



In Cooperation With



INDIA



THAILAND



THAILAND



SINGAPORE



الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
وَبَشِّرِ الصَّالِحِينَ إِذْ إِذْ أَنْزَلْنَا إِلَيْنَا الْكِتَابَ

MALAYSIA



2nd ICEL 2014

THE SECOND INTERNATIONAL CONFERENCE ON EDUCATION AND LANGUAGE

20, 21, 22 MAY 2014

Bandar Lampung University, Indonesia

PROCEEDINGS

Hosted by

Teacher Training and Education Faculty (FKIP),
English Education Study Program, Bandar Lampung University (UBL)

PROCEEDINGS

THE SECOND INTERNATIONAL CONFERENCE
ON EDUCATION AND LANGUAGE

2nd ICEL 2014

20 -22 MAY 2013



Organized by:
Faculty of Teacher Training and Education (FKIP),
English Education Study Program of Bandar Lampung University
Zainal Abidin Pagar Alam street No.89 Labuhan Ratu, Bandar Lampung, Indonesia
Phone: +62 721 36 666 25, Fax: +62 721 701 467
www.ubl.ac.id

PREFACE

The activities of the International Conference are in line and very appropriate with the vision and mission of Bandar Lampung University (UBL) to promote training and education as well as research in these areas.

On behalf of the Second International Conference of Education and Language (2nd ICEL 2014) organizing committee, we are very pleased with the very good responses especially from the keynote speakers and from the participants. It is noteworthy to point out that about 80 technical papers were received for this conference

The participants of the conference come from many well known universities, among others: University of Wollongong, NSW Australia, International Islamic University Malaysia, Kyoto University (Temple University (Osaka), Japan - Jawaharlal Nehru University, New Delhi, India - West Visayas State University College of Agriculture and Forestry, Lambunao, Iloilo, Philippine - Bahcesehir University, Istanbul, Turkey - The Higher Institute of Modern Languages, Tunisia - University of Baku, Azerbaijan - Sarhad University, KPK, Pakistan - Medical Sciences English Language Teacher Foundation Program, Ministry of Health, Oman - Faculty School of Arts and Sciences, Banga, Aklan Philippines - Sultan Ageng Tirtayasa, Banten, - Pelita Harapan University, Jakarta - STIBA Saraswati Denpasar, Bali - University of Muhammadiyah Yogyakarta - Ahmad Dahlan University Yogyakarta - Sriwijaya University, Palembang - Islamic University of Malang - IAIN Raden Fatah Palembang - Universitas Diponegoro, Semarang, Indonesia - Universitas Haluoleo Kendari - State Islamic University of Sunan Gunung Djati, Bandung - Tadulako University, Central Sulawesi - Sanata Dharma University - Lampung University and Open University,

I would like to express my deepest gratitude to the International Advisory Board members, sponsors and also to all keynote speakers and all participants. I am also grateful to all organizing committee and all of the reviewers who contribute to the high standard of the conference. Also I would like to express my deepest gratitude to the Rector of Bandar Lampung University (UBL) who gives us endless support to these activities, so that the conference can be administrated on time.

Bandar Lampung, 20 May 2014

Drs. Harpain, M.A.T., M.M

2nd ICEL 2014 Chairman

PROCEEDINGS

The Second International Conference on
Education and Language (2nd ICEL 2014)
BANDAR LAMPUNG UNIVERSITY
Bandar Lampung, Indonesia
May 20,21,22 2014

STEERING COMMITTEE

Executive Advisors

Dr. Ir. M. Yusuf S. Barusman, MBA
Prof. Dr. Khomsahrial Romli, M.Si
Dr. Lintje Anna Marpaung, S.H.,M.H
Drs. Thontowie, M.S
Dr. Andala Rama Putra Barusman, S.E., M.A.Ec
Mustafa Usman, Ph.D

