

THE 4TH INTERNATIONAL CONFERENCE OF SPORT FOR DEVELOPMENT AND PEACE 2022



BoA
The 4th
ICSDP
2022

"The Paradigm of Sport Policy and
Development from Sport Outcomes
to Societal Outcomes"

BOOK OF ABSTRACT (BOA)
THE 4th INTERNATIONAL CONFERENCE OF SPORT
FOR DEVELOPMENT AND PEACE (ICS DP) 2021
“The Paradigm of Sport Policy and Development from Sport
Outcomes to Societal Outcomes”

June 07-08, 2022
Bandung, Indonesia

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1. **Luca Santilli** (Executive Director, Tennis Development, International Tennis Federation)
2. **Egemen Onen** (Global Head of Basketball & Sport Consulting, KIN Partners, London)
3. **Prof. Lisa Barnett** (Professor in Deakin University, Australia; One of the three lead investigators to develop the Australian Physical Literacy definition and standard)
4. **Prof. Fan Hong, Ph.D.** (Professor in Bangor University, United Kingdom; Editor in Chief ASIAN Journal of Sport History and Culture)

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PREFACE OF THE CHAIRMAN OF THE 4th ICSDP 2022

Assalamualaikum Wr.Wb.

Good afternoon all conference participants.

Many thanks to all of you for being here at The 4th International Conference of Sport for Development and Peace with the theme “The Paradigm of Sport Policy and Development from Sport Outcomes to Societal Outcomes.”

My name is Amung Ma'mun, and it is an honor for me to speak on behalf of the organizers of this conference.

Before starting, I would like to express my gratitude to the Director of the Graduate School, Prof. Dr. H. Syihabbudin, M.Pd. and especially to all keynote speakers:



1. **Luca Santilli** (Executive Director, Tennis Development, International Tennis Federation)
2. **Egemen Onen** (Global Head of Basketball & Sport Consulting, KIN Partners, London)
3. **Prof. Lisa Barnett** (Professor in Deakin University, Australia; One of the three lead investigators to develop the Australian Physical Literacy definition and standard)
4. **Prof. Fan Hong, Ph.D.** (Professor in Bangor University, United Kingdom; Editor in Chief ASIAN Journal of Sport History and Culture)

Thank you for participating in this conference.

Today's conference will learn about Sport for Development and Peace with many topics raised in this conference. Today, the sport has become a critical global issue in carrying out UN missions. Today's sport has many benefits for the development of the sport itself and as an instrument for developing a nation's society and societal outcomes.

Hopefully, this conference can give us more insight into sports development to develop a nation's society so that sport becomes an integral part of a state policy.

Once again, I thank you for participating in this conference.
Wassalamualaikum Wr.Wb.

Bandung, June 2022
The Chairman of The 4th International Conference of Sport for Development & Peace
Head of Sport Education Study Program
School of Postgraduate
Universitas Pendidikan Indonesia
Prof. Dr. Amung Ma'mun, M.Pd.

Keynote Speakers



Luca Santilli

Experienced Executive Director of Development with a demonstrated history of working in the sports industry. Skilled in Event Planning, Customer Service, Coaching, Sports, and Event Management. Strong community and social services professional graduated in Science of Education from Rome University La Terza Università and in Physical Education & Sport Science from University of Rome (ISEF).



Professor Lisa Barnett

Lisa was awarded her PhD through University of Sydney, Faculty of Medicine, School of Public Health in 2009. She investigated the relationship between early motor skill mastery and physical activity participation and fitness in adolescence. She has a Masters in Public Health and over 10 years professional health promotion experience. Lisa's research interests are in the development, implementation, evaluation and long term follow-up of physical activity interventions in children and adolescents. A key interest is the role actual and perceived fundamental movement skill ability has to physical activity behaviour. A/Prof Barnett was one of the three lead investigators to develop the Australian Physical Literacy definition and standard - funded through Sport Australia. Developing measurement in physical literacy is a key interest area. Lisa is globally recognised in the area of youth motor competence (National Citation report, Web of Science), and has >150 peer reviewed publications.



Egemen Onen

A sport business executive with diverse commercial, strategic and operational experience in both client and supplier organisations within the sports and major event industries.

I work with athletes, local and national governments, organising committees of major sporting events and sports federations with expertise spanning across sports economy, sports policy, talent management, commercial partnerships, bidding for and hosting major sporting events.

I currently lead the basketball and sports consulting divisions at KIN Partners, a London-based sport and entertainment management company, working with some of the world's most iconic athletes and sport properties.

Previously I was a Director at 4global Consulting, a London-based management consultancy specialising in sports, and had held various roles at the Turkish Basketball Federation earlier in my career. I have been lucky to work in high-impact projects in more than 11 countries across three continents. Clients included the Tokyo 2020 Olympic and Paralympic Games, Lima 2019 and Santiago 2023 Pan American Games and the city state of Neom in Saudi Arabia among others.

I also served as a subject matter expert on global sports economy for the British Government's Department for International Trade for four years and sat in the Emerging Markets Committee of the Government's sector advisory group on sports economy.

Key business skills: operational finance; commercial & contract management; business operations; development of new and existing business; team and relationship building.

Rundown
The 4th International Conference of Sport for Development and Peace 2022
7-8th June 2022

Day 1: 7th June 2022

Keynote Speakers Presentation

Online by Zoom Meeting Conference

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Meeting ID: 633 182 4458

Passcode: icsdp

Activity	Time (Jakarta Time)	PIC
Opening Ceremony	13.00 – 13.05	Master of Ceremony
Welcoming Speech	13.05 – 13.10	Head of Committee Prof. Dr. Amung Ma'mun, M.Pd.
Welcoming Speech	13.10 - 13.15	Head of School Postgraduate Prof. Dr. Syihabbudin, M.Pd.
1 st Keynote Speakers – Luca Santilli Topics: Developing Tennis in the Digital Era	13.15 - 13.45	Moderator: Dr. Rita Anggorowati, M.Pd.
Q&A	13.45 - 14.05	Moderator: Dr. Rita Anggorowati, M.Pd.
2 nd Keynote Speakers – Egemen Onen Topics: The Social Impact of Sport	14.05 – 14.45	Moderator: Dr. Rita Anggorowati, M.Pd.
Q&A	14.45 – 15.05	Moderator: Dr. Rita Anggorowati, M.Pd.
3 rd Keynote Speakers – Prof. Lisa Barnett Topics: Understanding the importance of self-perception of children's physical literacy in swimming and water safety	15.05 – 15.45	Moderator: Dr. Rita Anggorowati, M.Pd.
Q&A	15.45 – 16.05	Moderator: Dr. Rita Anggorowati, M.Pd.
Closing	16.05 – 16.10	MC
Announcements for Presenters	16.10 – 16.15	Committee

Day 2: 8th June 2022

Parallel Sessions

Online by Zoom Meeting Conference

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ROOM 1

SCOPE: SPORT FOR DEVELOPMENT AND PEACE

MODERATOR: SYARIFATUNNISA, S.Si., M.Pd.

No	Kode	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS-ICSDP-22004	REY RABUYA	DOrSU	Indonesia	reyrabuya26@gmail.com	MOTIVATIONAL CLIMATE AND ACADEMIC ACHIEVEMENT OF STUDENT ATHLETES: BASIS FOR DEVELOPMENT PROGRAM	8.30 - 10.00
2	ABS-ICSDP-22018	Faisyal Maesa	Post Graduate Student at Indonesia University of Education	Indonesia	faisyalmaesa@gmail.com	DEVELOPMENT OF SPORTS PROGRAMS IN CHILDREN PENITENTIARY INSTITUTION (LEMBAGA PEMBINAAN KHUSUS ANAK) FOR FULFILLMENT CHILDREN'S BASIC RIGHTS: A POLICY FORMULATION	
3	ABS-ICSDP-22020	Gugun Gunawan	Universitas pendidikan Indonesia	Indonesia	gugun125@gmail.com	IMPACT OF THE COVID-19 PANDEMIC ON THE MENTAL AND PHYSICAL CONDITIONS OF SWIMMING AND ATHLETIC ATHLETES TO FACE PEPARNAS 2021	

4	ABS- ICSDP- 22030	Tryan Mochamad Ramdhan	Universitas Pendidikan Indonesia	Indonesia	tryan.ramdhan@gmail.com	RELATIONSHIP OF GADGET USE AND SEDENTARY LIFESTYLE WITH SOCIAL INTERACTIONS AND MENTAL HEALTH IN ADOLESCENTS
5	ABS- ICSDP- 22051	Teten Hidayat	Universitas Pendidikan Indonesia	Indonesia	tetenhidayat@upi.edu	Comparison of the Effects of Zumba and Body Combat on Mood Response in Adults of Productive Age

ROOM 2

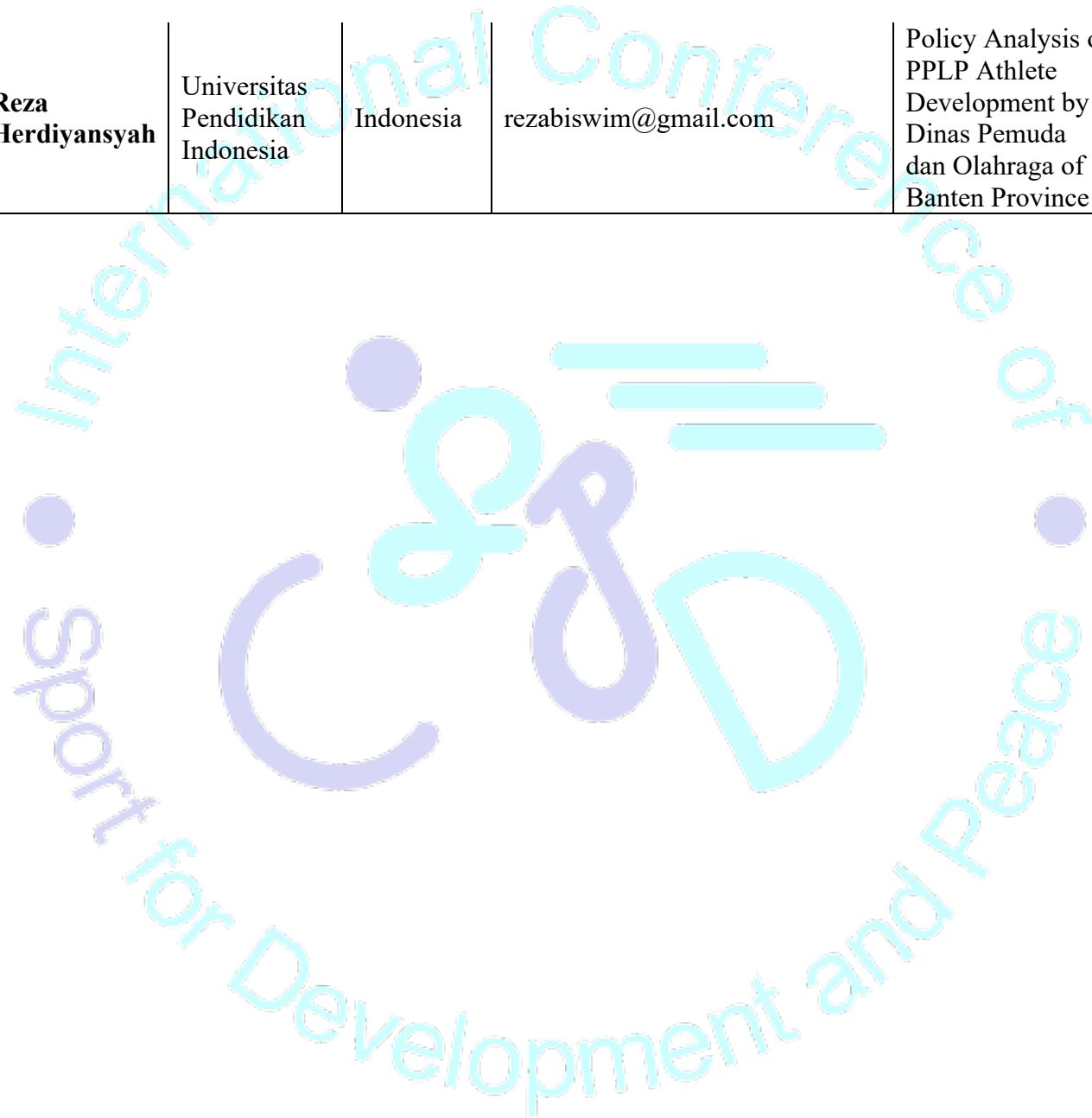
SCOPE: SPORTS POLICY AND DEVELOPMENT

MODERATOR: RISMA, S.Si., M.Pd.

