



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2024; 11(5): 222-225
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<https://www.kheljournal.com>
Received: 09-06-2024
Accepted: 17-07-2024

Abdurrozzaq Falaah
Faculty of Sport and Health
Sciences, Yogyakarta State
University, Yogyakarta,
Indonesia

Endang Rini Sukanti
Faculty of Sport and Health
Sciences, Yogyakarta State
University, Yogyakarta,
Indonesia

Corresponding Author:
Abdurrozzaq Falaah
Faculty of Sport and Health
Sciences, Yogyakarta State
University, Yogyakarta,
Indonesia

Analysis of the physical condition profile of liga 3 Indonesia FC UNY athletes in Yogyakarta

Abdurrozzaq Falaah and Endang Rini Sukanti

DOI: <https://doi.org/10.22271/kheljournal.2024.v11.i5d.3518>

Abstract

This study aims to find out the physical fitness profile of UNY FC athletes after participating in the 2023 competition. This study uses a descriptive method with a purposive sampling technique. The research sample consisted of 29 athletes. The instruments used are push-up tests for arm muscle strength, sit-up tests for abdominal muscle strength, 30-meter sprint tests for speed, standing wide jump tests for lower leg muscle strength, Illinois tests for agility, multistage fitness tests for endurance, and sitting and range tests for flexibility. The results showed that most of FC UNY players had an average physical condition that was included in the fair category, with arm muscle strength in the poor category (58.6%) and abdominal muscle strength in the fair category (82.8%), flexibility in the fair category (48.3%), lower leg muscle strength in the very good category (100%), agility in the good category (58.6%), speed in the fair category (65.5%), and durability in the fair category (48.3%). Improvement in physical condition can be achieved through focused, continuous, and consistent training.

Keywords: Physical fitness, players, football

Introduction

Exercise is an activity that can increase physical and spiritual fitness, and can improve the ability of human physical condition ^[1]. Sports games are a type of sport where two teams compete against each other with the aim of obtaining a victory. Football is a game sport that has the most enthusiasts, even all circles, both children, teenagers, adults and the elderly, really enjoy this sport. Football is very inherent among the community, especially in Indonesia because football can be easily played anywhere and anytime.

Everyone can have the opportunity to become a football player. To become a quality player, of course, you must have mastery of basic movement techniques, tactics and also have good physical condition. Every football player is required to master basic movement skills in the game of football, such as kicking, throwing in, heading, running and catching.

In addition to the need for good techniques and tactics, a player's physical condition also has a great influence on the game of football. Physical condition is a requirement that must be possessed by a football player in improving and developing sports achievements in order to get optimal results. Physical condition is a condition needed for improving athletes' achievements, and can even be said to be a basic need that cannot be postponed or negotiated anymore ^[2]. Therefore, the physical condition must be developed and improved in accordance with the characteristics, characteristics, and needs of each sport.

In football. Physical conditions that are needed in football include; strength, endurance, explosive power of leg muscles, speed and agility, flexibility. The components and classifications of physical abilities of football are (1) strength, (2) muscle endurance, (3) speed, (4) agility, (5) flexibility, (6) power and, (7) cardiopulmonary endurance ^[3]. These components are physical conditions that must be possessed by players in order to support their achievements when playing or competing. Therefore, the physical condition of the players needs to be maintained so that the players always remain in prime condition.

Strength is an important component in the game of football. Strength is required in performing various basic techniques such as kicking, throwing and heading. Without strength people cannot perform jumping or jumping movements, pushing, pulling, holding, lifting, and so on ^[4]. Likewise, without strength a person cannot run fast, throw, hit, and so on. Endurance is the

body's ability to perform an activity for a long duration without experiencing significant fatigue.

Football players are required to have a good level of aerobic endurance because in football competitions players are required to always be on the move. The duration of a long game of 90 minutes can even be more, therefore it is very important that a player has good endurance.

In addition to power, explosiveness is also very important for a football player. Leg muscle explosiveness is the ability of the leg muscles to carry out activities quickly and strongly so that they produce maximum power. The function of the explosive power of the leg muscles in a football game is to make shots and also jumps.

Speed is needed in the game of football to run as quickly as possible to fill an empty space or grab the ball. Agility is also needed to be able to perform good dribbling techniques so that they can pass opponents more easily and efficiently. Suppleness is very important for a football player because it can reduce the risk of injury when colliding and falling.