Chairman

Drs. Harpain, M.A.T., M.M

Co-Chairman

Tissa Zadya, S.E., M.M

Secretary

Helta Anggia, S.Pd., M.A

Treasurer

Tissa Zadya, S.E., M.M

Managing Committee Team

Drs. Harpain, M.A.T., M.M
Helta Anggia, S.Pd., M.A
Tissa Zadya, S.E., M.M
Yanuaris Y. Dharmawan, S.S., M.Hum
R. Nadia R.P Dalimunthe, S.S., M.Hum
Bery Salatar, S.Pd
Kartini Adam, S.E
Nazil Chupra Hakim, S.Pd
Miryanti Ferialia, S.Pd

Table Of Content

Preface	ii
Steering Committee.....	iii
Table of Content	iv
Paper Presenter :	
39. Structures Of The West Lampung’s Wayak Oral Literature - Armina	II-261
40. At A Glance Information System In LMS For Education Language - Arnes Yuli Vandika, Eka Imama Novita Sari, Ade Kurniawan, Dina Ika Wahyuningsih	II-271
41. E-Education : Social Media Network For Distance Learning System - Arnes Yuli Vandika, Eka Imama Novita Sari, Ade Kurniawan, Ruri Koesliandana.....	II-275
42. Teacher Understanding Of Pedagogy Competency In Tangerang - Azizah Husin.....	II-278
43. The Impact Of Using English Songs Towards The Students’ Vocabulary Mastery At Grade Ten Of Smk Negeri 1 Bandarlampung In Academic Year 2013 – 2014 - Bastian Sugandi	II-285
44. The Impact Of The Application Of Make-A Match Technique Towards Students’ Vocabulary Mastery - Dewi Maduratna.....	II-290
45. The Effect Of The Application Of Contextual Teaching And Learning (Ctl) On The Students’ Vocabulary Mastery At Grade Seven Of Smp Gajah Mada Bandar Lampung In Academic Year 2013-2014 - Dewi Marsela.....	II-295
46. The Correlation Between Students’ Remarkable Experiences And Their Ability In Recount Text Writing - Eka Rindi Astuti	II-301
47. The Effect Of The Application Of Contextual Teaching Learning Toward Students’ Listening Ability Of Grade Xi At Man 2 Tanjung Karang In 2014 - Eka Wahyuni Kartika	II-307
48. The Analysis Of Conditional Sentence Errors Pattern In Writing Sentences Of The Eleventh Grade Students Of Sma Negeri 5 Bandar Lampung - Fangky Adetia	II-314
49. The effect Of Mind Mapping Technique Towards The Students’ Speaking Ability At 7th Grade Of SMPN 4 Bandar Lampung - Frederika Mei Anggraeni.....	II-320
50. Teaching English Words’ Literal Meaning To 2nd Semester Students Of FKIP UBL Through Stage Hypnosis - Helta Anggia.....	II-328
51. Politeness And Camaraderie:How Types Of Form Matter In Indonesian Context - Jumanto	II-335
52. The Effect Of Using Pictures On Students’ Speaking Ability At Grade Eight Of SMPN 2 Seputih Mataram Lampung Tengah - LaurisaWidyaningrum	II-351
53. Time Expansion And Clear Speech To Improve Speech Recognition In Older Adults – Lusy Tunik Muharlisiani, Supeno, Danny Yatika.....	II-356
54. The Breath Sport Training For Health - M.C. Tri Atmodjo	II-364
55. The Correlation Between The Students’ Past Tense Mastery And Their Ability In Translating Narrative Texts - Marita Safitri	II-368

