



INTERNATIONAL CONFERENCE ON EDUCATION AND TRAINING

(ICET)

PROCEEDINGS



THEME

QUALITY IMPROVEMENT IN EDUCATION & TRAINING

*International Conference In Education & Training (ICET) Faculty of Education, State University of Malang
collaborated with
International Journal of Innovation in Education (IJIE)*

**MINISTRY OF RESEARCH, TECHNOLOGY AND HIGHER EDUCATION
STATE UNIVERSITY OF MALANG
FACULTY OF EDUCATION
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PREFACE

The International Conference on Education and Training (ICET), Faculty of Education, State University of Malang, 2015 took place in Malang, Indonesia, between 6 and 8 November, 2015. ICET is an international conference covering research and development in the field of education and training. The conference aims at creating a forum for further discussion for an education and training field incorporating a series of issues and/or related to quality improvement in education and training. Therefore, the call for papers was addressed to scholars and/or professionals of the field of education and training. Driven by the fast-paced advances in the education field, this change is characterized in term of its impact on the education implementation.

During the conference, 4 keynotes speakers were held in order to advance and contribute to specific research areas in the filed of education. More than 130 pre-registered authors submitted their work in the conference. The ICET 2015 finally accepted and hosted 94 original research papers. All papers submitted to the conference were reviewed using a double-blind peer review process. The conference commite decided about the acceptance or not of the submitted papers, with the contribution of competence and expertised reviewers. Collaborate with International Journal in Innovation in Edition (IJIIE), the selected papers will be published at IJIIE as the Special Issues Edition under theme “Quality Improvement in Education and Training”.

We would like to thank all members that participated in any way in the ICET 2015, especially: (a) the Inderscience Publisher for supporting and receiving the selected papers to be published as the Special Issues Edition of the International Journal of Innovation in Education; (b) the Co-organizing Universities and Institutes for their support and development of a high-quality conference; (c) the members of the scientific committee that honored the conference with their presence and provided a significant contribution to the reviewer of papers as well as for their indications for the improvement of the conference; and (d) all members of the organizing committee for their willing to organize the confereence as good as possible.

Dean,

Prof. Dr. Bambang Budi Wiyono, M.Pd

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MEANING OF YOGA LEARNING THROUGH TRAVEL

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The last few decades in the world occur enthusiasm of people to travel and make learning yoga from one place to another. The popularity of yoga practice is the case both in the Western world, or in the East. A series of esoteric activities in the East is no longer carried out in secret. By looking at the man in this modern era, surrounded by anxiety, fragility in terms of finding independence. So those looking for a new experience as phase transformations on the discovery of personal identity. In harmony with this, the objectives to be achieved through this research is to find the meaning of yoga learning pursued through the tour. This studied use the theory of existential phenomenology to analyze the mean of learning, and the theory andragogi to analyze learning needs of travelers. The research method is done through phenomenology. And in fact people require the construction of the meaning of life through the tour. This is to be able to search for self integrity and spiritual life.

Keywords: yoga learning, existential phenomenology, nonformal education model, andragogy

A fascinating phenomenon occurred in the identification of learning needs and interests of the community, especially the tourists who come to southeast Asia. Some research evidence to write tourism development with the aim of learning yoga. Davies (2013) states its conclusions "in the last decade there is a tendency and the explosive popularity of yoga practice better than in the Western world, or in the East. A series of esoteric activities in the East is no longer done in secret ". Fonseca & Mehta, (2012) states that "millions of people head towards Asia every to have (beside the traveling experience) an encounter with eastern Philosophies and practices roomates Allows for self-healing, self-diccovery and self-empowerment. Among alternative medicine systems, therapies, and many other technical systems (including massage, martial arts dance, etc) one of the fomous and inspiring subject that Attract people to Asia is Yoga ". Asia is the world tourism destinations, there are activities that attract tourists enthusiasm among natural scenery, culture, art and others. This enthusiasm is supported also by tourists visiting another destination located in Asia, that is yoga activity.

