

CYCLING SAFETY EDUCATION FOR STUDENTS AT SDN GENTAN 2 BENDOSARI

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ABSTRACT

In the middle of heavy traffic and the increasing number of motor vehicles nowadays, there are several elementary school students who are still relying on their bicycles for daily commuting. Look at Gentan 2 public elementary school in Bendosari, Sukoharjo region, as a good example. Based on the data, 70% of the students are riding their bicycles to school each day. Despite this fact, awareness of safe riding had not reached them yet. Therefore, a session to educate and raise awareness was conducted. The goal is to create a thoughtful and safe environment for the students when riding a bicycle. The methods used in this session are practice- and project-based. The session consists of an introduction and explanations about safety riding, practice on how to ride a bicycle safely, and the distribution of leaflets. Teachers at the school took part in the session as mentors. The results showed that 93% of the students can understand the information about safety riding, and 87% are able to practice how to ride a bicycle safely. The session is proof of a successful way to educate and raise awareness among elementary school students.

Keywords: bicycle; elementary school students; safe riding

INTRODUCTION

Cycling is an integral part of children's lives. These activities not only bring joy and help children freely explore their surroundings, but also bring important health benefits. Although cycling provides physical and psychological benefits, this activity also carries the risk of accidents that can result in injury (Embree, et al., 2016). Bicycle accidents often occur and can result in serious injuries, especially if children are not careful when cycling, tend to joke around, and do not obey traffic rules. Therefore, it is important for children to understand and apply safety principles when cycling. One group of children who still use bicycles for activities are students from Gentan 2 State Elementary School (SDN), Bendosari District, Sukoharjo Regency. This Gentan 2 Elementary School student still uses a bicycle as a means of transportation when going to school. Of the total 43 students at SDN Gentan 2, 30 students go to school by bicycle, the rest walk and are accompanied by family members. A comparison of the use of transportation facilities to get to school for SDN Gentan 2 students can be seen in Figure 1.

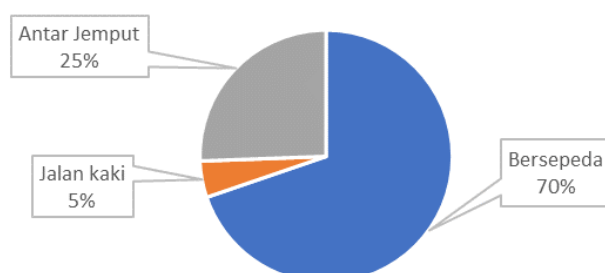


Figure 1. Use of Transportation to School for SDN Gentan 2 Students

Cycling safety education is carried out to provide the knowledge and skills needed for Gentan 2 Elementary School students to be able to cycle safely. Through this education, students learn about the importance of obeying traffic rules and how to cycle safely (Schönbach, Altenburg, Marques, Chinapaw, & Demetriou, 2020). Cycling safety education is very important to ensure students enjoy and ride safely and responsibly (McLaughlin & Glang, 2010).

METHOD

Cycling safety education activities for students at SD N Gentan 2 Bendosari Sukoharjo were carried out by direct learning to students at school. Learning is carried out based on interesting projects and practices. This education was carried out by involving all 43 students. This direct learning is carried out with the aim of providing understanding and information for students with assistance from teachers at SDN Gentan 2 Bendosari Sukoharjo with the hope of further increasing students' understanding. On the other hand, teacher involvement can broaden the teachers' knowledge so that it can later be passed on to other students and the surrounding community. Learning activities are arranged and planned so that they can be implemented according to the level of understanding of the students at SDN Gentan 2 Bendosari Sukoharjo. The delivery of material or information is made in such a way that it is interesting and can be easily understood by students. Implementation of cycling safety learning is carried out in the following stages:

The stages of implementing cycling safety education are as follows:

Preparation Stage

In this preparation stage, several activities are carried out, namely:

1. Internal discussion of the implementing team regarding determining the theme and location of the activity.
2. Pre-implementation visit
3. Preparation of learning materials for the Implementation Stage
 - a. Communal delivery of material.
 - b. Practice cycling
 - c. Distribution of leaflets about cycling safety.
4. Evaluation Stage
Review of the results of the implementation of activities.

RESULTS AND DISCUSSION

The results of implementing all methods and stages of community service activities through cycling safety education for students at SDN Gentan 2 Bendosari Sukoharjo are as follows.

1. Preparation Stage
 - a. Internal discussion of the implementing team regarding determining the theme and location of the activity. Based on internal discussions that have been carried out, a phenomenon was discovered where many elementary school students in the Bendosari District, Sukoharjo Regency still predominantly use bicycles as a means of getting to school. This certainly needs special attention because the area in Bendosari sub-district, especially around SDN 2 Gentan, is crossed by a primary collector road. This main road has the characteristic of being heavily trafficked by vehicles, especially goods transport vehicles and large people transport vehicles. So

it is deemed necessary to carry out educational activities with the theme of cycling safety for students at SDN Gentan 2 Bendosari, Sukoharjo.

