

Historical Perspectives of Judo Development in West Java:

Review of the Athlete Performance

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Abstract—The aim of this study was to see the historical perspective of Judo development in West Java review of the athlete performance. The background of this research is because West Java Judo is one of the best provinces with Judo achievement in Indonesia. The performance or achievement of West Java athletes experienced a significant increase. This is evident from the gold medal achievement of each National Sports Week (PON) in which the West Java Judo Team has always gained a gold medal. PON is the most prestigious Multi event in Indonesia. Elite athletes in every Sports compete to get the best achievement. To get the best performance or achievement, there are several factors to note. The Factors to become the successful settlers of the achievement of athletes include: the development of physical conditions factor, mental factors, social factors, environmental factors, and the support factors of the government. This research used qualitative methods. Data taken from PON in 1996 to PON in 2016.

Keywords: *achievement, athlete performance, historical perspective, judo*

I. INTRODUCTION

Elite Sports are sports activities conducted and professionally managed with the aim of obtaining maximum achievement in the branch of the sport. In the Sport Law No 3 year 2005 about the national sport system of achievement sports is a sport that builds and sports a planned, level and sustainable sportsmen through competition to achieve achievements with Science and technology Support. Through the sport of achievement, then one can increase the of dignity, for himself, the family even for the nation [1]. Sports achievement is often used as a tool to make the pride of the state. Because through performance sports can scent the name of the nation and state, if the athlete can engrave high performance directly the pride of his country has also increased. An example is, badminton sports athletes who successfully present gold medals at the Olympics will feel proud, because not only him who is lifted his dignity but also a pride for the Indonesian nation. One of the pride of achievement sport in Indonesia for the national level is the success of athletes to present medals in Multi event national level or commonly called the National Sports Week (PON), an athlete will feel proud if it has been Won PON.

Sports achievements are Contributing medals on the PON is one of the forms for athletes to raise their self-esteem and the pride of their region, Judo is one of the sports branch that became the mainstay for the West in achieving medals at the time of PON, because Judo Often earn a gold medal to donate medals for the PON team in West Java. One of the successes of West Java Judo is to be the general champion on PON year 2016 in West Java, and is one of the sports that contributed greatly to take West Java to become general champion PON in 2016.

Achievement sports are sport activities conducted and professionally managed with the aim of obtaining optimal achievement on the sports branches. Athletes who pursue one particular branch to achieve achievement, ranging from local, national, and international level, have a requirement to have a fitness level and should have skills on one of the sports branches it holds Of course on average non-athletes.

To achieve high achievement is not an easy thing [2]. Many factors that affect a person to gain high achievement among them are factors, physical condition, technique, Mental, Tactics, family environment, social environment, culture and many more factors that can make a high achievement for an athlete [3]. In addition to the pre-expressed factor of an elite athlete is usually a good model to emulate or become role models in the community, it is because elite athletes have a tough mental and consistently make a habit New habits that will make them achieve their wishes.

Various physical and mental components contribute to the success of athletes in creating sports achievements, and success. It takes a variety of factors to come together and interact in the right way. Fitness of physical conditions and mental factors is also one of the defining factors of success from athletes ' achievements. In Japan, sports have become a sport already part of the culture [2]. The sports culture in Japan is already a part of life in Japan, can also the culture of the state of Japan affects the motives of Japanese people to exercise. Nowadays, people in Japan have felt a positive influence from exercising. The influence of sport from the West in Japan is no longer something strange, but it has become prevalent in the country of Japan, because of the influence of sports culture that

makes sports very enjoyable [4]. The development of sport is related to cultural policy [5].

Martial Sport is one of the sports branches that are very high in life philosophy. Many embodied philosophes inherent in the sports of martial arts can be applied and used in real life daily. The Art of martial arts is also seen as a physical and intellectual bidaya expression differentiated from physical activity that is normal for children to do such as seesaw or participate in the game along with the development of Time, all sectors become commercialized and become more specific, specialized and coordinated, this leads to traditional sports martial arts must conform to the times [6]. One of the forms of adjustment with the epoch was the sport of martial arts into competition. One of the branches of martial arts that many contain philosophy and philosophy that is useful for life is the judo sports.

Earlier research suggests the development of women athletes in judo sports West Java and has not demonstrated in the historical perspective of judo development in West Java [7], therefore in this study wanted to uncover how the development of Judo in West Java in Review from a historical perspective.

