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BOOK OF ABSTRACT (BOA)

**THE 2ND INTERNATIONAL  
CONFERENCE OF SPORT  
FOR DEVELOPMENT AND PEACE  
(ICSDP) 2021**

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“Indonesia’s National Ideals and Global  
Issues on Sport for Development & Peace”

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THE 2<sup>nd</sup> INTERNATIONAL CONFERENCE OF SPORT  
FOR DEVELOPMENT AND PEACE (ICS DP) 2021  
“Indonesia's National Ideals and Global Issues on Sport for  
Development & Peace”**

**July 02-03, 2021  
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*(Regional board Editor of The International Journal of the History of Sport Editor of Asia Pacific Journal of Sport and Social Science Chungbuk National University, South Korea)*

**2. Dr. Richard Bailey, Ph.D., PRSA**

*(Former Professor Birmingham and Liverpool Universities, Writer, Speaker, and Researcher into Human Development and Health Adviser for Nike, OECD, UNESCO, and European Physical Education Association University of Nottingham Malaysia)*

**3. Dr. Iain Lindsey**

*(Sport Policy and Development experts and Lecture in Sport in the School of Applied Social Sciences, Durham University, United Kingdom)*

**4. Prof. Toho Cholik Mutohir, Ph.D.**

*(Former Director of the Sports Science Agency of the Ministry of Youth and Sports and Professor in Universitas Negeri Surabaya, Indonesia)*

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## PREFACE OF THE CAIRMAN OF THE 2<sup>ND</sup> ICSDP 2021

Assalamualaikum Wr. Wb.

Good afternoon ladies and gentlemen.

Many thanks to all of you for being here at The Second International Conference of Sport for Development and Peace with the theme “Indonesia's National Ideals and Global Issues on Sport for Development & Peace”.

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



First, 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:

- Prof. Gwang Ok, Ph.D. from Chungbuk National University, South Korea,
- Dr. Richard Bailey, Ph.D. from University of Nottingham Malaysia, and
- Dr. Iain Lindsey, from Durham University, United Kingdom and
- Prof. Toho Cholik Mutohir, Ph.D. from Surabaya State University

Thank you very much for accepting to participate in this conference.

In today's conference, we will know about Sport for Development and Peace with many topics that will be raised in this conference. Currently, the sport has become a very important global issue in carrying out UN missions. Now the sport has many benefits, not only for the development of the sport itself but also as an instrument for the development of a nation.

Expectantly this conference can give us more insight into the importance of sport in dealing with global issues in the world and make sport an important part of a policy in the world, especially in Indonesia.

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

Wassalamualaikum Wr Wb

Bandung, July 2021

The Chairman of The 2<sup>nd</sup> 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.**

## Welcoming Speech from Director of School Postgraduate



Assalamualaikum Wr. Wb.

In the name of Allah, the most gracious and the most merciful  
Respected conference committee, speakers, and participants,

It is honoured to welcome all of you today for the one-day The second International Conference of Sport for Development and Peace, which again just like other conferences and seminars, due to covid-19 outbreak, is held virtually through a video meeting application. I welcome all the eminent speakers and guests of different countries from different walks of life to exchange experience and work together on the very interesting topics of Indonesian Ideas and Global Issues on Sport for Development and Peace. Respected conference committee, speakers, and participants, Sport and physical activity are rapidly gaining recognition as simple, low-cost, and effective means of achieving development goals. In addition to sport's inherent benefits, well-designed sport-based initiatives incorporating the best values of sport can be powerful, practical, and cost-effective tools to achieve development and peace objectives. I believe that scale and success in harnessing the power of Sport for Development and Peace internationally depend on engaging and mobilizing national governments, as these drive national and international development strategies and investment.

I hope this conference would explores the diverse approaches of a cross-section of countries to learn what is working, the challenges that remain to be addressed, and how national governments (including Indonesia) can broaden the current dialogue to both strengthen current initiatives and encourage more countries to harness and integrate the tremendous power of sport into broader national development and peace strategies.

Respected conference committee, speakers, and participants, We are all seeking inspiration and hunger with knowledge and experience sharing from all Sport science educators, and general experts as well as professionals to discuss more about the theme.

Finally, I would like to express my deep respect to all the committee from sport education department under Prof Amung, three speakers, postgraduate students, and participants for your positive involvement in the conference.

Thank you very much. Wassalamualaikum Wr Wb

Bandung, July 2021  
Director of School Postgraduate  
Universitas Pendidikan Indonesia  
**Prof. Dr. Syihabudin, M.Pd.**

## Keynote Speakers



**Prof. Gwang Ok, Ph.D.**

He is Vice-Dean, Faculty of Education, Chungbuk National University and Professor, Department of Physical Education, Chungbuk National University, Cheongju, Korea. He is a Visiting Professor at the University of Brighton, UK (2014) and was the Director for Global Education Center, Chungbuk National University. In addition, he is also active as Regional Board Editor of The International Journal of the History of Sport, Editor of Asia Pacific Journal of Sport and Social Science, Editor of Cogent Journal of Social Science, Editor in Chief, Korean Journal of Golf Studies, Editor in Chief, The Journal of the Korean Alliance of Martial Arts. His research expertise in Olympic Studies.

### **Selected publications for the past 5 Years:**

Sport and Body Cultures in East and Southeast Asia, *International Journal of the History of Sport*, 37, 2021.

The Development of Sports Industry in South Korea, 2009-2016, *Cogent Social Sciences*, 6, 2020.

Introduction of Golf to Korea during the Japanese Occupation, *International Journal of the History of Sport*, 37, 2020

*MEDIA, SPORT, NATIONALISM: East Asia-Soft Power Projection via the Modern Olympic Games*, Logos Verlag Berlin, 2019.

Evolution of the Sports for All Policy in National Sports Promotion Plan in South Korea, 1962-2017, *International Journal of the History of Sport*, 36, 2019.

*Martial Arts in Asia: History, Culture and Politics*, Routledge, 2018.

*The Palgrave Handbook of Paralympic Studies*, Palgrave Macmillan, 2018.

The Heritagization and Institutionalization of Taekkyeon: An Intangible Cultural Heritage, *International Journal of the History of Sport*, 35, 2018.

*The Olympic Games: Asia Rising - London 2012 and Tokyo 2020*, Communication University of China, 2017.

*Surveilling and Securing the Olympics: From Tokyo 1964 to London 2012 and Beyond*, Palgrave Macmillan, 2016

Ideological Conflict and Communication in Sport between the Two Koreas in *Conflict and Communication*, Nova Science Publishers Inc, 2016.

Cross-National Intelligence Cooperation and Centralized Security Control System (Seoul 1988) in *Surveilling and Securing the Olympics: From Tokyo 1964 to London 2012 and Beyond*, Palgrave Macmillan, 2016.





**Richard Bailey, Ph.d., PRSA**

Richard recently joined the University of Nottingham Malaysia, after working in Berlin, Germany as head of research for the global sport science and education agency. He is an expert advisor for UNESCO, OECD, and Nike. His areas of specialism include the learning sciences, human development, mental health, and sport pedagogy. Richard has held senior academic/scientific posts in the UK and Germany, and has carried out teaching and research in Asia, Africa, North America, and Europe. He is the author of more than 100 scientific articles, and author/editor of 30 books. Current research projects include Malaysian teachers' views of the importance of different school subjects, a multi-setting model of inclusive sport coaching, and a European physical education teacher education framework.

**Recent publications**

Bailey, R.P., Glibo, I., & Scheuer, C. (In press). Effective Elements of School-based Provision for the Promotion of Healthy Lifestyles: a European Delphi Study. *Health Behavior and Policy Review*.

Mittag, J., Naul, R., Bailey, R., Bock, V., Tisson, C., Brückner, S., Uhlenbrock, C., Scheuer, C., Glibo, I, Garamvolgyi, B., & Pranjic, I. (2021). EU sports policy: assessment and possible ways forward. Brussels: European Parliament, Research for CULT Committee – Policy Department for Structural and Cohesion Policies

Bailey, R. P., Agans, J. P., Côté, J., Daly-Smith, A., & Tomporowski, P. D. (Eds.). (2021). *Physical Activity and Sport During the First Ten Years of Life: Multidisciplinary Perspectives*. London: Routledge.

Bailey, R. P. (2021). The Child's Right to an Open Sporting Future. In Bailey, Agans, Côté, Daly-Smith, & Tomporowski (Eds).

Bailey, R. P (2020). Educating with Brain, Body and World Together. *Interchange*, 51(3), 277-291.

Bailey, R. P. (2020). Defining physical literacy: making sense of a promiscuous concept. *Sport in Society*, 1-18.

Nicholls, A. R., Fairs, L. R., Plata-Andrés, M., Bailey, R. P., Cope, E., Madigan, D., ... & Chanal, B. (2020). Feasibility randomised controlled trial examining the effects of the Anti-Doping Values in Coach Education (ADVISE) mobile application on doping knowledge and attitudes towards doping among grassroots coaches. *BMJ Open Sport & Exercise Medicine*, 6(1), e000800.

Nicholls, A. R., Madigan, D. J., Fairs, L. R., & Bailey, R. P. (2020). Mental health and psychological well-being among professional rugby league players from the UK. *Open Sport & Exercise Medicine*, 6(1).



**Dr. Iain Lindsey**

My expertise and interests lie in sport policy and development, especially in youth sport and the use of sport for development purposes in Africa. I am currently a Lecturer in Sport in the School of Applied Social Sciences, Durham University. He is also Co-Editor, *International Journal of Sport Policy and Policy* (2012 – 2019) and Editorial Board, *Journal of Sport for Development*. My research has primarily examined sport policy and development, especially youth sport policy in the UK and the use of sport for development in Africa. This research has undertaken both at global and national levels as well as in a variety of local and community contexts. Iain's research is underpinned by theories and methodologies from the fields of political science and international development. In doing so, particular issues that are of interest to Iain are governance and partnership working, evidence-based policy, and sustainable development. I has published widely in sport, development, and politics journals. He has co-authored two monographs: *Sport Policy in Britain* (with Professor Barrie Houlihan, Loughborough University) and *Localizing Global Sport for Development* (with Tess Kay, Ruth Jeanes, and Davies Banda). His research has been supported by grants and consultancy from the Leverhulme Trust, Commonwealth Secretariat, Sport and Recreation Alliance, and UK Sport.

**Sample of Relevant Academic Publications (by date)**

Lindsey, I., Chapman, T., & Dudfield, O. (2020). Configuring relationships between state and non-state actors: a new conceptual approach for sport and development. *International Journal of Sport Policy and Politics*, 12(1), 127-146.

Metcalf, S. N., & Lindsey, I. (2020). Gendered trends in young people's participation in active lifestyles: The need for a gender-neutral narrative. *European Physical Education Review*, 26(2), 535-551.

Lindsey, I., & Darby, P. (2019). Sport and the Sustainable Development Goals: Where is the policy coherence?. *International Review for the Sociology of Sport*, 54(7), 793-812

Lindsey, I. & Bitugu, B.B. (2018) Distinctive policy diffusion patterns, processes and actors: Drawing implications from the case of sport in international development. *Policy Studies*. 39 (4), 444-464

Lindsey, I., Kay, T., Jeanes, R. & Banda, D. (2017) *Localizing Global Sport for Development*. Manchester: Manchester University Press.



### **Relevant Policy and Practice Publications**

Lindsey, I. & Chapman, T. (2017) *Enhancing the Contribution of Sport to the Sustainable Development Goals*. London: Commonwealth Secretariat.

