

Profile Physical Fitness Athlete of Slalom Number Water Ski

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Abstract.

The purpose of this study was to find out the physical fitness profile of water ski athletes in the DKI Jakarta slalom number. This type of research is quantitative using descriptive methods. This study was conducted in Lake Sunter Jakarta, with a sample number of 41 male athletes slalom number. The instruments used in this study used physical fitness tests from the American Association for Health, Physical Education and Recreation (AAHPER) tests for sons while data analysis used descriptive frequency analysis. The results showed that the physical fitness of water skiers slalom numbers in the category of good or by 70.73%. Thus it can be concluded that the physical fitness of water skiers in the category is well-reviewed from the strength and endurance of the muscles of the arms and shoulders; endurance of the abdominal muscles; agility; power limbs; running speed; endurance of the heart.

Keywords: *physical fitness. Water Ski*

1. INTRODUCTION

Physical fitness is a person's ability to do further activities without experiencing any significant fatigue. To maintain physical fitness in the exercise process, especially in water ski, trainers must practice a variety of basic movement skills, techniques, and strategies, internalization of values (sportsmanship, honesty, cooperation, and those related to improved physical fitness) from habituation to a healthy lifestyle. This is in line with what jariono stated "Physical activity is a sports activity that a person does to maintain physical fitness to do the next activity without experiencing significant fatigue. To do the physical activity it takes motivation to do sportsactivities[1], [2].

Physical fitness is one of the important indicators to improve the performance of athletes. This is in line with some of the results of research that suggests that " physical fitness concerning the ability and physical ability of a person to carry out his daily duties with the spirit effectively and efficiently for a relatively long time without

causing significant fatigue, and still have the reserve energy to carry out other activities"[3]–[11]

Terkait with the physical condition to improve achievement or maintain body immunity to keep the body in shape by doing exercises programmatically and systematically. Physical condition training is the main component consists of *strength, endurance*, muscle explosive power, *speed*, flexibility, agility, coordination, balance(*balance*), accuracy, and *reaction*(*reaction*) as a *support* to improve athletes [11],[12],[14], [15]. Thus athlete ethics have a qualified physical condition that required continuous coaching and training. Jariono said that physical activity is a series of deliberate movements to improve physical fitness so that harmony and harmony form for the sake of a healthy and fit body, so that for the sake of successful implementation of this task there needs to be conformity between conditions that must be met namely anatomy and physiological to the type and intensity of physical tasks.

Thus, one of the indicators for measuring athlete performance is measuring physical fitness levels. Related to this, the update of this research is to look at physical fitness, one of which is to look at the physical fitness of water skiers. From this problem, researchers believe that looking at physical fitness profiles as a benchmark for a person's misguided degree to exercise. The solution offered in this study was the physical fitness profile of the water skier's slalom number.

II. METHODS

This research is a type of quantitative research using descriptive methods. The sample used was the men's slalom athlete number 41 samples. How to determine the sample using consideration samples, because in this study consider the gender and number in the field of water ski sports, while the analysis of the data used is a descriptive analysis of the frequency using the facilities Microsoft excel 2013 and Spss software version 20.0 for windows.

III. RESULT AND DISCUSSION

A. RESULT

1. *Descriptive data*

Descriptive analysis of data from the results of the study aims to provide an overview of the distribution of physical fitness data of water skiers slalom numbers. A recap of the results of the descriptive analysis of data can be seen in table 1.

Table 1. Results of descriptive analysis of physical fitness athlete ski air nomor slalom

Statistics	Physical fitness				
	Run 60 Meters	Pull-ups	Sit-ups 60 seconds	Vertical jump	Run 1200 Meters
Number of Samples	41	41	41	41	41
Average value	8.44	22	36.15	49.80	4.42

Range	2.53	6	34	63	1.35
Minimum Value	7.48	19	23	16	4.00
Maximum Value	10.01	25	57	79	5.35
Total Number	346.19	902	1482	2042	181.40

