



PROFILE OF PHYSICAL FITNESS BASKETBALL STUDENT EXTRACURRICULAR

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Abstract

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The purpose of this study was to determine the level of physical fitness of students participating in basketball extracurricular training. This research is descriptive quantitative with survey methods. TKJI test and measurement (Indonesian physical fitness test) to determine the level of physical fitness in students. The research sample consisted of 20 male students in extracurricular basketball at Madrasah Tsanawiyah Negeri 1 Pontianak. The data obtained in the field are the results of TKJI aged 13-15 years, the data analysis uses descriptive percentages, then the data calculation is assisted using the Microsoft Excel software application. The results of the study were 13 students in the medium category with a percentage of 65% and the less category with a percentage of 35% as many as 7 students. The conclusion is that the level of physical fitness is in the moderate category, the results of this study prove that basketball extracurricular physical fitness is still relatively low.

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INTRODUCTION

Basketball is a sport that requires high skill and physical fitness for athletes and is very much loved by people in our country (Yuan et al., 2021). Basketball players need good fitness, flexibility, power, strength, agility, endurance, and vertical jump skills to reach sporting targets. (Sukhiyaji & Patel, 2020), Player speed is also very much needed (Daulatabad et al., 2020), because the game has a high tempo, and is active (Setia & Winarno, 2021). Therefore, both athletes and the general public, fitness is very necessary in order to maintain physical health (Suryadi et al., 2021).

Physical fitness is an important indicator of the current and future health status of adolescents (Rubín et al., 2017). There are several factors that cause decreased physical fitness, including age, gender, BMI, waist circumference, hypertension, and diabetes mellitus (Juliansyah et al., 2021). In addition, there is a relationship between the level of physical fitness with age, gender and body mass index (BMI) in the elderly (Oktriani et al., 2020), consumption of nutrients and physical activity (Erliana & Hartoto, 2019; Hartanti & Mawarni, 2020), and sleep quality (Gunarsa & Wibowo, 2021), overweight (Galan-Lopez et al., 2020). In addition, physical health, the environment and diet affect the quality of life in the elderly (Mulyadi & Rifki, 2021), while the current Covid-19 condition results in a lack of movement activity (Suryadi et al., 2021). With the previous studies, so that this becomes a picture related to physical fitness, then we will discuss the impact caused if physical fitness decreases..

Several studies say that low physical fitness is a factor in the development of non-communicable

diseases (Lavie et al., 2019), cardiovascular disease, then this is a risk of causing death (Vancampfort et al., 2019; Zhao et al., 2019). Other research states that students' academic achievement and mental health are influenced by physical fitness (Oktaviani & Wibowo, 2021). An article said that during the Covid-19 pandemic motivation was needed in maintaining the physical fitness of swimming athletes (Yasa & Artanayasa, 2020). Therefore, it is very important to know the level of physical fitness and the appropriate needs of students who are always faced with a busy schedule, because increasing fitness can bring positive factors to physical endurance..

Given the importance of physical fitness for students, this should be a special concern for PJOK teachers in learning, in line with the research conducted (Oktaviani & Wibowo, 2021) with sports learning in schools can improve physical fitness. On this basis, physical fitness is closely related to achievement (Aprilianto & Fahrizqi, 2020), significant correlation between physical fitness, mental health, and anxiety (Li et al., 2021). However, the basketball extracurricular students' level of physical fitness is not yet known. The next problem at the junior high school level championships is that they still cannot achieve satisfactory results, this incident can be seen from the previous match, success in basketball requires the ability to produce speed (Daulatabad et al., 2020).

Based on the discussion that has been described, it can be concluded that it is important to know physical fitness, thereby making it easier for teachers to provide training programs. One of the efforts that must be done is to conduct tests and measurements of physical fitness for basketball extracurricular students. This is because physical fitness has a positive impact on endurance, the importance of

physical fitness for students who take part in extracurricular sports in order to achieve achievement (Satrio & Winarno, 2019). The data will enable the adjustment of the training process in a more effective way (Vavilov et al., 2020).

METHODS

This research is quantitative descriptive using survey methods. Researchers give tests and measurements to basketball extracurricular students with physical fitness tests.