Lindsey, I. Owusu-Ansah, E., Bitugu, B.B., Ndee, H., Zakariah, A.B.T. Alhassan, S., Mahama, E.S., Jeanes, R. (2015) *Sustainable Development in African Sport: Research Briefing*. <https://www.dur.ac.uk/resources/sass/research/briefings/ResearchBriefing14-SustainableDevelopmentinAfricanSport.pdf>

Lindsey, I. (2015) *Sustainability in School-Based Sport-for-Development Programmes: Working Paper*. [http://www.iaainlindsey.me.uk/?attachment\\_id=175](http://www.iaainlindsey.me.uk/?attachment_id=175)

Lindsey, I. & O’Gorman, J. (2011) *Sports Equipment Project: Evaluation Report*. Ormskirk: Edge Hill University.



**Prof. Toho Cholik Mutohir, Ph.d.**

Prof. Drs. H. Toho Cholik Mutohir, M.A., Ph.D. is the Former Director of the Science Agency of the Ministry of Youth and Sports, and a Professor at the State University of Surabaya. He also served as Record of the State University of Surabaya in 1997 – 2002, and Secretary Minsister of Youth and Sport of R.I. 2004 –2007

**Recent publications**

1. Management of the school literacy movement (LSM) programme in Indonesia junior high schools. *World Transaction on Engineering and Technology Education*, Vol 15, N0. 4, 2017. (Second author)
2. Encouraging Literacy in Mathematics Teaching and Learning: Junior High School Teachers' Perspectives. *Advances in Intelligent System Research (AISR)*, Volume 157- MISEIC 2018. Third author.
3. The Development of a Student Survey on Attitudes towards Mathematics Teaching-Learning Processes. *Journal on Mathematics Education*, 9 (1), 1-14. 2018.(M) in Higher Education. *Proceeding of the International Conference on Industrial Engineering and Operation Management*, Banglok, Thailand 5-7, 2019. First author.
4. The Effectiveness of Communication of Subordinates to Superiors: Optimizing Gadget. *Advances in Social Science, Educatio, and Humanities Research*, Volume 212. ICEI 2018. (Second author).
5. Critical Thinking Skills Based-Physical Activities Learning Model for Early Childhood. *The Journal of Social Science Research*. Volume 5, Issue 3, 738-755, 2019. Second author.
6. Preliminary Study of Development in Physical Activity Model to Enhance Critical Thinking Skills in Early Childhood. *Proceedingbthe 1st International Conference on Educationnn Innovation (ICEI)*. ISSN: 978-602-50898 0-0. Second author.



**Prof. Dr. Amung Ma'mun, M.Pd.**

Prof. Dr. Amung Ma'mun, M.Pd. is a Professor of Sport Policy and Development. He currently serves as Head of Sport Education Study Program and Chairman of the West Java Education Council. He is also active as an Executive Board Member of the Asia-Pacific Association of Sport Studies (APASS), and Editor in Chief of the ASEAN Journal of Sport for Development and Peace (AJSDP). In addition, he is also involved in formulating regional and national concepts related to sports coaching and development. Other skills that have been practiced are related, namely: scientific development and sports resources development of cooperation in the field of sports at the National and International levels, one of which is realizing sports coaching and development cooperation between the West Java government and Gyeongsang Book Province, South Korea. In addition to being a lecturer, I also understand the government bureaucracy from experience in the West Java Provincial Government structure as Head of the Echelon II Sports and Youth Service (3 years), Chair of the Development of Sports Achievement Research/Development of KONI West Java (4 years) and the Ministry of Youth and Sports as Expert Staff to the Minister of Echelon I (2011-2016). 2020-present, Universitas Pendidikan Indonesia.

***Selected publications***

Amung Ma'mun, 2020, Indonesia's Sport Policy and Development in the Old Order Era (1945–1967) and New Order Era (1967–1998), Book Chapter of The Routledge Handbook of Sport in Asia, Routledge

Amung Ma'mun, 2019, Governmental Roles in Indonesian Sport Policy: From Past to Present, The International Journal of the History of Sport, Vol 36 – Issue 4-5, DOI: [10.1080/09523367.2019.1618837](https://doi.org/10.1080/09523367.2019.1618837)

Amung Ma'mun, 2019, The Indonesian National Sports Games (PON): Expectations and Reality, Jurnal Pendidikan Jasmani dan Olahraga, Vol 4 (1)

**Amung Ma'mun**, Nuryadi, Suherman Slamet, Ceb Ubad Abdullah, 2018, Indonesia Advanced Sport Development, Proceeding of Indonesia Focus, Vol 1 (1)

**Amung Ma'mun**, Ceb Ubad Abdullah, 2018, Club head variability in chipping golf skills: The effectiveness of results to the hole, Journal of Engineering Science and Technology Vol 13 (7): 1905-1915

Amung Ma'mun, 2018, Pembangunan Olahraga Nasional, LEKKAS Amung Ma'mun, 2018, Olahraga Kepemimpinan dan Politik, LEKKAS

Amung Ma'mun, 2016, Pembudayaan Olahraga dalam Perspektif Pembangunan Nasional di Bidang Keolahragaan, 2015-2019: Konsep, Strategi, dan Implementasi Kebijakan, SOSIOHUMANIKA Vol 9 (1), DOI: [10.2121/sosiohumanika.v9i1.657](https://doi.org/10.2121/sosiohumanika.v9i1.657)

Amung Ma'mun, 2015, Development of the educational sport in Indonesia: The policy study based on the Law of National Sports System, ATIKAN Vol 5 (1), DOI: [10.2121/atikan-journal.v5i1.4.g3](https://doi.org/10.2121/atikan-journal.v5i1.4.g3)

**Rundown**  
**The 2<sup>nd</sup> International Conference of**  
**Sport for Development and Peace**  
**Friday, July 2<sup>nd</sup> , 2021**

Time (Jakarta Time)	Activities	PIC
13.00-13.10	Opening	MC
13.10 - 13-15	Welcoming Speech from the Chairman of The 2 <sup>nd</sup> ICSDP	Prof. Amung Ma'mun, M.Pd.
13.15 - 13-20	Welcoming Speech from Director of School Postgraduate UPI	Prof. Dr. H. Syihabuddin, M.Pd.
13.20 - 14.00	Presentation of The First Keynote Speaker	Prof. Gwang Ok
14.00 - 14.30	Q&A	Moderator
14.30 - 15.10	Presentation of Second Keynote Speaker	Richard Bailey, Ph.D. PRSA
15.10 - 15.40	Q&A	Moderator
15.40 – 16.00	Break	Committee
16.00 - 16.40	Presentation of Third Keynote Speaker	Dr. Iain Lindsey
17.40 – 17.10	Q&A	Moderator
17.10 - 17.15	Closing	MC

**Rundown**  
**The 2<sup>nd</sup> International Conference of**  
**Sport for Development and Peace**  
**Saturday, July 3<sup>rd</sup> , 2021**

Time	Activities	PIC
09.30 - 09.40	Opening	MC
09.40 - 09.20	Presentation of The Featured Speaker	Prof. Toho Cholik Mutohir, Ph.D.
.20 – 09.50	Q&A	Moderator
09.50 - 10.30	Presentation of Second Keynote Speaker	Prof. Amung Ma'mun, M.Pd.
10.30 - 11.00	Q&A	Moderator
11.00 – 11.10	Break	Committee
11.10 – 11.15	Instruction for Parallel Session	Committee
11.15 – 13.30	Parallel Session (Breakout Room)	Committee
13.30 - 13.35	Closing (Main Room)	MC



## Parallel Session

No.	Fullname	Institution	Title	Scope	Room	Moderator
1	<b>Yasri Mustaq</b>	POR SPS UPI	Development Of Table Tennis Model With A Life Skills-Based Competition System	Sport For Development & Peace	1	Ai Melis K.
2	<b>Indra Wiguna</b>	Universitas Pendidikan Indonesia	Development Of Social Capital Through Sports And Recreation Activities: Case Study At Sports Associations In Indonesia	Sport For Development & Peace		
3	<b>Risma Risma</b>	Universitas Pendidikan Indonesia , Universitas Galuh	Validity And Reliability Of Positive Youth Development Questionnaire	Sport For Development & Peace		
4	<b>Erianto Erianto</b>	Universitas Pendidikan Indonesia Bandung	On-Sight Performance Of Rock Climbing Athletes Reviewing From Physical And Mental Conditions	Sport For Development & Peace		
5	<b>Burhan Hambali</b>	Doctoral Program Student Of Sports Education Study Program, Graduate School, Universitas Pendidikan Indonesia, Indonesia	Positive Youth Development: Issue Gender In High-Performance Sport	Sport For Development & Peace		
6	<b>Eko Purnomo,</b> Amung Ma'mun, Nurlan Kusmaedi, Yudy Hendrayana, Nina Jermaina	Universitas Pendidikan Indonesia	The Importance Of Applying Social Values In Sports Activities	Sport For Development & Peace		
7	<b>Oman Hadiana,</b> Herman Subarjah, Amung Ma'mun, Mulyana	Universitas Pendidikan Indonesia	The Development Of Pencak Silat Training Model Tapak Suci In The Presfective Sport For Development And Peace	Sport For Development & Peace		
8	<b>Rifki Rachman Hidayat</b>	Sps Universitas Pendidikan Indonesia	Sports Development Policy In Cirebon Regency	Sport For Development & Peace		
9	<b>Muhammad Fiqih Rizqullah</b>	Universitas Pendidikan Indonesia	Exploring Life Skills Development And Transfer: A Research Formulation For Elite Athletes In Wrestling And Sepak Takraw	Sport For Development & Peace		

10	<b>Tian Kurniawan</b>	Universitas Pendidikan Indonesia	Effects Of Esports Type (Fighting Games, Point Shooter, Strategy, Racing, Sports Games, Moba) On Visual Scanning Speed	Sport For Development & Peace		
11	<b>Teddy Muttaqien</b>	Universitas Pendidikan Indonesia	Coaching And Development Of Swimming Sports	Sport For Development & Peace		
1	<b>Dudi Komaludin,</b> Prof. Dr. Nurlan Kusmaedi, M.Pd	Universitas Pendidikan Indonesia	Innovation Of Sports And Recreation Center Management Through Knowledge Based Worker Human Resources Development	Sport For Development & Peace	2	Tian Kurniawan
2	<b>Dadi Hikmatulah</b>	Universitas Pendidikan Indonesia	Development Of Life Skills Through Sports Activities In The Community	Sport For Development & Peace		
3	<b>Dito Dwi Cahyo</b>	Universitas Pendidikan Indonesia	Rugby, A Character Development Sport	Sport For Development & Peace		
4	<b>Siti Arviyani,</b> Masayu Rizka R	Universitas Pendidikan Indonesia	Can Social Capital Build A Better Source To Promoting Olympic Movement And Gender Equity?	Sport For Development & Peace		
5	<b>Agung Alhamdy Syahputra</b>	Universitas Pendidikan Indonesia	Water And Electrolyte Balance In Sports	Sport For Development & Peace		
6	<b>Hendi Kurnia</b>	Universitas Pendidikan Indonesia	Pencalonan Indonesia Menjadi Tuan Rumah Olimpiade Musim Panas Tahun 2032	Sport For Development & Peace		
7	<b>Kurnia Putra,</b> Amung Ma'mun, Agus Mahendra, Dedetaufik Hidayatulloh	Universitas Pendidikan Indonesia	Development Of Life Skills Through A Sports Program That Serves Socially Vulnerable Youth At Panti Perbedayaan Sosial Bina Remaja (Ppsbr) Lembang	Sport For Development & Peace		
8	<b>Yani Mulyawan</b>	POR SPS UPI	Table Tennis Competition System Contribution To Improving The Quality Of Life Of The Elderly	Sport For Development & Peace		

