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ANALYSIS OF PHYSICAL CONDITION OF ATHLETES PORDA BEKASI CITY IN 2016

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Abstract

This research is aimed to determine and analyze the physical condition of athletes PORDA Bekasi City in 2016, and evaluate the results of the physical training given by sports coaches. The method of the research is descriptive with test and measurement. The research population is all athletes PORDA in Bekasi City with totaling 576 athletes (42 sports). The research samples are used incidental sampling; the athletes who come during test execution. The total sample of 258 athletes (25 sports). The results showed that the physical condition of athletes PORDA Bekasi City in 2016 as a excellent category is nol athlete (0%), as a very good category are 14 athletes (5.4%), as a good category are 173 atheletes (67.1%), as a fair category are 71 atheletes (27.5%), and as a poor category nol athlete (0%). This results showed that physical exercise athletes PORDA Bekasi City is not optimal. So, to produce optimal achievement need to increase physical training of at least 5-14 times/week with recovery minimum 8 hours/day, the coach needs to revise their physical training program to correct the results of physical tests, and physical tests need to be done periodic every 3 months to review the improvement of training results.

Keywords: physical condition, athletes PORDA Bekasi City

INTRODUCTION

Sporting achievements is the actualization of the accumulated results of the exercise are displayed according to the athlete's capabilities. High or maximum achievement can be realized when includes all the elements that support achievement, should not only emphasize on one element only. That is, to achieve maximum performance, there are four components that must be trained on the athlete's physical, technical, tactical, and mental. The four components are interrelated, and if one is not trained for the maximum performance will be difficult to accomplish. To achieve maximum performance, athletes must train hard and diligently. Therefore, the training can be performed well, then the coach must know the ways of the fourth train components. Success in any arena is usually the result of planing, hadwork, and commitment, and athletic training is no exception. All succesful have followed a well-design, long term training program over several years (Bompa & Carrera, 2015: 1).

And then, training is one of the key achievement of the individual, therefore, should training be implemented as well as possible. That is, the coach is expected to provide services in accordance with the standards/size of existing professionals. The most basic grounding in teaching is a physical condition. Many PORDA KONI Bekasi have the appropriate license hierarchically, and no doubt that they certainly can provide a wide range of exercises.

Physical training is training activities systematically, in the long term be increased gradually and individually devoted to the formation of human physiological and psychological functions to meet the demands of the game. In physical exercise, its implementation is more focused on the process of coaching athletes overall physical condition, and is one of the main and foremost factor that should be considered as a necessary element in the training process in order to achieve the highest achievement. The ultimate goal is to improve the functional potential of athletes and develop the ability biomotor to the highest degree. This is in accordance with Johansyah Lubis (2013: 11) states the main purpose of the exercise is to improve the performance of athletes. In conclusion, physical exercise is repetitive and progressive process in developing biomotor ability to achieve the desired targets.

Quality is determined by basic physical fitness level of energy and muscle fitness. Fitness energy systems include both aerobic and anaerobic lactic and alactic. While, muscle fitness is a state of all components biomotor include; *endurance, strenght, speed, power, agility*, balance, and coordination. Related to the above, Bompa (1999: 5) sates sport-specific develoment improves absolute and relative strength, muscle mass and elasticity, specific strength (power or muscular endurance) according to the sport's requirements, movement and reaction time, and coordination and suppleness. this training creates the ability to perform all movesments, especially those required by the sport, with ease and smoothness.

In any process of physical training, trainingis always oriented to improve the physical quality of basic general and complete. The success of a coach in physical training is the physical improvement before and after being given treatment. Improving the ability of the athlete is usually measured through test and measurement. However, there are many coaches who just guessing only that athletes have increased without measured scientifically.

The benefits of tests and physical measurements of athletes include: (1) help coaches to assess athletes, (2) help coaches objectively to measure the progress of the exercise, (3) assist coaches in determining success in achieving its intended purpose, (4) assist coaches in assessing different methods of physical training, (5) as a tool to determine the physical achievement of athletes who stand out, (6) help coaches for grouping athletes for training purposes, and (7) allows coaches to evaluate themselves in the process of effective training.

To determine the success of these methods, we need a physical test. KONI Bekasi City conduct physical tests simultaneously. This is done to see the extent of the athletes PORTA KONI Bekasi in preparation to PORTA XII in 2018 in Bogor. So, this research is aimed to determine and analyze the physical condition of athletes PORTA Bekasi City in 2016, and evaluate the results of the physical training given by sports coaches.

METHOD

The method of the research is descriptive with test and measurement. The study design is all the processes required in the planning and execution of research (Suchman, 1967; Nazir, 2011: 84). The research population is all athletes PORTA in Bekasi City with totaling 576 athletes (42 sports). The research samples are used incidental sampling; the athletes who come

during test execution. The total sample of 258 athletes (25 sports), consists of: athletics, motor racing, cycling, weightlifting, shooting, climbing, paragliding, diving, roller skates, fencing, karate, wrestling, judo, Muaythai, tarung derajat, taekwondo, wushu, boxing, badminton, basketball, cricket, futsal, petanque , soccer, and chess.

The research instrument is a tool that is selected and used in the gathering of data for these activities to be systematic and easy (Suharsimi Arikunto, 2007: 101). The physical fitness test is given consists of 14 kinds of standard tests, include: (1) flexion of trunk test, (2) standing broad jump test, (3) two hand medicine ball throwing test, (4) sit and reach test, (5) sit and reach test, (6) sit and reach test, (7) sit and reach test, (8) sit and reach test, (9) sit and reach test, (10) sit and reach test, (11) sit and reach test, (12) sit and reach test, (13) sit and reach test, (14) sit and reach test.

using kolmogrov-Smirnov test, the test criteria as follows: (1) Significant > 0.05 , then the normal data distribution, and (2) significant < 0.05 , then the data is not normally distributed. The result of the calculation shows significant value more than > 0.05 . So, the data of each test are normal distribution.

