

# Overview of Mapping Products of Fish (Land), Sea and River in the Special Region of Yogyakarta Related to Ideal Physical Potential (Height and Weight) in Perspective of Potential Talented Athletes

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## ABSTRACT

This study aims to determine the support in the perspective of nutritional factors in the Special Region of Yogyakarta regarding the yield of fish, sea and river fish as a source of nutritional adequacy in reviewing and mapping the ideal physical potential of the leading athletes. Teenager in YOGYAKARTA. The research method in this study is the mixed method. Research data obtained from primary and secondary sources. Research subjects from secondary data are teenagers aged 15-16 years. The sampling technique in this research is purposive sampling. The results show that the quality of fishes can be classified as quite ideal, where the food elements of fish, sea and river fish are elements of fulfilling children's nutrition in optimal growth and development. The harmony of this data can be seen from the results of measuring the height and weight of children aged 15-16 years in YOGYAKARTA where the average male shows the results when converted to the overall growth and development table the average height and weight of boys is 166.85cm and 159.56 women so that both are classified as very good/ideal, because above the average age of 15-18 years, women average 147.9-149.8cm and men 153.4-161, 2cm. The condition of the weight of men 55.57kg and women 52.21kg, the growth table for ages 15-16 years, boys 57-61kg and women 52-54kg, then the overall condition of weight in men is still lacking (difference from the standard ideal weight conversion table of 1.43 kg) and in women it is classified as very ideal.

**Keywords:** Sea and River Fish, Physical Potential, Height, Body Weight.

## 1. INTRODUCTION

Sport is one of the potential activities that can elevate the degree of an area in terms of education, recreation and achievement. In relation to achievement sports, the achievement of sports achievements in a sport will be able to raise the degree of an area with the acquisition of its achievements. Talking about achievement, there are several influencing factors. There are several factors that influence success in achieving achievement in sports, including: Characteristics of athletes, characteristics of training and characteristics of the social.

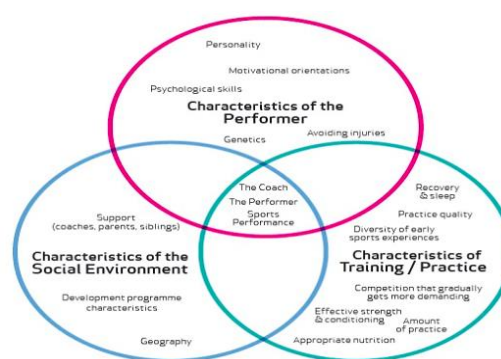


Figure 1. Factors influencing achievement

## 2. METHODS

The research method is a scientific activity that is

planned, structured, systematic, and has a specific purpose, both practical and theoretical. It is said to be a "scientific activity" because of research with aspects of science and theory. "Planned" because research must be planned by taking into account time, funds, and accessibility to places and data. The type of this research is a mixed method research that combines quantitative and qualitative patterns.

Mixed research is a research approach that combines qualitative research with quantitative research to solve research problems [1]. Mixed research is research that involves the use of quantitative and qualitative methods in one study where both methods provide a more complete understanding of research problems. The two opinions above are then reaffirmed by Sugiyono [2] which states that mixed research methods are research methods by combining two qualitative and quantitative research methods in a research activity so

that more comprehensive, valid, reliable and objective data will be obtained.

In this mixed method research, it refers to the mixed exploratory sequential design model, which is where the research begins with qualitative data collection and then continues with quantitative data collection. The purpose of collecting qualitative data in this first stage is to explore the existing phenomena first, then proceed with collecting quantitative data to explain the relationship between variables found in qualitative data (Creswell, 2011).