The results of descriptive analysis of data on table 1 physical fitness profile data of water skiers slalom number, can be described that: (1) ran 60 meters, from 41 samples obtained an average value of 8.44 and obtained a range value of 2.53 from the difference between the minimum value of 7.48 and a maximum value of 10.01 and obtained a total total value of 346.19; (2) hanging lift body, from 41 samples obtained an average value of 22, a range value of 6 of the difference between a minimum value of 19 and a maximum value of 25 and obtained a total value of 902; (3) baring sitting 60 seconds from 41 samples obtained an average value of 36.15, a range value of 34 of the difference between the minimum value of 23 and a maximum value of 57 and obtained a total value of 1482; (4) jump upright from 41 samples obtained an average value of 49.80, a range value of 63 from the difference between a minimum value of 16 and a maximum value of 79 and obtained a total total value of 2042; and (5) 1200 meters run from 41 samples obtained an average value of 4.42 range value of 1.35 from the difference between the minimum value of 4.00 and a maximum value of 5.35 and obtained a total value of 181.40. to corroborate the results of descriptive analysis of data on the physical fitness of water ski athletes slalom numbers can be described in the form of histograms as follows:

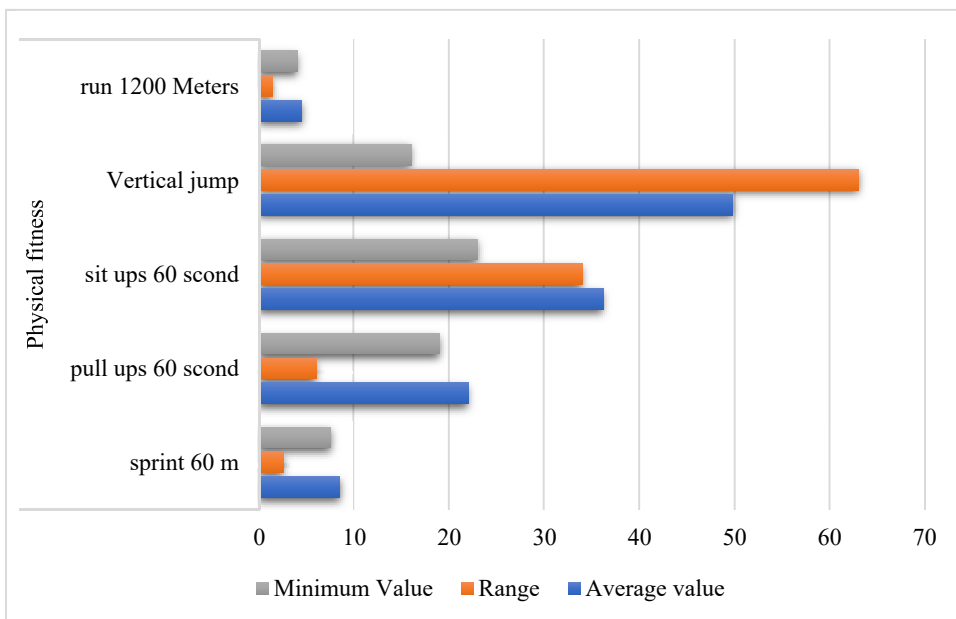


Fig. 1. Histogram physical fitness athlete of slalom number water ski

2. Analisis Deskriptif Rekuensi

Table 2. Results deskriptif rekuensi physical fitness atlet

No	Value Range	Category	Frequency	Percentage (%)
1	22 - 25	Very Nice	4	9.76%
2	18 - 21	Good	29	70.73%
3	14 - 17	Are	8	19.51%
4	10 - 13	Less	0	0.00%
5	5 - 9	Less Once	0	0%
Total			41	100%

Based on table 2 above can be classified that for the physical fitness of water skiers slalom number DKI Jakarta, from 41 samples known there are 4 samples are in the category either once or at intervals of values 22 - 25 obtain a percentage value of 9.76%, 29 samples are in the category of good or at intervals score 18 - 21 obtain a percentage value of 70.73%, 8 samples are in the category of medium or at intervals score 14 - 17 obtain a percentage value of 19.51%, no sample is in the category less or at intervals score 10 - 13 obtain a percentage value of 0% and no sample is in the category of less once or at intervals of values 5 - 9 obtain a percentage value of 0%. Concluded that the result of good value intervals obtained high value this can be interpreted that the physical fitness of water ski athletes slalom number DKI Jakarta in the good category. Furthermore, from the results of descriptive frequency analysis, the following is presented physical fitness score data of water ski athletes slalom number DKI Jakarta in the form of the following histogram:

