimming pool managers and researchers from the Industrial Mechanical

Engineering Academy (ATMI). Making Game Rules can be done well after doing a pancoair practice trial with students.

There are several main physical strengths used in Pancoair, namely: Balance, Flexibility, Explosiveness and Endurance. There are so many benefits and economic attractiveness in the sport of Pancoair, both for players, spectators, for the local government, for swimming pool managers, for the people, for the tourism office and for travel.

Many strategies have been carried out to introduce Pancoair to the wider community. Among other things: Obtaining patents and copyrights, MURI certificate, Presentation at the International Sport Conference at UPI Bandung, getting the KAM program from the Director General of Higher Education, Pancoair Competition between Physical Education Teachers as POK FKIP UTP students, Conducting Pancoair Seminars and Shows as the final project of Entrepreneurship for POK FKIP students, Made part of the Entrepreneurship course material at POK, used at Istiqlal Outbound at Pondok Yatim Sudjono Taruno Baki, Sukoharjo.

Mass production of the Pancoair Sports Support Equipment is ready, because the technology is already mastered. Research and development will continue to be carried out in the form of a research and development team consisting of research lecturers from various disciplines and collaborating with other parties.

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