9	<b>Iif Firmana,</b> Herman Subarjah, Agus Mahendra, Nuryadi	STKIP Muhammadiyah Kuningan	Manipulative Movement Learning In The Time Of The Covid 19 Pandemic: An Approach To Online Learning Implementation	Sport For Development & Peace		
10	<b>Hadiat Aliansyah,</b> Prof. Dr. Herman Subarjah, M. Si, Dr. Komarudin, M.Pd	Universitas Pendidikan Indonesia	Swimming Coach Performance Based On Psychological Perspectives : A Literature Review	Sport For Development & Peace		
1	<b>Jajat Jajat,</b> Adang Suherman, Yusuf Hidayat, Mulyana	Universitas Pendidikan Indonesia	Does The Physical Activity Of High School Students Meet Who Guidelines During Covid-19? Objectively Measure Using Actigraphm	Physical Education & School Sport	3	Anira
2	<b>Beltasar Tarigan,</b> Teten Hidayat, Wisnu Murtiansyah, Fikri Firdiansyah, Ronaldo Matias Torong, Kiki Rizki, Muhamad Zainal Abidin, Dipas Gumelar	Universitas Pendidikan Indonesia	Impact Of The Covid- 19 Pandemic The Concerning Active Living Behavior High School Student In West Java	Physical Education & School Sport		
3	<b>Beltasar Tarigan,</b> Teten Hidayat, Wisnu Murtiansyah, Fikri Firdiansyah, Ronaldo Matias Torong, Kiki Rizki, Muhamad Zainal Abidin, Dipas Gumelar	Universitas Pendidikan Indonesia	Impact Of The Covid- 19 Pandemic On Health Complaints High School Students In West Java	Physical Education & School Sport		
4	<b>Nissa Aulia Belistiana Utami</b>	Universitas Pendidikan Indonesia	Integrating Stem (Science, Technology, Engineering, And Mathematics) Through Physical Education	Physical Education & School Sport		
5	<b>Mohammad Fakhri Dwi Ajiputra</b>	Universitas Pendidikan Indonesia	Life Skills Development Through Sports Activities And Physical Education	Physical Education & School Sport		

6	<b>Lilis Komariyah,</b> Lucky Angkawidjaja, Agus Gumilar, Burhan Hambali, Marisa Novianti Fajrah Iلسya	Universitas Pendidikan Indonesia	Physical Activity Of Indonesian Education University Students During The Covid-19 Pandemic	Physical Education & School Sport		
7	<b>Riris Melati</b>	Universitas Pendidikan Indonesia	Learning Strategies Of Physical Education In The Context Of Developing Higher Order Thinking Skill During The Covid-19 Pandemic	Physical Education & School Sport		
1	<b>Sheila Dwi Loviani</b>	Universitas Pendidikan Indonesia	Corelation Knowledge Health Related Fitness To Physical Fitness And Active Life Style	Physical Education & School Sport	4	M. Naufal A.
2	<b>Gantina Nuruldani</b>	Pendidikan Olahraga Sekolah Pascasarjana Universitas Pendidikan Indonesia	Learning Strategies Of Physical Education In Deaf Students During The Covid-19 Pandemic	Physical Education & School Sport		
3	<b>Eva Sri Gumilang</b>	Universitas Pendidikan Indonesia (Pendidikan Olahraga)	Integrating Science, Technology, Engineering, And Mathematic (Stem) Based On Self-Regulated Learning (Sr) Through Physical Education	Physical Education & School Sport		
4	<b>Alit Rahmat</b>	FPOK UPI	Assistive Technology Development For Blind Students	Physical Education & School Sport		
5	<b>Ahmad Chaeroni</b>	Universitas Negeri Padang	The Importance Of Physical Activity Outside Of School Hours As An Effort To Improve Students' Movement Ability	Physical Education & School Sport		
6	<b>Recky Haffiandy,</b> Agus Mahendra, Yudy Hendrayana	Universitas Pendidikan Indonesia	The Effect Of Online Physical Education (Olpe) On Students' Life Skills In Physical Education Subjects In The Covid-19 Era	Physical Education & School Sport		
7	<b>Dicky Tri Juniar,</b> Muhamad Alfin Alfarizi, Haikal Millah, Adang Suherman	Universitas Pendidikan Indonesia	Creative Or Not? Physical Education Teacher During The Covid-19 Era	Physical Education & School Sport		

8	<b>Wiwin Akbara</b>	Universitas Pendidikan Indonesia	Analysis Of The Job Satisfaction Level Of Physical Education Teachers	Physical Education & School Sport		
1	<b>Dian Permana</b> , Prof. Dr. Beltasar Tarigan, M.S., AIFO, Dr. Dian Budiana, M.Pd., Dr. Yudi Hendrayana, M.Kes., AIFO	1. Sports Education, School Postgraduates Studies, Universitas Pendidikan Indonesia; 2. Physical Education STKIP Purwakarta;	Comparative Study Of Openness To Experience Among Athletes Of Individual And Team Sports	Sport Science	5	Nur Andini S.
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ABS-ICS DP-21023

**DEVELOPMENT OF TABLE TENNIS MODEL WITH A LIFE SKILLS-BASED  
COMPETITION SYSTEM**

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Purpose: To find out the impact of a life skills-based competition system on the development of table tennis in the city of Bandung. Method participant is a member of PTMSI Bandung City, with a sample of 30 people using the Life Skills Scale for Sport (LSSS) questionnaire adopted from Cronin & Allen research (2017) and the competition program that has been compiled in the Regional Circuit Technical Handbook. 2021. Data were analyzed using SPSS. The results show that there is a significant impact on the life skills-based competition system on the development of table tennis in the city of Bandung. Conclusion: With a life skills-based competition system program for members of PTMSI Bandung City, it can have a positive impact on the development of civil servants. By developing life skills through teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership and problem solving as well as making individual decisions as club administrators, coaches and athletes will be in line in implementing the club program.

**Keywords :** Keywords : System Competition, Life Skill, Development

ABS-ICS DP-21023

**Development of Social Capital through Sports and Recreation Activities: Case Study at Sports Associations in Indonesia**

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The purpose and purpose of this paper is to determine the role and value of social capital through recreation into sports activities in the community. Global issues related to a healthy lifestyle one of the supporting elements is physical activity through sports activities. The sport in question is a simple sport in the form of spontaneous, happy, recreational activities and not to achieve high achievements. Government policy through related institutions is believed to significantly influence the degree of healthy living and physical fitness in the community itself. Technological advancements cause changes in people's behavior who are lazy to move and exercise, therefore government policies are needed to be able to package in such a way as to create a desire and awareness of the community to be able to move actively, be creative and exercise. Awareness of changing life patterns will ultimately make people healthy, fit and avoid disease. A healthy and fit society will have high work productivity which is a very strong basic capital to support national development.

**Keywords :** Social Capital; Policy; Expansion of Sports in the Community.

ABS-ICS DP-21023  
**VALIDITY AND RELIABILITY OF POSITIVE YOUTH DEVELOPMENT  
QUESTIONNAIRE**

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PYD has become a hot topic of research in sports research, physical education and physical activity. PYD is a youth approach based on the belief that all young people have strengths and skills that can be nurtured when matched with the right resources. PYD is a strengths-based perspective that focuses on developing skills and natural potential to promote healthy and adaptive development in young people. PYD is one of the important factors to produce a superior generation. Therefore, it is necessary to have an instrument to measure PYD. This article presents an analysis of the validity and reliability of the PYD instrument adapted from the Positive Youth Development Inventory. Validity test using Pearson Product Moment and reliability test using Cronbach's Alpha. The results of the validity test showed that 55 items had Sig.  $< 0.05$ , so that 55 items are valid. The results of the reliability test with Cronbach's Alpha =  $0.967 > 0.6$ , so the instrument is reliable.

**Keywords :** validity, reliability, positive youth development questionnaire



ABS-ICS DP-21001

**ON-SIGHT PERFORMANCE OF ROCK CLIMBING ATHLETES REVIEWING FROM  
PHYSICAL AND MENTAL CONDITIONS**

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The purpose of this study is to test muscle strength, ability to complete a climbing route and mental toughness. The method used in this study is a quantitative descriptive method, to find out the correlation between physical condition and mental toughness using the on-sight climbing system in the lead climbing category. With the athletes of Pelatda PON rock climbing in West Java totaling 11 people (6 men, 5 women), using On-sight climbing from a difficulty level of 5.12 to 5.13 on the Uni Internationale des Associations d'Alpinisme (UIAA) scale. Athletes were tested with variable hand grip strength and mental strength in climbing the lead climbing route, indicated by five manifest variables (grip strength, arm hanging/blocking strength, hanging fingers, pull ups using maximum load and pull ups without maximum load) and one variable. exogenous (mental toughness), We conclude from the test of muscle strength and mental toughness that there is a significant relationship with the on-site performance of the West Java Rock Climbing PON Pelatda Athletes.

**Keywords :** Rock Climbing, Muscle Strength and Mental toughness

ABS-ICSDP-21006

**POSITIVE YOUTH DEVELOPMENT: ISSUE GENDER IN HIGH-PERFORMANCE  
SPORT**

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The sports approach contributes to a person's social and personal development, one of which is being able to provide meaningful developmental experiences for adolescents. This study aims to examine more deeply positive youth development through sports from the perspective of gender differences. Conceptually, positive youth development has been widely used to study the involvement of children and adolescents in various types of sports programs organized by adults and under adult supervision, where one of the variables that are the focus in examining positive youth development programs is life skills. Literature review type of narrative used in this study. Search databases through Google Scholar, Taylor and Francis, Elsevier, Science Direct, and Sage with the keywords positive youth development, life skills, and gender differences in high-performance sport. The results of the analysis and synthesis show that the implementation of sports in the context of positive youth development can contribute to social and personal development, in addition, gender differences (male and female) have an impact on social and personality development.

**Keywords :** Positive Youth Development, Life Skill, Gender,

ABS-ICS DP-21008

**The importance of applying social values in sports activities**

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Social value orientation is an interpersonal orientation and an important key that drives social interaction. Theoretically, the concept of a social value orientation extends the postulate of "rational self-interest" by assuming that individuals systematically differ in their interpersonal preferences, with some seeking to promote mutual outcomes and equality in outcomes (prosocial orientation), and others seeking to improve outcomes. results. In sports activities, the social value of sport serves as an important function that can inspire people, especially young people, to strive for success. Sport has been held in high esteem for its potential to correct social problems in society and positively influence social change. The method used in this study uses a systematic literature review. The databases used in this study consisted of Taylor & Francis Online, Emerald Insight, Sage Journal and Scopus. The results of this study indicate that social values are needed in every sport activity. The application of skills and knowledge related to sports must also be balanced with social values in it. Furthermore the existence of core values in sport – namely, moral values (eg, contract maintenance and compliance), which emphasize respect for rules and for others; competency scores (eg, achievement and demonstrated skills), which highlight the pursuit of one's own goals in sports practice; and status values (eg, public image and victories), which emphasize self-image compared to others.

