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# Physical Condition Profile of Silat-Athletesselection Of Students Education and Exercise Center (PPLP), and Students Education and Training Center (PPLM) Dispora Riau Province in 2018

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**Abstract:** The purpose of this study was to find out the physical condition profile of athletes selection of the Student Training and Education Center (PPLP) and Student Training and Education Center (PPLM) in the Province of Riau in 2018, and to find out the Difference in Physical Conditions of Silat Athlete Education and Training Centers Students (PPLP) and Student Training and Education Center (PPLM) in the Province of Riau in 2018. The type of this research was Quantitative Descriptive, where this study would clearly illustrate the physical condition data of PPLP and PPLM team selection of Riau Province. In this study, researchers used a physical condition test for the collecting data. Based on the results and discussion it can be concluded that the results of the physical condition data of candidates for Silat Putra PPLP athletes are in the medium category with a percentage of 75%, and the low category with a percentage of 25%. Whilst for the SilatPutri PPLP athlete, it is a medium category (1 person only) with a percentage of 25%, and there are 3 people with low category(with a percentage of 75%). Furthermore, for the PPLM Silat Putra athletes are as follows: the good is 2 people (50%), the medium category is 1 person (25%), and thelow category is 1 person (25%). Whilst, for the SilatPutri PPLM athletes, the medium category is 3 people (75%), the low category has 1 person (25%). Thus, the condition of PPLM athletes selection participants is better than PPLP. This is also influenced by the length of the athlete's training.

Keywords: Physical Conditions, PPLP, PPLM

## 1. Introduction

Exercise is the most important factor in achieving optimal performance. It is less appropriate if there is an opinion saying that the athlete was born but the athlete was formed with the right training program. Exercises begin at an early age and must be carried out continuously until they reach the peak of their achievements in the sports they are engaged in, and then it can be improved their performance. Thus early sports coaching are very important so that later athletes can achieve success optimally.

PencakSilat is a martial art originating from Southeast Asia. This martial art is widely known in Indonesia, Malaysia, Brunei, Singapore, South Philippines, and Southern Thailand in accordance with the spread of the Malay Archipelago. The origin of martial arts in the archipelago developed from the skills of indigenous Indonesian tribes and was a martial art created by Indonesian culture to defend itself from dangers that threaten its safety and survival, as stated by Sucipto (2008, p. 10 ). To maintain his life, humans always defend themselves from threats of nature, animals, and others who are considered to threaten their integrity. For this reason, must be preserved and it is a martial art of cultural heritage from the ancestors of the Indonesian people. This is in harmony with TAP. MPR (1987, p. 109) as reported in Sucipto (2008, p. 11): Indonesian culture which reflects the noble values of the nation must be maintained, fostered and developed to strengthen the appreciation and experience of Pancasila, improving the quality of life, strengthen the personality of the nation, strengthen national self-esteem and pride, strengthen the nation's unity and be able to be a driving force for the realization of the ideals of the nation in the future..

In an effort to preserve the culture, it must be instilled early; one of them is by introducing and teaching martial arts through education in schools, both in physical education learning and extracurricular activities. PencakSilat is a part of the physical education curriculum that must be taught to students as well as the beginning to prepare children to become future athletes who will be accommodated in a programmable achievement coaching through concentration of regional training for students, namely the Student Sports Training and Development Center (PPLP) branch sports pencakSilat. "PPLP or the Student Sports Training and Training Center is a National sports nursery school that is used to search for and foster sports talent at school age" (Ministry of Youth and Sports, 2011, p. 19). In realizing competitive sports, a nursery, coaching, education, training, and sports achievements are needed continuously from an early age, so that the desired achievement can be achieved. PPLP prepared junior sportsmen who are physically and mentally able to replace or continue the struggle of senior sportsmen. Every year a National Championship between PPLP is held, organized by the Ministry of Youth and Sports. The aim of the National championship between PPLP is to culminate in the formation of student sports achievements and evaluation of various forms of PPLP coaching.

In essence, pencakSilat is a physical activity which contains aspects of sports and is a vehicle for physical education that has a specific purpose. The purpose of martial arts as a means of physical education includes 1) To achieve health, 2) Recreational goals, 3) Achievement goals. PencakSilat achievement is a competition sport that is competed in PON, SEA GAMES, and World Championships. In the pencakSilat championship event, it is divided into four categories, namely: 1) Match category (wiraga), 2) Single Category (wiragana), 3) Double Category (entrepreneur), and 4) Team Category (wiraloka).

