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BOOK OF ABSTRACT

# THE 3RD INTERNATIONAL CONFERENCE OF SPORT FOR DEVELOPMENT AND PEACE 2021

"Sport Advanced into Sport for Development  
and Peace: Challenges for Global Sport"

ORGANIZED BY SPORT EDUCATION STUDY PROGRAM  
SCHOOL OF POSTGRADUATE  
UNIVERSITAS PENDIDIKAN INDONESIA

**BOOK OF ABSTRACT (BOA)  
THE 3<sup>rd</sup> INTERNATIONAL CONFERENCE OF SPORT  
FOR DEVELOPMENT AND PEACE (ICSDP) 2021  
“Sports Advanced into Sport for Development and Peace:  
Challenges for Global Sport”**

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Bandung, Indonesia**

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## PREFACE OF THE CHAIRMAN OF THE 3<sup>rd</sup> ICSDP 2021

Assalamualaikum Wr.Wb.

Good afternoon all conference participants.

Many thanks to all of you for being here at The Third International Conference of Sport for Development and Peace with the theme "Sports Advanced into Sport for Development and Peace: Challenges for Global Sport."

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



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

- Mr. Dr. Zainal Amari, SE., M.Sc. (Minister of Youth and Sports of the Republic of Indonesia);

- Prof. Daniel Gould from Michigan State University US;
- Prof. Richard Giulianotti from Loughborough University UK;
- Prof. Ian Harris Sujae from the Polytechnic Republic of Singapore.

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

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

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

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

Wassalamualaikum Wr.Wb.

Bandung, November 2021

The Chairman of The 3<sup>rd</sup> International Conference of Sport for Development & Peace

Head of Sport Education Study Program

School of Postgraduate

Universitas Pendidikan Indonesia

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

## Keynote Speakers



**Dr. Ian Harris Sujae**

Ian Harris Sujae (Ph.D)

Conexus Senior Manager (ERGO Technology Centre), Senior Lecturer (Sport and Exercise Science) at Republic Polytechnic

Ian graduated from the University of Western Australia (UWA) with honors in 2004, majoring in Human Movement, Sports, and Exercise Science. During his final year as an undergraduate, Ian worked closely with medical and health professionals at the Princess Margaret Hospital for children in Western Australia. He was actively involved in community work with the university's Muslims Students Association (MSAUWA) mosque committee responsible for foreign student affairs and mosque management.

In 2012, Ian completed his Ph.D. in Sports Biomechanics, on a research scholarship from the Nanyang Technological University (NTU), with the School of Physical Education and Sports Science, NIE. Ian's Ph.D. research looked at technique and performance analysis in PE and sports (Sepaktakraw). During his Ph.D. candidature, Ian taught DipEd and PGDipEd students and mentored students participating in the NTU-Mentorship Programme of the Gifted Education run by MOE.

Currently, Ian is a senior manager (ERGO Technology center) at the School of Sports Health and Leisure, Republic Polytechnic. In addition to academic responsibilities as a senior lecturer and student-led activities (i.e., mentoring and supervision for industry attachments and community engagement) as a mentor, Ian oversees human factor research projects with the industry. He has worked on several commissioned projects and grants. To date, Ian continues to present his research work at the

International Society of Biomechanics in Sports (ISBS) conferences, which is the highest arena for sports biomechanists to present applied research in sports and publishes in several peer-reviewed journals, including the Sports Biomechanics Journal, International Journal of Sports Science and Performance Analysis as well as the Journal of Sports and Exercise Sciences. Ian is a current member of ISB, ISBS, and a life member with the Singapore Physical Education Association (SPEA).





**Professor Richard Giulianotti**

Professor Giulianotti joined the School in November 2011 from Durham University, where he was Professor of Sociology, and at different times Head of Sociology/Criminology and Head of the School of Applied Social Sciences.

He completed his MA (Honours, First Class), MLitt, and Ph.D. in the Department of Sociology at the University of Aberdeen. He took up his first academic post there as a Research Assistant (1990), followed by a Lectureship (1995), Senior Lectureship (1999), and Readership (2005).

Professor Giulianotti is a member of the REF2021 sub-panel 24 (Sport and Exercise Sciences, Leisure and Tourism), a Fellow of the Academy of Social Sciences (FAcSS), and the RSA, and a member of the Steering Committee of the Global Sports Initiative at Harvard University.

He is program director for the new MSc in Sport Management, Politics, and International Development.

He has been a visiting or guest professor at many universities and institutes, including Harvard University, International Olympic Academy, Johan Cruyff Institute, Seoul National University, University of South-Eastern Norway, Texas A & M University, and the University of Warsaw.



**Professor Daniel Gould**

Dan Gould is the Director of the Institute for the Study of Youth Sports and the Gwen Norrell Professor of Youth Sports and Student-Athlete Well-Being in the Department of Kinesiology at the Michigan State University. As Director, he focuses his efforts on achieving the Institute's mission to provide leadership, scholarship, and outreach that transforms the face of youth sports in ways that maximize the beneficial physical, psychological and social effects of participation for children and youth while minimizing detrimental effects. This is accomplished by providing professional leadership, conducting cutting-edge applied research on critical issues in youth sports and physical activity, and engaging in educational service and outreach by designing programs to develop youth sport coaches, parents, administrators, and officials, as well as young athletes themselves.

Before his current position, Dan was the Bank of America endowed chair in the Department of Sport and Exercise Science at the University of North Carolina Greensboro (UNCG). Also, it held positions at Kansas State University and the University of Illinois. In 1994 he received UNCG's prestigious All-University Alumni Excellence in Teaching Award. In 2001 he also received the American Psychological Association Division 47 Professional Education and Training Award and in 2005 the Citizenship through Sports Alliance good sports award for his outreach work in youth sports.

Dan has focused equal attention on research, teaching, and service activities in applied sport psychology during his career. A specialist in applied sport psychology has taught numerous graduate courses in the area and is presently heavily involved in the graduate program at MSU. He has consulted extensively with multiple athletes of all ages and skill levels and is involved in a wide range of sports. Dan has served as a performance enhancement consultant with the U.S. Ski Team and numerous Olympic athletes. He has consulted with the pit crews of some of NASCAR's leading race teams. In addition to consulting directly with athletes, Dan has been heavily involved in coaching education and youth sports, having made over 600 clinic presentations. He has also served on the U.S. Olympic coaching development committee for ten years and co-chaired the sports science and technology committee. He served for three terms as vice-chair and is currently a USTA Sport Science and Coaching Committee member.

Dan has also become involved in executive coaching, working individually with corporate executives and conducting performance enhancement sessions with the highly regarded English-based Lane4 management group. He has also conducted sessions for the UNC Greensboro Bryan School of Business and Economics.

Actively involved in research, Dan has studied the stress-athletic performance relationship, sources of athletic stress, stress and burnout in young athletes, athlete motivation, coaching psychology, talent development, parental influences in youth sports, how young athletes develop life skills through sport and performance enhancement. Dan's current research focuses on parents' role in junior tennis, how coaches teach young athletes life skills, and assessing the most pressing issues involved in high school sports. He has over 150 scholarly publications and over 50 applied sport psychology research dissemination-service publications. He has been invited to speak on sport psychology topics in over 20 countries. Two research-based children's sports texts have been co-edited by Dan, and he served as one of the founding coeditors of *The Sport Psychologist*. Finally, he has made over 150 regional, national and international scholarly presentations.

