
The Effect of Long-Term Training Programs on the Level of Adversity Quotient (AQ) Volleyball Athletes of PPLP Dispora Riau 2019

Ardiah Juita¹, Rola Angga Lardika², Febri Arianto

¹Pendidikan Olahraga FKIP Universitas Riau

²Pendidikan Olahraga FKIP Universitas Riau

E-mail (ardiah.juita@lecturer.unri.ac.id)

Abstract - The purpose of this study was to determine the effect of a long-term training program on the level of adversity quotient (aq) volleyball athlete PPLP Dispora Riau 2019. This study was an experimental study with Expost Facto design. In this study the population is the entire PPLP Volleyball in Riau Province consisting of 9 volleyball athlete PPLP Dispora Riau 2019, the sampling technique uses total sampling. From the results of the study it was obtained that the experimental group of the long-term training program had a significant influence on the level of adversity quotient volleyball athlete PPLP Dispora Riau 2019 with a value of (sig.), $000 < \alpha = 0.005$. From these data it can be concluded that the long-term training program gives a significant influence on the level of adversity quotient volleyball athlete PPLP Dispora Riau 2019.

Keywords: long-term training program, adversity quotient.

1. Introduction

Sports is an effort to maintain a healthy body and be able to improve the function of body organs that are accustomed to exercise. There are so many advantages when someone carries out sports activities other than physical aspects, but also related to social aspects such as making friends by participating in community sports activities, recognizing the existence of others with their willingness to share with their sports friends. In addition, sports can foster character, personality, discipline, sportsmanship and the ability to think and the development of achievement. According to Engkos Kosasih (1993) sports are forms of physical activities contained in games, races, and intensive physical activities in order to obtain optimal recreation, victory and achievement. Broadly speaking, sports consist of: Athletics, gymnastics, swimming, soccer, volleyball, badminton, martial arts and others. The problem of increasing achievement in sports as a target to be achieved in coaching and developing in Indonesia will take a long time. There are four types of equipment that must be possessed if a person will achieve a maximum achievement, namely: 1. Physical development (physical build-up), 2. Technical development (technical build-up), 3. Mental development (mental build-up), 4. Maturity of champions. (M. Sajoto, 1995).

One sport that needs to be improved is volleyball. Volleyball games are a type of team sport that uses large balls, requires a certain size field, and is played in groups. Volleyball game when played by the players, it is very visible that the player performs a motion activity that requires speed and strength, for example when smash the ball, requires strength when smash the ball hard, requires strong endurance when playing in the tempo is quite long, and requires power in the leg muscles when jumping to smash the ball (Faruq, 2008). Physical condition is a unified whole of components that cannot be separated just like the improvement or maintenance. Among the physical conditions are: strength (strength), endurance (endurance), muscle power (muscular power), speed (speed), flexibility

(flexibility), agility (agility), coordination (coordination), balance (balance) , accuracy (accuracy) and reaction (reaction). (Sajoto, 1995).

Considering volleyball is a type of sport that relies heavily on the physical condition of the player's physical condition is very important in supporting game activities. Physical condition is very influential on optimal achievement. Physical condition is a unified whole of components which cannot be separated, both its improvement and its maintenance. Components - physical condition components include: Agility (agility), Balance (balance), Strength (strength), Coordination (coordination), Endurance (endurance), Determination (flexibility) and Speed-movement-reaction (speed).

The center for sports education and student training (PPLP) as a forum for the education and training of talented student athletes is a manifestation of the system of organizing training to achieve outstanding athletes. The establishment of the Student Sports Education and Training Center (PPLP) aims to ensure that potential and achievement student athletes can be fostered centrally so that the training process for athletes will be more intensive and academic education development not left behind. One of the provinces that is currently fostering students to further improve sports performance is Riau Province. PPLP (Center for Student Education and Training (PPLP) of Riau Province is a place for fostering athletes at the student level placed in Pekanbaru.

