

Enhancing Inmates' Knowledge through Yoga Sports Socialization at the Special Rehabilitation Institution for Children

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Abstract: Yoga sports socialization is a community service activity aimed at increasing knowledge about yoga among the incarcerated population at the Special Rehabilitation Institution for Children (LPKA) Class II Bengkulu. To achieve this goal, a participatory community-based research method was employed, involving identifying partner needs, defining core issues, planning implementation, conducting workshops, practice or demonstrations, discussions, and evaluation activities. Partners involved in this community service activity included 20 LPKA student inmates. The activity occurred at LPKA Class II Bengkulu in Bentiring, Muara Bangka Hulu District, Bengkulu City, Bengkulu, 38119. The workshop was held on October 10, 2023. Analysis of the activities that were conducted revealed that partners experienced an increase in knowledge about yoga. Partners enthusiastically participated in yoga exercises. Additionally, partners committed to practising yoga independently using videos produced by the service team. In conclusion, this community service activity had a positive impact on partners and was effective in enhancing their knowledge of yoga.

Keywords: bengkulu; LPKA; sports; socialisation; yoga

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INTRODUCTION

The increasing changes in societal order have contributed to a rise in the number of children engaging in criminal activities or committing various law-breaking actions (Matondang, 2019; Putri et al., 2022). However, upon closer examination, children are often victims

of their environment, unstable parental economic conditions, and insufficient parental attention in imparting religious knowledge to their children (Sinaga & Sinaga, 2022). Various studies have indicated that parental factors significantly contribute, particularly parenting styles, to negative behaviours

in children who violate the law (Suryandari, 2020). Furthermore, it is noted that parental separation or divorce also contributes to juvenile delinquency within the community (Ismiati, 2018); (Sarutomo, 2021).

Between 2020 and 2023, there was an increase in the number of children involved in legal matters. Data as of August 2023 illustrates that as many as 2000 children conflicted with the law (Krisdamarjati, 2023). This data aligns with the information provided by the head of rehabilitation and education at the Special Rehabilitation Institution for Children (LPKA) Class II Bengkulu, indicating a significant increase in the number of incarcerated students. From March 2023, with 70 inmate students, the number increased to 91 by July 2023. The growing number of children has various impacts, such as the need to readjust children's rehabilitation programs in education, sports, religion, and personal development.

Several issues and partner potentials have been identified from the service team's situational analysis. Challenges faced by partners include the lack of skilled sports officers specialized in sports, thus hindering the optimal implementation of sports rehabilitation programs. Additionally, the shortage of sports facilities limits the sports activities available to inmate students. Despite these sports equipment and infrastructure limitations, inmate students show great enthusiasm for outdoor activities organized by officers, such as morning exercises or volleyball. Furthermore, LPKA Class II Bengkulu has an auditorium that has yet to be optimized for sports activities. Currently, morning exercises are the only sports activity routinely conducted (Figure 1).

Based on the results of the situational analysis, this community service activity focuses on yoga sports development. Yoga sports combines various

movements from different martial arts, gymnastics, music, and singing to connect the body, mind, heart, and soul to achieve harmony (Dinata, 2015).



Figure 1 Andikpas performing morning exercise gymnastics

In other words, yoga can also be described as 'yuj' or union, derived from Sanskrit, which means the union between the atman (self) and the brahman (the ultimate reality). It can be concluded that individuals who understand themselves and know their souls, bodies, and minds will be closer to the creator (Sindhu, 2015). This community service aims to enhance Andikpas' knowledge of Yoga and its benefits. Thus, by the end of this program, Andikpas will be able to practice Yoga independently and share their knowledge with fellow Andikpas and community members after completing their rehabilitation at LPKA Class II Bengkulu.

METHOD

The activity was conducted in October 2023, involving 20 partners. Community-Based Participatory Research (CBPR) achieved the activity's objectives. CBPR enhances active collaboration and synergy between the service team and partners in solving existing issues (Coughlin et al., 2017). In its implementation, the CBPR team has widely used the service method to address ongoing issues. This method is illustrated in several stages, as depicted in Figure 2.

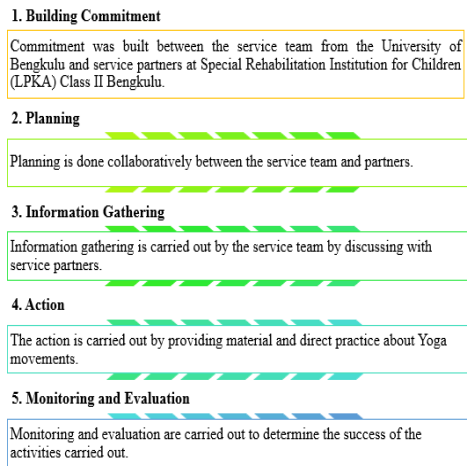


Figure 2 Activity steps

Referring to the steps illustrated in Figure 2, each stage can be outlined as follows:

1. Building Commitment

Building commitment is the initial step in the entire sequence of activities. The service team from the University of Bengkulu and partners from LPKA Class II Bengkulu commit to collaborating to conduct community service activities to introduce Yoga sports to partners.

2. Planning

Planning is needed as a guideline or roadmap used by the service team and partners. This stage includes several guidelines, including activity preparation, implementation or action, and monitoring and evaluation execution.