Discussed the physical condition of athletes based on group types of sports: (1) sports measurable such as; athletics, motor racing, cycling, weightlifting, shooting, climbing, paragliding, diving, roller skates, (2) sports combat such as; fencing, karate, wrestling, judo, muaythai, tarung derajat, taekwondo, wushu, boxing, and (3) sports games such as; badminton, basketball, cricket, futsal, petanque, soccer, and chess. The percentage athletes based on group types of sports can be seen in table 19.

Table 2. Physical condition of athletes PORDA Bekasi City based on group types of sports

Score	sports measurable		sports combat		sports games		Category
	quantity	percent (%)	quantity	percent (%)	quantity	percent (%)	
5	0	0	0	0	0	0	Excellent
4	5	5.5	8	10.3	1	1.1	Very good
3	51	56.7	55	70.5	66	73.3	Good
2	34	37.8	15	19.2	23	25.6	Fair
1	0	0	0	0	0	0	Poor
Total	90	100	78	100	90	100	

The results showed that the average physical condition based on group types sports measurable in good category (56.7 %), the average physical condition based on group types sports combat in good category (70.5%), and the average physical condition based on group types sports games in good category (73.3%). As for details of the complete data can be seen in the following table.

Sports Measurable

Tabel 3. Physical condition of athletes PORDA Bekasi City based on group types of sportsmeasurable

Score	athletics		motor racing		cycling		weightlifting		shooting		climbing		paragliding		diving		roller skates		category
	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	
5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Excellent
4	2	66.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3	1	33.3	6	54.5	7	87.5	12	46.2	1	33.3	5	71.4	2	50	6	75	11	55	Very good
2	0	0	5	45.5	1	12.5	14	53.8	2	66.7	0	0	2	50	2	25	8	40	Good
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Fair
Total	3	100	11	100	8	100	26	100	3	100	7	100	4	100	8	100	20	100	Poor

Results above shows that the average: (1) sport of athletics is very good category, (2) sport of motor racing, cycling, climbing, diving, and roller skates are good categories, (3) sports of weightlifting and shooting is fair category, and (4) sport of paragliding in the category of good and fair (50%).

Sports combat

Tabel 4. Physical condition of athletes PORDA Bekasi City based on group types of sports combat

Score	FENCING		KARATE		WRERSTUNG		JUDO		MUAYTHAI		TARUNG DRAJAT		TAEKWONDO		WUSHU		BOXING		category
	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	
5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Excellent
4	1	10.0	4	22.2	0	0	3	37.5	0	0	0	0	0	0	0	0	0	0	Very good
3	8	80.0	14	77.8	3	60	5	62.5	5	83.3	4	44.4	6	54.5	2	66.7	8	100	Good
2	1	10.0	0	0	2	40	0	0	1	16.7	5	55.6	5	45.5	1	33.3	0	0	Fair
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Poor
Total	10	100	18	100	5	100	8	100	6	100	9	100	11	100	3	100	8	100	

Results above shows that the average: (1) sport of tarung drajat fair category, and (2) sport of fencing, karate, wrestling, judo, muaythai, taekwondo, wushu, and boxing are good categories.

Sports games

Tabel 5. Physical condition of athletes PORDA Bekasi City based on group types of sports games

Score	BADMINTON		BASKETBALL		CRICKET		FUTSAL		PETANQUE		SOCCER		CHESS		category
	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	Q	%	
5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Excellent
4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Very good
3	4	40.0	8	100	17	65.4	12	80	5	50	20	100	0	0	Good
2	6	60.0	0	0	8	30.8	3	20	5	50	0	0	1	100	Fair
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Poor
Total	10	100	8	100	26	100	15	100	10	100	20	100	1	100	

Results above shows that the average: (1) sport of basketball, cricket, futsal, soccer are good categories, (2) sports of badminton and chess are fair categories, and (3) sport of petanque in the category of good and fair (50%).

Furthermore, it can be seen the overall physical condition of athletes PORDA Bekasi City are presented in table 20 below.

Tabel 6. Overall physical condition of athletes PORDA Bekasi City

Score	quantity	Percent %	Category
5	0	0	Excellent
4	14	5.4	Very good
3	173	67.1	Good
2	71	27.5	Fair
1	0	0	Poor
Total	258	100	

The results showed that the physical condition of athletes PORDA Bekasi City in 2016 as a excellent category is nol athlete (0%), as a very good category are 14 athletes (5.4%), as a good category are 173 atheletes (67.1%), as a fair category are 71 atheletes (27.5%), and as a poor category nol athlete (0%). This results showed that physical exercise athletes PORDA Bekasi City is not optimal. Another thing that affects the physical fitness of athletes in addition to continuous physical training is adequate rest periods, balanced nutrition, and et al.

CONCLUSION AND SUGGESTION

The results showed that the physical condition of athletes PORDA Bekasi City in 2016 as a excellent category is nol athlete (0%), as a very good category are 14 athletes (5.4%), as a good category are 173 atheletes (67.1%), as a fair category are 71 atheletes (27.5%), and as a poor category nol athlete (0%). Suggestion which can be given coaches need to increase physical activity of at least 5-14 times/week with a minimum recovery of 8 hours/day, coaches need to revise their physical training program to improve the results of physical tests, and physical tests need to be done periodically every three months to review the improvement in outcomes training to produce optimal achievement.

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