Dan has secured numerous external grants to support his research and sports psychology educational efforts. Specifically, he has received funding from the US Olympic Committee, the USTA, NFL Charities, US Swimming, US Skiing, and USA Wrestling.

Dan has written *Reflections from a career in sport psychology* as well as co-authored three books, *Foundations of Sport and Exercise Psychology* (with Bob Weinberg), *Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers* (with Lew Hardy and Graham Jones), and *Handbook of Sports Coaching* (with Cliff Mallett). In addition, Dan has edited five other books. He is incredibly proud of the numerous master's degrees and 20 doctoral students that he has had the opportunity to advise and have gone on to pursue careers in sport psychology.

Dan is a certified consultant and active fellow in Association for Applied Sport Psychology (AASP). He was also honored to serve as President of AASP. Other notable distinctions include being named USA Wrestling person of the year for his sports science work, the first Australian sport psychology scholar, his inclusion on a listing of top ten U.S. sport psychology specialists, being named one of the 100 most influential sports educators in America, receiving the AASP professional practice and mentoring awards and being awarded an honorary doctoral degree from Vrije Universiteit Brussels in Belgium.





**Dr. H. Zainudin Amali, S.E., M.Sc.**

Dr. H. Zainudin Amali, S.E., M.Sc. (born March 16, 1962) is the Minister of Youth and Sports in the Indonesian Advanced Cabinet Joko Widodo-Ma'ruf Amin in the 2019-2024 period; he is a businessman and politician from Gorontalo. Zainudin is a member of the Golkar Party who served as Chairman of the Golkar Party DPP for the 2014-2019 period.

Zainudin Amali is a member of the DPR-RI who was elected four times, where he was first elected as a member of the council representing Gorontalo Province in the 2004-2009 period and three times representing East Java Province in the 2009-2014 period, 2014-2019 period, and 2019-2024.

Previously in 2007, Zainudin was awarded the Limboto Lake Conservation Award for the Conservation Initiative Category. He is now appointed as Minister of Youth and Sports in the Indonesia Forward Cabinet by President Joko Widodo and Ma'ruf Amin.

**Rundown**  
**The 3<sup>rd</sup> International Conference of**  
**Sport for Development and Peace**  
**Monday, November 1<sup>st</sup>, 2021**

<b>Time (Jakarta Time)</b>	<b>Activities</b>	<b>PIC</b>
14.00-14.05	Opening	MC
14.05 - 14-10	Welcoming Speech from the Chairman of The 3 <sup>rd</sup> ICSDP	Prof. Dr. Amung Ma'mun, M.Pd.
14.10 - 14-15	Welcoming Speech from Director of School Postgraduate UPI	Prof. Dr. H. Syihabuddin, M.Pd.
14.15 - 15.30	Presentation of The First Keynote Speaker	Dr. Ian Harris Sujae
15.30 - 16.00	Q&A	Rita Anggorowati, M.Pd.
16.00 - 17.30	Presentation of Second Keynote Speaker	Prof. Richard Giulianotti, Ph.D.
17.30 - 18.00	Q&A	Rita Anggorowati, M.Pd.
18.00 - 19.00	Break	Committee
19.00 - 20.30	Presentation of Third Keynote Speaker	Prof. Daniel Gould, Ph.D.
20.30 - 21.00	Q&A	Rita Anggorowati, M.Pd.
21.00 - 21.05	Closing	MC

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

Time	Activities	PIC
09.00 - 09.05	Opening	Cep Ubad Abdullah, M.Pd.
09.05 - 10.30	Presentation of The Featured Speaker	Dr. H. Zainudin Amali, S.E., M.Si.
10.30 - 11.00	Q&A	Rita Anggorowati, M.Pd.
11.00 - 11.10	Break	Committee
11.10 - 11.15	Instruction for Parallel Session	Committee
11.15 - 13.30	Parallel Session (Breakout Room)	Committee
13.30 - 13.35	Closing (Main Room)	Cep Ubad Abdullah, M.Pd.

## SCHEDULE FOR PARALLEL SESSION

### THE 3RD INTERNATIONAL CONFERENCE OF SPORT FOR DEVELOPMENT AND PEACE (ICS DP)

TUESDAY, 2<sup>nd</sup> NOVEMBER 2021

NAME	TITLE	SCOPE	MODERATOR	ROOM	SESSION	TIME
Teten Hidayat	THE EFFECT OF THE DEVELOPMENT OF THE FITNESS CENTER INDUSTRY ON EMPLOYMENT OPPORTUNITIES FOR ALUMNI STUDENTS OF PJKR FPOK UNIVERSITY OF EDUCATION INDONESIA	Sport for Development and Peace	Syarifatunnisa, M.Pd.	1	1	11.15-16.00 WIB (Jakarta Time)
Budi Abdulrahman	LIFE SKILLS DEVELOPMENT IN YOUTH THROUGH PHYSICAL EDUCATION AND SCHOOL SPORTS				2	
Yopi Kusdinar	LIFE SKILL DEVELOPMENT THROUGH VOLLEYBALL SPORTS IN THE POSITIVE YOUTH DEVELOPMENT FRAMEWORK				3	
I Kadek Suardika	INTEGRATING LIFE SKILLS INTO BASKETBALL TRAINING PROGRAM FOR POSITIVE YOUTH DEVELOPMENT				4	

Gita Friskawati	A CONSIDERATION FOR PHYSICAL LITERACY IN INDONESIA				5	
Danta M. Sibarani	PENGARUH PHYSICAL ACTIVITY TERHADAP MENTAL HEALTH PADA ANAK DAN REMAJA : SUATU SISTEMATIS REVIEW				6	
Panji Rinaldi Putra	INDONESIA NATIONAL SPORTS GAMES (PON) ORGANIZING IN THE REFORM ERA (2000-2020)				7	
R.Aldi Rizaldi	PERSPECTIVES OF HIGH SCHOOL ATHLETES IN WEST JAVA ON SUPPORT, NEGOTIATION, COMMUNICATION, AND LIFE SKILLS DEVELOPMENT				8	
Devi Febria Ayuningsih	DEVELOPMENT OF LIFE SKILLS THROUGH THE TAE KWON DO SPORTS EXERCISE PROGRAM FOR POSITIVE DEVELOPMENT OF YOUTH				9	
Fariha Nilan	THE ROLE OF SCHOOLS IN ESPORTS DEVELOPMENT AMONG YOUNG PEOPLE				10	
CECEP ABDURRAHMAN KURNIA SANDI	THE EFFECT OF COOPERATIVE LEARNING MODEL TYPE OF TEAMS GAMES TOURNAMENT AND EMOTIONAL INTELLIGENCE ON BASKETBALL PLAYING SKILLS				11	



