



Physical Condition Profile of Jombang Karate Club (JKC) Athletes in 2023

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ABSTRACT

This study aims to determine the physical condition profile of karate athletes at Jombang Karate Klub (JKC). This research is descriptive-quantitative; the sampling technique used is purposive sampling; the sample in this study consisted of 15 athletes, consisting of 8 female athletes and 7 male athletes. Instruments in this study include tests of flexibility with the Sit and Reach test, strength with the Push Up test, speed with the sprint test, agility with the running back and forth test, explosive power with the standing board jump test, and endurance with the Multistage Fitness Test. Data analysis techniques using descriptive analysis. Based on data calculations, it is known that 40% (6 athletes) have very good physical conditions, 26.5% (4 athletes) are in the good category, 20% (3 athletes) are in the sufficient category, and as many as 13.4% (2 athletes) are in the less category, and 0% (0 athletes) are in the very less category. The physical condition of karate athletes is in the very good category. It is necessary to have regular physical condition tests for athletes so that the development of the athlete's physical condition can be known. Further research is expected to use a wider population, so that the data is more extensive, and this research is expected to be used as a reference for further research.

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INTRODUCTION

Jombang Karate Club (JKC) is one of the forums for fostering karate sports achievements in Jombang district. In addition, this club has succeeded in producing athletes, some of whom are members of the Provincial Regional Training Centre and have even reached the national stage. Examining athlete achievement is very complex and requires an appropriate coaching methodology (Mylsidayu & Kurniawan, 2015). There are several aspects that must be considered related to improving athlete performance. One of them is physical condition (Nurhidayah & Graha, 2019). Physical condition is a factor that every athlete must have,



which then becomes the basis for obtaining technical and tactical abilities. Mustofa & Sahri (2022) explain that physical condition is a whole component that cannot be separated from one another either in maintenance or in its improvement. The point is that, in an effort to improve physical condition, all its components must be developed. Each sport certainly has different components or elements of dominant physical conditions (Prima & Kartiko, 2021). For example, in karate sports, the dominant physical condition component will be slightly different from athletics or swimming.

An athlete with a qualified physical condition can more easily accept and perform the training programme compiled and given by the coach, thereby achieving maximum performance (Gultom, Sugiyanto, & Defliyanto, 2019). There are several dominant physical condition components that must be in prime status in each athlete (Kadir et al., 2022) with an increase in physical and motor quality, which means it is characterised by physical activity that involves motion and energy to carry out these activities (Sofyan et al., 2022). The components of the physical condition in question include aerobic and anaerobic endurance, strength, muscle endurance, speed consisting of speed of movement and reaction speed, flexibility, agility, power, accuracy, balance, and coordination. Seeing the complexity of the dominant physical components in the sport of karate requires the foresight of the coach in designing an exercise plan that is in accordance with the coaching methodology. The periodization of training carried out by athletes is an intervention provided by the coach in an effort to improve the status of the athlete's physical components to a better level so that later they can achieve the targeted achievements (Nurkadri, 2017). Referring to this, it is necessary to take an evaluation step related to the extent to which the status of the physical condition components possessed by Jombang Karate Club athletes

MATERIALS AND METHODS

This type of research is a type of quantitative research with a descriptive approach. Population is all individuals or objects intended to be studied, which will later be generalised (Maksum, 2018). Generalisation is one way of drawing conclusions about a smaller group of individuals. A sample is a small portion of individuals or objects that are used as representatives in research (Maksum, 2018). Sampling in this study used the purposive sampling technique. Purposive sampling is a sample selection technique using certain considerations, such as age criteria or the availability of respondents to participate in research (Sugiyono, 2018). The sample in this study amounted to 15 athletes, consisting of 8 female athletes and 7 male athletes. Instruments in this study include tests of flexibility with the Sit and Reach test, strength with the Push Up test, speed with the sprint test, agility with the running back and forth test, explosive power with the standing board jump test, and endurance with the Multistage Fitness Test. Data analysis techniques using descriptive analysis

