

Physical Condition Study Of Football Players At SMP Negeri 20 Kerinci

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ABSTRACT

This study aims to determine the physical condition of football players at SMP Negeri 20 Kerinci. The research method used in this study uses a quantitative method with a descriptive research type. This descriptive study analyzes and describes the physical condition of football players at SMP Negeri 20 Kerinci. Participants in this study were 35 players who represented the population. The results of the study found that out of 35 football players at SMP Negeri 20 Kerinci who had physical conditions, only 2 people (5.71%) were in the very good category and 10 people (28.57%) were in the good category. 9 people (25.71%) were in the moderate category, 13 people (37.14%) were in the poor category, 1 person (2.86%) was in the very poor category. This means that most players do not have good physical conditions. As a player or athlete, it is important to have good physical conditions so that performance during the match is optimal.

Keywords: Physical Condition of Football Players

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INTRODUCTION

Sports are activities that are needed by someone, by exercising people get physical fitness, fresh thoughts and achieve in their work so that they can increase work productivity. On the other hand, sports can also be used as a competition to compete in delivering an achievement as a form of maintaining achievements both individually, in groups and in the country of origin. In Law No. 3 of 2005, article 1 paragraph 4 states that "Sports are all systematic activities to encourage, foster and develop physical, spiritual and social potential". And in Article 4 it states the objectives of national sports, namely: "national sports aim to maintain and improve health and physical fitness, human quality, instill moral values and noble morals, sportsmanship, discipline, strengthen and foster national unity and integrity, strengthen national defense, and raise the dignity, dignity, and honor of the nation".

To overcome the challenges or pressures that occur on the field requires someone to have several abilities, such as the ability to master techniques, tactics, good mentality, and no less important is the ability of physical condition. Almost all sports require physical condition, such as in the game of football the demand for physical condition, both in general and specifically is very important.

According to the Ministry of National Education (2000:102) explains that the definition of general physical condition is "a basic ability to develop body performance which includes components, endurance, speed, agility and flexibility. Likewise with the football players of SMP Negeri 20 Kerinci. The physical condition or physical readiness of the football players is a basic ability to develop body performance which includes components of endurance, speed, agility and flexibility. This means that a person must have a general physical condition so that the special demands of a sport can be developed.

Good physical condition and good technical mastery can make a significant contribution to having the ability to play football. But it needs to be investigated further by football experts in the country. Good physical condition without being supported by mastery of playing techniques, good tactics and good mentality, then the achievements that will be achieved cannot run in balance. Likewise, conversely, having poor conditions but good techniques, tactics and mentality also do not support the achievement of achievements. For that, good coaching is needed in this branch of football as early as possible to achieve targets at certain events so that peak achievements can be displayed as well as possible.

1.1. Football Game

Football is a team game played by two teams, each team consisting of eleven players including the goalkeeper. Football consists of 11 players (Luxbcher 2010:1). Almost all games are played with foot, body and head skills to play the ball. However, in order to play good football, guidance and direction are needed on basic techniques and football playing skills. Football is a very popular sport in the world and this sport is very easy to understand. On May 21, 1904, the world football federation was established, abbreviated as FIFA (Federation International The Football Association). And in Indonesia, the organization that oversees football is PSSI (All Indonesia Football Association). PSSI was established on April 19, 1930. The game of football is played by two teams, each team consisting of 11 players including the goalkeeper. The game of football is led by a referee and assisted by two linesmen. The duration of the game of football is 2 x 45 minutes with a 15-minute break, the playing field is rectangular, the length must not be more than 120 meters and must not be less than 90 meters, while the width must not be more than 90 meters and must not be less than 45 meters (in international matches the length of the field must not be more than 110 meters and must not be less than 100 meters, while the width must not be more than 75 meters and must not be less than 64 meters).

This is in accordance with what is said that to achieve good teamwork, players are needed who can master all parts and various basic techniques and skills of playing football, so that they can play the ball in all positions and situations quickly, precisely, and carefully, meaning not wasting energy and time. In line with this opinion, Sucipto, et al. (2000:17) said that to play football well, players are equipped with good basic techniques. Players who have good basic techniques tend to be able to play football well too.