FC UNY is a football team from Yogyakarta State University which in 2023 will participate in the 2023 DIY League 3 competition. In the competition, unfortunately, FC UNY had to be eliminated and in the group phase and occupied 3rd place in group B. In addition to participating in the 2023 DIY League 3 competition, FC UNY also participated in Soedirman National Football Club coming out as the national champion and the UAD Chancellor's Cup came out as 2nd place. Based on observations on the field and interviews with management staff and coaches, there was still no physical condition measurement test on the players at the beginning of this year. Therefore, the researcher wants to know and research about the profile of FC UNY's physical condition after participating in the competition last year.

Materials and methods

This type of research is a descriptive research intended to collect information about the status of an existing symptom, that is, the state of the symptom as it is at the time the research was conducted. The population of this study is 80 people aged 19-22 years. The sampling technique in this study uses Purposive Sampling, which is sampling with consideration of certain characteristics. So it was determined to be used as a research sample of 29 players. The test instruments used in collecting data on FC UNY's physical condition are, arm muscle strength test using push-ups, abdominal muscle strength test using sit-ups, speed test using a 30-meter sprint, leg muscle explosiveness test using standing broad jump, agility test using Illinois, VO2 Max test using multistage fitness test, flexibility test using sit and reach.

Results & Discussion

Result

Arm Muscle Strength Test

The strength of the arm muscles is measured using a push-up test for 1 minute. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 1: Push-up test results for FC UNY athletes

Push-Ups			
Very good	70 >	0	0.0%
Good	54-69	0	0.0%
Keep	38-53	5	17.2%
Less	22-37	17	58.6%
Less	21 <	7	24.1%

Total	29	100%
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Based on the table above from 29 samples, there were no players who entered (0.00%) in the very good category, there were no players who (0.00%) were in the good category, there were 5 players (17.2%) in the medium category, 17 players (58.6%) in the poor category and 7 players (24.1%) in the very poor category

Abdominal Muscle Strength Test

Measure the strength of the prut muscles using a 1-minute sit-up test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 2: Results of the sit-up test for FC UNY athletes

Sit-Up			
Very good	70>	0	0.0%
Good	54-69	2	6.9%
Keep	38-53	24	82.8%
Less	22-37	3	10.3%
Less	21 <	0	0.0%
Total		29	100%

Based on the table above from 29 samples, there were no players (0.00%) in the very good category, there were 2 players (6.9%) in the good category, there were 25 players (82.8%) in the medium category, 3 players (10.3%) in the poor category and no players (0.00%) in the very poor category

Suppleness Test

Suppleness measurement using the sit and reach test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 3: Results of the flexibility test of FC UNY athletes

Sit and Reach			
Very good	49>	1	3.4%
Good	44-48	2	6.9%
Keep	38-43	14	48.3%
Less	33-37	7	24.1%
Less	32 <	5	17.2%
Total		29	100%

Based on the table above from the sample of 29 people, there were 1 player (3.4%) in the very good category, 2 players (6.9%) in the good category, 14 players (48.3%) in the medium category, 7 players (24.1%) in the poor category and 5 players (17.2%) in the very poor category

Leg Muscle Explosiveness Test

Measurement of leg muscle explosiveness using the standing broad jump test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 4: Standing broad jump test results for FC UNY athletes

Standing Broad Jump			
Very good	26">	29	100%
Good	24"-25"	0	0%
Keep	19"-23"	0	0%
Less	13"-18"	0	0%
Less	8"<	0	0%
Total		29	100%

Based on the table above from the sample of 29 people, all players totaled 29 (100%) in the very good category, and there were no players (0.00%) in the good category, (00.0%) in the medium category, (00.0%) in the poor category and (0.00%) in the very poor category

Speed Test

Speed measurement using a 30-meter sprint test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 5: Results of the 30-meter sprint test of FC UNY athletes

Sprint 30 Meter			
Very good	3.58-3.91	0	0.0%
Good	3.92-4.31	1	3.4%
Keep	4.35-4.72	19	65.5%
Less	4.73-5.11	8	27.6%
Less	5.12-5.50	1	3.4%
Total		29	100%

