



Istanbul
Bilgi University
LAUREATE INTERNATIONAL UNIVERSITIES

2020

BOOK OF ABSTRACT
INTERNATIONAL CONFERENCE
OF SPORT FOR DEVELOPMENT
AND PEACE (ICS DP)

SPORT EDUCATION STUDY PROGRAM
SCHOOL OF POSTGRADUATE

UNIVERSITAS PENDIDIKAN INDONESIA



BOOK OF ABSTRACT
ICSDP 2020



BOOK OF ABSTRACT INTERNATIONAL CONFERENCE OF SPORT FOR DEVELOPMENT AND PEACE

**October 26-27, 2020
Bandung, Indonesia**

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**SCHOOL OF POSTGRADUATED
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PREFACE

Good afternoon, ladies and gentlemen. Thank you so much to each and every one of you for being here today at Virtual International Conference Sport for Development and Peace in Indonesia. My name is Amung Ma'mun. It is such an honour for me to speak behalf of the organizer this conference.

Before we get started, I would like to express my appreciation to the Director School of Postgraduate, Prof. Dr. H. Syihabbudin, M.Pd. And specially to all keynote speakers Prof. Cem Tinaz from Okan University Istanbul, Turkey. Dr. Dee Dee A. Salle, Ph.D from Edith Cowan University, Australia. Dr. Agus Mahendra, MA from Universitas Pendidikan Indonesia.



And for all Participant

In today's conference, we would learn about Sport for Development and Peace. Currently, sport has become a very important issue in carrying out the UN mission, namely Sport for Development and Peace, the meaning is that sports today are not only for the development of the sport itself, but also as an instrument of development, namely for personal development and the life of the people of a nation including building peace in it. Hopefully this conference can provide a little information and open our minds about the importance of sports in facing global issues in the world.

In addition, this conference was held in order to launch our first journal, namely the ASEAN Journal of Sport for Development & Peace. Hopefully this journal launch can accommodate researchers' thoughts on sports, especially sport for development and peace.

Once again, Thank you for participating in this conference. Now, I need to handover it to Ms. Nisa to start our next agenda in this conference. Thank you very much for listening. Glad to see your enthusiasm and sincerity many of you in this virtual international conference.

Bandung, October 2020

The Chairman of ASEAN journal of Sport for Development and Peace

Head of Sport Education Study Program

School of Postgraduate

Universitas Pendidikan Indonesia

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



Welcoming Speech of Director of School Postgraduate

Thank you very much for the opportunity that has been given to me to give welcoming speech for the Virtual International Conference for Sport Development and Peace in Indonesia. My name is Syihabbudin, I am the Director of the Postgraduate School Universitas Pendidikan Indonesia. I am delighted to be present at this extraordinary conference. Before I deliver the welcoming speech to this conference, I want to thank you

To the Head of the Sports Education Study Program and chairman of the Virtual International Conference for Sport Development and Peace in Indonesia, Prof. Amung Ma'mun.

Next to the wonderful Keynote speakers

Prof. Cem Tinaz from Okan University Istanbul, Turkey.

Dr. Dee Dee A. Salle, Ph.D. from Edith Cowan University, Australia.

Prof. Amung Ma'mun, Head of the Sports Education Study Program and also to

Dr. Agus Mahendra, MA from Physical Education Teacher Education for Primary School the Indonesian Education University and especially for all participants, academics and sports practitioners who are present today.

The ideas of this conference are very good. Sports are one of the instruments that can be used as international peace and also the formation of national character that has been proclaimed by the United Nation. I hope that by holding this conference we will all gain a new understanding and a new paradigm of sports.

Furthermore, I congratulate the launch of the ASEAN Journal of Sport for Development and Peace, hopefully it will become a platform that can be used by researchers on sports in ASEAN and more widely in the world.

Well, without waiting any longer, I officially opened the Virtual International Conference for Sport Development and Peace in Indonesia.

Bandung, October 2020

Rector of Universitas Pendidikan Indonesia

Prof. Dr. Syihabbudin, M.Pd.

Keynote Speaker



Cem Tinaz

Cem Tinas as a Director of the School of Sports Sciences and Technology at Istanbul Bilgi University since 2015 and an esteemed board member of the Turkish Tennis Federation since 2009. Serving as full time lecturer and head of the school. Courses taught include: Marketing Communications in Sport, Sport and Media, Event Management, Sport Sponsorship, Bidding and Application in Sport Events. In 2014, visiting senior lecturer at Sport Business School Finland. Served as a

visiting lecturer and taught 150 course hours for three bachelors and two masters-level courses. Cem Tinaz have skills excellent one-on-one interpersonal communication and relationship skills, self-motivated, passionate, persistent, and goal oriented individual. Cem Tinaz also able to work on own initiative or as part of a team and can deal with administrative duties competently.

Dee Dee A. Salle

is the Regional Head, Regional Head (RAAN ECU) & Adjunct Senior Lecturer (International Collaborations) at Edith Cowan University Australia. An international multi-award-winning Celebrity Exercise Physiologist, Nutritionist, TEDx Speaker & Talk Show Host. A Golden Key Honour Society Scholar, her research on obesity was chosen for its impact on obesity in Asia and was accepted and presented at the President's Cup Award, American College of Sports Medicine Northwest Annual Meeting. Ambassadors to brands like Reebok, Norwegian Seafood Council, Dr Dee Dee has several signature communities-crossing-countries fitness research programmes to her name, Fat2Fit Asia and Walking Football4Health. Her research interests includes high intensity exercise, obesity, metabolic health & weight management and walking football. This media darling conducts synergy on community/ corporate health and research collaborations internationally.





Amung Ma'mun



Amung Ma'mun is a professor of sports policy and development at the Indonesian University of Education. He is currently the Head of the UPI Postgraduate School's Sports Education Study Program. His expertise is in the field of sports policy and development and is an Executive Board Member for the Asia-Pacific Association of Sport Studies (APASS). The practical implications of this expertise are in accordance with the theoretical and operational foundations that have been practiced in formulating strategic development planning (coaching and development) in the sports sector, both at the regional level through the West Java Sports and Youth Office, West Java KONI, and at the

national level at the Ministry of Youth and Sports. Other skills that have been practiced, namely related to scientific development and sports resources, development of cooperation in the field of national and international sports, one of which is realizing cooperation in sports development and development between the government of West Java and Gyeongsangbuk Province, South Korea. Apart from being a lecturer, he also understand the government bureaucracy from experience in the structure of the West Java Provincial Government as Head of the Echelon II Sports and Youth Service for more than 3 years, Chair II who is in charge of Achievement Development, Research and Development at KONI West Java (4 Years) and Ministry of Youth and Sports with his last position as Expert Staff to the Minister of Echelon I (2011-2016). He is also a supervisor for undergraduate, master and doctoral students. In my current position as Head of the Masters (S2) and Doctoral (S3) Study Programs, He is also collaborated with the Indonesian Ministry of Youth and Sports (2018) and West Java KONI (2018) to organize Masters (S2) Sports Education for outstanding sportsmen and sports coaches. the national and regional levels of West Java.

Agus Mahendra

Agus Mahendra is Senior Lecture (Associate Professor) at the Department of Sport Education at Universitas Pendidikan Indonesia, Bandung. Assistant Dean of Academic Affairs FPOK UPI, two periods, from 2003 to 2010, he is also assistant deputy for the application of science and technology sports, Kemenpora RI, January 2011- May 2014. In addition, Agus Mahendra is also a member of the National Sports Standardization and Accreditation Board for the period 2015 – 2018. He is currently the Head of the Physical Education Teacher Education for Elementary School Study Program





Rundown
Virtual International Conference
Sport for Development and Peace in Indonesia
Monday, October 26, 2020

Time	Activities	PIC
15.20-15.30	Opening	MC
15.30-15.40	Welcoming Speech from the Chairman of AJSDP	Prof. Amung Ma'mun, M.Pd.
15.40-15.50	Welcoming Speech from Director of School Postgraduate UPI	Prof. Dr. H. Syihabuddin, M.Pd.
15.50-16.30	Presentation of The First Keynote Speaker "Investigating Legacies of Failed Olympic Bids"	Prof. Cem Tinaz Moderator: Dr. Agus Mahendra, MA.
16.30-16.40	Q&A	Moderator: Dr. Agus Mahendra, MA.
16.40-17.20	Presentation of Third Keynote Speaker "Topic"	Dr. Dee Dee A. Salle, Ph.D. Moderator: Anira, M.Pd.
17.20-17.30	Q&A	Moderator: Anira, M.Pd.
17.30-17.40	Closing	MC



Rundown
Virtual International Conference
Sport for Development and Peace in Indonesia
Tuesday, October 27, 2020

Time	Activities	PIC
08.00-08.10	Opening	MC
08.10-08.50	Presentation of First Keynote Speaker “Strategic Issues about National Sports System Law in Indonesia ”	Prof. Amung Ma'mun, M.Pd. Moderator: Anira, M.Pd.
08.50-09.00	Q&A	Moderator: Anira, M.Pd.
09.00-09.40	Presentation of Second Keynote Speaker “Physical Education: The Strategic Fertilization into the Sport for Peace”	Dr. Agus Mahendra, MA Moderator: Burhan Hambali, M.Pd.
09.40-09.50	Q&A	Moderator: Burhan Hambali, M.Pd.
09.50-10.00	Closing	MC
10.00 till end	Parallel Session	Committee



Parallel Session
Tuesday, October 27, 2020

Day-2	Job Description	Keynote Speaker Day-2
Syarifatunnisa, M.Pd.	MC	
Anira, M.Pd.	Moderator 1	Prof. Dr. Amung Ma'mun, M.Pd.
Burhan Hambali, M.Pd.	Moderator 2	Dr. Agus Mahendra, MA.
Muhamad Naufal Abdurahman, S.Si.	Host	Scope
Juliandi, M.Pd.	Moderator Room-1	Physical Education and School Sports
Milda Asyifa Nafsa, S.Si.	Moderator Room-2	Sport Science
Eni Desanti, S.Pd.	Moderator Room-3	Sport Policy and Development
Ai Melis Kusmiati, S.Pd.	Moderator Room-4	Sport History and Culture
Fitriani Dewi, S.Si.	Moderator Room-5	Sport Management
Nur Andini Suryalestari, S.Si.	Moderator Room-6	Sport Coaching



PRESENTER LIST

No	Name	Room
1	Raden Ervian Hadi Kusumah	1
2	Zaidarus	
3	Aep Saefullah	
4	Ilham Rahmadiky	
5	Rini Supriatin	
6	David Ibadurrohman	2
7	Ane Gustine	
8	Uum Umiyati	
9	ADITIA BENY SUBEKTI	
10	Asep Angga Solaeman	
11	Galuh Alam	3
12	Muhamad Ramlan Pamungkas	
13	Agi Septiadi	
14	Agam geofani akbar	
15	Mildan Mugni Abdillah	
16	Fahmi Abdul Fatah	4
17	Dr. Ma'ruful Kahri. M.Pd	
18	MASHUD	
19	Dr. Agi Ginanjar, M.Pd	
20	Nissa Aulia Belistiana Utami, S.Pd.	
21	Eva Sri Gumilang	5
22	Kurniati Rahayuni	
23	Moch Hasan Nurul Ambiya	
24	Nurhadi Apriandi	
25	Dicki Nur Fauzi	
26	Syaefullah Ambiya	6
27	Acep Rohmat Nurhidayat	
28	Youannisa Beladdina Hanapi Patoni	
29	Nilotika Ismawati	
30	Syahrul Ramadhan	
31	Ahmad Sandi	6
32	Mochamad alam ramdhani sumarwan	



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The Need for Physical Condition Components of Each Basketball Player's Position

Alen Rismayadi*, Herman Subarjah², Yunyun Yudiana³, Agus Rusdiana⁴

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Abstract

Physical condition is the most important part of sports because it can support other aspects such as technique, tactics, and mentality. Formulation of the research problem is 1) What is the need for the physical condition of the point guard in basketball? 2) What is the need for the physical condition of the shooting guard in basketball? 3) What is the need for the physical condition of the small forward in basketball? 4) What is the need for the physical condition of the power forward in basketball? 5) What is the need for the physical condition of the centre in basketball? While the purpose of the study is to determine 1) The need for the physical condition of the point guard in basketball? 2) The need for physical conditioning of the shooting guard in basketball? 3) The need for the physical condition of the small Forward in basketball? 4) They need the physical condition of power forward in basketball? 5) The need for the physical condition of the centre in basketball? The research method is a quantitative descriptive method. The research findings are 1) Point guard is anaerobic endurance (stamina), agility, speed, leg power, and leg strength; 2) Shooting guard is speed, agility, anaerobic endurance (stamina), leg power, and leg strength; 3) Small forward is agility, speed, anaerobic endurance (stamina), leg strength, and leg power; 4) Power forward is leg strength, leg power, anaerobic endurance (stamina), speed, and agility; 5) centre is leg power, leg strength, anaerobic endurance (stamina), speed, and agility.