The main reason why coaching must be continuous, is because coaching activities and participation that are interrupted or back and forth in the coaching process will not produce progress. Furthermore, through a program that is continuous and continues, with a coaching process like this makes the basis of training for success. Student athletes at the Student Sports Education and Training Center (PPLP) who do physical condition exercises still do not use modern weight tools. Student athletes at the Student Sports Education and Training Center (PPLP) are still given a lot of modified training. The Development of the Student Sports Education and Exercise Center (PPLP) is one of the platforms in an effort to improve the quality of the technique as well as the physical condition of the athlete that is planned on an ongoing basis. Physical exercise that is carried out regularly, systematically and continuously, and poured 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 condition is closely related to the level of an athlete's ability to achieve achievement. (Sports Science and Technology Study and Development Center, 1999).

Adversity Quotient is a person's ability to deal with problems and the extent to which a person is able to withstand the problems that come to him. A high AQ helps someone in dealing with the burden of problems, conversely when someone has a low AQ level the tendency of a person can not control the problem so that the tendency is detrimental to yourself and others. Some indicators to look at AQ include reach or reach, outreach is one's ability to see the extent to which problems that come can affect other aspects of life. Control is the ability to control oneself or position itself when faced with a problem. Origin and Ownership are the ability to see where the problem originated from and acknowledge the relationship between the problem and self responsibility. Endurance is the ability to survive with confidence if the problem will not be repeated. Inquiry teaching is a manipulative variable that will see its impact on adversity quotient. The inquiry teaching structure was developed to build students' resilience to overcome movement problems. AQ will be recognized and measured through questionnaires.

The process of practicing physical conditions carried out carefully, repeatedly with increasing training load allows one's physical fitness to be more skilled, strong and efficient in his movements. (Lutan, et

al, 1991) said that: "An athlete who follows an intensive physical condition training program for 6-8 weeks before the season will have much better strength, flexibility, and endurance during the season." the best physical condition component also helps an athlete to be able to follow the next training in an effort to achieve the highest performance. However, in the case of the implementation of training by the coach before the match day, it still shows constraints so that coaching from the physical aspect is less than optimal. Even this physical condition factor does not seem to get too much attention. This is one of the causes so that achievement has not shown good results in accordance with what is expected. The trainer has not maximally applied the actual training method, or in the sense that there is still a need to improve the training system, not to maintain what has been done so that the results to be achieved cannot be achieved either. Initially, to be accepted as a student athlete at the Student Sports Education and Training Center (PPLP) was not easy. Because it requires a process of recruitment using a variety of benchmarks, so that prospective athletes who enter and be accepted as student athletes at the Student Sports Education and Training Center (PPLP) are actually produced from a tight level of competitors, rigorous selection and obtained through planned competitions , organized and sustainable.

2. Methodology

This research is an experimental research with ex post facto design. In this study the population was all of Volleyball athletes PPLP in Riau Province consisting of 9. The sampling technique uses a total sampling technique that is the technique of determining the sample if all members of the population are used as samples, if many populations are below 100 (Arikunto, 2012), so in this study the number of samples is 9 athletes volleyball PPLP Dispora Riau 2019. Data collected by instrument adversity quotient.

3. Result and Discussion

3.1. Descriptive Data Pre-Test Adversity Quotient

Pre-test adversity quotient results data in a long-term training program. The pre-test adversity quotient data are as follows (can be seen in table 4.1):

Table 3.1. Description of Pre-Test Adversity Quotient Results Data

Statistics		AQ
N	Valid	9
	Missing	0
Mean		131,61
Median		129,00
Std. Deviation		18,548
Variance		144,045
Range		93
Minimum		72
Maximum		165