56. The Effect Of The Application Of Suggestopedia Teaching Method Toward Students' Speaking Ability Of Grade Eleven At SMA Adiguna Bandarlampung 2014 - Meidian Putri Zusana	II-374
57. The Application Of Snakes And Ladders Game In Teaching Vocabulary - Meipina	II-380
58. The Correlation Between The Students' Pronunciation Mastery And Their Ability In Speaking - Meylan GNA Sihombing	II-388
59. An Error Analysis Of The Use Of Present Participle Form Of The Sixth Semester Students Of FKIP Universitas Bandar Lampung - Miryanti Ferialia	II-394
60. The Impact Of The Application Of SQ3R Method (Survey, Question, Read, Recite, Review) Towards Students' Reading Comprehension - Ni Nengah Parwati	II-399
61. The Correlation Between Students' Narrative Text Identification Ability And Their Narrative Text Writing Ability - Padila Dewi.....	II-405
62. Representation Of National Final Exam In Indonesian News Of detik.com – R. Nadia R. P. Dalimunthe	II-410
63. The Influence Of Using Crossword Puzzle Towards The Students' Vocabulary Mastery – Ria Anggelia Tambun	II-416
64. Teaching Learning Method Development With The Assignment To Outline Portions Of The Textbook - Sarjito Surya.....	II-422
65. The Influence Of The Application Of Pairs Check Technique (PCT) Towards Students' Writing Ability At Grade Ten Of Sma Catur Karya Tulang Bawang 2014 - Siti Nuryati.....	II-426
66. The Influence Of The Application Of Problem Based Learning Towards The Students' Speaking Ability Of Grade Eleven Of Sma Negeri 5 Bandar Lampung - Sumardi Hussein.....	II-430
67. The Impact Of Using Pictures On The Students' Vocabulary Mastery At Grade Three Of SD Negeri 2 Rulung Raya Natar South Lampung In Academic Year 2013-2014 – Surya Adi Tama.....	II-436
68. The Influence Of Task-Based Instruction Towards The Students' Ability In Writing Procedure Text At Grade Ten Of Sma Tri Sukses Natar Lampung Selatan In Academic Year 2013-2014 - Tuti Rasminah	II-442
69. The Impact Of Using Thesaurus Program In Microsoft Word Towards Students' Vocabulary Mastery -Wenny Octaria Tami	II-445
70. An Analysis Of Traditional Grammar, Immediate Constituent Analysis, And X-Bar Syntax Theory - Yanuarius Yanu Dharmawan	II-453
71. The Impact Of Using Skimming And Scanning Strategies Of Descriptive Text Towards Students' Reading Comprehension At Grade Eight Of SMPN 22 Bandar Lampung - Yuli Fatmawati.....	II-463

THE BREATH SPORT TRAINING FOR HEALTH

M.C. Tri Atmodjo

Researcher of BPPT and Lecturer of Malahayati University

Corresponding email: atmojo_b2tp@yahoo.com

Abstract

Since 1993 I have been training of breath sport. Along this time good health always with me as well. Sometime the result of this training also able to help my family (my children mainly) to solve his/her illness. This training held 3 times a week with 2 hours respectively. The Faculty of Medicine in University of Airlangga in Surabaya East Java has the laboratory which able to prove the influence of breath training to our health. This laboratory able to show us that before training and after training of breath sport showed significant different which better health to someone after training with excellence regulation.

Keywords : Breath sport, Training, Health, significant different

1. INTRODUCTION

There are more than a dozen of breathing devices (or respiratory devices) on the market (Ultrabreathe, Powerbreathe, PowerLung, Expand-A-Lung, Frolov breathing device, Samozdrav and others). Learn about their uses, effects on body oxygen levels and how you can get maximum benefits for your sports performance, fitness, and general health.

When you're short of breath, it's hard or uncomfortable for you to take in the oxygen your body needs. You may feel as if you're not getting enough air. Sometimes mild breathing problems are from a stuffy nose or hard exercise. But shortness of breath can also be a sign of a serious disease.

Many conditions can make you feel short of breath. Lung conditions such as asthma, emphysema or pneumonia cause breathing difficulties. So can problems with your trachea or bronchi, which are part of your airway system. Heart disease can make you feel breathless if your heart cannot pump enough blood to supply oxygen to your body. Stress caused by anxiety can also make it hard for you to breathe. If you often have trouble breathing, it is important to find out the cause.

