



PROFILE OF THE PHYSICAL CONDITION OF BALI TENNIS ATHLETES IN 2020

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Abstrak

Penelitian ini bertujuan untuk memberikan pengetahuan dan informasi tentang kondisi fisik atlet tenis lapangan putra provinsi bali tahun 2020. Jenis penelitian ini adalah survei dengan melakukan tes kondisi fisik secara langsung. Data yang diperoleh dianalisis sesuai dengan standar atlet Pratama. Berdasarkan hasil analisis tes kondisi fisik, persentase kondisi fisik atlet putra yang telah memenuhi standar kebugaran adalah 64,48% dan yang tidak memenuhi standar kebugaran adalah 35,52%, sehingga secara umum kondisi fisik atlet atlet kategori putra tergolong cukup baik menurut tabel konversi kondisi fisik berada pada kisaran 60% sampai dengan 69%. Kesimpulannya kondisi fisik atlet Porprov Bali kategori tenis putra 2020 cukup baik.

Abstract

This research aims to provide knowledge and information about the physical condition of provincial tennis athletes in bali men's category by 2020. This type of research is a survey by conducting a live physical condition test. The data obtained is analyzed in accordance with the standards of Pratama athletes. Based on the results of the analysis of physical condition tests, the percentage of the physical condition of male athletes who have met the fitness standard is 64.48% and who do not meet the fitness standard is 35.52%, so in general the physical condition of the male category athlete is classified quite well according to the physical condition conversion table is in the range of 60% to 69%. The conclusion is that the physical condition of Porprov Bali athletes in the 2020 men's tennis category is quite good.

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INTRODUCTION

The fitness and achievements of an athlete or sportsman are not static, but are fickle according to physical activity done especially exercise. Physical condition training is necessary to achieve physical fitness and achievement, tailored to the demands of each sport with planned, systemic, tiered, progressive overload and continuous exercises, to achieve a set standard (Bompa, 2015). Fitness is very important in achieving the achievements of an athlete without the exception of tennis athletes. Tennis is a form of exercise that requires coordination of all organs, and excellent physical fitness. Excellent physical fitness will have implications for speed, flexibility, accuracy, agility, power, and excellent endurance as well. The technique of playing tennis is the basis for each player including ground stroke, volley, over head and service. The physical condition of the player is always primed. Tennis also requires alokomotor condition to gain muscle endurance.

The benchmark achievements of tennis athletes in Bali province can be seen one of them through the Bali provincial sports week held every two years with the host of certain districts appointed in turn. In recent years it can be seen the district that won this tennis cabor, in 2015 at home, 2017 in Gianyar and 2019 in Tabanan cabor tennis court is still dominated by Buleleng district. By looking at the condition it is most likely that the physical condition of other district tennis athletes is lower than that of other athletes. On this occasion we will be able to observe the fitness of Bali tennis athletes in 2020 through the fitness survey of Bali tennis athletes 2020.

It is a very good thing if we can know the fitness level of Bali athletes who will compete both at the regional and national level in the coming year. Of course with us knowing the fitness level of athletes we are expected to be able to help them in strategizing both in training and in future competitions.

Physical fitness is the physical ability of a person to do physical activity without having to experience fatigue or feel a meaningful obstheath. In English the term physical fitness is called physical fitness. A person who has good body fitness will have the ability to run daily activities effectively because they have enough fitness to support core activities as well as additional daily activities. (<http://jurnal.upmk.ac.id/index.php/juara/article/view/779>)

Physical fitness has several elements. Between one source and another is sometimes different. Sometimes someone writes only 5 elements or 10 elements. The following are the elements of complete physical fitness: Strength, Muscular power, Muscle and lung endurance, Agility, Flexibility, Power, Coordination, Balance, Accuracy, Reaction speed. (<https://perpustakaan.id/unsur-unsur-kebugaran-jasmani/>);

METHODS

Participants

The research population were Bali tennis player in 2020. The number of population as many as 25 people.

Design and Data Analysis

This research is a survey research, survey research is one of the research approaches that is generally used for extensive and large data collection. (<https://eurekapedidikan.com/penelitian-survei>). The study was conducted on populations large and small, but the data was from samples taken from those populations. According to Siswandari (2009:5) the population is a set of samples to be observed, while the sample is a member of the population. In the determination of samples can be done with random and non random. In this study the determination of samples with non random because it was taken from the overall population.