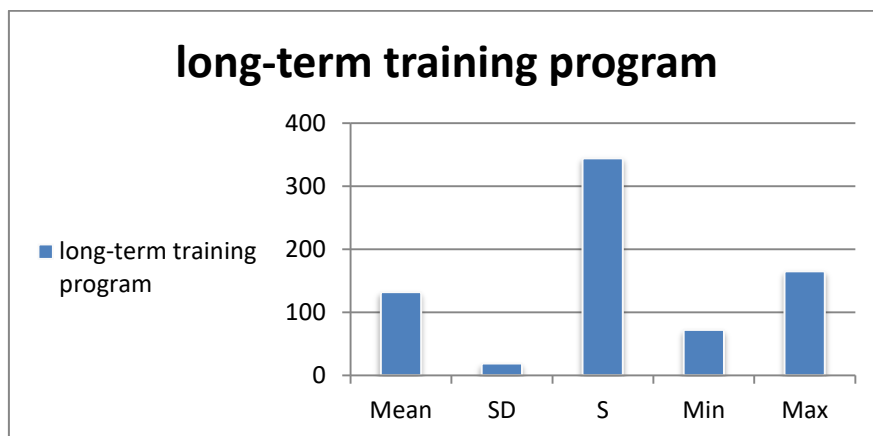


Figure 3.1. Descriptive Data of Pre-Test Adversity Quotient Results

Based on the data processing results listed in table 3.1, the results show that in the long-term training program the average adversity quotient is 131.61 with a standard deviation of 18.548 and a variance of 144.045. The lowest score in the long-term training program is 72 and the highest score is 165.

3.2 Descriptive Data Post-Test Adversity Quotient

Post-test adversity quotient results in a long-term training program. The post-test adversity quotient data is as follows (can be seen in table 3.2):

Table 3.2. Descriptive Data of Post-Test Adversity Quotient Results

Statistics		AQ
N	Valid	9
	Missing	0
Mean		149,94
Median		150,00
Std. Deviation		10,776
Variance		116,129
Range		42
Minimum		132
Maximum		174

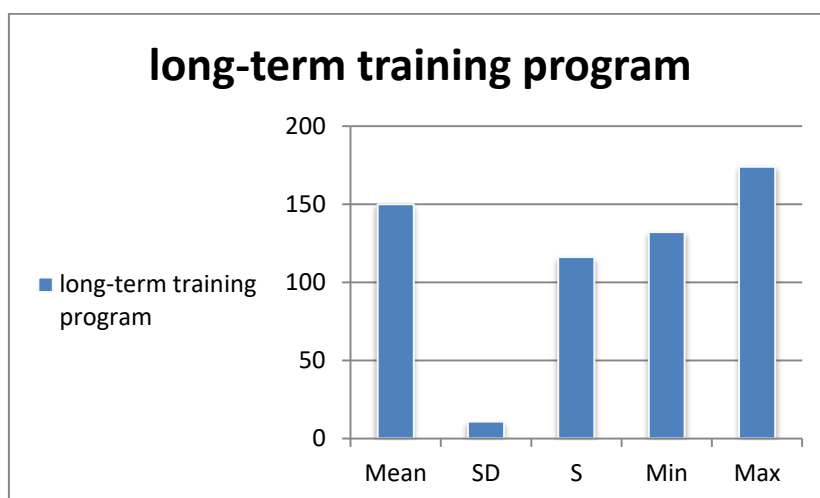


Figure 3.2. Descriptive Data of Post-Test Adversity Quotient Results

Based on the results of the data processing shown in table 3.2, it was found that in the long-term training program group the average adversity quotient was 149.94 with a standard deviation of 10.776 and a variance of 116.129. The lowest score in the long-term training program group is 132 and the highest score is 174. The results of calculations using the Adversity quotient t-test for a group of long-term training programs can be seen in table 3.3.

Table 3.3. Adversity Quotient Test Results for the Group Long-Term Training Program

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRETEST - POSTTEST	18,323	14,945	2,684	-23,805	-12,841	-6,826	8	.000

In Table 3.3 it is known that the difference between the pre-test and post-test adversity quotient results in the long-term training program group value (sig.) Is 0,000 with a standard deviation of 14,945. The value (sig.) Is 0,000 and the value $\alpha = 0.05$. Then the value (sig.) Is smaller than $\alpha = 0.05$, which means H1 is accepted and H0 is rejected. Thus there is a significant difference between the pre-test and post-test results in the experimental group with the long-term training program

4. Conclusion

From the results of the study it was obtained that the experimental group with the long-term training program had a significant effect on the level of adversity quotient of the volleyball athlete PPLP Dispora Riau in 2019 with a value (sig.) Of $000 < \alpha = 0.005$. From these data it can be concluded that the long-term training program gives a significant influence on the level of adversity quotient volleyball athletes of PPLP Dispora Riau in 2019.

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