No	Kode	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS- ICSDP- 22010	Ivan Gallegos	Davao del Norte State College	Philippines	ingallegos95@gmail.com	ANALYSIS OF WOMEN'S SPORTS MEDIA COVERAGE IN THE SELECTED MAINSTREAM ONLINE NEWSPAPERS IN THE PHILIPPINES	8.30 - 10.15

2	ABS- ICSDP- 22021	Fauzi Setiadi Firdaus	Universitas Pendidikan Indonesia	Indonesia	fauzifirdaus971@gmail.com	EVALUATION OF ACHIEVEMENT SPORTS POLICY OF WEST JAVA PROVINCE
3	ABS- ICSDP- 22028	Anang Mulyana, Amung Ma'mun, Dede Rohmat Nurjaya	POR SPS UPI	Indonesia	anangmulyana.gks27@gmail.com	ATHLETE DEVELOPMENT SYSTEM IN THE SUCCESS OF WEST JAVA DAYUNG ON THE NATIONAL STAGE
4	ABS- ICSDP- 22031	Sandi Arisma, Amung Ma'mun, Nurlan Kusmaedi, Nuryadi	Universitas Pendidikan Indonesia / Dinas Pemuda dan Olahraga Provinsi Jawa Barat	Indonesia	sandiarisma@upi.edu	DYNAMICS OF SPORTS FINANCING POLICY IN INDONESIA: A SYSTEMATIC LITERATURE REVIEW
5	ABS- ICSDP- 22032	Muhammad Gilang Ramadhan, Amung Ma'mun, Nuryadi, Tite Juliantine	Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia	Indonesia	gilangramadhan16@upi.edu	DIRECTIONS OF SPORT POLICY IN THE PERSPECTIVE OF GOVERNMENT BUDGET ALLOCATION: A LITERATURE OF REVIEW

6	ABS- ICSDP- 22043	Reza Herdiyansyah	Universitas Pendidikan Indonesia	Indonesia	rezabiswim@gmail.com	Policy Analysis of PPLP Athlete Development by Dinas Pemuda dan Olahraga of Banten Province
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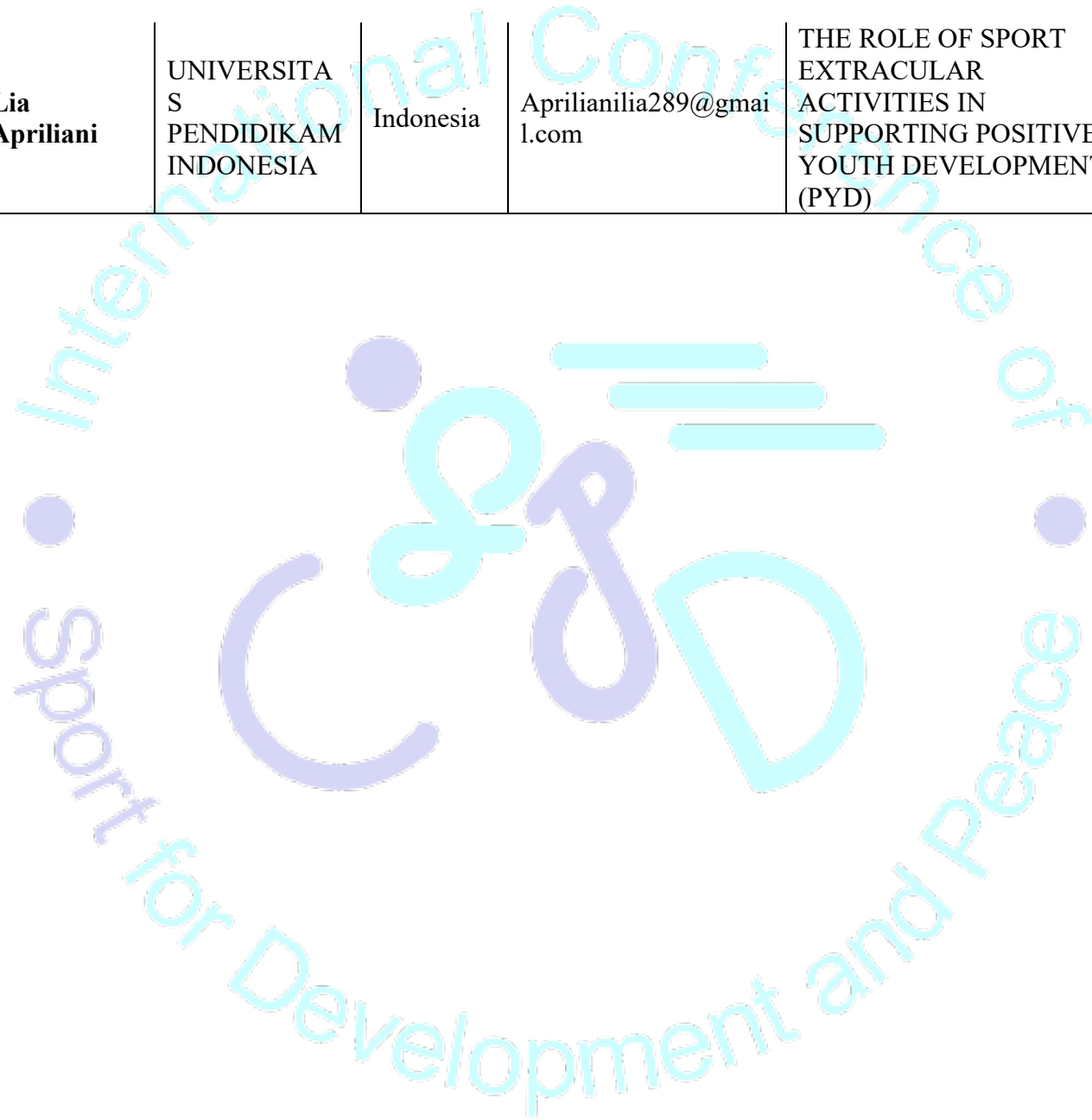


ROOM 3**SCOPE: YOUTH DEVELOPMENT THROUGH SPORTS****MODERATOR: M. GILANG RAMADHAN, S.Si., M.Pd.**

No	Kode	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS-ICSDP-22015	Ari Ari	universitas pendidikan indonesia	Indonesia	arigana05@gmail.com	ANALYSIS OF INTENTIONAL APPLICATION OF STRUCTURAL PROGRAMS FOR LIFE SKILLS THROUGH PHYSICAL EDUCATION AND SPORTS ACTIVITIES IN THE FRAMEWORK OF POSITIVE YOUTH DEVELOPMENT	8.30 - 10.15
2	ABS-ICSDP-22022	Fikra Azahra, Jajat Darajat Kusumah Negara, Carsiwan	Universitas Pendidikan Indonesia	Indonesia	Fikraazahraaa@gmail.com	EFFORTS TO IMPROVE BASKETBALL PLAYING SKILLS AND SOCIAL BEHAVIOR THROUGH BASE STATISTICS PROGRAM FOR POSITIVE YOUTH DEVELOPMENT (PYD) (EXPERIMENTAL STUDY OF STUDENTS FOLLOWING BASKETBALL	

						EXTRACURRICULAR IN SMP NEGERI 1 BALEENDAH)
3	ABS- ICS DP -22024	Muhamad Tafaqur , Prof. Dr. H. Amung Ma'mun, M.Pd., Dr. Komarudin, M.Pd., Dr. Tite Juliantine, M.Pd.	Program Studi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia	Indonesia	muhamadtafaqur@upi .edu	THE IMPORTANCE INTEGRATION LIFE SKILL IN YOUTH TRAINING PROGRAM
4	ABS- ICS DP -22033	Yopi Kusdinar , Amung Ma'mun, agus rusdiana, ADE GAFAR ABDULLA H	SPS UPI	Indonesia	yopikusdinar@upi.edu	Life Skill Development through Volleyball Sports in the Positive Youth Development Framework
5	ABS- ICS DP -22037	Siti Arviyani , Yogi Akin	Universitas Pendidikan Indonesia	Indonesia	sitinurraarviyani@upi.e du	INTEGRATING LIFE SKILLS INTO HANDBALL TRAINING PROGRAME FOR POSITIVE YOUTH DEVELOPMENT