In its development until now, pencakSilat has been contested as an achievement sport. According to the Law No. 3 of 2005 concerning the National Sports System, Sports Achievement is a sport that fosters and develops sportsmen in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology. PencakSilat is one of the sports that is expected to be able to foster Indonesia's

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young generation to be healthy, strong and independent individuals in the face of life's challenges in the future. This is in accordance with the healthy concept according to the Ministry of Health, which originates from the World Health Organization (WHO), namely "healthy is physical, spiritually and socially prosperous; not only free from disease, disability or weakness "(Giriwijoyo, 2012, p. 8). The PencakSilat coaching system is carried out with a competition or championship in Indonesia. Competition is a benchmark for the achievements of PencakSilat athletes and estuaries for the formation of National athletes.

Factors that influence sports performance are:

#### 1. Internal factors

These factors derived from the potential that exists in athletes or in people who practice, meaning that sports performance is influenced and determined by the ability of the athlete itself as a whole both regarding the ability of physical, tactical, technical or mental.

#### 2. External factors

Factors that can affect the performance of athletes who come from outside the athlete include infrastructure and trainer.

These factors are very influential on the achievement of an athlete, because basically an athlete who will compete has the best preparation in terms of both physical and mental aspects. This is in line with the opinion of Husdarta (2014, p. 94), namely "Individual involvement in sports/achievement activities that are contested, in which there are efforts to mobilize the highest physical and psychological abilities in spurring and pursuing the highest achievement". As expressed by Harsono (1988, p. 100) explains as follows:

The main objectives and objectives of training or training are to help athletes improving their skills and achievements to the fullest. To achieve this, there are four aspects of training that need careful attention and training by athletes, namely (1) physical exercise, (2) technical training (3) tactic training and (4) mental training.

Physical conditions are a complete unity of components that cannot be separated just like both improvement and maintenance. Among these physical conditions are strength, endurance (muscular power), speed, flexibility, agility, coordination, accuracy, and reaction (Sajoto, 1995: 8-9).

Student sports education and training center (PPLP) as a forum for education and training of gifted student-athletes is a form of training implementation system to reach outstanding athletes. The formation of the Student Sports Education and Training Center (PPLP) aims to have potential and outstanding student-athletes, and able to be fostered centrally. The training process for athletes will be more intensive and however, the development of academic education is not left behind. One of the provinces that are currently conducting training for its students to further improve sports achievements is Riau Province. PPLP (Center for Student Education and Training (PPLP) of Riau Province is a forum for athlete coaching at the student level placed in Pekanbaru.

The main reason why coaching must be sustainable, it is because coaching and participation activities that are cut off or back and forth in the coaching process will not result in progress in achievement. Furthermore, through a sustainable program and continuing, the process of coaching like this makes the basis for training to succeed. Student-athletes at the Student Sports Education and Training Center (PPLP) who carry out physical training exercises still lack the use of modern burden tools. Student athletes at the Student Sports Education and Training Center (PPLP) are still given a lot of modified exercises. The formation of the Student Sports Education and Training Center (PPLP) is one place in an effort to improve the quality of engineering as well as the physical condition of athletes who are planned continuously. Physical exercise that is carried out regularly, systematically and continuously, and is outlined in an exercise program will significantly improve physical abilities. Physical training is a conscious and programmed effort to foster the basic functional qualities of athletes to a higher level, so as to achieve optimal performance. Components of basic physical conditions consist of: strength, speed, explosive power, flexibility, agility, balance, endurance, reaction, accuracy, coordination. It was further explained that physical conditions are closely related to an athlete's ability to achieve performance (Center for the Study and Development of Sports Science and Technology, 1999: 5).