	IN INDONESIA RAYA BANDUNG SMK STUDENTS				
Wisnu Murtiansyah	IMPACT OF THE PANDEMIC COVID-19 ON THE ACTIVE LIVING BEHAVIOR OF JUNIOR HIGH SCHOOL STUDENTS IN WEST JAVA				1
Luo Wei	ANALYSIS CURRENT SITUATION OF FITNESS AND HEALTH MEASURES UNIVERSITY TEACHERS IN BEIJING				2
Rama Mardhe Gitta	RELATIONSHIP OF PHYSICAL ACTIVITY WITH COGNITIVE PERFORMANCE IN THE STUDENT: A SYSTEMATIC LITERATURE REVIEW				3
Abdurrohman jaelani	COMPARISON OF THE APPLICATION OF ICE BREAKING AT THE BEGINNING OF LEARNING AND THE CORE OF LEARNING TO PARTICIPATION IN PHYSICAL EDUCATION LEARNING AT SMA NEGERI 6 CIMAHI	Physical Education & School Sports	Ai Melis K., M.Pd.	2	4
Deden Herdoles	PHYSICAL ACTIVITY ON COGNITIVE FUNCTION: A SYSTEMATIC LITERATURE REVIEW				5

Muhammad Rizky Nur Dhani	EFFECT OF EMOTIONAL INTELLIGENCE WITH COOPERATION ABILITY ON FUTSAL GAME PERFORMANCE				6	
Agung Alhamdy Syahputra	THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE, SOCIAL SUPPORT, AND LEARNING MOTIVATION WITH PHYSICAL EDUCATION LEARNING OUTCOMES				7	
Yuan Lei	TECHNICAL AND TACTICAL ANALYSIS OF ZHAO SHUAI, MALE 63KG ATHLETE IN 2019 WORLD TAEKWONDO CHAMPIONSHIP				8	
Fatah Ibrahim Suwanda	RECOVERY OF KNEE AND ANKLE INJURY VOLLEY BALL ATHLETES IN PBV PASUNDAN BANDUNG	Sport Science	Anira, M.Pd.	3	1	
Guo Xinyu	APPLICATION OF BACK KICK TECHNOLOGY AND ACTION ANALYSIS OF BEIJING YOUNG MEN'S TAEKWONDO ATHLETES				2	
Yuniarti Sani Damayanti	DRY-LAND TRAINING PROGRAM DURING PANDEMIC COVID-19				3	
Lin Ming Wei	RESEARCH STATUS AND PROSPECT OF THE FUSION OF SCIENCE AND TECHNOLOGY AND COMPETITIVE SPORTS -				4	

	TAKING TAEKWONDO AS AN EXAMPLE					
Muhammad Ikhsan Hadi	POLICY OF PROVISIONING AWARDS AND WELFARE TO ATHLETES AND COACHES OF BANDUNG REGENCY AT THE 2018 PORDA EVENT				5	
Qonidah Salsabila Senja	ANALYSIS KNOWLEDGE LEVEL LAWS OF THE GAME RUGBY UNION OF RUGBY ATHLETES PON XX PAPUA	Sports Policy & Development			6	
Siti Arviyani	SOCIAL CAPITAL IN WOMEN HANDBALL TEAM				7	
Chen Yinru	THE STUDY ON FOOTBALL CLUB PERFORMANCE MANAGEMENT A CASE OF THE ENGLAND FOOTBALL ASSOCIATION	Sports Management			8	
Asep Sumpena	RELATIONSHIP BETWEEN HUMAN BODY COMPOSITION AND ANAEROBIC CAPACITY IN WOMEN FUTSAL PLAYERS				9	
He Kai	TECHNICAL AND TACTICAL ANALYSIS OF MAJOR FOREIGN OPPONENTS EPEE PREPARING FOR THE TOKYO PARALYMPIC GAMES IN GROUP B OF THE CHINESE WOMEN'S WHEELCHAIR FENCING TEAM	Sports Coaching	Milda Asyifa N, M.Pd.	4	1	

Agung Gumbira	LEG MUSCLE POWER VOLLEYBALL ATHLETE				2	
Qin Xue	THE EFFECT OF LATERAL SLIDE SPORT ON THE BODY WEIGHT AND COMPOSITION SYMMETRY OF FENCING ATHLETES				3	
Siti Hanifah	WSD'P APPLICATION AS VIOLENCE PREVENTION TOOLS THROUGH SPORT TO ACHIEVE GENDER EQUALITY SDG'S 2030				4	
Andi Ahmad	THE RELATIONSHIP OF SELF AWARENESS WITH THE PARTICIPATION LEVEL OF FOOTBALL EXTRACURRICULAR MEMBERS				5	
Atep Deni	THE INTEGRATION OF SELFTALK TRAINING METHOD AND ENDURANCE TRAINING METHODS TO IMPROVE VO2MAX FOR INTERMEDIATE DISTANCE SKATERS				6	

ABS-ICS DP-21001

**LIFE SKILLS DEVELOPMENT IN YOUTH THROUGH PHYSICAL EDUCATION  
AND SCHOOL SPORTS**

Budi Abdulrahman, Yudy Hendrayana, Tite Juliantine

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Life skills related to certain jobs are vocational skills that are useful for independence in life (Iswari, 2007). The purpose of this study was to determine the effect of lifeskills in physical education and sports to develop leadership and self-control and to determine the elements of developing lifeskills in learning physical education and sports on leadership and self-control. The research method uses a descriptive in the form of a literature review by reviewing 11 sports-related journals. The results of this study were researchers analyzed 11 journals regarding the role of sports education on youth or students, including: Holt, (2009), Camiré, (2009), Koon, (2014), Papacharisis, (2007), Jacobs, (2017), Bean, (2016), Camire, (2012), Allen (2015), Hermens, (2017), Kendellen, (2016), and Alen, (2018). The results of this study are the influence of life skills in physical education and sports to develop leadership and self-control is on life skills in the form of leadership and independence of adolescents. The elements of developing lifeskills in learning physical education and sports on leadership and self-control are Physiological and Psychological, Interests, Parental Support, Coach Support, Structured Training and Strategy training. The components of life skills that are most influential in learning physical education and school sports are personal skills, social skills, and academic skills.

**Keywords :** life skills, physical education, leadership, selfcontrol, skills, independence



ABS-ICS DP-21004

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

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

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

ABS-ICS DP-21005

## **Integrating Life Skills into Basketball Training Program for Positive Youth Development**

I Kadek Suardika, Amung Ma'mung, Nurlan Kusmaedi, Dian Budiana

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The main objective of this study was to determine the effect of integrating life skills into basketball training for positive youth development. The method used is matching only-pretest-posttest control group design. The instrument used is the Life Skills Scale for Sport (LSSS). The results of the study showed that there was a significant difference between the group that integrated life skills in the basketball training program, the group that did not integrate life skills into the basketball training program, and the group that did not engage in sports training for positive youth development. The group that integrated life skills into the basketball training program was better than the group that did not integrate life skills into the basketball training program. In addition, a better influence on the positive development of adolescents occurs in the group that integrates life skills in the basketball training program compared to the group that does not integrate life skills in the basketball training program.

**Keywords :** life skills, basketball, positive youth development

ABS-ICS DP-21006

## A CONSIDERATION FOR PHYSICAL LITERACY IN INDONESIA

GITA FRISKAWATI

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The concept of Physical Literacy (PL) has been proposed globally as one of that can offer a new catalyst in physical education because of its holistic nature and potential impact on people's lives. Empirically, there is a lot of research evidence which states that children who have PL will be confident, active, and can maintain their health as well as increased Physical Activity (PA) for life. In addition, PL that integrated in physical education is proven as best practice in the reduction of catastrophic diseases or promotion of youth physical activity participation. Not only that, other evidence reveals that PL is also an integral part of the development of sport in education, recreation or for elite sport. So, this article explores the evidence of the benefits of PL from various literatures and possible solutions to solve the problem about health problems that occur in Indonesia, especially for children. This article undertake to given a consideration that PL should be identified as a policy choice for decision makers in the fields of public health, recreation, sports, and of course physical education.