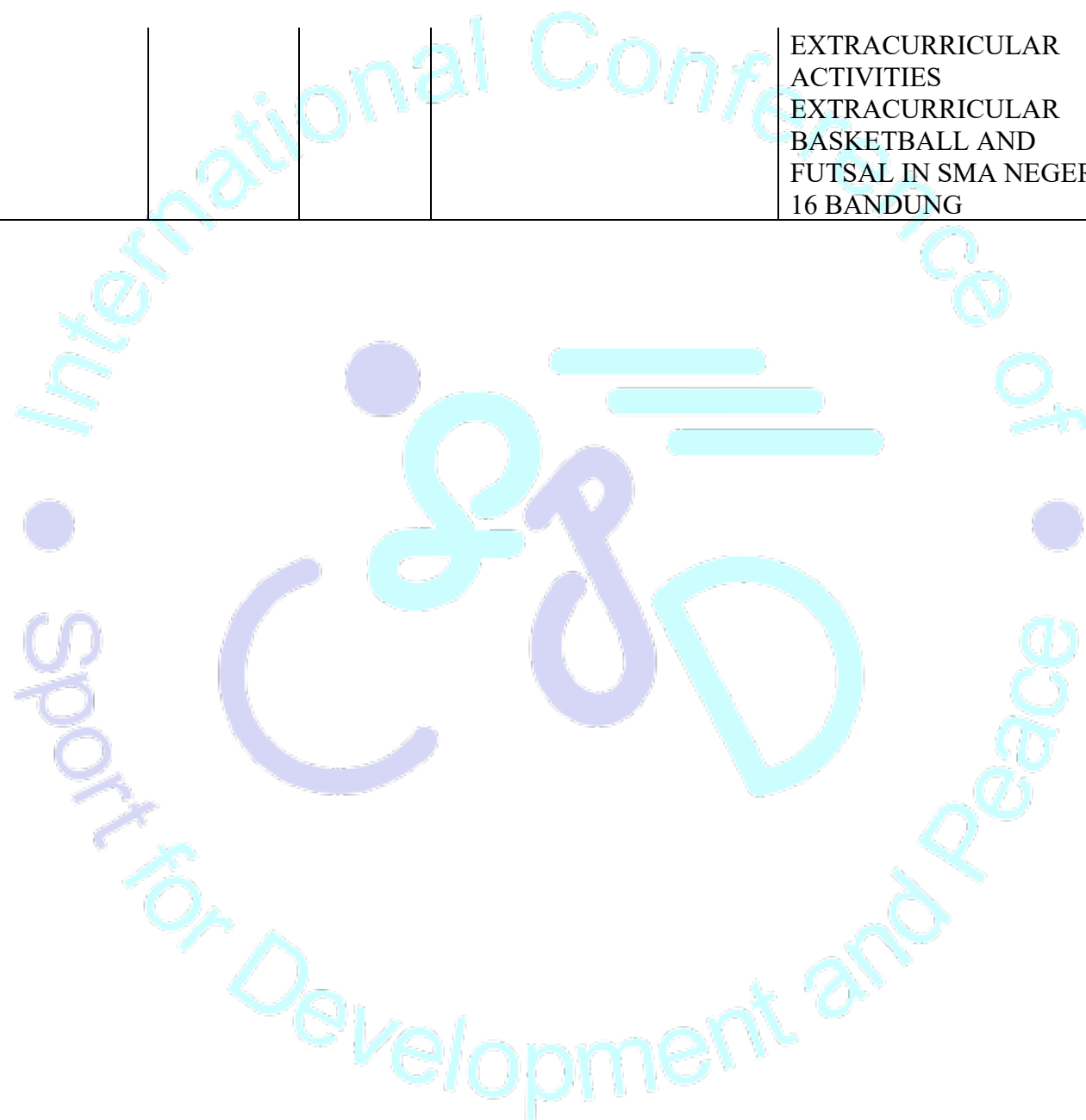
6	ABS- ICSDP -22046	Lia Apriliani	UNIVERSITA S PENDIDIKAM INDONESIA	Indonesia	Aprilianilia289@gmail.com	THE ROLE OF SPORT EXTRACULAR ACTIVITIES IN SUPPORTING POSITIVE YOUTH DEVELOPMENT (PYD)
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ROOM 4**SCOPE: SOCIETAL OUTCOMES THROUGH SPORTS****MODERATOR: TIAN KURNIAWAN, S.Si.**

No	Code	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS-ICSDP-22005	Ryan Abu Bakar	Universitas Pendidikan Indonesia	Indonesia	sportakurikuler@gmail.com	IMPROVING ENVIRONMENTAL AWARENESS THROUGH OUTDOOR EDUCATION IN LOW AND HIGH LEVEL OF EDUCATION	8.30 - 9.45
2	ABS-ICSDP-22035	Wawan Junresti Daya, Amung Ma'mun, Vanessa Gaffar, Nuryadi	Universitas Pendidikan Indonesia	Indonesia	wawanpor20@upi.edu	THE SOCIAL IMPACT OF TOUR DE SINGKARAK (TDS) SPORTING EVENT IN KERINCI DISTRICT	
3	ABS-ICSDP-22036	Bela Santika	Univesitas Pendidikan Indonesia	Indonesia	santikabela@upi.edu	SPORTS MOTIVATION IN PARTICIPATION OF THE 2020 BOROBUDUR MARATHON RUNNING EVENT USING THE VIRTUAL RUN APPLICATION	
4	ABS-ICSDP-22040	Muhammad Fahrul	Universitas Pendidikan Indonesia	Indonesia	fahrulhamzah18@gmail.com	COMPARISON OF THE SOCIAL SKILLS OF STUDENTS WHO FOLLOW THE	

						EXTRACURRICULAR ACTIVITIES EXTRACURRICULAR BASKETBALL AND FUTSAL IN SMA NEGERI 16 BANDUNG	
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ROOM 5**SCOPE: PHYSICAL EDUCATION AND SCHOOL SPORTS****MODERATOR: ANIRA, S.Si., M.Pd.**

No	Kode	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS-ICSDP-22002	Heri Yusuf Muslih Resa Respati, Iqhli Shobihi	Universitas Pendidikan Indonesia	Indonesia	heriyusuf@upi.edu	TRADITIONAL GAMES BEHIND THE THREAT OF EXTINCTION AND ITS BENEFITS	8.30 - 12.00
2	ABS-ICSDP-22006	Ruben Jr Tagare	University of Southern Mindanao	Philippines	tagareruben@usm.edu.ph	GEN Z's FITNESS CONCEPTS AND WAYS TO BE FIT: INSIGHTS TO STRENGTHEN STUDENTS' LEARNING EXPERIENCES IN TERTIARY PHYSICAL EDUCATION	
3	ABS-ICSDP-22009	Rayvin Pestaño	Central Luzon State University	Philippines	rayvin.pestano@clsu2.edu.ph	Evaluating Sports and Physical Educators TPACK Self-Efficacy in Relation to Performance in Teaching	
4	ABS-ICSDP-22012	Joseph Gieward Layao , Michelle M. Layao	Mindanao State University (Main Campus)	Philippines	joseph.layao@msumain.edu.ph	THE PHYSICAL ACTIVITY PARTICIPATION, MOTIVATION TO EXERCISE, AND WELL-BEING OF BS PHYSICAL EDUCATION MAJOR	

						STUDENTS DURING THE COVID-19 PANDEMIC
5	ABS-ICSDP-22013	Uum Umiyati	Bandung	Indonesia	uumumiyati.2016@gmail.com	IMPACT LOCKDOWN ON THE PHYSICAL ACTIVITY OF ELEMENTARY SCHOOLS: COMPARISON OF GREEN ZONE AND RED ZONE AREAS IN KUNINGAN DISTRICT
6	ABS-ICSDP-22016	LUTVI HIRMAWAN	UNIVERSITAS PENDIDIKAN INDONESIA	Indonesia	one.vie14@gmail.com	THE EFFECTIVENESS OF PHYSICAL EDUCATION ONLINE LEARNING USING VIDEO TUTORIALS DURING THE COVID-19 PANDEMIC
7	ABS-ICSDP-22017	Rifki Dwi Apriliana	Universitas Pendidikan Indonesia	Indonesia	arifkidwi@yahoo.co.id	THE INFLUENCE OF THE PEER TEACHING LEARNING MODEL ON FOOTBALL SKILLS
8	ABS-ICSDP-22023	Amtsal Firdaus	Mahasiswa Universitas Pendidikan Indonesia (UPI)	Indonesia	amtsalfirdaus53@gmail.com	SPORTS LEARNING INTEGRATED WITH LIFE SKILL DEVELOPMENT IN ORDER TO INCREASE SPORT PARTICIPATION
9	ABS-ICSDP-22025	Hadis Alip Sopa Putra	Pendidikan	Indonesia	hadisalip1997@gmail.com	THE APPLICATION OF COOPERATIVE LEARNING MODELS IN LEARNING FUTSAL

						GAME ACTIVITIES TO IMPROVE LEARNING OUTCOMES
10	ABS-ICSDP-22026	Firdaus Alamsyah	Physical Education	Indonesia	falamsyah014@gmail.com	STUDENT UNDERSTANDING ON VOLLEYBALL SKILLS
11	ABS-ICSDP-22027	Suma Wijaya	Pascasarjana UPI	Indonesia	sumawijaya0@gmail.com	LEARNING PJOK DURING THE COVID-19 PANDEMIC ON STUDENT LEARNING OUTCOMES OF PHYSICAL ACTIVITY.
12	ABS-ICSDP-22029	Takako Osada	Hiroshima University	Japan	m213592@hiroshima-u.ac.jp	IMPLEMENTATION OF THE STEM LEARNING MODEL IN PHYSICAL EDUCATION IN THE PROCESS OF STUDENT COGNITION DEVELOPMENT
13	ABS-ICSDP-22034	Prasetya Cahya Ramadhan	Universitas Pendidikan Indonesia	Indonesia	prasetyacahyaraamadhan@gmail.com	PHYSICAL ACTIVITIES IN RELATIONSHIP CREATIVE AND CRITICAL THINKING ABILITY OF STUDENTS
14	ABS-ICSDP-22038	putri merdekawati	universitas pendidikan indonesia	Indonesia	merdekawatiicha13@gmail.com	GROSS MOTOR SKILL PROFILE OF AGES 9-10 YEARS OLD
15	ABS-ICSDP-22039	Oom Omin, Dian Budiana	Universitas Pendidikan Indonesia	Indonesia	oomomin240795@gmail.com	STUDENT INTEREST IN SWIMMING LEARNING AT SD PINTAR BANDUNG

16	ABS- ICSDP -22042	nuni siti jaitun	universitas pendidikan indonesia	Indonesia	nunisitizaitun.14@gmail.com	DEVELOPMENT OF SOCIAL VALUES THROUGH PHYSICAL EDUCATION IN SCHOOL
17	ABS- ICSDP -22044	Fanni Fauziah	Universitas Pendidikan Indonesia	Indonesia	fannifauziah56@gmail.com	PHYSICAL ACTIVITY PROGRAM IN THE CONTEXT OF POSITIVE YOUTH DEVELOPMENT

ROOM 6**SCOPE: SPORTS SCIENCE AND SPORTS COACHING****MODERATOR: SAEFUL ANWAR, S.Si., M.Pd.**

No	Kode	Fullname	Institution	Country	E-mail	Title	Time for Presentation (Jakarta Time)
1	ABS-ICSDP-22011	Anita Yuzela	Sebelas Maret University	Indonesia	anitayuzela12345@student.uns.ac.id	THE EFFECT OF IMAGERY TRAINING IN INCREASING CREATIVITY OF AEROBICS INSTRUCTORS COREOGRAPHY	8.30 - 10.20
2	ABS-ICSDP-22014	Tian Kurniawan	Universitas Pendidikan Indonesia	Indonesia	tiankurniawan@upi.edu	EFFECTS OF MENTAL FATIGUE ON VISUAL SCANNING SPEED IN FIRST-PERSON SHOOTER ESPORTS ATHLETES	
3	ABS-ICSDP-22048	Fitriani Dewi	Universitas Pendidikan Indonesia	Indonesia	fitrianidewi04@gmail.com	DIFFERENCES OF LUNG FUNCTION ELEMENTARY SCHOOL STUDENTS FOLLOWING FOOTBALL EXTRACURRICULAR WITH FUTSAL IN	