### 3. CONCLUSION

#### A. Condition of Presence/Number of Land Fish in YOGYAKARTA

TABLE 1. Total fish production (land) in yogyakarta region

County/City						
	General	Pond	Pond	Cage Pond	Floating Net	Rice Field
D.I. Yogyakarta	1602.60	2786.78	73775.98	43.93	2.62	266.29
Kulonprogo	770.60	2270.07	11184.69	0	0	0
Bantul	655.40	507.04	10586	0	0	0
Gunungkidul	0	9.67	9595.03	0	2.62	4.04
Sleman	173.10	0	42376.16	41.55	0	262.25
Yogyakarta	3.50	33.76	2.38	0	0	0

#### B. Physical Condition (Height and Weight) of Prominent Athletes in YOGYAKARTA

Team regarding anatomical conditions is the element of body posture, especially observing the condition of height and weight with the subject of talented athletes who are members of the selection of talented sports students aged 15-16 years.

##### a) Height Condition

From the point of view of the anatomical aspect of the overall height of the research subjects as many as 381 sons and daughters who are prospective talented athletes aged 15-16 years are presented in the following table.

Table 2. overall height

No.	Range	Height
1.	min	147
2.	max	183
3.	avarage	164,0182

Anthropometric and nutritional characteristics related to genetics, environment, socio-cultural conditions and lifestyle, health and functional status.

Anthropometry is an important tool in the assessment of geriatric nutrition used to evaluate the condition of body weight and obesity, both of which are important risk factors for severe disease and disability among the elderly [4]. Anthropometric measurements used to assess the elderly are usually easy to obtain and measure, and are non-invasive and inexpensive [4].

The main measurements are weight, height, thickness, and folds [4]. Anthropometry is the science of measurement and the art of application that defines the physical geometry, mass properties, and strength capabilities of the human body. It involves the systematic measurement of the physical properties of the human body, especially descriptors of the dimensions of body size and shape. Knowledge of body dimensions is essential for equipment and workplace designers. Anthropometric measurements are very important for the correct design of the work area. This research is still focused on anthropometric analysis in the perspective of height and weight.

Measurement of height will provide the necessary information such as relevant body measurements and provide an assessment of nutritional status, and a meaningful measure of determining basic energy needs, standardizing physical capacity measures and adjusting drug doses, evaluating child growth, prediction and standardization of physiological variables and identification of talents and others [5].

Taller people may have increased longevity, have a lower risk of adverse pregnancy outcomes and cardiovascular and respiratory disease, but have a significantly higher risk of some cancers and adult height on the other hand can also be significantly higher. affect success in sports [5].

The quality of fishery products, fish (land), rivers and seas can be classified as quite ideal, where the food element is related to the adequacy of nutrition from fish, fish (land), rivers and the sea as an element of fulfilling children's nutrition in optimal growth and development. The alignment of this data can be seen from the results of measuring the height and weight of children aged 15-16 years in the Special Region of Yogyakarta where the average in boys shows the results when converted to the overall growth and development table the average height and weight in boys 166.85cm and female 159.56 so that both male and female are classified as very good/ideal, because above the average age of 15-18 years, the average female is 147.9-149.8cm and the male is 153.4 - 161.2cm. The condition of the weight of men 55.57kg and women 52.21kg, when converted to the growth table for ages 15-16 years, boys 57-61kg and women 52-54kg, then the overall condition of weight in men is still lacking (difference from the standard ideal weight conversion table of 1.43 kg) and in women it is classified as very ideal.

Broadly speaking, based on the results of research and discussions that have been raised, it can be concluded that a review of the mapping of fishery, fish (land), rivers and seas related to anatomically physical elements (height and weight) in the perspective of leading sports is very possible. This can be interpreted related to the perspective of nutritional adequacy of fishery, fish (land), rivers and seas in YOGYAKARTA which are also profitable

and the results of studies from an anatomical physical point of view, especially the ideal height and weight of talented athletes (apart from specific characteristics of the sport) are qualified.

However, this will be even more perfect if synergies are established in other supporting aspects such as preparation in talent scouting, pre-training process, training process and evaluation of the training process while adhering to the law or training principles that have been determined in order to achieve maximum training goals and achieve maximum performance.

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