**Keywords :** Physical Literacy, Indonesian Sport Policy, Physical Education, Health



ABS-ICS DP-21015

**PENGARUH PHYSICAL ACTIVITY TERHADAP MENTAL HEALTH PADA ANAK  
DAN REMAJA : SUATU SISTEMATIS REVIEW**

Danta M. Sibarani, Beltasar Tarigan, Dian Budiana

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This study aims to determine how the effect of physical activity on mental health in children and adolescents. This study uses a systematic literature review method. To obtain the data, the researcher used a systematic literature review funnel. From the results of applying search strings to 6 databases, namely Pubmed, Sciencedirect, and Taylor and Francis, Wiley, Sage and Springer. The results of the screening based on the criteria produced 20 journals to be used as final papers and analyzed. Furthermore, the researchers extracted data using template analysis as a thematic way of analyzing qualitative data. The data analysis tool used by the researcher is Mendeley-Dekstop-1.19.8-win32. Based on the results of the study indicate that: Physical Activity has an effect on Mental Health in children and adolescents.

**Keywords :** Physical activity, Mental Health, Child, Adolescent

ABS-ICS DP-21017  
**ROLE OF SOCIAL CAPITAL IN WOMEN HANDBALL TEAM**

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Since 1990 social capital has become increasingly attracted widespread attention from academic researchers. Is also interesting to see how policy maker make decision that might have impact to governance in sport organization, as one of the place to building social capital between all members including coach and athlete. The main purposes of this paper is to describe social capital role and what impact these in sport team. The theoretical part explores key issues related to social capital and to sport team spesificly in women handball team.

**Keywords :** Social capital, Sport Team, Women, Handball





ABS-ICS DP-21018

**Indonesia National Sports Games (PON) organizing in the Reform Era (2000-2020)**

Panji Rinaldi Putra, Amung Ma'mun, Helmy Firmansyah

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This research focuses on the organizing of the Indonesia National Sports Games (PON) in the reform era. The organizing of the Indonesia National Sports Games (PON) is an effort made by the Indonesian government in developing sports and attracting potential athletes from all over Indonesia. This study aims to find out how the organizing of the Indonesia National Sports Games (PON) in the reform era from PON in 2000 in East Java to PON in 2020 in Papua and also, to find out how the development of sports and match numbers in PON in the reform era. The method used in this study is the historical method which starts from the first step, namely heuristics, criticism, interpretation, and historiography. This research uses literature study and analysis of print media and electronic media as data collection procedures. This study discusses the organizing of the Indonesia National Sports Games (PON) in the reform era that became the turning point of development in Indonesia. Starting from the history of the organizing PON XV East Java, PON XVI South Sumatra, PON XVII East Kalimantan, PON XVIII Riau, PON XIX West Java, to PON XX in Papua. Until the development of sports and match numbers which competed in PON, which experienced additions and subtractions in each year of its implementation, influenced by various factors such as funding and the host's preparations.

**Keywords :** Indonesia National Sports Games, Reform Era

Sport for Development and Peace

ABS-ICS DP-21027

**Perspectives of high school athletes in West Java on support, negotiaton, communication, and life skills development**

R.Aldi Rizaldi

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There is a widespread belief that sport can be used as a tool to promote life skills and positive youth development. However, few studies have examined athletes' perspectives on life skills development in school-based sports programmes, in which large numbers of youth are involved. In addition, research has not examined how adolescents experience processes of support, communication, and negotiation with parents and coaches in high school sports, elements that play an important role in the development of life skills. With this in mind, the aim of this study was to document the perspectives of high school athletes on support, communication, and life skills development. The results showed that: (1) while variability was observed, many athletes believed that they were able to negotiate many aspects of their sports participation with parents and coaches, (2) a large number of athletes believed that they received adequate support from parents and were able to communicate with coaches. , and (3) athletes believe high school participation sports enable them to develop a number of life skills that can be transferred to other life domains.

**Keywords :** parent; coach; youth; sport; programme



ABS-ICS DP-21028

## **DEVELOPMENT OF LIFE SKILLS THROUGH THE TAE KWON DO SPORTS EXERCISE PROGRAM FOR POSITIVE DEVELOPMENT OF YOUTH**

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This study aims to determine the difference in the effect of Tae Kwon Do training that is integrated with life skills and non-integrated life skills on the development of life skills in the context of Positive Youth Development. A total of eight life skills covering teamwork skills, goal setting, social skills, problem solving and decision making, emotional skills, interpersonal communication, leadership, and time management are integrated into the Tae Kwon Do training program. The research method used is an experiment with a QuasiExperimental Design model. The data collection technique used in this study is the LSSS questionnaire. The sampling technique used was purposive sampling. The number of samples were 30 youth members of the TSTC Tae Kwon Do Club (Twenty seven Tae kwon Do Club) aged 13-15 years which were divided into two groups, namely: Tae Kwon Do training which was given integration of life skills consisting of 15 teenagers; Tae Kwon Do training that was not given the integration of life skills consisted of 15 teenagers. The results of the study indicate that there is a difference in the effect of Tae Kwon Do training that is integrated with life skills and non-integrated life skills on the development of life skills in the context of Positive Youth Development. Tae Kwon Do training with integrated life skills is better than non-integrated life skills. The trainers can change the paradigm of the Tae Kwon Do training system by integrating life skills in a structured and deliberate sports program with the principles of teaching life skills and transferring life skills in domains outside of sports. This can form quality athletes both in terms of sports and psychosocial skills in the context of Positive Youth Development.

**Keywords :** SPORT; LIFE SKILLS; TAEKWONDO.

## THE ROLE OF SCHOOLS IN ESPORTS DEVELOPMENT AMONG YOUNG PEOPLE

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eSports has created a promising digital industry development. Not only the benefits that come but the challenges in understanding eSports must also be explored. The IOC's movement informing the Olympic Virtual Series activities must be responded to by sports practitioners or people who focus on sports as demands and adaptations in the development of sports. The formation of the Indonesia eSports Association (IeSPA) under the guidance of the Indonesian Community Recreational Sports Forum (FORMI) and registered as a member of the Indonesian Olympic Committee (KOI/NOC) and ESI is officially recognized as a member of the Indonesian National Sports Committee (KONI). This article contains a literature review that discusses eSports that must be taken seriously to organize the future by focusing on the place of education as a means to respond to eSports. eSports are a concern at this time, the debate whether eSports are included in sports or not is still the focus of many people. However, the author does not want to be protracted in that matter so that he focuses more on preparing young people to respond to eSports, which is a positive thing. The implementation of eSports in schools, especially in Indonesia, is included as a school activity as an effort to provide insight for students in responding to eSports, future career planning and others will be very possible and will be beneficial for the younger generation. The purpose of bringing eSports into schools is to provide students with an understanding that it is important to learn what it takes to perform at an elite level and incorporate an understanding of sport into it.