There are more than 100 medical studies (see <http://www.NormalBreathing.com>) that testify that: healthy people breathe little (the norm is 6 L/min), while the sick breathe faster and more air (about 12-15 L/min), while the severely sick breathe even faster and more (terminal cancer, HIV-AIDS, severe heart disease, cystic fibrosis last stage, and so forth).

You can see that each pattern has certain minute ventilation (how many liters of air we breathe in), breathing frequency (number of breaths in 1 minute) and the body oxygen levels (measured as stress-free breath holding time test done after your usual outhale.) Bear on mind that the body oxygen test requires your usual exhalation and no stress at all at the end or after the test (you hold your breath only until the initial discomfort).

You see here, that the slower and easier our breathing, the higher the oxygen content in the body. Why is it so? Sometimes people say that take a deep breath to get more oxygen in the blood. This is a nonsense: the oxygenation of the human blood during tiny normal breathing is about 98-99%. If you breathe more, you cannot get more oxygen! You will only get less CO₂ in the blood. Is this a problem? Yes. CO₂ is a powerful dilator of blood vessels (search the web for CO₂ vasodilation effect) and is essential for oxygen release in tissues (the Bohr law). Hence, oxygen transport depends on CO₂ and less breathing means better oxygenation.

Therefore, in order to get benefits with breathing devices, you should do breathwork that leads to higher CO₂ in the lungs (as during yoga pranayama). For example, add pauses or breath holds for breathing sessions with Ultrabreathe trainer and your breathing will be lighter after the session.

The Objective of this research is to analyse the influence of breath sport of Satria Nusantara.

2. METHOD OF BREATH TRAINING

The method which I have been doing since 21 years ago is The Satria Nusantara Method whose lead by Mr Maryanto from Yogyakarta City. The degree of breath training as following

1. The Pre basic level along 12 days should attend by the trainee.
2. The 13th of training moved to basic degree with quick training of breath.
3. The “Pengendalian” degree with slow moving of training.
4. The gabungan Degree
5. The Top degree.

3. RESULT AND DISCUSSIONS

The twelve day along prebasic training was make me very easy and feel lighter of my body while walking from training center to taxi station everyday. While training the oxygen of our body was used as least as possible, it means that the body use as little as possible the oxygen from the air. Pengendalian degree, Gabungan Degree and top degree give the trainee exelence of health and able to help someone else who is sick.

For this exercise in Satria Nusantara the breathing cycle is divided into three parts, with each part getting a set number of counts:

1. The Inhale (10 counts until 20 counts)
2. The Hold or Retention, before the exhale (10 counts until 20 counts)
3. The Exhale (10 counts until 20 counts)

Try this breathing method a few times to become familiar with it.

Now, let’s look at how we can use this technique while walking, or sitting in the car for example. In this case each count corresponds to one step, for example:

1. Inhale for 3 steps (3 counts)
2. Hold for 3 steps (3 counts)
3. Exhale for 3 steps (3 counts)

To adapt to cycling, each pedal stroke gets one count. For swimming, each stroke gets one count, and so on.

Therefore, in order to get benefits with breathing devices, you should do breathwork that leads to higher CO₂ in the lungs (as during yoga pranayama). For example, add pauses or breath holds for breathing sessions with Ultrabreathe trainer and your breathing will be lighter after the session.

3.1. Suggestions

- It is important to find a pace and count that you can maintain and that feels natural. As you become more adept with this technique, you will want to try and increase your counts while keeping the same ratio. For example inhale for 4 counts, hold for 4 counts, exhale for 8, or 6, 6, and 12. Experiment and find a combination that works well for you. Slower, deeper breathing will give more energy, endurance, and focus.
- If your mind wanders, or you lose your count, gently bring your mind back to the count. This may take a little practice, but if done regularly, it will become second-nature. The goal is to find the perfect pace for your body and your breath. This will help you to slip into that meditative performance state often referred to as the “zone.”