Football playing techniques consist of two types, namely: 1) Techniques without the ball, and 2) Techniques with the ball (Sukatamsi, 1984:34). Techniques without the ball are all movements without the ball, consisting of: sprinting and changing direction, jumping, feints without the ball, and special movements for goalkeepers. While movements with the ball consist of kicking the ball, receiving the ball, dribbling the ball, heading the ball, grabbing the ball and others. Techniques with the ball are all movements with the ball. In football, techniques with the ball consist of kicking the ball, receiving the ball (stopping the ball and controlling the ball), dribbling the ball, heading the ball, throwing the ball, feints with the ball, seizing or grabbing the ball, and special goalkeeper techniques.

1.2. Physical Condition

According to Irawadi (2010:1) explains "physical condition consists of two elements of words, namely condition and physical. In the Indonesian dictionary, the word condition is interpreted as a temporary state, physical means physical or body, so physical condition is the state of the body". When associated with health, physical condition is interpreted as the body's ability to carry out activities within a certain period of time. According to Syafruddin (2011:64) "Condition comes from the word condition (Latin) which means state.

The elements of physical condition required for football players are as follows:

a. Endurance

According to Irawadi (2010:28) explains "endurance is the ability to work with a certain intensity in a fairly long period of time without excessive fatigue". Endurance is one of the biomotor components that is very much needed in physical activity and one of the most important components of physical fitness. Endurance is defined as the time to endure, namely the length of time a person does work intensity or is far from fatigue (Arsil, 1999:19). Based on this understanding, it can be concluded that endurance is the ability of an individual to do work repeatedly in a certain period or time or the ability to withstand fatigue in a physical activity.

b. Speed

According to Ismaryati (2008:57) when viewed from the movement system, speed is "the basic ability of the mobility of the central nervous system and muscle devices to display movements at a certain speed". Meanwhile, Harsono (1998:216) said that "speed is the ability to perform similar movements in succession in the shortest possible time, or the ability to cover a distance in the shortest possible time.

c. Agility

According to Ismaryati (2008:41) "agility is a requirement for learning and improving motor skills and sports techniques, especially movements that require motor coordination. While Cholik Mutohir et al. (2004:121) said agility is "a person's ability to change direction or position, speed is an important element in agility. In addition, good coordination is needed".

d. Flexibility

Flexibility is the body's ability to perform exercises with large or wide amplitude of movement, in other words, flexibility is the ability of the wrist/joint to be able to perform movements in all directions optimally, another term for flexibility is suppleness or flexsibility. Flexibility is one of the elements of physical condition that determines learning movement skills, preventing injury, developing strength, speed, endurance and coordination abilities. Arsil (1999:58).

METHOD

This type of research is descriptive, according to Yusuf (2005:83) descriptive research is "one type of research that aims to describe systematically, factually and accurately the facts and characteristics of a particular population or tries to describe the phenomenon in detail". Thus this study aims to reveal the ability of the Physical Condition of Football

Players at SMP Negeri 20 Kerinci.

2.1 Participants

In this study, the research sample is According to Suharsini Arikunto (1997: 109) "Sample is a representative of the population. Given the relatively small population, the sampling technique in this study uses total sampling, where all SMP Negeri 20 Kerinci Football players are used as samples. The number of samples in this study is 35 people.

2.2 Research Design

Given the relatively small population, the sampling technique in this study used total sampling, where all football players of SMP Negeri 20 Kerinci were used as samples. The number of samples in this study was 35 people.

2.3 Instruments

The instruments used in this study were tests, consisting of a VO2 max running test to measure aerobic endurance, a 50-meter running test to measure sprint speed, a Dodging Run test to measure agility, and a Sit and Reach Test (Torso and hip joints) to measure flexibility .

2.4 Procedures

This study begins with the preparation of a proposal that includes the background of the problem, research objectives, problem formulation, and literature review. related to the physical condition of the SMP Negeri 20 Kerinci football players is not optimal, This study will also identify the following factors: there are several factors that can cause the low physical condition of SMP Negeri 20 Kerinci football players. To find out what causes the problem, the identification of the problem is presented as follows: Endurance, Speed, Agility, Flexibility, Strength, Explosive power, Coordination, Balance. The population in this study is Given that the population is relatively small, the sampling technique in this study uses total sampling, where all SMP Negeri 20 Kerinci football players are used as samples. The number of samples in this study is 35 people.

