



Physical Condition Profile of Female Futsal Athletes at Childroom FC Bangkalan

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ABSTRACTS

Purpose: Physical characteristics are the basic things needed for futsal athletes who want to achieve high achievements. This research aims to understand and describe the real situation regarding the physical condition of 15 21 year old Childroom FC Bangkalan futsal athletes.

Materials and Methods: This research method is quantitative through surveys. There are six types of physical tests carried out at the Childroom FC Bangkalan women's futsal club, such as push up tests to measure arm and shoulder muscle strength, sit up evaluations used to assess strength in the abdominal muscles, 10 meter sprints carried out to measure speed levels, evaluations Illinois run and agility are used to evaluate the level of agility and coordination, standing long jumps are used to measure strength in the leg muscles, and the level 2 intermittent yo-yo test is used to assess heart and lung endurance. The respondents in this study were 15 athletes under the age of 21 from the Childroom FC Bangkalan women's futsal club. This research was conducted at the Dwi Champion Jengkebuen Bangkalan futsal field.

Result: The average results from the test were push ups 34.6, sit ups 30.6, 10 meter sprint 2.95, Illinois run and agility test 21.57, standing long jump 6.9, and yoyo intermittent level 2 3.79.

Conclusion: From this research, the test results showed a large effect physical training at the Childroom FC Bangkalan women's futsal club.

Keywords: Arm and shoulder muscle strength; Abdominal muscle strength; Speed; Agility; Leg power; Endurance.

INTRODUCTION

Futsal, which involves five players per team including a goalkeeper, is essentially similar to mini football because of the similarities in techniques, tactics, and goal-scoring rules (Himawan, 2020). The objective is to score goals by getting the ball into the opponent's net using the feet or other body parts, except for the hands as used by the goalkeeper. The difference lies in the smaller field size compared to a football field. In futsal, mastering basic techniques such as receiving the ball, kicking, passing, lofting, heading, and dribbling is crucial as these are the initial skills required by futsal players (Sintaro, Surahman, & Khairandi, 2020).

Futsal players must have diverse skills, including physical condition aspects such as stamina, speed, strength, and flexibility. They must be able to move quickly and flexibly in various directions during the game. In futsal, good physical fitness is essential to play effectively and enhance the player's ability to achieve optimal game quality. Structured physical training can

improve stamina, speed, and body strength, which are crucial, especially in sports that require complex joint movements (Rohman & Cholid, 2022).

Physical condition is a prerequisite for sports, as it is very important for all athletes, not just in futsal but in all sports where physical condition is essential. Physical condition is an inseparable whole, encompassing its improvement and maintenance (Lufisanto, 2015). The importance of conducting accurate evaluations is through testing and measurement of futsal athletes. This testing and measurement process can be done using various methods and steps that have specific uses and purposes in making the assessments. There are nine components in physical condition that include Each type of physical activity demands a unique combination of elements such as speed, agility, endurance, precision, stability, flexibility, stamina, strength, and muscle fitness, according to the specific demands of the sport (Prima & Kartiko, 2021).

From physical test research results, it was revealed that overall, physical condition plays a significant role in the success of a football athlete, as experienced by player Candra Kirana, who currently has a moderate level at 45%, and one of the factors related to the intensity of the training provided. Well-structured training by the coach can positively impact the players, helping them improve their overall performance. This training is scheduled and methodically structured to help athletes achieve their best performance and achieve maximum accomplishments (Allsabab, Weda, Setiawan, & Nimah, 2019).

The measurements in this research include: (1) Endurance Ability Test (Bleep Test) 20 meters (2) Speed Capability Evaluation (Sprint 20 meters) (3) Fitness Capability Evaluation (Running back and forth 8 times over a distance of 5 meters) (4) Explosive Power Ability Test (Vertical Jump) (5) Flexibility Ability Test (Sit and Reach), (Mulyasari, 2017).

Based on previous research, it is known that surveys conducted for the age of 21 are still rare. Additionally, based on observations made, it is known that physical evaluations for women's futsal teams in Bangkalan are rarely conducted. Therefore, the novelty in this research is conducted on the Childroom FC women's futsal club in Bangkalan, profiling physical conditions which include: push-up fitness test, sit-up test, 10-meter sprint, Illinois test, agility test, standing long jump test, and Yo-Yo intermittent level 2 test in the Childroom FC women's futsal club in Bangkalan. From the context explained, this research aims to recognize the physical condition of the female futsal athletes from the Childroom FC team in Bangkalan.

