

PHYSICAL CONDITION OF WEST JAVA'S FEMALE HOCKEY ATHLETE OF PON XVI 2004 IN PALEMBANG, SOUTH SUMATRA

**By
SUCIPTO
CARSIWAN**

**The School of Physical Education and Health Education,
Indonesia University of Education**

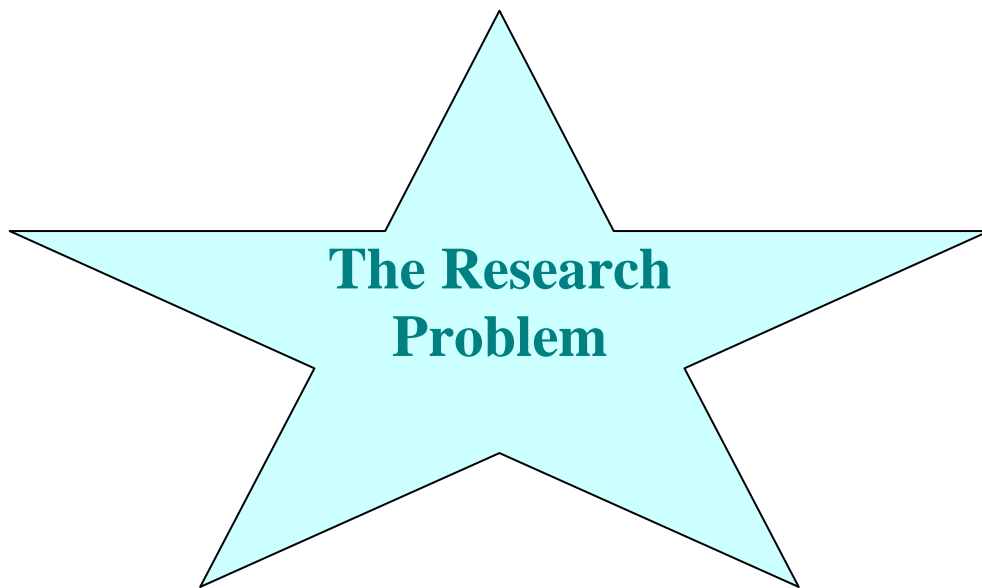
ABSTRACT

Athlete physical condition holds a vital role in technique, tactics, and strategy training program. For this reason, athlete physical condition training program must be matched well and systematically based on the needs and characteristics of the sport affiliate, so that it will be possible for athlete to achieve maximum achievement.

The sport affiliate of hockey demands its athletes to have good physical condition. As a general, if they have good physical condition, they will get some benefits, such as (1) improving circulation and heart work system ability, (2) economic and better movement during technique, tactics, and strategy training, and (3) training duration can be carried out longer and faster recovery after training period.

According to the characteristics and needs of hockey sport, physical component that must be possessed by athletes are (1) power (arm and shoulder muscle power), (2) speed, (3) leg muscle power, (4) agility, (5) flexibility, (6) muscle endurance (arm and shoulder muscle, leg muscle, abdominal muscle endurance, and (7) VO2 Max.

Based on test result and analysis, it can be concluded as follow: (1) the power component which consists of arm muscle, back muscle, and leg muscle powers get adequate point, (2) speed component's point is adequate, (3) arm muscle power component's point is good, (4) agility component's point is good, (5) flexibility component's point is very good, (6) muscle endurance which consists of arm muscle, leg muscle, and abdominal muscle endurance get special conclusion, and (7) VO2 Max's point is adequate. Generally, West Java Pelatda's hockey athletes of PON XVI 2004 have good physical condition.



Good achievement should be supported by several factors, and one of them is physical factor. Every single athlete must possess this physical factor. For this reason, West Java's hockey team has conducted its training program on physical improvement.

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The problems on this research are (1) whether physical condition training program of pelatda hockey athlete of PON XVI 2004 has been conducted well and successfully, (2) which physical component that has achieved good physical condition and which one that needs to be improved.



The aims of this research area to find out (1) physical condition of pelatda hockey athlete of PON XVI 2004, (2) which physical component that has achieved good physical condition, and (3) which physical condition component that needs to be improved.