2.5 Data Analysis

After the data results in the field are collected, data management is carried out based on the data collected and has met the requirements for analysis. Data analysis techniques are carried out using descriptive methods that use frequency and average tabulations and are assisted by a computer program with the following formula:

$$P = F/N \times 100\%$$

Information:

P = Percentage

F = Frequency

N = Number of Samples

RESULTS

Based on the results of data on physical condition data from 35 football players of SMP Negeri 20 Krinci, it can be said that most players do not have good physical condition. This can be seen from the distribution of the average score grouping in groups using a scale of 5, namely 20 players were found to have physical condition ability scores below the average group. This means that more than half of the number of players sampled in this study need to improve their physical condition abilities, namely through training. The results of the study showed that the average player experienced less than optimal physical conditions, each category is endurance, Speed, Agility, Flexibility, then a picture of the overall Physical Condition. This can be seen in the following table:

3.1 Tables

Table 1.

Distribution of Data Results on the Endurance of Football Players at SMP Negeri 20 Kerinci

Category	Interval Class	Absolute Frequency	Relative Frequency
Very well	> 39.2	3	8.57
Good	35.7 – 39.2	7	20
Currently	32.1 – 35.6	15	42.86
Not enough	28.6 – 32.0	7	20
Less than once	< 28.6	3	8.57
Amount		35	100

Source: Primary Data

Based on Table 1 above, it is clear that the football players of SMP Negeri 20 Kerinci who have endurance in the very good category are 3 people (8.57%), the good category was found 7 people (20%) and the moderate category was 15 people (42.86%). Furthermore, for the less category, there are 7 people (20%) and those who have endurance in the very less category are 3 people (8.57%).

Table 2.

Distribution of Speed Data Results of Football Players at SMP Negeri 20 Kerinci

Category	Interval Class	Absolute Frequency	Relative Frequency
Very well	< 5.12	0	0
Good	5.12 – 6.04	11	31.43
Currently	6.05 – 6.97	16	54.29

Not enough	6.98 – 7.91	5	14.29
Less than once	> 7.91	3	8.57
Amount		35	100

Source: Primary Data

Based on Table 2 above, it can be concluded that out of 35 football players of SMP Negeri 20 Kerinci, there is not a single player who has the speed in the very good category, for the good category there are 11 people (31.43%) and the moderate category is 16 people (54.29%). Furthermore, for the less category, 5 people (14.29%) were found and the very less category is 3 people (8.57%).

Table 3 .

Frequency Distribution of Agility Categories of Football Players at SMP Negeri 20 Kerinci

Category	Interval Class	Absolute Frequency	Relative Frequency
Very well	< 21.71	3	8.57
Good	21.71 – 23.72	9	25.71
Currently	23.73 – 25.73	12	34.29
Not enough	25.74 – 27.75	8	22.86
Less than once	> 27.75	3	8.57
Amount		35	100

Referring to Table 3 above, out of 35 football players of SMP Negeri 20 Kerinci, those who have agility in the very good category are 3 people (8.57%), agility in the good category was found in 9 people (25.71%), and for the moderate category, there were 12 people (34.29%). Furthermore, football players of SMP Negeri 20 Kerinci who have agility in the less category were 8 people (22.86%).

Table 4 .

Frequency Distribution of Flexibility Categories of Football Players at SMP Negeri 20 Kerinci

Category	Interval Class	Absolute Frequency	Relative Frequency
Very well	> 21.9	5	14.29
Good	16.0 – 21.9	3	8.57
Currently	10.1 – 15.9	16	45.71
Not enough	4.3 – 10.0	11	31.43
Less than once	< 4.3	0	0
Amount		35	100

Based on Table 4 above, it is clear that the football players of SMP Negeri 20 Kerinci who have flexibility in the very good category are 5 people (14.29%), the good category is 3 people (8.57%) and the moderate category is 16 people (45.71%). Furthermore, for the less category, there are 11 people (31.43%) and the flexibility for the very less category is not a single player who has it.

Table 5 .