3. Information Gathering

The third stage involves information gathering through Focus Group Discussions (FGD). The process aims to collect important information that can be solved collaboratively. From the information gathering results, it was determined that socialization of Yoga sports needs to be conducted as an effort or medium that Andikpas can use for meditation or to reduce mental disturbances.

4. Action

Action is the main key or core of the community service activity. It includes the service team conveying information about Yoga, how to practice Yoga, and the benefits gained from regular Yoga practice. The action is carried out collaboratively between the service team and partners.

This activity presented several materials. The first was about the definition of Yoga and a brief history of Yoga. The material was presented using various media, such as PowerPoint, monitor screens, and videos. The information delivery used interactive lectures and discussions.

5. Monitoring and Evaluation

Monitoring and evaluation using semi-structured interviews are necessary to assess the success and obstacles encountered in community service activities. Semi-structured interviews are used to determine the success of the activities. To obtain quantitative evaluation.

RESULTS AND DISCUSSION

Yoga sports can be practised by individuals of all ages, including children and adults, without exception, including Andikpas. The community service activity results in Table 1 show increased partners' knowledge.

Table 1 Activity Results

No	Indicator	Pre-test	Post-test
1	Definition of Yoga	40% of partners know the definition of yoga	80% of partners know the definition of yoga
2	Types of Yoga	20% of partners know types of yoga	60% of partners know types of yoga

No	Indicator	Pre-test	Post-test
3	Yoga Movements	40% of partners know yoga movements	75% of partners know yoga movements
4	How to Do Yoga	20% of partners know how to do yoga	70% of partners know how to do yoga
5	Benefits of Yoga	45% of partners know yoga benefits	90% of partners know yoga benefits

Based on the results presented in Table 1, it is evident that before the community service activities, partners generally did not have knowledge about yoga, types of yoga, yoga movements, how to perform yoga, and the benefits of yoga for daily life. However, after the community service activities were implemented, there was an increase in knowledge as seen from the percentage values of each indicator used in this activity. The visual results of the community service can be displayed in Figure 3.

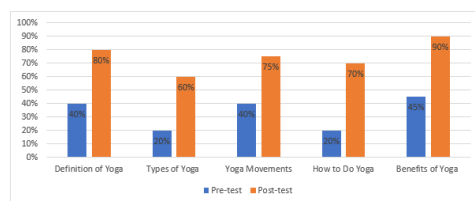


Figure 3 Knowledge level of partners



Figure 4 Presentation of the first material

The presenter uses simple and memorable language to facilitate partners' understanding of yoga sports. Yoga sports generally combine the mind and body, achieving harmony between body and mind. Initially, this sport was well-known and developed in India (Wong, 2011). Over time, however, it has become popular among Indonesian society. After understanding the definition of yoga and its brief history, the second material will discuss the types of yoga (Figure 5).



Figure 5 Delivery of yoga types by presenter

Modern yoga has evolved to focus on various aspects of sports, such as strength improvement, flexibility, and breathing. Yoga activities are believed to help improve physical and mental health. Many types of yoga can be adapted to body conditions, including Hatha Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga, Kundalini Yoga, Jnana Yoga, Raja Yoga (Putra & Somawati, 2022). However, this community service activity focuses on Hatha Yoga or basic yoga. The reason for selecting this material is based on the characteristics of partners who are beginners (Figure 6).



Figure 6 Delivery of yoga benefits

In general, the benefits of yoga can be classified into several aspects, including benefits for the body or physical health, the mind, and the soul (Wong, 2011). Based on various research results, yoga is beneficial in helping children's motor skills (Suryanti & Indrayasa, 2021). Through yoga, children are taught various movements such as perfect sitting posture, perfect standing posture, and movements that can train flexibility, balance, and relaxation movements. In addition to physical benefits, yoga is also beneficial for the mind, such as mental peace and increased concentration (Sofiyanti & Setyowati, 2023). Regular yoga practice can help children improve concentration as they perform breathing exercises, thus aiding oxygen distribution to the brain (Wiguna, 2021). Its adaptable nature for indoor and outdoor settings makes yoga easy for anyone to practice. For children engaged in physical activities such as playing or exercising, yoga positively impacts kinesthetic intelligence and helps enhance creativity (Mosawi, 2016). Another reference also highlights the benefits of practising yoga, such as reducing anxiety levels in children and adolescents (Trikusuma & Suarya, 2020).



Figure 7 Practice basic yoga movements

A special session is dedicated to practising basic yoga movements to provide a real experience for partners in performing yoga movements. All partners follow the instructor's

instructions carefully and enthusiastically participate in all the movements demonstrated by the instructor. Some movements include relaxation through breath control and various muscle stretching exercises. After completing all activities, the service team interviews partners to gauge their response to the community service activities. Based on the interviews, it can be concluded that partners are very pleased with this activity because it allows them to engage in activities outside their rooms, thus avoiding boredom. Additionally, partners feel the benefits of yoga, such as mental tranquillity, stress reduction, and increased happiness from engaging in positive activities.

CONCLUSION

After enthusiastically participating in the community service activities, partners' knowledge about yoga and its benefits has increased. Partners are also committed to sharing their experiences with other friends at LPKA Class II Bengkulu.

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