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PORSENASMA ATHLETE PHYSICAL FITNESS CLASSIFICATION

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Abstract

This research was conducted at PGRI Palembang University. The purpose of this study was to determine the classification of physical freshness of sports athletes at PGRI Palembang University. The method in this study is a quantitative descriptive research method. The research sample was 20 students who became sports athletes at PGRI Palembang University, while the data collection technique used a 2.4 km distance running test with the aim of measuring the physical condition of a person's freshness. From the results of data analysis that has been carried out on the data on the physical freshness test results of athletes in the PGRI Palembang University branch, the results of the physical freshness classification of athletes with a good classification of 6 (six) people or 30%, moderately qualified are 6 (six) people or 30%, less qualified are 8 (eight) people or 40%, while for the average score or mean of the physical freshness test results run 2.4 km, which is 13.57 minutes. Based on the average results of these values, it can be concluded that the condition of physical freshness of sports athletes at PGRI Palembang University is in the Medium classification.

Keywords : Fitness; Physical; Athlete; Sport


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INTRODUCTION

Sports have a very important role in people's lives, because in addition to making a healthy body can also make the body fit. When exercising a person's physical condition or physical freshness can improve thus making daily activities easier without feeling significant fatigue. Exercise can form a physically healthy soul and have good discipline and have high sportsmanship and will eventually form a quality human being. Exercise has various benefits, including increasing



physical freshness. By exercising, people can be useful and beneficial to their health. The benefits of sports are expected that people will be able to work more productively, immune to disease, enthusiastic in the learning process, and can perform more optimally because they are supported by excellent physique (Ikhwan Abduh, 2020). An outstanding athlete must have a very good physical freshness so that when competing the athlete can unleash all the potential that exists in him without feeling exhausted. Physical fitness is a state when the body is able to perform its daily duties well and effision without fatigue means , and the body still has the reserve energy both to enjoy leisure time with recreation (Depdiknas, 2003). (Irianto, 2004), physical ability is the physical ability of a person to be able to do daily work efficiently without causing excessive fatigue, so that he can still enjoy his free time.

PGRI Palembang University is one of the best universities in South Sumatra. It has more than 7000 students spread across 5 Faculties and Postgraduate programs. PGRI Palembang University also has many athletes from various sports who compete from local, regional and national levels, one of which is the National Sports and Arts Week for Higher Education Students of the Teachers' Union of the Republic of Indonesia (PORSENASMA PT PGRI). PGRI Palembang University has 3 consecutive times become the overall champion of PORSENASMA PT PGRI, starting from Surabaya, Semarang and Palembang. For the fourth PORSENASMA PT PGRI held on 6 to 11 June 2022, the host was Nusantara University PGRI Kediri, PGRI Palembang University did not succeed in getting the general champion for the fourth time, PGRI Palembang University was only ranked second by winning 8 gold, 7 silver and 12 bronze medals. This is an evaluation material for athletes who take part in PORSENASMA PT PGRI at Nusantara University PGRI Kediri.

The Student National Sports and Arts Week (PORSENASMA) is organized as part of the PGRI College Student Sports and Arts Competition system. PORSENASMA is a multi-event sports and arts event as a sports and arts event which is part of the involvement of the nation's children who are studying



disciplines at PGRI Universities in building the world of sports and arts in the country. PORSENASMA has a role in fostering and searching for superior seeds, especially students from PGRI universities throughout Indonesia. The purpose of holding PORSENASMA is to attract potential students, strengthen the ropes of youth athlete fraternity in order to realize national unity and unity, strengthen the continuity of coaching youth athletes, build national character and increase national resilience, prepare youth athletes to face international sports events both single and multi-event, improve national sports achievements, as a benchmark for the results of breeding and coaching youth athletes in areas that are Part of National Sports Development.

Physical fitness is physical fit or physical fitness. This means that something must match the physical or physical. Thus broadly speaking it can be said that physical fitness is the suitability of the physical state to the task to be performed by the physical. Physical fitness is relative both anatomically and physiologically, meaning that whether a person is fit or not is always in relation to the physical tasks performed. Physical fitness is a state of physical ability that can adapt the functioning of the tools of its body to a specific physical task or to an environmental state that must be overcome in an efficient way, without excessive fatigue and having recovered completely before the arrival of the same task the next day. Components of physical freshness associated with health include cardiorespiratory endurance, muscular endurance, muscle strength and body composition. Meanwhile, the components of physical freshness related to skills include speed, agility, balance, reaction speed, flexibility and coordination.

Physical fitness is necessary for a person to be able to complete work / activities without feeling excessive fatigue. The better a person's physical fitness, the better his ability to cope with daily activities. It can be said that physical fitness is one of the determining factors for health and endurance. For example, by exercising a lot, the body will be fitter and avoid various diseases.

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The benefits of physical fitness are not only felt physically, but also related to mental conditions such as stress, fatigue, and depression. Increase physical activities and sports to maintain endurance. Do not leave the body only silent and not much movement, it will trigger muscle and bone stiffness because it has not been given strenuous activities for a long time. With a lot of training and exercise, the body will be stronger, more flexible, agile, balanced, and others. Not only for physical health, but mental health can also be improved if our body is already feeling fit. Physical Fitness Exercises are used to strengthen, accelerate, provide flexibility and all the elements of physical fitness for our body. If we want the body to be fit then we have to practice and do sports activities. Here is a form of physical fitness exercise.

Physical freshness is a condition when the body is able to perform its daily tasks properly and efficiently without significant fatigue, and the body still has good spare energy to enjoy leisure time with recreation (MoNE, 2003). Physical freshness is a very important potential in supporting daily activities without feeling excessive fatigue and even being able to do activities afterwards. Through directed physical activities and carried out continuously, it will produce an impact on physical freshness and health (Singh & Bhatti, 2020).