**Keywords :** Social value, PYD and Sport activities

ABS-ICS DP-21009

**THE DEVELOPMENT OF PENCAK SILAT TRAINING MODEL TAPAK SUCI IN  
THE PERSPECTIVE SPORT FOR DEVELOPMENT AND PEACE**

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This study aims to develop a model for the practice of pencak silat tapak Suci in the perspective of sport for development and peace in the scope of value education. This new model of pencak silat training was developed in the context of the concept of development through sports. The research method used is research and development of the ADDIE model which consists of 5 stages, namely (1) Analysis, (2) Design, (3) Development, (4) Implementation, and (5) Evaluation. The results showed that the Tapak Suci pencak silat training model was valid, practical, and effective. Validity: the expert judgment for the material score is 3.92 and the expert judgment model produces an average score of 3.84 both in the valid category. Practical: the average response to the questionnaire was 3.82 (good). Effectiveness: n-gain test value 0.38 (medium). It can be concluded that the pencak silat training model of Tapak Suci is an implementation in the context of fostering value education through sports activities.

**Keywords :** Pencak silat; sport for development and peace; value education

ABS-ICSDP-21011  
**Sports Development Policy in Cirebon Regency**  
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The development of sports that are appropriate and touch all levels of society is one of the important aspects of consideration in every step of regional development in the field of sports. With good quality sports in a community environment, it is hoped that it will improve the quality of life of the community both at the national and regional levels. Good sports quality cannot be separated from the government's role in making policies and programs for sports. The purpose of this study was to find out how the local government of Cirebon Regency manages sports development policies to improve the quality of good exercise in sports. This research was conducted at the local government office of Cirebon Regency, especially the Office of Youth and Sports. The method used in this study uses a qualitative method by conducting interviews and documents related to the field under study. From the results of the study it was found that the local government of Cirebon Regency has made a sports development policy with a priority sports achievement program that is adjusted to the National Sports System Law no. 3 of 2005.

**Keywords :** Sports development, Cirebon Regency Government Policy.

ABS-ICS DP-21018

**EXPLORING LIFE SKILLS DEVELOPMENT AND TRANSFER: A research  
formulation for elite athletes in wrestling and sepak takraw**

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Abstract: Life skills will help teenagers not only succeed in the sport they are engaged in, but can help these teenagers in their daily lives other than in the world of sports. Life skills are indeed a skill, just like physical skills. Life skills as internal personal assets, characteristics and skills such as goal setting, emotional control, self-esteem, and a hard work ethic that can be facilitated or developed in sports and transferred for use in non-sporting circumstances. The concept of positive youth development is broader than life skills development, and in fact includes life skills development. The development of life skills is a multi-faceted and unique process that occurs in a special way, because during sports intense social interactions occur and are formed by accident. The Life Skills Transfer Model is used as a guiding framework to explore the mechanisms and factors that contribute to the development of Life Skills and Life Skills transfer that helps facilitate their transfer of Life Skills.

**Keywords :** Keywords: Life skills, Life Skills Model , Life Skills Transfer

ABS-ICS DP-21019  
**COACHING AND DEVELOPMENT OF SWIMMING SPORTS**

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This study aims to determine the coaching and development of swimming in the Indramayu Regency. This research is policy research. The subjects in this study were Dispora Indramayu, KONI Indramayu, management of swimming organizations (Pencab PRSI Indramayu), club management, coaches, athletes, and parents of athletes. Sources of data in this study are informants and study documentation. The research instrument is an interview guide. Data collection techniques through observation, interviews, and reviewing documents. Data analysis techniques used are data reduction, data presentation, and drawing conclusions. The results of the study indicate that the policy on sports is still in the process of being ratified and this is a serious form of government efforts in the field of sports. The coaching and development of swimming sports in Indramayu Regency is not fully optimal, for swimming sports coaching is still in the process of getting better and in development it is still not optimal because swimming is not yet so popular. There are 4 active clubs, 6 coaches, and 15 active athletes. Therefore, it still needs to be improved, including the counseling process, searching for athlete seeds, coaching athletes from an early age, improving the competence of coaches, and other organizational management. still need to be improved.

**Keywords :** Coaching, Development, Swimming.

ABS-ICS DP-21030

**DEVELOPMENT OF LIFE SKILLS THROUGH A SPORTS PROGRAM THAT  
SERVES SOCIALLY VULNERABLE YOUTH AT PANTI PEMBERDAYAAN SOSIAL  
BINA REMAJA (PPSBR) LEMBANG**

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This study aims to examine the integration of life skills into sports training programs. Participants in this study were PPSBR clients aged 17-21 years, as many as 82 teenagers (82 people were divided into 41 clients who received the Life Skills program and 41 clients were only given regular exercise training programs without life skills content). The method used in this study was a pretest-posttest control group design and eight life skills taught in a sports training program. The results of this study (1) There are differences in the development of life skills between groups of clients who are given life skills content and groups of clients who are not given life skills. (2) Leadership is the component that experiences the highest development among the 8 components of life skills that are taught. In conclusion, the provision of sports programs that are integrated with life skills in a structured and deliberate manner is proven to be superior in improving the life skills development of PPSBR clients compared to sports programs that are not structured and intentionally integrated with life skills.

**Keywords :** Life Skills, PPSBR Clients, Sports Training Program,



ABS-ICS DP-21030

**TABLE TENNIS COMPETITION SYSTEM CONTRIBUTION TO IMPROVING THE  
QUALITY OF LIFE OF THE ELDERLY**

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Purpose to find out whether there is a contribution of the table tennis club competition system in the city of Bandung to the quality of life of the elderly members. Method Participants 40 elderly members of the table tennis club used the Older People's Quality of Life (OPQOL) questionnaire adopted from the research of Bilotta et al (2010) and the competition program that has been compiled in the 2021 Regional Circuit Technical Handbook. The data were analyzed using SPSS 20. Result there is a significant contribution of the competition system to the quality of life of the elderly members. Conclusion With the competition system program for the elderly, the elderly will play an active role by carrying out table tennis training activities and physical exercises to prepare themselves to face or participate in regional circuit championships that have been programmed for the elderly, so that it can lead to positive things and improve the quality of life of the elderly.

**Keywords :** Key words: Competition System, Elderly, Quality of Life

ABS-ICS DP-21030  
**INNOVATION OF SPORTS AND RECREATION CENTER MANAGEMENT  
THROUGH KNOWLEDGE BASED WORKER HUMAN RESOURCES  
DEVELOPMENT**

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This study aims to examine the innovation of sport management using knowledge-based human resources development at Cipaku Indah Sports and Recreation Center. This research adopts the Schuler and Jackson's model in developing workers in the company. Human resources should be developed through the involvement in any training process, learning obligations, training to develop skills that can be used in various modern positions, broad career paths, competency development, performance appraisal, and communication. Knowledge-based human resource development is an absolute requirement to achieve sustainable competitive advantage in sport management. This indicates that professional intellect plays an important role in creating value and profit for sport and recreation centers to win business competition. The professional intellects are divided into four levels, namely cognitive knowledge/professional intellect, advanced skills, system understanding, and self-motivated creativity. Intellectuality as an asset is a key success factor in the sport and recreation centers in responding to the emerging of society's knowledge and knowledge-based competition environment. The knowledge-based human resources development is needed to support every activity in the company because the development of technology requires the mastery of technology to be applied in organizational activities, so that the benefits of the technology can be obtained. To manage intellectual assets which are the company's competitive assets, knowledge management applications are needed. Knowledge based human resources development requires a learning process within the company.

**Keywords :** management innovation, sports and recreation center, knowledge-based

ABS-ICS DP-21030  
**DEVELOPMENT OF LIFE SKILLS THROUGH SPORTS ACTIVITIES IN THE  
COMMUNITY**

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The purpose of this research is to conduct a literature review study on the development of Life Skills through sports activities in the community. The article selection process uses PRISMA search flowchart guidelines, with inclusion criteria 1) Publishing year 2008-2020; 2) Full access text ; 3) Indexed nationally (SINTA) or internationally (Schimagojr); 4) Articles are written in English or Indonesian. In this study, the researchers used 5 Final papers to review journals from 61 journals taken from 3 databases, namely, SAGE, Taylor & Francis, and Google Scholar, using literature reviews. Based on the results of the article analysis, it shows that the 8 components of life skills can be developed through sports activities in the community.

**Keywords :** Life Skills, Development of 8 Life Skills Components, Sports Activities

ABS-ICS DP-21030  
**RUGBY, A CHARACTER DEVELOPMENT SPORT**

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Rugby is a sport that has been played since 1823, currently there are 128 member countries, Indonesia became a full member in November 2013. Today rugby has been played in the rugby world cup and olympics. In the last decade rugby has evolved both on and off the pitch, with a growing number of players and supporters. Rugby, Character Building since 1823 is a World Rugby campaign, with the characteristics of rugby character building, namely: Integrity, Passion, Solidarity, Discipline and Respect. The purpose of this article is to find out whether rugby can develop character. The method used in this research is the literature review research method. This article will add insight into rugby, character and character development in sporting situations.

**Keywords :** Rugby, Character

ABS-ICS DP-21030

**CAN SOCIAL CAPITAL BUILD A BETTER SOURCE TO PROMOTING OLYMPIC  
MOVEMENT AND GENDER EQUITY?**

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The core of Social capital was recognized as a key element of community recreation, sport, and leisure service delivery (Forsell, et.all., 2018). The purpose of this study was to investigate social capital perception in clubs and communities to inform policy makers, organizational administrators to build the basis of the organization's social capital which has enormous and broad potential in optimizing the promotion of the Olympic Movement and gender equity. The instrument used was the Club Social Capital Scale (CSCS) which consists of four components, friendly-acceptance, norms of behaviour, trusting-reciprocity and governance. Secondary data project was included to show the movement of olympic and gender equity since the first olympic games 1896 in Athens.

**Keywords :** Social Capital, Sport Club, Community

ABS-ICS DP-21030

**Effects of Esports Type (Fighting Games, Point Shooter, Strategy, Racing, Sports Games, MOBA) on Visual Scanning Speed**

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This study examines the concentration ability of 50 people who play games more than 14 hours in 1 week. Participants who play games in different genres complete the Concentration Grid Test for 1 minute. Overall, participants completed the test with a fairly higher score than participants who played games for less than 14 hours or did not play games at all (control). The results showed that participants who played games with the Point Shooter genre had higher scores than participants who played games in other genres.

**Keywords :** Esports, Visual Scanning Speed, Concentration

ABS-ICS DP-21025

**MANIPULATIVE MOVEMENT LEARNING IN THE TIME OF THE COVID 19 PANDEMIC: AN APPROACH TO ONLINE LEARNING IMPLEMENTATION**

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The purpose of this study was to determine the effect of the application of online learning in improving manipulative movement learning outcomes. The method used in this research is the classroom action research method. The subjects involved in this study were 30 students consisting of 18 male students and 12 female students. This research was conducted in 2 cycles, each cycle was carried out 2 times. Data collection techniques in this study by observation and test results of learning manipulative motion. The results of this study indicate that the application of online learning has an influence in increasing manipulative movement learning outcomes. This can be seen from the data from the observation results of manipulative motion learning, the category is less if the percentage is 65.64%. After being given treatment, the students' manipulative movement learning outcomes are in the sufficient category if they are presented at 71.28%. This study concludes that online learning is an alternative to improve manipulative movement learning outcomes during the covid-19 pandemic.

**Keywords :** Manipulative Movement Skills, Online Learning

ABS-ICS DP-21028

**SWIMMING COACH PERFORMANCE BASED ON PSYCHOLOGICAL PERSPECTIVES : A LITERATURE REVIEW**

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The purpose of this paper is to examine the psychological perspective of the swimming coach performance literature and explore how psychological conditions relate to coach performance. There are several factors that will affect the performance of the coach, one of which is the psychological factor being a conductor for the psychological aspect of the athletes. The paper reviews about 30 papers on psychological perspective to review their findings about relationship of coach performance based on psychological perspective. The paper review will focus on two psychological variables: motivation and anxiety. This paper introduces how the psychological state of a coach relates to his performance in one aspect and as a whole providing recommendations and suggestions for practitioners to incorporate psychological aspects positively in organizations.