**Keywords :** eSport, School, career

ABS-ICS DP-21031

**THE EFFECT OF COOPERATIVE LEARNING MODEL TYPE OF TEAMS GAMES TOURNAMENT AND EMOTIONAL INTELLIGENCE ON BASKETBALL PLAYING SKILLS IN INDONESIA RAYA BANDUNG SMK STUDENTS**

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In physical education learning there are several aspects that are taught, namely about fitness, healthy lifestyles and movement skills. To support the success of the student learning process, adequate facilities and infrastructure are needed. In addition, the role of the teacher is also very decisive for the success of the learning process. Teachers can determine the appropriate learning model according to the characteristics of students. One of the learning models that is commonly applied is the Teams Games Tournament (TGT) type of cooperative learning model. The purpose of this study was to determine the effect of the TGT type of cooperative learning model and emotional intelligence on basketball playing skills. This study uses a quasi-experimental design method, using a pre-test post-test research design. The population in this study were students at SMK Indonesia Raya Bandung, the samples taken were students of class X office administration with a total of 40 students. Based on the results of data processing and analysis with the help of SPSS 16 using the ANOVA test, it can be concluded that there is a significant effect between emotional intelligence and TGT on basketball playing skills with a significance value of  $0.000 < 0.05$ .

**Keywords :** Keywords : Teams Games Tournament (TGT), Emotional Intelligence, Basket Ball.



ABS-ICS DP-21034

**The Influence of Fitness Center Developments on Job Opportunities for Physical Education and Health and Recreation Students**

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Development of fitness center and return to work For PJKR students Objectives; The research is the influence of the development of the fitness center on the job opportunities of PJKR students with differences in student abilities, the research sample is PJKR Fpok students, Design; The research was selected and used based on this type of research the authors used a dual paradigm with two independent variables and one dependent variable. The method used in this research is an experiment using a comparative scale. From the results of the study, data obtained from the development of the fitness center industry in the city of Bandung gave a significant influence on recreational health physical education students supported by increased ability in the study of exercise programs and the fitness industry.

**Keywords :** peluang kerja fitness center

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ABS-ICS DP-21011

**IMPACT OF THE PANDEMIC COVID-19 ON THE ACTIVE LIVING BEHAVIOR OF JUNIOR HIGH SCHOOL STUDENTS IN WEST JAVA**

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This study aims to determine the impact of the pandemic Covid -19 on the active life behavior of junior high school students in West Java. The population used was junior high school students in West Java and a random sample of 1854 students represented from each district. The sampling technique used a simple random technique (random sampling). The research method used is descriptive quantitative method. The instrument used was a physical activity questionnaire for children (PAQ-C). Data analysis using Microsoft Excel and SPSS 24, the results are as follows: The active life behavior of junior high school students before the pandemic Covid-19 was distributed in the most moderate category as many as 1099 people (59%) and during the pandemic Covid-19 the highest distribution was in the low category as many as 1,075 people (58%). Physical activities carried out by junior high school students in West Java before the pandemic Covid-19 were jogging, traditional sports, soccer, volleyball, badminton, basketball, futsal, self-defense, strength training, gymnastics, while physical activities during the pandemic Covid-19 were sunbathing, walking, jogging, cycling, and most physical activity are helping the elderly. During the pandemic Covid-19, the impact on students' physical activity decreased from the medium category to the low category.

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

**RELATIONSHIP OF PHYSICAL ACTIVITY WITH COGNITIVE PERFORMANCE IN  
THE STUDENT: A SYSTEMATIC LITERATURE REVIEW**

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Lack of physical activity is a problem of worldwide concern. Various facilities and adequate facilities cause the movement and activities of students to be increasingly limited. Lower levels of student physical activity were associated with an increased risk of earlier onset of dementia. The purpose of this study was to obtain findings regarding the relationship between physical activity and cognitive performance in students. This study uses a systematic literature review method. To obtain the data, the researcher used a systematic literature review funnel. From the results of the application of search strings on 4 databases, namely Pubmed, Sciencedirect, and Taylor and Francis, and Emerald, the results of filtering based on the criteria produced 21 journals to be used as final papers and analyzed. Furthermore, the researchers extracted data using template analysis as a thematic way of analyzing qualitative data. The data analysis tool used by the researcher is Mendeley-Dekstop-1.19.8-win32. Based on the results of this study indicate that there is a relationship between physical activity and cognitive performance in students. A person's good physical activity has a relationship with high cognitive function scores, while someone who reduces the duration and intensity of physical activity allows the process of cognitive function decline to be faster.

**Keywords :** Physical Activity, Cognitive Performance, Students.

ABS-ICS DP-21013

**COMPARISON OF THE APPLICATION OF ICE BREAKING AT THE BEGINNING OF LEARNING AND THE CORE OF LEARNING TO PARTICIPATION IN PHYSICAL EDUCATION LEARNING AT SMA NEGERI 6 CIMAHI.**

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The research is based on real observational research, regarding the low participation of students in participating in physical education learning in high school. The formulation of the problem in this study is whether the application of ice breaking in early learning has an effect on core learning participation, whether the application of ice breaking in core learning has more effect on learning participation than the application in early learning. Meanwhile, the purpose of this research is to find out whether the application of ice breaking can improve learning and student participation which has more influence on initial learning or core learning. The method used in this study is an experimental method that aims to increase student learning participation through the application of ice breaking at the beginning and core of learning. The design in this study used a pretest-posttest control group design. The population of this study were students at SMA Negeri 6 Cimahi. The sample in this study was a random sample, that is, the ownership of each class has the opportunity to be the application of group ice breaking in the initial and core learning where 80 people from the total sample of John Matheson in each group amounted to 20 people. Statistical analysis used is normality test, homogeneity test, hypothesis testing. The test results show that the hypothesis is accepted with the 63rd t count which is equal to 2,512 then then compare the t count with the table for n number 40 then dk of 38 ( $n_1+n_2-2$ ) is obtained t table of 2,021 t count (2,512)  $>$  t table (2.021), it means that the application of ice breaking can increase the initial learning participation which is 0.093 and at the core of learning is 0.196. Thus, it can be concluded that the application of ice breaking in core learning is more influential than initial learning on physical education participation in learning at SMA Negeri 6 Cimahi. Thus the hypothesis is accepted.

**Keywords :** Ice Breaking, Physical Education, Senior High School.

ABS-ICS DP-21014

## **Physical Activity on Cognitive Function: A Systematic Literature Review**

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Age is part of the process of growth and development, this is a process that continues (continues) naturally. The decline in cognitive abilities such as forgetfulness, a decline in orientation to time, space, place, and not easy to accept new things/ideas. The purpose of this study was to determine the effect of physical activity on cognitive function. The method used in this study is this study uses a systematic literature review method. To obtain the data, the researcher used a systematic literature review funnel. From the results of the application of search strings on 4 databases, namely, sciencedirect, and taylor and francis, and emerald, the results of filtering based on the criteria produced 20 journals to be used as final papers and analyzed. Furthermore, the researchers extracted data using template analysis a thematic way of analysis tool used by the researcher is Mendeley. Of the 20 journals that have gone through full text screening, there is an effect of physical activity on cognitive function at all ages. Regular physical activity also increases the number of synapses, thereby increasing the effectiveness of the brain in carrying out all its functions, especially cognitive function. Based on the description above, researchers are interested in researching the effect of physical activity on cognitive function.