Keyword: *Basketball, Player Position, and Physical Condition.*

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The Effect of Teaching Physical Education Online on the Performance of Basic Gestures

Friekie Asti Al'Fiyah Mawar Dani*, Agus Mahendra²

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Abstract

No one can argue COVID-19 doesn't change the face of education. Before mandatory virtual transitions rather than face-to-face instruction, many argued online programs were inadequate compared to "physical" programs. Virtual education advocates highlight the many strengths of online education. So the purpose of this article is to discover whether online physical education teaching can improve the performance of basic motion patterns in students. The results found that online physical education learning had no significant effect on the performance of basic motion patterns but stimulated students to think creatively, the method used using descriptive methods, with Motor-Test (GPAI) instruments and interviews, with a population of 168 students at SDN 1 Jati Kab Garut, and a sample of 42 students.

Keyword: *Online Learning, Basic Motion Pattern Performance, Students*

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Analysis of Management Programs in an Effort to Increase the Motivation of Practicing Athletes in Badminton Student Activity Unit of Universitas Pendidikan Indonesia

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Abstract

The Badminton Student Activity Unit of the Indonesian Education University is one of the Students Activity Units of sports that have achievements in regional and national matches. This research aims to explore the management of the athlete coaching system of the badminton student activity unit of the Indonesian University of Education in improving the motivation of training athletes to achieve the best achievements. The method used in this study is to use a descriptive qualitative approach. Then by using observation and interview techniques as a data collection tool. The results of this study found that the management of the athlete coaching system of badminton student activity units can increase the motivation of athletes, namely by carrying out trials with other units and large clubs in west Java periodically. The implications of this research could be a reference material for other Sports Student Activity Units to use the same coaching system management in achieving the best achievements

Keyword: *coaching system, motivation, achievements*

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Development of Life Skills in Long Term Athlete Development: A Case Study in Hockey

Ai Melis Kusmiati*

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Abstract

This study aims to examine the literature on the importance of developing Life Skills in the Long Term Athlete Development program in hockey. Life Skills are defined as psychosocial abilities for adaptive and positive behavior that enable individuals to effectively handle demands and challenges in everyday life (UNICEF, 2003). Kendellen (2016) explains that Life Skills is a combination of intrapersonal and interpersonal skills consisting of perseverance, goal setting, emotional regulation, honesty, teamwork, and respect. To achieve optimal hockey athlete development, long-term athlete development is needed, which consists of training, competition and recovery based on the biological age of the athlete (individual maturity level) as developed by Sport Canada "Canadian Sport. for Life". Life Skills are integrated into a long-term athlete training program based on the The Life Skill Transfer Model from Pierce, Gould, and Camire (2017). This literature study is obtained from several sources referring to the long-term development of hockey athletes in England and Canada. The results prove that many researchers (for example, Camiré, Forneris, Trudel, & Bernard, 2011; Petitpas, Cornelius, Van Raalte, & Jones, 2005) suggest that coaches systematically integrate Life Skills development and transfer strategies in coaching to optimize long term athlete development.

Keyword: *Development, Life Skills, Long-term athlete development, LTAD, Hockey*

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Futsal Competition System in Indonesia

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Abstract

The purpose of this study is to determine how the implementation of the futsal competition system in Indonesia and how it compares with other countries' competition systems as an indicator of the success of the competition. The research method used in this article is descriptive qualitative using a literature review. The research instrument is the author himself as an instrument. The result of this research is that the futsal competition system in Indonesia is carried out in stages and sustainably. Starting from a national scale to age groups or academies. So that the emergence of futsal clubs or associations in every region. FFI as the parent sports organization handles national scale competitions at the elite and pre-elite stages, AFP handles regional scale competitions, AFK / AFKAB handles local or city / district scale competitions, and AAFI handles age group competitions. Majority competitions in Indonesia use a tournament competition format, while the competition system abroad uses a league competition format, even in individual sports and age groups, so that athletes or futsal players do many matches, and make their skills and mentality more competitive. Honed. The author suggests that the competition system in Indonesia uses a league format at each level / stage of competition, whether elite, pre-elite, regional, or local, so that athletes do many matches, so that when they enter the next level, their competitive mentality is getting better.

Keyword: *Futsal, System, Competition, League, Indonesia*

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Efforts to Increase the Amount of Active Learning Time through Cooperative Learning Type STAD in Invasion Game Learning

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Abstract

This study aims to see the extent to which cooperative learning type STAD can increase the amount of active learning time of students in learning invasion games. This research method is a classroom action research method and carried out with 6 phases of action. This research was assisted by 2 coaches as collaborators who were intensively active in pre-observation, planning, action, observation, and reflection. The research subjects were students of SMA Negeri 3 Bandung. The research instrument was a time analysis observation sheet in learning invasion games. The results of data processing and analysis using presentation techniques from pre-observation to action III cycle II indicate active time student learning as much as 64.4%. It can be concluded that the type of STAD cooperative learning can increase the amount of active learning time of students in invasion games.

Keyword: *Active Learning Time, Cooperative type STAD, Invasion Game*

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Sport Policy Indonesia: Elite Sport Development

Adi Rahadian^{1*}, Amung Ma'mun², Berliana³, Nuryadi⁴

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Abstract

The success of elite sports in Indonesia plays an important role in building and constructing national identity. Along its development, the success of sport is pictured as a symbol of national resurrection and sport winner as national icon. Status and power of sports Indonesia among other countries is measured by the country's success in having achievement in international sport events. Elit sport development is implemented through sport introduction stage, monitoring, fostering, also developing talent and improving achievement (*UU SKN No. 3 Tahun 2005*). The system of elite sport development in Indonesia which is oriented to: a) build elite's facility; b) support for athletes; c) provide training and sport science; and d) centered competition opportunity (Pelatnas) in the preparation of international competition. Thus, there are four government programs which are implemented in order to develop national sports, which are: 1) development and compatibility of sport policy; 2) recreational sports and physical freshness program; 3) talent scouting and sports nursery program; 4) sports achievement improvement program. The implementation of those development programs are done evenly, systematically and integrated for all society in Indonesia by adjusting the geographical and cultural conditions of the nation, and involve all the potential and strength of the nation in improving the quality of life and sports achievements at the national and international levels. This study explores the sports achievements of Indonesia with the aims of maximizing the policy of elite sport development in Indonesia. The achievements of elite sports are the pride of the country, including obtaining diplomatic recognition, ideological competition and a belief that the success of sports at international level gives benefit for socio-political in the nation, starting from feeling pleased, optimistic and giving impact economically, especially in relation to organizing elite sports competitions.

Keyword: *Achievement, elite athlete, Indonesia, national identity, sport development*

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The Effect of Volleyball Competition on the Achievements of Volleyball Athletes

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Abstract

Volleyball plays an important role for athletes because there are many motives for achievement, such as competence, increased performance, and competition. Through a sports competition, athletes can learn about the opponent's physical skills, strategy, mental and playing patterns. Competitive sports can be positive for the progress and improvement of athletes' performance if athletes and coaches are able to use the experience in a match as a yardstick to evaluate the shortcomings of athletes and the team as a whole. This article discusses how competition affects the athlete's process of achieving achievement, the intense competition in a competition and requires athletes to have the best performance in every match. However, it will not be easy if the athlete has no experience in how to control himself in a competition. Because the pressure and demands received by athletes in a competition are very strong. The pressure and demands received are usually from coaches, officials, sports organizations where athletes operate, who expect victory as well as pressure from the audience which can cause athletes to break their concentration, unstable emotions, and anxiety. As a result their performance is affected during the competition and rarely wins. Therefore, it requires positive thinking and better mental skills to solve problems that may arise due to emotional instability, anxiety, and lack of concentration.

Keyword: *Competition , Achievements, Volleyball.*

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Technology Capabilities in Physical Education Teachers in Overcoming Learning Limitations in the Covid-19 Pandemic

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Abstract

As the COVID-19 pandemic continues to develop in nearly all regions, various protective measures have been introduced by the authorities, including the closure of schools and universities, and bans on travel, cultural and sporting events, and social gatherings. The purpose of this article is to describe the importance of mastering technology for physical education teachers to overcome learning limitations during the Covid-19 pandemic. This completely restricted situation to break the chain of the spread of the Covid-19 virus has made an impact in various fields, especially in the field of education where the face-to-face teaching and learning process must be moved to learning from home, and a faster solution to overcome this limitation is learning. distance and online-based, for physical education itself the solution to overcome the limitations of learning is by implementing OLPE (Online Physical Education) this is one of the challenges that physical education teachers must solve in implementing more interactive and fun learning even though it is only done at home However, OLPE itself has advantages, disadvantages and obstacles to be applied in Indonesia.

Keyword: *Covid – 19, technology, online physical education.*

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Reciprocal Teaching Style to Improve Learning Outcomes to Play Futsal

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Abstract

This study aims to determine the effect of reciprocal teaching styles on learning outcomes of playing futsal skills. The research method used is the experimental research method. The population used as the research object was the students of SMA Negeri 1 Jampangkulon who took the Futsal extracurricular activity. The sample in the study amounted to 20 students who were taken by incidental sampling. The instrument used was the GPAI (Game Performance Assessment Instrument). It can be concluded that the reciprocal teaching style has an effect on learning outcomes to play futsal.

Keyword: *Reciprocal teaching style, learning outcomes to play futsal*

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STUDY ON THE ANALYSIS OF INDONESIAN RHYTHMIC GYMNASTICS DIMENSIONS OF PSYCHOLOGY AND ANATOMY

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Abstract

Rhythmic gymnastics is a sport that has its own uniqueness. From the motor dimension, the range of motion that athletes must perform is complex and heavy, so it requires good physical and mental support. One of the femininity that stands out from the physical dimension is a beautiful physical structure. The anthropometry required, among others, is that the leg size is longer than the size of the head. The impression of a body shape like this allows rhythmic gymnasts to appear more "feminine" and "beautiful" than other numbers in gymnastics. The research objective was to assess the profile of gymnasts from the anthropometric dimensions and mental toughness. Descriptive research methods, data and information tracing through questionnaires, observation and documentation study. The research sample was the national athletes participating in the XX PON in 20021 in Papua. The instruments used are; mental toughness questionnaire, anthropometric measurements and documentation of athlete's performance. Research result; Body anthropometry has significant correlation with achievement, mental toughness has significant correlation with achievement. In terms of the magnitude of the significance value, body anthropometry has a higher correlation. Research recommendations; In the training process, athletes in rhythmic gymnastics should have adequate anatomical fitness, accompanied by good mental strength

Keyword: *Anthropometry, Mental Toughness, Achievement*

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SPORTS COACHING AND DEVELOPMENT POLICY: A CASE STUDY IN ROCK CLIMBING SPORTS

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Abstract

This study aims to provide an idea to the government that the importance of rock climbing should be developed in every city / district. With the aim of the government, it must be able to develop a rock-climbing sport because rock climbing has many benefits for those who do it. Rock climbing is a sport that develops due to the large number of enthusiasts only to improve physical condition, psychology or enthusiasts in achieving achievements, improving the physical condition that can be achieved in rock climbing such as increased strength, power, flexibility, balance and hand eye coordination. Psychological improvement is seen from the increase in self-confidence, motivation and concentration. In the current decade, Indonesian rock-climbing athletes have made an extraordinary history because they have been able to compete with other countries in every championship / event by getting gold medals, for this sport infrastructure does not require expensive equipment or extensive field because this sport is only need a climbing wall and climbing equipment that the price is still affordable. This research method uses literature review. The articles used in this literature review are articles obtained using 3 databases of Taylor and Francis, Google Scholar and Science Direct which support the research. It is hoped that this research can provide a clear picture for the government in making rock climbing development policies in every city / district.

