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## ANALYSIS OF STUDENTS' PHYSICAL CONDITION IN EXTRACURRICULAR FOOTBALL

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### Abstract

This study aims to determine the analysis of students' Physical Conditions in Extracurricular Football students at SMP N 11 Kota Bengkulu. This study used quantitative descriptive research, with a type of survey method. The sample in this study amounted to 20 participants of Extracurricular Football at SMP N 11 Kota Bengkulu. The data collection technique in this study used tests and measurements. Based on the results of research that has been done, it can be explained that: 1) Have a physical condition in the moderate category (9 people or 45%). 2) Student strength through push ups in the less category (8 people (40%). 3) Agility of students in the medium category (10 people or 50%). 4) Flexibility of students in the medium category (10 people or 50%). 5) Explosive Power of students in the medium category (8 people or 40%). 6) The balance of students in the less category (9 people or 45%). 7) The speed of students in the medium category (9 people 45%). Based on these data, it can be concluded that in general the physical condition of students is in the "medium" category.

**Keywords:** Skills, Physical Condition, Extracurricular


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### INTRODUCTION

Sport is part of human daily activities that are useful for forming a healthy body and spirit. Until now, sport has made a positive and tangible contribution to the improvement of public health. In addition, sports also play a role in improving the nation's ability to implement a sustainable development system. The subject of Physical Education and Health (Penjaskes) as one of the subjects contained in the basic education curriculum has the following objectives: (1). laid the foundation of moral character. (2). Build a strong personality foundation, peace-loving attitude, social attitude and tolerance. (3). Cultivate critical thinking skills. (4). develop a positive, honest, disciplined, responsible, cooperative, confident, and

democratic attitude, develop movement abilities and skills in various games and sports. (5). develop self-management skills in fitness maintenance.

According to Law of the Republic of Indonesia No.3 of 2005 concerning the National Sports System is explained as follows:

"That educating the nation's life through national development instruments in the field of sports is an effort to improve the quality of life of Indonesian people physically, spiritually, and socially in realizing an advanced, just, prosperous, prosperous, and democratic society based on Pancasila and the Constitution of the Republic of Indonesia Year 1945".

"That the development and development of national sports that can ensure equitable access to sports, improved health and fitness, increased achievement, and sports management that is able to face the challenges and demands of changing national and global life requires a national sports system;

Sports in the country still require special attention and coaching in an effort to find new seeds and efforts to improve athlete performance. Sports are now a routine activity carried out by the community. Its existence today is no longer underestimated, but has become part of community activities. Sports is one form of effort to improve the quality of Indonesian people which is directed at the formation of character and personality as well as discipline and high sportsmanship as well as increasing achievements that can arouse a sense of national pride.

To obtain a good level of health and fitness, it can be obtained by exercise that starts early through formal and non-formal education. Football is a popular sport that is favored by many people, from children to the elderly and is played from remote villages to cities. In order for football achievements to increase, many factors must be considered such as infrastructure, qualified coaches, talented players and regular competitions and must be supported by science and technology. An important factor in achieving football achievements is the physique and mastery of basic skills possessed by the players themselves, so they are good at playing football. Understanding good at playing football is understanding, having knowledge and skills to carry out the basics of playing football, to improve and achieve the highest possible achievement.

Practice regular physical exercise and preferably start from an early age. According to (Gemaël, Q. A., & Kurniawan, F 2019) Physical ability is one of the most important factors in achieving achievements, such as strength, speed, agility, flexibility and so on to improve physical condition. Usually trainers provide exercises in which contain several aspects related to physical condition consisting of strength, flexibility, speed, agility and endurance training. This aspect of training aims to know and improve the condition of each player, because without physical and basic movement skills playing good football, a player will not be able to develop his game. Usually a coach will give training to his players and after that he will give an evaluation of the results of the training given successfully or not in improving the physical condition and basic skills of his players.

