

## DEVELOPMENT OF PHYSICAL ABILITIES OF TAEKWONDO ATHLETES

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### **Abstract**

*There are improvements in developments and new methods every year in the taekwondo training program as well as equipping athletes with the sports knowledge is very beneficial to the athlete, because the Athlete can correct his mistakes gradually. In improving the ability of athletes in particular athlete athletics PPLP in NTT carried out with various physical exercises activities. Based on the above description that the Development of Physical Ability Athletes Taekwondo PPLP Provincial NTT” has not achieved satisfactory results. This is due to the lack of attention of the coaches to the proram of good training to improve the physical severity of athletes so that athlete's performance is still not maximum. That nutritional status athletes are all normal or not obese. That improved physical workout results are better on formability, strength, and endurance components than on speed, power, and speed endurance.*

**Keywords:** *Physical ability, Taekwondo, PPLP athletes*

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## INTRODUCTION

The construction of Taekwondo is carried out with a competition or championship in Indonesia which is the measure of the success of the athletes of taekwondo. Loss as a technique of attack and defense against opponents used during competitions or championships. In Taekwondodi, each championship or competition is divided into three groups: pre-junior (under 13 years), junior (age 13-18 years), dancer (age 18 years or older) (Suryadi, 2002). The desire of the junior athletes is the source of the needs of each athlete. Each of the junior athletes puts different weight points up to the needs and desires of the athlete himself. When these desires and needs cannot be attained, athletes will try to attain them by practicing hard and participating in various competitions, and here begins

someone's career as an athlete. The characteristics of a junior athlete who is judged to be shaky, will feel satisfied with the results achieved, will be desperate, will see the origins in training or in the face of a game, and the target result as a task received will be considered a heavy burden. However, as the junior athlete continues to instill the motivation to perform in the athletes, the shaky character will disappear. Athletes will be diligent and persistent in training, always striving to better results, and not easily satisfied with the results athletes have achieved. It is hoped that all junior athletes in each field will have a high performance motivation. This is because the motivation to perform can serve as a means to enhance the progress and development of both athletes and clubs. According to McClelland (1987), performance motivation is very important because it can act as (1) an energizer, i.e. a motor that drives an individual to do something, (2) a directionality, that determines the direction of action towards the goal that is to be achieved, (3) a patterning, that is, the completion of the actions that must be done in harmony to the goal.

Performance motivation is expected to increase if junior athletes have a positive perception of the training program (Metidesiana et al., 2021). Therefore, the trainer is able to compile and plan the training program according to the portion of the junior athlete's more interesting composition. There's a well-planned training program from a trainer to a junior athlete, so it opens up opportunities for a junior to improve motivation to perform. The hope of having a high-performing motivation isn't all executed well, it's because of many factors that influence it. It can be said that sports not only incorporate physical and psychological aspects, but also mental attitudes. This means that the factor will alter a person's perception of all the responses and behaviors shown.(Maksum, 2007). As Fishbein and Ajzen say (in Sarwono & Meinarno, 2009) that attitudes influence one's behavior, subjective norms and perceptions of behavioral control

## **METHOD**

This research uses a quantitative approach with a longitudinal design. This design allows repeated measurements of the same variable at different times to

track the development of the physical abilities of the Taekwondo PPLP (Student Training and Training Centre) East Nusa Tenggara Province (NTT) athletes over time. Participants: The participants in this study are Taekwondo athletes registered in the NTT Provincial PPLP. Participants are selected on the basis of established inclusion criteria, including age, level of experience, and activity in the practice. The number of participants is determined on basis of analysis of needs and availability of resources. Research variables: The main observed variables are the physical abilities of Taekwondo athletes, which include aspects such as strength, speed, endurance, agility, and flexibility (Arisman & Agun Guntara, 2021). These variables will be measured using standard tests that have tested their reliability. Strength test: For example, the 1RM (One Repetition Maximum) test to measure muscle strength. Speed test: for example, a 40 meter sprint test for measuring running speed. Endurance test: Like the VO2max test for the measurement of aerobic capacity (Pratama et al., 2024).

Agility test: For example, a shuttle run test or a T-test to measure agility. Flexibility test: For example, a sit-and-reach test to measure the flexibility of the hamstring muscles.

Procedure: Initial measurement: Participants will undergo a series of initial physical tests to determine the baseline of their physical abilities. Repeated measurement: After a certain period (for example, every 3 months), participants will again undergo the same physical test to evaluate the development of their physical abilities. Data analysis: The data collected will be analyzed using descriptive and inferential statistical methods, such as the t-t test or the ANOVA test, to evaluate significant changes in athlete's physical abilities over time.

## **RESULT AND DISCUSSION**

The purpose of this research is to find out the development of physical abilities of Taekwondo athletes PPLP Province NTT of 4 people. This research carried out data collection at the time of Tests and measurements of PPLP athletes located in the Sports Building (Gor) jln. W.J. Lalamentik Oebufu city Kupang. Where each athlete is between the ages of 16 and 19, which is used for data

collection. According to Hasan (2004:29) data analysis is the process of organizing and sorting data into patterns, categories, and basic descriptive units so that themes can be found and work hypotheses can be formulated as suggested by the data. Based on the results of the interview, I'm against the PPLP taekwondo coach of the NTT province saying that the athlete's level of performance is not satisfactory. Based on the results of the interview, I said to the taekwondo coach of the PPLP province of NTT that the taekwon-do athlete of the NTT has never won a gold medal. This study aims to determine the physical abilities of Taekwondo athletes PPLP Province of NTT. Based on the results of the analysis indicates that the Physical Abilities of Athletes TAEKWONDO NTT is in the category "keep". In detail, each component of the physical condition that lies above consists of nutritional status, speed, agility, resilience, power, strength and aerobic endurance. External factors affecting nutritional status (Marmi, 2013): Income, nutritional problems due to poverty indicators are the economic status of the family, which is related to the purchasing power of that family. Education, nutrition is a process of changing the knowledge, attitudes and behaviour of parents or society about good nutritional status. Work is something that must be done primarily to support his family's life. Working for mothers will have an impact on family life. Internal factors affecting the nutritional status of others (Marmi, 2013):

Age will affect the ability or experience of parents in giving nutrition to children and adolescents. (Okilanda et al., 2018) Physical condition Anyone who is now sick, who is healing and who is aged, all need special food because of their poor health status.

Physical activity has a negative link between physical activity and nutritional status where the lower the physical activity, the lower a person's nutrition. The body mass index has a strong correlation with the fat in the body. (body fatness). The accumulation of fat in certain parts of the body such as the abdomen and waist will inhibit the occurrence of the flexion movement of the lumbar. In addition, biomechanically, the weight will affect the pressure or

compression on the lumbar spine when making forward flexion movements, thereby affecting the measurement of flexibility that tends to decrease.

## CONCLUSION

The construction of Taekwondo in Indonesia is measured by the success of athletes in competitions or championships, and the motivation to perform is important for athletes to improve their results. The physical abilities of Taekwondo athletes in the NTT province are categorized as "moderate", with factors such as nutritional status, speed, agility, resilience, power, strength, and aerobic endurance influencing their performance.

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