Keyword: *Rock climbing, government policy, psychology, infrastructure, physical condition*

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The Relationship of Loneliness with Emotional Intelligence in West Java Climbing Athletes

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Abstract

The study aims to find a link between Loneliness and emotional intelligence. The method used in this study is correlational research. With a sample of 20 athletes from PON West Java. Instruments used in the study were the UCLA Loneliness Scale to measure loneliness levels and The Schutte Self Report Emotional Intelligence Test (SSEIT) for emotional intelligence. The statistical test results in this study used Bivariate Correlation with a sig value of 0.36. and the results in this study show there is a positive and significant link between loneliness and emotional intelligence.

Keyword: *loneliness, emotional intelligence, climbing walls*

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Improve Students Drive Skills (Forehand and Backhand) in Field Tennis Course Through Direct Instruction Model

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Abstract

Field Tennis is one of the courses that Physical Education (PE) students teach. One of the basic techniques that students must have is the Drive (forehand and Backhand) skill after serving. This study aims to see the increase in Drive Skills (forehand and Backhand) in students through the Direct Instruction Model. This type of research uses classroom action with 2 cycles without pre-cycle for 7 meetings from 11 September to 30 October 2019 in the PE study program for 25 students. The technique used is the Drive skill test with the Drive Test observation sheet. Data were analyzed using a t-test. The results showed that in Cycle I 80% were still in the expected category, in cycle II 100% were in the category as expected. The test results obtained t count 3.23 and t table 1.6 and a P-value of 0.001. In conclusion, there is a significant increase in the use of the Direct Instruction model to Drive skills in PE students.

Keyword: Improvement¹, Drive Ability (forehand, backhand)², Field Teniss³, Direct Instruction Model⁴

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The Impact of Game Sports Activity and Concentration Ability to Student Cognition Function (Experimental study at SMA Negeri 7 Bandung)

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Abstract

The purpose of this research is to verify the diversity between futsal game and softball games with the concentration ability to improve cognitive function. The research was conducted on the students of SMA Negeri 7 Bandung by using Experiments and 2x2 anova factorial research design. The Data was collected by : Concentration Grid Test, Digit Span Test and Academic Potential Test. Population in this research are the students who followed extracurricular futsal game and softball game at SMA Negeri 7 Bandung, and samples were taken with purposive sampling. namely the technique of determining the sample with certain considerations. Data is processed using SPSS program version 22. The results of this research are: 1) There was a significant impact of the softball game compared with futsal game in improving the cognitive function of students with a difference 77,06%. 2) There is no interaction between learning softball and futsal with concentration. 3) Futsal learning is more precise than softball learning with students having high concentration of P-value $0,047 < 0,05$. 4) Softball learning is more precise than futsal learning with students with low concentrations of P-value $0,000 < 0,05$.

Keyword: *Concentration, Sports Game Activity, Cognition Function.*

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Contribution of Parents 'Nutritional Status and Economic Status of Students' Physical Education Learning Outcomes SD Negeri 27 Ulak Karang, Padang City

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Abstract

This research is based on the school fact that student learning outcomes are still low from the previous semester, student scores are still below average or below the graduation standard. This can be seen from several factors that influence learning outcomes, presumably the nutritional status and economic status of parents which more influence student learning outcomes. The purpose of this study was to see how much the contribution of nutritional status and economic status to students' physical education learning outcomes SD Negeri 27 Ulak Karang, Padang City. This type of research is correlational. The population in this study were students SD Negeri 27 Ulak Karang, Padang City which numbered 131 people. The sampling technique was purposive sampling, so the sample in this study was determined to be 30 people, namely class V and VI girls only. To obtain research data, the NHCS was used, a questionnaire to reveal the economic status of parents and learning outcomes from report cards. The data obtained were analysed with a simple product moment correlation, and continued with multiple correlation to get the relationship between the three variables, for the contribution made by the determinant coefficient. The results of the analysis showed that, there was a significant relationship between nutritional status and learning outcomes of Physical Education, where $r_{count} = 0.385 > r_{table} 0.361$ at $\alpha = 0.05$. There is a significant relationship between economic status and physical education learning outcomes where $r_{count} = 0.488 > r_{table} 0.361$ at $\alpha = 0.05$. There is a joint relationship between nutritional status and economic status on students' physical education learning outcomes SD Negeri 27 Ulak Karang, Padang City where $R_{hitung} = 0.555 > R_{tabel} 0.361$ at $\alpha = 0.05$. From the results above, it can be concluded that both the nutritional status and the economic status of the students are also good for the learning outcomes of Physical Education, especially students SD Negeri 27 Ulak Karang, Padang City.

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The Role of Teachers in Efforts to Improve Higher-Level Thinking Skills through Reciprocal Teaching Styles in Physical Education Learning

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Abstract

This article is presented through a theoretical study that seeks to explain the relationship between reciprocal teaching styles and efforts to increase higher-order thinking skills, which can be said to be the level of critical thinking. In the reciprocal teaching style, the teacher guides students into reciprocal learning situations about drawing good and appropriate conclusions from reading material, as well as summarizing, questioning, clarifying, predicting, and responding to what has been read.

Keyword: *Improvement1, Reciprocal Teaching Styles, Higher-Order Thinking2*

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The Effect of Physical Intimidation by Trainers on Extrinsic Motivation of Martial Arts Athletes

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Abstract

Training in the martial arts sport is often subject to violent and violent intimidation from a coach to athletes, this is very different compared to other sports. Therefore, the aim of this study was to explore the form of physical intimidation that occurs against extrinsic motivation in martial arts training. The method used in this research is grounded theory approach. Then by making observations and interviews as a tool for data collection and analyzing the data. The results of this study found that physical intimidation needs to be done by a coach to athletes. The implication of this research can help coaches in training to be able to provide a good training program for athletes.

Keyword: Intimidation, Motivation, Material Art Athletes

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Relationship Between Socioeconomic Status Participation Of Youth Physical Activity

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Abstract

Adolescence is the period during which lifestyle patterns of behaviour are being formed. The purpose of this study was to determine the relationship between the socioeconomic status of families and adolescents who participate in sports which are determined by parental education and family income for effective youth participation in physical activity sessions. The number of participants in this study were 39 adolescents with 18 boys and 21 girls. In this study, researchers used a companion sampling technique, namely sampling that was found improperly. This study showed a significant positive correlation between the level of physical activity of adolescents and father's education ($r = 0.352$, $p = 0.028$) and family income ($r = 0.468$, $p = 0.003$), while maternal education had no significant effect on the level of physical activity of adolescents ($r = 0.283$, $p = 0.080$). These results can be concluded that adolescents with low socioeconomic status are more likely to display low physical activity while students with high socioeconomic status are more likely to display high physical activity.

Keyword: Social Economic Status, Physical Activity, Participant

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Evaluation of Judo Achievement Development in Bandung City

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Abstract

Evaluation is done to see the evaluation or failure of an activity program. By conducting an evaluation, you will get information about the extent of the performance of a program or monitor the achievements of a program and also the problems that arise so that you will find problem solutions to make improvements. The purpose of this research is to see or obtain an overview of the implementation of Bandung City Judo performance coaching, while specifically what you want to know is Context: a specific reference for Bandung judo. Input: The elements that support the fostering of special performance fostered judo in Bandung. Process: Implementation of the special judo training for the city of Bandung. Product: The impact of fostering the special achievements of judo in Bandung. The research method used the CIPP (Context, Input, Process, Product) model. This research uses a qualitative descriptive research approach. The subjects of the research were all those who had an interest in the special development process, namely the daily chairman, the head of the achievement guidance, the head coach, coaches and athletes, the instruments used in the data study were observation, interviews, questionnaire, and documentation study. This investigation found interpretation of the questionnaire based on the criteria of the CIPP model, in the Evaluation of Product Assessment Results. And this is a good criterion in the performance standards of a coaching. The conclusion from the evaluation results of judo performance coaching in Bandung is included in the overall good category from the aspects of Context, Input, Process and Product. However, it still needs improvement in terms of infrastructure, funds and organization.

Keywords: Evaluation, Achievement Development, Judo

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The Influence of Outdoor Game and Exploration Program to Learners' Life Skills

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Abstract

Life skills are skills that a person needs in order to be able to communicate with other people as well as a provision for someone to survive and develop the quality of life in their environment, especially for school-age children and adolescents. Outdoor education becomes one of the options to further improve student development in learning since the characteristics of the natural atmosphere are considered to be the right choice in developing student potential. This research aims at improving the life skills of grade XI students at Madrasah Aliyah (Islamic Senior High School) Al-Ahliyah by using a planned program through Outdoor Games and Exploration. The research design used is The Matching-Only Pretest-Posttest Control Group Design. The sample in this study was selected by using an assessment based on the aims of the study. The sample selected in this study were adolescents aged 14-15 years, and the sampling technique used was purposive sampling. The sample was divided into 3 groups, namely group A, B, and C. Group A consisted of 10 adolescents who participated in the outdoor game activity which was integrated into life skills in the program. Furthermore, group B consisted of 10 adolescents who participated in the exploration activity which was integrated into life skills in the program, and group C consisted of 10 adolescents who participated in the outdoor game and exploration activity which were integrated into life skills in the program. Then, a control group consisted of 20 adolescents participating in the outdoor game and exploration which were not integrated into life skills in the program. The results of research done by experts show that the outdoor education program that is planned or structured has a very influential contribution to improve students' life skills in their adolescence.

Keywords:

Outdoor education, Outdoor game, Exploration, Life skills, MA-ALAHLIYAH

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A Phenomenological Study of Former Indonesian Tennis Athlete

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Abstract

The concept of the phenomenon of athlete's life career has attracted a lot of public attention, not only in terms of success but also in terms of the athlete's journey from an early age, to the career transition period before retirement. Nevertheless, the current phenomenon of post-athlete life has received much attention from the public regarding the status of former athletes whose lives have been successful and well-being. This has become a focus of attention to the athlete's life cycle concept of the "start to the end" that post-athlete life must continue since the career. So, that the estuary of life is welfare. Based on this phenomenon, the researcher is compelled to examine more deeply the life of the former Indonesian female professional tennis athlete with the best achievement reaching rank 19 in the world. The focus of this research study is about the process of a career journey, adaptation to career transition, and subjective well-being or 'sense of well-being' after becoming a professional athlete. This article aims to look at the continuation of a post-athlete career. The research method is qualitative using triangulation techniques, namely observation, interviews, and textual document analysis. The instrument used is a human instrument. From the research results, it is found that the life cycle phenomena of respondents of former Indonesian female tennis athletes, that there is a second career and the influence of the welfare of life satisfaction after becoming a professional tennis athlete. These findings can be used as an inspiration for further research developments regarding the transition period of athletes' careers and post-athlete welfare in the world of sports.