**Keywords :** Psychological Perspective, Swimming Coach Performance, Swimming





ABS-ICS DP-21023

**Does The Physical Activity Of High School Students Meet WHO Guidelines during Covid-19? Objectively Measure Using Actigraph™**

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Background: Covid-19 has forced almost everyone to do more activities at home, including student learning activities. This situation certainly has an impact on the behavior of daily physical activity. Meanwhile, the World Health Organization (WHO) recommends moderate to vigorous physical activity (MVPA) at least 60 min/day. This study aims to measure the daily physical activity of high school students objectively. Does it meet WHO guidelines? Methods: The participants in this study were 17 high school students aged between 16-18 years ( $M = 16.71$ ;  $SD = 0.77$ ). Student MVPA was measured using the Actigraph™ GT3X+ accelerometer. Participants wore an Actigraph™ on the right hip during seven days of observation for 24 hours (other than water activities). The main outcome measure is time for MVPA. Results: The average MVPA of high school students was 2.42 hours (145.35 minutes) per day. Two of the 17 students did not meet the WHO physical activity guidelines (less than 60 min/day). Meanwhile, the other 15 people met WHO physical activity guidelines with a time between 1.2 - 4.4 hours MVPA per day. Conclusion: During the Covid-19 pandemic, most high school students met the physical activity guidelines recommended by WHO. Further studies are needed with a larger sample size and what factors affect the physical activity of high school students during the Covid-19 pandemic.

**Keywords :** Accelerometer, Covid-19, physical activity, WHO guideline

**IMPACT OF THE COVID-19 PANDEMIC THE CONCERNING ACTIVE LIVING  
BEHAVIOR HIGH SCHOOL STUDENT IN WEST JAVA**

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The purpose of the study was to obtain empirical evidence about the direct impact of the COVID-19 pandemic on the active lifestyle of high school students in West Java and what activities were carried out during the Covid 19 pandemic. The population used was high school students throughout West Java and the sample was taken randomly. a total of 1715 students representing each district in West Java. The research method used is a descriptive quantitative method. The instrument used was a physical activity questionnaire for children (PAQ-C). Data analysis using Microsoft Excel and SPSS 24, the results of data processing are as follows: The active life behavior of students before the Covid-19 pandemic was distributed the most in the low category as many as 857 people (50%) and during the Covid-19 pandemic the most distribution in the high category as many as 847 people (49%). Conclusion: The level of active life behavior of students before the covid-19 pandemic was in the medium category and the level of active behavior of students during the covid-19 pandemic was in the low category. This data shows that the COVID-19 pandemic has an impact on the decline in students' active living behavior from the moderate category to the low category. Before the Covid-19 pandemic the activities carried out were jogging, traditional sports, soccer, volleyball, badminton, basketball, futsal, martial arts, strength training, gymnastics, while physical activities during the Covid-19 pandemic were sunbathing, walking, jogging, cycling, and watch more TV, play games, sleep, sit, and help parents.

**Keywords :** Covid-19 Pandemic, Active Lifestyle

ABS-ICS DP-21023

**IMPACT OF THE COVID-19 PANDEMIC ON HEALTH COMPLAINTS HIGH SCHOOL STUDENTS IN WEST JAVA**

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This study aims to obtain an overview of the direct impact of the COVID-19 pandemic on the health complaints of high school students in West Java. The population used is high school students throughout West Java and a random sample of 1715 students representing each district. The sampling technique used a simple random technique (random sampling). The research method used is the descriptive quantitative method. The instrument used was a questionnaire on student health complaints during the pandemic using an instrument that was made by itself and has been validated. Data analysis using percentage analysis, the results are as follows: Student health complaints during the covid-19 pandemic are: hypokinetic disease/ Lack of movement (60%), less nutritious food (not fulfilling 4 healthy 5 perfect) (46%), lack of enthusiasm (68%), decreased physical fitness (60%), decreased immunity (60%), body weight gain (62%), feel fatter (57%), sleep irregularly (41%), tired easily (15%), lethargy less enthusiastic (16%), heartburn (7%) often dizzy (7%), flu easily (15%).

**Keywords :** Covid-19 pandemic, health complaints, high school students

ABS-ICS DP-21012

**Integrating STEM (Science, Technology, Engineering, and Mathematics) Through Physical Education**

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In the 21st century, human beings are facing many challenges. One of the challenges is keeping pace with expeditious technological developments. There is a learning model that fits the current situation named the STEM (Science, Technology, Engineering, and Mathematics) learning model. The integration of the STEM learning model process in physical education is a challenge for educators because the process requires skills in the STEM field. The STEM approach should include several STEM things such as problem-solving, critical thinking, creative thinking, and scientific thinking. This article will discuss the integration of the STEM learning model through physical education.

**Keywords :** STEM, Integrated STEM, Physical Education

ABS-ICS DP-21013

**LIFE SKILLS DEVELOPMENT THROUGH SPORTS ACTIVITIES AND PHYSICAL  
EDUCATION**

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The sports-based life skills programs seek to foster positive adolescent development by teaching and promoting life skills in the context of sports and structured physical education that are designed to produce quality programs. The aim is to analyze deliberately structured programs in Sports and Education activities. The results show that an intentionally structured physical education and sports program can produce quality physical education and sports activity programs that can contribute to supporting development of life skills.

**Keywords :** Life skills, Positive Youth Development, intentionally structured programs, sport activities

ABS-ICS DP-21016

**Physical Activity of Indonesian Education University Students during the Covid-19  
Pandemic**

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The purpose of this study was to obtain empirical data related to the analysis of student lifestyles at the Indonesian Education University during the COVID-19 pandemic. The method that will be used in this research is descriptive. By creating a database related to student physical activity at the University of Indonesia Education during the COVID-19 pandemic. The instrument that will be used in this research is a modification of the instrument developed by Douglas & Donna named Fantastic Lifestyle Assessment. The research will be conducted on students at the Indonesian Education University. The results of this study are expected to provide an overview of student lifestyles during the Covid-19 pandemic, so that it can be the basis as a physical activity program for students at the Indonesian Education University.

**Keywords :** Pandemic Covid-19, Physical Activity, Lifestyle

ABS-ICS DP-21021  
**LEARNING STRATEGIES OF PHYSICAL EDUCATION IN THE CONTEXT OF  
DEVELOPING HIGHER ORDER THINKING SKILL DURING THE COVID-19  
PANDEMIC**

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The purpose of this research is to conduct a literature review study to analyze the learning strategies used to carry out the PJOK learning process in junior high schools in the context of developing Higher Order Thinking Skills during the Covid-19 pandemic. The article selection process uses PRISMA search flowchart guidelines, with inclusion criteria 1) Year of publication 2020; 2) Full access text; 3) Indexed nationally (SINTA) or internationally (Schimagojr); 4) Articles are written in English or Indonesian. In this study, researchers used 5 Final Papers to review journals from 20 journals taken from 4 databases, namely SAGE, Taylor & Francis, ScienceDirect and Google Scholar using a systematic literature review. Based on the results of the analysis of the article, it shows that the right strategy used for PJOK learning during the Covid-19 pandemic in the context of Higher Order Thinking skills uses a value-oriented approach that includes behaviors such as socialization, interaction/communication, problem solving and cooperation, and students must be given material. and evaluation of a wealth of health and wellness information incorporating World Health Organization (WHO) guidelines.

**Keywords :** Learning strategies, Physical Education, Higher Order thinking Skills, Junior High School

ABS-ICS DP-21023

**Correlation Knowledge Health Related Fitness to Physical Fitness and Active Lifestyle**

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Excellent physical fitness is absolutely needed by everyone from children to the elderly, regardless of one's social status, even from intellectuals to ordinary people. This is the main capital to be able to carry out daily activities properly. Physical education programs in schools are expected to increase awareness to implement an active lifestyle. Before developing and implementing an active lifestyle, students must understand the concept of fitness and the benefits of physical fitness for health. Quality physical education programs must be carried out to prepare individuals to have an active lifestyle and healthy behavior (Hodges 2016). The Health Related Fitness (HRF) model can be an alternative learning model that can be integrated with physical education in an effort to provide knowledge and habituation to practice physical activities in children at school. This study aims to see the effect of providing a health-related fitness model on physical improvement and physical activity of SMK students. The experimental method with a randomized control group pretest-posttest design was used in this study. The sample selection was based on random cluster sampling by selecting two classes as the experimental group and the control group, each consisting of 33 students, with an age range of 16-17 years. The instruments used in this study were physical fitness test instruments and students' physical activity tests. The data analysis technique used the normality test in this study using the Shapiro-Wilk test. Because of the Shapiro-Wilk normality test which is in the form of parametric statistical analysis there is data that is not normally distributed, then another test is carried out in the form of nonparametric statistical analysis with the Wilcoxon test. The results showed that there was an effect on the use of the Health related fitness model on students' understanding and there was a significant effect on the use of the Health related fitness model in increasing the active lifestyle of students based on the paired sample t test with different average values. Tests on the application of the Health related fitness model to students were carried out to obtain the results of its influence on physical fitness and active lifestyles of students at SMKN Buahdua Sumedang. Based on available data, the Asymp value. Sig. (2-tailed) has a value of 0.000 which is  $<0.05$  then  $H_0$  can be accepted. Thus it proves that there is an influence on the use of the Health related fitness model on the understanding of XII students of SMKN Buahdua Sumedang. The test was said to be successful in accordance with the test results where there was a positive difference after the implementation of the Health related fitness model on physical fitness and active lifestyles of students. The results obtained are in the form of posttest and pretest data after implementing the Health related fitness model.

**Keywords :** health related fitness knowledge, active lifestyle, physical fitness, physical education program



ABS-ICS DP-21030

**The Effect of Online Physical Education (OLPE) on Students' Life Skills in Physical Education Subjects in the COVID-19 Era**

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The COVID-19 pandemic has had a negative impact on several sectors in every country, especially in the field of education, especially in physical education subjects. The choice offered as a solution in dealing with learning limitations in this pandemic is to apply online-based learning where online-based learning is integrated on the internet network. The purpose of this study was to determine the effect of Online Physical Education (OLPE) learning on students' Life Skills. and To find out the difference between OLPE which is given integration of life skills program and OLPE which is not provided with integration of life skills program. The method is a quasi experiment with quantitative research. The design is pretest posttest control group design. The population in this research is all class XI students aged 15 - 16 years at SMKN 12 Bandung who take part in online physical education lessons with purposive sampling. This study shows that there is a significant effect of online physical education (OLPE) on students' life skills ( $P$  value = 0,013 < 0,05). Then there is a significant difference between OLPE who are given a life skills integration program and OLPE who are not given a life skills integration program ( $P$  value = 0,000 < 0,05). Physical education teachers must master technological competencies, so online physical education learning in the future can continue in accordance with learning objectives. And the teacher must be able to combine the basic values of students in participating in learning so that online physical education will be more meaningful and there will be no monotonous learning.