						ELEMENTARY SCHOOL
4	ABS-ICSDP-22008	Gideon Juezan	Davao del Sur State College Sports Director	Philippines	gideonjuezan@gmail.com	MANAGEMENT CAPABILITIES OF TERTIARY FACULTY COACHES RELATIVE TO COACHING STYLE AND ATHLETIC PERFORMANCE: A PERSPECTIVE FROM THE ATHLETE'S POINT OF VIEW
5	ABS-ICSDP-22019	Wina Rahmi	Universitas Pendidikan Indonesia	Indonesia	winahafizahrahmi07@gmail.com	THE RELATIONSHIP BETWEEN ARM POWER AND EYE-HAND COORDINATION WITH TABLE TENNIS FOREHAND ACCURACY IN MALE ATHLETES FROM RIAU PPLP
6	ABS-ICSDP-22041	Tomi Efendi	Universitas Pendidikan Indonesia	Indonesia	tomiefendi22@upi.edu	CORRELATION BETWEEN LEVEL OF ANXIETY WITH THE RESULTS OF PENALTY STROKE IN FIELD HOCKEY

7	ABS- ICS DP -22045	Tasya Salsabila	Universita s Pendidika n Indonesia	Indonesia	tasyasb26@gmail.com	THE EFFECT OF POWER ENDURANCE EXERCISES USING CIRCUIT TRAINING METHODS ON VO2MAX KARATE KATA ATHLETES
8	ABS- ICS DP -22047	Ilham Truly Fajri	Universita s Pendidika n Indonesia	Indonesia	ilhamtrulyfa@gmail.com	THE EFFECT OF THE COMBINED PLYOMETRIC AND BALANCE TRAINING METHOD ON LAY-UP SHOOT PERFORMANCE
9	ABS- ICS DP -22049	Ahmad Saepul Azhari	Universita s Pendidika n Indonesia	Indonesia	Ahmadazhari2493@gmail.com	THE EFFECT OF SKIPPING EXERCISE ON IMPROVING THE PHYSICAL CONDITION COMPONENT IN BADMINTON SPORT

Daftar Isi



ABS-ICS DP-22004

**MOTIVATIONAL CLIMATE AND ACADEMIC ACHIEVEMENT OF STUDENT
ATHLETES: BASIS FOR DEVELOPMENT PROGRAM**

REY RABUYA

DOrSU

reyrabuya26@gmail.com

This study was conducted to determine the significant relationship of motivational climate and the academic achievement of college athletes through which a sports development program could be developed. This was conducted to 201 students through an adopted but modified questionnaire. Statistical tools used for this study were the mean, standard deviation, and Pearson-r. It utilized the non-experimental quantitative research design employing correlational technique. Results of the study showed that the overall level of motivational climate was high while the overall mean of student-athletes academic achievement was fair. All indicators resulted to high: ego-involving climate and task-involving climate. Findings revealed that there was a need to develop an **enhancement program** to improve the level of motivational climate of athletes. Further, it was found that there was a significant relationship between motivational climate and student-athletes academic achievement.

Keywords : Keyword: Physical Education, student-athletes, motivational climate, academic achievement, college

ABS-ICS DP-22018

**DEVELOPMENT OF SPORTS PROGRAMS IN CHILDREN PENITENTIARY
INSTITUTION (LEMBAGA PEMBINAAN KHUSUS ANAK) FOR FULFILLMENT
CHILDREN'S BASIC RIGHTS: A POLICY FORMULATION**

Faisyal Maesa

Post Graduate Student at Indonesia University of Education

faisyalmaesa@gmail.com

Physical activity in the form of sports activities is part of the basic needs in daily life that can be done to improve physical fitness and efforts to fulfill basic human rights, including the basic rights of children who are perpetrators of criminal acts and are serving a period at Lembaga Pembinaan Khusus Anak (LPKA) which also has the same rights and must fulfill the same basic rights as children in general. The importance of sport in the context of behavior improvement, character growth, and human rights makes the development of sports programs in a country very important because it is also part of the national development process. The purpose of this research is to formulate a sports policy program that is by the basic rights of children that can be implemented at the LPKA Bandung to fulfill children's basic rights and exercise. This research method is descriptive qualitative with data collection techniques in the form of open questionnaires, interviews, and observations and secondary data in the form of qualitative documentation studies. After all the data and information have been collected, a sports policy draft will be formulated based on the sports policy formulation process model according to Charles O. Jones in Eterna (2021). The results showed that the formulation of the sports policy program implemented in LPKA Bandung was able to represent the fulfillment of children's basic rights where the development of sports policy at LPKA Bandung could have a very positive influence on the rehabilitation and coaching process so that after the inmates finished their sentence at LPKA they would return to society with high values of life skills, have a fair play character and can also open up future opportunities.

Keywords : Sports policy formulation, children's basic rights, development sport

ABS-ICS DP-22020

**IMPACT OF THE COVID-19 PANDEMIC ON THE MENTAL AND PHYSICAL
CONDITIONS OF SWIMMING AND ATHLETIC ATHLETES TO FACE
PEPARNAS 2021**

Gugun Gunawan
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The COVID-19 pandemic that is currently hitting Indonesia has an impact on various sectors, including the sports sector. The purpose of this study was to see the impact of the COVID-19 pandemic on the mental and physical condition of athletes to face PEPARNAS 2021. A cross-sectional survey design was used in this study, with a sample of 5 athletes in swimming and 5 athletes in athletics, with an age range of 18-22 years. The results showed that all data from the impact of COVID-19, mental and physical conditions were normally distributed with a significance value of $0.200 > 0.05$. The results also show that the COVID-19 pandemic has an impact of 89% on the mentality of swimming athletes and athletic athletes. Then the COVID-19 pandemic had an impact with an influence of 88% on the physical condition of swimming athletes and 92% on the physical condition of athletic athletes. Each variable also has a significance level of <0.05 in the Spearman test, so that each variable has a correlation or is interconnected. Thus, in this study it was concluded that the COVID-19 pandemic had various impacts, especially in terms of mental and physical conditions for swimming athletes and athletic athletes who will face the 2021 PEPARNAS

Keywords : Pandemic, Mental Health, Physical Condition, Disability athlete's.

Sport for Development and Peace

ABS-ICS DP-22030

RELATIONSHIP OF GADGET USE AND SEDENTARY LIFESTYLE WITH SOCIAL INTERACTIONS AND MENTAL HEALTH IN ADOLESCENTS

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The development of technology at this time has created various conveniences, with gadgets everything can be done without doing excessive activities, this creates a sedentary lifestyle. This also has an impact on social interactions which will reduce direct interaction so that it can also cause mental health in adolescents to be disturbed due to lack of activity and social interaction with the community. This study aims to determine the relationship between gadget use and a sedentary lifestyle with social interaction and mental health. The design of this study used a correlational approach, the population in this study were adolescents aged 15-19 years in Kuningan Regency, the number of samples was 100 people. Data was taken using a questionnaire. Statistical analysis using Spearman's test with $\alpha=0.05$. Based on the results of the analysis showed that there was a significant relationship between variables because the value was <0.05 . Thus, there is a significant relationship between the use of gadgets and a sedentary lifestyle with social interaction and mental health.

Keywords : Gadget, Sedentary Lifestyle, Social Interaction, Mental Health

Comparison of the Effects of Zumba and Body Combat on Mood Response in Adults of Productive Age


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A good mood will help someone in their productive age to be able to do a good job in creating goods or services. The purpose of this study was to evaluate the effect of zumba training and body combat on mood responses. The research method used in this study is an experiment where group 1 will carry out 6 weeks of Zumba training, group 2 will carry out body combat training, group 3 will carry out exercises as they normally practice (control). The sample in this study were 60 fitness members at Helios Fitness Center Bandung which were divided into 3 groups randomly. The mood instrument used was adopted from The Brunel Mood Scale (BRUMS) developed by Terry & Lane (2010). The results of this study revealed that zumba and body combat exercises both improved mood when compared to the control group. However, when comparing the zumba training method with body combat, the two groups did not have a significant difference. From these results, it can be concluded that both zumba and body combat exercises can be used to improve and maintain a good mood.

Keywords : zumba workout; body combat training; mood responses; productive age



ABS-ICS DP-22010

**ANALYSIS OF WOMEN'S SPORTS MEDIA COVERAGE IN THE SELECTED
MAINSTREAM ONLINE NEWSPAPERS IN THE PHILIPPINES**

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The study utilized descriptive qualitative design, particularly content analysis to analyze women's sports-related articles published in the selected mainstream online newspapers in the Philippines. The results of this study revealed that there is a lack of coverage and marginalization of women's sports. Out of the 805 sports articles, only 14.04% of the total samples are women's sports-related stories. It can be argued that the differential coverage of women's sports may continue to reinforce the idea of undermining the true athletic ability of female athletes and provide the audience with the idea that male sports are more important than female sports. Hence, it will generate uncertainty about societal perceptions when it comes to watching and reading women's sports on television and in newspapers. Findings also demonstrate that there are certain ways the media frames female athletes when they are covered. This can be shown in the content and photographs associated with each of the article.

Keywords : mainstream, online newspapers, women's sports

ABS-ICS DP-22021
**EVALUATION OF ACHIEVEMENT SPORTS POLICY OF WEST JAVA
PROVINCE**

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Abstract

The development of achievement sports requires adequate policy support from the field to the government elite. Various challenges are faced in realizing achievement sports, both structural and infrastructural obstacles that can solve the problem of achievement in sports achievements. This condition is related to achievement which is still weak. The purpose of the study was to evaluate the achievement sports policy of the province of West Java. The method of analysis used descriptive qualitative with interactive data analysis. The results of the study show that the success of the policy lies in communication, interorganizational coordination and commitment, as well as the agents in the field who are still weak in the policies implemented in the field. The effectiveness, equity, responsiveness and accuracy of agents in implementing policies are still lacking. The application applied in the Futsal sport, especially in the West Java area, is still weak. A forum or club that fosters the potential of athletes well, because the policies made are not ready to be used in the field. good cooperation between athletes and government elements is still lacking. The conclusion is that the policy to realize achievements in the futsal sport has not been effective in encouraging futsal achievements in West Java. Theoretical implication: the need for a comprehensive policy evaluation on futsal sports achievements in terms of interactions between organizations and agents in the field. Practical implications: The success of the policy lies in the coordination, communication and commitment of the government in realizing sports achievements in West Java.

Keywords : Keywords: achievement, futsal, interorganizational coordination and commitment, communication, stake

ABS-ICS DP-22028

“Athlete Development System in The Success of West Java DAYUNG on The National Stage”

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This study aims to determine the success of West Java dayung in the national arena in terms of the athlete development system as one of the indicators of the "Sports Policy Factors Leading to International Sporting Success" (SPLISS) model. The method used in this research is descriptive qualitative method. Data collection techniques using the methods of observation, interviews, and documentation. The data analysis technique in this research in the field uses the Miles and Huberman model. The sampling technique used was purposive sampling. The number of samples is 6 people, consisting of organizational administrators, coaches and athletes Rowing West Java. The results of this study suggest the successful system of coaching West Java athletes from PON 1989 who only got 1 bronze medal, to becoming the overall champion in a row at PON 2016 with 18 gold medal and PON 2020 with 20 gold medal.

