
Survey Of Physical Fitness Players of SSB Karlos Malang, Aged 15 Years

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Article Information

ABSTRACT

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The aim of the researcher is to assess the level of physical fitness of the 15-year-old SSB Karlos Malang soccer school players with the TKJI test instrument for the 13-15 year age category. The researcher uses this type of quantitative descriptive research using survey techniques. The results of the TKJI test conducted on 15 subjects showed that there were 0 (0%) subjects who were in the "Less" category, 10 (67%) players were in the "Less" category, 5 (53%) players were in the "less" category Medium", 0 (0%) players fall into the "Good" category, 0 (0%) players fall into the "Excellent" category. The researcher concluded that the physical fitness level of the 15-year-old SSB Karlos players was in the "Less" category and had an average score of 13.7.

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Introduction

One of the activities that cannot be separated in daily life is sports. In general, the exercise carried out aims to achieve good physical fitness, and exercise can be done anywhere and anytime [1]. In order to have good physical fitness, one needs to exercise regularly, but this must be done with the right techniques and rules [2]. In addition to obtaining achievements, sports can also improve human resources towards a healthy lifestyle. Football is a sport that has many fans. SSB Karlos is one of the many football schools in Malang which is still active. Football players really need good skills, strategy and physical fitness [3]. Not only needed by senior athletes, physical fitness is also needed by young athletes. An adequate level of physical fitness is needed to carry out sports activities [4].

There are two types of physical fitness, speed, balance, coordination, agility, power and reaction time are types of

physical fitness related to ability, while body composition, cardiorespiratory endurance, muscle endurance, and muscle strength are included in types of physical fitness related to health [5]. Good physical fitness must be possessed by every player, to have good physical fitness, players can carry out exercises that focus on the cardiorespiratory system, for example aerobic exercise and cardiovascular exercise which are carried out 2 to 3 times a week [6]. It is necessary to have a measuring instrument to be able to determine the level of a person's physical fitness. The following are various tests that can be used to assess the level of physical fitness: Balke Test, Multistage Fitness Test (MFT), TKJI, Harvard Test, 2.4km Running Test, 12-minute Running Test(Dartini, et al 2017).

This study aims to determine the value of the physical fitness level of the 15-year-old SSB Karlos players using the TKJI test instrument.

Method

This study uses a quantitative descriptive method with the aim of describing events that occur in the present [7]. This research was conducted at the football field Jl. Raya Donowarih Kec. Karangploso Kab. Malang and Karangploso Rest Area. This research was conducted in November-December 2020. The number of population taken by the researchers were 15 year old SSB Karlos players, and the sample used was 15 players.

The instrument used by the researcher was the TKJI test and data collection techniques also used the TKJI test and the GPAQ (Global Physical Activity Questionnaire) questionnaire. The Indonesian Physical Fitness Test (TKJI) includes a 50-meter sprint, 60-second pull-up, 60-second sit-up, vertical jump, and a 1000-meter medium distance run. The GPAQ questionnaire is in the form of the players' daily physical activities. Researchers used descriptive type analysis,

namely by calculating the numbers obtained from the results of physical fitness tests. The percentage and average level of physical fitness of SSB Karlos Malang players aged 15 years in each classification of physical fitness levels is calculated by the formula:

$$P = \frac{f}{n} \times 100$$

Calculate the average (mean) of the results of this test using the following formula

$$\bar{x} = \frac{\sum x_i}{N}$$

The steps for classifying the physical fitness level of the 15-year-old SSB Karlos players from the TKJI test are divided into two, namely the rough results and the final results.

Results

The results of the Indonesian Physical Fitness Test (TKJI) for 15-year-old SSB Karlos players can be seen in table 1.

Table 1. Subject Length of Training

Classification of Physical Fitness Level	Amount	Percentage(%)
Very Well	0	0
Good	0	0
Medium	5	33
Less	10	67
Less once	0	0
Amount	15	100

Table 1 shows the classification of the physical fitness level of the 15-year-old SSB Karlos players. The details of categories, amounts and percentages are there are no 0 (0%) players who are in the "Excellent", "Good", "Poor" categories, 5 (33%) players are in the "Medium" category, and 10 (67%) players are in the "Less".

Discussion

The level of physical fitness can be described when a person carries out daily activities without feeling tired and is still able to do

other things in his spare time with satisfactory results, it can be said that a person's physical fitness is good [8]. Age, gender, lifestyle, physical activity, energy intake, smoking, nutritional status, genetics, intensity of exercise, length of exercise and frequency of exercise are factors that can affect the level of physical fitness [9]. Lifestyle is a picture of an individual carrying out his activities.

Lifestyle also has a positive or negative impact on how the individual carries out his lifestyle. Negative impacts that can cause various diseases such as smoking,

consuming alcohol, and not exercising regularly. Lifestyle can also affect a person's sleep quality. In interviews with researchers with 15-year-old SSB Karlos players, they stated that their sleep patterns were irregular, they often stayed up late just to play online games. Based on the We Are Social survey in 2020 which states that there are 175.4 million internet users in Indonesia, this proves that Indonesia's population of ± 272 million people (64%) has accessed the internet. Internet technology has such a huge impact on humans, one of which is for entertainment.

One aspect of a person's addiction to online games is Interpersonal and health-related problems. Addiction to online games results in a person neglecting social relationships and experiencing health problems, including irregular sleep hours, lack of body hygiene, and poor diet [10]. Adequate sleep has benefits for a person's body to restore the body's condition after doing activities. Each individual has a different sleep time based on his age, enough sleep will affect the activities that will be carried out in the future. Disorders of the physiological and psychological balance of the body are caused by irregular sleep patterns. The body performs the process of returning energy to an optimal condition when a person is sleeping or resting [11].

According to the National Sleep Foundation, children aged 14-17 years are recommended to sleep between 8-10 hours, of course, this

recommended time has been calculated by 18 experts in science and medicine. These experts review a wide variety of validated research studies on sleep duration and health outcomes such as cardiovascular disease, depression, pain and diabetes [12]. The positive impact will be received by the health of the body when the duration of sleep is met. All vital functions of the body will be reduced, activity at the metabolic rate will be lowered, body cells will be repaired and energy will be restored during the sleep process. In addition, the brain will integrate new knowledge, as well as form new associations when a person sleeps, this will make the mind fresher [13]

CONCLUSION

The researcher can conclude that as many as 5 players (33%) are categorized as moderate and the remaining 10 players (67%) are categorized as less. The physical activity questionnaire (Global Physical Activity Questionnaire) that has been given and filled out by 15 year old SSB Karlos players can be concluded that their daily physical activity at home is low. This is one of the influences on the physical fitness level of this 15-year-old SSB Karlos player who can be included in the "Less" category. SSB Karlos players often stay up late just to play online games on smartphones and this causes their sleep hours to be ineffective or lacking.

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