Physical condition and physical freshness are greatly influenced by age. In children and adolescents physical abilities will increase until reached a maximum around the age of 20-30 years, then with age there will be a gradual decrease. Things that are still related to physical conditions are how the human body is because it cannot be escaped. The state of the body can be said to be part of the meaning of physical conditions, because this is directly related to the name of the state of the human body. Therefore, how the condition of a person's body can be represented as well as how his physical condition is (Herpandika, Yuliawan, & Rizky, 2019).

If someone has a good physical condition, then a player in a match can apply techniques, tactics, strategies and how to play good football and be able to play for 2 x 45 minutes. In football the relationship between one component and another component is very important meaning that to be able to play football well, one must be able to master the physical factors and basic skills of playing football.

SMP N 11 Kota Bengkulu is one of the elementary schools that is quite active in participating in sports activities, especially football. SMP N 11 is located at Jalan Bandaraya, Kelurahan Rawa Makmur, Muara Bangkahulu District. The

number of students in SMP N 11 is 749, and with 44 teachers. The physical education teachers at SMP N 11 are Ibu Yuliana, S.Pd and Suparli S.Pd. From the author's initial observations, it was explained by Yuliana's mother that sports at SMP N 11 were quite active, especially football. However, the problem that arises is that the results of learning physical education on soccer material at SMP N 11 Bengkulu City have not been optimal; Some physical education teachers sometimes do not understand specifically about the importance of students' physical condition and basic movement skills when carrying out sports materials, especially football. In addition, students' interest in soccer is quite large, but it is not balanced with an understanding of physical conditions and basic movement skills to follow sports material, especially football.

#### **METHOD**

This research is a descriptive research, which is a study that aims to know and get a true picture or reality of the state of the object under study without the intention to draw generally accepted conclusions. The method is a survey method with data collection techniques using tests and measurements. This study aims to determine the level of physical condition of students in football at SMP N 11 Kota Bengkulu.

The location of the research was carried out at SMP N 11 Kota Bengkulu which is located at Jalan Bukit Barisan, Kelurahan Kebun Tebeng, Ratu Agung District. The population of this study was all male students who participated in extracurricular football, which amounted to 20 students. The sample is a portion or representative of the population under study. The research sample used was 20 male students who participated in extracurricular football activities at SMP N 11 Kota Bengkulu.

#### **Results**

This study aims to determine the profile of the physical condition of students who take part in extracurricular football at SMP N 11 Kota Bengkulu. The data taken in this study are covering flexibility, strength, agility, speed, endurance and coordination.

## 1. Description of Each Test

The results of descriptive analysis of physical condition profile data of students who participated in extracurricular football at SMP N 11 Kota Bengkulu are as follows:

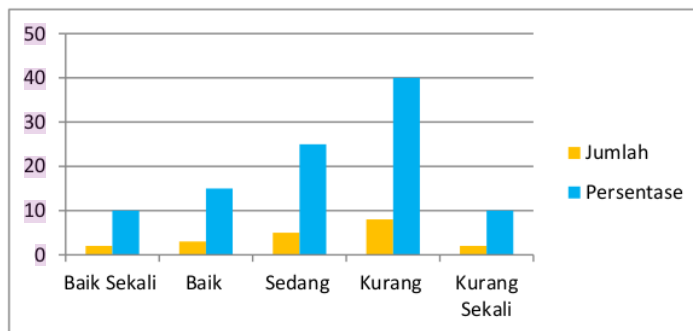
### a. Push Up Test (Power)

The results of the push up test assessment of 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu are as follows:

**Table 1.** Push Up Test Results

No	Score	Male	Female	Category	Sum	Percentage
5	>38	>21		Perfect	2	10
4	29-37	16-20		Very Good	3	15
3	20-28	10-15		Good	5	25
2	12-19	5-9		Enough	8	40
1	4-11	1-4		Less	2	10
Sum					20	100 %

From the table above, it is known that none of the students' abilities in the push-up test are included in the category of very good and trained, very good, or good. The ability of push up test students in the perfect category is 2 people (10%), the very good category has 3 students (15%), the good category has 5 students (25%), the enough category there are 8 people (40%), and the category is less there are 2 people (10%). Based on these data, it can be concluded that in general, students' abilities in push-up tests are in the less category. The percentage result can be seen in the following figure.