Referring to the research Holladay and Ponder (2012) there 'identification of themselves through yoga, travel, and relationships spirit' states "the identification is done by the practice of yoga and travel. Proven research in lake district England, tourists migrate to seek assurance or immortality in his identification. On the lake distric declared that men modern era covered by any confusion or uncertainty in case he seeks independence. So those looking for an authentic experience as a means of revitalizing a part of personal identity or authenticity of the existential".

The development of new forms of non-formal education needs to be studied and analyzed in a comprehensive theoretical and which may be useful in the development of human knowledge. New forms of non-formal education such as the above, is the need to learn yoga that can conduct human understanding of the transformation in him. In the diffusion of culture, knowledge, many brought by foreign tourists (America and Europe), where the climate and atmosphere of learning in Indonesia is very suitable to the development of learning yoga. The climate and atmosphere of the noise in question is not

the case in the cities, even in the countryside which is still very much found in Indonesia. Through the individual tourist trips digging depth of himself to get a better insight.

Educational yoga practice performed by oral tradition (oral lore). The findings (Davies, 2013) states "practices of the community reflects the self-reflection, and the methodology is done through reflection autoetnografi" Looking at the system used in the tradition of learning yoga, strongly associated with UU No 56 Tahun 2014 tentang Pendidikan Keagamaan Hindu Bab III *Pasraman* Nonformal Article 21 paragraph 1 states "was held in the form of Pasraman Nonformal; *Pesantian, Sad Dharma, Padepokan, Aguron-guron, Parampara, Guru Kula*, and similar forms". The practice of nonformal education system implemented initially only with oral system (Upanishads or *Guru parampara*). Suamba (2003) mentions "the Upanishads or *Guru parampara* is a learning system that teachers and students were sitting close together, and the students continue to study at the home of the teacher to be more easily understood, and in a long time". The learning process in this tradition not only in some time, but it could be years. Knowledge of verbal interaction (oral lore) that occurs with high intensity, because the relationship between teachers and students is very close.

The word Yoga is derived from Sanskrit, is derived from the word 'yuj' means to unite, (Suamba, 2003). Other views "Yoga is a form of self-discipline that promotes spiritual enlightenment and finally Samadi, an end point where the yoga journey is stalled and energy consciousness fully geared to space object of attention", (Kamajaya, 1998). Yoga is a connection, association or union of the individual soul He is the Almighty, the Absolute and Infinite (Saraswati, Without Year: 1). Clearly explicable yoga is a process for controlling the mind object and the natural tendency of the mind, the process to set up all the thoughts and anxiety, as well as the process of unification between consciousness units (self) and cosmic consciousness (God).

Detailed yoga teaching methods implemented in India, known as the eight principles called Astangga Yoga. Among: "Yama (control), Nyama (rules), Asana (postures), Pranayama (breathing exercises), Prathyahara (withdraw all indriya into), Dharana (has decided to concentrate with God), Dhyana (started meditating and contemplating themselves as well as the name of the Lord), and Samadhi (been closer, fused or perfect solitude or realize themselves), (Suamba, 2003). This knowledge authentically elaborated on the Yoga Sutras of Patanjali. Reflecting the different stages of learning to live in human beings.

Through the course of his tour of the individuals seeking to get a new enlightenment. The efforts of this new experience to fill the void that exists within him. So that became the focus of this study is whether the meaning of learning yoga through travel? This study is limited by the initial early observation which is about three months.

The benefits of this research is based on three benefits, namely (1) for the individual and the general public, can be used as descriptions, information, and referral to manage self-awareness physical and mental spiritual especially with regard to learning yoga. (2) The second benefit is the non-formal education observers continue more intensive and mobility in lifelong learning. While the benefits (3) viewed from the tourism aspect of this study is expected to marry the potential of tourism and learning of yoga.

Theory

In harmony with what we know of human action can be; trying to be understood and interpreted (interpretative understanding) social action and social interrelationships to explain the causal relationship. Among others to understand; contained two concepts, first described the concept of social action in terms of "meaningful action and meaning". The second is the concept of interpretation and understanding. The second concept is related to a method to describe the first draft. This paradigm can often be found in the social definition paradigm, Ritzer (2004).