Frequency Distribution of Physical Condition Categories of Football Players at SMP Negeri 20 Kerinci

Category	Interval Class	Absolute Frequency	Relative Frequency
Very well	> 57.53	2	5.71
Good	52.51 – 57.53	10	28.57
Currently	47.49 – 52.50	9	25.71
Not enough	42.47 – 47.48	13	37.14
Less than once	< 42.47	1	2.86
Amount		35	100

Based on Table 5, it is clear that the football players of SMP Negeri 20 Kerinci who have physical conditions in the very good category are 2 people (5.71 %), the good category is 10 people (28.57 %) and the moderate category is 9 people (25.71 %). Furthermore, for the less category, there are 13 people (37.14 %) and only 1 person has a physical condition in the very less category (2.86 %).

Based on the results of data on physical condition data from 35 football players of SMP Negeri 20 Krinci, it can be said that most of the players do not have good physical condition. This can be seen from the distribution of the average score

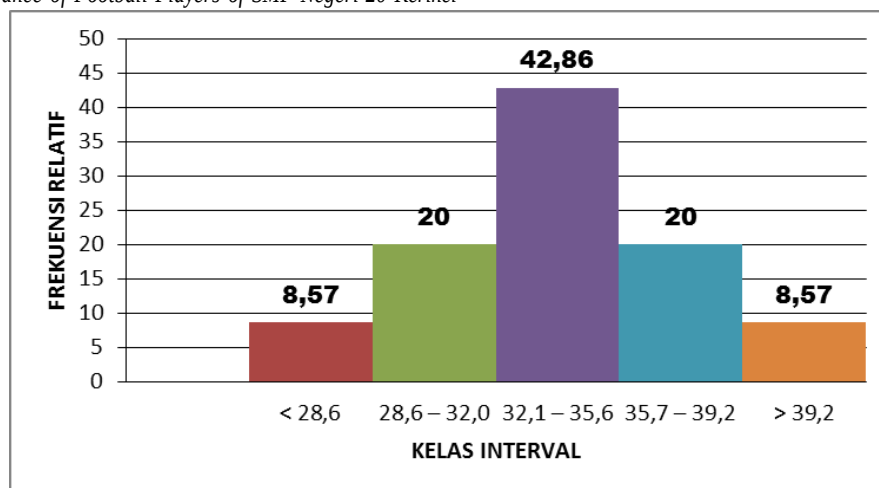
grouping in the group using a scale of 5, namely that 20 players had a physical condition ability score below the average group. This means that more than half of the number of players sampled in this study need to improve their physical condition abilities, namely through training.

Players who do not have good physical condition, especially those with very low physical condition such as Okri Anta Sabandra, Andiki Febriandi, and Unang Saputra, must be more active and diligent in carrying out training, especially the dominant components needed in the game of football that were examined in this study, namely endurance, speed, agility and flexibility .

3.2. Figures

Figure.1.

Histogram of Endurance of Football Players of SMP Negeri 20 Kerinci

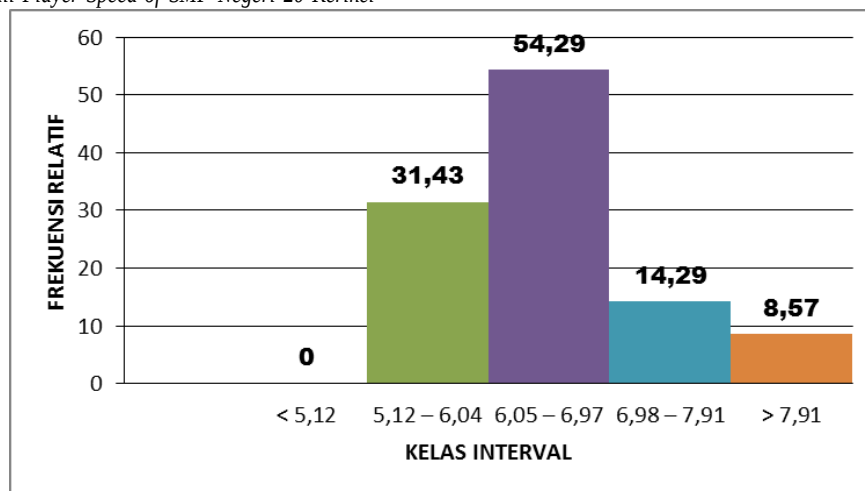


Note: The figure demonstrates the result data

Based on the description of the results of aerobic endurance data from 35 football players from SMP Negeri 20 Kerinci, the data obtained shows that players who have endurance above the average group score are 16 people (45.71%), in the average group score, only 1 person (2.86%) of football players from SMP Negeri 20 Kerinci has it and football players who have scores below the average group score are 18 people (51.43%).