**Figure 1.** Student Push Up Test Percentage Descriptive Analysis Results



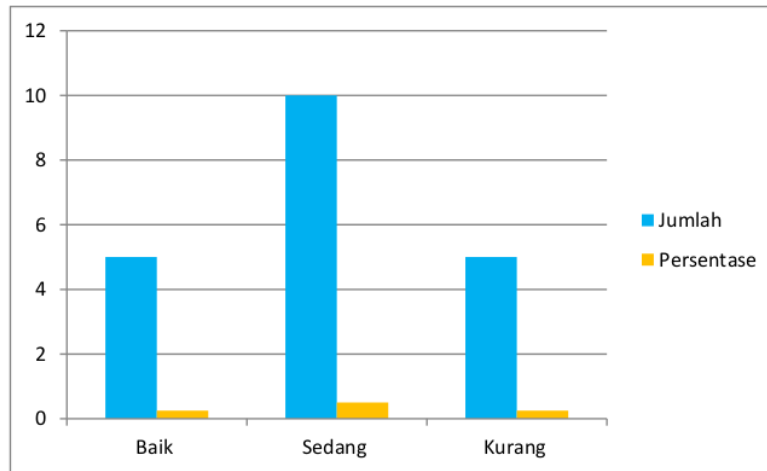
b. Zig Zag Run Test (Agility)

The results of the zig zag run test assessment of 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu as follows:

**Table 2.** Zig Zag Run Test Results

No	Value	Category	Sum	Percentage
...	<2.91	Excellent	-	-
	2.92 – 3.34	Good	5	25%
	3.35 – 3.72	Enough	10	50%
	3.73 – 4.11	Less	5	25%
...	> 4.12	Less Than Once	-	-
	Sum		20	100 %

From the table above, it is known that there are 5 students who have agility in the good category (25%), there are 10 medium students (50%), and students in the less category there are 5 people (25%). Based on these data, it can be concluded that in general, the agility of students who take part in extracurricular football at SMP N 11 Kota Bengkulu is in the medium category. The percentage result can be seen in the following figure.



**Figure 2.** Results of Descriptive Analysis of Zig Zag Run Test Percentages

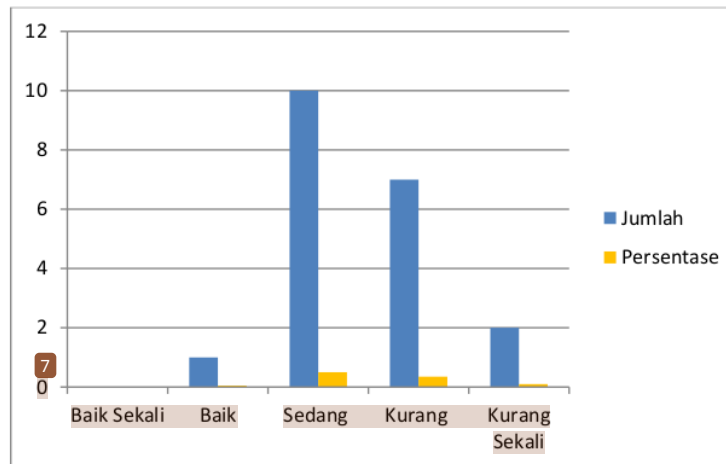
c. Static Flexibility Test

The results of the Static Flexibility test assessment of 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu were as follows:

**Tabel 3.** Hasil Static Flexibility Test

No	Value	Category	Sum	Percentage
	>12.50	Very good	0	0 %
	12.50 - 11.50	Good	1	5 %
	11.49 - 8.25	Rata-rata	10	50 %
	8.24 - 6.00	Below average	7	35 %
	<6.00	Bad	2	10 %
	Sum		20	100 %

From the table above, it is known that the ability of students in the Static Flexibility Test test is not included in the very good category. The ability of students in the Static Flexibility Test who are included in the very good category is 1 person (5%), on average there are 10 students (50%), and below the average there are 7 students (35%) and the bad category there are 2 (10%) students. Based on these data, it can be concluded that in general, the ability of Static Flexibility Test students is in the medium category. The percentage result can be seen in the following figure.



