



Physical Fitness Level of Junior High School Football Club Students of Medan Amal Bakti Foundation Age Group 13 -14 Years

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Abstract: Using a method that is in accordance with the objectives to be achieved is an absolute requirement needed in a research process. This research is a descriptive research. Descriptive research is research that does not intend to test hypotheses, but only describes what is the condition of a variable. Data collection method is a method used by researchers in collecting research data. The method used in this study is a survey method with test and measurement techniques. This research will be carried out in the even semester of 2021 at the Amal Bakti Medan Middle School Football Club Age Group 13-14 for the 2020/2021 Academic Year. Variable is something that is used as a characteristic, trait or measure that is owned or obtained by a research unit in a thesis about a certain concept of meaning. So the research variables are objects that are experienced, analyzed and concluded in a research observation. Most of the physical fitness levels of club Football Yayasan Amal Bakti Medan Age 13 -14 years are in the good category. In detail, 0 students (0%) were in the very poor category, 7 students (23.33%) were in the poor category, 7 students (23.33%) were in the moderate category, 12 students (40%) were in the good category, and 4 students (13.33%) in the very good category. Most of the frequency is in the good category, thus the physical fitness level of the Amal Bakti Medan Middle School Soccer Club students in the Age Group 13-14 for the 2020/2021 Academic Year is mostly in the good category.

Keywords: Football; Level of Physical Fitness

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INTRODUCTION

Football is a very prestigious sport and the players are people who have experience in the field of football. Players in the world are even paid handsomely to be great players, achievers and can bring a team out as winners. a game by kicking a ball that is contested by players from two different teams with the intention of putting the ball into the opponent's goal and defending their own goal so as not to let the ball in (Candra, A. T., & Kurniawan, R. A, 2020). Football games are played in 2 (two) halves, each of which generally lasts 45 minutes. The football game is led by a referee assisted by two line judges. The players wear football shoes and different costumes from their opponents, while the goalkeepers must wear special costumes that are different from the other players.

Football is a game played by two teams, each team consisting of eleven players, which is commonly called a team. Each team or team tries to put as many balls into the opponent's goal as possible and defend their own goal so as not to concede. A team can

be said to be strong if it is able to play a compact team game, meaning it has a good team. As a team member, each player carries a dual role. Football players must meet the requirements both as individuals and as members of a team, meaning that as an individual a player must be able to master basic football techniques well and as a member of a team, with their abilities and skills, players must be able to play together to form a team.

Apart from physical fitness, football players must also master various basic techniques for playing football (Haryanti, E. F., Agustiyawan, A., Purnamadyawati, P., & Hanidar, H, 2021). Because basic technique and physical fitness are two interrelated components. So it is not absolute that the most important component of football is just technical mastery, or just physical fitness. Because in practice in the field, these two components support and complement each other (Putro, B., & Winarno, M, 2022). However, trainers usually only emphasize exercises that address technical elements and tend to ignore exercises that address physical fitness. The higher a person's level of physical fitness, the better their physical work ability. Physical fitness is the key to true health and body resilience (Firmansah, M. W, 2021). Therefore, some people regularly do various exercises and physical activities, such as playing sports. The body will become fitter and less susceptible to disease. Apart from a stable health condition, physical fitness training will make the body feel fresher. So, exercising more often will actually make you less tired. With physical fitness training, your body's endurance can be further increased.

When playing ball, players are allowed to use all body parts, except the hands and arms. Only the goalkeeper is allowed to play the ball with his feet and hands. For this reason, we will be introduced to several basic techniques and several types of formations in the game of soccer. As a sport, soccer has rules that must be obeyed.

The Football Club is a place for young football players to hone their skills. They learn various basic football techniques including kicking the ball, dribbling the ball, controlling the ball, throwing the ball, catching the ball, etc. These basic technical exercises can run well if they are supported by good facilities and infrastructure, in terms of fields, balls, cones, vests, goals and so on. But do all clubs have adequate facilities and infrastructure and this is still a problem because in early childhood development there must be more training material that makes children touch the ball more, but if the ball is limited of course this is a problem. Apart from facilities and infrastructure, trainers also play an important role. When creating an exercise program, it must be truly focused and progressive and the loading is appropriate to the child's age, lest the program created is undirected and the loading is not appropriate to the child's age. Later it will not be a trigger for the child's positive development but instead will be the opposite.

METHOD

Using methods that are appropriate to the objectives to be achieved is an absolute requirement needed in a research process. This research is a descriptive research. Descriptive research is research that does not intend to test a hypothesis, but only describes what the situation of a variable is like. Data collection methods are the methods used by researchers to collect their research data. The method used in this research is a survey method with test and measurement techniques. This research will be carried out in the even semester of 2021 at the Medan Amal Bakti Foundation Middle School Football Club for the 13-14 Age Group for the 2020/2021 Academic Year.