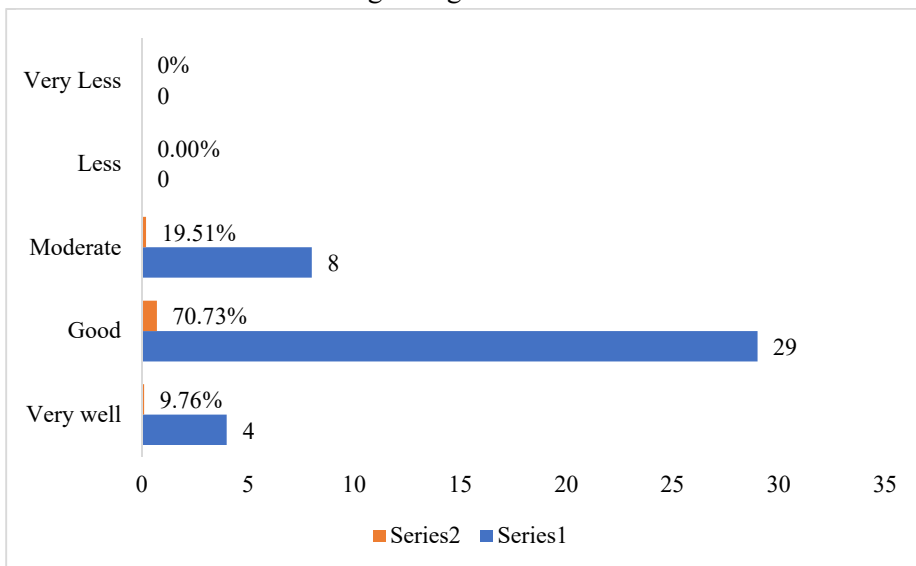


Fig. 2. Histogram physical fitness athlete of slalom number water ski

B. DISCUSSION

Based on descriptive analysis of the frequency of one variable in hypothesis testing needs to be studied further by providing an interpretation of the linkages between the results of the analysis achieved with the theories underlying this research. This explanation is necessary to be known the suitability of the theories presented with the results of the research obtained.

The explanation to provide clarity on the linkages of physical fitness research variables of water ski athletes high slalom number DKI Jakarta. From the results of hypothetical testing, it can be argued that the physical fitness of water ski athletes in DKI Jakarta slalom number is high. This is evidenced by the results of descriptive analysis of the frequency of 41 samples conducted physical fitness tests slalom athletes there are 29 samples are in the category of good or at intervals score 18 - 21 obtained a percentage value of 70.73%. They concluded that the interval results of good grades obtained high value this can be interpreted that the physical fitness of water ski athletes slalom number DKI Jakarta is good.

Physical fitness is a very important aspect of overall body fitness that gives a person the ability to lead a productive life and be able to adjust to any proper physical burden. A student who has a high level of physical fitness or a high level of body condition will be able to practice well for a long time, without experiencing any significant fatigue. To be able to improve the physical fitness of athletes is not something easy but special tips are needed, such as presenting a fun training especially in the portion of the exercise. Thus stimulating the motivation of practicing athletes[3], [4], [17]–[19]. Because each athlete has a level of motivation to train each one that is not the same. Also, in conveying lessons the coach should start from the easy to the difficult [20]–[22].

Physical fitness is a very important aspect of overall body fitness that gives a student the ability to survive to follow the process of exercise that takes place both in training and outside of exercise they do not get tired quickly to live a productive life and can adjust to any proper physical burden. Furthermore, life in the modernization era is full of challenges, including threats to the quality of life-related to human health. People in developed countries are already feeling the consequences of a more silent lifestyle, less moving, and excess calories as a result of automation and excess calories. Sooner or later now it starts to feel that Indonesian people have started to live a silent lifestyle, especially among the upper-middle layer. The result he felt was the increase of hypokinetic disease (lack of movement), the direct result is the low ability and the high number of pain which of course also affects a person's physical fitness.

IV. CONCLUSION

Physical fitness of water skiers slalom number DKI Jakarta in the category of good or by 70.73%. Thus it can be concluded that the physical fitness of water skiers in

the category of both reviewed the strength and endurance of the muscles of the arms and shoulders; endurance of the abdominal muscles; agility; leg strength; running speed; endurance of the heart

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