On this occasion we will conduct dokuman survey research because we will read and disseminate the results of the dokuman that have been recorded before. In obtaining data that is in accordance with the researcher's objectives, the method of data collection used is to use the test sheet of physical condition as follows;

Table 1. Bali Tennis Athlete Tests And Measurements In 2020.

Name	:	Sport	:
Place of birth	:	Category	:
Gender	:	Location tes	:
Test date	:	Tester	:

N0	Test	Result	Description
1	Blood pleasure	MmHg	
2	High n weigth	cm	kg
3	Skinfold Caliver		mm
4	Speed anticipation		sec
5	Speed reaction		sec
6	Balance		sec
7	Flexibility		cm
8	Vertical Jump		cm
9	Back Strength		kg
10	Leg Strength		kg
11	Grip Strength		kg
12	Expanding Strength		kg
13	Sit-Up 30 sec		kali
14	Push-Up 30 sec		kali
15	Agility 30 sec		kali
16	MFT (VO2max)	Cc/kg/bb	

After the data is collected next in the analysis and reviewed the data obtained by each participant. After that, the percentage of the participant's test results will be averaged so that the average results of the physical condition test will be converted in general in the conversion table as below.

Table 2. Physical Condition Level Conversion

No	Percentage Rate	Predicate
	physical condition	
1	80%-100%	Excellent
2	70%-79%	Good
3	60%-69%	Pretty good
4	40%-59%	Less
5	≤39%	Very bad

RESULT

Evaluation of fitness test results is shared after the physical condition analysis team has finished performing the analysis and looks at the results of each district is different in general the condition of the athlete. This can be seen in the following table 3;

Table 3. Men's Physical Condition Test Results

No	Name	Regency	Category	Physical Condition	
				% Poor	% Good
1	Yuliadi	Badung	Putra	47	53
2	Wijaya	Badung	Putra	40	60
3	Fajar b	Badung	Putra	27	73
4	Arya p	Bangli	Putra	53	47
5	Dwiki	Bangli	Putra	33	67
6	Nanda	Bangli	Putra	33	67
7	Agung Gina	Bangli	Putra	40	60
8	Akda	Buleleng	Putra	27	73
9	Deva	Buleleng	Putra	27	73
10	Satria	Buleleng	Putra	33	67
11	Indrawan	Buleleng	Putra	20	80
12	Falliawan	Buleleng	Putra	20	80
13	Wisnu	Denpasar	Putra	40	60
14	Ananta	Denpasar	Putra	47	53
15	Nurochma n	Denpasar	Putra	53	47
16	Agus s	Gianyar	Putra	27	73
17	Primadana	Gianyar	Putra	20	80
18	Lanang	Jembrana	Putra	27	73
19	Endri	Jembrana	Putra	40	60

20	Indra w	Jembrana	Putra	67	33
21	Endra s	Jembrana	Putra	33	67
22	Dipa p	Jembrana	Putra	20	80
23	Astina	Jembrana	Putra	27	73
24	Toto	Karangasem	Putra	47	53
25	Oka	Karangasem	Putra	40	60
Rata Rata				35.52%	64.48%

According to the table above can be outlined the results obtained by each category of athletes where we can see the percentage of physical condition of athletes who have met fitness standards is 64, 48% and who do not meet the fitness standard is 35.52%. That means if we convert into the table of conversion of physical condition then in general the physical condition of the male athlete porprov bali is quite good because it is in the range of numbers 60% to 69%. This shows that in general men's tennis athletes in Bali are physically sufficient to compete in regional to national events. This condition will have a profound impact on achievements both at the regional, national and international level.

DISCUSSION

According to Lardner (2003, 5) "tennis is a game that requires leg speed, controlled precision, stamina, anticipation, determination, and ingenuity". Tennis used to be played only by amateurs. Now world-class players have often become professional players in their teens. Open tennis, where professional players compete with amateur players, began in the 60s. The main goal in tennis is to hit the ball into the opponent's tile in such a way that the opponent cannot touch it at all. Or for the opponent's ball to take the ball out of bounds, or for the opponent's ball to hit the net. So tennis is a game that requires a complex component of physical condition and should be supported by a good level of physical condition component fitness. With good physical condition, it will make it easier for a person to perform various techniques in the game of tennis court.

CONCLUSION

Based on data analysis above the conclusion of this study is that in general the physical condition of male athletes porprov bali tennis sport in 2020 is quite good this based on the analysis of the data of the average physical condition test results that meet the standard of fitness percentage that is 64.48% if we convert into the conversion table the level of physical condition is in the range of 60% to 69% entered in the predicate enough.

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