**Keywords :** Physical Activity, Cognitive Functions.

ABS-ICS DP-21025

**Analysis current situation of fitness and health measures university teachers in Beijing**

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This study mainly uses the methods of questionnaire and interview to investigate the fitness status of 291 teachers in a sports college in Beijing. The purpose is to understand and grasp the current situation of fitness of teachers in a physical education college in Beijing, find out the main problems, and put forward corresponding countermeasures, to provide theoretical reference for relevant departments of the school. It found that the number of male teachers participating in fitness is far less than that of female teachers; The number of administrative personnel participating in fitness activities is large, and the number of discipline and technical teachers participating is small. Teachers have heavy work tasks and family burdens, and their time for physical fitness activities is relatively limited; Teachers generally have a high understanding of the national fitness plan (2016-2020); It is common for teachers to work overtime. More than 75% of teachers need to work overtime every week. Conclusion: the health status among teachers in a physical education college in Beijing is not optimal. High-quality sports fitness venue resources ensure the smooth development of teachers' fitness activities. The school's professional organization of fitness activities is deeply welcomed by teachers; The publicity of physical fitness activities is not enough, and the number of teachers participating in fitness activities is small.

**Keywords :** college teacher, fitness status, sports population, Factors affecting fitness, sports school

ABS-ICS DP-21030

## EFFECT OF EMOTIONAL INTELLIGENCE WITH COOPERATION ABILITY ON FUTSAL GAME PERFORMANCE

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The purpose of this study was to determine the effect of emotional intelligence and cooperation ability on futsal performance. This study uses the correlational method with the type of correlation study and uses a quantitative approach. The population in this study were students who took part in the extra-curricular futsal at SMA Negeri 6 Cimahi with a purpose sampling method, namely 8 students. This research was conducted futsal test. The instrument used is a questionnaire of emotional intelligence and cooperation, and a futsal ability test. Based on the results of data processing and analysis with the help of SPSS 16, it can be concluded that, 1) There is a significant effect of emotional intelligence on the futsal game with a significance value of  $0.003 < 0.05$  2) there is a significant influence on the ability of cooperation on the futsal game with a significance value of  $0.000 < 0.05$  3) there is a significant effect of emotional intelligence with the ability to cooperate with futsal games with a significance value of  $0.002 < 0.05$ .

**Keywords :** Keywords: emotional intelligence, cooperation, futsal game



ABS-ICS DP-21032

**THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE, SOCIAL  
SUPPORT, AND LEARNING MOTIVATION WITH PHYSICAL EDUCATION  
LEARNING OUTCOMES**

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Students with high levels of emotional intelligence will be better able to control themselves from the surrounding environment and motivation can be a driving force for students to keep active in relation to physical education learning activities so that good learning outcomes will be obtained. To improve student learning outcomes, there must be encouragement or good social support on the part of students so that students feel cared for by those closest to them, such as support from family/parents, teachers, friends. This study aims to determine the direct and indirect relationship between emotional intelligence, social support, learning motivation, and physical education learning outcomes. The method used in this research is descriptive using a path analysis approach. The data collection techniques used include questionnaires and the results of 1 (one) semester report cards. The measuring instruments used in this study are The Assessing Emotion Scale (AES) (Schutte, Malouff, & Bhullar, 2009), Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem, & Farley, 1988), and Academic Motivation Scale from Vallerand (1993). Test the validity of the measuring instrument using Confirmatory Factor Analysis (CFA) technique and hypothesis testing is done by Path Analysis using AMOS. The conclusion is students who have emotional intelligence, and good learning motivation is expected to achieve maximum performance so that it will affect their learning outcomes. Good social support is expected by students to feel Students will be motivated to learn if the family/parents care about the problems experienced by the child, and provide direction, then the child can learn well and improve his achievement in school.

**Keywords :** Emotional Intelligence, Social Support, Learning Motivation, Physical Education Learning Outcomes



ABS-ICS DP-21009

**DRY-LAND TRAINING PROGRAM DURING PANDEMIC COVID-19**

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The COVID-19 pandemic has had a huge impact on human life. Starting in terms of economy, education, restrictions on social activities and sports. Sports facilities such as swimming pools are temporarily closed so that swimming athletes cannot exercise in the pool. This article will discuss dryland exercises that can be done during the covid-19 pandemic independently to support the technique and physical condition of athletes.

**Keywords :** dryland, swimming, covid-19



ABS-ICS DP-21010

**RECOVERY OF KNEE AND ANKLE INJURY VOLLEY BALL ATHLETES IN PBV  
PASUNDAN BANDUNG**

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Injury is a risk that cannot be avoided by athletes, especially in sports that involve a lot of physical movement in activities such as volleyball. Injury prevents an athlete from participating in sports. Injuries to volleyball athletes often occur in the leg area, this incident causes a decrease in athlete achievement, the purpose of this study was to find out how the picture of sports injuries in volleyball sports. The purpose of this study was to see how many volleyball athletes had experienced knee and ankle injuries. This type of research is descriptive. Respondents in this study were 20 male junior volleyball athletes who had experienced injuries and had recovered from their injuries, aged 16-20 years and still actively competing. Data was obtained by using a questionnaire that was compiled based on a Likert scale. This questionnaire measures about knee and ankle injuries. Data processing was carried out using the SPSS statistical program for Windows release 9.0. The results showed that the most common injuries experienced by junior volleyball athletes were the knee 19%, ankle 8%. Injuries that often occur in junior volleyball athletes are mostly still in the knee. Based on the results of the analysis in the recovery and handling of injuries carried out by athletes, future coaches must pay special attention to athletes who experience injuries in order to avoid and excel.

**Keywords :** Sports injuries, Knee, Ankle, Volleyball

**Application of back kick technology and action analysis of Beijing young men's Taekwondo athletes**

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The World Taekwondo Federation (WTF) implemented the latest taekwondo competition rules in June 2018 to encourage athletes to use complicated technical movements and increase the score of turning techniques. However, the turning technique is ungraceful when it is less used and not easy to score. How to accurately grasp the application of the turning technique represented by the kicking technique in the actual game and the characteristics of the technical action is a problem that needs to be solved urgently. This article uses artificial intelligence (AI) three-dimensional video analysis system to observe the actual application of the back kick technique of male athletes in the 2020 Beijing Youth Taekwondo Championships in actual combat. It is found that the application rate of the back kick technique is very low, but the success rate is high. Furthermore, it is mainly used in head-on tactics. The back kick scoring technique is expressed in the turning phase. The greater the joint speed of the hip and shoulder joints on the side of the kicking leg, the faster the rotation speed of the limbs. In the kicking stage, the hip joint angle on the side of the kicking leg is relatively large, while doing rapid hip extension can achieve the purpose of powerful kicking. In the restoration phase, the faster the hip and knee joints on the side of the kicking leg join together, the smaller the angle is, the more conducive to shortening the time of this stage, and the more conducive to the quick restoration after the kick. The main reason the back kick technique fails to score is that the knee joint angle is too small during the kicking stage, so the athlete does not have enough space for kicking.

