

ABSTRACT

This study aims to find out and analyze data on: 1) The implementation process of the Kang Pisman Fantasy Gymnastics Training Program to Increase the Ability of Posyandu Cadres Regarding the Practice of Kang Pisman Gymnastics in Sukapura Village, Kiaracondong District, Bandung City; 2) The Effectiveness of the Kang Pisman Fantasy Gymnastics Training Program to Increase the Ability of Posyandu Cadres Regarding the Practice of Kang Pisman Gymnastics in Sukapura Village, Kiaracondong District, Bandung City; 3) Supporting and Inhibiting Factors of the Kang Pisman Fantasy Gymnastics Training Program to Increase the Ability of Posyandu Cadres Regarding the Practice of Kang Pisman Gymnastics in Sukapura Village, Kiaracondong District, Bandung City. The concepts used as the basis for this research are: training concept, Kang Pisman gymnastics concept, and community education concept. This study uses a mixed method approach using an exploratory sequential design. The qualitative data collection techniques used are interviews, observations, documentation and literature conducted on participants of the Kang Pisman gymnastics training program, program organizers, and resource persons of the Kang Pisman gymnastics training program. The quantitative data collection technique was carried out using the postes pretest. The results of the study show that (1) The Kang Pisman Gymnastics training program has succeeded in improving the Ability and skills of posyandu cadres in sorting, separating, and utilizing waste through comprehensive practice-based training. The evaluation showed that participants were able to apply the techniques taught well, supported by positive feedback and a high level of engagement. (2) The Kang Pisman Fantasy Gymnastics training program has proven to be effective in significantly increasing the Ability of posyandu cadres, from a pre-test score of 10.9 to a post-test score of 26.75. (3) The main supporting factors for the success of the Kang Pisman gymnastics training program include good cooperation with posyandu cadres and PKK administrators, proper scheduling of training times and places, active participation of posyandu cadres, the role of community coordinators, and strong support from the local government. Meanwhile, the main inhibiting factors of Kang Pisman's gymnastics training program include lack of initial participation, logistical and resource issues, challenges in recruiting and training instructors, as well as participant response and engagement, which are overcome through a personalized approach, improved coordination, and adjustment of evaluation methods to achieve the goal of improving public health and environmental awareness.

Keywords: Training, Kang Pisman Gymnastics, Posyandu Cadre.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui dan menelaah data tentang: 1) Proses implementasi Program Pelatihan Senam Fantasi Kang Pisman Untuk Meningkatkan Kemampuan Kader Posyandu Mengenai Praktik Senam Kang Pisman di Kelurahan Sukapura, Kecamatan Kiaracondong, Kota Bandung; 2) Efektivitas Program Pelatihan Senam Fantasi Kang Pisman Untuk Meningkatkan Kemampuan Kader Posyandu Mengenai Praktik Senam Kang Pisman di Kelurahan Sukapura, Kecamatan Kiaracondong, Kota Bandung; 3) Faktor-Faktor Pendukung dan penghambat Program Pelatihan Senam Fantasi Kang Pisman Untuk Meningkatkan Kemampuan Kader Posyandu Mengenai Praktik Senam Kang Pisman di Kelurahan Sukapura, Kecamatan Kiaracondong, Kota Bandung. Konsep yang dijadikan dasar dalam penelitian ini yaitu: konsep pelatihan, konsep senam Kang Pisman, dan konsep Pendidikan masyarakat. Penelitian ini menggunakan pendekatan mixed method dengan menggunakan exploratory sequential design. Teknik pengumpulan data kualitatif yang digunakan adalah wawancara, observasi, dokumentasi dan kepustakaan yang dilakukan pada peserta program pelatihan senam Kang Pisman, penyelenggara program, dan narasumber program pelatihan Senam Kang Pisman. Teknik pengumpulan data kuantitatif dilakukan menggunakan pretes postes. Hasil penelitian menunjukkan bahwa (1) Program pelatihan Senam Kang Pisman berhasil meningkatkan pengetahuan dan keterampilan kader posyandu dalam memilah, memisah, dan memanfaatkan sampah melalui pelatihan berbasis praktik yang komprehensif. Evaluasi menunjukkan bahwa peserta dapat mengaplikasikan teknik yang diajarkan dengan baik, didukung oleh feedback positif dan tingkat keterlibatan yang tinggi. (2) Program pelatihan Senam Fantasi Kang Pisman terbukti efektif dalam meningkatkan pengetahuan kader posyandu secara signifikan, dari skor pre-test 10.9 menjadi post-test 26.75. (3) Faktor pendukung utama keberhasilan program pelatihan senam Kang Pisman meliputi kerjasama yang baik dengan kader posyandu dan pengurus PKK, penjadwalan waktu dan tempat pelatihan yang tepat, partisipasi aktif kader posyandu, peran kordinator komunitas, serta dukungan kuat dari pemerintah setempat. Sedangkan faktor penghambat utama program pelatihan senam Kang Pisman mencakup kurangnya partisipasi awal, masalah logistik dan sumber daya, tantangan dalam perekrutan dan pelatihan instruktur, serta respons dan keterlibatan peserta, yang diatasi melalui pendekatan personal, peningkatan koordinasi, dan penyesuaian metode evaluasi untuk mencapai tujuan meningkatkan kesehatan dan kesadaran lingkungan Masyarakat.

Kata Kunci: Pelatihan, Senam Kang Pisman, Kader Posyandu