

ABSTRAK

FAISOL BADRI. 2019. Thesis. LEVEL OF PHYSICAL CONDITION OF STUDENTS IN SILK PENCAK EXTRACURRICULAR SPORTS IN SMP NEGERI 1 DUKUK, EDUCATION PRODUCTS IN JASMANI HEALTH AND RECREATION STKIP PGRI SUMENEP.

Humans in their daily activities, both physical and non-physical activities, a person's physical condition is very influential on psychological aspects such as increasing work motivation, morale, self-confidence, accuracy, more specifically in sports activities, the physical condition of a person will greatly affect and even determine the appearance of his movements. Because good physical condition will affect the function and system of the organism of the body. For this reason, physical condition training programs must be arranged or designed and carried out properly and systematically in order to improve the physical fitness and biomotor abilities needed.

The purpose of this study is basically to look for empirical answers to the problems that have been formulated to determine the level of physical conditions possessed by students participating in extracurricular pencak silat at SMP Negeri 1 Dasuk. To find out the speed, agility, endurance and balance of students participating in pencak silat extracurricular at SMP Negeri 1 Dasuk.

This research approach is a quantitative approach that is in this study researchers used testing instruments that are standard ". In this study, researchers wanted to describe the facts in the form of measurements from the physical condition of students participating in pencak silat extracurricular activities at SMP Negeri 1 Dasuk. While the method of taking data using tests and measurements. The data taken is data obtained from the results of tests and measurements of the physical condition components of SMP Negeri 1 students.

The results of the study will be linked to the research objectives and will be described in the sub-results of the study and discussion. The results here will

describe the data description of the results of physical condition measurements, which are measured include: 30-meter running speed test, 4x 10-meter running agility so as to cover a distance of 40 meters, MFT running endurance (VO2Max) and balance (Stork stand) of 25 students participating in pencak silat extracurricular at SMP Negeri 1 Dasuk. The results of research conducted on students participating in pencak silat extracurricular martial arts at SMP Negeri 1 Dasuk regarding the level of physical conditions namely 30-meter running speed test included in the medium category with overall results of 5.41 seconds with a standard deviation of 0.34 seconds, the results of the agility test alternating running- back 40 meters into the good category with an overall yield of 12.89 seconds with a standard deviation of 1.15 seconds, the results of VO2 Max endurance are in the medium category with an overall yield of 38.73 ml / kg / min with a standard deviation of 4.93 ml / kg / min, the balance test results are in the poor category with an overall result of 20.70 seconds with a standard deviation of 17.28 seconds