Keyword: Career Development, Career Transition, Former Athletes, Second Career, Subjective well-being

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Implementation of Cooperative Learning through Modification of Football Learning to Improve Student Learning Participation

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Abstract

The research background by the problem of learning student participation in learning activities of physical education. The purpose of this research for increase learning student participation of learning football at class VIII in SMPN I Subang West Java pass cooperative learning model. The method of this research use classroom action research (PTK). The population of this research is the student of class VIII of SMPN I Subang. The technique sample of this research uses purposive sampling of 32 assessment questionnaire sheets, and documentations take theory from Keith Davis (in Suryosubroto, 2008, page 279). The data analysis technique uses a percentage test. The result test and analysis are concluded. There is increased significant student participation with use learning football modification.

Keyword: Modification, Participation, Football, Cooperative Learning

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Effect of Training Model-Based Performance in Improving Basic Skills Motion Gymnastics Floor (Experimental Study in Class Xi Sma Pasundan 2 Bandung)

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Abstract

The purpose of this study was to determine the effect of the Performance-Based Training models to increase skills in learning gymnastics wax attitude in SMA Pasundan 2 Bandung XI. Methods of experimental study with pretest posttest control group design. The population of the entire students of class IX and a sample of 20% of the population selected at random were 30 students experimental group and 31 control group students. The instruments used are indicators of assessment of learning outcomes wax attitude, the tools used in the process of wall / wall, the help of friends, and mattresses, as well as evaluating the basic motion wax attitude. The shape of the indicators in the attitude Wax is: 1) the preparation, 2) Implementation 3) Final. So the conclusion is a model of performance based training can be used as an alternative to improve the skills of gymnastics floor wax attitudes class XI SMA Pasundan 2 Bandung.

Keyword: Model-Based Exercise Performance, Basic Motion Skills Floor Exercise

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**Relationship of Gender, Nutritional Status and Physical Activity
with the Physical Fitness of Students
Wikrama 1 Garut Vocational High School**

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Abstract

Physical fitness is something that everyone must have, especially teenagers of school age. In this age range, school students can perform all activities optimally and confidently. Therefore, factors that are related include: gender, nutritional status and physical activity. Correlation studies are used with research with the ex post facto method. The sample was collected by using random sampling technique. A sample of 30 people is a mixture of class X, XI, XII students of SMK Wikrama 1 Garut. The data were analyzed in the form of tests for normality, homogeneity, and correlation of gender, nutritional status, and physical activity with physical fitness for students (P-value <0.05). The results showed that there was a relationship between gender and physical fitness with significance ($0.00 < 0.05$), there was no relationship between nutritional status and physical fitness with significance ($0.121 > 0.05$), there was a relationship between physical activity and physical fitness with significance ($0.00 < 0.05$), there is a relationship between gender, nutritional status and physical activity with students' physical fitness with a significance ($0.00 < 0.05$). It is hoped that the next researchers can conduct research with other factors that can influence besides gender, nutritional status, and physical activity.

Keywords: Gender, Nutritional Status, Physical Activity, Physical Fitness, Wikrama 1 Garut Vocational High School

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Enhancement of Aerobic Resistance through Fartlek and Interval Training

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Abstract

The problem that the authors raise in this study is about increasing aerobic endurance through fartlek training and interval training. Fartlek training and interval training are needed in an exercise program to increase aerobic endurance. The objectives of this study were: 1) To determine the impact of fartlek training on increasing aerobic endurance. 2) To determine the impact of interval training on increasing aerobic endurance, 3) To find out which one has a more significant impact between fartlek training and interval training on increasing aerobic endurance. The research method used in this research is the experimental method. The population in this study were 22 members of the futsal extracurricular at SMK Negeri 1 Sumedang, and all of them were sampled. Sampling using saturated sampling technique or total sampling. The results of the calculation of the significance test of the increase in training results with the fartlek training method and interval training on the increase in aerobic endurance obtained tcount which is greater than ttable after the calculation obtained tcount = 4.17 and t table = 2.62. Because tcount is greater than ttable, then Ho is rejected. So the conclusion is that there is a significant difference between the increase in aerobic endurance of the group using the fartlek method and interval training. This means that the group that was given treatment using the interval training method showed a higher increase compared to the group using the fartlek training method. Based on the results of the research, it is advisable for the trainers to provide the two training methods above gradually, systematically according to the periodization and training objectives. If further research is carried out, it is hoped that more samples can be used so that a more significant increase can be seen.

Keyword: aerobic endurance, fartlek, interval training, futsal, VO2Max

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Application of Personal Tests to Establish A Futsal Sport Team Framework

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Abstract

The DISC test is a tool for understanding types of behaviour and personality styles, first developed by William Moulton Marston. In its application in the business and business world. This test was also used to recruit soldiers in World War II, this tool has opened insights and thoughts, both professionally and personally. Like most similar test kits (including IQ tests). The purpose of this study is to reveal whether Personality Tests can help trainers in the formation of a futsal team framework. The method used in this study is qualitative method. This research was conducted at UKM UPI Bandung by using purposive sampling technique from members of UKM UPI Bandung futsal namely as many as 20 people. From the results of research data processing, it was obtained that the application of personality tests to form the framework of a futsal sports team, the following were concluded: Personality tests must be done to form a team during selection not only physical tests, techniques and tactics but tests personality must be done. DISC personality test as an illustration to determine a framework for a futsal sports team. The results of the personality test as an illustration of the position in the futsal team framework, Influencing (I) shows for the position of the goalkeeper, Steadiness (S) shows for anchor position, Conscientiousness (C) shows for flank position, and Dominant (D) shows for pivot position.

Keyword: Personality test, DISC, Futsal

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Biomechanical Analysis of Overhead Backhand Smash Between at the Beginner and Expert Players

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Abstract

In badminton, it demands excellent physical fitness and good motor coordination. This study aims to identify the difference of overhead backhand smash performed by Student Activity Units beginner and expert players at Education University of Indonesia. The parameters to study were focused on upper arm, forearm, elbow and wrist segments. Kinovea 0.9.2-x64 software and Panasonic HC-VC770 Fps 120 camera were used for recording and analyzing the performance of the subject. Six male participants served as the subjects. Result of the study shows that there is no significant difference between the beginner and expert player as the angle and the angular velocity at the shoulder joints, elbow joints, and velocity shuttlecock. Whereas significant differences exist between the beginner and expert players on overhead backhand smash as the angle and the angular velocity at the trunk tilt torso and wrist joints. The good coaching is devised to assist coaches and players in assessing and improving performance be it beginner or expert badminton players.

Keyword:

Badminton, Biomechanics, Overhead Backhand Smash, Joints Action, Upper Body

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Relationship of Arm Power with Flying Shoot Skills in Handball Game in Health and Recreation Physical Education Students Generation 2015

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Abstract

To the effect this research is subject to be known relationship among power arm muscle with competence flying shoot in handball game on Health Physical Education College Student Health and generation Recreation 2015. Population in observational it is exhaustive Health Physical Education College Student and generation Recreation 2015 total one 175 person with son amount 126 person and daughters 49 person. Samples taking tech did by tech purposive random is sampling namely bases son gender judgment total 32 person. Then of 32 person are made as sample in observational it. Instrument that at utilizes which is essay power arm muscle by use of medicine ball and ability flying shoot. Observational data at analysis with tech statistic product moment's correlation. Result that at gets from hypothesis testing, power is arm muscle have relationship with competence flying shoot, where are correlation coefficient ($r_{xy} = 0.71 > r_{tab \alpha (0.05: 32) = 0.349}$). Base analysis data therefore in this research gets at concludes that exists relationship that significant among power arm muscle with competence flying shoot in handball game on Health Physical Education College Student and generation Recreation 2015.

Keyword: Power is Ability Arm Muscle Flying Shoot1, Handball2

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Application of Technology in Physical Education

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Abstract

Indonesia is a country with a fairly high population record, it is recorded that the Alpha generation occupies 48% of the population in Indonesia, this generation that is accustomed to living side by side with digital technology. Technology is a very important need in today's population, which is clearly seen in the Z generation and the Alpha generation whose lives have been well supported by the latest digital technology. The latest technology is utilized in the field of education to streamline the role of physical education teachers, teachers who effectively imitate and apply national educational technology standards for students. Teachers are expected to know how computers and other technological devices can contribute to data collection for sports skills analysis, for student learning assessment, and for evaluations related to physical health. There are many reasons that show the importance of incorporating technology in learning, that is, it can motivate students, improve teaching, and assess students objectively. A teacher can use technology to explore new teaching methods, the latest in this technology also helps teachers convey knowledge to students in a more life, stimulate student interest in learning, and improve the quality of physical education learning.

Keyword: Technology, Teacher, Physical Education

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Book of Abstract International Conference of Sport for Development and Peace in Indonesia 2020



Sports for Development and Peace: Its Implementation in Indonesian Schools

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Abstract

Sport is currently believed to be not only an arena for achievement but more than that, namely as a variable for development and peace at the state level. Physical and mental health factors play an important role in building and peace. This paper will discuss how to implement sports as an aspect of building a country and as a peace effort that has been implemented by Indonesian schools through the achievement of students' physical and mental health. The methods used in obtaining data were interviews and distributing questionnaires (mental health) and TKJI (physical health). Data were analyzed using descriptive analysis. The results obtained are that schools in Indonesia have taken steps in an effort to make students physically and mentally healthy, namely by implementing physical education learning based on the curriculum made by the government. Even though the reality is based on the evaluation that has been done, the physical and mental health levels of students are still in the low to moderate category, especially those in the city of Padang.

Keywords: *School, Physical and Mental Health*

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Negative Social Interaction and Psychological Well-Being on Female Basketball Athletes

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Abstract

Women and sports are interrelated, although for a long time women's participation in sports has been underestimated. The sport could maintain a person's psychological well-being (PWB) but also it surely has a negative effect. This research examines the negative social interactions experienced by female athletes in basketball. Negative social interactions in basketball occur due to the stereotype of a "masculine" sport moreover women are considered weaker than men. This research aims to analyze the impact of negative social interactions obtained by female basketball athletes that affect the athlete's Psychological Well-Being (PWB). The instrument used was a closed questionnaire entitled Negativity on Female Athlete Questionnaire (NFAQ), which was given to 24 female basketball athletes at the Indonesia University of Education (UPI). The results stated that negative social interactions: (1) were experienced by female basketball athletes; (2) are related to the athlete's PWB condition; (3) requires a role of coaches which is important to maintain the psychological well-being condition of female athletes; (4) can be turned into motivation that can encourage athletes to strive harder for the future.

Keyword: Negative Social Interaction, Psychological Well-Being, Female Athlete, Basketball

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Evaluation of the Use of Supplement Products in Taekwondo Athletes

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Abstract

The purpose of this study was to determine the use and knowledge of supplement products in taekwondo (TKD) athletes. Supplement products have become commonly used by athletes to help sports performance. Unfortunately, not all athletes are knowledgeable about the use of supplement products. Not a few athletes tend to be mistaken about the use of supplement products. This will be very worrying if it is continued because it will affect the athlete's own sports performance. This study uses a descriptive method by giving a questionnaire to the sample once. The sample in this study were 18 taekwondo athletes in West Java who were taken using the total sampling technique from the population. The results showed that 100% of male and female athletes used supplement products. The types of supplement products used in the sample are protein powder (90%), creatine (10%) for male athletes, while protein powder (75%), vitamins (12.5%), and minerals (12.5%) for female athletes. It is known that information related to supplement products is obtained from various sources, namely coaches (100% for male athletes and 62.5% for female athletes), pharmacists (12.5), and others (25%). The biggest reason athletes use supplement products is to improve performance (70%) male athletes and (50%) female athletes, another reason is bodybuilding (30%) male athletes and (25%) female athletes and increases body immunity (25%) female athletes. The use of supplement products in TKD athletes has a good purpose, but unfortunately, the majority of athletes do not have a good knowledge regarding the use of supplement products. Therefore, athletes need to have a good knowledge regarding the use of supplement products and also to carry out periodic evaluations so that their intended use can be maximally achieved.

