
Profile of Physical Conditions of Male Players of 3 State Volley Ball High School, Kaur Province Bengkulu

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ABSTRACT

This study aims to find out how well the physical condition of volleyball men's players at SMA Negeri 3 Kaur Regency. This research is a descriptive research with the method used is the survey method. The subjects of this study were all male volleyball players of SMA 3 Kaur Regency, which were 25 people. In this study using a test to determine the explosive power of leg muscles, arm muscle explosive power, agility, eye-hand coordination, flexibility and aerobic endurance related to the physical condition of male volleyball players. Sampling technique using purposive sampling. The instruments in the data collection of this study used tests and measurements of physical conditions which consisted of Vertical Jump Test, One Hand Medicine Ball Putt, Dodging Run Test, Tennis Ball Throwing, Flexiometer Test, Bleep Test. The data analysis technique used in this study is descriptive analysis techniques. Based on the results of the study, it can be seen that the physical condition of volleyball men's high school 3 Kaur Regency is categorized as very good at 8% (2 athlete), in the good category of 32% (8 athlete), in the moderate category, and less than 60% (15 athlete).

Kata Kunci: Physical Condition, Volleyball Men's Players



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1. INTRODUCTION

In the Law of the Republic of Indonesia No.3 of 2005 concerning achievement sports article 27 paragraph 4 reads: "The development and development of sports achievements is carried out by empowering a collection of sports achievements that are carried out centrally and develop national and regional sports development centers and organize competition in stages and sustainably ". SMA Negeri 3 Kaur Regency is a public high school located on Jl. Raya Tanjung Iman, Kec. Central Kaur, Kab. Kaur Prov. Bengkulu. Kaur Regency Public High School 3 is a school that often participates in various championships in the academic and non-academic fields at the provincial and national levels. In the non-academic field itself, namely in the field of sports, Kaur District 3 High School always sends representatives from schools in participating in each championship, especially in the field of volleyball sports. by the District 3 Kaur High School. However, for the provincial level in Bengkulu, Kaur District 3 High School is still unable to achieve maximum results because it has never won a champion. Based on observations of researchers who were accompanied by volleyball coach of SMA Negeri 3 Kaur Regency who already had a license.

From these observations there are obstacles that must be addressed so that the lack of achievement in Kaur Regency 3 Public High School is that the physical condition is still not optimal. This can be seen while taking part in a core player training match against a substitute, players in the first half can work well based on their respective positions and can adjust the tempo of the game, so that in the first half the finish is still good, while in the second half the players starting to lose concentration, mistakes often occur like the ball often comes out when serving and placing balls are in empty area is not done well, players are no longer disciplined in carrying out their duties and do not look good cooperation so often late in anticipating attack. The solution to the above problems will be found, because if this is left unchecked it will have an impact on the maximum expected to be difficult to achieve. Therefore, the

authors are interested in conducting research on: "Profile of Physical Condition of Players of Men of Bolavoli in SMA 3 District of Kaur". Sport comes from two syllables, namely *if* and *raga*, which means cooking or manipulating the body in order to make the body mature. Sports are used for all types of physical activities, which can be done on land, water, or in the air. The meaning of sports according to the Indonesian encyclopedia is gestures carried out by one or more people who are a team or group. It was explained that the concept of sports is to move from playing activities, games, and sports (Edward in Sabaruddin, 2016: 159). Whereas according to Dini Rosdiani (2013: 61) sport is any activity that contains the nature or characteristics of the game and involves elements of struggle to control oneself or others or confrontation with natural factors.

Volleyball is a sport that is very popular in the world with football and sports is very easy to understand. The reason for the attraction of volleyball sports lies in the naturalness of the game. Volleyball is a game that challenges both physically and mentally, we must make a skilled movement under the conditions of the game that is limited in time (Abdul Rohim, 2008: 2). Mukholid (2004) states that the game of volleyball is a game that uses a ball to be volleyed (reflected) in the air back and forth on the net (jarring) in order to be able to drop the ball in the plot of the opponent's field, in order to find victory.