- b. The pre-implementation visit was coordination with the school to see the real conditions of bicycle use by students at SDN Gentan 2 Bendosari Sukoharjo. Based on the results of visits and coordination, it was found that the issue of cycling safety for students at SDN Gentan 2 Bendosari Sukoharjo was very relevant. This is based on observations and discussions with the principal and teachers at SDN Gentan 2, where the majority of their students use bicycles to go to school. As many as 30 of the 43 students use bicycles to school and the rest walk or are picked up by their families. The reason for the large number of students using bicycles is because the distance from home to school is an average of 1.5-2 km. The results of the pre-implementation visit also indicated the need to provide information and learning about cycling safety because so far this has never been done and students also cross the same roads as motorized vehicles or large goods transport.
- c. Preparation of learning materials and technical discussions on learning implementation. The learning materials that will be delivered to SDN Gentan 2 students are divided into 3 main things, namely preparation for cycling, good and correct cycling methods, and things you need to pay attention to when cycling on the road. The technical implementation of the learning is planned through 3 stages of activities, namely direct delivery of material, cycling practice, and distribution of cycling safety information leaflets.

2. Implementation Stage

Implementation of driving safety education activities for students at SDN Gentan 2 Bendosari will be held on August 17 2023 at the school yard of SDN Gentan 2 Bendosari Sukoharjo. As for implementation and

- a. Communal delivery of material to all students at SDN Gentan 2 Bendosari Sukoharjo regarding Cycling Safety. The delivery of material is carried out with the assistance of teachers so that learning can be more conducive and acceptable to students. The learning is delivered in a fun way and is project-based (Project Based Learning) where apart from listening to classical information, students also carry out activities of putting together puzzles, taking quizzes, and drawing according to the lessons about cycling safety that have been prepared. The learning material presented in this session relates to the preparations that need to be made when cycling, how to cycle safely, and what things should not be done when cycling. Apart from that, an understanding of hand signals in cycling was also conveyed.



Figure 2. Delivery of learning material

- b. After getting information and understanding material about cycling safety, then all students are invited to practice directly when cycling. Practice cycling together around the village by applying the understanding you have gained about cycling safety. This cycling practice is accompanied by teachers as direct mentors when students use bicycles on the road. Through this practical activity, students are encouraged to apply the understanding of cycling safety that has been conveyed. Students learn directly how to prepare themselves before cycling, then cycle safely and securely, and practice hand signals while cycling.



Figure 3. Cycling Safety Practices

- c. Distribution of leaflets about cycling safet
- Leaflets about cycling safety were also distributed to students so that after carrying out all this learning, students still have information about good and correct cycling. Apart from that, it is also hoped that through distributing these leaflets, students can exchange information with their friends and family about cycling safely and securely. The leaflets distributed were about cycling safety and hand signals when cycling.



Figure 4. Cycling Safety Leaflets and Cycling Signals

Evaluation Stage

The final stage in learning activities about cycling safety is an evaluation. This stage is carried out by reviewing the results of activities as a form of reciprocity from students and teachers at SDN Gentan 2 Bendosari Sukoharjo for the implementation of cycling safety learning activities. This evaluation was carried out by distributing questionnaires to students and teachers regarding the entire series of learning activities as well as the content of the material as well as the implementation of the learning that had been carried out together. The results of cycling safety education activities were obtained through the final evaluation given to students at SDN Gentan 2 Bendosari Sukoharjo. Through a survey conducted on all students participating in this cycling safety education activity, it showed that 93 percent of participants were able to understand information and material about how to cycle safely and securely. The information most captured by students is related to the signals that must be used when cycling. The phenomenon that has occurred so far is that when students turn or slow down when cycling, they never give signals to other road users. As a result of this situation, other road users are often unable to respond properly to the condition of students using bicycles, so accidents almost occur. This incident occurred when one of the students who was cycling and wanted to cross by turning right did not give a signal and the vehicle behind him was unable to respond properly and skidded.

Another important point that students get about cycling safely and securely is about using a helmet when cycling. The majority of students think that when cycling there is no obligation or regulation to use a helmet. This assumption arises because of the perception that the distance covered is quite short and cyclists will not get a ticket if they don't wear a helmet.

After providing cycling safety education, students became increasingly aware that the use of helmets was not based on law enforcement alone, but because of the need for safety while cycling.

Apart from understanding the information and knowledge of cycling safety which achieved good results, in the practical activity of cycling safely and securely the majority of students were able to put into practice the learning they had received well. The percentage of students who can practice driving safety well is 87 percent of all students. The practice of cycling well can be seen from the way of cycling which often gives signals when making movements and movements on the bicycle, for example when turning, slowing down the speed of the bicycle, or stopping the bicycle. Practices like this have a very good impact on students as cyclists and other road users. The part that needs to be improved in terms of safe and secure cycling practices is related to the use of helmets as a safety standard. This situation needs attention because all students do not have helmets for cycling so students do not cycle while wearing helmets. Therefore, there needs to be awareness and willingness to provide helmets as a means of supporting safety for students when cycling on the road.

CONCLUSION

Based on cycling safety education activities that have been carried out for students at SDN Gentan 2 Bendosari Sukoharjo, 93% of students were able to capture information and understand safety in cycling. On the other hand, 87% of students can practice safe cycling activities well. This shows that this learning activity can improve students' understanding and skills in cycling safely. Overall, students still need to get used to cycling safely and securely in their daily lives, so that the information and learning obtained in this activity does not just stop without follow-up and personal awareness for bicycle users in the Gentan Elementary School environment. 2 Bendosari Sukoharjo.

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