Dr. Artour Rakhimov is a health educator, the author of books and the educational website <http://www.NormalBreathing.com> with *hundreds* of medical quotes, charts, tables, graphs, references, results of clinical trials, analysis of respiratory techniques, free exercises, manuals, techniques, lifestyle modules and other resources for better cells oxygen content and health.

Breathing & Sports Performance

The human body is a marvel of form and function, capable of feats of speed, endurance, strength, fluid grace, beauty and expression. We’re blessed with a magnificent machine, from the ingenious architecture of the skeleton, through complex muscular, circulatory, respiratory, digestive and nervous systems, as well the body’s innate ability to constantly rejuvenate and rebuild. The harmony and coordination required to ignite billions of cells, fire the synapses and touch points of thousands of nerves and muscle fibers, and continuously pump an adequate supply of blood and energy throughout is simply enormous.

At the core of that harmony and coordination is the breath. It's your touch point to all those functions. By developing an awareness of it, by focusing on it and developing its potential, you can take greater command of your body's abilities. By harnessing the breath, you can take control of your body, your mind, your emotions and inner spirit for any pursuit.

Physical Aspects

While there's no shortcut for sheer hard work, whether you're a world-class athlete or a casual mall walker or jogger, it's all about breathing efficiently. The goal for all endurance training is to build a more extensive cardiovascular system or network. The lung muscles and diaphragm will only achieve a certain strength, but, says famed marathoner Alberto Salazar, "What you're doing is creating a capillary-blood network to service the muscles so that whatever amount of air that you can get in, you can keep as much of that oxygen as possible. The less oxygen you have for whatever reason, the more you have to rely on stored blood sugars, and eventually you run out of that. The better you breathe, the more oxygen you can get in, the less you have to use your glycogen stores. When you get to that point, you are able to go a little faster and a little harder."

The trick is to find a comfortable rate at which to breathe. In any workout, breathing can become haphazard. In the course of his running career, Salazar would find himself in races where "I'd hit a really hard hill or I'd sped up or somebody surged," he says, "and I'd find my breathing really out of sync. You have to relax and get it back to a level where it is natural, where you don't have to think about it again. It's something of an oxymoron: You've got to concentrate on relaxing. It's hard, but that's what athletics is."

Normally in athletics, you focus on trying to take natural, deep breaths, both through your nose and through your mouth concurrently, and exhaling at the appropriate time. If it becomes forceful, where you're straining to blow everything out, he says, "People feel like they're losing control of their breathing and they sort of panic and start gasping. He suggests finding a natural rhythm that perhaps correlates with a cadence, and this can work with most kinds of exercise. "It could be, like in swimming, with a certain amount of strokes, every stroke or every other stroke," he says. "In running, it could be every other stride. You have to find that natural cadence that you have, and stay relaxed within that cadence."

3.2. Mental Aspects

Without understanding the effects the breath has on the mind, on mental clarity, on achieving, you're likely to feel that you're driving with the hand-brake on. Certainly the body must be kept in shape to be able to perform physical functions, but unless the mind is in tune, it can't effectively captain the multifarious functions that need to occur for peak physical performance. But that performance can be taken even a step further. Awareness of your breath is the first place to start. Knowing how to achieve that focused relaxation will keep you from stressing and knotting up.

The mind, as we've all experienced, can be both a powerful ally in achieving our goals, and a major impediment in keeping us from them. Often the mind is ready to quit well before the body hits its limitations, and can easily grow confused, with distracting little "voices" dictating your course of action. Thus, it often needs to be coerced and cajoled into shoving aside or even obliterating your often self-imposed physical limitations, allowing you to go far beyond what you might imagine.