**Keywords :** back kick technique, movement characteristics, Taekwondo, three-dimensional kinematics analysis

ABS-ICS DP-21021

**Technical and tactical analysis of Zhao Shuai, male 63kg athlete in 2019 World Taekwondo Championship**

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Taekwondo is a sport based on physical confrontation. A high level of physical fitness and skills is the basis for the growth of athletes. In Taekwondo competitions, athletes use their skills and tactics to win the competition. This paper aims to make a statistical analysis of the techniques and tactics used by athlete Zhao Shuai in the competition to provide theoretical support and preliminary ideas for this study. The methods used in this research was carefully observing the video, statistical methods and tactical data, scientific preparation, and data use of Zhao Shuai's top 16, top 8, top 4, semi-final and top 5 in the 2019 Manchester World Taekwondo Championships at 63 kg level. The software processing ensures the scientific characteristics of the research data. The results show that technology is the basis of tactics, and tactical development is closely related to technical integrity.

**Keywords :** Taekwondo, application of techniques and tactics, World Taekwondo Championship

ABS-ICS DP-21026

**Research Status and Prospect of the Fusion of Science and Technology and Competitive Sports – Taking Taekwondo as an Example**

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In the 21st century, with the development of scientific and information age, science and technology have been applied to various industries, and sports industry is no exception. Nowadays, science and technology and competitive sports have been deeply integrated, promoting each other, and both have achieved rapid development. Taking taekwondo as an example, this study summarizes the research status of the integration of science and technology and competitive sports at home and abroad, mainly including the selection of competitive sports materials, sports facilities, equipment update, scientific training of athletes, and the development of new media technology to promote competitive sports. Then according to the development course of taekwondo, the present situation of its integration with science and technology is studied and prospected. Finally, the further development of the integration of science and technology and competitive sports has prospected.

**Keywords :** science and technology, competitive sports, fusion, taekwondo

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ABS-ICS DP-21016

**POLICY OF PROVISIONING AWARDS AND WELFARE TO ATHLETES AND COACHES OF BANDUNG REGENCY AT THE 2018 PORDA EVENT**

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Athletes who excel and have contributed to the nation at the regional, national and even international levels deserve appreciation. The award is given to athletes and coaches during their active careers until retirement. Athletes and coaches rarely get enough credit to ensure their future survival. Consequently, the purpose of this study was to determine the relationship between awards and the level of welfare given to athletes and coaches by the district government. Bandung and the sports committee. The athletes and coaches in the 13th PORDA squad in Bogor in 2018 were subject to ex-post-facto research using a closed, self-administered questionnaire. The number of samples was determined using the Slovin method with an error rate of 5%, and the study was conducted on 35 athletes and 10 coaches in Kab. Bandung is under the supervision of the Indonesian National Sports Committee. SPSS was used to perform data analysis. These prizes also have a direct relationship with the well-being of players and coaches, the findings show. Given, if incentives are offered to the fullest, the level of welfare will also increase. The findings show that rewards and well-being have a strong and significant beneficial relationship. Athletes and coaches in Indonesia expect the government and sports groups to offer more than just cash incentives. When players and coaches are no longer productive in contributing to national sports achievements, other factors must be considered.

**Keywords :** Sport Policy, Sport Development, Sport Achievement, Sport Welfare



ABS-ICS DP-21023

**ANALYSIS KNOWLEDGE LEVEL LAWS OF THE GAME RUGBY UNION OF  
RUGBY ATHLETES PON XX PAPUA**

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The purpose of this study was to find out how high the level of knowledge regarding the laws of the game rugby union of Indonesian Rugby players as elite players who participate in National Sports Week (PON). The type of this research is descriptive research. The method used is a survey with data collection techniques using true and false tests. Techniques data analysis using quantitative descriptive analysis as outlined in the percentage form. The population in this study were rugby athletes who participated in the PON XX Papua (7 provinces) The women's team: Papua, DKI Jakarta, West Java, Aceh, Bali, Yogyakarta, the men's team: Papua, DKI Jakarta, Yogyakarta, West Java, Banten and Aceh. The sampling technique used random sampling with a total of 55 rugby athletes. The instrument adopted the Laws of the Games Rugby Union exams by World Rugby obtained 35 valid items with a significant level of 5%, the value of  $r_{table} = 0.432$  and value a reliability of 0.917. The research instrument trials were conducted on 15 athletes who participated in Pra-PON Bali. Based on the results of the study obtained the level of knowledge Laws of the Game Rugby Union of Rugby Athletes PON XX Papua the very high category by 12.73%, in the high category by 40.00%, the medium category is 43.64%, the low category is 3.64% and the category very low at 0.00%.

**Keywords :** Knowledge level, Laws of the Games Rugby Union, PON, Indonesian Rugby Elite Athletes, Cognitive

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ABS-ICS DP-21019

### The Study on Football Club Performance Management A Case of the England Football Association

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Sports performance management is more and more critical to National Sports Organisations because it aims to control business with the goals and satisfaction of stakeholders. Especially for the football industry, it is becoming more and more competitive. With the aim of the standout of this competitive environment, there are some previous studies suggested an important factor that football clubs need to be managed effectively, managing football clubs is necessary for meeting the expectations of various stakeholder groups. Other previous studies generally believed that this is a management process that helps to manage individuals and groups effectively to accomplish high levels of performance in an organisation. It also suggested by The Institute of Personnel Management (1992) that performance management is a strategy involving different activities set by the organisation by its staffing policies, culture, styles, and communication system. Performance management plays an essential role in improving strategic coherence. The study provides an overview of common sports performance management approaches of the football club in England, a critical analysis of those different performance measurement techniques and challenges impacting the organisational performance in sport public sectors. Method of analysis includes analytical research as reviews, it critically evaluated recent researches on this study. The England Football Association as a case study. It highlights the type of performance measurement techniques which effectively be used in performance management in the sport public sector and outlines challenges affecting performance in sport organisations. The study demonstrates definitions of sports performance management, the background of organisation A, an overview of common sports performance management approaches, different techniques for measuring performance, and challenges impacting the performance in sport organisations. Finding suggested that sports performance management and measurement of non-profit sports organisations to support the development of future sports non-profit organisations in football fields is necessarily needed. The limitations of this study also included: (1) There were should more sports performance management approaches, and performance measurement techniques needed to be investigated. (2) There was not enough open football clubs information to give enough details about the challenges of organisational performance. (3) The questionnaires or interviews should be more explored in the future research.