Keywords : SPLISS, Dayung, athletes

DYNAMICS OF SPORTS FINANCING POLICY IN INDONESIA: A SYSTEMATIC LITERATURE REVIEW

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The dynamics of sports in Indonesia at this time are still not running evenly in accordance with the mandate of the sports law which includes education sports, community sports and elite sports. The national development plan related to the field of sports studies listed in the RPJMN 2020-2024, with the hope that it can become the basis for the Ministry of Youth and Sports' strategy in responding to challenges so that one of the strategic goals in the sports sector is not achieved, namely increasing health and fitness, character and community participation with the main performance indicator the percentage of community participation. exercise not to be repeated. This is highly dependent on the allocation of the sports budget managed by the Ministry of Youth and Sports. This study uses a systematic literature review (SLR). The research population uses research articles related to sports policy and the research sample uses the purposive sampling technique using inclusive and exclusive criteria. The results of this study show that the size of the budget and performance reports of the Ministry of Youth and Sports, the use of government budgets in the field of sports, especially in 2019, can be said to have not been fully effective, because there are still strategic goals or targets that have not been achieved, namely increasing health and fitness, character and community participation with the main performance indicator the percentage of community participation in sports, which is actually an important foundation before achieving success in elite sports or sports achievements.

Keywords : Financing, Sports, Policy, National Development Plan

**DIRECTIONS OF SPORT POLICY IN THE PERSPECTIVE OF GOVERNMENT
BUDGET ALLOCATION: A LITERATURE OF REVIEW**

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Sport in Indonesia is still in the paradigm of sports development which is a focus on the achievement of elite sports itself. This is what makes the direction of sports policy still dominant in the sphere of elite sports when compared to the scope of educational sports and recreational sports. However, in fact, the role of this sport can become a wider instrument because it can influence other fields or what is known as the paradigm of Development through sports. This study uses (library search) the method of collecting library data, reading, and processing research materials as well as the Systematic Literature Review (SLR) method by reviewing several national or international standard journals that have been published within a period of 10 years. The results of this study found that one of the development factors through sports is the effectiveness of the use of government budgets which until now have not been effective due to the fact that the budget allocation for the Ministry of Youth and Sports has not been divided between the youth sector and the sports sector only about 0.085% of the APBN. This means that in Indonesia itself, the budget allocation is still very far from the word 'appropriate' when compared to other ASEAN countries that have budgeted the APBN for their sports sector, such as Thailand and Singapore, which are bigger. Therefore, Indonesia should immediately improve the allocation of the APBN in the sports sector which is always directly related to the sports policies implemented.

Keywords : Sports Budget, Effectiveness, Policy

ABS-ICS DP-22043

Policy Analysis of PPLP Athlete Development by Dinas Pemuda dan Olahraga of Banten Province

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This study aims to find alternative policy or strategies for coaching PPLP athletes in Banten Province. The research process begins by identifying and analyzing strategic values, the internal, external environment, supporting and inhibiting factors. Determining strategic issues using SWOT analysis and formulating development strategies. The research is descriptive qualitative. The researcher will describe the situation in the field and propose a development strategy as a recommendation material for the Dinas Pemuda dan Olahraga Banten Province. Data collection techniques used are interviews and documentation. Determination of informants was also obtained by purposive sampling technique, to Head of Dinas Pemuda dan Olahraga, Head of Achievement Development, Head of Facilities and Infrastructure, coaches and athletes who were PPLP Banten Province. From the results of the SWOT analysis obtained: Using the harmony of the vision and mission of the Banten Provincial government based on Long Term Athlete Development, Improving the welfare of athletes using stakeholder commitment, Improving the quality and quantity of human resources using the competition method and competency standart, Overseeing coaching programs using stable policies and political conditions, and Improving the quality of facilities and infrastructure sports in accordance with the needs of sports by utilizing cooperation with third parties.

Keywords : Strategy, PPLP Athlete Development, SWOT Analysis, Strategic Issues



ABS-ICS DP-22015

ANALYSIS OF INTENTIONAL APPLICATION OF STRUCTURAL PROGRAMS FOR LIFE SKILLS THROUGH PHYSICAL EDUCATION AND SPORTS ACTIVITIES IN THE FRAMEWORK OF POSITIVE YOUTH DEVELOPMENT

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From some of the research found in articles on positive youth advancement, organized training and sports can actually produce quality programs, so that they can support positive youth improvement. The purpose of this study is to describe the results of research on an intentionally structured program to improve life skills through physical education and sports learning in order to develop positive youth. to cultivate positive youth. The information was obtained by examining 30 journal articles for consideration from 120 journal articles taken from 4 databases, namely Taylor and Francis, Google Scholar, Science Direct and Sage. with the keywords life skills, intentionally structured, positive youth development, physical education and sports. The results of this study indicate that structured physical education and sports programs in their implementation can produce quality programs where this can be concluded in line with widespread beliefs in society, in particular that structured programs are applied in physical education and sports in the community. its implementation can decisively affect the progress of youth.

Keywords : Life Skills, Positive Youth Development, Intentionally Structured Program, Physical Education

EFFORTS TO IMPROVE BASKETBALL PLAYING SKILLS AND SOCIAL BEHAVIOR THROUGH BASE STATISTICS PROGRAM FOR POSITIVE YOUTH DEVELOPMENT (PYD) (EXPERIMENTAL STUDY OF STUDENTS FOLLOWING BASKETBALL EXTRACURRICULAR IN SMP NEGERI 1 BALEENDAH)

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The purpose of this study was to determine the improvement of basketball playing skills and the development of positive attitudes through the statistical base program of students participating in basketball extracurricular activities at SMP Negeri 1 Baleendah. The research method used is experimental research, with Pretest-Posttest Control Group Design. The population in this study was 41 students who took extracurricular basketball and the sample used was 20 students who took extracurricular at SMP Negeri 1 Baleendah which were divided into 2 different groups. The instrument used is a statistical database formula taken from FIBA. LIVE STATS and Teaching Personal and Social Responsibility (TPSR) then analyzed by independent sample t-test and non-parametric Man Whitney Test. The results of this study are that there is a significant value of $p(0.00) < 0.05$, which means that there is an increase in basketball playing skills, and a significant value of $p(1,000) > 0.05$, which means that there is an increase in the Positive Youth Development of students who participate in extracurricular basketball at State Junior High Schools. 1 Baleendah. From the results of the study, it can be concluded that there is an increase in basketball playing skills and social behavior through a statistical base program in the context of positive youth development (PYD).

Keywords : Extracurricular, Basketball playing skills, Positive Youth Development, statistical base program

ABS-ICS DP-22024

The Importance Integration Life Skill in Youth Training Program

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Abstract: Nowadays, every country is competing to carry out sports achievement coaching so that it is able to excel at the world level so that the country is known in the world. But of course, in addition to fostering achievement for athletes, the life skills of an athlete must also be considered, because in essence an athlete is expected to have good sports skills and be able to perform optimally, he must also be able to interact with his environment and be successful in his daily life. This is in line with the paradigm that has developed in various countries, namely "development through sport". For this reason, the life skills component must be integrated into sports training programs, especially training programs for young athletes. Because of the importance of life skills for athletes, sports coaches with achievement must be able to integrate life skills into their training programs.

Keywords : life skills; youth training program; sport coaches

ABS-ICS DP-22033

Life Skill Development through Volleyball Sports in the Positive Youth Development Framework

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Abstract: A systematic review was conducted to investigate the literature on the effectiveness of comprehensive life skills programs. Life skills development has been linked to participation in sports in general, as well as volleyball and other physical activities that will be tried in Indonesia. This is aimed at encouraging the positive development of young people so that they have better opportunities for quality living in the future. This can happen when the coaches understand correctly how life skills are integrated structurally and intentionally in the process of volleyball training for the positive development of young people. This article will discuss matters relating to the types of environments that trainers need to create so that players can develop life skills, form a formal training process for trainers, and finally practice as well as experimentation on how life skills are integrated into volleyball training. The results of this experiment will be a further study to find out the special features of life skills integration that are integrated in a structured and intentional manner compared to unintentional structured and with no involvement at all in the context of positive development of young people

Keywords : life skill; positive youth development; coaches; sport; volleyball

INTEGRATING LIFE SKILLS INTO HANDBALL TRAINING PROGRAM FOR POSITIVE YOUTH DEVELOPMENT

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This study aimed to find out the integration of life skills through handball training program on the improvement of female handball player life skills. The research method used was one-group pretest-posttest experimental design with a quantitative approach. The population in this study were ten female handball players aged 18-21 years old. The instrument used was adopting the life skill scale for sport (LSSS) with 47 items and consisted of eight components, teamwork, goal setting, time management, emotional skills, communication, social skills, leadership, problem-solving, and decision making. The results of descriptive data of research findings were 1.2727 mean, std. deviation 3.84892, minimum value -4.30 and with maximum value 8.90. The result of the normality test were normal with a significant level of 0.200 (pre-tests-post-test). Also can be seen that the result had an effect but not significant ($0.474 > 0.05$) on the improvement of youth female handball player life skills. Subsequent research makes it possible to use a research approach by presenting a control group, and with a relatively longer time. To find out the dynamics of the development of youth players because it is related to an environment that tends to set high achievements, so that it becomes an important factor that must be considered.

Keywords : Life skills, Training Program, Female Handball Player, Positive Youth Development

Sport for Development and Peace

THE ROLE OF SPORT EXTRACURRICULAR ACTIVITIES IN SUPPORTING POSITIVE YOUTH DEVELOPMENT (PYD)

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Until now juvenile delinquency continues to grow, and is increasingly worrying, currently there are many juvenile Delinquency in various circles of today's teenagers. This is because they are all still in the process of finding their identity. Not many researchers in Indonesia have described the role of sport extracurricular activities in supporting positive youth development (PYD). The purpose of this study was to describe the role of sports extracurricular activities in supporting positive youth development (PYD). This research is a Literature Review study, the database search was carried out through the Regulation of the Minister of Youth and Sports, the Regulation of the Minister of Education and Culture, the Sports System Act, Researchgate, Taylor and Francis, Science Direct, and Sage using the keywords Physical activity, sports extracurricular activities, Youth Development and Positive Youth Development. All data and articles found were analyzed relevantly to the results that have been studied. The results of the analysis show that extracurricular sports activities are seen as important programs in developmental settings for adolescents. In particular, it can instill character, develop positive attributes, promote moral development and other broad benefits for young people. The PYD concept emphasizes how to develop youth through sports. This paper is expected to stimulate research and development of more in-depth knowledge about the role of extracurricular sports activities in the context of PYD, become a reference for schools in organizing and funding sports extracurricular activities,

Keywords : Extracurricular, Sports, Positive Youth Development



ABS-ICS DP-22005

Improving Environmental Awareness Through Outdoor Education In Low And High Level Of Education

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The purpose of this study is to reveal the effect of outdoor education based on education level on environmental awareness. The method used in this research is an experiment with 2x2 factorial design. The population is DLH Jabar environmental cadres as many as 220 people in 2014 and the West Java Conservation Cadre Forum. Samples were taken as many as 64 people seen from their education level and then divided into 2 groups, namely mountaineering and rivercamp groups, each sample was 32 people. In each program 16 people were selected for higher education and 16 people for low education. This research instrument uses the GEBS (General ecology Behavior scale) (Kaiser & Wilson 2007). Data analysis used two-way Anova and Tukey's test to see the difference in the effect and interaction of outdoor education with education level. The results as a whole have no significant effect with F count 1.143 and F table 3, 32 but has a significant interaction with outdoor education level of education with a calculated F value of 145.591 with an F table of 3.32. The mountaineering program is better given to the high level group with a Q count of 11.06 with a Q table of 3.34 and rivercamp is better given to the low group with a Q count of 13.11 with a Q table of 3.34.