Based on the table above from the sample of 29 people, there were no players who entered (0.00%) in the very good category, there was 1 player (3.4%) in the good category, there were 19 players (65.5%) in the medium category, 8 players (27.6%) in the poor category and there was 1 player (3.4%) in the very poor category

Agility Test

Agility measurements were made using the Illinois test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 6: Results of the agility test of FC UNY athletes

Illinois Test			
Very good	<15.2	2	6.9%
Good	15.2-16.1	17	58.6%
Keep	16.2-18.1	10	34.5%
Less	18.2-18.3	0	0.0%
Less	18.3>	0	0.0%
Total		29	100%

Based on the table above from 29 samples, there were 2 players who entered (6.9%) in the very good category, there were 17 players (58.6%) who were in the good category, there were 10 players (34.5%) in the medium category, while there were no players (0.00%) in the poor category and (0.00%) in the very poor category

Endurance Test

Agility measurement using the Multi Stage Fitness Test. Based on the test norms, the following are the results of FC UNY player data that have been analyzed in the table below:

Table 7: MFT test results for FC UNY athletes

Multi Stage Fitness Test			
Very good	51>	2	6.9%
good	42.6-51.5	7	24.1%
keep	33.8-42.5	14	48.3%
less	25.0-33,7	5	17.2%
Less than once	<25.0	1	3.4%
Total		29	100%

Based on the table above from 29 samples, there were 2 players (6.2%) in the very good category, 7 players (24.1%)

in the good category, 14 players (48.3%) in the medium category, 5 players (17.2%) in the poor category and 1 player (3.4%) in the very poor category

Discussion

Based on the results of the Physical Condition test that has been carried out on 29 FC UNY players, it can be known that most of the FC UNY players have a physical condition that is on average in the medium category. Improving physical condition is certainly needed by football players during training. Physical condition is an important element and is the basis for developing techniques, tactics, and strategies in playing football^[5]. One of the goals in conducting the exercise is to improve the performance of the physical condition of the players consisting of strength, speed, explosiveness, agility, flexibility and endurance. Physical condition is an important factor in supporting achievements in football. Physical condition is a basic ability of the body to regulate the performance of the body in each player, including general strength, general speed, general endurance, and general flexibility.

Based on the results of the FC UNY strength test, the strength of the players' arm muscles was mostly in the category of lack (58.6%) and the strength of the average abdominal muscles of the players was in the category of low (82.8%). The improvement of the strength of the arm muscles and also the abdominal muscles of FC UNY players needs to be improved in training sessions. In football, body contact often occurs on the field. The strength of the arm muscles and also the abdominal muscles play a very important role in maintaining balance when the player makes body contact.

The flexibility of most FC UNY players is included in the medium category (48.3). Flex training should also be added to the training session. It is important for a football player to have good flexibility. If a soccer player has good body flexibility, then the risk of injury is smaller than that of a player who has below-average flexibility.

The explosive power of the leg muscles is a combined movement of strength and speed in the leg muscles. The explosive power of the leg muscles is used by football players when jumping to head the ball, passing, and shooting at the opponent's goal. From the results of the test to measure the explosive power of the leg muscles, the FC UNY players were included in the very good category (100%)

Speed is needed by players in football games to dribble, make movements, run in attacks, and anticipate opponents when attacking. Speed is a movement that is carried out in the fastest time^[6]. From the results of the speed test carried out, it can be seen that FC UNY players are on average in the medium category (65.5).

Agility is the ability to change the direction and position of the body quickly when moving without losing balance to the body. From the results of the agility test carried out, it can be seen that FC UNY players are on average in the good category (58.6%). With good agility, players will be able to move backwards to change direction that can be used when attacking and defending conditions.

Football players are required to have a good level of endurance. The higher a player's VO₂Max, the better the player's durability. VO₂Max is the volume of oxygen in the body that is used to perform high-intensity, long-term, and high-energy sports activities. From the results of the agility test carried out, it can be seen that FC UNY players are on average in the medium category (48.3%). The inclusion of most players in the medium category shows the need for extra

endurance training so that the players have good endurance.

Conclusion

Physical condition is an important component for football players. With good physical condition, the players can show good performance in a match. From the results of the physical condition test that has been carried out on the players from FC UNY parra, players still need to increase the portion of physical training to prepare for the competition in 2024. Components that need to be improved, especially in physical training, namely core muscle strength and flexibility.

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