



Physical Fitness Survey of Men's Football UKM Students at Universitas Muhammadiyah Bangka Belitung

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Abstract: This research was motivated due to the students' problems including frequent injuries and excessive fatigue during tournaments and practice. It is caused by unstable student physical fitness, which affects game performance. The purpose of this study was to determine the physical fitness of students who joined UKM football at Universitas Muhammadiyah Bangka Belitung. The benefit of this research was as a consideration for trainers which can be used as the reference for students. The type of this research was quantitative descriptive research. The variable in this study was a single variable, namely physical fitness. The sample in this study used a saturated sample of the population while the population of this study were 27 students of UKM football at Universitas Muhammadiyah Bangka Belitung. The results of this study showed that there were 11 students in the good category, there were 16 students in the medium category, while there were 0 students in the very good, poor and very poor categories. Based on the results study, the level of physical fitness of male students who joined UKM football at Universitas Muhammadiyah Bangka Belitung is in the moderate category.

Keywords: Physical Fitness; Students Activity Units; Football

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INTRODUCTION

Sport is a physical activity that is very important for a person's health, both physical health and spiritual health. By exercising, a person can experience a special pleasure, such as games, traditional sports and competitive sports such as football. Football is something that requires a high level of focus, besides that the sport of football itself can also be included with the same level of energy requirements as heavy workers (Rangga et al., 2023). The game of soccer requires very high physical health, this is because the game of soccer is a type of sport that is very fast and long, this of course uses a lot of energy and stamina. Football is a team game that takes into account all elements of physical fitness. Every physical activity is necessary and complicated in the game of soccer, namely sudden stops are required in fast movements for dribbling, passing, jumping, sprinting, shooting (Reky Wijayandaru Tarigan & Irwansyah Siregar, 2021; Rindra Wijaya et al., 2021).

Based on the results of observations and interviews with the coach of the Muhammadiyah Bangka Belitung University Football UKM, students of the Muhammadiyah Bangka Belitung University Football UKM often experience excessive fatigue and are easily injured during training and tournaments, seen from the problems

conveyed by the coach, the problems experienced by the students who take part in the Muhammadiyah Bangka Belitung University football ukm, the physical fitness of students who take part in the Muhammadiyah Bangka Belitung University football ukm is still lacking.

Based on the background of the problem presented, the researcher discusses the research with the hope that the results of this research will be useful for student activity units, as a reference for facing future events to achieve the championship target. The description above encouraged researchers to conduct research entitled Physical Fitness Survey of Men's Football UKM Students at Muhammadiyah University of Bangka Belitung.

METHOD

The method used in this research is a quantitative descriptive research method. Quantitative data is a research method in the form of numbers that will be measured using statistics as a calculating test tool, related to the problem being studied to produce conclusions (Sugiyono, 2017). Population is a generalized world that is formed from victims or material that shows certain characteristics and features that are somewhat assigned by the explorer before being studied and later drawing conclusions. The population in the research is all students who are active in the UNMUH BABEL men's football UKM totaling 27 people.

The information integration technique provides strategic practice as part of the investigation to obtain information. Without understanding the process of integrating information, explorers cannot obtain information according to conventional information that has been established. Collecting data in this research, researchers used a test and measurement approach method. In this research, the instruments used to determine the level of physical fitness of students taking part in the Football Student Activity Unit at Muhammadiyah University of Bangka Belitung: a. Broad Jump to measure leg muscle power, Shuttle run test to measure agility, 50 meter running test to measure speed, 2.4 Km Cooper test to measure endurance, Static flexibility test-trunk and Neck to measure flexibility, Push Up to measure muscle strength, Standing stork tests to measure balance, target shooting tests to measure eye-foot coordination, as well as test procedures.

Data analysis uses descriptive quantitative with percentages to determine physical fitness in accordance with the provisions for leg muscle explosive power, agility, speed, cardiopulmonary endurance, balance, flexibility, arm muscle endurance and coordination. The percentage discriminatory statistical analysis presented is in the form of a frequency distribution. In descriptive data analysis techniques, percentages are used to calculate respondents.

RESULT AND DISCUSSION

Result

From the results of the physical fitness survey of men's football UKM students at Muhammadiyah Banka Belitung University, they obtained results with an average of 23.67, minimum data 18 and maximum data 31. Included in the medium category, the complete results can be seen in the following table:

Table 1. Distribution of Student Physical Fitness

No.	Interval	Frequency	%	Category
1	33-40	0	0%	Very well
2	25-32	11	41%	Good
3	17-24	16	59%	Currently
4	9-16	0	0%	Not enough
5	1-8	0	0%	Very little
Amount		27	100%	

From the results of the research, the muscle explosive power test of Muhammadiyah University of Bangka Belitung football SME students was in the Good category with a percentage of 70.4%, the agility test of Muhammadiyah Bangka Belitung University football SME students was in the medium category with a percentage of 4.5%, the speed test was in medium category with a percentage of 33.3%, the cardiac endurance test is in the poor category with a percentage of 52%, the flexibility test is in the less than 100% category, the balance test is in the poor category with a percentage of 66.2%, the hand and arm muscle strength test is in in the medium category with a percentage of 59.2% and the coordination test is in the very good category with a percentage of 66.7%.

Discussion

In the game of football, physical fitness is really needed to support the technique of a game in football. Physical fitness is a condition where a person or person's health is good so that a person can carry out daily activities and can do sports without feeling excessive fatigue (Fifi Samosir, 2022; Kusuma Dewi & Rohmah, 2023), a person's physical fitness is very influential on the continuity of a person's activities so that they can run smoothly and be able to carry out further activities, in the world of sports, physical fitness has a big influence on achieving an achievement in the respective sports field, the better a person's physical fitness, especially in football, physical fitness is very much needed in the game (Armansarif Hulu, 2020; Gregorius Tigor Malau, Mimi Haetami, 2022; Rindra Wijaya et al., 2021).

Physical fitness is the body's ability to carry out daily physical work without experiencing severe fatigue (Dede Pebriandi Sihotang & Novita, 2021). Without feeling too tired, the goal is that when you finish the activity, you still have the energy and enthusiasm to face the next activity in your life. Physical fitness is a physical condition that is related to the ability and ability to function at work optimally and efficiently. Whether we realize it or not, physical fitness is actually one of the necessities of human life because physical fitness is integral to human life.

CONCLUSION

Based on the results of data analysis, descriptions, testing of research results and discussions, it can be concluded that the physical fitness of students at the Football UKM at Muhammadiyah University of Bangka Belitung. In the good category there were 11 students, in the medium category there were 16 students, in the very good, poor and very poor categories there were 0 students each. Based on the results of research by researchers, the physical fitness of Men's Football UKM Students at Muhammadiyah University of Bangka Belitung is in the medium 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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