

ANALYSIS OF SKILL PHYSICAL FITNESS LEVEL PLAY SOCCER GASIBA DISTRICT BULUKUMBA

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ABSTRACT

This study aims to: (1) To determine the relationship of physical fitness level of the skill to play football on a soccer player Gasiba Bulukumba. The population in this study are all football players Gasiba Bulukumba. The sample in this study were all Gasiba Football player who was 16 s / d 19 years as many as 35 players taken by purposive sampling. The data analysis technique used is descriptive analysis of frequency and correlation analysis. The results of this study indicate Level Physical Freshness Players Gasiba Bulukumba included in the medium category, namely 68.6%, Keterampilan playing soccer players Gasiba Bulukumba Neither category is 62.9%, no correlation with the skill level of physical fitness ball players Gasiba Bulukumba with the value of correlation (r) 0.490 (Sig < 0.05), no correlation α with the level of physical fitness ball control skills Gasiba players Bulukumba correlation value (r) 0.678 (Sig < 0.05), no correlation α level of physical fitness with the dribbling skills of players Gasiba Bulukumba the correlation value (r) 0.529 (Sig < 0.05), no correlation with the level of physical α fitness skills Gasiba player shooting the ball Bulukumbadengan District correlation values (r) 0.506 (Sig < 0.05 α), and no correlation with the level of physical fitness skills playing soccer players Gasiba Bulukumba the correlation value (r) 0.820 (Sig < 0.05) α .

Keywords: *Physical Freshness level, the skills to play football*

INTRODUCTION

The basic concept of sports coaching is to focus and orientation of sports development as early as possible, through the promotion and development of sport for young people, because in that period was a period of very potential to enable the development of the highest possible achievement. Coaching and sports development must be done in a consistent, sustainable, fundamental, systematic, efficient and integrated. Combined football Bulukumba (Gasiba) is central to the promotion and

development of sports in Bulukumba thus expected achievements in both championships national championships maupaun international championship is the pinnacle achievement maximal and proud achievement.

One of the most important factors to achieve a feat in sports is a physical condition, as well as mastery of technique, tactics and mental abilities, this is related to the level of physical fitness a football player. How big influence on the achievement of a sports achievement is dependent upon the needs or demands of any sport.

Based on observations with what is happening in the field and less than the maximum performance in every championship. That turns physical fitness level of players Gasiba Bulukumba not meet the standards, or the size of a football player. It can be seen from the lack of players doing the movement without the ball and bring the ball is still very terbatas. Menjadi a player must be able to perform the movement of the pitch control of 2 X 45 menit. Hal aims in order to cover the movement of an opponent in dribbled into the area this can be achieved lawan. Hal if one player has good physical health without good physical fitness level it is impossible aggressive player movement can be achieved. In every game in lakoni Gasiba players appear in the first round they were able to balance the game opponents because they supported with good skills but upon entering the next round of the players no longer able to provide resistance or in other words not being able barged into the area opposite to create gol. Kemudian is a major factor in the decline of football achievement Bulukumba is the lack of planning, implementation and effective goal setting exercise for long ranges. Based on the above description can be concluded that the ability of a football player in a match / game ball strongly influenced by physical fitness and skill to play football. Therefore, researchers interested in conducting research on Jesegaran Analysis Skills Against Physical play football, especially players Gasiba Bulukumba.

RESEARCH METHODOLOGY

Methods and Research Design

1. Research Methods

This research is descriptive Inferential to describe the physical fitness level of the skills of the players playing football Gasiba Bulukumba. The variables involved in this study consists of the independent variable is the level of physical fitness were assessed from a test run of 60 yards, hanging lifting body 60 seconds, rest 60 seconds sitting, vertical jump, and run 1,200 meters, while the dependent variable is the skill to play ball

are judged by the test ball, control the ball, dribble. and shoot the ball. The population in this study are all football players Gasiba Bulukumba ie 100 people. The sample in this study were all Gasiba Football player who was 16 s / d 19 years as many as 35 players taken by purposive sampling.

2. Research Design

The study design is a picture or design in a study with variabel-variables to be studied. The study design is described as follows:

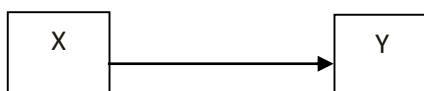


Figure 1. Design Research

Specification:

X: Level Physical Freshness

Y: Skills Play Soccer

RESULTS

Research Findings Discussion

Physical fitness level data include: run 60 yards, hanging body lift, lying sit, jump up and run 1,200 meters. While playing football skills of data covering the ball, control the ball, dribble and shoot the ball. These data are summarized in the following table:

Table 1. Summary of Results Analysis Data Description Level Physical Freshness Football Players Gasiba Bulukumba

Statistics	Quick ran 60 yards	Hanging elbow bending / lifting body	Baring sit 60 seconds	Skip upright	1200-meter run	Level of physical fitness
N	35	35	35	35	35	35
Mean	3.60	2.94	2.80	3.11	1.91	14.37
Std. Deviation	.775	1.027	.406	.796	.658	1.816
Range	3	4	1	3	2	8
Minimum	2	1	2	2	1	10
Maximum	5	5	3	5	3	18
Sum	126	103	98	109	67	503

It can be concluded that physical fitness level test on football players Gasiba Bulukumba in the medium category, this is evidenced by the average value of physical fitness level test of 14.37 14.37 value is in the interval 14-17 with 3 or classification is in physical fitness level classification norms Indonesia for 16-19 year olds son.