**Keywords :** covid 19 pandemics, online physical education, life skills

ABS-ICS DP-21030

**CREATIVE OR NOT? PHYSICAL EDUCATION TEACHER DURING THE COVID-19 ERA**

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This research generally aims to obtain facts about the Creativity Level of Physical Education and Sports Teachers in Online Learning during Covid-19 Era and the relationship between age and creativity of Physical Education and Sports teachers. The instrument in this study uses a questionnaire, with 13 statement items which are divided into positive and negative statements, and in which there are alternative response options ranging from Strongly Agree (SS), Agree (S), Doubtful (RR), Disagree (TS) and strongly disagree (STS). The method used in this research is a survey, which was conducted on teachers of Physical Education and Sports in the Tasikmalaya Regency. The results of this study are that the level of creativity of Physical Education teachers is not in the High category. The findings in this study are based on research data showing that each category is very low by 5,4%, low by 16,2%, moderate by 51,4%, high by 27%, and very high by 0%. The facts on the field show that the creativity level of Physical Education teachers in the Tasikmalaya Regency is in the moderate category. And also that there is a positive relationship between age and creativity in Junior High School Physical Education teachers or equivalent in Tasikmalaya Regency.

**Keywords :** Creativity, Age, Online Learning, Physical Education Teachers

ABS-ICS DP-21030  
**ANALYSIS OF THE JOB SATISFACTION LEVEL OF PHYSICAL EDUCATION  
TEACHERS**

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Job satisfaction is understood as a positive and pleasant emotional state resulting from the subjective perception of one's work experience. Studies of the teaching profession show that teachers' educational intentions and actions are mediated by their assessment of working conditions, thus implying a special relationship between personal satisfaction, emotional state and motivation. A teacher who is not motivated, stressed and/or exhausted will show less interest and desire for their teaching task whereas a highly satisfied teacher will carry out educational interventions more effectively and innovatively, the purpose of this study was to explore the extent to which teacher job satisfaction physical education teaching in junior high schools throughout Central Bangka Regency based on demographic aspects including gender, education level, length of teaching, employment status, salary, and age. This study uses a quantitative survey method that is applied to data from a questionnaire intended for junior high school physical education teachers working in public and private schools in Central Bangka. The result is that from a total of 35 physical education teachers in Central Bangka Regency, 7 people (20%) have a high level of job satisfaction, 20 people (57.14%) are at a moderate level of job satisfaction and 8 people (22.85%) are at a high level of job satisfaction the low one.

**Keywords :** Job Satisfaction, Teachers, physical education

ABS-ICS DP-21030  
**LEARNING STRATEGIES OF PHYSICAL EDUCATION IN DEAF STUDENTS  
DURING THE COVID-19 PANDEMIC**

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The purpose of this study was to determine the strategic plan for learning physical education for deaf students during the covid-19 pandemic. This research is literature review research. Systematic literature review research method. In the author's literature, the main problems faced during the PJOK learning process are related to learning strategies, the learning motivation of deaf students, learning modifications and the difficulties of teachers teaching COVID-19 PJOK. With a learning strategy, teachers can plan and implement the PJOK learning process for deaf students during the covid-19 pandemic. There are several PJOK learning strategies for deaf students, including the use of appropriate language, making task sequences, time allocation for learning, modification of game/sport rules, learning environment and student motivation.

**Keywords :** learning strategies, physical education, deaf students

ABS-ICS DP-21030  
**INTEGRATING SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATIC  
(STEM) BASED ON SELF-REGULATED LEARNING (SRL) THROUGH PHYSICAL  
EDUCATION**

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Science, technology, engineering, and mathematics (STEM) based on Self-Regulated Learning (SRL) models is a combination of interdisciplinary learning models that apply problem-solving-based learning that purposely put scientific research and mathematical applications in context designing technology as a problem solution. This model is packaged in an active and constructive process where students set their own goals and monitor and regulate their cognition, motivation, and behavior during the learning process. The purpose of this study is to determine the integration of STEM-based SLR models into physical education. The method used in this research is a literature review. Data collection techniques used include three steps: orientation stage, exploration stage, and focused stage. The collected data was analyzed by data reduction, data presentation, data interpretation, and conclusions. The results of this study indicate that the STEM-based SLR model can train students in applying their knowledge to make designs as a form of solving problems related to the environment and demands by utilizing technology and self-regulation, in this case, physical education is a place that allows integrating STEM-based SRL models.

**Keywords :** STEM, Self-Regulated Learning, Physical Education

ABS-ICS DP-21030  
**Assistive Technology Development for Blind Students**  
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Assistive technology is a tool that is designed or modified directly to help improve and develop the abilities of people with disabilities related to Activity Daily Living (ADL) as well as related to learning (academic). This community service aims to provide an understanding of assistive technology and provide basic skills to design simple models of assistive technology for physical education teachers who teach in inclusive schools. The stages of community service are carried out in the form of FGD implementation and workshops. This community service will be given to physical education teachers who teach at inclusive schools in the city of Bandung. The expected result of this community service is an increase in the understanding of physical education teachers in inclusive schools about assistive technology and have the basic ability to design simple assistive technology that can be used in inclusive schools.

**Keywords :** Assistive Technology, Activity Daily Living (ADL), Inclusive Schools

ABS-ICS DP-21030

**The Importance of Physical Activity Outside of School Hours as an Effort to Improve Students' Movement Ability**

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**Introduction:** The lack of physical activity and the increased time spent in sedentary behavior during adolescence are important for developing low-cost and easy-to-implement school-based interventions to increase physical activity among students. Physical activity outside school hours is designed to facilitate students to stay active while in school so as to improve their mobility skills. **Objective:** To determine the effect of the Physical Activity Program outside of school hours on students' motor skills. **Methods:** A total of 113 students were involved in experimental research for 3 months. There are two groups (1 group of Physical Education program according to the curriculum and 1 group of Physical Education Program plus Out of School Hours Activity OSHA). To determine the ability to move, a test was carried out using the Barrow Motor Ability Test (BMA). The normality test used the Shapiro-Wilk Test of normality and the data description used the help of SPSS version 23. **Results:** The average value of the students' movement abilities of the Physical Education + OSHA program was better than the physical education program alone. **Conclusion:** Additional Physical Activity Program outside school hours (OSHA) is important for students as an effort to improve motor skills.

**Keywords :** Physical Activity, Motor Ability



ABS-ICS DP-21023

**Comparative Study of Openness to Experience Among Athletes of Individual and Team Sports**

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This study aims at a comparison of Openness to Experience among athletes of individual and team sports in West Java, Indonesia. Participants in this study were chosen randomly from 110 athletes (aged = 18-30 years) from different sports. An openness questionnaire adopted from the International Personality Item Pool (IPIP) was used as the tool to assess the Openness to Experience of the participants. The descriptive statistics such as mean, standard deviation, std. error mean, normality test, homogeneity test was used and for the comparison between two groups (individual and team sports) the independent samples t-test was used. The results showed that the Openness to Experience ( $p = 0.256$ ) as the obtained p-values were higher than 0.05 ( $p > 0.05$ ), which means that there is no difference in Openness to Experience between individual and team sports athletes.

**Keywords :** athlete, individual sport, team sport, openness to experience, personality



ABS-ICSDP-21030  
**Regulation of Self-Defense Athletes**  
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Martial arts is a sport that is performed between physical activities. Art and engineering. In addition to techniques, martial arts requires a good mentality. An athlete will have a good mentality if the combination of emotional intelligence and self-regulation is balanced. This method of research uses systematic literature review, where this study was conducted by combining the conclusions of several articles on self-regulation of martial arts. The results of this study found that athletes in martial arts sports need self-regulation, because self-regulation will be able to help someone to regulate, direct and control themselves to stay on the goals to be achieved and in accordance with predetermined standards.

**Keywords :** self-regulation, martial sport and athlete

ABS-ICS DP-21017  
**THE COMPARISON OF PHYSICAL FITNESS LEVELS BETWEEN STUDENTS WHO  
ARE CYCLING AND NOT CYCLING COMMUTING TO AND FROM SCHOOL IN  
SMAN 8 BANDUNG**

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Physical fitness of students is influenced by daily student activities, both in the school environment and outside of school. This study aims to determine the comparison of the physical fitness level of students who are cycling and not cycling to school in SMA Negeri 8 Bandung. The research method was a comparative descriptive method. The population in this study was tenth grade students at SMA Negeri 8 Bandung. The sample in this study were 23 students who cycled and 23 people who did not cycle. In sampling, the researchers used saturated samples for students who cycled and purposive samples for students who did not cycle. This study conducted the Balke Test instrument. Data analysis used an independent sample t-test. This study proved that there were differences in physical fitness levels between groups of students who cycled with groups of students who did not cycle. The results of the analysis showed that the group of students who cycled their physical fitness levels were better than the group of students who did not cycle.

**Keywords :** Keywords: physical fitness, students cycling, students are not cycling

ABS-ICSDP-21020

**Moringa Leaf Effectiveness Activity Against Muscle Anti-Inflammation**

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Daun kelor (*Moringa oleifera* L.) is a plant that is widely used in traditional medicine. Phytochemical analysis of Moringa plant extracts revealed the presence of flavonoid compounds and other polyphenolic compounds which are known to have anti-inflammatory activity. This study aims to determine the effect of *Moringa oleifera* as an anti-inflammatory muscle. *Moringa* (*Moringa oleifera*) can be used by humans as food and traditional medicine. This utilization is very beneficial for improving human health at this time because *Moringa oleifera* has several pharmacological potentials as anti-inflammatory.

**Keywords :** Anti-inflammatory, daun kelor, *Moringa oleifera*

ABS-ICS DP-21030

**The Effect of Self-Regulated Learning Approach and Motor Ability on Topspin Stroke Skills in Table Tennis**

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Table tennis demands fast player response. Anticipating the direction and speed of approaching objects is very important in sports that require hitting in the game of table tennis. This sport requires the ability to anticipate a good time to perform the necessary footwork, to take the right position, and to be ready to return it. The purpose of this study was to determine the effect of the self-regulated learning approach and motor ability on topspin hitting skills in table tennis. This study uses an experiment with a 2 x 2 factorial design. The design of this study will use a posttest-only or pretest-posttest control group design. The population in this study were table tennis athletes in Cirebon, totaling 17 peoples. The number of samples was 17 samples, consisting of 8 people in the control group A1B1 and A1B2 with paired exercise media, while 9 other people were in the experimental group A2B1 and A2B2 using Multiball media. The instrument used to measure the accuracy of the topspin test is using a robot (Amicus Professional, Butterfly). Based on the results of the study, the self-regulated learning approach and motor ability affect the topspin skills of table tennis and there is also a difference in the average value between the experimental (multiball) and control (pairs) groups. The average value obtained by the experimental group is 19.2111 and the standard deviation is 4.09. The control group got an average value of 17.9375 and a standard deviation of 1.9058.

**Keywords :** Self regulated, Motor ability, Topspin stroke in table tennis

ABS-ICS DP-21030

**The Effect of Menstruation on Muscle Endurance in Sport Climbing Athlete**

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The purpose of this study was to determine how big the impact of menstruation (D-2), (D+2) and (D+5) on muscle endurance of sport climbing athletes, both physiologically and psychologically. The method used in this research is a descriptive method. Data collection procedure was carried out by conducting a climbing test (boulder interval) on sport climbing athletes. From the results of the tests that the author did, more athletes felt disturbances on D+2 menstruation, less disturbance on D-2 menstruation and almost no disturbance on D+5 menstruation. Menstruation can affect sports performance. Disruption of hormonal balance during the menstrual cycle can cause changes in muscle strength, exercise endurance capacity, body temperature, metabolism, and blood flow (Dawson & Reilly, 2009). Disturbances that are felt physiologically include abdominal pain, weakness, headache/migraine, pain in the waist, pelvis and thigh muscles, and fatigue. While psychological disorders include feelings of doubt, feelings of tension, excessive anxiety, feelings of fear and feelings of discomfort due to using sanitary napkins. The conclusion of this study is that there is an effect of menstruation on D-2 and D+2 menstruation on muscle endurance in sport climbing athletes. However, there is no effect of menstruation D+5 on muscle endurance in sport climbing athletes.