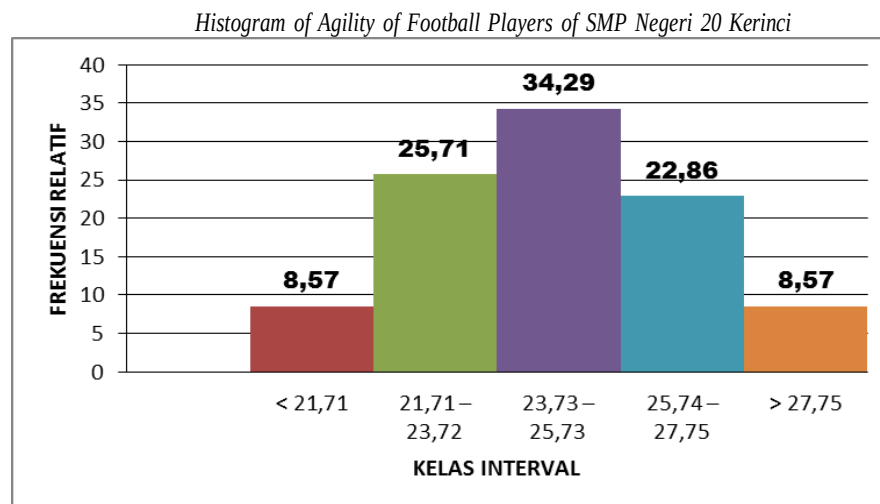
Figure.2.

Histogram of Football Player Speed of SMP Negeri 20 Kerinci



Based on the description of the results of the speed data of the football players of SMP Negeri 20 Kerinci from 35 people, the data obtained was that those who had a speed above the average group score were 17 people (48.57%), and there was not a single player who had a score in the average group score, while for scores below the average group score there were 18 people (51.43%).

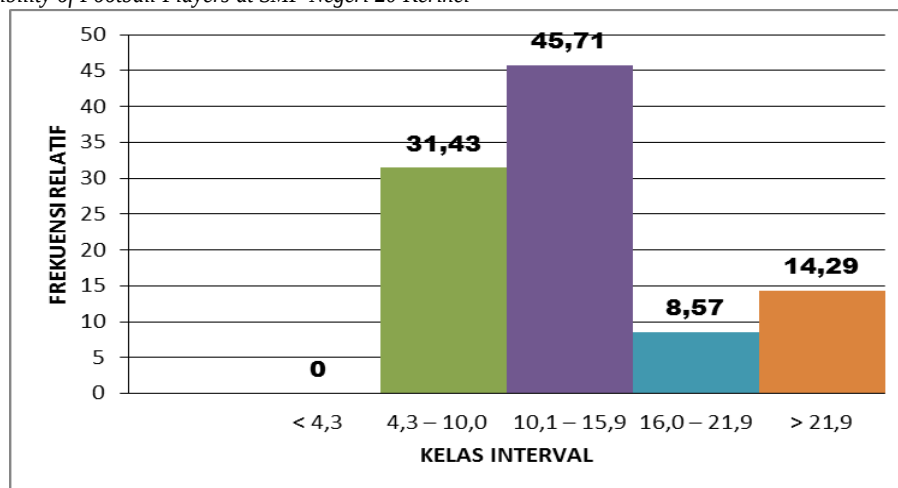
Figure .3 .



Based on the data results that have been presented above, it can be concluded that the football players of SMP Negeri 20 Kerinci who have agility with a score above the average group are 17 people (48.57%) and no one has a score in the average group. While the football players who have agility for a score below the average group are 18 people (51.43%).

Figure .4 .