Based on the opinion above, it can be concluded that the game of volleyball is essentially a ball game by reflecting through the application of various basic game techniques whose idea is to enter the ball into the opponent's area unacceptably or the ball has touched the floor of the opponent's area by first passing the net.

Erianti (2004) argues that the basic technique of playing volleyball consists of several parts, namely: (a) Service, is the beginning of the game or can be said as a blow to start a match (game). (b) Passing, is the first step to form an attack. Passing can be done in two hands and one hand. (c) Smash, which is a hard hit that can kill an opponent's attack and is a very beneficial blow for players who have good physical conditions, especially the explosive muscle power of a good athlete's limbs. (d) Block, the main fortress to fend off enemy attacks.

Volleyball exercise which is classified as a sport that requires excellent physical condition, the special physical conditions that are dominant in volleyball sports include: (1) Explosive strength of the arm muscles, explosive strength of the arm muscles is one of the physical components that a volleyball athlete must have, either that is when doing service or smash. Volleyball is a sport that requires explosive power, especially the explosive power of the limb muscles and arm muscles, including the muscles of the fingers in performing the techniques in the volleyball game. In addition to the explosive power of the leg muscles and the explosive power of the arm muscles needed to do the smash, it is also needed to do other techniques such as: lower service, lower passing and top passing. Because in doing the passing above, it is needed the explosive power of the muscles of the arms and muscles of the fingers to be able to push the ball upwards, as well as to punch the ball into the opponent's area which is 10 to 18 meters away. (2) Explosive strength of leg muscles, important physical conditions in playing volleyball, one of which is the element of explosive power, according to Arsil (2015: 71). Said that: "A volleyball athlete must have: strength of speed, endurance, explosive power, agility and coordination". All of the components above are needed to support volleyball game activities such as: jumping, blocking, smash. (3) Agility, one's ability to be able to change direction quickly and precisely when moving without losing balance (Apri Agus, 2012: 71). Athletes that have good agility, then the driving results will be good too, especially when defending from attacks opponents and look for opportunities to attack or smash into the opponent's area without losing balance in the game. (4) Eye-Hand Coordination, Coordination is an element of physical condition that is very important in life, especially in sports activities. Almost all sports activities require motion. Motion in sports rarely stands alone, but rather is a series of several elements of motion, such as jumping, running, hitting, throwing, kicking, is a combination of motion of the foot, hand, *togok*, and other body parts. In the game of volleyball from several motion elements, such as jumping, hitting and coordinating between limbs is a very influential eye-hand coordination to smash in volleyball games. Determine, in the game of volleyball the definition that is meant is special flexibility. according to Syafruddin (2011: 115) special flexibility is "the dominant ability of flexibility needed in a particular sport". Determine what is meant here is the determination of the waist muscles. Seen in the implementation of the smash role of waist muscle determination is very obvious when the smasher carries out a blow. (6) Aerobic endurance, in a competition, an athlete is required to be able to move longer during the match without experiencing fatigue which means in carrying out the techniques and tactics that are available in volleyball. In matches the attack and defense must be carried out by athletes and must always move dynamically and aggressively to seek profit in every moment that exists. If a volleyball athlete does not have good VO₂max, he will have difficulty training or a match, even though the athlete has good technical skills.

2. RESEARCH METHODOLOGY

This type of research is descriptive, namely research that aims to describe something that is as it is. The population of this study were volleyball players of SMAN 3 Kaur, Bengkulu Province who actively participated in volleyball training, totaling 35 people consisting of 25 male players and 10 female players. The sampling technique

in this study to use purposive sampling, which is purposive determination of the sample based on the objectives of certain considerations first with taking, so the sample is determined by the intended purpose (A. Muri Yusuf, 2015: 205). The sample of this study was determined by only 25 sons, with consideration of differences in the physical abilities of male athletes and female athletes. The data collection technique in this study was a test to measure the explosive power of the arm muscles, explosive limb muscle power, agility, hand eye coordination, flexibility, and aerobic endurance. The data analysis technique in this study is descriptive analysis and scoring system using normalized benchmarking.