Furthermore, it can be explained to continue the relationship towards philosophy is mainly contained in existentialism. Existentialism, Magee (2008: 208) is defined as the attempt to philosophize things from the perspective of the perpetrators, compared to the traditional way, ie from the angle of its researchers. Existentialism give attention to the problems of modern human life. Existentialism emphasizes the theme of personal existence compared to human existence in general, the impossibility of life and questions of meaning and guarantee human freedom, choice and volition, personal isolation, anxiety, excessive fear and death.

Kierkegaard refers to the idea that man can find the true meaning of life when he connects himself with something that is not limited and contemplate his life to do that, although she has limited for doing so, Magee (2008). Because at that moment of existential crisis, Kierkegaard philosophy goal is to answer the question "how do I become an individual?". Kiergaard find answers to these questions, the man (I) could be authentic if the individual who has a passion, involvement and personal commitment in life.

At another point Kierkegaard explains human existence is not something static but always be, people are always moving on to the possibility of a reality, of aspiration towards reality of life today. So there should be emphasized the courage of the man to realize what he aspired or what he considered the possibilities. This theory is merely observing the behavior and insight of individuals who do excursions. Especially in Bali. Visible enthusiasm increased from year to year.

Investigate the behavior of non-formal learning theory outlined utilized Malcolm Knowles (1980) states in developing adult education, the need for the characteristics of learners and can be assumed to be four basic assumptions. (1) The self-concept (concept of learner) (2) The role of experience (3) readiness to learn (readiness to learn) (4) learning orientation.

Furthermore, to investigate the treasures of study. Harris and Thoms investigated in research (2008) at Pacific University with the title "The efficacy of yoga on improving quality of life in older adults. Based on limited evidence but supports a mix of quality, cost analysis or benefit, and clinical expertise, we believe yoga is beneficial to improve the quality of life in older adults. Yoga has the potential to minimize the effects of the factors that negatively affect the quality of life, such as pain, depression, anxiety, and disturbed sleep. There is no enough research to conclude whether yoga is more effective than Tai Chi or resistance training at improving the quality of life. Based on our literature review, we recommend yoga for clinical older patients as a safe and effective way to maintain and improve their physical well-being, both as an adjunct to therapy or in furtherance of a fitness program after the exit of physical therapy.

Assessing travel, a case in Finland, by Konu (2009), entitled *Roles of Motivation Factors in Predicting Tourists' Intentions to Make Wellbeing Holidays - A Finnish Case*. Seen that Self-development, Health and physical activity, Relaxation and escape, as something significant effect on a sightseeing trip. The aim of the study was to identify different motivational factors of potential tourists and to Determine Whether and what type of relationship exists Among the motivation factors and intention to make a wellbeing holiday. Results of the study support the hypothesis H1, H2 and H3 by showing that motivation Reviews These factors have a positive effect to the intention to make a trip wellbeing. However, there were no supports for hypothesis H4, H5, H6 and H7. In addition, results show that Nature has a significant negative influence to intention to make a trip wellbeing. Results show that motivation factors Health and physical activity, self development, and Relaxation and escape have positive influence to intention to make a trip wellbeing. The results provide information for assessing wellbeing tourism demand and management. It is important that wellbeing tourism businesses and service providers understand the motivations of the target Reviews their markets and then design Reviews their product and service offerings in harmony with the motivations.

Seen from these two theories, to be able to dissect the meaning of learning yoga through the travel. Existential phenomenological theory is useful to investigate individuals digging depth knowledge of yoga itself. Existential search for depth herself how I became "exist" in the world and could run yoga activities. While trying to answer andragogi adult learning, a concept which is run by the tourists. And learn techniques that are run to meet the needs of adults learning.

RESEARCH METHODOLOGY

Moedzakir (2007) types of qualitative research, is a research approach that is held in a natural setting, portray investigators as collecting data and information, using inductive analysis, and focuses on the meaning according partisipant viewpoint. Qualitative research can examine research with a variety of techniques, and field data from various sources. The data selection could be of words, information can a picture, can also use the narrative pattern. Natural setting needs to be there in this type of qualitative research, because with it, the will of the data description for the original context in the field.