Keywords : Outdoor education, mountaineering, rivercamp, education level, environmental awareness.

ABS-ICS DP-22035

THE SOCIAL IMPACT OF TOUR DE SINGKARAK (TDS) SPORTING EVENT IN KERINCI DISTRICT

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This study aims to see the social impact of the 2019 Tour de Singkarak (TdS) international cycling sport event in Kerinci Regency. The method used in this study is Qualitative research. Semi-structured interview techniques and documentation studies are used to collect research data. The informants in this study were 5 people consisting of community and government elements who participated in a bicycle racing (TdS) sports event in Kerinci Regency in 2019. The findings in this study show that the international Tour de Singkarak (TdS) cycling event has a social impact on the kerinci community such as: A sense of pride in being part of the Kerinci community, a sense of pride in tourism destinations in Kerinci Regency, wanting to be part of the upcoming Tour de Singkarak event, increasing the number of bicycle communities in Kerinci Regency, increasing public awareness of kerinci tourism in Kerinci Regency. This research was conducted in the study by taking data after the Tour de Singkarak (TdS) event in the 2019-2022 period.

Keywords : International Sport Event, Social Impact, Tour de Singkarak, Tourism

Sports motivation in participation of the 2020 borobudur marathon running event using the virtual run application

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During a pandemic like this virtual run is one of the runners' solutions to face to move, train and compete. Therefore, this study aims to confirm what factors can maintain consistency and commitment in participating in the 2020 marathon borobudur running event using the virtual run application. This study used the method Quantitative research on confirmatory factor analysis involved 138 respondents based on probability sampling techniques, data collection by distributing online questionnaires. The variable studied is sports motivation. To test the validity of the questionnaire and the reality of the questionnaire indicators, SPSS 24 and SPSS Amos were used to see the fit model (Chi-square= 588.527 GFI= 0.699 CMIN/DF= 2.37, CFI= 0.688, TLI= 0.636) based on the Structural Equation Model (SEM). The results showed an Amotivation Factor of 53.5%, an external regulation factor of 89.4%, an introjected regulation factor of 79.9%, an identified regulation factor of 63.7%. The intergrated regulation factor was 57.8%, the Intrinsic motivation factor was 80.6%. From these results, it shows that the value of the > 50%. In conclusion, all variables are interconnected and external regulation factors are the most dominant in influencing runners in participating in the Borobudur Marathon 2020 running event using the virtual run application. It is intended that each virtual run application can create an application that is friendly to use and can be accessed more easily when runners submit together. Because this can have a positive impact on the success of the Borobudur Marathon 2020 running event using the virtual run application and make runners remain consistent in h-training and competing.

Keywords : Sports Motivation, Borobudur marathon 2020, Virtual run.

ABS-ICS DP-22040

**Comparison of the social skills of students who follow the extracurricular activities
Extracurricular Basketball and Futsal in SMA Negeri 16 Bandung**

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The purpose of this study was to compare the social skills among students who follow the extracurricular activities extracurricular basketball and futsal SMA Negeri 16 Bandung. This research uses descriptive method and (ex-post facto) against 62 students sample the sampling technique using saturated. Each sample is taken with a number of extracurricular 31 students. Instrument test data collected by using test charging scale which has been valid and analyzed using t-test sample analysis. results of t-test showed that there was no significant difference between students who follow the futsal and extracurricular extracurricular basketball. There is a value t calculate of 8.109 and t table of 2.000 with α 0.05. It means t count greater than t table then H_1 declined. It can be concluded there was no significant difference between students who follow the extracurricular activities extracurricular basketball and futsal in SMA Negeri 16 Bandung.

Keywords : Keywords: social skills, extracurricular activities extracurricular martial and futsal.



ABS-ICS DP-22002

Traditional Games Behind the Threat of Extinction and Its Benefits

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This research is motivated by facts in the field regarding traditional games that are rarely played. This is caused by several factors and one of them is the very rapid development of technology in people's lives. Traditional games have many benefits for body development, especially for children. The purpose of this research is to identify traditional games that are endangered and the benefits of these traditional games for the human body. This study uses a qualitative approach with a descriptive method. Participants in this study were people aged <20 years to >80 years. The instrument used is the researcher himself, interview guide, observation, and study documentation. The data analysis technique used is an interactive model, namely data reduction, data presentation, and drawing conclusions or verification. The results of this study are the identification of 10 traditional games that are threatened with extinction and the benefits resulting from these traditional games for the human body.

Keywords : Traditional Games, Threat of Extinction, Benefit of Traditional Games

ABS-ICS DP-22006

**GEN Z's FITNESS CONCEPTS AND WAYS TO BE FIT: INSIGHTS TO
STRENGTHEN STUDENTS' LEARNING EXPERIENCES IN TERTIARY
PHYSICAL EDUCATION**

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Being dubbed as digital natives born and raised in the highly industrial era, Generation Z Students differ from preceding generations. A data exposed an increasing number of dropped-out students in Physical Education classes in one of the leading State Universities in the Philippines. Several reasons have been revealed, and one of those is the current Tertiary Physical Education curriculum content. Hence, the purpose of this study was to determine the Fitness Concepts and Ways to Stay Fit for Generation Z students to enhance their learning experiences in Tertiary Physical Education. Using the Phenomenology Research Design, 95 research participants participated in focus group talks, in-depth interviews, and unobtrusive participant observation. The findings of this inquiry indicated three (3) fitness ideas (Gadget Addiction; Early Childhood Diseases; and Stress Release) and six (6) techniques to stay healthy (Exercise and Physical Activities; Balanced Diet; Enough Sleep/Rest; Self-discipline; and Use of Technology). The findings and conclusions served as critical components in strengthening the Tertiary Physical Education curriculum at one of the premier state universities in the Philippines to tailor the learning experiences to Generation Z students' concepts, ways, and preferences.

Keywords : Generation Z Students; Fitness Concepts; Tertiary Physical Education; and Program Strengthening

ABS-ICS DP-22009

Evaluating Sports and Physical Educators TPACK Self-Efficacy in Relation to Performance in Teaching

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This study aims to evaluate the TPACK self-efficacy of 26 junior high school teachers of Physical Education and Sports in Junior High School. Using a descriptive correlational research design, their socio-demographic characteristics, level of their technological self-efficacy and performance rating were the variables of the study. Quantitative data were gathered using a questionnaire as the main instrument. In terms of sampling method, total enumeration sampling was utilized. Majority of the respondents were female, young with educational attainment varying from bachelor's degree to master's degree and have been in the service from 1-10 years. Overall technological self-efficacy was low level in the five components namely; technological knowledge, technological content knowledge, technological pedagogical knowledge and technological pedagogical content knowledge and high in pedagogical knowledge and pedagogical content knowledge. Pedagogical knowledge and pedagogical content knowledge had a positive relationship with performance rating. On the other hand, technological knowledge, technological content knowledge, technological pedagogical knowledge and technological pedagogical content knowledge were found to be negatively correlated with performance rating. Technological content knowledge was found to be predictive of Physical Education and Sports teacher's performance rating. Thus, it is highly recommended to sustain and enhance the technological content knowledge of physical education and sports teachers since it is detrimental to their performance.

Keywords : Physical Educators, Sports Teachers, TPACK Self-Efficacy, Performance

**THE PHYSICAL ACTIVITY PARTICIPATION, MOTIVATION TO EXERCISE,
AND WELL-BEING OF BS PHYSICAL EDUCATION MAJOR STUDENTS
DURING THE COVID-19 PANDEMIC**

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The COVID-19 pandemic created a huge stir to the lives of people all over the world. What used to be very active and dynamic Physical Education major students at Mindanao State University was also affected. Thus, the objective of this study was to document and assess the BSPE students' physical activity (PA) participation before and during the pandemic, with their motivation to exercise, and well-being. A survey questionnaire was sent online to all BSPE students. They were asked about their PA participation, motivation to exercise using the Behavioral Regulations to Exercise Questionnaire (BREQ-2), and well-being using the Mental Health Continuum (MHC-SF). Their PA participation before the pandemic indicated that 85.3% had a regular schedule. Their PA participation during the pandemic showed that 81.3% had an irregular schedule, with 9.3% who had no PA at all. Even with the pandemic, 80.0% had good motivation to exercise. But only 36.0% exhibited good over-all well-being. Furthermore, year level had significant relationship to motivation to exercise; sex revealed significant relationship to well-being; and sex had significant relationship to PA participation during the pandemic. There was no significant relationship between motivation to exercise and well-being to PA participation during the pandemic. It is recommended that: the College of SPEAR should continue to monitor the PA of the PE major students through the conduct of online workouts and trainings through Zoom or Google Meet; programs and activities, though online, should also be offered to support the students who are exposed to various economic and social stressors.

Keywords : motivation to exercise, physical activity participation, well-being

ABS-ICS DP-22013
**IMPACT LOCKDOWN ON THE PHYSICAL ACTIVITY OF ELEMENTARY
SCHOOLS: COMPARISON OF GREEN ZONE AND RED ZONE AREAS IN
KUNINGAN DISTRICT**

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The background of this research is was motivated by the problem impact on the PSBB in Kuningan which resulted in the elementary schools in the vicinity being affected in carrying out physical activities. There are elementary schools that carry out learning in their respective homes as well as some who are in the green zone, namely those who are still doing good learning can do physical activities as usual, those in the red zone can only do good learning activities at home to minimize the impact of covid -19. To produce good learning supported by good physical activity skills, because both are very important and must be possessed by students in learning physical education at school, the researchers made a physical activity that aims to overcome these problems by conducting research on elementary school students. The research method used is a questionnaire in the form of a questionnaire. The population in this study were upper class students who were given students who were in the green zone 4 school area and also in the red zone 4 school area in Kuningan. The sample in this study were 146 students with a simple purposive sampling technique. This research was conducted once a study conducted by the author describing the impact of PSBB on the physical activity of elementary school students that the author studied. Data analysis was carried out with the help of SPSS version 25.00 for Windows software. The results showed that elementary schools in the green zone were no better with the level of physical activity of students in the red zone area. The level of physical activity in the red zone area can also be better at carrying out physical activities in accordance with the directions specified in carrying out activities.

