

Review of Physical Condition of Wrestling Athletes

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Abstract— The purpose of this research is to know the level of physical condition athletes wrestling PGSI Padang city. Type of this research is descriptive that involved 3 athletes instrument, which used a test of an endurance test with the bleep test, speed test with the test run of 30 meters, the power of the arm muscles by test push up, muscle strength back with back and leg dynamometer. Data analysis was done using descriptive statistics (frequency tabulations). The results showed that the overall average of wrestling athletes is medium. Therefore, there is needs to be improved by putting it into an exercise program that is structured and planned to produce a better physical condition again.

Keywords— *physical condition athletes wrestling PGSI Padang city*

I. INTRODUCTION

Development in the field of sports achievement is very important and good guidance is needed by each branch of sport in every district / city and province. The city of Padang always participates in regional and national level competition events in order to develop athletes' seeds.

Wrestling is a hard sport in which wrestling is very necessary in good physical condition. If you do not have good physical condition, then a wrestler will be easily exhausted when competing and will have an impact on the mastery of basic wrestling techniques that will have an effect on the athlete's achievement.

physical condition is a physical condition that includes all physical activities such as speed, agility, flexibility, strength, explosive power, and endurance "[1]. Components of physical conditions namely endurance, flexibility, agility, speed, balance and strength. Endurance is a person's ability to do certain activities without experiencing significant fatigue.

A wrestler must have good endurance because wrestling athletes are required to finish the match in one day with each class being competed.

"A wrestler is required to have good technique and excellent physical condition" [2]. Determination is the effectiveness of a person in controlling himself, to do all bodily activities with elongation as far as possible. A wrestling athlete who does not have the flexibility he will tend to be difficult to perform basic techniques in wrestling like slamming because he will look stiff.

Conversely, if someone has a good flexibility, he will be younger and more efficient in making movements and reduce the risk of injury.

Agility is the ability to change direction quickly without causing disruption to the balance. Speed is the ability to complete a distance with time as quickly as possible. In wrestling speed is very necessary in carrying out foot attacks, pulling hands and slamming is required to be fast so that the movement can not be read by opponents.

Balance is the ability to maintain the body when placed in various positions and maintain the center of gravity in the fulcrum, especially when in an upright position. In wrestling sports a balance is very necessary for the position of the horses so that they are not easily dropped by the opponent.

Judging from the observations of researchers in the 2014 Porprov wrestling match in Padang City, 25 athletes felt exhausted when competing, causing athletes to not have more energy when going to the next match, not only were they exhausted, researchers also saw rigid movements of athletes, causing athletes to difficulty in attacking during a match and not being able to control an opponent when under or in a rolled up position without any strength.

Based on the phenomena that occur in the field the researchers suspect that the physical condition of the athlete is not in accordance with the desired expectations, if this problem continues to be left it will affect the achievement of maximum achievement. For this reason, researchers are interested in conducting research to determine the level of physical condition possessed by PGSI wrestling athletes in Padang.

II. RESEARCH METHODOLOGY

This type of research is classified as descriptive research which aims to describe the state of the data as it is. The type of data needed in this study are primary and secondary data. This research was conducted by GOR H. Agus Salim. Population is a group of objects under study that has at least one characteristic in common from all its members [3]. The population in this study were all PGSI Padang wrestling athletes, amounting to 32 people.

[4] the population is all data that concerns us in a scope and time that we determine. The population in this study

are all PGSI Padang wrestling athletes, amounting to 32 people.

III. RESEARCH RESULTS AND DISCUSSION

1. Durability (VO2Max)

Table 1. VO₂Max Capabilities

Score	Frequency		Category
	Absolute	Relative	
>53	0	0	Very Good
43 – 52	0	0	Good
34 – 42	21	84 %	Average
25 – 33	4	16%	Poor
<23	0	0	Very Poor
Total	25	100 %	

From the above table, there are no athletes who score 23 and below in the low category, 21 people (84%) are in the score 34-42 (enough categories), 4 people (16%) are in the 25-33 category (medium category). These results indicate that the resistance in the medium category is lower than in the moderate category. And there are no athletes in the good category in the score 43-52 and high in the score 53 and above.

2. Running Speed of 30 Meters

Table 2. Running Speed of 30 Meters

Achievements/s	Frequency		Category
	Absolute	Relative	
3.58 – 3.91	0	0	Very Good
3.92 – 4.34	0	0	Good
4.35 – 4.72	2	8%	Average
4.73 – 5.11	7	28%	Poor
5.12 – 5.50	16	64%	Very Poor
Jumlah	25	100 %	

From the above table it can be seen that there are no athletes who are at a time of 3.58 - 3.91 seconds, and at a time of 3.92-4.34 with good classification, 2 people are at a time of 4.35-4.72 seconds by (8%). In the moderate classification, 7 people were in the time of 4.73-5.11 seconds (28%) in the less classification and 16 people were in the time of 5.12-5.50 seconds (64%) in the classification very less.

3. Arm Muscle Strength

7 athletes are in a score of 21 and below (28%) with very little calafication, 10 people are on a score of 27-37 (40%) with a less classification, 8 people are on a score of 38-53 (32%) with moderate classification, and no athlete who scored 54-69 was good, and there were no athletes who scored 70 or above with a very good classification.

4. Back Muscle Strength

there are no athletes who are in achievement (kg) at 52.50-76.00 and 52.00 up to the minimum number. 2 people have achievements (kg) 153.50 and above (8%) with excellent classification, 13 people have achievements (kg) 112.50-153.00 with (52%) with good classification,

and 10 people are with achievements (kg) 76.50-112.00 (40%) with a moderate classification.