The method used in this research is experiment method. The research subject (respondent) is female athlete of PON XVI 2004. Sample amount is 12 athletes in age between 20-23 years old. This research was conducted on January until February 2004. Training

frequency is 3 times in a week during 2 months. The location of research is Hockey Field Complex in Cikutra Street, Bandung.

Physical condition ability is divided into five categories; those are (1) less, (2) adequate, (3) good, (4) very good, and (5) extraordinary.

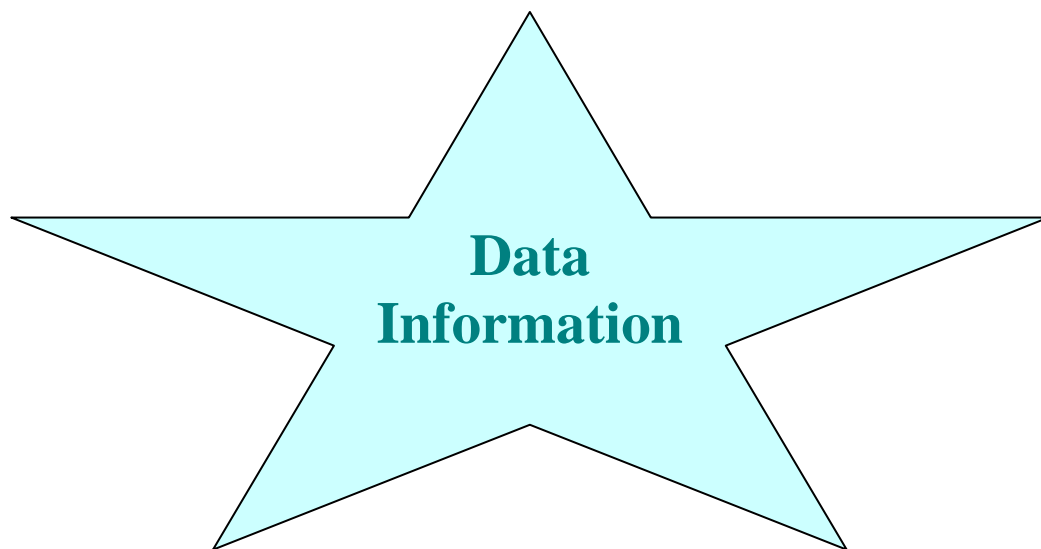


Table 1.1
Result Data Test

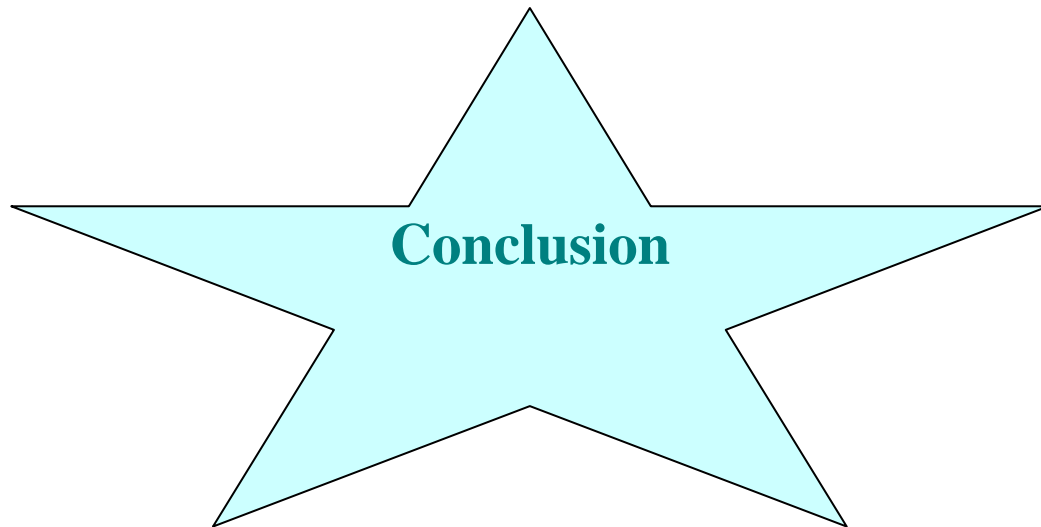
No.	Name	1	2	3	4	5	6	7	8	9	10	11	12
1.	Sharifa	26	17	28	165	8.10	2.70	18.07	10	31	80	68	6.4
2.	Elisda	23	16	20	93	8.34	2.40	17.01	17	35	85	70	9.6
3.	Rita	30	25	42	105	8.53	2.60	17.54	23	40	81	60	8.1
4.	Weni	19	15	13	150	8.56	2.20	18.51	15	20	40	51	5.4
5.	Ruryanti	24	22	40	171	8.75	2.40	17.77	20	45	112	82	10.8
6.	Siti	30	32	20	85	8.28	3.20	17.07	26	40	100	65	8.4
7.	Windi	25	15	20	105	8.79	2.50	16.62	15	34	50	54	9.6
8.	Endah	28	15	25	140	8.20	2.60	16.72	13	20	55	120	7.9
9.	Retno	30	17	20	127	7.94	2.90	17.68	22	45	70	56	9.6
10.	Galuh	32	22	24	192	8.56	2.60	17.07	3	32	110	70	7.6
11.	Anisah	31	22	45	115	8.4	2.30	19.65	18	22	214	70	7.3
12.	Susilowati	30	25	30	173	8.08	2.80	17.58	13	32	105	101	7.1
13.	Teti	29	19	30	140	8.50	2.50	19.27	27	40	140	70	7.2
14.	Yopi	23	18	30	170	7.20	2.30	17.54	20	16	46	30	10.1
15.	Chrisna	30	16	43	170	8.76	2.30	17.44	22	30	157	62	9.3
16.	Lela	22	19	22	165	8.76	2.20	19.02	23	30	70	58	8.8
17.	Andi R.	20	22	32	140	8.5	2.20	18.57	20	30	120	66	8.8

Explanation:

1. Arm muscle power/force
2. Shoulder muscle power
3. Back muscle power
4. Leg muscle Power
5. Speed
6. Arm muscle power
7. Agility
8. Flexibility