METHODS

Study Organization: The research method used in this data analysis is a descriptive study aimed at accurately depicting the physical condition of the futsal players at Childroom FC Bangkalan.

Statistical Analysis: Data analysis employs descriptive analysis techniques or descriptive statistics. After obtaining the data from the tests, the next step is to process it using statistical formulas and percentages.

RESULT

In this study, the physical condition of athletes from the Childroom FC Bangkalan club was measured using various tests. The push-up test assessed muscle strength in the arms and shoulders, while abdominal muscle strength was evaluated separately. Speed was assessed using the 10-meter sprint test. The Illinois run and agility test measured the athletes' agility and body coordination. The standing long jump test was used to measure leg muscle strength, and the Yo-Yo

intermittent level 2 test evaluated lung and heart endurance. The research subjects consisted of 15 active athletes from the Childroom FC Bangkalan club.

The descriptive characteristics of the research sample on athletes from the Childroom FC Bangkalan club provide a detailed overview of the participants involved in the study. The descriptive statistics for the Childroom FC Bangkalan club reveal various aspects of the physical condition tests conducted on the athletes. The results from these tests indicate that the average scores achieved were as follows: 34.6 for the push-up test, 30.6 for the sit-up test, 2.95 seconds for the 10-meter sprint test, 21.57 seconds for the Illinois run and agility test, and 6.9 meters for the standing long jump test. For the Yo-Yo intermittent level 2 test, the score reached an average of 3.79. These results provide insight into the physical fitness levels of the female futsal athletes from the Childroom FC team in Bangkalan.

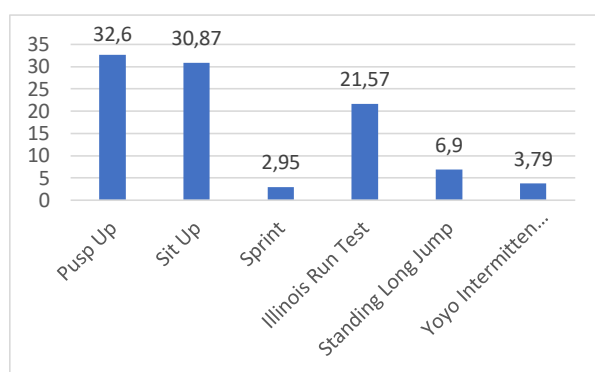


Figure 1. Graph of Average Research Results

DISCUSSION

The measurements in this research included: (1) Endurance Ability Test (Bleep Test) 20 meters (2) Speed Ability Test (Sprint 20 meters) (3) Agility Ability Test (Shuttle run 8 x 5 meters) (4) Explosive Power Ability Test (Vertical Jump) (5) Flexibility Ability Test (Sit and Reach) (Mulyasari, 2017).

Based on these results, it appears that only a few female futsal athletes have good physical condition. This needs to be seriously considered by the coach due to the lack of optimal physical training provided to the female futsal athletes of the Childroom FC Bangkalan club. Optimal physical health can be improved through training activities, as revealed in the study by Harmono et al. (2024). The physical health aspects analyzed in this research include muscle strength in the arm, shoulder, and abdominal areas, speed, agility, leg power, endurance, and VO2 max. VO2 max is one of the basic physical condition profile elements for all sports (Jatmiko, Kusnanik, Nurhasan, Muhammad, & Purwoto, 2024). Therefore, an individual playing futsal must have stable endurance in high intermittent conditions, the ability to perform repeated sprints effectively, and leg power. Meanwhile, the technical aspects include proficiency in shooting and passing the ball with high-level skills, agility, and coordination (Gibran Amaludin Aljabar, 2023). Based on the description, appropriate training is needed to improve the physical condition of the female futsal athletes in the Childroom FC Bangkalan team.

CONCLUSION

From the results obtained, it can be concluded that the coach must pay close attention to the physical condition of the athletes in the Childroom FC Bangkalan women's futsal club before

conducting training, and train them according to the needs of the female futsal athletes by providing well-structured and appropriate training. Athletes must also maintain their body stamina and be more enthusiastic about training to achieve better physical condition in the future. Futsal cannot be separated from physical condition as it is an integral element of the game.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest regarding the publication of this paper.

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