1. Durability (VO2Max)

The ability of VO₂Max PGSI wrestling athletes in Padang City, 21 people (84%) were in the score 34-42 (enough category), 4 people (16%) were in the score 25 - 33 (medium category). These results indicate that the endurance of Padang City wrestling athletes is in the sufficient category. Which is in the category is enough 4 people. So the ability of VO₂Max in the wrestling PGSI Padang City is at intervals 34-42 with 21 athletes in the sufficient category. From the research data of endurance (VO₂Max) it looks not so good, even though endurance is very instrumental in wrestling. Lack of endurance may be caused by several factors, factors that affect endurance are women's cardiac function, circulatory system, metabolism, nervous system, the ability of organs and coordination of movements and motivation. But last but not least so that endurance can be possessed by an athlete well so that getting good endurance is with endurance exercises, endurance exercises can be done by various methods such as; training intervals, long-term methods, sprinting intervals and all forms of the same method aim to develop the VO₂Max ability of wrestling athletes.

Endurance is the ability now to do work in a relatively long time, which is to survive with breathing, heart and blood circulation. Endurance in question is the ability of the body to work for a long time with high intensity. Endurance is one of the most important elements of physical condition, the main goal of endurance training is to improve the work of the heart while increasing the work of the lungs and the circulatory system.

Even though VO₂Max wrestling PGSI Padang City is in the adequate category, athletes must maximize endurance training, because in wrestling very good physical conditions are needed, especially endurance that is very much contributing to the competition and training to win the match and can train with a long period of time. longer without feeling significant fatigue.

2. Strength

a. Arm muscle strength

Muscle strength (push up) wrestling PGSI Padang City. 7 people were on the score of 21 and below by (28%) 10 people were on the score 27-37 by (40%) with less classification, 8 people were on a score of 38-53 by (32%) with a moderate classification, and there were no athletes which is in the score 54 - 69 with a good classification, and is a score of 70 and above with a very good classification. Based on the information obtained from the trainer that the 9 people who were said to be lacking were because athletes rarely attended training, while the 3 people were said to be in the very good category because athletes were diligent in training, even though the trainers did not come they did independent training.

So the ability to push up the wrestling PGSI Padang City is at intervals of 38-53 with 9 athletes in the medium category. Arm strength of this arm is included in the type of isotonic strength (iso = equal, tonic = tension)

is often interpreted as dynamic strength in this strength of muscle or muscle fibers contracting short and elongated giving rise to observable movements [5].

Although the ability of the PGSI wrestling athlete in Padang City is in the medium category, athletes must be able to maximize training in order to have good arm muscle strength. If an athlete has good strength then the athlete is likely to win the match. For that reason, Padang City wrestling athletes must improve training in order to achieve maximum training and with maximum performance.

b. Back muscle strength

The back muscle strength of the wrestling athletes in PGSI Padang City 2 people were in achievement (kg) 153.50 and above (8%) with excellent classification, 13 people were in achievement (kg) 112.50-153.00 for (52%) with good classification, and 10 people were on achievement (kg) 76.50-112.00 (40%) with moderate classification. 2 people who are included in this very good category apart from athletes being diligent in training are also serious in carrying out training, so are the 13 people who are said to be good while 10 people who are included in this medium category, in addition to athletes less serious in carrying out training, athletes are also rarely present during the training schedule. So the back muscle strength of the wrestling PGSI Padang City is in the interval 112.50- 153.00 with the number of athletes 13 people in either category.

Although the back muscle strength of the Padang City wrestling PGSI athletes is in the good category, athletes must maximize strength training to be able to win the match, in order to achieve maximum results with maximum performance. To achieve maximum strength needed training that can increase the strength of back muscles, with free weight training or barbells that are able to increase the ability of back muscles.

3. Speed

Running speed of 30 meter wrestling athletes in PGSI Padang City, there were no athletes who were at the time of 3.92-4.34 with good classification, and 2 people were at 4.35-4.72 at (8%) seconds in moderate classification, 7 people were at a time 4.73-5.11 seconds is (28%) in the classification is less and 16 people are in the time of 5.12-5.50 seconds is (64%) in the classification is less, so the ability to run 30 meters wrestling PGSI Padang City is at intervals of 5.12 - 5.50 seconds with the number 16 athletes in the category of very less. Speed can be said to be good is to finish running 30 meters with the fastest time possible, athletes can be said to be good because wrestling athletes are diligent in carrying out more exercises - more often to increase stamina when physical exercise. While athletes who are in the category of lack of it because they rarely exercise, especially when training physical conditions.

The speed of 30 meters running at PGSI Padang wrestling is in the category of inadequate, for that athletes must further maximize speed training in the form of gradual training or sprint running. Technical mastery requires good speed so that the attacks carried out by wrestlers are not read by the opponent, for that it is

necessary to maximize training properly in order to achieve maximum performance with maximum results.

IV. CONCLUSIONS

Based on the results of research on "Overview of Physical Conditions of PGSI Padang Wrestling Athletes", the following conclusions can be drawn. Based on the results of the analysis and discussion, the following conclusions can be drawn:

1. The ability of VO2Max wrestling PGSI Padang City 21 people are in the moderate category, 16 people are in the Medium category.
2. The ability to run 30 meters wrestling PGSI Padang City 8 people are in the good category, 10 people are in the poor category and 7 people are in the category of very little.
3. Most of the PGSI wrestling athletes in Padang City 10 people are in the poor category, 8 people are in the moderate category and 7 people are in the category of very little.

Based on the conclusions above, the suggestions that the authors can give in this study are:

1. For coaches can provide exercises that can improve the ability of the athlete's physical condition.
2. For athletes to be able to pay attention and improve the ability of physical conditions, so that the ability along with techniques and tactics can be controlled properly.

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