**Keywords :** Boulder interval, Menstruation, Muscle endurance, Sport climbing

ABS-ICSDP-21030

**The use of moringa oleifera and moderate-intensity exercise on antidiabetics**

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**Background:** Moringa oleifera for enhancing sports performance has involved the use of high-fat diets, carbohydrate supplements, and various dietary supplements or “Tonics” of plant origin to increase exercise capacity. In the fight against fatigue, more and more sports professionals and athletes are turning to plant extracts as an energy source to replace banned doping substances. **Methods:** The method used in this study is a true experimental research method. The participants in this study were male Wistar white rats weighing 200-250gram aged 8-9 weeks as many as 24 Wistar rats. **Results:** There is an effect of giving moringa extract and moderate-intensity exercise on Antidiabetic Rats of Wistar strain.

**Keywords :** Moringa Oleifera, Moderate-Intensity, Antidiabetic

ABS-ICS DP-21029

**PROFILE OF PHYSICAL CONDITION OF INDONESIAN JUNIOR BADMINTON  
ATHLETES**

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The purpose of this study was to reveal the profile of the physical condition of Indonesian junior badminton athletes. Participants in this study were 40 badminton athletes (age = 14-18 years, Male = 31, Female = 9). Research instruments on physical conditions are endurance, strength & conditioning, speed, flexibility, and coordination. Data analysis with descriptive statistics. This study concludes the condition profile as follows; 1) Endurance in male athletes when viewed from an average of 60.29, then falls into the "good" category, then female athletes when viewed from an average of 54.86, then falls into the "good" category; 2) Strength & conditioning in male athletes when viewed from an average of 5.70, then it is included in the "enough" category, then female athletes if viewed from an average of 4.78, it is in the "good" category; 3) Speed for male athletes when viewed from the average of 3.30, is in the "very good" category, then for female athletes if viewed from the average of 3.71, it is in the "excellent" category; 4) Flexibility in male athletes when viewed from an average of 21.42, is in the "good" category, then female athletes when viewed from an average of 14.22, is in the "enough" category; 5) Coordination for male athletes when viewed from an average of 11.46, is included in the "good" category, then for female athletes when viewed from an average of 13.49, it is included in the "good" category. Suggestions for future research are related to the test instruments used.

**Keywords :** Physical Performance, Athlete, Badminton, Early Age (Junior)



ABS-ICS DP-21003

### **POLICY DEVELOPMENT OF SPORTS IN THE GOVERNMENT OF THE REGENCY OF SUMEDANG (RELATED TO INFRASTRUCTURE AND HUMAN RESOURCES)**

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The background of this research is that sports infrastructure in Sumedang Regency is still limited and damaged, as well as the lack of human resource development in the field of sports. This creates an alarming situation in the field of sports in Sumedang Regency. The purpose of this study is to analyze the sports development policy of the Sumedang Regency Government (Related to Infrastructure and Human Resources) which is centered on sports facilities and infrastructure, the quantity and quality of human resources and sports development policies. The method used in this study is a qualitative method with a phenomenological descriptive approach that describes the sports development policy of the Sumedang Regency government related to infrastructure and human resources. Data collection techniques used in this study were interviews, observation, and documentation. The research subjects were determined by means of a purposeful technique and by reference to various reasons and indicators of the extent to which the data would be extracted. The subject of achievement sports is the chairman of KONI, for sports education for physical education teachers and school principals, and for recreational sports the chairman of Disparbudpora. The results of the study indicate that the facilities and infrastructure available in Sumedang Regency for sports education are generally relatively adequate, although there may be some schools that are relatively inadequate, while for achievement sports and recreational sports the infrastructure facilities are still relatively far from optimal. Sumedang Regency can be said to be still relatively lacking. So it still needs to be improved, including coaching athletes from an early age, increasing the ability or competence of coaches and other sports personnel that still need to be improved.

**Keywords :** Policy, Sports Development, Infrastructure, Human Resources.



ABS-ICS DP-21004  
**ANALYSIS OF THE IMPACT OF THE POLICY OF DELAYING THE INDONESIAN  
FOOTBALL LEAGUE COMPETITION DURING THE COVID-19 PANDEMIC**

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The purpose of this study is to conduct a literature review study to analyze the impact of the policy of postponing the Indonesian football league competition during the covid-19 pandemic. The article selection process uses PRISMA search flowchart guidelines, with inclusion criteria 1) Year of publication 2020; 2) Full access text; 3) Indexed nationally (SINTA) or internationally (Schimagojr); 4) Articles are written in English or Indonesian. In this study, researchers used 5 Final Papers to review journals from 20 journals taken from 4 databases, namely SAGE, Taylor & Francis, ScienceDirect and Google Scholar using a systematic literature review. Based on the results of the analysis of the article, it shows that the impact of the COVID-19 pandemic has had an impact on the postponement of football competitions throughout the world, especially in Indonesia, the impact of the postponement on organization, coaching, and welfare.

**Keywords :** policy analysis, covid-19 pandemic, football league competition.

ABS-ICS DP-21010

**Policy Evaluation of The Implementation of Sports in West Java**

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West Java Regional Regulation Number 1 of 2015 concerning the Implementation of Sports is a further explanation of the Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System, which essentially includes three scopes of sports, namely educational sports, recreational sports, and elite sports. There is no research on the evaluation of the implementation of the West Java Regional Regulation No. 1 of 2015 concerning the Implementation of Sports, so the authors are very interested in studying further, considering the importance of West Java Regional Regulation No. 1 2015 became the operational basis in the implementation of sports policy in West Java. The method used in this research is a systematic literature review. The results of the study show that there is still an imbalance between the implementation of sports policies in elite sports and two other sports, namely educational sports and recreational sports. The results of this study are expected to be input for the West Java Provincial Government in order to implement sports implementation policies evenly throughout the scope of sports.

**Keywords :** Sports Policy, Evaluation, Policy Implementation

ABS-ICSDP-21015

**Sports Mega-Events; Tour de Singkarak (TdS) as a Brand Image of West Sumatra  
Tourism**

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The Tour de Singkarak (TdS) international bicycle race was conducted in West Sumatra for the first time in 2009. This event is the driving force for the revitalization of tourism in West Sumatra Province. The Tour de Singkarak (TdS) bicycle racing event is an essential element of West Sumatra Province's attempts to promote the image of tourism. In this article, we will first discuss the concept of branding in a country or region. Furthermore, the notion of a sporting mega event Tour de Singkarak (TdS) under a sport for development paradigm in development, particularly tourist infrastructure in West Sumatra, will be explored. The author employs a systematic literature review technique in producing this paper, and the theories and concepts presented are based on previous literature studies.

**Keywords :** Keywords: Sport Mega Event, Nation Branding, Tour de Singkarak, Tourism

ABS-ICS DP-21030

**THE IMPORTANT ROLE OF LEADERSHIP REGULATIONS ON SPORTS  
ACTIVITIES IN UNIVERSITIES AS AN INDICATOR OF THE ACTIVENESS OF THE  
CAMPUS ENVIRONMENT COMMUNITY**

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The background of this topic is a concern of the author about the routine of the community in the campus environment about government policy through law no. 12 of 2012 on Higher Education, that in the law only requires some courses that among them are Citizenship, Religion, Pancasila and Bahasa Indonesia. In response, the author hopes that there is attention from university leaders to include a policy on sports activities that are implemented in the campus environment to support the movement needs of each student in particular. So that every student can fulfill the needs of their movement activities, as well as the lecturers and other employees, then the level of fitness and index of happiness of the community in the campus environment will always be awakened. So that the productivity of the community in the campus environment will also increase along with the passage of the policy. Similarly, to increase the participation rate in exercise is also known to reduce depression, stress and anxiety, increase confidence, energy levels, sleep quality, and the ability to concentrate. There are several factors that influence a person's participation in exercise, namely policy factors, human resources (HR) and environmental factors. As the legal basis stipulated in the National Sports Law Chapter IV on the Rights and Obligations of part one concerning the rights and obligations of citizens in articles 6 points B, C and D.

**Keywords :** Awareness, Sports, Sports Benefits, Sport Policy, National Sports System Law.

ABS-ICS DP-21030

**Implementation of the National Sports System Law on the Scope of Elite Sports in  
Development through Sports: Policy Analysis Studies**

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Elite sports are one of the keys to sports development as enshrined in the National Sports System Law. In the Law, sport is positioned as an instrument for national development. However, it is more dominated by the sports development paradigm in practice, although Indonesia's sports achievements have progressed quite significantly by placing fourth in the 2018 Asian Games. However, the impact has not been able to affect other aspects of national development more broadly. This has become a gap between what is stated in the National Sports System Law and the practice in the field. Therefore, this study aims to determine the implementation of elite sports policies as part of the National Sports System Law to realize development through sports. This research method uses a descriptive qualitative approach. Then as a tool for data collection and to analyze the data obtained, carried out by carrying out documentation studies and interviews. The results of this study found that the implementation of the elite sports policy applied was close to conformity with the national sports system law, but there were still shortcomings and inequalities in several aspects. The implications of this research can be taken into consideration for evaluating the implementation of policies that will be implemented.

**Keywords :** sports policy, development instruments, sports urgency



ABS-ICS DP-21024  
**THE ROLE OF THE COACH'S LEADERSHIP STYLE IN A SUCCESSFUL  
FOOTBALL TEAM**

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The development of sports has grown rapidly in this era of globalization. This is proven by the many competitions at the national and international level. The most popular sport in Indonesia is Football, not only physically, technically, tactically and strategically, but the need for a coach's style in the training process to the success of a team. The attitude and leadership style of the coach to communicate to deal with athletes can build the image of the team he fosters. Because the coach does not only function to train physical, technical, tactical, but he is a facilitator for athletes to reach the peak of achievement. The coach is a role model, teacher, mentor, educator, leader, even as a model for athletes. The purpose of this study was to describe the role of the coach's leadership style in the success of a football team.

**Keywords :** THE NATURE OF THE COACH, THE LEADERSHIP STYLE OF THE COACH, THE TYPES OF LEADER

ABS-ICS DP-21023

**CIRCUIT WEIGHT TRAINING: THE SOLUTION FOR WEIGHT LOSS AND BODY FAT?**

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Prevention of overweight and obesity has become a public health priority due to its increasing prevalence worldwide. In Indonesia, the obesity rate in adults has increased to 21.8%. Exercise, physical activity and sedentary behavior are behaviors known to potentially play a major role in contributing to the obesity epidemic. The purpose of this study was to find the hopes and desires of some people who only have a short time but can still have an ideal body weight, good fitness level and ideal body fat composition by using the circuit weight training method using skinfold caliper instruments and mass index. body. Pre-Experimental Research was conducted 24 times with 7 subjects. The results of the study for weight loss were t count 6,788 > table 2,447 while for body fat loss was t count 7,851 > table 2,447. From these results, the circuit weight training exercise method has a significant effect on weight loss and body fat, so this exercise method can be an alternative exercise method to lose weight and body fat percentage.

