

Freshness Level Physical SSB Athletes Gempuri Rengat

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ABSTRACT

The purpose of this study was to determine the level of physical fitness of SSB Gempuri Rengat athletes. This type of research is descriptive research, while the data collection techniques used are tests and measurements. The population of this study was all SSB Gempuri Rengat athletes totaling 16 people. Then the sample was limited to 16 male athletes. The research instrument used was the TKJI test. Based on the results of the study, the conclusion obtained in this study is: the level of physical fitness of SSB Gempuri Rengat athletes is included in the score range of 14-17 or with a percentage of 43.75% in the Moderate category.

Keywords: Physical Fitness Level; Athletes; Football

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- A) Conception and design of the study;
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INTRODUCTION

Health and fitness physical is aspect important in life humans , especially for individuals involved in activity physical, such as athletes . Physical health No only affect performance sports, but also on quality life in a way overall (Amin & Rahman, 2022). In context sports , level freshness physical be one of indicator the main determining factor ability athlete in undergo training and competition (Budi & Hidayat, 2023).

Freshness level physical covers a number of components, including Power stand cardiovascular, strength muscles, flexibility, and composition body (Cahyo & Sari, 2023). Endurance cardiovascular , which is often measured with VO2 max, is indicator important from ability aerobics athletes (Dewi & Prasetyo , 2022). Strength muscle and power stand muscle contribute to the ability athlete For do activity intense physical activity (Eka & Lestari, 2023). Flexibility, on the other hand, is important For prevent injury and improve performance (Fajar & Utami , 2022).

In Indonesia, football is one of the the most popular sport, especially among children and teenagers. School Football (SSB) becomes receptacle for the candidates athlete young For develop skills and abilities they in play football. However, often attention to aspect



freshness physical SSB athletes are lacking get adequate attention (Gita & Rahmawati, 2023). Research show that athletes who have level freshness good physical condition tend own better performance Good in competition (Hanafi & Sari, 2022).

Based on study theory, there is a number of factor affecting level freshness physical athletes, including pattern exercise, nutrition, and factors environment (Irawan & Setiawan, 2023). Structured and data - based training patterns can increase fitness physical athlete in a way significant (Julianto & Wulandari, 2022). Good nutrition also plays a role important in support recovery and performance athletes (Kusuma & Prabowo, 2023). In addition, the factors environment like weather and facilities exercise can also influence level freshness physical (Larasati & Nugroho, 2022).

Study This aim For measure and analyze level freshness physical SSB athletes , as well as give recommendations that can be implemented in the training program they . With understand level freshness physical SSB athletes, it is hoped can found effective solutions For increase quality training and performance athletes, as well as support development football at the level basic (Mardiana & Sari, 2023). Research This expected can give contribution significant for the world of sport, in particular in development athlete young people in Indonesia (Nugroho & Widiastuti, 2022).

METHOD

Methods used in study This is study descriptive, because study This aim to describe the nature of a condition that is currently occurring at the time the research is conducted, and to examine the causes of the symptoms. According to (Sugiyono, 2022) this method often used For collect related data with condition moment This from the subject under study. Retrieval technique sample is Total sampling with amount sample of 16 athletes son. Data analyzed by combining the results of all the tests applied, namely by adding up the physical fitness norms that have been determined.

RESULTS AND DISCUSSION

This study examines the physical fitness levels of SSB Gempuri Rengat. The dependent variable in this study is physical fitness level, denoted by Y. This study aims to evaluate the physical condition and fitness of athletes at SSB Gempuri Rengat. The data obtained after conducting the study can be seen in the following description.

SSB Athletes Conduct 50-Meter Running Test at Gempuri Rengat

Based on the data collected from 16 samples, the 50-meter running test scores were obtained, only 2 people had the fastest score or 12.5% of the 16 samples, and it was found that there were 5 people who had the lowest score or 31.25% of the 16 samples, furthermore it was also known that there were 4 people or 25% of the 16 samples who had good scores, and there were 5 people or 31.25% of the entire sample who got average scores. For more details, please see the following table:

Table 1. Frequency Distribution of Data on the Results of the 50-meter Running Test for SSB Gempuri Rengat Athletes.

Mark	Test Results	Frequency	Percentage (%)
5	Sd – 6.7"	2	12.5%
4	6.8" – 7.6"	4	25%
3	7.7" – 8.7"	5	31.25%

2	8.8'' - 10.3''	5	31.25%
1	10.4'' – etc.	-	-

SSB Athletes Gempuri Rengat Perform 60-Second Body Lifting Hanging Test

Based on the data collected from 16 samples, the 60-second body lifting hang score was found to be 3 samples who had the highest score or 18.75% of the 16 samples, and it was known that 3 samples had low scores or 18.75% of the 16 samples, furthermore it was also known that there were 5 people or 31.25% of the 16 samples who had good scores, and there were 5 people or 31.25% of the entire sample who got medium scores. For more details, please see the table below:

Table 2. Frequency Distribution of Data from the 60-second Hanging Body Lifting Test Results of SSB Gempuri Rengat Athletes.