II. METHOD

In this study, using a qualitative analysis method is used more descriptive-analytic which means interpretation of the content, created and compiled systemic or thorough and systematic. This research uses a qualitative approach. The reason researchers use this approach is because of data that is holistic, complex, dynamic and full of kana. Therefore, less precise data on the social situation is obtained with a quantitative approach. The population and samples used are informant from the Judo environment in West Java, the informant in the select based characteristics of conformity with the necessary data: athletes, trainers, and managers. The informant, determined and assigned is not based on the amount required, but rather based on the function consideration and the role of the informant in accordance with the research limit. The sampling technique used is a snowball technique that starts from one longer and more. In this study, being an instrument was a researcher, so the researcher had to be in validation. Researchers as human over serve to establish the focus of research, choose the informant as a data source, analyze data, interpret the data and make conclusions on its findings . Researchers may use assistive devices to collect data such as recorders, tape videos or cameras. The data collection in this study was done on natural setting, primary data source, and more data collection techniques on observation participating, in-depth interviews and documentation. The observation was conducted by researchers to observe the activities of the informant during the training, day-time life and other activities that of informant to achieve achievement in the National Sports Week (PON) match. In addition, observation is used to determine the development of Judo sport in Indonesia. The interview was conducted to obtain information from the informant that has been determined by the question and answer process about the problem that the research focuses on. Then another step that is used is to search data from written data, it is recorded to support the data obtained in the field.

III. RESULTS AND DISCUSSION

The important thing we can learn from the West Java judo athletes is to become an elite athlete of judo athletes who excel takes their way of thinking and the things they focus on influencing how they feel, and the way they To feel the impact on their achievements. Winning a high achievement to scent the name of the nation, state or region, is one of the objectives of the athlete [8]. Sporting achievement is also one of the high investments to the interests of the state [9].

Sports achievements are carried out by professional athletes in every sports branch they are engaged in. The novice athletes mostly expect maximum achievement with good performance. The appearance of athletes can be determined by several factors, among others: technique, physical, Mental and tactics. Physical factors include, flexibility, speed, strength and endurance. For Mental factors or psychological factors include the motive of achievement, emotion, confident, self-esteem, responsibility, self-actualization etc. In addition to the above factors there are other factors that affect such anthropometric, nutrition, environmental factors, caretaker, club, government policy factors and hereditary factors.

One of the physiological responses that can help improve sports performance is by calculating the pulse, which is useful to get the "training zone" during our exercise. In conducting activities/exercises there will be some changes in physiology, among others, cardiac response, respiratory, other biochemical body.

Understanding how one's involvement in sports affects the psychic development, health, and psychical wellbeing. When associated with sports, especially performance sports, this notion clearly demonstrates that the performance of an athlete is influenced by various psychological factors. Both influence are positive in the sense of good appearance, as well as negative in the sense of appearance to be poor. It is a psychological factor, which is often called a psychic factor or mental factor. In the development of achievement Sports today, psychological factors have become one of the subjects in achieving optimal performance of athletes. The strange symptoms or phenomena of psychiatric behavior not only appear in athletes who are already in high performance but can also appear in athletes who are just beginning to Excel, it is always a study material for sports psychology science.

The motivation factor in achievement of a sports b is one of the important factors. The motivation is a psychic factor that is difficult to about the process in one's self. A person or athlete in a sports has a high motivation will be seen from his behavior to the achievement of the sports . It is also explained that, motivation alone is an invisible form in people and which we cannot observe directly. What can be observed is its behavior that is a result or manifestation of the motivation of the person.

There are many factors that influence an athlete's high performance [10]. One of the factors is: exercise dosage or exercise dose. But of course there are still many other factors that affect athletes ' achievements. Before the administration of the dose, it would be good to adhere to the results of the examination of physical freshness, and the results should be

made a handle in determining the next step in the examination of physical freshness Known to some components of physical freshness to determine the capacity of a person's maximum performance, consisting and several components associated with coaching achievement.

In creating elite athletes required Coaching [9], therefore the construction of the bottom level or club level is much needed to be considered, so that the day can produce an elite athlete that can be relied on by regional and state.

IV. CONCLUSION

The performance produced by Elite West Java athletes in every PON game is produced from the construction started from the Club, then continuously athletes participate in match matches from the local and national level. Factors factor that affects the success of athletes, among others, technical factors, physical, mental, and tactics. In addition, environmental factors also affect athletes to achieve good performance.

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