The process of training physical conditions that are done carefully, repeatedly with increasing training load allows one's physical freshness to become more skilled, strong and efficient in its movements. Lutan, et al (1991: 111) said that: "an athlete who follows an intensive physical exercise program for 6-8 weeks before the season will have much better strength, flexibility and endurance during the season". Component development of the best physical condition also helps an athlete to be able to follow the next training in an effort to achieve the highest achievement. However, in the case of the training carried out by the trainer before the match day, it still shows the obstacles so that coaching from the physical aspect is not optimal. Even this physical condition factor doesn't seem to get more attention. This is one of the causes so that achievements have not shown good results in accordance with what is expected. The trainer has not implemented the actual training method optimally, or in the sense that the training system needs to be improved, not maintaining what has been done so that the results to be achieved cannot be achieved. At first, to be accepted as a student athlete at the Student Sports Education and Training Center (PPLP), it was not easy. Because it requires a process in recruitment using a variety of benchmarks, so those prospective athletes who enter and are accepted as student-athletes at the Student Sports Education and Training Center (PPLP) are truly produced from a tight competitor level, rigorous selection and obtained through planned competition, regular and sustainable.

Physical exercise that is carried out regularly, systematically and continuously, and is outlined in an exercise program will significantly improve physical abilities. Physical training is a conscious and programmed effort to foster the basic functional qualities of athletes to a higher level, so to achieve optimal performance. Components of basic physical conditions consist of: strength, speed, explosive power, flexibility, agility, balance, endurance, reaction, accuracy, and coordination. It was further explained that physical conditions are closely related to an athlete's

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ability to achieve performance (Center for the Study and Development of Sports Science and Technology, 1999: 5).

## 2. Methodology

The type of this research was Quantitative Descriptive, where this research would clearly illustrate the data from the selection of PPLP and PPLM from the Physical Conditions team of Riau Province. The population of the research was the whole subject of research (Arikunto, 2002: 108) and in this study, the population was all male and female Silat athletes of PPLP Riau Province which consists of 16 athletes. The sampling technique used a total sampling technique which was the technique of determining the sample if all members of the population are used as a sample, if many populations are below 100 (Arikunto, 2012: 126), so in this study, the sample size was 16 athletes. Data obtained from the comparison of the three groups will be processed using statistical analysis techniques, in order to prove whether the hypothesis given in this study can be accepted or rejected. Data analysis used in this case was an analysis of comparative data. Data analysis in this study was percentage descriptive analysis. This method was used to discuss the results of research that are still in the form of quantitative data to obtain an overview of the research results.

Table 1. Norms for Assessment of Physical Conditions

No	Interval	Category
1	$M + 1,5 S < X$	Very good
2	$M + 0,5 S < X \leq M + 1,5 S$	Good
3	$M - 0,5 S < X \leq M + 0,5 S$	Fairly
4	$M - 1,5 S < X \leq M - 0,5 S$	Not good
5	$X \leq M - 1,5 S$	Bad

*M* : mean

*X* : score

*S* : standard deviation

## 3. Result and Discussion

Subjects in this study were prospective athletes of Silat PPLP and PPLM Riau Province in 2018 with totaling of 16 athletes. They consist of 8 male and female-athletes of PPLP, and 8 athletes male and female of PPLM. The physical conditions data in this study consisted of Sit and Reach, 2 minutes Sit Up, 1 minute Push Up, Illinois Agility Run, Vertical Jump, Throw Medicine Ball, Bleep Test, and Running 300 Meters. The data on the physical condition of candidates for Silat PPLP and PPLM Riau Province candidates in 2018 are fully explained as follows:

Tabel2.Data analysis on the physical condition of candidates for Male Silat PPLP Riau Province candidates in 2018

No	Interval	Category	F	%
1	4.01 - 5	Very good	0	0%
2	3.01 - 4	Good	0	0%
<b>3</b>	<b>2.01- 3</b>	Fairly	<b>3</b>	<b>75%</b>
4	1.01 - 2	Not good	1	25%
5	0- 1	Bad	0	0%
<b>Jumlah</b>			<b>4</b>	<b>100%</b>

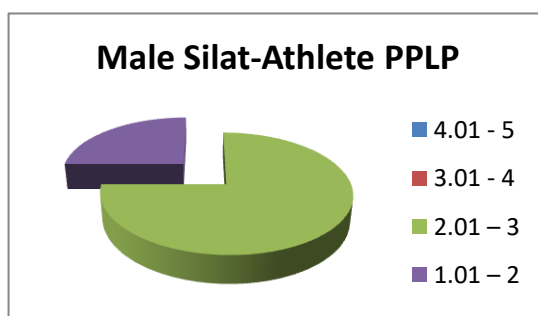
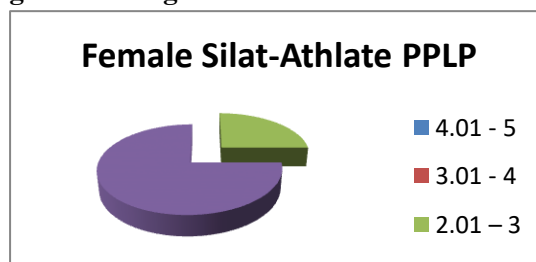