Population and Sample

The population in this study were male students who took extracurricular basketball at Madrasah Tsanawiyah Negeri 1 Pontianak. The sampling technique is purposive sampling with certain considerations, so the sample in this study amounted to 20 male students.

Measurement Technique

The data measurement technique uses tests and measurements on samples, using TKJI (Indonesian physical fitness test) (Aldiansyah & Asriansyah, 2020; Arifandy et al., 2021) , 1000 meter long distance running test, 50 sprint test meter, 60 seconds lying down test, body lift test and vertical jump test .

Data Analysis Technique

Data analysis in this study used descriptive percentages, it aims to determine the level of physical fitness of basketball extracurricular students. Furthermore, the calculation of the data is assisted using the Microsoft Excel software application. The categorization uses TKJI norms according to (Arifandy et al., 2021).

Tabel 1. TKJI Norms Age 13-15

Grade	Category
22 – 25	Very well
18 – 21	Good
14 – 17	Currently
10 – 13	Less
5 – 9	Very Less

RESULT AND DISCUSSION

This result aims to determine the actual fitness level of male students in extracurricular basketball at Madrasah Tsanawiyah Negeri 1 Pontianak. Considering the results of the fitness test which was determined based on the TKJI score for high school students aged 13-15 years and adjusted to the TKJI standard to determine the classification. In table 2 and table 3 it is known that the fitness of male extracurricular basketball students at Madrasah Tsanawiyah Negeri 1 Pontianak is in the medium classification with an average value of 14.2

Tabel 2. Results of the Indonesian Physical Fitness Test (TKJI) for Male Students in Basketball Extracurriculars

No	Name	Test Results					Amount	Information
		A	B	C	D	E		
1	AF	4	1	4	2	2	13	Less
2	WD	4	1	4	2	2	13	Less
3	MD	3	3	4	3	2	15	Currently
4	AM	2	2	3	3	1	11	Less
5	SD	4	3	4	2	1	14	Currently
6	AG	3	2	4	3	2	14	Currently
7	RA	3	2	4	3	3	15	Currently
8	SQ	2	1	4	3	2	12	Less
9	RK	3	3	5	2	1	14	Currently
10	AR	3	2	4	3	2	14	Currently
11	MR	3	4	3	3	3	16	Currently
12	CY	3	3	4	3	3	16	Currently

13	RH	4	1	4	2	3	14	Currently
14	HM	3	2	3	2	2	12	Less
15	MI	3	2	4	3	3	15	Currently
16	ZF	3	1	4	3	3	14	Currently
17	WA	3	3	3	2	2	13	Less
18	SY	3	1	4	3	3	14	Currently
19	RS	3	2	3	2	2	12	Less
20	RES	4	3	4	3	3	17	Currently

Table 3. Average Physical Fitness Level

No	Test Type	Average	Category
1	50 meter sprint test	3,1	Currently
2	60 second body lift test	2,1	Less
3	Sitting lying down test 60 seconds	4,2	Good
4	Straight jump test	2,6	Currently
5	1000 meter long distance test	2,2	Less
Jumlah		14,2	Currently

Information:

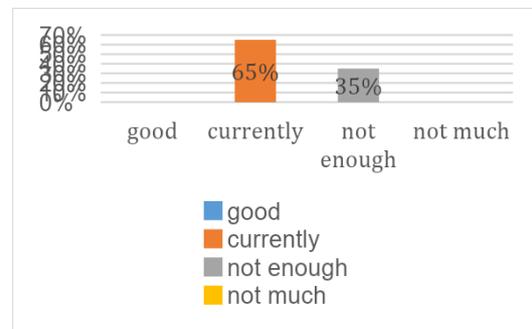
- A = 50 meter sprint test
- B = 60 second body lift test
- C = Sitting lying down test 60 seconds
- D = Straight jump test
- E = 1000 meter long distance test

Table 3 proves the level of physical fitness. In the 50 meter running test, students who took the basketball extracurricular had a moderate level of fitness with a score of 3.1 with the 50 meter run test. The 60-second body lift trial is in the low category with a value of 2.1. In addition, on the 60-second lying down test, the good category is 4.2. Furthermore, in the upright jump, with a value of 2.6 and the 1000 meter running test students are in the lower category with a value of 2.2.

