

Physical Fitness Profile Analysis: Survey Study On Extracurricular Football Students

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Physical Fitness Profile Analysis: Survey Study On Extracurricular Football Students

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Abstract

Studi purpose. One of the key predictors of success in a soccer match is physical fitness. However, when it is put into practice, the physical condition of the pupils is not given adequate consideration and is not even considered as a standard for creating training programs. This study aimed to determine physical fitness in extracurricular soccer students.

Materials and methods. In this work, tests and measurements were conducted using a quantitative descriptive technique and a survey methodology. The population consisted of SMP Negeri 3 Sukadana Kayong Utara students who played club soccer. 20 pupils were sampled using the purposive sampling method. The Indonesian Physical Fitness Test (TKJI) for ages 13 to 15 was the tool employed in this investigation. Excel 2013 was used to analyze percentage-based descriptive data.

Results. According to the findings, 10% of students fell into the "good" category, 15% into the "poor," and 75% into the "moderate" category.

Conclusions. The study's findings indicate that extracurricular soccer players fell into the moderate category, so sports trainers and teachers should use them as a guide for developing training regimens to increase physical fitness.

Keywords: Physical Fitness, Sports Games, Soccer, Extracurricular.

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Introduction

Game sports are sports activities played by two opposing teams to obtain victory (Rozi et al., 2023; Suryadi, 2022b). In line with previous statements that say game sports are sports where players show off their skills to achieve the goal of victory (Nurcahyo et al., 2021; Subekti & Santika, 2021). In addition, sports are physical activities that are easy to do for various ages (Suryadi, Gustian, & Fauziah, 2022). One of the most popular sports in the community is soccer (Amrullah & Widodo, 2017).

Soccer is a sport that is loved by both children and adults (Perdana, 2021), and some women also like to enjoy soccer games (Carr & Power, 2020; Estevez & Donato, 2021), so it is one of the main spectacles in (Pache, 2020). Based on this review, illustrates that soccer is a game sport that is favored by various groups, be they children, adults, or male or female masters. Therefore, we must pay attention to what affects performance in the game to produce the best performance. An article says that low physical fitness affects a person's daily abilities(Suryadi, 2022a).

Physical fitness is an important activity for both athletes and ordinary people (Suryadi, Samodra, & Purnomo, 2021) because this will affect the activities that will be carried out (Suryadi, 2022a). A study proves that physical fitness will affect the success of extracurricular student sports achievements (Satrio & Winarno, 2019). Several studies prove that doing physical activity through sports can have a positive effect on physical fitness (Bile & Suharharjana, 2019; Chrisly M., Djon, & Shane H. R., 2015; Dharma & Boy, 2020; Endrianto & Ma'mun, 2019; Fikri, 2017; Hadi, 2019; Hayudi & Pratama, 2019; Prativi, 2013; Prayoga, 2020; Suryadi, 2022a; Suryadi & Rubiyatno, 2022; Suryadi et al., 2021), and hacking activities can also improve physical fitness (Firmana, 2018).

The reason for this research is that the physical fitness of soccer extracurricular students at Sukadana 3 State Junior High School, North Kayong Regency, has not been monitored. Preliminary studies conducted on sports teachers indicate that measurement tests on students have never been carried out. Despite the fact that being physically fit is one of the key factors in sports performance for students who participate in extracurricular activities (Satrio & Winarno, 2019; Suryadi, Suganda, et al., 2023). Based on this explanation, this study aims to determine the physical fitness of extracurricular soccer students.

Materials and methods

Study subjects.

The population of the study consisted of students who participated in soccer as an extracurricular activity at Sukadana 3 State Junior High School in North Kayong Regency. Purposive sampling was utilized in the sampling strategy to generate a sample of 20 pupils.

Study organization.

This study used a survey methodology and was descriptively quantitative. It included tests and measures. The Indonesian Physical Fitness Test (TKJI) for Ages 13–15 was the tool employed in this investigation. The tests included a 50-meter running test, a body lift hanging test, a 60-second lying test, an upright leap test, and a 1000-meter running test designed specifically for guys (Widiastuti, 2011).

Statistical analysis.

Data analysis in this research with descriptive percentages. To be able to analyze and provide an assessment of the data from the physical fitness test results done by determining the standard value and criteria for assessing the level of physical fitness adjusted to the TKJI (Indonesian Physical Fitness Test) Age 13-15 norms (Widiastuti, 2017). The data obtained was then analyzed using Microsoft Excel 2019 software.

Table 1. TKJI Norms Age 13-15 (Widiastuti, 2017)

Value	Classification
22 – 25	Excellent
18 – 21	Good
14 – 17	Moderate
10 – 13	Poor
5 – 9	Very Poor

Results

Based on the test results, the researcher presented the average results of the physical fitness test items of students who took part in extracurricular soccer activities for students at the State Junior High School 3 Sukadana. The results can be seen in table 2.