**Keywords :** Football Clubs, Sports Performance Management, the England Football Association, Football Industry,

ABS-ICS DP-21002

**THE RELATIONSHIP OF SELF AWARENESS WITH THE PARTICIPATION LEVEL  
OF FOOTBALL EXTRACURRICULAR MEMBERS**

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This study discusses the relationship between self-awareness and the level of participation of football extracurricular members at JUNIOR HIGH SCHOOL Kartika XIX-2 Bandung. Participation is an important aspect that must be owned by a student or athlete because it will lead to cooperation between members. The purpose of this study was to determine the "Relationship of Self Awareness" with the Participation Rate of Football Extracurricular Members at JUNIOR HIGH SCHOOL Kartika XIX-2 Bandung". The research method used is descriptive quantitative research method. The population used in this study were members of the football extracurricular at JUNIOR HIGH SCHOOL Kartika XIX-2 Bandung, amounting to 25 people. The sample that the researcher uses is all members of the football extracurricular at JUNIOR HIGH SCHOOL Kartika XIX-2 Bandung, namely 25 people using a total sampling approach . The instrument used is a questionnaire. The results of this study indicate that there is a significant relationship between self-awareness and the level of participation of football extracurricular members at JUNIOR HIGH SCHOOL Kartika XIX-2 Bandung

**Keywords :** Football, Self Awareness, Participation

ABS-ICS DP-21003

**The integration of Selftalk Training Method and Endurance Training Methods to improve Vo2Max for intermediate distance skaters**

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This study aims to test the self-talk exercise method and the endurance method to increase the Vo2Max athletes. This research is an experimental study with a pretest-post test two design research design. The sample consisted of 36 athletes consisting of 24 males and 12 females aged 14.7”1.78.who had been trained for 4.1 (“2.32 years. This study was divided into two groups which were taken randomly. 18 athletes in the experimental group were given a program self talk training combined with an interval training training program, 18 athletes in different groups were given a self-talk training method program combined with a farlek training program. The results obtained were: 1) The self talk training model combined with an interval training training program increased Vo2Max by the overall average treatment design results increased by 36.01% 2). The self-talk training program combined with the farlek training program with the overall average result increased by 11.71%. The self-talk training method combined with the interval training program was better than the self-talk method combined with the farlek training program.

**Keywords :** Selftalk Training Method and Endurance Training Methods skaters

ABS-ICS DP-21007

## LEG MUSCLE POWER VOLLEYBALL ATHLETE

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In the sport of volleyball, aspects of physical conditioning are needed, one of which is leg muscle power. The leg muscle power possessed by volleyball athletes will support volleyball athletes to make movements in volleyball games. This study aims to describe leg muscle power from volleyball junior athletes in PBV. Pasundan. The research method used is descriptive with research subjects 20 junior athletes. The instrument used to collect data is by doing a vertical jump test. The data analysis technique uses SPSS for windows 9.0. The results of data analysis obtained the average vertical jump of PBV. Pasundan athletes 58 cm. With the lowest value 46 cm and the highest value 83 cm. Based on the results of the leg muscle power data that have been analyzed, it shows that there are still many junior athletes whose leg muscle power is low, so there must be training for more intensive leg muscle power so that the leg muscle power of junior athletes is PBV. Pasundan can increase.

**Keywords :** Leg muscle power, Volleyball, Weight training, Vertical jump

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## **Relationship Between Human Body Composition and Anaerobic Capacity in Women Futsal Players**

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Background: Measurement of Body Composition (BC) is carried out for various purposes, such as uniting the growth and development of athletes, determining motor performance, physical activity, and changes in body composition, as well as nutritional interventions. Objective: This study aims to determine the relationship between Body Composition (BC) and anaerobic ability in women futsal players aged 17-19 years. Materials and Methods: 15 women futsal players voluntarily participated in this study. Muscle Mass, Body Mass Index (BMI) Score, Body Fat Percentage, Water Percentage, Protein Percentage, Basal Metabolism, Visceral Fat, Bone Mass, and Running Based Anaerobic Sprint Test (RAST). Data were analyzed in SPSS 25 statistical program, starting with normality test then linearity test as a descriptive statistic with  $p < 0.05$  followed by a parametric test with Pearson correlation test applied in statistical analysis, significance value was determined as  $p < 0.05$ . Result: there is no correlation between Running Based Anaerobic Sprint with Body Fat Percentage, Water Percentage, Protein Percentage, Basal Metabolism, Visceral Fat, but there is a positive relationship between Muscle Mass, Body Mass Index (BMI) score, and Bone Mass with Running Based Anaerobic Sprint ( $p < 0.05$ ). Conclusion: It was concluded that the scores of Muscle mass, Body Mass Index (BMI), and Bone Mass affected the anaerobic capacity of women futsal players aged 17-19 years.

**Keywords :** anaerobic, body composition, nutrition, body fat

ABS-ICS DP-21022

**Technical and tactical analysis of major foreign opponents epee preparing for the Tokyo Paralympic Games in Group B of the Chinese Women's Wheelchair Fencing Team**

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This essay analyzes the main scoring methods and technical tactics of the Chinese women's wheelchair fencing team B-level athletes. By preparing for the Tokyo Paralympic Games, the main foreign epee opponents will provide technical and technical reference for the women's wheelchair fencing team support. Analyze the competition habits and technical tactics of the main competitors in dueling sword, in order to summarize the opponent's tactical characteristics and habits, and provide reference and suggestions for the Chinese women's dueling sword wheelchair fencing team. This essay analyzes the opponent's main scoring methods by sorting out foreign competitors, the scores of important games and the scores of different parts, so as to be better prepared. On the basis of watching the video, the flexible use of technology and tactics can be summarized by searching for relevant information and statistical competition data. The wheelchair fencing team needs to maintain a solid defensive ability to ensure both offense and defense. In the game, maintain good habits and clear thinking, grasp the reality of offensive and defensive conversion, use tactical moves flexibly, combine defensive tactics with offensive tactics, and create good habits for seeking opportunities.

**Keywords :** Wheelchair Fencing Team B, Technical and Tactical Analysis, Fencing Chinese Team



ABS-ICS DP-21024

## **The Effect of Lateral Slide Sport on the Body Weight and Composition Symmetry of Fencing Athletes**

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The study is on the effect of long-term professional fencing exercise and training on the body weight and strength symmetry, five elite men's epee athletes from Chinese national fencing team as the research subject. The aim is to obtain a comprehensive view on that subject by including measurements of exercise and training in low body weight and composition symmetry. Results clearly indicated that fencing as a lateral sport long-term training caused five subjects all have different degrees of limb muscles weight imbalance. The training intensity and load gap of the limbs had been led to the low body weight and composition symmetry of them, but the degree of periodical lean edema is basically the same ( $P>0.05$ ). With high body weight and composition symmetry can give more coordinated and accurate performance of skills and tactics, and reduce the risk of sports injury in epee. Given the preceding reasons and the limitations of previous fencing studies, this study had a main purposes is to improve men's epee athletes' body weight and composition symmetry by four kinds of exercise-and-training: core stability exercise, elastic belt training, unilateral limbs rehabilitation, specific training in balance.

**Keywords :** Body Weight and Composition Symmetry, Men's Epee, Exercise and Training, Sport Coaching

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ABS-ICS DP-21033

### WSD'P APPLICATION AS VIOLENCE PREVENTION TOOLS THROUGH SPORT TO ACHIEVE GENDER EQUALITY SDG'S 2030

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This research has a goal to achieve the implementation of gender achievement in the 5th point of SDG 2030. Currently, the issue of violence against women is increasingly occurring. The National Commission's annual records noted that from 2016 to 2020 cases of violence continued to soar. Many causes of cases of violence ranging from the actions of the patriarchal society and women tend not to have the ability to fight back. So this study uses the literature study method by collecting various valid and reliable reference sources such as journals and notes from related parties. The results showed that women did not have the ability to act when faced with dangerous situations. So that this study provides an effort to reduce acts of violence, namely women are required to have the physical ability to do martial arts through WSD'P (Women Self Defense of Practical) / practical martial arts in the form of an e-book. Community support also plays a role in ending the patriarchal culture and cracking down on violence against women.

**Keywords :** Women Violence, gender equity, Patriarchal, WSD'P (Women Self Defense of Practical)

Sport for Development and Peace