3. RESULTS AND DISCUSSION

1. Vertical Jump Test Ability

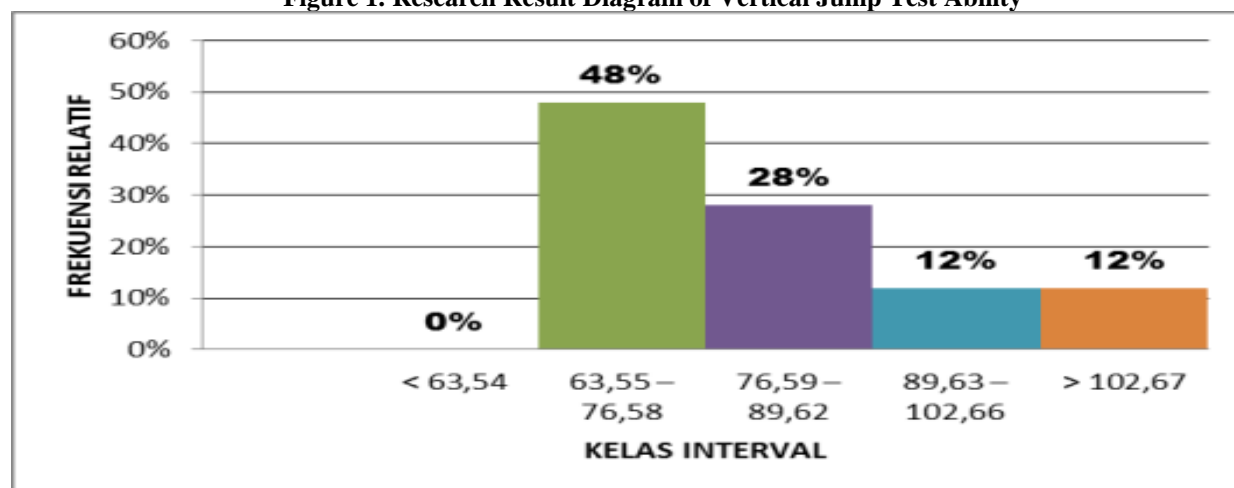
Frequency distribution of vertical jump test ability of volleyball male players of SMA 3 Kabupaten Kaur.

Table 1. Research Results Ability Vertical Jump Test

Athlete	Relative Frequency (%)	Categoration
3	12	Very Good
3	12	Good
7	28	Moderate
12	48	Less
0	0	Very Less
Total = 25		

When displayed in the form of a diagram it can be seen in the picture below:

Figure 1. Research Result Diagram of Vertical Jump Test Ability



Based on table 1 and figure 1 above, that shows the ability of vertical jump volleyball male players of SMA Negeri 3 Kaur Regency to be in the category of "very less" by 0% (0 athlete), category "less" by 48% (12 athlete), category moderate "by 28% (7 athlete), category" good "by 12% (3 athlete), category" very good "by 12% (3 athlete).

2. Ability of One Hand Medicine Ball Put

Frequency distribution of One Hand Medicine Ball Put ability of volleyball son of SMA Negeri 3 Kaur Regency.