Table 2. Average Physical Fitness Level of Students Participating in Football Extracurricular Activities

No	Test	Average	Category
1	50 Meter Run (A)	3,6	Moderate
2	Pull-up (B)	1,7	Poor
3	Sit-up (C)	4,0	Good
4	Vertical jump (D)	2,8	Moderate
5	1000-Meter Run (E)	3,0	Moderate
	Jumlah	15,1	Moderate

According to Table 2, the average score for basketball extracurricular students aged 13 to 15 using the Indonesian physical fitness test (TKJI) was 15.1. According to this analysis's descriptive findings, male students who played extracurricular soccer had a modest degree of physical fitness.

Table 3. Physical Fitness Test Results of Football Extracurricular Students

No	Value	Classification	Frequency	Percentage %
1	22 – 25	Excellent	0	0%
2	18 – 21	Good	2	10%
3	14 – 17	Moderate	15	75%
4	10 – 13	Poor	3	15%
5	5 – 9	Very Poor	0	0%
	Jumlah		20	100%

The results in Table 3 show that students in extracurricular soccer there were only 10% who had physical fitness in the good category. Furthermore, 75% showed physical fitness in the moderate category, and the remaining 15% in the poor category. These results provided evidence that physical fitness in extracurricular soccer students was still relatively low. To clarify, it is attached to Figure 1.

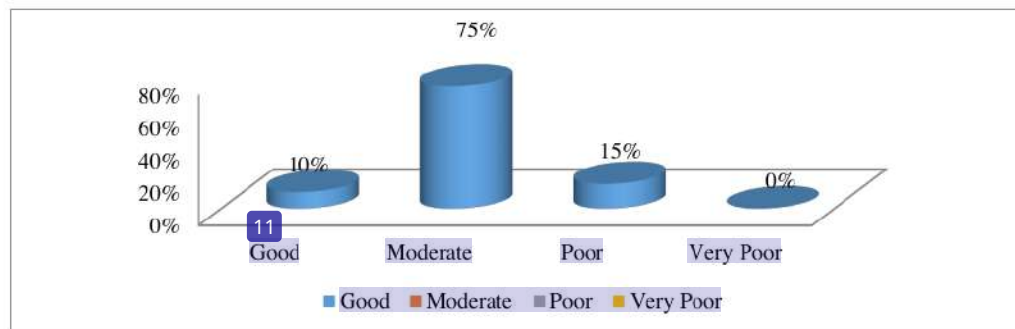


Figure 1. Percentage of Students' Physical Fitness Level

Discussion

The chart indicates that, with an average value of 15.25, pupils at State Junior High School 3 Sukadana who participated in extracurricular soccer activities fell into the intermediate group of physical fitness. According to the calculations in the table above, pupils who fell into the good group for physical fitness had a range of levels of fitness. Up to two students, or 10%, were in the range of ages 18 to 21, up to fifteen students, or 75%, had a level of physical fitness in the moderate category, which was in the range of ages 14 to 17, and up to three students, or 15%, had a level of physical fitness in the poor category.

The results of previous relevant research conducted on extracurricular futsal students were still classified as insufficient, with a percentage of 25% in the moderate category and 75% insufficient (Suryadi & Rubiyatno, 2022). Furthermore, research comparing the physical fitness of futsal and basketball extracurricular students proved in this study that basketball extracurriculars were better than futsal extracurriculars (Suryadi, 2022a).

The results of this study can certainly be an illustration of how sports teachers or trainers can improve students' physical fitness in extracurricular soccer. Therefore, it is necessary to design a suitable training program to improve physical fitness among students. Articles say physical fitness is the most important factor to support achievement (Suryadi, 2022a; Suryadi & Rubiyatno, 2022). Similar statements were also expressed by Haïdara et al., (2023); Supriatna et al., (2023) who said that physical abilities are needed to support performance. With good physical abilities, it will be easier to do sports activities (Suryadi, Yanti, Ramli, Tjahyanto, & Rianto, 2023).

Various physical activities are carried out to have good physical fitness (Arifin, 2018; Darmawan, 2017; Hutajulu, 2016; Julianto, 2016; Rubiyatno et al., 2023; Suryadi, Samodra, et al., 2023), some of these studies reveal how important it is to do physical activities to have a healthy body and good physical fitness. High-intensity exercise with weight training has been found to improve physical fitness (Suryadi et al., 2021).

Conclusions

According to the findings of the research and the discussion above, kids who play extracurricular soccer have intermediate levels of physical fitness. The percentage that indicated 10% in the "good" category, 15% in the "bad," and 75% in the "moderate" category illustrates these results. The findings of this study undoubtedly gave soccer players more resources to turn to. The study's flaw was that it only tested and measured the physical fitness of kids who played extracurricular soccer, and the sample size was still somewhat small. Future research proposals can contrast the physical requirements of extracurricular soccer with those of other sports.

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Conflict of interest

No conflicts of interest to declare.

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