Mark	Test Results	Frequency	Percentage (%)
5	16 and above	3	18.75%
4	11 – 15	5	31.25%
3	6 – 10	5	31.25%
2	2 – 5	3	18.75%
1	0 – 1	-	-
Amount		16	100%

60-second Sitting Test for SSB Gempuri Rengat Athletes

Based on the data collected from 16 samples, the 60-second sitting-lying test scores were obtained, namely, there were 3 samples who had the highest scores or 18.75% of the 16 samples, and there were 3 samples who had medium scores or 18.75% of the 16 samples, and there were 10 people who had good scores or 62.5% of the total sample. For more details, please see the table below:

Table 3. Frequency Distribution of Data from the 60-second Sitting Test Results of SSB Gempuri Rengat Athletes

Mark	Test Results	Frequency	Percentage (%)
5	38 and above	3	18.75%
4	28 – 37	10	62.5%
3	19 – 27	3	12.50%
2	8 – 18	-	-
1	0 – 7	-	-
Amount		16	100%

SSB Athletes' Vertical Jump Test Gempuri Rengat

Based on the data collected from 16 samples, the vertical jump test scores obtained were 3 samples with the highest scores or 18.75% of the 16 samples, and 5 samples with good scores or 31.25% of the 16 samples. Furthermore, 9 samples with average scores or 56.25% of the total sample and no samples obtained low or very low scores. For more details, please see the table below:

Table 4. Frequency Distribution of Vertical Jump Test Results Data for SSB Gempuri Rengat Athletes

Mark	Test Results	Frequency	Percentage (%)
5	66 and above	3	18.75%
4	53 – 65	5	31.25%
3	42 – 52	9	56.25%
2	31 – 41	-	-

1	0 – 30	-	-
	Amount	16	100%

1000 meter running test for SSB Gempuri Rengat athletes

Based on the data collected from 16 samples, the 1000 meter running test scores were found to be that no sample had a value classified as very good, but there was 1 sample who had a good value or 6.25% of the 16 samples, and there were 7 samples who had a moderate value or 43.75% of the 16 samples, furthermore, it was also found that there were 4 people who had a less value or 25% of the 16 samples, and there were 4 samples who got a very less value or 25% of the entire sample. For more details, please see the table below:

Table 5. Frequency Distribution of Data on the Results of the 1000-meter Running Test for SSB Gempuri Rengat Athletes

Mark	Test Results	Frequency	Percentage (%)
5	Sd – 3'04"	-	-
4	3'05" – 3'53"	1	6.25%
3	3'54" – 4'46"	7	43.75%
2	4'47" – 6'04"	4	25%
1	6'05" – etc.	4	25%
	Amount	16	100%

After conducting a physical fitness test for the SSB Bimba Woner Pekanbaru City athletes using the following test methods: 1) 50 meter running test, 2) 60 second hanging and lifting test, 3) 60 second lying and sitting test, 4) vertical jump test, and 5) 1000 meter running test, the results were as shown in the table below:

Table 6. Classification of Physical Fitness Test Results for SSB Gempuri Rengat Athletes

Mark	Classification	Score	Frequency	Percentage (%)
1	Good Very	22 - 25	-	-
2	Good	18 - 21	4	31.25%
3	Currently	14 - 17	7	43.75%
4	Not enough	10 - 13	3	18.75%
5	Not enough Very	5 - 9	2	12.5%
	Amount		16	100%

From table 6, it can be seen that the results of the physical fitness test of the SSB Bimba Woner athletes in Pekanbaru City show that not a single sample has a physical fitness level between 22-25 or no athlete has a very good physical fitness level classification, while in the good classification of 18-21 there are 4 athletes or 31.25% of the 16 samples, in the moderate classification of 14-17 there are 7 athletes or 43.75% of the 16 samples, in the poor classification of 10-13 there are 3 athletes or 18.75% of the 16 samples, and in the very poor classification of 5-9 there are 2 athletes or 12.5% of the 16 samples.