Keywords : Lockdown, red green zone, physical activities

ABS-ICS DP-22016
**THE EFFECTIVENESS OF PHYSICAL EDUCATION ONLINE LEARNING USING
VIDEO TUTORIALS DURING THE COVID-19 PANDEMIC**
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One of the improvements in physical education learning during the COVID-19 pandemic is by providing learning tutorial videos for students. Video tutorials can help them improve student learning at home. This study aims to determine the effectiveness of physical education online learning against using video tutorials during the covid-19 pandemic. The research method uses descriptive quantitative research with analysis in percentage as the result of the study. The population in the study was carried out in MI Negeri I, South Tangerang City. Determination of the sample in this study using simple random sampling where the sample is either students and parents. There were 64 students and 64 parents who were sampled. Collecting research data in the form of a questionnaire by using an online google form link and measuring variables using a Likert scale. The results of the research and interpretation of the data showed good results, which means that most students stated that physical education tutorial videos were an online learning medium that could help them study at home. From the video tutorials it helps them in deepening the material and can carry out movement tasks well. Parental responses indicate that the use of physical education video tutorials is an effective medium and can be applied by sports teachers as a solution in conveying material and student movement assignments.

Keywords : Effectiveness, Online Learning, Physical Education, Video Tutorials, Covid-19

Sport for Development and Peace

ABS-ICS DP-22017
**THE INFLUENCE OF THE PEER TEACHING LEARNING MODEL ON
FOOTBALL SKILLS**

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This study aims to determine the comparison of two programs, namely the teaching model of peer teaching and direct learning of soccer playing skills at SMAN 1 Majalaya. The method used in this research is experiment. The population used in this study was SMAN 1 Majalaya, a sample of 36 students taking part in extracurricular activities. The research instrument used was the GPAI skills test. So it can be concluded that the use of the program has a significant effect on football skills at SMAN 1 Majalaya.

Keywords : Peer Teaching Learning Model, Soccer Skills



ABS-ICS DP-22023

**SPORTS LEARNING INTEGRATED WITH LIFE SKILL DEVELOPMENT IN
ORDER TO INCREASE SPORT PARTICIPATION**

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Education as a means to prepare young people to be able to live in a society with social welfare. Sports education does not only teach students how sports can be done, but can provide values for living health physically, mentally, and socially. This article aims at how sports learning can have a real impact on students for their preparation as adults by focusing on sports learning to improve life skills and participation in sports in the community. Sports learning that is integrated with life skills can have an impact on students so they can actively interact in the community or outside the school environment without supervision from the teacher. This integration with life skills provides students with intrapersonal and interpersonal maturity. So that this integration can provide lifelong benefits to students and provide a stimulus to continue to actively exercise.

Keywords : Sport learning, Sport participation, life skill

ABS-ICS DP-22025

THE APPLICATION OF COOPERATIVE LEARNING MODELS IN LEARNING FUTSAL GAME ACTIVITIES TO IMPROVE LEARNING OUTCOMES

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The purpose of this study is determine and test for influence and improvement of the model Cooperatif Learning on the result of deep learning futsal game. The method used in this study is the method Classroom Action Research (CAR) with Kemmis and Taggart methods consisting and four stages namely (planning, action, observation and reflection) with using the Game Performance Analysis Instrument (GPAI) design. Population in this study were student of class X State Senior High School 7 bandung, totaling 322 student. The sample in this study was 36 student from class X-MIPA 5. This research consists of two cycles of each of each cycle of three action in the making research sample uses a random sampling technique. Instrument the study used was a student assessment sheet data collected then analyzed using statistical analysis in Microsoft excel 2013. Data analysis technique using quantitative descriptive as a comparison the value in both cycles of every action and qualitative analysis is reduction data. Through the application of Cooperative Learning models there is an increase on student learning outcomes through futsal game activities

Keywords : Cooperative Model, Futsal Learning

ABS-ICS DP-22026
STUDENT UNDERSTANDING ON VOLLEYBALL SKILLS

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The purpose of this study was to determine the description of students on volleyball playing skills in students of class X Natural Science 3 and Natural Science 5 in SMA Negeri 1 Nagreg. This research is quantitative descriptive. The method used in this study is a survey method. The instrument used was a questionnaire. The arranged instruments were consulted with expert lecturers, then the instruments were tested for validity and reliability. The population in this study were students of Class X Science 3 and X Science 5 of SMA Negeri 1 Nagreg, totaling 68 students. The data analysis technique that will be used is descriptive analysis with percentages. The results showed that the description of students' understanding of volleyball playing skills of students of class X IPA 3 and X IPA 5 in SMA Negeri 1 Nagreg was very good at 7.4% (5 students), good category was 20.6% (14 students), the medium category was 38.2% (26 students), the low category was 20.6% (14 students), the very low category was 7.4% (5 students). So it can be concluded that the students' understanding of the skill in playing volleyball for the students of X Natural Sciences 3 and X Natural Sciences 5 is in the medium category.

Keywords : Understanding of volleyball, Volleyball Skill.

ABS-ICS DP-22027

**LEARNING PJOK DURING THE COVID-19 PANDEMIC ON STUDENT
LEARNING OUTCOMES OF PHYSICAL ACTIVITY.**

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This study aims to determine the comparison of students physical fitness learning outcomes before the pandemic with during the pandemic at SMP Negeri 6 Cimahi City in the academic year 2019/2020. The research method is a descriptive analysis method and a post test only design research design using an analytical approach comparative population in this study were students of class VIII at SMP Negeri 6 Cimahi City. The sample in this study were students of class VIII-A 32 students in sampling, researchers used random sampling techniques. The research instrument used was TKJI. The data analysis used paired sample t-test using SPSS 25 software. The results showed that there were differences in the physical fitness learning outcomes of students before the pandemic and during the pandemic. The results of the analysis show that the group of students who prior to the pandemic showed better physical fitness scores than the group of students who did during the pandemic.

Keywords : Physical Activity of Student, Physical Fitness, pre-pandemic learning, learning during a pandemic.



ABS-ICS DP-22029

**IMPLEMENTATION OF THE STEM LEARNING MODEL IN PHYSICAL
EDUCATION IN THE PROCESS OF STUDENT COGNITION DEVELOPMENT**

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In the 21st Century, students have to be able to think critically in solving problems of everyday life by way of scientific and normative thinking. It aligns with the STEM learning model, which integrates four disciplines, namely Science, Technology, Engineering, and Mathematics. This study aimed to determine the impact of implementing the STEM learning model in physical education on the development of students' cognitive processes at Labschool UPI Junior High School. The research method used is quasi-experimental, using pre-test and post-test designs. 48 students participated. This study used the Cognitive Process Questionnaire in Physical Education (CPQPE) instrument, and the data were processed using SPSS. The results of this study are the probability value of the experimental group $.205 > .05$, which means that the STEM learning model has no significant impact on the level of students' cognitive development.

Keywords : STEM, Physical Education, Cognitive, CPQPE instrument

PHYSICAL ACTIVITIES IN RELATIONSHIP CREATIVE AND CRITICAL THINKING ABILITY OF STUDENTS

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creative and critical thinking is influenced by many factors such as student psychology, personal traits, motivation, cognitive and social factors, and various things related to the environment (Konstantinidou, 2017). In addition to being able to grow and develop well, family, community factors, especially the school environment also influence and support them in expressing their creativity (Setiawan, et all., 2017) The purpose of this study was to determine the effect of how physical activity improves students' creative and critical thinking skills, as well as to obtain findings on what factors cause students to think creatively and critically. The research method used is descriptive literature review by reviewing 9 journals related to physical activity including: Holt, Konstantinidou, (2017), Pill & Suesee, (2017), Nazirun et all., (2021), Liu et all., (2017), Nelson & Crow, (2014), Brodin, (2014), Candra & Nazirun, (2021), Turan, (2018), Setiawan, at all., (2017). The results of this study are that creative and critical thinking is influenced by many factors such as psychology, personal traits, motivation, cognitive and social factors, and various things related to the environment. In physical education creative and critical thinking is something that needs to be integrated because basically students' creative and critical thinking skills are useful for students such as: helping to increase knowledge, reasoning abilities and being independent in learning. Not only that, students can apply new strategies, try to make new moves and evaluate them, and students can find solutions to complete each difficult move.

Keywords : Physical activities, Relationship, Creative thinking, Critical thinking

ABS-ICS DP-22038
GROSS MOTOR SKILL PROFILE OF AGES 9-10 YEARS OLD

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This research was conducted to determine the development of gross motor skills on students at SDPN 252 Setiabudi Bandung. The method that used is descriptive method, through using instrument Test Of Gross Motor Development-2 (TGMD-2) and Movement Assessment Battery For Children-2 (MABC-2). The sample of this research is 3rd grade students at SDPN 252 Setiabudi Bandung. The results of this research show that students gross motor skills are in varying stages, with the percentage TGMD-2 as follows: above average 49%, average 36%, below average 7% and poor 8%. And for the MABC-2 percentage as follows: green group (no significant motor difficulties) 80%, yellow group (further motor handling required) 15%, red group (significant motor difficulties) 5%. The conclusion is the gross motor skills of the 3rd grade students at SDPN 252 Setiabudi Bandung is in a good level or not too far from gross motor skills of the general students in elementary school age.

Keywords : Motor Skills, Gross Motor, Motor

ABS-ICS DP-22039

STUDENT INTEREST IN SWIMMING LEARNING AT SD PINTAR BANDUNG

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This study aims to determine student interest in learning swimming at SD Pintar Bandung. The research subjects in this study were all students at SD Pintar Bandung with a total of 114 students. This study uses a descriptive qualitative method with data collection through a questionnaire. Analysis of the data used in this study is a descriptive statistical percentage. The results showed that the interest of SD Pintar Bandung students in learning to swim was high. From the results of the study, it was found that 86.6% of students had a high interest in learning to swim and 13.4% of students had a low interest in learning to swim. The high student interest in learning to swim is influenced by several things, namely parental support 93.4%, self-factor 93.7%, teacher factor 95.5%, and swimming environmental factors 68.6%.

Keywords : Student Interest, Swimming Learning



ABS-ICS DP-22042

DEVELOPMENT OF SOCIAL VALUES THROUGH PHYSICAL EDUCATION IN SCHOOL

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This research focuses on the development of students' social values through physical education learning in schools. The purpose of this study is to find out how the application of physical education learning to improve the social values of students. The research sample used is students in one of the elementary schools in Bandung. The research method used is Pre test Post Test design. The findings of this study will describe how the application of physical education can affect the development of social values. the t-count value of -7.017 is greater than > 2.021 , so it can be concluded that H_0 is rejected and H_a is accepted, which means that "There is an effect of the application of physical education (X) on the results of social values (Y)". The t-value of -7.017 is considered to be greater than the t-table value of 2.021 in a simple linear regression analysis. Based on the curve, it is known that the t-count value of 7.017 lies in the area of positive influence, so it can be concluded that "There is a positive influence of the role of physical education (X) on the results of social values (Y)".