Physical freshness encompasses a complex sense. Physical freshness has several components that are interrelated with one another. But each component has its own characteristics, which function primarily in a person's physical freshness. In order for a person to be said to have good physical freshness, the status of each component must be in good condition (Mohammad Sajoto,1998). (Herman & Iwan, 2003) physical freshness has 4 components, namely: cardiovascular endurance, strength, muscular endurance, the last flexibility.

(Irianto, 2000), there are several factors that can affect a person's physical freshness including 3 factors : a. Eating : To be able to maintain life, humans need to eat enough. A well-adequate and qualified diet that is healthy balanced is absolutely essential to health, especially to maintain and achieve a cool weight. To



get good physical freshness, you must consume a diet that meets the requirements of balanced healthy, sufficient nutrition, and nutrition to maintain the perfection of physical freshness. b. Rest: Adequate rest is very necessary so that the body has the opportunity to recover energy, so that it can carry out daily activities. c. Exercise / physical activity: 1) Physical freshness can be achieved by exercise in a systematic way using excitatory motion to improve or maintain the quality of body functions, the quality of body functions is the endurance of the lungs, heart, muscles and body composition. 2) In order for the exercise to be carried out effectively, it is necessary to have training principles, including: a) Overload (more weight) the training load must be stronger than the daily exercise b) The specificity (specificity) of the training model must be adjusted to the goals that should not be achieved. c) Reversible (back origin) freshness that has been achieved will decrease even lose if the exercise is not done. 3) Exercise dose The success of achieving physical freshness according to (Irianto, 2004), is largely determined by the quality of exercise which includes: the purpose of the exercise, the selection of the exercise model, the use of training facilities, and more importantly the dose or dose of exercise described in the concept of FIT (Frequency, Intensity, and time).

METHOD

This research is a quantitative descriptive study. (Arikunto, 2006), quantitative descriptive research is away of analyzing data with ordinary analytical techniques, namely analysis that uses only simple exposure, both using the amount of data and percentages. (Arikunto, 2002), sample research can only be carried out if the subject's circumstances in the population are completely homogeneous. Populations can only be done for infinity populations and there are not too many subjects. The sampling technique in this study was total sampling. So the entire population was sampled, namely the number of 20 sports athletes from PGRI Palembang University.

The technique used in data collection in this study is the test technique. The test carried out was a 2.4 km distance running test. The test was created by



Cooper an expert on Physical Education and sports tests. The purpose of this test is to measure the physical condition of freshness.

After the numbers (data) from the test results are collected, the value of each sample so that it can be analyzed and concluded must be summed up and further divided by the number of samples and multiplied by 100% using the following formula:

$$P = \frac{\sum}{N} \times 100\%$$

Information:

Q : Introduce yourself

Σ : Total number of test results

N : Number of samples

RESULTS AND DISCUSSION

This research was carried out at PGRI Palembang University By taking a sample of Research are PGRI Palembang University students who are 20 athletes. The research data was obtained from the test results. The test carried out is a physical freshness test created by Cooper, the purpose of this test is to measure the physical condition of a person's freshness through aerobic measurements of running as far as 2,400 m. The test results resulted in a mean of 13.57, a median of 12.79 variance of 3.92, a standard deviation of 1.98 the largest value of 17.52 and the smallest value of 11.37.

Table 1. Data Analysis Results

No	Statistics	Shoes
1	Mean	13,57
2	Median	12,79
3	Variance	3,92
4	Standard deviation	1,98
5	Smallest value	11,37
6	Greatest value	17,52

Data on the results of the physical freshness test of sports athletes at PGRI Palembang University then the data is classified based on the classification of physical freshness tests. The distribution of physical freshness test frequency for sports athletes at PGRI Palembang University is as follows:

Table 2. Frequency Distribution of physical freshness test results running 2400 m

No	Test Results (Min) < 30 Years	Classification	Frequency	Percentage (%)
1	More than 18 m	Very Less	0	0%
2	14.30 s.d 17.59 m	Less	8	40%
3	12.05 s.d 14.29 m	Keep	6	30%
4	10.20 s.d 12.04 m	Good	6	30%
5	Less than 10.19 m	Excellent	0	0%

Discussion ⁴

From the results of data analysis that has been carried out on physical freshness test data, PGRI Palembang University sports athletes are well classified as 6 (six) people or 30%, moderately qualified are 6 (six) people or 30%, qualified less than 8 (eight) people or 40%, while for the average score or mean of the physical freshness test results run 2.4 km, which is 13.57 minutes, ¹¹ Based on the average results of these values, it can be concluded that the physical freshness condition of athletes at PGRI Palembang University is in the Medium classification.

¹ CONCLUSION

¹ Based on the results of research and discussion that have been submitted in the previous chapter, it can be concluded that the classification of physical freshness of sports athletes at PGRI Palembang University is in the medium category with a mean value of 13.57 m. The physical freshness of sports athletes at PGRI Palembang University is well classified as 6 (six) people or 30%, moderately qualified is 6 (six) people or 30%, less qualified is 8 (eight) people or 40%. Based on the results of the conclusions above, the suggestions that can be submitted by researchers are as follows:

Coaches of each sport, it is recommended to provide a maximum portion of training so that the abilities and skills of athletes can be improved to the maximum. Sports athletes at PGRI Palembang University must be able to regulate physical activity and training intensity in order to increase and maintain the physical freshness that has been achieved. ¹ The results of this study are expected to



provide motivation and enthusiasm as well as references for similar research in the future.

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