Keyword: Supplement Products, Taekwondo Athletes, Nutrition

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Study of Learning Models Physical Education on Pandemic Covid 19

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Abstract

This study aims to examine the application of the physical education (PE) learning model during the pandemic COVID 19. The research method used is literature review by examining scientific learning models as an implementation of the curriculum 2013 which can be used in Physical Education learning during the pandemic Covid 19. Literature studies are sourced from research journals with international reputation, indexed national journals and books related to learning models. The results of the study show that there are two models chosen and recommended for use in the learning process, namely problem based learning and discovery learning as one of the learning models based on the scientific approach. Therefore, the results of this study will be followed up in further research by trying to implement the two models in the Physical Education learning process in schools during the pandemic Covid 19, both online and offline.

Keywords: Scientific Approach, Problem based learning, Discovery learning

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Professionalism of Physical Education Teachers through the Application of Scientific Learning Approaches in the New Adaptation Era

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Abstract

The writing of this article aims to examine the impact of the Physical Education teacher professional competency strengthening program through the scientific learning approach during the new adaptation period (AKB). Activities carried out on Physical Education teachers in Bandung City totaling 25 teachers who are members of the Sports Teachers Association (IGORA) Bandung City. The program approach is developed by three stages of the process, namely the preparation, implementation, and follow-up stages. To carry out the three stages of the process, a combination of theoretical and practical methods is used which are packaged in two main activities, namely workshops and practical exercises in the field. The workshop process refers to the four stages of the process developed by (Boyett & Boyett, 1985), namely (1) the stage of forming experiences in collective activities with others, (2) the reflection stage to rethink the meaning of involvement in the activities it does, (3) the concept formation stage to formulate the meaning of its involvement in the activity, (4) the concept testing stage to determine the meaning that can be obtained from the activities it carries out. Meanwhile, field practice is carried out in an exercise scenario, in the form of a simulation of the application of a learning program that has been developed either manually or through auditors' assistance. The program to strengthen the professional competence of the Physical Education teacher profession has a significant impact on understanding and application in applying scientific learning approaches during the adaptation period for new adaptation.

Keywords: Scientific Approach, Physical Education Teacher Professionalism.

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Development of Coaching Education of Sports in West Java

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Abstract

This study aims to conduct an in-depth study of the importance of trainer training, especially in West Java. The research method used is a quantitative descriptive model, namely this research is a study that aims to explain the existing phenomena by using numbers to standardize individual or group characteristics. The sampling technique was using purposive random sampling technique. The number of samples is 100 of coaching trainers consisting of representatives of 10 people from each sport who have attended the West Java level trainer organized by the West Java Dispora. These trainers do a pretest and a post-test on 3 aspects, namely cognitive, psychological and self-confidence. After obtaining data from the three things above, several phenomena will be obtained that can be described through data and numbers both carried out in written tests for cognitive aspects, or by doing an Eysenck test for personality tests and questionnaires to see the level of confidence before and after the trainer training takes place. From the results of this study, it is hoped that there will be an input for policy makers about the importance of trainer training to improve the ability of coaches to foster athletes or more. Furthermore, to improve sporting achievement at the West Java and Indonesian levels.

Keywords: Coaching education, coaching development, Management of sport

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Government Policy Concerning the Provision of Public Sport Facilities and Infrastructure in Sukabumi City (Evaluation Study on Availability, Utilization and Management of Sport Facilities and Privacy)

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Abstract

Government policy is a product of the efforts made by the Government to meet people's needs, one of which is the availability of public sports facilities and infrastructure. The implementation of policies for each region varies according to the needs of the region. Therefore, an evaluation study is needed regarding the policies of the Sukabumi City Government regarding the provision of public sports facilities and infrastructure so that it is possible to evaluate existing policies and make new policies that are more effective and right on target. This study aims to describe the Government's policy regarding the availability, utilization and management of public sports facilities and infrastructure in Sukabumi City. This research was conducted in Sukabumi City, West Java Province. The method used is qualitative verification with the subject of government policy research on the provision of public sports facilities and infrastructure. Sources of data are documents of regional regulations on sports and informants from the Mayor of Sukabumi, the Head of Disporapar, and Heads of Sub-districts and Lurahs throughout Sukabumi City using snowball sampling technique. Data collection techniques used in this study were reviewing documents and archives (content evaluation), in-depth interviewing and observation. The results showed that the policy of facilities and infrastructure, the provision of public sports facilities and infrastructure in Sukabumi City seems to be stretching. intensively carried out in the City of Sukabumi. The availability of public sports facilities and infrastructure in Sukabumi City has gradually begun to be fulfilled, but in fact the community does not really understand the function and purpose of holding public sports facilities and infrastructure, the availability of public sports facilities and infrastructure is not evenly distributed in all sports and is not evenly distributed throughout all urban villages. is in Sukabumi City. Utilization of available facilities and infrastructure has not been maximized and is often used for interests outside of sports. The management of existing facilities and infrastructure has not been properly considered so that there are facilities and infrastructure that are neglected and damaged, because there is no adequate maintenance, it is necessary to have ideal and factual facilities and infrastructure for the provision of public sports facilities and infrastructure in Sukabumi City.

Key words: Policy, availability, utilization and management, public sports facilities and infrastructure.

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Management of Facilities in Sport Jabar Arcamanik 2019-2020

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Abstract

The purpose of this research is for the management of sports facilities in West Java Arcamanik for 2019-2020. The function of sports facilities and infrastructure is one of the government's obligations to improve the quality and potential of human resources. Therefore, the sports education development policy strategy is a big plan capable of accommodating simultaneous and programmed national development. As mandated in the SKN Law No. 3 of 2005 Chapter XI article 67 paragraph 1 and 2 which reads: 3 1. The government, local governments and the community are responsible for the supervision of sports infrastructure. 2. The government and local governments guarantee the population of sports infrastructure in accordance with the standards and needs of the government and local governments. The research method used is descriptive qualitative development with data collection techniques using random sampling by collecting data collected in the form of words, pictures, and not numbers. The data comes from interview script, field-notes, photos, personal documents, notes or memos and official documents. The results of the study show that the management of the West Java Arcamanik sports facilities in 2019-2020 is still not optimal. This research is expected to be used as an evaluation material for all managers of sports infrastructure in West Java Arcamanik in planning, implementing and improving good infrastructure management.

Keyword: Management, Sports Infrastructure, Sport Jabar Arcamanik

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High Intensity Interval Training Improves Vo2max Ability in Central Java Post-PON Handball Athletes

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Abstract

Handball is a sport that requires athletes to have good cardiovascular endurance (Vo2max). This article explains the effect of interval training on the cardiovascular endurance (Vo2max) ability of pre-PON handball athletes in 2019. The research used experimental research methods using the research design "one group pretest posttest design". The sample of the study used 32 athletes of Post PON Handball Central Java, consisting of 16 male athletes and 16 female athletes. The instrument uses the instrument High Intensity Interval Training Program and Cardiovascular Endurance Test using the Multistage Fitness test (MFT). Data analysis using T-test Based on the results of the paired t test, the p value (sig.) Was 0.003. The significance value is $0.003 < 0.05$, so there is a significant effect. So it can be concluded that there is an effect of High intensity Interval Training on the cardiovascular endurance ability of Central Java Post-PON handball athletes.

Keywords: Interval Training, Endurance Training, Cardiovascular, Handball

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An Exploration of Life Skill Development through Sports in Three Senior High Schools (SMA / SMK / MA) Favorite In Subang (Comparative Descriptive Study)

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Abstract

The positive relationship between youth sports participation and the development of Life Skills is widely recognized by various researchers. It is recognized that sports can improve life skills and individual psychological abilities and can be used as a means to improve social, emotional, and academic skills for individuals who are involved in sports activities (L. Cronin, 2015, Hayden et al., 2015). More in-depth research has explored the role of life skills development through participation in school-based sports (physical education and sports extracurricular). In light of this considerations, this study examines life skills developed through sports participation in three favorite high school (SMA / SMK / MA) in Subang. Data were collected through a questionnaire LSSS (Life Skills Scale for Sport) and a supporting questionnaire that explores information on supporting LSS instruments distributed online via google form to students of SMAN 1 Subang (n = 58), SMKN 1 Subang (n = 58), and MAN 1 Subang (n = 58). Data were analyzed using a constructivist approach and descriptive statistics. In this study aims to find out 1) profile the life skills of students in the favorite school and compare them based on the student development activity program at that school, (2) know the differences in the life skills of students who actively participate in sports with those who do not exercise and do not take extracurricular activities, and (3) know differences in the life skills of students who take sports extracurricular activities with students who take non-sports extracurricular activities, and (4) to determine the goals of students taking sports extracurricular activities and non-sports extracurricular activities. Furthermore, in the conclusion it is hoped that a reference will be obtained for the school in preparing an activity program to develop student life skills.

Key words: Life skills, sports extracurricular, non-sports extracurricular activities, favorite high school in Subang.

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COMPETENCY OF PENCAK SILAT TRAINER IN PON JABAR TRAINER REVIEWED FROM ATHLETE PERSPECTIVE

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Abstract

Pencak silat training has many limitations, one of which is the competence of the trainer. However, if handled by a competent trainer, these limitations can be overcome. So the goal to be achieved through this study, namely to determine the athletes' perceptions of the competence of the pencak silat trainers at the PON Jabar plate. This research is descriptive research using survey methods. The research instrument was a competency questionnaire of the pencak silat trainers. The research sample was 20 athletes of pencak silat in the West Java PON. Based on the type of research, this research includes quantitative descriptive with a percentage. Based on the results of the study, it is known that the overall competence of the pencak silat trainers in the West Java PON is based on 5 competency factors in the "very poor" category by 12%, the "poor" category by 26%, the "good enough" category by 28%, the "category" good "by 15%, and "very good "category by 19%. This research is expected to become a reference in human resource management (pencak silat trainer at Pelatda PON West Java).

Keywords: Competence, Coach, athlete, Pencak Silat.

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Analysis of Regional Government Sports Development Policy of West Java Province in the Perspective of Increasing Public Participation in Sports (APMO)

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Abstract

The development of sports that are appropriate and that touch all levels of society is an important consideration in every regional development step in the sports sector. With good quality sports in a community environment, it is hoped that it will improve the quality of life of the community both at national and regional levels. The purpose of this study is to determine how the regional government of West Java Province manages sports development policies to increase the number of community participation in sports. This research was conducted in the regional government offices of West Java province, especially the Office of Youth and Sports. The method used in this study uses qualitative methods by carrying out several approaches to literature review, interviews and field studies of the field under study. From the results of the study, it was found that the regional government of West Java province had made a policy in sports development by forming a team of bachelors who assisted the driving force of sports development (SP3OR) which was distributed to 27 cities / districts.

Keyword: Sports development, APMO, West Java Provincial Government Policy, SP3OR.,

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Improving Community Health through Sport for Quality of Life: An Overview from an Implementation Perspective of Sport for Development and Peace

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Abstract

This article aims to formulate recommendations for efforts to improve community health through sports for quality of life, based on the results of a review of the implementation of Sport for Development and Peace in five countries, namely India, Uganda, Canada, Azerbaijan and Australia. The method used is a literature review of several written documents, research results and publications related to the topic of study. The focus of the study includes four indicators, namely: integration, cooperation, direction, and feasibility. The results of the study show: 1) on the integration indicator, the programs developed by the five countries have become an integrated and integral part of their respective peace-building or community development programs; 2) in the aspect of cooperation, there has been the involvement of local public figures and sports figures as a form of support and local legitimacy; 3) in the aspect of direction, the developed sports program is supervised by people and institutions that have the authority to supervise; and 4) in the feasibility aspect, the sports program has a time period that is not too long and has proven to be effective as an instrument of peace. Based on the results of the study, it is recommended that the government initiate the implementation of Sport for Development and Peace by taking into account the four indicators studied and adjusting to the conditions and development of sports policies.