The focus of phenomenological inquiry is what people experience in regard to some phenomenon or other and how they interpret Reviews those experiences. A phenomenological research study is a study that attempts to understand people's perceptions, perspectives and understandings of a particular situation (or phenomenon). Furthermore, this study using phenomenological method to explore the data to the informant.

To search for data in the field, collected using criteria of informants, (1) Foreign nationals who live in Ubud, Bali more than one year and attend a yoga and spiritual classes. (2) Foreign nationals who come to Ubud, Bali with the intention of Practising yoga at least two times during a short term stay. (3) Foreign nationals who have had training in and experience with physical and spiritual yoga yoga. (4) Foreign nationals who are beginning teachers of physical or spiritual yoga yoga. The shape of the phenomenology of data can be carried out on 10 participants, with consideration of the

results can be specific. Self-reflection is added and description of experience in the research context. And to complete the study used 7 informants who can provide a description of the problem. The 7 informant (Estee, Helene, Gypsi, Andrea, Michael, Marie-Laurie, Agnes).

DISCUSSION

Through travel, individuals can find a few things to hold onto in life. And add new experiences and knowledge also be increased. The tourists by immediately dissolving itself in yoga classes, to more deeply know what benefits are obtained.

Meaning of Yoga Learning

In the early observations of this study, the majority of informants mentioned actions in learning yoga, can make life meaningful flexible. Stiffness only makes each drop between one individual from each other. Flexible needed in physical and mental state, causing the man to move freely. If the body is not flexible, be heavy, even blood flow is not moving smoothly.

Reflection 1 (flexible)

Asana can affect the body's balance system, and the nervous system (mental health, focus and concentration). And this can make the body and mental being flexible. Agnes claimed her life may be more pronounced flexible under any circumstances. Usually I became restless, to the needs of the family, the need of career, the need for a husband. By learning yoga, I became more flexible to recognize my life.

The second reflection is pranayama yoga is one if the breath, which can clear the airways. Through the pores of the skin and breathing through the nose can stream with excellent filtration. For the health impact, tourists also chose a natural place, far from the state of pollution.

Reflection 2 (breath)

Can reduce the emotion, fear, anger. Andrea say, no one else who knows the depth of a person, other than himself. By knowing the inner self needs and breath continuing to learn self-healing. Helene also said to eliminate fear and anxiety, she continues to perform self-healing with pranayama or breathing.

Analysis of yoga makes exciting to continue learning. Breathing is the main activity of living beings. By making the airways become better, process, learning the right track to make individuals more courage to face the future. Quite surprising why breathing can make the reduction of fear, anxiety and emotions. This can be explained with a quiet breathing human being could think calm, and peace emotions, so that individuals can act rightly in life. By soft and long breathing, flowing around the energy of the universe inward, so that tourists can become addicted to do so for their life.

In general, the tourists traveling always wanted to get the freshness of the routine. Leiper (1995) Pitana (2005) clearly states "tourists can be defined in behavioral terms as persons who travel away from their normal residential region for a temporary period of at least one night, to the extent that Reviews their behavior Involves as search for leisure experiences from interactions with features or characteristics of places they choose to visit ". Moreover, it can be explained that tourism is also an object of study by the traveler who uses his time, knowing something new in the target area. Jafari (1977)

Pitana (2005) explains that the tourism academically as human action that traveled; "The study of man away from his usual habitat, of the industry the which responds to his needs, and the impacts that both he and the industry have on the host's sociocultural, economic and physical environments". To explain this, reflection 3 shows that the program is intended to place for healing and therapy.

Reflection 3 (healing and therapy)

Informants had worked in the field of tourism and industries that make stress but not anymore. Healing can cope with constant learning. Teaches about how to nourish themselves through therapy and movements. According to Michael, the movement sought to organs always work in humans. Movement in this activity, addressed to the kidney, which is located in the abdomen below the left and right. As the name implies yoga therapy is used to add smooth working of these organs. Movement begins with stretching-stretching that lead to kidney organ. Knees, then bowed his head as the relaxation of the back and spine. Then extended to the rear legs, hands touching the floor, the body is raised. Then sigh lowered body, the head and chest organs in the chest is raised so that there is smooth running of breath. Continue to be done repeatedly, and obviously can be practiced at home. Relaxation on the part of the foot is stretched out left leg forward and right leg back. For beginners existing muscle to be very sore knee. Exercise start with little using cork city (to help with hand so that the body does not fall to the floor, and also does not hurt). Which is felt of this movement is indeed in the lower abdomen, and kidneys. This synchronization is directing the movements of the kidney, the kidney for better facilities.