Simply, the single most important effect awareness of your breath brings is focus. If you are focused on even a single breath, you aren't distracted by the regrets of yesterday or the anxiety of an unknown tomorrow. That breath brings you to the here and now. Being conscious of a single breath and staying in the moment is a simple yet valuable perception for easing anxieties about the past and fear of the future, keeps you tuned to whatever task is at hand, and provides a strong bridge between mind and body.

3.3. The Zone

On an even deeper level, breath awareness can also play an active role in helping you find what sport psychologists call the zone. Everybody has had a brush with it, that rare place or moment of mental perfection, physical clarity and performance, when all your cylinders are firing in perfect harmony, when there's absolutely no disconnect between your mind, your body and your emotions. It's when time stops and there is the freedom of complete absorption in the activity at hand. We see examples of it all the time in sports world – the odds-defying last shot, an error-free performance, an impossible comeback.

Finding this rarified zone rarely happens by our sheer force of will. The Zone goes by many names: "peak experience," "flow state," or an "altered state" of human consciousness that cannot generally be intentionally created. It also answers to "runner's high," "exercise high," the "groove," being "unconscious" or "locked in." Athletes are as confused by it as anyone, and find it difficult to describe

when they emerge from it, but usually lay claim to supernatural concentration, religious mysticism, Zen, heightened visualization or biorhythms

The single biggest and most common barrier to finding the Zone, or quashing one while you're in it, is listening to the inner dialogue, the self-talk, the marvelously distracting little voice or cacophony of voices we all possess in our heads. It may be the biggest distraction to Perfect Breathing we know. Until you learn how to quell that noise, you may find yourself filled with doubt, fueled by that chatter. At worst, it is debilitating and can easily keep us from any kind of success. At best, it's a distraction that can keep you from ever finding your Zone or quickly drive you from one.

Work toward eliminating the chatter or replacing it with something useful. Most athletes and performers claim that inside the Zone, it's as if there is no thought, no distraction, no annoying little voices. There's a decided lack of that inner dialogue. And it's a point where breathing can dramatically help. Recall the exercises that help bring your conscious thought back to the breath, such as the Six-Second Breath and Performance Breathing. No yesterday, no tomorrow, only now. Practicing those techniques will set you up for using them when the noise grows too great. It's one more way for you to be in control. Make no mistake, the voices will get loud at times. It's human and it's inevitable. But with breath awareness, you're in control.

3.4. Performance Breathing

Here is an exercise that is well suited for any type of sport or exercise that requires repetitive motion, such as walking, running, hiking, biking, swimming, rowing, etc. The focused breathing helps to maximize your energy intake, while keeping the mind "in the body" and clear of distracting, self-limiting thoughts. Studies with athletes utilizing conscious breathing techniques have shown that performance and efficiency can improve on the order of 10 percent or more. Once you become familiar with this method, it requires little or no concentration, allowing your workout to become more meditative.

Note: A complete full breath is a critical foundation of this technique. Make sure you are comfortable with the Perfect Breath breathing technique before continuing.

3.5. How it works

Don Campbell and Al Lee are the authors of *Perfect Breathing: Transform Your Life One Breath At A Time* (Sterling Publishing/2008) and write, speak, train, and blog tirelessly on the subject. Discover more ways you can improve your health, performance, and wellbeing at www.perfectbreathing.com. Reach them at info@perfectbreathing.com or call 1-888-317-6718 (toll-free).

4. CONCLUSION

The training of breath sport such like Satria Nusantara Group is good for our health and sometimes able to help someone else who has illness.

REFERENCE

- [1] Anonimous, 2014 <http://www.NormalBreathing.com>)
- [2] Anonimous, 2014 info@perfectbreathing.com
- [3] Anonimous, 2014. www.perfectbreathing.com
- [4] 4, Maryanto, 1992. Buku petunjuk Latihan Satria Nusantara



Jl. Z.A. Pagar Alam No.26 Labuhan Ratu
Bandar Lampung 35142 Phone: +62 721 701463
www.ubl.ac.id
Lampung - Indonesia

copyright@2013