**Keywords :** Circuit Weight Training, Body Fat, weight loss, Physical Training, fitness

ABS-ICS DP-21002

**FUTSAL AS A DEVELOPMENT OF PLAYING SKILLS AND DECISION-MAKING IN  
WOMEN'S FOOTBALL GAMES: COACH ASSESSMENT AND PLAYER  
PERCEPTIONS**

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According to several researches, futsal can support the development of football skills (Yiannaki et al., 2018) (Travassos et al., 2018) and develop the ability to make decisions during football game situations (Fitri et al. ., 2021). Futsal was developed as an indoor soccer variation. With that in mind, it is fair to recommend futsal because many of the methods and abilities necessary are comparable to those required for soccer, such as ball control, shooting, passing, perception, anticipation, and decision making (Milligan I, Borrie A, Horn R, 2002). The aim of the study was to see if futsal might help women football players develop their playing and decision-making skills. This study is a quantitative study. Data collection methods include a questionnaire, observation, and documentation. The coaches and players studied in this study were female soccer coaches and players who had never played futsal before trying to play futsal. The purpose of this article is to demonstrate that futsal may have a favorable influence on the development of female soccer players' playing skills and decision making.

**Keywords :** decision making, development, futsal, skills, women's football



ABS-ICS DP-21005

**Impact of Undulating Periodization and Gender on Steroid Hormones and Physiological Ability**

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The background of this research is scientific research reveals that Periodization is indeed successful, in terms of increasing the performance improvement, which is better than the non-periodization training program, from several previous studies, the researcher doubts which Undulating Model is meant in the study whether the Daily Undulating Periodization (DUP) or Weekly Undulating Periodization (WUP), this is something that needs to be studied further so that there is no doubt in its use to perfect it. This study aimed to examine the impact of the WUP vs DUP on futsal players in terms of gender. This research is a type of experimental factorial research. The research design used is a 2x2 factorial design. "Two factors involved in this experiment consist of the male and female gender. The attribute variables in this study were Periodization, namely the DUP and WUP. The research location was carried out in the Futsal Student Activity Unit, Universitas Pendidikan Indonesia. The sample that the researchers used in this study were the entire population, namely futsal athletes, members of the Universitas Pendidikan Indonesia futsal as research data collectors as many as 40 people. The treatment in this study will be carried out for nine weeks with a training density of 3 meetings per week. The number of meetings is 27 times considering the total volume of exercise between the DUP and WUP is the same difference in intensity. The treatment in the study was divided into 2, namely the treatment variable and the moderator treatment variable. Treatment variables consist of treatments in this exercise, such as agility training, power endurance and endurance. The moderator treatment variable in this study was Periodization, which was divided into two, namely the DUP WUP. The research instrument used was a tool to measure the levels of the hormones cortisol and testosterone available in the Parana laboratory. Speed in Agility is Shuttle run test 4 x 5 meters, Power Endurance which is Multistage Hurdle Jump Test and Endurance which is Multi-stage Test. Data processing with hypothesis testing using two-factor analysis techniques Mix MANOVA with a significance level of  $\alpha = 0.05$ .

**Keywords :** Testosterone, Endurance Training, Exercise, Sports, Gender

ABS-ICSDP-21007

**The importance of applying life skills in sports training programs**

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Life skills education orients students to have the ability and basic capital to be able to live independently and survive in their environment to be able to better understand how sport can be used as a medium to encourage positive youth development. Sport is known as a means for people to develop skills that will enable them to achieve positive contributions to society. Sport can facilitate the learning process of life skills, even the experience gained during the learning process through sports is considered a new life skill. The application of life skills for positive youth development will be better with sports programs that are structured intentionally to teach life skills, when compared to sports programs that are not programmed. The method used in this study uses a systematic literature review. The database used in this study consisted of Taylor & Francis Online, Emerald insight sage journal and Scopus. The results of this study indicate that sports can be used as a medium to increase competence and have a tremendous influence on improving positive youth life skills, depending on how the environment supports sports to contribute to positive youth development.

**Keywords :** life skills, sports and positive youth development

ABS-ICSDP-21014

**The Influence Method of Shooting Exercise Variation of Accuracy Shooting a Basketball**

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Introduction less good accuracy shooting on an athlete men's of basketball Universitas Subang. The purpose of knowledge of the influence of a method of practice shooting accuracy shooting a basketball. The experimental methods with the design one group pretest posttest design .Sample were 15 people using a technique total sampling. The instrument used is test shooting free throws. The analysis of data shows that the value of the significance of p as much as  $0.000 < 0.05$ . Conclusion is significant influence of the variation exercise shooting accuracy shooting athletes men's of basketball Universitas Subang.

**Keywords :** Exercise Variations, Shooting accuracy

ABS-ICS DP-21022

**CONTRIBUTION LEVEL OF CONFIDENCE TO ELITE SPORTS PERFORMANCE**

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The purpose of this study was to examine the contribution of the level of self-confidence to the improvement of elite sports performance. Self-confidence can be interpreted as a mental or psychological condition of a person who gives strong belief into mind, to do or do something the best action (Stankov et al., 2015). Meanwhile the importance of self-confidence for athletes, it can produce positive thoughts, and allow confidence that they are able to do their best. Conversely, athletes who do not have good self-confidence, they always think negatively, so they can't do what they should do, which makes their performance decline. This literature study was obtained from several sources referring to the confidence level of elite athletes in several countries. Research has shown that many researchers (eg, Mowlaie et al., 2011; Rees & Freeman, 2007; Hays et al., 2007) suggest that self-confidence is identified as a very important influence in achieving sports performance. Athletes who have self-confidence mean that they are capable, and believe in themselves in achieving maximum performance. Athletes with high self-confidence will have anger control so that they can control anger and have an impact on improving sports performance. So it can be concluded that self-confidence is a very important psychological component for athletes to have.

**Keywords :** Self Confidence, Sports Performance, Athlete

ABS-ICS DP-21030  
**PERFORMANCE SPRINT KAYAK BASED ON PREDICTION BETWEEN STATUS  
MATURITY, ANTHROPOMETRIC, AND PHYSICAL FITNESS IN ATLET ELITE  
INDONESIA**

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The background of this research is the writer's curiosity about the performance of Sprint kayaking based on predictions between status maturity, anthropometric, and physical fitness in elite Indonesian athletes. This background is represented by the research question, whether kayak sprint performance can affect status maturity, anthropometric, and physical fitness. The purpose of this study was to determine the percentage of sprint kayak performance such as status maturity, anthropometric, and physical fitness. Descriptive method used as a research methodology in achieving the objectives of this study. The authors collected a population sample from the national kayaking team. In taking the sample, the author uses a total sampling technique using 10 kayakers. The research instrument is 1) SECA 862 test to measure body weight (kg). 2) Age benchmark, to measure status maturity. 3) Medicine ball test to measure physical fitness. Meanwhile, the correlation between status maturity and kayak sprint performance is 18.15% positive. Anthropometric correlation gives a positive contribution to kayak sprint performance with a percentage of 36.00%. And the correlation of physical fitness contributed 22.37% with sprint kayak performance. From this study, the author concludes 3 points: 1) a good status maturity affects sprint kayak performance by 18.15%. 2) good anthropometric influence on sprint kayak performance by 36.00%. 3) good physical fitness affects kayak sprint performance by 22.37%.

**Keywords :** Performance sprint kayak is based on status maturity, anthropometrics, and physical fitness.

ABS-ICSDP-21030  
**THE EFFECT OF ONE TOUCH AND TWO TOUCH SMALL SIDED GAMES  
TRAINING TOWARDS PASSING SKILLS OF THE JUNIOR AGE GROUP  
FOOTBALL PLAYERS**

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The issue that the author proposes in this study is the Small Sided Games exercise in the SSB environment. SSB trainers in Indonesia still provide training materials such as for adults given to children or exercises that only use markers without doing Small Sided Games. This research entitled "The Effect of One Touch and Two Touch Small Sided Games Practice towards Passing Skills of Junior Age Group Football Players". This research used an experimental method with a total sampling technique, 16 students of SSB PSBUM UPI KU-13 Years. The research instrument is the Passing test or (Wall Pass). Meanwhile, in finding out the percentage difference of the increase in the results of the sample exercise using SPSS version 24 testing on the two results. Then, the conclusion from the results of this study are that there is less significant effect on the Small Sided Games One Touch exercise towards the football passing skills of the SSB PSBUM UPI KU-13 year's old students, on the other hand there is a significant effect on the Small Sided Games Two Touch exercise towards football passing skills of the SSB PSBUM UPI KU-13 years old students. It is recommended to teachers, football coaches and readers to provide Small Sided Games Two Touch training in order to improve football passing skills in the implementation of training programs for 13 years old age group soccer athletes.

**Keywords :** Small Sided Games, One Touch, Two Touch, and Skill Passing.

ABS-ICSDP-21030

**Effect of Running and Calorie Restricted on Body Fat Percentage Changes In Overweight  
Young Men**

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This study aims to determine the effect of running and calorie-restricted in overweight male adolescents. The research used the experimental method pretest-posttest with control group design. The sample consisted of 30 youths divided into two groups, namely the experimental and control groups. The experimental group received running treatment and calorie restriction, while the control group only received running treatment. Body fat percentage was measured before and after the treatment was given. Data analysis through paired sample t-test at a significance level of 0.05 and an average difference test (post-test independent sample t-test) to get better results. This study shows that the experiment and control group significantly affect decreasing body fat percentage, but running combined with calorie restriction reduces body fat percentage than running without calorie restriction.

**Keywords :** Running, Calorie Restricted, Body Fat Percentage, Overweight, Young Men.

ABS-ICS DP-21030

**INFIELD DEFENSE TRAINING MODEL BASED ON THE LIKE DRILLS GAME IN  
SOFTBALL GAMES FOR BEGINNERS ATHLETE**

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Presenter

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The study was conducted to determine the results of the effectiveness of the infield defensive training model based on games like drills in softball games for beginner athletes. The type of research used is research and development with pre-test and post-test. The research subjects used were 30 beginner softball athletes at the high school level in the city of Bandung. Types of data collection methods in this study using quantitative and qualitative methods. The research conducted resulted in the effectiveness test value calculated using SPSS 16 with the mean pre-test = 21.4333 and the mean post-test = 34.5000, so the difference between the results of the pre-test and post-test tests or mean difference = -13.06667 t- count = -31.986df = 29 and p-value = 0.00 < 0.05. then there is a significant difference between the values before and after being treated with an infield defensive training model based on games like drills in softball games for novice athletes. These results indicate that the infield defensive training model based on games like drills is effectively used for training. Defending the infield in softball games for novice athletes

**Keywords :** Effectiveness of Exercise Model, defense, infield, game like drills, Softball



ABS-ICS DP-21026

**The Dominant Mental Aspect from Indonesian Sport Climbing Athlete at the 2018 Asian Games**

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The purpose of this study was to explore the dominant mental aspects of Indonesian sport climbing athletes at The Asian Games 2018. The research subject is Aries Susanti who has won a gold medal and set the latest record. The method is qualitative research. Data analysis using descriptive analysis techniques. The results showed that the dominant mental aspects are discipline, never giving up spirit and hard work and supported by a good environment, coaching and family.

**Keywords :** Athlete, Mental, Sport Climbing



ABS-ICSDP-21030  
**ANALYSIS OF SPORT APPEARANCE IN WOMEN**  
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Since the history of the development of sports, there has been an imbalance between this genders sport itself. In this case, both women and men basically have differences physiologically, anatomically, with special situations. The difference in placing women sometimes in favorable and unfavorable situations. The fact is that everyone has the same right in doing or developing the physical skills they do. In fact, even today, many women have become representatives of actors and even experts in sports. This article will discuss the analysis of sport appearance in women.

**Keywords :** Sport, Activity, Women Sport