**Figure 3.** Results of Descriptive Analysis of Static Flexibility Test Percentage



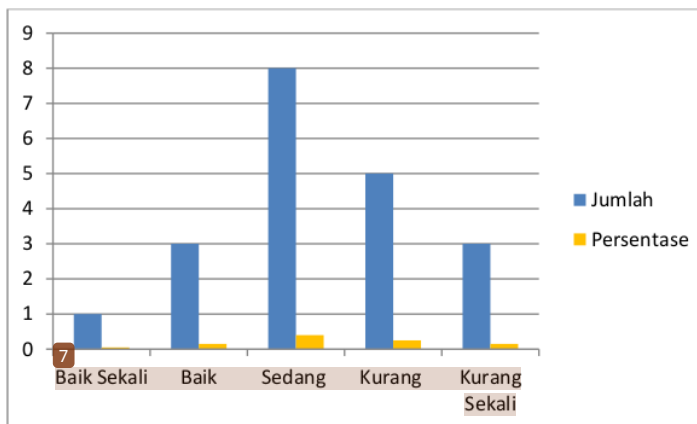
d. Vertical Jump Test (Explosive Power)

The results of the Vertical Jump Test assessment of 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu are as follows.

**Tabel 4.** Hasil *Vertical Jump Test*

No	Value	Category	Sum	Percentage
1.	73 Up	Very Good	1	5 %
2.	60 – 72	Good	3	15 %
3.	50 – 59	Keep	8	40 %
4.	39 – 49	Less	5	25 %
5.	0 – 38	Very less	3	15 %
	Sum		20	100 %

From the table above, it is known that the ability of students in the Vertical Jump Test who are included in the very good category is 1 student (5%), the good category is 3 students (15%), there are 8 students (40%), the less category is 5 students (25%) and the less once category is 3 people (15%). Based on these data, it can be concluded that in general, students' abilities in the Vertical Jump Test fall into the medium category. The percentage result can be seen in the following figure.



**Figure 4.** Results of Descriptive Analysis of Vertical Jump Test Percentage

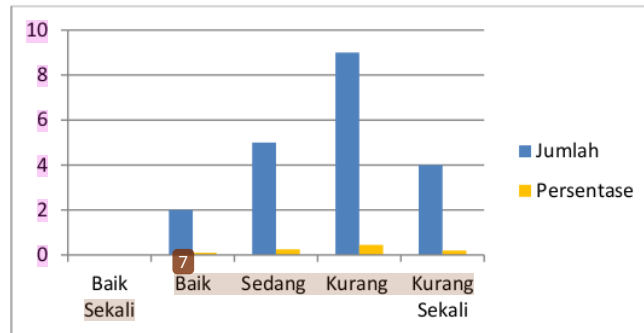
e. Standing Stork Test

The results of the Standing Stork Test assessment of 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu are as follows.

**Table 5.** Standing Stork Test Results

No	Value	Category	Sum	Percentage
	>50	Very Good	0	0 %
	41 – 50	Good	2	10 %
	31 – 40	Keep	5	25 %
	20 – 30	Less	9	45 %
	<20	Very less	4	20 %
	Sum		20	100 %

From the table above, it is known that the ability of students in the Standing Stork Test who are included in the category of very good there are 0 students, the good category there are 2 students (10%), while there are 5 students (25%), the category is less as many as 9 students (45%) and the category is less once as many as 4 people (20%). Based on these data, it can be concluded that in general, students' abilities in the Standing Stork Test fall into the category of lacking. The percentage result can be seen in the following figure.



**Figure 5.** Results of Descriptive Analysis of Standing Stork Test Percentage

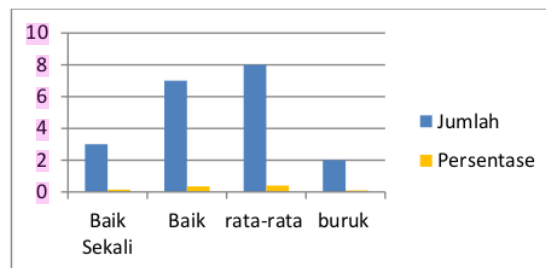
f. 30 meter Running Test (Speed)

The results of the assessment of the 30-meter running test on 20 students who participated in extracurricular football at SMP N 11 Kota Bengkulu are as follows.