Figure 1.Histogram of male-athlete of Silat PPLP

Tabel3.Data analysis on the physical condition of candidates for Female Silat PPLP Riau Province candidates in 2018

No	Interval	Category	F	%
1	4.01 - 5	Very good	0	0%
2	3.01 - 4	Good	0	0%
3	2.01- 3	Fairly	1	25%
<b>4</b>	<b>1.01 - 2</b>	Not good	<b>3</b>	<b>75%</b>
5	1- 1	Bad	0	0%
<b>Jumlah</b>			<b>4</b>	<b>100%</b>

Figure 2.Histogram of female-athlete of SilatPPLP



Tabel 4. Data analysis on the physical condition of candidates for Male Silat PPLM Riau Province candidates in 2018

No	Interval	Category	F	%
1	4.01 - 5	Very good	0	0%
2	3.01 - 4	Good	2	50%
3	2.01 - 3	Fairly	1	25%
4	1.01 - 2	Not good	1	25%
5	2- 1	Bad	0	0%
<b>Jumlah</b>			<b>4</b>	<b>100%</b>

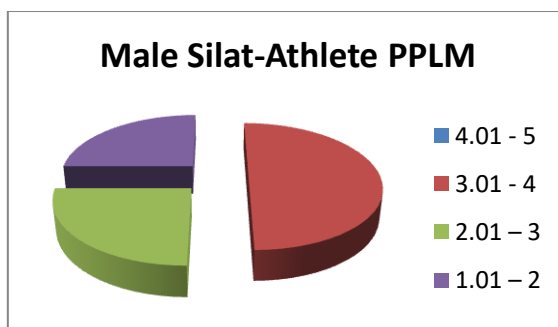
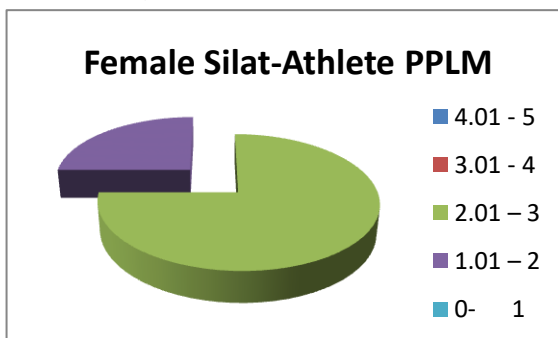


Figure 3. Histogram male-athlete of Silat PPLM

Tabel 5. Data analysis on the physical condition of candidates for Female Silat PPLM Riau Province candidates in 2018

No	Interval	Category	F	%
1	4.01 - 5	Very good	0	0%
2	3.01 - 4	Good	0	0%
3	2.01 - 3	Fairly	3	75%
4	1.01 - 2	Not good	1	25%
5	3- 1	Bad	0	0%
<b>Jumlah</b>			<b>4</b>	<b>100%</b>

Figure 4. Histogram female-athlete of Silat PPLM



#### 4. Conclusion

Based on the results and discussion explained above, it can be concluded that the results of the physical condition data of candidates for Silat Putra PPLP athletes, medium category with a percentage of 75%, and low category with a percentage of 25%, the SilatPutri PPLP athlete with medium category has 1 person with a percentage of 25%, low category are 3 people with a percentage of 75%. Whilst for PPLM Silat Putra athletes in Riau Province 2018 as follows: in the good category has 2 people with a percentage of 50%, medium category is 1 person with a percentage of 25%, and the low category is 1 person with a percentage of 25%, while in the SilatPutri PPLM athletes in Riau Province in 2018, the medium category is 3 people with a percentage of 75%, the low category has 1 person with a percentage of 25%. Thus, the condition of PPLM athletes selection participants is better than PPLP. This is also influenced by the length of the athlete's training.

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