Keywords: public health; sport, quality of life; sport for development and peace.

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The Perspective of Sports Events with Tourism in Indonesia

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Abstract

The purpose of this research is to develop sectors and actors (regional and national) to explore the region, especially because of its contribution to regional development through international sporting events (Asian Games 2018 and Sea Games 2011) which the government sees as an opportunity to promote tourism. The method used in this research is qualitative with a phenomenological approach with an interpretive paradigm. The instrument in this study is the writer himself as the main instrument. That Indonesia has the potential to develop cities and promote the use of sporting events to build a regional image and attract local and international tourist visitors. The effect of this has been felt by cities or regions that have hosted or organized international or national sporting events with an impact on local economic growth and providing a positive regional image so that it will impress tourists to make return visits at sporting events or other events. Thus, this can help government programs in realizing their aspirations to build a country through the development of sports with tourism.

Keyword: The Perspective, Sports Events, Tourism

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Developing the Mastery of Women's Football Playing Skills through Futsal Games

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Abstract

The purpose of this study was to determine whether futsal could help improve playing skills for women's soccer players. Some researchers state that futsal can help in enhancing football skills (Barron et al., 2020) (Yiannaki et al., 2018) (Travassos et al., 2018). However, no studies have been conducted on women's football players; the research was conducted on men's football players. Futsal was created as an indoor variant of football. With that in mind, it is fair to suggest futsal as many of the techniques and skills required are similar to football, such as controlling the ball, shooting, passing, perception, anticipation, and decision making (Milligan I, Borrie A, Horn R, 2002). This research is qualitative. Collecting data using the interview method with interview techniques that are carried out through the google form application. The players interviewed in this study were women's futsal players at the Universitas Pendidikan Indonesia Bandung, who succeeded in bringing the women's PERSIB Bandung to become champions of the Indonesian Women's League 1 in 2019. This article wants to show that futsal can positively impact improving skills for women football players.

Keyword: futsal, women's football, development, skills

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Analysis of Influence of Brand Ambassador on the Interest Against Purchasing of Polygon Bike (A Case Study of Yzkusma Bike Gallery's Consumers)

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Abstract

Every purchase made by consumers for goods to be purchased, of course, consumers have a boost of interest and certain factors so that consumers can provide choices on the goods to be purchased. So to find out how to analyze consumer considerations in determining what items to buy, this study aims to determine how to analyze the influence of brand ambassadors on consumer buying interest in polygon bikes. This research method uses a quantitative approach with a survey research design. The population used in this study were 247 polygon bicycle consumers at the YZKusma bicycle shop. The sampling technique in this study used a probability sampling technique, random sampling, using the Slovin formula. The total sample used in this study was 153 consumers. Then the data collection technique uses a questionnaire regarding consumer considerations in the interest in purchasing a bicycle which is distributed to the respondents. The results showed the Sig. 1-tailed > 0.05, that is, H1 is rejected, indicating that brand ambassadors have a positive effect on consumer buying interest in polygon bikes. The buying interest of bicycle consumers is influenced by figures from brand ambassadors who have their own values for consumers.

Keywords: Interest, consumer consideration, Brand Ambassador, Polygon Bike

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THE EFFECT OF BRAIN GYM ON SHORT-TERM MEMORY IN THE ELDERLY

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Abstract

Increasing age is accompanied by physical and mental decline, including decreased brain function. Decreased brain function is characterized by memory loss. Short-term memory has a very important role in human life. Elderly (aged) is a population that often experiences short-term memory disorders. Memory decline in the aging process can be slowed down by increasing the activity associated with brain function. The brain gym has certain movements that can improve the functional quality of the human brain and body. This study aims to determine the effect of the implementation of the brain gym on the short-term memory function in the elderly. The research used an experimental method at the Senjarawi Home. Thirty respondents were divided into the same number of treatment and control groups. The results of the data analysis showed that there was a significant difference in terms of short-term memory between the control group and the experimental group ($z = -3.402$, $p = 0.001$, $p < 0.05$) this indicates that brain exercise is able to stimulate the hippocampus so that it can affect short-term memory abilities in elderly.

Keyword:

brain gym, short-term memory, elderly



PETANQUE SPORTS DEVELOPMENT IN SUMEDANG REGENCY

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Abstract

Overview of the Development of Petanque Sports in Sumedang District. The purpose of this study was to determine the development of Petanque Sports in Sumedang Regency. Hopefully, this research can solve the problems that occur in the development of Petanque Sports in Sumedang Regency. The type of research used is qualitative with descriptive methods. Data collection methods used were observation, interviews, and documentation. The informants in this study were the Head of Petanque in Sumedang Regency, the Petanque Trainer of Sumedang Regency, the Community of Sumedang Regency, and the Petanque Player of Sumedang Regency themselves by asking some of the questions related to the Development of Petanque Sports in Sumedang Regency. The data analysis technique used Miles and Huberman's theory, namely reducing data, presenting data, and concluding data. The results of the research findings show that: The development of Petanque sports in Sumedang Regency is widely known, but for the Petanque Sumedang club, the surrounding community does not that know that there are clubs that have been formed.

Keyword: Development, Sport, Petanque

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The Effect of Learning Model on Sprint Running Knowledge in SMA Negeri 1 Keruak

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ABSTRACT

This study entitled The Effect of Learning Model on Sprint Running Knowledge in SMA Negeri 1 Keruak. The questions in this study are 1. Is there an effect of the Inquiry Based Learning Model on Sprint Running Knowledge ?, 2. Is there an influence between the Problem Based Learning Model on Sprint Running Knowledge ?, and 3. Are there any more effective results of the two Learning Models on Sprint Running Knowledge? There are also objectives of this study are 1. To analyze the effect of the Inquiry Based Learning Model on Sprint Running Knowledge ?, 2. To analyze the effect of the Problem Based Learning Model on Sprint Running Knowledge ?, and 3. To analyze whether there are more effective results of the two Learning Model for Sprint Running Knowledge? This research uses descriptive quantitative research methods with the sampling technique is simple random sampling and purposive sampling technique. Data collection techniques in this study were observation, interviews, and using a questionnaire. The analytical tool used is multiple regression with the dependent variable being the Learning Model, while the independent variable is Sprint Running Knowledge. The results showed that the Inquiry Based Learning Model variable had a significant effect on Sprint Running Knowledge, namely by 95% or 67 students who achieved learning completeness. There is also a Problem Based Learning Model that has a positive effect on Sprint Running Knowledge, namely by 85% or 60 students who achieve learning completeness. Based on these percentages, it can be concluded that the Inquiry Based Learning Model is more effective than the Problem Based Learning Model. From the results of this study, it can be concluded that the Learning Model has a positive and significant effect on Sprint Running Knowledge in SMA Negeri 1 Keruak Students.

Keywords: *Inquiry Based Learning Model, Problem Based Learning Model and Sprint Running.*



THE EFFECT OF PHYSICAL ACTIVITY ON SLEEP QUALITY AND FITNESS

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Abstract

Physical activity is every movement made by humans in daily activities as a fulfillment of their life. Regular physical activity is considered an essential component of a healthy lifestyle. Stable physical activity will affect physical fitness and sleep quality. The phenomenon in the field shows that there are 26.1% of people in Indonesia aged ≥ 10 years who are classified as less active and in DIY alone there are 20.8 people who are classified as less active. In the age group of children (10-14 years) who have an inactive lifestyle, the percentage is 67%, and in the adolescent group to young adults (15-24 years) it is 52%. This study aims to determine the effect of physical activity on fitness and sleep quality. This research uses the Ex Post Facto method with the type of research Causal Research. Data collection was carried out using instruments, namely the Global Physical Activity Questionnaire (GPAQ) to measure the level of physical activity, the Pittsburgh Sleep Quality Index (PSQI) to measure sleep quality and the Bleep test to measure the fitness level of the research subjects. The research subjects were active members of the Cimahi Running Crew running community, Indo Runner Bandung and a group that was not active in sports, totaling 105 people. Sampling was done by using purposive random sampling technique. The data analysis technique used regression analysis. The findings of the study were: 1) there was a significant effect of physical activity on fitness by 63.5% 2) there was a significant effect of physical activity on sleep quality by 7.4%. This research is recommended to the public in determining the choice of time to exercise properly and correctly, reminding and making people aware of the importance of exercise in order to maintain personal fitness and get better sleep quality.

Keyword:

Physical Activity, Fitness, Sleep Quality



Riau Province Sports Development Policy Analysis for the Period 2013-2018

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ABSTRACT

Referring to Law No. 25 of 2004, as well as Law No. 17 of 2007 on KPJPN, the Riau Provincial Dispora has designed an RPJMD related to sports development policies that serve as guidelines for the government, society and sports actors. The sports development policy in Riau province has undergone significant changes, as a result of Riau being the host of the 2012 PON. This study aims to analyze the sports development policy of Riau Province. Specifically, the study is directed at the 2013-2018 sports development policy, implementation, impact and evaluation system carried out by the Riau provincial government. The research method is descriptive. Data and information are obtained through literature study, field study and documentation study. Instruments in the form of interviews with respondents, namely Dispora, KONI, coaches and athletes of the PON XX Riau province platda team. Conclusions and Research Results; Riau Province does not yet have a specific achievement sports development policy, the implementation of the policy refers to the policies outlined by the central government. Perda is still a draft and has not been approved by the government, Dispora analyzes achievement targets, and conducts monitoring and evaluation of policy implementation in the field.

Keywords; sports policy, sports achievement, implementation

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THE EFFECT OF DRY LAND TRAINING MODEL ON YOUTH ATHLETES SWIMMING PERFORMANCE

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Abstract

The aims of this study were to examine the effects of the dry land training model on swimming performance in youth athletes. The dry land training model was a training on land which aimed to improve physical and performance components in the form of strength, flexibility, agility, aerobic endurance, and speed also as an alternative training model which did not make athletes feel bored. The method used in this study was a randomized pretest-posttest control group design with a sample of 20 youth athletes of Elite Swimming Club (ESC) who were taken from the population using a total sampling technique. The instruments used in this study were swimming test 50 meter freestyle and close-ended questionnaire. The dry land training model given to the experimental group as a treatment and the conventional training model given to the control group for 4 weeks. The results of this study indicated that: (1) there was a significant effect of the dry land training model on the swimming performance of youth athletes; (2) the dry land training model provided an increase in swimming speed of 50 meters freestyle; (3) the dry land training model was not boring and tended to be fun for youth athletes.

Keyword: Dry Land, Performance, Swimming, Boredom

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ELECTRONIC SCORING SYSTEM: A CASE STUDY ON THE MARTIAL ARTS OF TARUNG DERAJAT

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Abstract

The development of technology towards completely electronics is now growing rapidly. Almost all aspects of human life are currently assisted by technology which aims to facilitate the completion of a job. One of them is the scoring system in sports competitions, especially in the martial arts branch. There have been many martial arts sports that use electronic assessments, such as: Taekwondo, Karate, Judo, Wrestling, and Pencak Silat with different systems in each branch. Tarung Derajat (TD) martial art is a sport that has not used an electronic scoring system. The purpose of this study is to provide suggestions to TD sports regarding an electronic scoring system that approaches TD match systems based on other sports literature studies. The instrument used was a literature study, semi-structured interviews with sports actors in each sport, accompanied by observation. The final results of this study describe the differences in electronic systems in each sport and an effective electronic scoring system used in TD is proposed.

Keyword: Electronic scoring system, martial arts, Tarung Derajat scoring system

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Sport and Development

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Abstract

This article aims to summarize research on the role of sport as a tool for broad and sustainable social development. Sport has experienced development, which is not only seen as a part of development (development of sport) but sport has been seen as a development tool (development through sport). A study of several research results (literature review) was used in the preparation of this article. After summarizing several articles, it is known that sports are part of the Sustainable Development Goals (SDGs). The SDGs address challenges globally, including challenges related to poverty, inequality, climate change, environmental degradation, peace and justice. The SDGs are translated by the Indonesian government into the national development agenda so that it is hoped that sports will become one of the means that can be used to achieve national development goals.