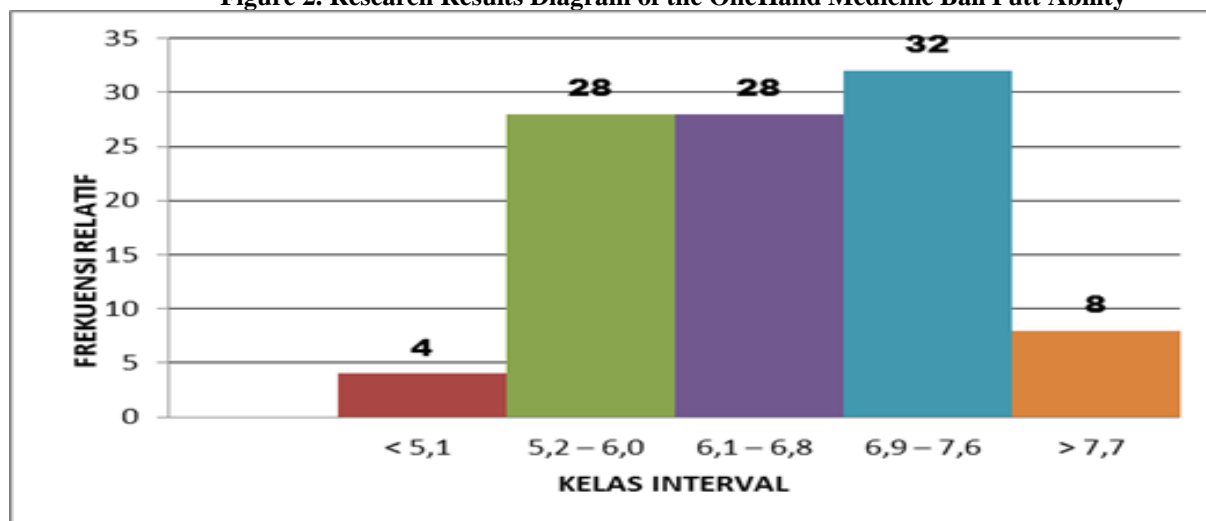
Table 2. Research Results of the Ability of One Hand Medicine Ball Put

Athlete	Relative Frequency (%)	Categoration
2	8	Very Good
8	32	Good
7	28	Moderate
7	28	Less
1	4	Very Less

Total = 25

When displayed in the form of a diagram it can be seen in the picture below:

Figure 2. Research Results Diagram of the OneHand Medicine Ball Putt Ability



Based on table 2 and figure 2 above, it shows that the ability of One Hand Medicine Ball Putt of volleyball male players at SMA Negeri 3 Kaur Regency is in the category of "Very Good" by 8% (2 athlete), category "good" by 32% (8 athlete), "moderate" category of 28% (7 athlete), category "less" by 28% (7 athlete), category "very less" by 4% (1 athlete).

3. Dodging Run Test Ability

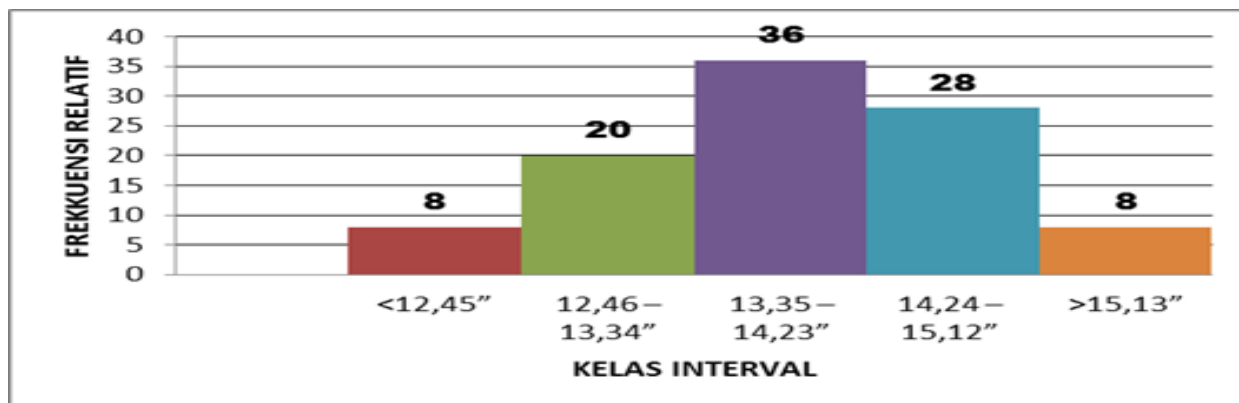
Ability of frequency distribution of Dodging Run Test for volleyball male players at SMA Negeri 3 Kabupaten Kaur.