**Table 6.** 30 meter Running Test Results

No	Performance (Second)	Category	Sum	Percentage
	3.58 – 3.91	Very Good	3	15 %
	3.92 – 4.34	Good	7	35 %
	4.35 – 4.72	Keep	8	40 %
	4.73 – 5.11	Less	2	10 %
	5.12 – 5.50	Very less	-	1
Sum			20	100 %

From the table above, it is known that the ability of students in the 30-meter running test in the very good category is 3 people (15%), there are 7 people (35%), the medium category is 8 people (40%), and the category is less there are 2 people (10%). Based on these data, it can be concluded that in general, students' abilities in the 30-meter running test fall into the average category. The percentage result can be seen in the following figure.



**Figure 6.** Descriptive Analysis Results of 30 Meter Running Test Percentage

## 2. Overall physical condition

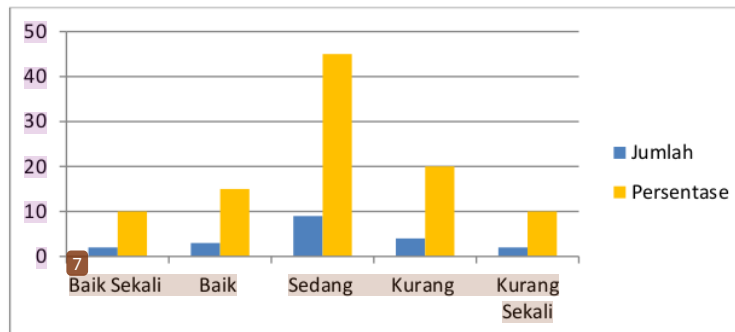
From the collected data compiled and analyzed with statistics where the results of the study can be tested for correctness. The test data collection method is used as the data collection method. The data analysis technique used to test the data in this study is percentage descriptive analysis, where the results of the research data are calculated in percentage terms of how many students are included in a predetermined category. The results of research data for the physical condition of students who participated in extracurricular football at SMP

N 11 Kota Bengkulu have been analyzed with a percentage descriptive analysis table.

**Table 7.** Results of Descriptive Analysis of the Percentage of Physical Condition of Students

No	Score Range	Category	Sum	Percentage
	$X \geq 262.98$	Very Good	2	10
	$246.32 \leq X < 262.98$	Good	3	15
	$229.67 \leq X < 246.32$	Keep	9	45
	$213.01 \leq X < 229.67$	Less	4	20
	$X \leq 213.01$	Very less	2	10
	Sum		20	100 %

From the table above, it is known that the level of physical condition of students who take part in extracurricular football at SMP N 11 Kota Bengkulu in the very good category there are 2 people (10%), the physical condition of students in the good category there are 3 people (15%), the physical condition of students in the medium category there are 9 people (45%), the physical condition of students in the category of less there are 4 people (20%), The physical condition of students in the category of less than once there are 2 people (10%). Based on these data, it can be concluded that in general the physical condition of students is in the "medium" category. The percentage result can be seen in the following figure.



**Figure 7.** Results of descriptive analysis of the percentage of students' overall physical condition

## DISCUSSION

<sup>10</sup>Based on the results of data analysis, it is known that in general, students participating in extracurricular football at SMP N 11 Kota Bengkulu have the physical condition of students in the medium category. Physical condition is a key to building a strong football team. Because according to the pyramid theory that the physical condition of players is one of the most fundamental factors for every soccer player, be it amateur players or professional players. <sup>6</sup>Physical condition is one of the indispensable prerequisites in every effort to improve the performance of an athlete, it can even be said to be the basis of the starting point of a sports achievement start.