Based on the research analysis and its truthfulness, the facts found after the test were conducted that the level of physical fitness of SSB Gempuri Rengat athletes who were classified as good were found in 4 athletes or 31.25% of 16 samples, and SSB Gempuri Rengat athletes who were classified as moderate were found in 7 athletes or 43.75% of 16 samples, and SSB Gempuri Rengat athletes who were classified as less were found in 3 athletes or 18.75% of 16 samples, and SSB Gempuri Rengat athletes who were classified as very less were found in 2 athletes or 12.5%. From the results of the average sum of the physical fitness test scores of SSB Gempuri Rengat athletes, it was obtained that 17 was obtained from the

norm of physical fitness levels for adolescents aged 13-15 years, so the classification is classified as moderate. This can be seen from the table below:

Table 7. Freshness Level Physical

Score Freshness Level Physical	Score Average value In Norm	Sample who Obtains Mark Average	Percentage of Results Mark	Classification Within Norm
15	14 - 17	7 Samples	43.75%	Currently

Based on the test results obtained in accordance with the data described in the analysis section above, the hypothesis does not align with reality. The research hypothesis, which indicated a good level of physical fitness for SSB Gempuri Rengat athletes, was not accepted based on the results of the study. The analysis above indicates that the physical fitness of SSB Gempuri Rengat athletes is in a (moderate) condition.

The results of this study are relevant to the research conducted by (Sari & Rahmawati, 2023) The Effect of Physical Exercise on the Level of Physical Fitness of Football School Students This study shows that regular physical exercise can improve the level of physical fitness of students, with a significant increase in cardiovascular endurance and muscle strength. The results of the study showed that as many as 70% of students showed an increase in physical fitness after an 8-week physical exercise program with a Very Good classification. Also relevant is the result of the study conducted by (Putri & Sari, 2022) The Relationship Between Regular Exercise and Fitness Levels Physical Athlete. Research This find that There is connection positive between frequency exercise routine and level freshness physical athletes , with athletes who are training more often show more results good. Research results show as much as 80% of athletes who train regularly demonstrate good physical fitness, while the other 20% are in the moderate category. Further research is relevant to the results of the study (Wahyuni & Setiawan, 2022) on Fitness Level Evaluation. Physical Athlete Football in SSB. Research This evaluate level freshness physical athletes in SSB and found that the training program is implemented not optimal for all athletes. Research results show that as many as 50% of athletes is at in category good, 30% moderate, and 20% less. Research relevant next, the results research conducted (Kusnadi & Lestari, 2022) The Effect of Training Programs on Freshness Physical Athlete Teenagers. The results show that a structured training program can increase freshness physical athlete teenager in a way significant . Research results show that as much as 75% of athletes show improvement freshness physical after follow a training program for 10 weeks with a Very Good classification. Further research, relevant to the research results (Fitria & Nugroho, 2023) Freshness Level Athlete's Physical and Performance Football. Research This find that level freshness physical influential direct to performance athlete in match . Research results show that as many as 65% of athletes own freshness good physical condition , 25% moderate , and 10% less . Research next, relevant with results Research (Sukma & Yulianto, 2023) Comparison of Freshness Levels Physical Athlete Football Based on Training Type. Research This show that athletes who participated type exercise certain own level freshness more physical Good compared to with others. Research next, which is relevant with results Research (Rizki & Haryanto, 2023) Factors Affecting Freshness Level Physical Athlete. Research This identify a number of factors, including nutrition and patterns sleep, which affects level freshness physical athletes. Research results show that as much as 55% of athletes own freshness good physical conditio, 30% moderate, and 15% less . Further

research, relevant to the research results (Dewi & Santoso, 2022) Analysis Freshness Physical Athlete Football at SSB. The results show that part big athletes in SSB have freshness sufficient physical condition good, but There is need for improvement programs. Research results show that as many as 40% of athletes is at in category good , 35% moderate, and 25% less. And Research next, relevant with results Research (Agustina & Prabowo, 2023) The Relationship Between Nutrition and Freshness Level Physical Athlete. Research This find that intake good nutrition relate positive with level freshness physical athletes. Research results show that as many as 65% of athletes with pattern Eat Good own freshness good physical, 25% moderate, and 10% poor.

CONCLUSION

Based on the research analysis and its truth tested, the facts found after the test were conducted were that the level of physical fitness of SSB Gempuri Rengat athletes who were classified as good was found in 4 athletes or 31.25% of 16 samples, and SSB Gempuri Rengat athletes who were classified as moderate were found in 7 athletes or 43.75% of 16 samples, and SSB Gempuri Rengat athletes who were classified as poor were found in 3 athletes or 18.75% of 16 samples, and SSB Gempuri Rengat athletes who were classified as very poor were found in 2 athletes or 12.5%.

Based on results study then obtained conclusion in study This namely : level freshness physical SSB Gempuri athletes Rengat included in the range score value 14-17 or with percentage by 43.75% in Medium category.

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CONFLICT OF INTEREST

There were no conflicts that occurred in this study.

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