Table 3. Research Results in the Dodging Run Test Ability

Athlete	Relative Frequency (%)	Categoration
2	8	Very Good
5	20	Good
9	36	Moderate
7	28	Less
2	8	Very Less
Total = 25		

When displayed in the form of a diagram it can be seen in the picture below:

Figure 3. Research Result Diagram of Dodging Run Test Ability



Based on table 3 and figure 3 above, it shows that the ability of Dodging Run Test for volleyball male players in SMA Negeri 3 Kaur Regency is in the category of "Very Good" by 8% (2 athlete), category "Good" by 20% (5 athlete), the category "Medium" is 36% (9 athlete), the category "Less" is 28% (7 athlete), the category "Less once" is 8% (2 athlete).

4. Ability to Throw Tennis Balls

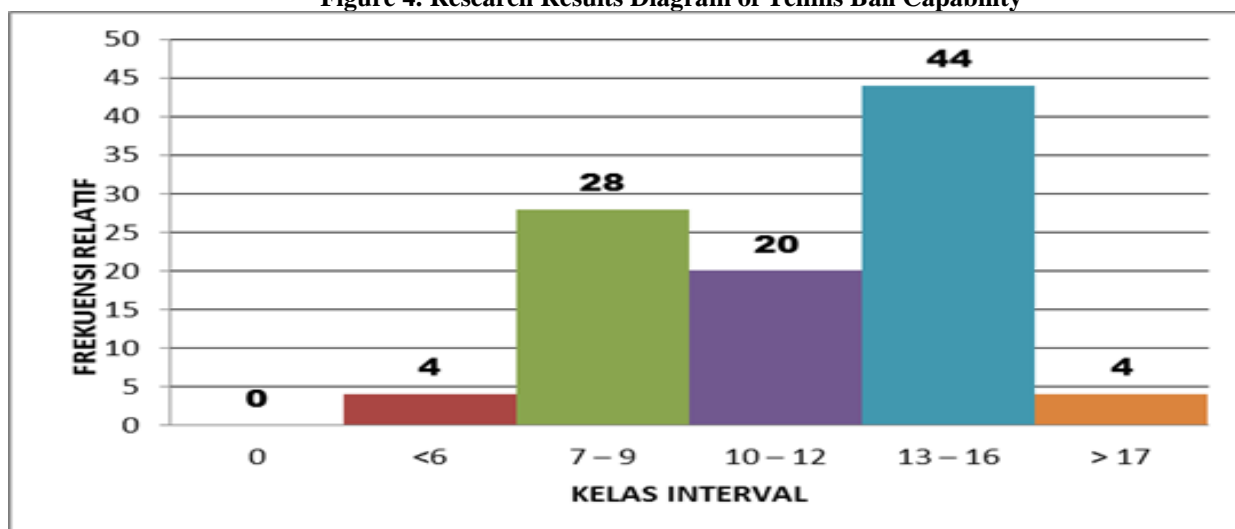
Frequency distribution of ability of Throw-Cap Tennis Ball volleyball players of SMA Negeri 3 Kaur Regency.

Table 4. Results of Research on the Capability of Tennis Ball Throwing

Athlete	Relative Frequency (%)	Categoration
1	4	Very Good
11	44	Good
5	20	Moderate
7	28	Less
1	4	Very Less
Total = 25		

When displayed in the form of a diagram it can be seen in the picture below:

Figure 4. Research Results Diagram of Tennis Ball Capability



Based on table 4 and figure 4 above, it shows that the ability of the Throw-Cap Tennis Tennis ball volleyball player of SMA Negeri 3 Kaur Regency is in the category of "Very Good" by 4% (1 athlete), category "Good" by 44% (11 athlete), category "Medium" by 20% (5 athlete), category "Less" by 28% (7 athlete), category "Less once" by 4%

(1 athlete).