Based on the results of tests and measurements that have been done, it can be described as follows:

### 1. Power.

The ability of students in the push-up test is not included in the category of very good and trained, very good, or good. <sup>3</sup>The ability of push-up test students in the very good category there are 2 people (10%), the good category there are 3 students (15%), the medium category has 5 students (25%), the category is less there are 8 people (40%), and the category is less once there are 2 people (10%). <sup>2</sup>Based on these data, it can be concluded that in general, students' abilities in push-up tests are in the less category.

### 2. Agility

Students who have agility in the good category there are 5 students <sup>3</sup>(25%), medium category there are 10 people (50%), and students in the less category there are 5 people (25%). <sup>13</sup>Based on these data, it can be concluded that in general, the agility of students who take part in extracurricular football at SMP N 11 Kota Bengkulu is in the medium category.

### 3. Flexibility

<sup>4</sup>The ability of students in the Static Flexibility Test is not included in the very good category. The ability of students in the Static Flexibility Test who

are included in the very good category is 1 person (5%), on average there are 10 students (50%), and below the average there are 7 students (35%) and the bad category there are 2 (10%) students. Based on these data, it can be concluded that in general, the ability of Static Flexibility Test students is in the medium category.

#### 4. Explosive Power

The ability of students in the Vertical Jump Test who are included in the very good category is 1 student (5%), the good category is 3 students (15%), there are 8 students (40%), the less category is 5 students (25%) and the less category is 3 people (15%). Based on these data, it can be concluded that in general, the ability of students in the Vertical Jump Test is included in the medium category.

#### 5. Balance

The ability of students in the Standing Stork Test who are included in the very good category is 0 students, the good category there are 2 students (10%), while there are 5 students (25%), the category is less as many as 9 students (45%) and the category is less once as many as 4 people (20%). Based on these data, it can be concluded that in general, students' abilities in the Standing Stork Test fall into the category of lacking.

#### 6. Speed

The ability of students in the 30-meter running test in the category is very good there are 3 people (15%), good there are 7 people (35%), the average category is 8 people (40%), and the bad category is 2 people (10%). Based on these data, it can be concluded that in general, students' abilities in the 30-meter running test fall into the average category.

#### 7. Overall Physical Condition

The level of physical condition of students who participated in extracurricular football at SMP N 11 Kota Bengkulu in the very good category there were 2 people (10%), the physical condition of students in the good



category there were 3 people (15%), the physical condition of students in the medium category there were 9 people (45%), the physical condition of students in the category of less there were 4 people (20%), the physical condition of students in the category of less once there were 2 people (10%). Based on these data, it can be concluded that in general the physical condition of students is in the "medium" category.

Based on the test results that have been carried out, there are still many test results that show the ability of students who take part in extracurricular football at SMP N 11 Kota Bengkulu in the category of less, medium, or sufficient, can be influenced by various factors. Factors that can affect physical condition include age, sex, somatotype or body shape, state of health, nutrition, weight, sleep and rest, physical or physical activities. In order to get maximum physical condition, of course, always pay attention to these factors. Without paying attention to these factors to achieve maximum physical condition is likely to be difficult to obtain. In fact, in sports activities, a person's physical condition will greatly affect and even determine the movement of his appearance.

In addition, physical conditioning training programs must be well planned and systematically and aimed at improving the physical fitness and functional abilities of the body system so as to enable students or athletes to achieve better performance. The purpose of physical training in football is to allow players to deal with the physical demands of the game as well as allow efficient use of various technical and tactical competencies throughout the game. Without good physical condition training, athletes are not able to undergo matches and perform football techniques well in a game.

## CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that in general, students who take part in extracurricular football at SMP N 11 Kota Bengkulu: 1) Have physical condition in the medium category (9 people or 45%); 2) Strength / power of students through push ups in the less category (8 people (40%)); 3) Agility of students in the medium category (10 people or 50%); 4) Flexibility of students in the medium

category (10 people or 50%); 5) Explosive Power of students in the medium category (8 people or 40%); 6) Balance / balance of students in the less category (9 people or 45%); 7) The speed of students in the medium category (9 people 45%). Based on these data, it can be concluded that in general the physical condition of students is in the "medium" category.

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