In general it can be analyzed learning program is healing and yoga therapy for physically and mentally healthy tourists. Organs can be run with good digestion. Clearly can help tourists adopt learning to value the quality of life in this world. The entire healing and yoga therapy programs help to expedite the physical and metaphysical in the body.

Restorative dictionary can be interpreted as strengthening or healing or refreshing. In essence movements on this program, participants are invited to feel the refreshment by and for itself. And then how he himself can heal itself.

Reflective 4 (restorative)

At poses program restorative learning that be demonstrated by instructor is how for example to sleep on her back, under the back contains bolster pillow, feet pressed together and feet met, Gypsy (2015) explain the purpose of this motion is to breath in the chest can flow relief. The breath flowing into the lungs drain well. In the respiratory form of the first example of how the breath in through your nose and out of breath through the mouth, enter through the mouth and out of the nose, and so did so on. The purpose of this breathing process of breath in order to be a good way on the side theroid (glands in the throat can function optimally). Continued movement for example by lying down and bolster pillows in addition to the program participants. Right foot raised on a pillow on the body to the left. While the left leg straight. Right arm and left arm straight, and so anything with a straight arm and right hand to the right side. So that the chest and head facing upwards, so that the chest breathing runs perfectly. Lastly restorative program ends with a sense of whether the changes themselves during the course of the program, changes that could strengthen itself, or which can be refreshing.

Findings reflection 4, almost similar to the way or method of healing. How to learn a traveler through restorative program, can bridge the body, mind, and spirit that exist in every individual. Restorative is a way of healing preventive facing individuals. Through this yoga movement; body, mind and spirit can be healthy. Learning of yoga also be a reference to the way of healing glands, skin, flesh, veins, bone, marrow. On this self learning, are how individuals should make the process and healing action itself.

Findings on reflection 5, advocating respect for the sources of universe. Kiegaard question "how do I become an individual?" Is answered by this reflection. Rotation of inner energy, is closely related to the velocity of the energy in the universe.

Reflection 5 (natural energy)

Estee, describes Intro to Yoga, Yin Yoga, Gentle Yoga. She said that the yoga was attracted to the turnaround energy in her. Because energy is so affected her that she is interested in the turnaround energy and the elements that influence in her life. Became interested in the turnaround energy learnings of yoga.

Can be analyzed, that travelers who learn yoga through travel, find oneself between the micro cosmos (Self) and macro cosmos (Universe). In the body requires an turnaround of energy, both fluids, nutrients, minerals and others. And this rotation causes the imbalance in the body's needs. Someone who can tell him (people) will apply properly to the environment. On Yin Yoga learning or Gentle Yoga makes rotation or quality of energy becomes more stable. Shows how the attitude of tourists to the quality of the behavior itself. Without ever harming others, even help individuals in terms of the energy turnaround.

Further study found the meaning of yoga, through your tour is the meaning of posture. It was found that the understanding of oneself becomes closer. Existentially, closer personally to know himself.

Reflective 6 (posture / asana)

How is yoga help your life? Helene Krainer count that yoga could be a health became better. Every day she could tell her body (to the inside) and a different course every day. State what is required by the body. When Helene in a state of stress for example in the work, she is considering and doing asanas that can help her out of confusion or find a way out the other. In essence, yoga can help the whole of her life.

On the meaning of gestures, there are interpretations of knowledge required by the body itself. By learning yoga makes the body fresh. Knowledge needs of the body can be seen. Nervous tension may be diluted by the process of yoga. One with asana (posture). Movement bending (yoga therapy, yin yoga, gentle yoga, or rapid movements (hatha yoga, power yoga) on learning yoga helped body cultivation. Especially be the freshness back. To live a learning yoga, the tourists have set up tools body flexibility, even yoga provided by the institution. In a demonstration to learn yoga, posture assisted with various tools. Provided rope, a few boxes, pillows, blankets, mattress.