5. Flexiometer Test Capability

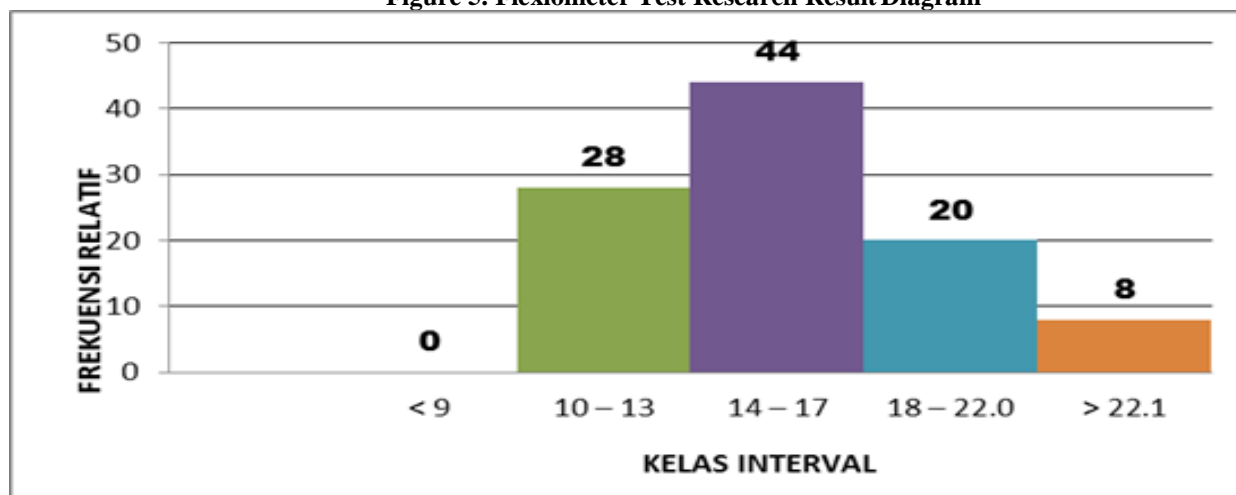
Frequency distribution of flexiometer ability test for volleyball male players at SMA Negeri 3 districts Kaur.

Table 5. Research Results Flexiometer Test Ability

Athlete	Relative Frequency (%)	Categoration
2	8	Very Good
5	20	Good
11	44	Moderate
7	28	Less
0	0	Very Less
Total = 25		

When displayed in the form of a diagram it can be seen in the picture below:

Figure 5. Flexiometer Test Research Result Diagram



Based on table 5 and figure 5 above, it shows that the flexiometer test ability of volleyball men's players at SMA Negeri 3 Regency is in the category of "Very Good" by 8% (2 athlete), category "Good" by 20% (5 athlete), category "Medium" of 44% (11 athlete), category "Less" by 28% (7 athlete), category "Less once" by 0% (0 athlete).