9. Arm and shoulder muscle endurance
10. Leg muscle endurance
11. Abdominal muscle endurance
12. VO2 Max

Table 1.2
Result Data: Mean Result, Level, and Conversion Value

NO.	COMPONENT	Measurement Technique	Mean Result	Level	Conversion Value
1.	Power:				
	a. Arm muscle	Grip	29,53	Less good	2
	b. Shoulder muscle	Hand dynamometer	20,35	Adequate	4
	c. Back muscle	Back dynamometer	28,47	Less good	2
	d. Leg muscle	Leg dynamometer	141,53	Good	6
2.	Speed	Run 50 meter	7,79	Good	6
3.	Arm muscle Power	Medicine ball put	2,51	Adequate	4
4.	Agility	Shuttle run	17,83	Good	6
5.	Flexibility	Flexometer	18,06	Good	6
6.	Endurance:				
	a. Arm and shoulder	Push Ups	31,88	Very satisfying	10
	b. Leg muscle	Squat jumps	96,18	Very satisfying	10
	c. Abdominal muscle	Back lifts	59,71	Very satisfying	10
7.	VO2 max		8,35	Adequate	4
	Conclusion			Good	70



Based on test result and analysis, it can be concluded as follow: (1) the power component which consists of arm muscle, back muscle, and leg muscle powers get adequate point, (2) speed component's point is adequate, (3) arm muscle power component's point is good, (4) agility component's point is good, (5) flexibility component's point is very good, (6) muscle endurance which consists of arm muscle, leg muscle, and abdominal muscle endurance get special conclusion, and (7) VO2 Max's point is adequate. Generally, West Java Pelatda's hockey athletes of PON XVI 2004 have good physical condition.

Based on the twelve physical condition components of male hockey athlete of PON XVI 2004, it can be concluded that physical condition that needs to be improved further are back muscle power, and arm muscle power components. Generally, physical condition of West Java's male hockey athlete of PON XVI 2004 is on good level.