RESULTS AND DISCUSSION

Result

The results of this study will be related to the research objectives, which will be described with data. The following is a table of the physical condition test results of athletes at the Jombang Karate Club (JKC):

Table 1. Data Description

Statistics	
N	15
Mean	56.65
Minimum	54.9
Maximum	58.8
Sum	265.31

From the data table 1 above, it can be described the physical condition profile of athletes at the Jombang Karate Club (JKC) obtained from the test results so that the athlete's physical condition profile can be categorised. The calculation is presented in table 2 as follows:

Tabel2. Physical Condition

No	Interval	Frequency	Percentage (%)	Category
1	54 > X	6	40%	Very Good
2	51.3 – 54	4	26.6%	Good
3	48.6 – 51.3	3	20%	Moderate
4	46 – 48.6	2	13.4%	Less
5	X < 46	0	0%	Very Less
	Amount	15	100%	

Based on the table above, it is known that 40% (6 athletes) have very good physical conditions, 26.5% (4 athletes) are in the good category, 20% (3 athletes) are in the sufficient category, and as many as 13.4% (2 athletes) are in the less category, and 0% (0 athletes) in the very less category.

Discussion

Condition is a state of readiness to face the exercise to be carried out, while physical condition in terms of its fauna is a person's ability to know the extent of his ability as a supporter of running sports activities. Like other sports, karate is a sport that requires a good physique, such as strength, speed, agility, flexibility, endurance, power, and coordination, in training and competing. To fulfil all of this, regular, planned, and steady training is needed. For this reason, it is necessary to take measurements to determine the physical condition of Jombang Karate Club (JKC) athletes. Based on data calculations, it is known that 40% (6 athletes) have very good physical conditions, 26.5% (4 athletes) are in the good category, 20% (3 athletes) are in the sufficient category, and as many as 13.4% (2 athletes) are in the less category, and 0% (0 athletes) are in the very less category. Based on the results of the analysis, the physical condition profile of Jombang Karate Club (JKC) athletes is in the very good category with a percentage of 40%.

Based on these results, it means that the Jombang Karate Club athletes are in very good physical condition. This is due to the intensity of the training, which is carried out four times a week. Regular exercise is one of the most important means to maintain the level of physical fitness, so the physical condition will also be well maintained. With good physical condition, an athlete can do excessive activity without experiencing significant fatigue, so it is expected that when competing, athletes are able to compete optimally to achieve the desired achievement (Nurkadri, 2017). In accordance with the principle of training, it is a process of change for the better, namely improving the physical quality, functional ability of the body, and psychological quality of a person.

The more physical activity performed every day, the better the physical fitness obtained. Environmental factors in a place to live have a considerable impact on maintaining and improving physical fitness (Ma'arif & Prasetyo, 2021). To achieve good physical condition, it is necessary to have activities that must be carried out to improve the physical fitness of athletes, for example, by doing sports activities regularly (Kadir et al., 2022). Other physical condition factors are rest, healthy living habits, environmental factors, and food factors, in addition to age, gender, somatotype or body shape, nutritional health conditions, body weight, and rest. In this case, the importance of paying attention to the athlete's physical condition is because if the athlete has a poor physical condition, it will affect his performance (Hardiansyah, Vai, & Sulastio, 2022). Athlete physical condition data can be used as a reference for making training programmes that are in accordance with their respective sports (Bermanhot, 2014). Thus, an excellent and good physical condition, in addition to routine training, can also be realised by getting enough rest, managing a healthy lifestyle, and maintaining food intake. With this, it will be possible to improve these aspects that can spur an athlete to achievement.

CONCLUSION

Based on the results of the study obtained, 40% (6 athletes) have very good physical condition, 26.5% (4 athletes) are in the good category, 20% (3 athletes) are in the sufficient category, and as many as 13.4% (2 athletes) are in the less category, and 0% (0 athletes) are in the very less category.

CONFLICT OF INTEREST

All authors declare that there is no conflict of interest in this research.

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