

Evaluation of the Level of Physical Condition of the Center of Athletes Special Region of Yogyakarta

Rumpis Agus Sudarko^{1,*} Endang Rini Sukamti¹, Risti Nur Fadhilah¹

¹ Faculty of Sport Sciences, Universitas Negeri Yogyakarta, Yogyakarta, Indonesia

*Corresponding author. Email: rumpis@uny.ac.id

ABSTRACT

Each branch has different fitness component demands, so there needs to be data about the physical condition of athletes. This research aims to find out the physical condition of Puslatda PON 2015 Yogyakarta athletes. This type of research is descriptively quantitative. The method used is a survey with data retrieval techniques using tests and measurements. The population in this study was Puslatda PON 2020 Yogyakarta athletes who numbered 91 athletes with details of 39 male and 52 female athletes, which were taken using total sampling techniques. k. Data is obtained directly from KONI DIY data. Data analysis techniques use descriptive analysis in the form of percentages. Based on the results of the study, it can be concluded that; For women the category is very good with a percentage (0), both amount to 4 with a percentage of 7.69%, the category is quite 47 with a percentage of 90.39%, the less category amounted to 1 amounted to 1.92%. For men the category is very good with a percentage (0), the good category amounts to 0 with a percentage of 0%, the category is quite 27 with a percentage of 69.23%, the category less amounted to 12 amounted to 30.77%, and the category of less once amounted to 0 by 0%.

Keywords: Component, Formatting, Style, Styling, Insert

1. INTRODUCTION

High sporting achievement will not be separated from a long process and can not be achieved suddenly (instance) but there are many things that have an effect. For that special attention is needed, one of them is with the coaching of talented athletes applied in these areas. With the application of the coaching system, it will later form a quality training process that is expected to print the seeds of reliable athletes who are able to achieve achievements. Quality training itself will be determined by the presence of talented athletes, professional coaches, sponsors, and support from parents [1]. That is, that in achieving optimal achievements required hard work and good cooperation from all parties. The essence of sports is a physical activity that contains the nature of

The game and contains struggles against oneself or with others or confrontations with elements of nature. Sports include the style of matches, then the activity must be carried out with a spirit or sportsmanship spirit. In group sports encourage humans to compete against each other in an atmosphere of excitement and honesty. Sports give the possibility of mutual understanding and cause solidarity and selflessness.

Sports can also be used as a unifying tool. In addition, exercise can also make a person's body become healthy physically and spiritually which will eventually form a quality human being.

Given the importance of the role of sports in human life, as well as in the effort to participate in advancing quality Indonesian people, the Indonesian government conducts coaching and development in the field of sports, such as holding sports matches that are usually attended by sportsmen. To obtain a good level of health and fitness, it can be obtained with exercise that starts early through formal and non-formal education. Related to the sports coaching and development system, the Indonesian government formed a national organization, KONI, which houses various sports.

2. METHODS

The article in this study is descriptive research. [2] States that descriptive research is not intended to test a particular hypothesis, but simply describes "what it is"

about something variable, symptom or state". Theetode used in this research is a survey method with test and measurement techniques. According to [2], the survey method is a study that is usually done with many subjects, intended to gather opinions or information about the status of symptoms at the time of the study. Information obtained from survey research can be collected from the entire population and can also be from a portion of the population. The sample in this study amounted to 110 people

consisting of sports that qualified for the national sports week.

3. RESULTS

The results of this study are evaluation of the results of the components of physical conditions that will be explained in the table below:

Table 1. Distribution of Frequency and Percentage of Each Item of Male Athlete's Physical Ability

CATEGORY	SPRINT 30 Meter		SHOCKEN TEST		FLEXIBILITY		TRIPLE HOP TEST				VO2 MAX	
	f	%	f	%	f	%	Right		Left		f	%
							f	%	f	%		
Very well	0	0,00	3	6,52	37	80,43	0	0,00	0	0,00	0	0,00
Good	0	0,00	0	0,00	4	8,70	0	0,00	0	0,00	8	18,60
Enough	0	0,00	0	0,00	5	10,87	0	0,00	1	2,44	16	37,21
Not enough	0	0,00	30	65,22	0	0,00	20	47,62	20	48,78	5	11,63
Less once	43	100	13	28,26	0	0,00	22	52,38	20	48,78	14	32,56
Total	43	100	46	100	46	100	42	100	41	100	43	100

Table 2. Distribution of Frequency and Percentage of Each Item of Physical Ability of Female Athletes

CATEGORY	SPRINT 30 Meter		SHOCKEN TEST		FLEXIBILITY		TRIPLE HOP TEST				VO2 MAX	
	f	%	f	%	f	%	Right		Left		f	%
							f	%	f	%		
Very well	0	0,00	58	93,55	40	62,50	0	0,00	0	0,00	0	0,00
Good	0	0,00	0	0,00	21	32,81	1	1,64	1	1,72	7	12,07
Enough	0	0,00	0	0,00	3	4,69	0	0,00	1	1,72	19	32,76
Not enough	0	0,00	2	3,23	0	0,00	21	34,43	12	20,69	22	37,93
Less once	62	100	2	3,23	0	0,00	39	63,93	44	75,86	10	17,24
Total	62	100	62	100	64	100	61	100	58	100	58	100

The table above describes the distribution of frequencies related to the physical abilities of sons and daughters, from the basis of data analysis and discussion, it can be drawn conclusions, namely:

1. For women the category is very good with a percentage (0), both amount to 4 with a percentage of 7.69%, the category is quite 47 with a

percentage of 90.39%, the less category amounted to 1 amounted to 1.92%.

2. For men the category is very good with a percentage (0), the good category amounts to 0 with a percentage of 0%, the category is quite 27 with a percentage of 69.23%, the category less amounted to 12 amounted to 30.77%., and the category of less once amounted to 0 by 0%.

REFERENCES

- [1] Sukadiyanto. (2011). Pengantar Teori Metodologi Melatih Fisik. Yogyakarta: Fakultas ilmu Keloahragaan. Universitas Negeri Yogyakarta.
- [2] Suharsimi Arikunto. (2002). Manajemen Penelitian. Jakarta: Rineka Cipta..
- [3] Harsono. (1988). Coaching dan Aspek-aspek Psikologi dalam Coaching. Jakarta: PT. Dirjen Dikti P2LPT..
- [4] Bompa T. O. (1994). Total Training for Young Champions (Terjemahan). USA: Human Kinetics.