Keywords : Development Of Social Values, Physical Education

ABS-ICS DP-22044

PHYSICAL ACTIVITY PROGRAM IN THE CONTEXT OF POSITIVE YOUTH DEVELOPMENT

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Physical activity based programs designed for girls are a means of transportation to foster interest and engagement and promote broader social, emotional and psychological development. Girls on the Run (GOTR) is an excellent program that makes girls healthy, happy, and confident to examine how psychological outcomes for girls before adolescence can be improved through positive youth development programs based on physical activity by integrating running activities as a means of transportation. The purpose of this study was to determine the participation of physical activity based programs in the context of Positive Youth Development. This study uses the Systematic Literature Review method by reviewing the literature in accordance with the research objectives. The overall results in this systematic literature review show that through physical activity-based programs can produce good results in the context of Positive Youth Development, namely changes in the level of physical activity of girls.

Keywords : Physical activity, positive youth development, girl on the run

ABS-ICS DP-22011

**THE EFFECT OF IMAGERY TRAINING IN INCREASING CREATIVITY OF
AEROBICS INSTRUCTORS COREOGRAPHY**

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Imagery training is a form of training in which we are asked to first imagine the activities that will be carried out with a visualization process, namely a skill by seeing oneself in the mind or the screen in the heart, mindfully reminding (remembering the picture) that has been imagined in the image process. To encourage the creativity of a gymnastics coach, it is necessary to master mental skills through image training. This study aims to determine how much influence image training has in increasing the creativity of the aerobics instructor's choreography. This research method is carried out with experimental research methods using a quantitative approach. The respondents used were licensed aerobics instructors aged 20-50 in Solo Raya. The steps for preparing the test instrument refer to the TTCT-Verbal Test (Torrance Test of Creative Thinking-Verbal). Data analysis using SPSS statistical software. The study resulted in a choreographic creativity test score which was carried out before being given treatment (Pretest) and after being given treatment (Posttest). The conclusion of this study is that the increase in imagery training for audio visual presentations is greater than that for imagery for audio presentations with a difference of 4.7. The new thing in this research is in the form of knowledge and insight from the effect of imagery exercises that can increase the creativity of the aerobics instructor's choreography that can be used by instructors, aerobics participants and students or collage students.

Keywords : Imagery Training, Creativity, Creativity Choreography, Aerobics, Instructors

ABS-ICS DP-22014

Effects of Mental Fatigue on Visual Scanning Speed in First-person shooter Esports Athletes

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Esports competitions in Indonesia have become increasingly popular, various prestigious tournaments both on the national and international levels have increased competition among athletes. Cognitive ability has a big enough role in the success of an esports athlete, so the fatigue factor that can reduce this ability needs to be considered. The purpose of this study was to identify whether the effects of mental fatigue can reduce the speed of athletes in visual scanning in esports athletes, especially athletes in the first-person shooter genre. Forty UPI esports athletes voluntarily carried out this research, ten each from Valorant, CS-GO, Overwatch and, Point Blank. In the first session 20 people will do a Visual Scanning Speed test after being given mental fatigue intervention and 20 people will take a Visual Scanning Speed test after watching TV as a control group, and they will switch groups in the next session. The data shows that mental fatigue in the experimental group significantly reduces the ability of Visual Scanning Speed. The results show that mental fatigue can significantly reduce cognitive performance, so the mental state of esports athletes needs to be considered to optimize their performance.

Keywords : Mental Fatigue, Esports, & FPS

ABS-ICS DP-22048

**DIFFERENCES OF LUNG FUNCTION ELEMENTARY SCHOOL STUDENTS
FOLLOWING FOOTBALL EXTRACURRICULAR WITH FUTSAL IN
ELEMENTARY SCHOOL**

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This study aims to determine differences in the level of lung function of students who take part in football extracurricular and futsal extracurricular in elementary school. This research is a comparative descriptive research. The population in this study were students who took part in extracurricular football and volleyball extracurricular at SD Negeri Pameungpeuk totaling 40 students. The sample used purposive sampling technique, with the following criteria: (1) male, (2) active in football and futsal extracurricular activities, (3) maximum age 12 years, and (4) not sick. Based on this, the sample amounted to 40 students. The instrument used is the Vital Capacity Meter. Data analysis used t test of 5% significance. The results showed that there was a significant difference in the level of lung function of the students who took part in the football extracurricular and the futsal extracurricular at the Elementary School. This means that the level of lung function of students who take futsal extracurricular is better than football extracurricular at elementary school.

Keywords : Lung function level, extracurricular, football, futsal

ABS-ICS DP-22008

Management Capabilities of Tertiary Faculty Coaches Relative to Coaching Style and Athletic Performance: A Perspective from the Athlete's Point of View

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This study aimed to examine the influence of tertiary faculty coaches' management abilities on the relationship between coaching leadership style and student-athlete performance. The Descriptive correlational method was used in a non-experimental quantitative research design to gather the essential data about the variables that had been selected. Survey questionnaires were sent to N=90 student-athletes, who were then asked to respond to the survey. A strategy known as purposive sampling was used in this investigation. The weighted mean, Pearson r, and mod graph were employed in the data analysis, which was done by linear regression. Specifically, the findings demonstrated that autocratic leadership dominates the coaching style, and management capabilities among coaches are a significant moderator of the coaching leadership style and the athletic performance of student-athletes in the sport. Hence, the coaches should promote and possess varied approaches towards the athletes to cater to their needs in developing their skills to perform well. Procedures should vary according to the athletes' situation.

Keywords : coaching style, management capabilities, perceived competence, and student-athlete

ABS-ICS DP-22019
**THE RELATIONSHIP BETWEEN ARM POWER AND EYE-HAND
COORDINATION WITH TABLE TENNIS FOREHAND ACCURACY IN MALE
ATHLETES FROM RIAU PPLP**

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The purpose of this study was to determine the relationship between arm power and eye-hand coordination with table tennis forehand accuracy in male PPLP Riau athletes. This type of research is multiple correlation research. The population in this study were 10 PPLP Riau athletes. The sampling technique was purposive sampling with the number of samples being 8 men. The research instrument used was a seated medicine ball throw test, a tennis ball throwing test, and a table tennis forehand accuracy test. Based on the calculation results obtained = 0.06, the value = 0.38, and the multiple correlation value is = 0.40. The conclusions of this study are: (1) there is no relationship between arm power and table tennis forehand accuracy in male PPLP Riau athletes. (2) there is no relationship between eye-hand coordination and the accuracy of table tennis forehand strokes in male PPLP Riau athletes. (3) there is no relationship between arm power and eye-hand coordination with table tennis forehand accuracy in male PPLP Riau athletes. r_{x1y} r_{x2y} r_{x1x2y}

Keywords : arm power, eye-hand coordination, forehand accuracy, table tennis.

ABS-ICS DP-22041

CORRELATION BETWEEN LEVEL OF ANXIETY WITH THE RESULTS OF PENALTY STROKE IN FIELD HOCKEY

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Anxiety is often regarded as an important factor affecting sports performance. One of them is in hockey. This study is about the level of anxiety with the result of a penalty stroke in field hockey. The purpose of this study is to determine the correlation between the level of anxiety with the result of the penalty stroke in a field hockey. The research method used a descriptive correlation method. The research sample consisted 25 field hockey players of Hockey Students' association Activity Unit at the Indonesia University of Education were extracted using a saturated sampling technique. The instrument used is the Sport Competition Anxiety Test (SCAT) questionnaire to measure the level of anxiety and the penalty stroke test. Statistical hypothesis testing was performed using IBM SPSS Statistics version 21 software. With Pearson statistical analysis the correlation between anxiety levels and penalty stroke results. The results of the analysis show the value of sig. at the level of anxiety is -0.632, $p < 0.05$, then at the level of anxiety H_0 is rejected, which means that there is a significant relationship between the level of anxiety and the results of a penalty stroke in the field hockey.

Keywords : Anxiety, Penalty stroke, hockey.

ABS-ICS DP-22045

The Effect of Power Endurance Exercises using Circuit Training Methods on Vo2max Karate Kata Athletes

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This research aims to the effect of endurance training using the circuit training method on the athlete vo2max karate kata. The researchers did strength training that required physical components of physical endurance to support the athlete's ability to do repetitive motion exercises using circuit training methods that were expected to improve physical components made specifically for pre-match games. The method used in this study is the type of pre-experimental design of one group pretest-posttest. The study population was the karate kata athlete in UKM Karate UPI. Sampling is done by purposive sampling, where the sample is based on an assessment of the quality provided by a sample of 5 people. The results of this study indicate that endurance training using the circuit training method can increase the vo2max of karate athletes by obtaining t-test and post-cardiovascular values = -3,901 with degrees $\alpha = 0.05$ and obtained Sig (2-tailed)) = 0.018 < 0.05. Thus, there is a significant increase in vo2max athletes in karate kata between the pretest and posttest scores using the circuit training training method.

Keywords : Power Endurance, Circuit Training, Vo2Max

ABS-ICS DP-22047

The Effect of The Combined Plyometric and Balance Training Method on Lay-up Shoot Performance

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This research discusses the effect of the combined plyometric and balance training method on lay-up shoot performance. The purpose of this research is to determine the effect of the combined plyometric and balance training method on lay-up shoot performance. This research method used the experimental method with two group pre-test post-test control group design. The population used in this research is male UPI basketball athletes. The sample that the researcher used is a total sampling technique i.e 22 male UPI basketball athletes. The instrument used is the Lay Up Test. The data is processed using the SPSS program version 25. The result of this research showed that is a significant impact of the combined plyometric and balance training method on lay-up shoot performance of male UPI basketball athletes.

Keywords : Training methods, Plyometric, Balance, Lay-up shoot performance.

THE EFFECT OF SKIPPING EXERCISE ON IMPROVING THE PHYSICAL CONDITION COMPONENT IN BADMINTON SPORT

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This research started from illustration and analysis of the writer about the importance of physical condition in Badminton. A Badminton athlete need a good physical condition component, there are flexibility, endurance, agility, and leg power. Refer to the movement, an athletes should has an agility and endurance to reach the shuttlecock and get to the middle position after shot to get ready, the wrist flexibility also will affect the shot and a strong leg power result in high jump and affect their Badminton. For improving endurance, agility, empower the foot and leg, also train the wrist flexibility, writer give a treatment such as practice with skipping. The method used in this research is experimental in testing hypothesis with sample t test. The participants is 18 athletes. The instrument is used goniometer test (wrist flexibility), vertical jump test (leg power), badminton shadow test (agility), bleep test (endurance). While tabulation of data and data analysis used descriptive technique is percentage of minimum, maximum, average, standard deviation and pre test with post test. According to the average basic movement skill in pre test to the post test, showing a significant upgrade. The result of this research explain that skipping significantly affect the upgrade of wrist flexibility component, leg power, agility and endurance in badminton sport. This research expected will be useful for the coach or builder of badminton.

Keywords : Keywords: badminton sport, influence of skipping exercise, physical condition component.

Sport for Development and Peace