6. Bleep Test Ability

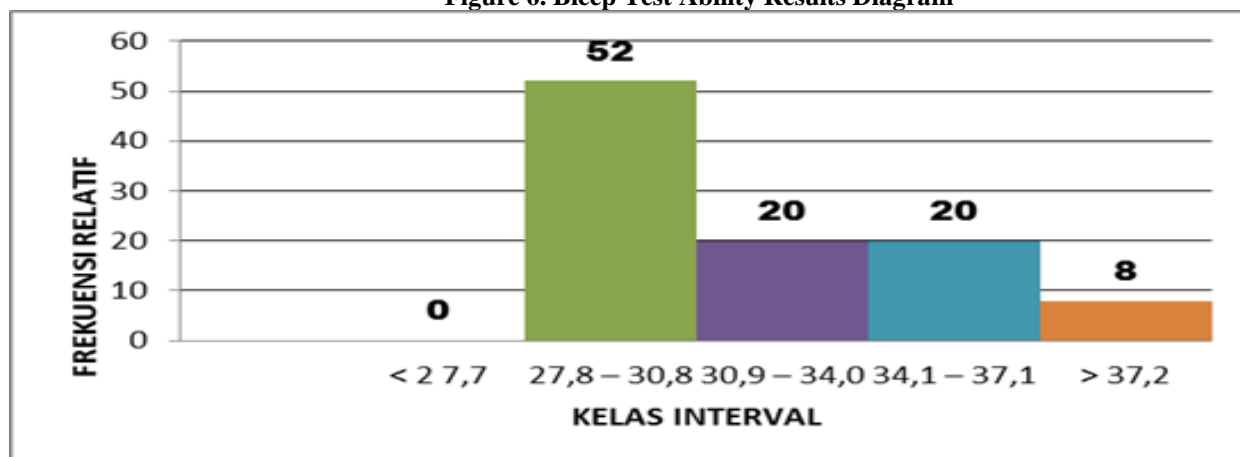
Frequency distribution of ability Bleep Test volleyball male players of SMA Negeri 3 district Kaur

Table 6. Results of the Bleep Test Ability

Athlete	Relative Frequency (%)	Categoration
2	8	Very Good
5	20	Good
5	20	Moderate
13	52	Less
0	0	Very Less
Total = 25		

When displayed in the form of a diagram it can be seen in the picture below:

Figure 6. Bleep Test Ability Results Diagram



Based on table 6 and figure 6 above, it shows that the ability of Bleep Test for volleyball male players in SMA Negeri 3 Regency is in the category of "Very Good" by 8% (2 athlete), category "Good" by 20% (5 athlete), category "Medium" of 20% (5 athlete), category "Less" of 52% (13 athlete), category "Less once" by 0% (0 athlete).

4. Conclusions and Recommendations Conclusion

Based on the results of data analysis, description, testing the results of research, and discussion, it can be concluded that the profile of the physical condition of male Volleyball SMA Negeri 3 Kaur male players in Bengkulu Province is in the category of "Very Good" percentage of 8% (2 athlete), category "Good" The percentage is 32% (8 athlete), and for the category "Moderate, Less and Less" the percentage is 60% (15 athlete).

5. ACKNOWLEDGEMENT

Based on the conclusions above, the author gives advice to trainers, athletes, and further researchers with the following suggestions:

1. In improving performance it is recommended that the coach not ignore the physical condition of the player, because the physical condition is the basis of all sports, especially volleyball by structured and programmed exercises.
2. To improve the performance of volleyball men's players in SMA Negeri 3 Kaur it is recommended to increase the explosive power of leg muscles such as plyometric exercises, knee-tuck, box to box exercises and other forms of explosive muscle leg exercises.
3. To improve the performance of volleyball men's players in SMA 3 Kabupaten Kaur it is recommended to increase the explosive power of the arm muscles such as push-up exercises while clapping both hands when the body is lifted.
4. To increase the performance of volleyball men's players at SMA Negeri 3 Kabupaten Kaur it is recommended to increase agility such as zigzag training, practice running back and forth, and so on.
5. To improve the performance of volleyball men's players in SMA Negeri 3 Kabupaten Kaur it is recommended to improve eye-hand coordination such as wall-catching ball training and others.
6. To increase the performance of volleyball men's players at SMA Negeri 3 Kabupaten Kaur, it is recommended to improve flexibility such as exercise, flexiometer, and others.
7. To improve the performance of volleyball men's players at SMA Negeri 3 Kabupaten Kaur it is recommended to increase aerobic endurance such as 2.4 Km running exercise, Bleep test and others.

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