A variable is something that is used as a characteristic, trait or measure that is owned or obtained by a research unit in a thesis about a certain concept of understanding.

So research variables are objects that are experienced, analyzed and concluded in a research observation.

The variable in this study is a single variable, namely the level of physical fitness. Physical fitness in football is a player's ability to carry out movements such as running, jumping, kicking, catching and throwing without experiencing excessive physical fatigue and a fast recovery period and is tested by carrying out the five TKJI physical fitness test items from the Ministry of National Education in 2010, which consist of :

a. 40 meter running test

This test aims to measure short distance running speed.

b. Bent elbow hanging test

This test aims to measure the strength and endurance of the arm muscles and shoulder muscles.

c. Sitting lying down test (30 seconds)

This test aims to measure the strength and endurance of the abdominal muscles.

d. Upright jump test

This test aims to measure the explosive power of the legs.

e. 600 meter running test

This test aims to measure cardiac endurance (aerobic), blood circulation and breathing.

From the conditions stated above, what is meant by the sample in this research is:

a. Medan Amal Bakti Foundation Middle School Football Club Students Age Group 13-14 Academic Year 2020/2021

b. Male gender

c. Have attended training for at least 6 months

d. Have participated in inter-club competitions

RESULT AND DISCUSSION

Result

This research is descriptive research, so the condition of the object will be described according to the data obtained. From the results of research on the level of physical fitness of students at the Medan Amal Bakti Foundation Middle School Football Club, Age Group 13 – 14 for the 2020/2021 Academic Year, it is necessary to describe it as a whole and based on the test items used to measure the level of physical fitness. The various tests are the 40 meter run, hanging bent elbows, lying down, upright jumping and 600 meter running. Overall, the research results obtained a very good score..

Tabel 1. Result

Category	Frequency	Percentage
Very good	4	13,33%
Good	12	40%
Currently	7	23,33%
Not enough	7	23,33%
Very less	0	0

From table 1, the level of physical fitness of the Medan Amal Bakti Foundation Middle School Football Club students in the 13 – 14 Age Group for the 2020/2021 Academic Year was obtained, with 0 students (0%) in the very poor category, 7 students (23.33%) in the poor category, 7 students (23.33%) were in the medium category, 12 students (40%) were in the good category, and 4 students (13.33%) were in the very good category. The highest frequency is in the good category, thus the physical fitness

level of the Medan Amal Bakti Foundation Middle School Football Club students for the 13 - 14 Age Group for the 2020/2021 Academic Year is mostly in the good category.

Discussion

A soccer player needs a level of physical fitness to support every activity on the field. With a good level of physical fitness, of course a player will not easily experience fatigue. In the game of football, a player is required to be able to keep moving to find a position in playing football. Thus, physical fitness is very important to be able to make this happen. The physical fitness level of students at the Medan Amal Bakti Foundation Middle School Football Club, Age Group 13 – 14 for the 2020/2021 Academic Year is in the good category, this is because during training the trainer always provides material with lots of activities. Apart from that, coaches also always pay attention to elements that support football playing skills such as abdominal muscles, leg muscles, running speed, endurance, agility, and so on.

The game of football is a complex game that requires various physical performances. To produce a good and interesting football game, a child is not only required to have good techniques, tactics and mental competition, but a child is also required to have excellent physical or physical fitness (Putra, T. N., & Siregar, Y. I., 2021; Tristiyanto, F. M., Disurya, R., & Kristina, P. C, 2023; Aditya, R., & Azandi, F, 2020). In this study, the students' physical fitness was in the good category, and after detailing it turned out that there were several students' abilities that were still moderate, namely the ability to hang bent elbows and jump upright. In order for students' physical fitness to be even better, students' physical fitness training must be increased, both in frequency and intensity, especially the ability to hang bent elbows and jump upright. In this way, students' physical fitness will improve, and when facing inter-club matches or training, students will not feel excessively tired. With a better level of physical fitness, of course you will be able to play football better and more stably, because students have better physical fitness than before (Pangestu, D., Abdurrahman, E., Naibaho, D. M., & Lubis, F. H , 2023; Lubis, A. E., & Dewi, R, 2020).

CONCLUSION

Based on the research results, it shows that the physical fitness level of the Medan Amal Bakti Foundation Middle School Football Club students in the 13 - 14 Age Group for the 2020/2021 Academic Year is mostly in the good category.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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