Keyword: Sport, Development, SDGs,

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The Effect of The Availability of Sports Facilities and Socio-Economic Conditions on Sports Participation

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Abstract

This study focuses on studies to determine the effect of the availability of sports facilities and socio-economic conditions on sports participation. The data used are secondary data, all of which are obtained through several publications and the official website of Badan Pusat Statistik (BPS), namely www.bps.go.id. The sports facilities variable (X_1) is represented by the number of sports facilities in each province. Meanwhile, the socio-economic variable is represented by household expenditure for food needs (X_2), good road conditions (X_3), school participation status (X_4) and the percentage of households that have internet access (X_5). This study uses correlational quantitative methods and is processed using SPSS version 25 software using Multiple Regression Analysis. The results showed that 69 percent of the variety of community participation variables in sports can be explained by the variable availability of facilities and socio-economic conditions, while the remaining 31 percent by variables outside the model. In addition, the value of F statistics in the Anova table shows the number $< \alpha = 0.05$, so it can be concluded that simultaneously the influence model between the availability of sports facilities and socio-economic conditions on the public participation rate in exercising is statistically significant. Partially, each variable included in the model also has a statistically significant effect, except for the variable school participation status. However, there is an anomaly that shows that the increasing number of sports facilities actually has a negative effect on sports participation. This research is expected to be used as a reference for policy makers in planning development and designing sports policies, especially in increasing sports participation in Indonesian society. For further research, it should be able to investigate more deeply by using other variables regarding what factors have the most influence on increasing sports participation in Indonesia.

Keywords: *Sports Facilities, Socio-Economic, Sports Participation*

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DEVELOPMENT OF LIFE SKILLS THROUGH PHYSICAL EDUCATION IN POSITIVE YOUTH DEVELOPMENT

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Abstract

Life skills are defined as the range of transferable skills that all people need to help the process develop in daily life. Most definitions of life skills comment on differences between positive youth development and Life Skills. Sports-based life skills programs seek to foster positive youth development by teaching and promoting life skills in a sporting context. This article is a literature study that aims to review the description of life skills through physical education transferring in daily life and becoming a medium and vehicle for research by experts to develop life skills in the context of positive youth development. The results in this article attempt to describe the various studies conducted, including: first, the development of life skills through physical education in the context of PYD; Second, Life Skills in the framework of PYD for the future through physical education. These findings can be used as an inspiration for further research developments in the world of sports.

Keyword: Life Skills, Physical Education, and Positive Youth Development

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MANAGEMENT OF ACHIEVEMENT DEVELOPMENT OF THE PERSIKASI CLUB BEKASI DISTRICT PERIOD 2018 - 2022

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Abstract

Coaching management is a combination of skills related to planning, organizing, implementing, and supervising in the context of an organization which has the main product related to sports. Building sports achievement coaching is a complex and complex work system, because an athlete's achievement is determined by a system of various interrelated parties, so that coordination, synchronization and synergy are required between the various existing stakeholders. In order to achieve maximum results and achievements at the football club, it is necessary to have a structured and systematic management of achievement coaching so that in participating in the event one can perform well. The purpose of this study is to describe the management of achievement coaching (planning, organizing, implementing, controlling) the Bekasi Regency Persikasi period 2018 - 2022. This research uses a descriptive method with a quantitative approach. The sample used in this study, administrators who place 10 people, coaches who place 4 people, and players who connect 15 people. The results of this study indicate that the management obtained by the management with an overall average score of 126.2 mostly falls into the good criteria (50%) and the management obtained by the coach with an overall average score of 94.7, most of them fall into the good criteria (50%). Based on the planning, the administrators and trainers are categorized as good, based on the organization of the board and trainers, they are categorized as good and good enough. Based on the implementation of the management, coaches and players are in good category, and control is in good category. Thus, for Bekasi Regency Persikasi to further improve and improve management that can affect the football achievement of Bekasi Regency Persikasi.

Keyword: Management, Coaching, Achievement, Football Persikasi Bekasi Regency

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Analysis of Recreational Sports Policies in Increasing Sports Participation Based on Regional Regulations Concerning the Implementation of Sports in West Java

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Abstract

Regional Regulation number 1 of 2015 concerning the Implementation of Sports in West Java is a regulation that is a translation of the National Sports System Law. One important aspect discussed is the role of the Regional Regulation in increasing public participation in sports. In practice, the sports participation rate before the enactment of the Regional Regulation on the Implementation of Sports was still below the 50% mark and did not yet have a basis in measuring the community participation rate in sports. Therefore, this article aims to analyze the implementation of recreational sports policies in West Java based on Regional Regulations concerning the Implementation of Sports to increase public participation in sports. The method used in this research is a descriptive qualitative approach. Then by using observation techniques, documentation study, and interviews as tools for data collection, as well as to analyze the data. The results of this study found that the existence of this Regional Regulation on the Implementation of Sports as the basis for implementing sports policies can increase public participation in sports to more than 50%. The implication of this research will be an aspect of consideration for policymakers in implementing sports policy in West Java.

Keyword: sports policy, important aspects, increased participation

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Implementation of the National Sports System Law on the Scope of Recreational Sports in Development through Sports

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Abstract

Recreational sports are one of the keys to a sports development as stipulated in the National Sports System Law. In this Law, sport is positioned as an instrument for national development. However, in practice it is more dominated by the paradigm of sports development that leads to elite sports, regardless of the urgency of this sport, this can be an important aspect of national development. This is a gap between what is stipulated in the Law on the National Sports System and practice in the field. Therefore, this research aims to find out the implementation of recreational 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, as well as to analyse the data obtained, carried out by observations, documentary studies, and interviews. The results of this study found that the implementation of the recreational sports policy that is implemented is close to conformity with the national sports system law because there are still shortcomings and inequality in several aspects. The implications of this research can be taken into consideration for evaluating the implementation of policies to be implemented.

Keyword: sports policy, development instruments, sports urgency

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THE IMPORTANCE OF BUILDING PHYSICAL LITERACY

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Abstract

Physical literacy as a tendency to take advantage of bodily abilities where individuals have the motivation, self-confidence, physical competence, knowledge, and understanding to assess and take responsibility for maintaining achievements and useful physical activities throughout their life (Whitehead, 2013). Physical literacy (PL) has become a major focus of physical education, physical activity and sports promotion worldwide. The importance of developing physical literacy in schools is related to the development of skills, knowledge, and behavior to lead an active life. developing physical literacy involves holistic learning which consists of several domains, namely physical, psychological, social and cognitive. then each domain consists of elements, these elements are the necessary skills, knowledge and behaviors that allow the development of physical.

Keyword: Physical Literacy, Physical Activity, Physical Education

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The Effect of Participation Intensity in Sports Webinars on Coaching Skill and Counseling Skill West Java Fencing Coach

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Abstract

Webinars have become an extraordinary phenomenon this year. The physical loss of Conference activities due to the Covid-19 pandemic has turned this less popular old item 360°. The fact is that webinars have an extraordinary place for many people, one of which is because they can get a lot of knowledge just by having a smartphone or notebook and an internet connection. Moreover, many organizers hold these webinars for free. The response from the athletes in the sports world feels very good, this can be seen from the enthusiasm of the participants in the sports webinar. Starting from coaches, athletes to organizers of the organization. For coaches, the material received can be used as a new reference in processing their skills. Based on this, this study aims to determine (1) the effect of sports webinar intensity on coaching skills and (2) the effect of sports webinar intensity on counseling skills. This research uses a quantitative approach with a comparative descriptive method. The population and sample in this study were 26 West Java fencing coaches. The data obtained were processed using SPSS 16.0 software with the MANOVA test. The results showed that overall (1) the effect of webinar intensity on coaching skills was significant with a sig value of $0.001 < 0.05$ and (2) the effect of webinar intensity on counseling skills was significant with a sig value of $0.000 < 0.05$. In low intensity webinars, there is a significant difference, namely counseling skills with a sig value of $0.000 < 0.05$ and $0.003 < 0.05$ on coaching skills. From the conclusion above, coaches are advised to increase participation in sports webinars so that there will be an increase in counselling skills which are useful for improving the condition or performance of athletes.

Keywords: Webinars, Coaching Skill, Counseling Skill

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THE DEVELOPMENT OF PENCAK SILAT TRAINING MODEL (TAPAK SUCI) IN THE PRESPECTIVE SPORT FOR DEVELOPMENT AND PEACE

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Abstract

The field of sport for development and peace (SDP) has grown significantly, with many organizations and academics embracing the contribution sport may make to development. The aim of this research is to produce a model of pencak silat (tapak Suci) training in perspective sport for development and peace. Pencak silat is one of the cultural heritages of the archipelago that must be preserved and developed because it has ethical, aesthetic, competitive and sports values. The pencak silat training model developed must always contribute to the community development of a nation. This study uses a research and development approach. Meanwhile, the development model used is the development model Research & Development (R&D) from Borg and Gall which consists of ten steps. The test subjects for the product were athletes from the Tapak Suci Pencak Silat College in Kuningan Regency. The data collection instrument used a questionnaire. Data in the form of research results regarding product quality, suggestions for product improvement and other qualitative data. Qualitative data were analyzed using descriptive statistics. The main objective of this research is to inspire and shape the next phase of research on SDP through community sports activities.

Keyword: Pencak silat, sport for development and peace, and training model

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Development Model of Football Referee in West Java

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Abstract

This research is a research on the development model of football referees in West Java. This study aims to determine the development model of football referees in West Java. This research uses qualitative methods carried out by observation, interviews, and documentation. The main research instrument used in this research is the researcher himself (Human Instrument) using a structured interview system, while to guide the interview the researcher prepares questions about the main things he wants to know, the interview instrument is made based on journal references from *Antonie, S.-A.(2010) 'Developing a career promotion model for Romanian football referees'*. The research subjects of this study were the referees and assistant referees who served in the Indonesian league-1 and came from the Provincial Association (Asprov) PSSI West Java. There were 3 respondents, including a referee and assistant referee licensed by FIFA from West Java, 3 other people as informants were former FIFA referees, referee assessors, West Java Asprov PSSI referee committee. The important points that were asked of respondents were related to the development of football referees in West Java. The results of this study are: 1) The West Java referee development program is quite good 2) The ability of referees from West Java to serve in the Indonesian league-1 is quite good and their representation as FIFA referees in international competitions 3) Synergy between the referee coaching program in the City Association (Askot) / Regency Association (Askab) in line with the work program of the West Java PSSI Provincial Association (Asprov).

Keywords: Development Model, Football, Referee, Referee Development.

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Social Capital Profile at the Futsal Club

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Abstract

This study aims to determine the social capital in the sports community, especially futsal. Futsal is a sport that is carried out in groups that should have high social capital as a provision as a social community. The method used is descriptive analysis, a survey which refers to the Club Social Capital Scale (CSCS) instrument. The results showed that the average level of social capital in futsal was 4.45 which means that the level of social capital was very good. The most prominent social capital component in futsal is friendship-acceptance with a percentage of 4.4 followed by norms (behavior) of 4.2, governance of 4.17, and trust-reciprocity of 4. It can be concluded that social capital in futsal can be used as a reference for the individual development process in society.

Keywords: Social Capital, Futsal, Community, Sports, and Groups

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The Effect of Inquiry Learning Model in Sports Education towards Students' Adversity Quotient (AQ).