Andragogy Learning Technique

Techniques learned a significant discussion on non-formal learning. Associated with travel, tourists are likely to see and understand the experience of its instructors through the promotion delivered, through the mass media. Learning techniques used in the various classes including yoga no demonstration techniques, practical learning techniques,

brainstorming, field schools, and others. In accordance with the "Experiential Learning Cycle" or the process of learning from experience. At least as the adult learning process, the role of participant and strongly supports the participation of individuals gaining knowledge enhancements. So this led to tourists tend to repeat learning, even want to add to the deepening of knowledge. And tourists want a practice that can be applied in the area of origin. The method used can be varied, to suit individual requirements.

Here are a reflection of informants, the instructors use the technique demonstration shows the movements of very large supporting learning.

Demonstration Technique

Conditions demonstration of the technique depends on the teacher, whether sympathetic or empathetic teacher against to student. Because according to Helene if the teacher is too hard, it will make students reluctant to learn more. If the teacher empathy and sympathetic to the circumstances of learners will make learning more. State condition also affects the learning yoga. Whether it is familiar or not. For example, in Canada it is suitable her do yoga lesson, somewhat different from the country Austria. And also in Bali. Body condition requiring different yoga techniques. When the body is in good shape, the state needs to do more routine movement for example power yoga. Movement strenuous enough power yoga are very energetic and able to sweat a lot. For example, require a person comfortable circumstances require different types of yoga and posture asana and pranayama, which means setting the breath subtle and profound.

Background of this reflection, demonstration of techniques to support learning. The role of the instructor was great to learners. Leisure learners, will be felt when the attitude of sympathetic instructor in processing yoga movements. Flexible or relaxation, and even the imposition of yoga on the learners will make learning becomes uncomfortable. So that the instructor must also understand the psychology of the participants. And a demonstration of learning technique allows tourists on the tropic region has a different technique with no tropic region. Region or place conditions greatly affect the activity of yoga. These conditions add to the different areas require different learning techniques, although the posture or to the same movement.

Practice Technique

On the findings of adult learning, has a different concept with kids. Maturity in adult learning becomes absolute. While learning the technique used is the technique practice. The tourists must often learn to practice yoga. Not only one day, it could be many years.

CONCLUSION

Meaning of yoga learning through a travel is to be able to search for self integrity and spiritual life. To meet it, then to the meaning of learning yoga, the tourists find various reflections in his life. Among them; (1) Flexible, the majority of informants mentioned actions in learning yoga, can make life meaningful flexible. Stiffness only makes each drop between one individual from each other. Flexible needed in physical and mental state, causing the man to move freely. Body and soul are not flexible, will not find integrity and good spiritual life. (2) Breathing, Pranayama is one of the yoga movement if the breath, which can clear the airways. Through breathing spiritual life grow better. (3) healing and yoga therapy, learning programs for the physically and mentally healthy tourists. Digestive organs and can run good. Clearly can help tourists learning to adopt

quality or integrity of life. (4) Restorative, a way of healing preventive facing individuals. Through this yoga; body, mind and spirit can be healthy. Learning yoga can also be a reference to the way of healing glands, skin, flesh, veins, bone, marrow. On this self learning, are how individuals should make the process and healing action itself. (5) natural energy, finding oneself among micro cosmos (Self) and macro cosmos (Universe). In the body requires an energy turnaround, both fluids, nutrients, minerals and others. And this rotation causes the imbalance in the body's needs. (6) posture, meaning posture, there are interpretations of knowledge required by the body itself. By learning yoga makes the body fresh. Knowledge needs of the body can be seen. Technique demonstration in favor of learning yoga. The role of the instructor was great to learners. Leisure learners, will be felt when the attitude of sympathetic instructor in processing yoga movements. Andragogi knowledge found in learning yoga through the travel. (2). On the findings of adult learning, has a different concept of pedagogy. Learning technique used is the technique of yoga practice. The tourists must often learn to practice yoga, even though he was in his country. ✍

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