Table 4. Basketball Extracurricular Student Physical Fitness Test Results

Grade	Classification	Frequency	%
22 – 25	Very well		
18 – 21	Good		
14 – 17	Currently	13	65%
10 – 13	Less	7	35%
5 – 9	Very less		
Jumlah		20	100%

The results of the analysis found that there were 13 students in the medium category basketball extracurricular with a percentage of 65% and the less category 7 students with a percentage of 35% can be seen in table 4. So it tends to be concluded that the physical fitness of students who take basketball extracurricular activities at Madrasah Tsanawiyah Negeri 1 Pontianak is in the medium classification. Based on the results of the calculation in the table above, it is found that the level of physical fitness is that there are no students who have a good level of health.



Graph 1. Percentage of Physical Fitness

Based on the results of the data that has been analyzed, as a whole, it shows that the physical fitness of students who take part in basketball extracurriculars are 13 students in the medium category and 7 students in the less category with an average value of 14.2 can be seen in table 3. It can be concluded that students who take part in extracurricular basketball are in the moderate category, with a

percentage of 65%. The results of the relevant research reveal that the extracurricular activities of upper-class students have moderate physical fitness (Bahari et al., 2020), Next, the student basketball team was categorized as moderate (Pratama & Yuliandra, 2020), from the speed aspect of the women's basketball team in the good category (Setia & Winarno, 2021), male players had better physical fitness than women (Sánchez-Díaz et al. ., 2021). Subsequent studies have shown that increases in physical fitness and bone mass are associated with basketball practice at age pra pubertas (Zribi et al., 2014). This means that the exercise in accordance with the portion will affect the physical condition (Zawawi & Burstiando, 2020).

The next study, regular exercise as an effort to maintain physical fitness (Bile & Suharharjana, 2019), the physical fitness of high school basketball players can be improved through 7 weeks of plyometric training (Sáez De Villarreal et al., 2021). Several studies say that physical fitness can be improved by sports training (Adam, 2018; Arifin, 2018; Chrisly M. et al., 2015; Fikri, 2017; Juntara, 2019; Rosidah, 2013; Suryadi et al., 2021; Syahputra et al. al., 2017). fartlek can be used to increase the VO₂max of basketball athletes (Fernandes, 2019). In addition, the intensity of exercise is also important to consider in providing exercise, 3-5 times per week with an intensity of 70%-80% (Budayati, 2009), the results of research on weight training exercises with high-intensity circuit training methods (Straudi et al., 2014; Suryadi et al., 2021).

Further isometric exercises in the general physical preparation system of basketball players to prevent injury (Bolotin & Bakayev, 2016). Based on this, it can be seen that a lot of exercise can improve physical fitness, but this is also

influenced by the duration and intensity given during exercise, with that physical activity has a positive influence on the development and maintenance of fitness (Kljajevi et al., 2022).

Students who have problems with body mass index and strength regardless of their level of physical activity (Kubieva et al., 2019). Likewise, low physical fitness is also an important factor and can be prevented only by changing lifestyles, eating healthy lifestyles (Majid, 2020). Fitness is an activity consisting of exercises that require the involvement of the whole body and develop both coordination and strength, as well as flexibility and balance (Skurikhina et al., 2016). Hiking activities for women that are carried out (Firmana, 2018) have an effect on physical fitness.

The main limitation of this study lies in the activities that students do before taking the test whether it is heavy or not, as well as differences in the education system. As studies on physical fitness interventions are rarely implemented in some schools, further research should promote regular exercise. Despite the limitations mentioned, this study should be an important contribution to physical fitness, as well as physical fitness research, and be useful to shed light on the main negative factors (Kljajevi et al., 2022).

CONCLUSION

Based on the results of the discussion, the level of fitness of students who took part in extracurricular basketball at Madrasah Tsanawiyah Negeri 1 Pontianak was more than 13 students in the moderate category with a level of 65% and less consisting of 7 students with a percentage of 35% with an average score of 14.2. So that it can be concluded that the physical fitness of basketball

extracurricular students is in the moderate category, so this result proves that there are no students who fall into the good category of physical fitness. This study adds a reference to junior high school students regarding the level of physical fitness. These results can be a reference for parents to pay attention to diet and activity. It is hoped that further research can promote regular exercise, with a wider sample and population.

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