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Abstract

Physical education is a strategic way in building a nation because the activity and characteristics contain social and intellectual proficiency. Physical education will also give a positive effect in reducing negative activities and transform them to be more beneficial. Based on numerous surveys related to teenagers' attitude, the deviate attitudes numbers (drugs, alcohols, free sex) are raising, it can be caused by the low ability on problem solving which leads to mischievousness and unreasonable thinking, and if it is ignored, it can tarnish nation's dignity. The Inquiry Learning Model in schools is expected to create students' ability in solving problem and their fighting spirit (Adversity Quotient). This research was conducted to the 10thgrade students (X) SMAN 1 Teluk Kuantan Kabupaten Kuantan Singingi. The purpose of this study was to determine the significance of the effect of inquiry learning model and direct instruction in physical education and problem-solving skills to survive the problems (Adversity Quotient). The method applied was experiment (1 experiment and 1 control group) with non-equivalent control group pretest posttest design. The procedures of this research were observation, interview, treatment program preparation, analysis and conclusion. The research findings showed that Inquiry Learning Model which was applied to the experiment group affected students' adversity quotient level on (sig.),000 < a=0,005, while the control group which applied direct instructional model obtained (sig.),000 < a=0,005. Based on the data, it can be concluded that both the Inquiry Learning Model and direct instructional model affect the level of students' adversity quotient. Nevertheless, the effect of inquiry learning model is more significant than direct instructional model.

Keyword: Physical education, inquiry learning model, direct instruction, adversity quotient.

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ACTUAL ROLE OF FEMALE COach in sport

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Abstract

The advancement of sports science nowadays, it has provided many opportunities for everyone to be involved in it. No exception is the opportunity for female athletes to have a career as a professional coach in the future. Based on statistical data published by the International Olympic Committee through the IOC Gender Equality Review Project, it shows that the participation of female coach is still low. The working group recommended that the International Olympic Committee coordinate actions plan in collaboration with the Olympic Movement stakeholders so that more qualified female coach can be selected to participate in the Olympic Games level. This seems to reinforce the stereotype that sports coaches are dominated by men starting from the amateur level to the elite level. Therefore, to gain insight into the participation process of female coach, it is also related to the association, recruitment process, development, and questions to examine how the actual role of female coach in sports.

Keyword: Female, Sports, Coaching, Gender Stereotype, Equality

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PEER TUTORING IN ADAPTED PHYSICAL EDUCATION

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ABSTRACT

The purpose of this paper was to review research on peer tutoring in adapted physical education. Including students with disabilities in physical education may cause many challenges for teachers who are not properly prepared to include students with various disabilities. The active nature of the environment and needs of students with disabilities requires extra instructional adaptations. Multiple types of peer tutoring strategies are used in inclusive physical education including: unidirectional, reciprocal, cross-aged, and class-wide peer tutoring. Overall research studies indicated that training peer tutors can be an important asset in implementing a program. Although there are many challenges to including students with disabilities into a general physical education class, research demonstrates peer tutoring combined with inclusion is beneficial for students with and without disabilities.

Keywords: Adapted physical education, Peer tutoring, Multiple types of peer tutoring.



**Relationship of Smartphone Usage with Physical Activity,
Sedentary Behavior and Cardiorespiratory Fitness
(Correlational descriptive study of students of SMK Islamic Center
Cirebon)**

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Abstract

This purpose of this study was determine the relationship between the intensity of smartphone use and physical activity, sedentary activities and students' physical fitness. The method applied in this scientific paper is correlational descriptive. The population in this study was the students of SMK Islamic Center with certain criteria, namely having a smartphone. While the samples were 2 classes from OTKP. The instruments used was the Mobile Phone Dependence Questionnaire (MPDQ) to measure smartphone use, and the International Physical Activity Questionnaire (IPAQ) to measure physical activity and sedentary behavior, and the Multistage Fitness Test to measure cardiorespiratory fitness. The research was conducted by first knowing the intensity category of students' smartphone use and dividing it into several categories of smartphone use intensity (high, medium, or low) then the three categories were correlated with physical activity, sedentary behavior and cardiorespiratory fitness. Research is being carried out by researchers, with the result of statistical hypotesis found of that there is a significant relationship between the intensity of smartphone use with physical activity, sedentary behavior and cardiorespiratory fitness of students of SMK Islamic Center Cirebon.

Keywords: Smartphone, Physical Activity, Sedentary Behavior, Cardiorespiration Fitness

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THE EFFECT OF LEARNING MEDIA AND COORDINATION ON INCREASING THE SPEED AND ACCURACY OF THE DRAG FLICK TECHNIQUE IN INDOOR HOCKEY

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Abstract

The purpose of this study was to determine the effect of learning media and coordination on the speed and accuracy of the indoor hockey drag flick technique. This study used an experimental method with a 2x2 factorial design. The research was conducted at CLUB CERVO Bandung with a sample size of 16 and used a random assignment sampling technique. The instrument used was a speed coordination reaction, the SKLZ Sport Radar and the accuracy of the drag flick. Data analysis used SPSS v.20 and used the Two Way ANNOVA test. The results showed that 1) There are differences in the effect of the use of learning media and training methods on increasing the speed and accuracy of the drag flick technique in indoor hockey. 2) There is an interaction between learning media and training methods with the level of coordination with the speed and accuracy of drag flicks in room hockey games. 3) There are differences in the influence of learning media and training methods with a high level of coordination on the speed and accuracy of drag flicks in room hockey games. 4) There are differences in the influence of learning media and training methods with a low level of coordination on the speed and accuracy of drag flicks in room hockey games. The conclusion is that the learning media and training methods have an effect on increasing the speed and accuracy of the drag flick technique in indoor hockey.

Keyword:

Learning Media, Coordination, Drag Flick, Indoor Hockey

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EFFECTIVENESS OF STANDARD OPERATING PROCEDURES IN IMPROVING THE PROFESSIONAL PERFORMANCE OF WEST JAVA TABLE TENNIS FACES

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Abstract

This study aims to describe the effectiveness of refereeing standard operating procedures in improving the professional performance of West Java table tennis referees. This research is a descriptive quantitative research. The population and sample of the study were all table tennis referees in West Java province. The data collection instrument used a questionnaire on the effectiveness of standard operating procedures. Data analysis using descriptive statistics. The results showed that the referee assessed that the standard operating procedure of refereeing in West Java was very effective (20%) in improving the professional performance of West Java table tennis referees, most of them considered it ineffective in improving the professional performance of West Java table tennis referees (80%). Thus, to improve the professional performance of West Java table tennis referees, this study is expected to be an evaluation for the West Java Indonesian Table Tennis Association.

Keywords: *Effectiveness of Standard Operating Procedures, professional performance of West Java table tennis referees*



APPLICATION OF JIGSAW TYPE OF COOPERATIVE LEARNING MODEL TO IMPROVE THE FLOOR MOVEMENT OF FLOOR

Angga Wijaya

Abstract

This research was motivated by the low ground motion of floor gymnastics for grade XI students of SMAN 8 Bandung. The purpose of this study is to find out the increase in basic movements of floor gymnastics for grade IX students of SMAN 8 Bandung 2018/2019. From the results of preliminary observations that the researchers have done, it shows that the basic movement of students' floor exercises is still low. Therefore, researchers are interested in conducting a study so that the basic movements of floor exercises can increase. In this study researchers used Classroom Action Research (CAR) methods. The research instruments used in this study were observation sheets, field notes, and documentation. The participants in this study were students of grade XI IPA 6 of SMAN 8 Bandung teaching 2018/2019 which amounted to 25 people. The results of the first cycle of action I showed the basic motion of the floor gymnastics reached a percentage of 40.15%. In cycle I, action II showed that the basic movement of floor gymnastics had increased to reach a percentage of 46%. In the second cycle of action I shows that the basic movement of floor gymnastics is a percentage increase of 61.5%. In the second cycle of action II shows that the basic motion of the floor gymnastics is an increase reaching 81.6%. This research can be concluded that by applying the jigsaw type cooperative learning model can improve the basic motion of floor gymnastics in class XI students of SMAN 8 Bandung.

Keywords: Basic Motion Floor Gymnastics, Jigsaw, Learning Model



**SPORT FOR DEVELOPMENT AND PEACE IN NATIONAL SPORTS
DEVELOPMENT TRAINING SYSTEM: A STUDY ON THE STRATEGIC
PLANNING OF THE STATE MINISTER
FOR YOUTH AND SPORTS AFFAIRS 2015 TO 2019**

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Abstract

Sport for development and peace is a sport aiming for positive contribution to economic development, cultural cohesion, healthy lifestyle, education, social inclusion, and achieving tool for sustainable development (SDGs). It was created by United Nations' countries including Indonesia. Therefore, the purpose of this study is to find out the strategic planning implementation of Ministry of Youth and Sports in 2015 to 2019, especially in the movement of sport development and peace. The performance implementation result of Ministry of Youth and Sports in 2015 to 2019 was analyzed qualitatively. The data obtained from the documentation study of performance evaluation report of Ministry of Youth and Sports in 2015 to 2019. Furthermore, the performance implementation results of the Ministry of Youth and Sports in 2016 reached up to 0.32%, in 2017 to 0.30%, in 2018 - 0.31% and in 2019 only 0.28%. It showed that from 2015 to 2019, Indonesia could only gain "less" category. This study provides the next suggestion: 1) Government should put more attention on development planning through sports. 2) The Ministry of Youth and Sports should create a regulation that would deal with strategic issues among youth in education, health and well-being, employment, participation and leadership, gender and discrimination.

Keyword: Sport development and Peace, National Sports Development, Youth strategy plan and Sports

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MILLENNIALS POSITIVE YOUTH DEVELOPMENT : THE ROLE OF SPORT IN DEVELOPING THE LIFE SKILLS OF YOUTH IN INDONESIA

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Abstract

Human life today cannot be separated from the digital world, increasingly sophisticated technology has changed the pattern of human life. The impact of this technological development is a decrease in physical activity carried out by humans, because every need that is needed can be obtained just by pressing a button on a cell phone, especially the millennial generation who is indeed the target of the development of the technological world in the 4.0 era. The main problem is how does the generation meet physical activity? Of course, physical activity through sports is very important in equipping young people to grow the life skills of young people in Indonesia. The theoretical approach of the Positive Youth Development Program is a very good and effective step in solving the problems of the millennial generation in Indonesia.

Keyword:

Positive Youth Development, Generasi Milenial, Sport For Development

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THE EFFECTIVITY OF SELF-TRAINING MODEL TO IMPROVE ATHELETE'S DURABILITY IN PANDEMIC COVID-19 FOR BOXING ATHLETES IN WEST JAVA

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Abstract

This study aims to 1) evaluate the antecedents of the boxing sports achievement coaching program at the Answerarat regional training centre which includes the availability of facilities and infrastructure, athlete admission system, coach acceptance system, and financing, 2) evaluate transactional boxing performance development programs at the training centre. the Answers area which includes a coaching program including the implementation of training programs, consumption, promotion and degradation, transportation, tranquility and coordination, 3) evaluating the outcomes/success of the boxing sports achievement development program in the regional training centre of the answer. This research is a program evaluation research using qualitative research methods, the approach model used is the Countenece Stake evaluation, the data sources of this research are administrators, coaches, and boxing athletes at the Answerarat training centre. Data collection techniques using observation, interviews and documentation. The flow of this research includes: 1) data collection, 2) checking the validity of the data, 3) presenting initial data, 4) reducing data, 5) presenting reduced data, 6) drawing conclusions. The results of this study are 1) antecedents which include selection Boxing athletes and trainers in the Answers area training are good because they are selected based on the terms and conditions applicable by the provincial government, facilities and infrastructure, and good sources of funds because the source of funds comes from the Answerarat KONI which is supported by the Provincial Pengprov 2) Transactions which include the implementation of the boxing sports training program at the regional training centre is good because it runs according to the scheduled training program. 3) Outcome, the achievement of boxing athletes in Answerarat is lacking and declining. The conclusion is that from the Antecedent aspect, Transaction Outcomes achievements in boxing have decreased.

Keywords: program, boxing athlete coaching

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