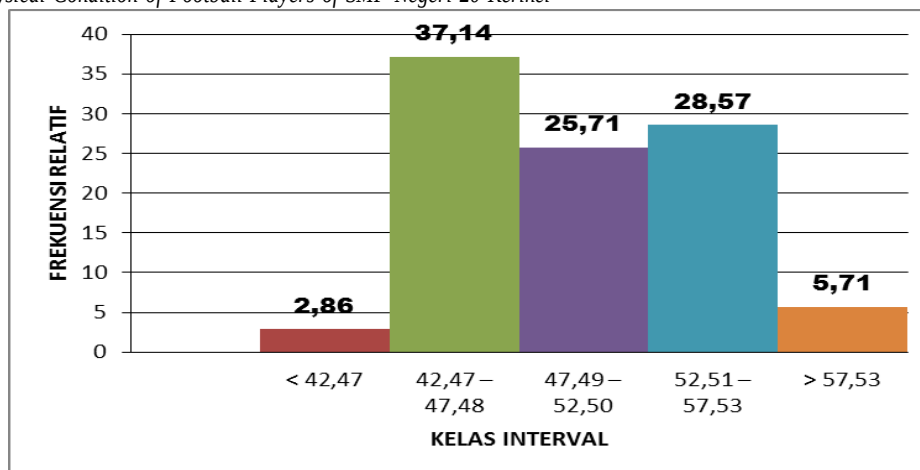
Histogram of Flexibility of Football Players at SMP Negeri 20 Kerinci



Based on the description of the results of the flexibility data from 35 football players of SMP Negeri 20 Kerinci, the data obtained from players who have flexibility above the average group score is 9 people (25.71%), and players who have flexibility in the average group score, there is not a single football player of SMP Negeri 20 Kerinci who has it, players who have flexibility below the average group score are 26 people (74.29%).

Figure .5 .

Histogram of Physical Condition of Football Players of SMP Negeri 20 Kerinci



Based on the description of the results of the physical condition data of 35 football players of SMP Negeri 20 Kerinci, the data obtained from players who have physical conditions above the average group score is 15 people (42.86%), there is not a single football player of SMP Negeri 20 Kerinci in the average group score. While football players who have physical conditions below the average group score are 20 people (57.14%).

DISCUSSIONS

In football, the most important thing is the smooth and controlled movement of the players expressing their individuality in team play. Physical condition, technique, skill and knowledge of tactics, and good mentality are all important aspects of performance. This means that the player's performance in performing movements smoothly reflects the individual's ability in the team. To be able to perform movements in the game, players must have, among other things, good physical condition.

Physical condition in general can be interpreted as a physical condition or ability, both physical condition before or after doing the training process. Experts say that this physical condition ability is a basic aspect to achieve sports achievements, because with good physical condition can develop technical and tactical abilities. Therefore, the preparation of prime physical condition is the most important thing and is the responsibility of the coach in compiling a training program according to the demands of the sport he is coaching, in this case the sport of soccer.

Based on the results of data on physical condition data from 35 football players of SMP Negeri 20 Krinci, it can be said that most of the players do not have good physical condition. This can be seen from the distribution of the average score grouping in groups using a scale of 5, namely that 20 players had physical condition ability scores below the average group. This means that more than half of the number of players sampled in this study need to improve their physical condition abilities.

CONCLUSIONS

Based on the results of the analysis and discussion that have been described in the previous section, in this chapter we can draw conclusions from the 35 football players of SMP Negeri 20 Kerinci who have:

Endurance, only 3 people are in the very good category, 7 people are in the good category, and 25 people are in the moderate, less and very less category. This means that most players do not have good endurance. Speed, 11 people are in the good category, and 24 people are in the moderate, less and very less category. This means that there are still many players who do not have good speed. Agility, 3 people are in the very good category, 9 people are in the good category, and 23 people are in the moderate, less and very less category. This means that most players still have low agility. Flexibility, 5 people are in the very good category, 3 people are in the good category, and 27 people are in the moderate, and less category. This means that most players still have low flexibility. Physical condition, only 2 people are in the very good category, 10 people are in the good category, and 23 people are in the moderate, less and very less category. This means that most players do not have good physical condition.

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