Table 2. Summary of Results Analysis Data Description Skills Playing Football in Football Players Gasiba Bulukumba

Statistics	heading the ball	controlling the ball	dribble	shooting ball	Skills Play Soccer
N	35	35	35	35	35
Mean	74.83	57.54	56.06	60.57	62.06
Std. Deviation	8.857	10.071	7.878	3.806	4.677
Range	29	32	35	16	18
Minimum	61	42	36	50	54
Maximum	90	74	71	66	72
Sum	2619	2014	1962	2120	2172

It can be concluded that the test of skill to play football on a football player Gasiba Bulukumba in either category, this is evidenced by the average value of playing football skills test 62.06 62.06 value or the value is in the interval 61 to skill up in the classification norms skills playing soccer.

1. Percentage Frequency Data Analysis Skills players Football in Football Players Gasiba Bulukumba

The results that have been obtained in studies of skill to play football on a football player Gasiba Bulukumba cast in the form of a percentage to obtain a frequency category obtained.

Overview Percentage frequency of research results obtained skills to play football on a football player Gasiba Bulukumba can be seen in the following table:

Table 3. Percentage Frequency ball

value	Frekuensi	Percent (%)	classification
61 – keatas	33	94,3	Baik
53 – 60	2	5,7	Cukup
46 – 52	0	0	Sedang
37 – 45	0	0	Kurang
36 – kebawah	0	0	Kurang sekali
Jumlah	35	100	

Based on Table 3 in the top of the ball obtained in Bulukumba Gasiba football player, it appears that of the 35 samples turned out to players who have a good classification as many as 33 people (94.3%), the classification is quite as much as 2 people (5.7%), and no player who has a moderate classification, less and less so. Thus, it can be concluded that the ball playing football at Bulukumba Gasiba football players can be categorized either with an average yield of 74.83 (yield descriptive data).

Table 4. Percentage Frequency Control the Ball

value	Frekuensi	Percent (%)	classification
61 – keatas	32	91,4	Baik
53 – 60	3	8,6	Cukup
46 – 52	0	0	Sedang
37 – 45	0	0	Kurang
36 – kebawah	0	0	Kurang sekali
Jumlah	35	100	

Based on Table 4 above about controlling the ball ball obtained in Bulukumba Gasiba football player, it appears that of the 35 samples turned out to players who have a good classification as many as 32 people (91.4%), the classification is quite as much as 2 people (8.6%), and none of the players who have moderate classification, less and less so. Thus, it can be concluded that controlling the ball playing football at Bulukumba Gasiba football players can be categorized either.

Table 5. Percentage Frequency Drive the Ball

value	Frekuensi	Percent (%)	classification
61 – keatas	11	31,4	Baik
53 – 60	16	45,7	Cukup
46 – 52	4	11,4	Sedang
37 – 45	3	8,6	Kurang
36 – kebawah	1	2,9	Kurang sekali
Jumlah	35	100	

According to Table 5 above about dribbling obtained at Bulukumba Gasiba football player, it appears that of the 35 samples turned out to players who have a good classification as many as 11 people (31.4%), the classification is quite as many as 16 people (45.7%), classification are as many as 4 people (11.4%), less classification by 3 people (8.6%), and less than one classification by 1 person (29.9%). Thus,

it can be concluded that the ball playing football at a football player can be categorized Gasiba Bulukumba enough.

Table 6 Percentage Frequency Shooting Ball

value	Frekuensi	Percent (%)	classification
61 – keatas	15	42,9	Baik
53 – 60	18	51,4	Cukup
46 – 52	2	5,7	Sedang
37 – 45	0	0	Kurang
36 – kebawah	0	0	Kurang sekali
Jumlah	35	100	

Based on Table 6 above about shooting the ball obtained in Bulukumba Gasiba football player, it appears that of the 35 samples turned out to players who have a good classification as many as 15 people (42.9%), the classification is quite as many as 18 people (51.4%), classification are as many as 2 people (5.7%) and none of the players who have less and less all classifications. Thus, it can be concluded that the ball playing football at a football player can be categorized Gasiba Bulukumba enough.

Table 7. Percentage of Frequency Data Skills Play

value	Frekuensi	Percent (%)	classification
61 – keatas	22	62.9	Baik
53 – 60	13	37.1	Cukup
46 – 52	0	0	Sedang
37 – 45	0	0	Kurang
36 – kebawah	0	0	Kurang sekali
Jumlah	35	100	

Based on Table 7 above about playing football skills acquired in Bulukumba Gasiba football player, it appears that of the 35 samples turned out to players who have a good classification as many as 22 people (62.9%), the classification is quite as many as 13 people (37.1%), and none of the players who have moderate classification, less and less so. Thus, it can be concluded that the skills of playing football at a football player can be categorized Gasiba Bulukumba pretty good.

Discussion

1. Hypothesis First Level Physical Freshness Football Players Gasiba Bulukumba.

Based on the analysis of data on physical fitness level football players Gasiba Bulukumba of 35 players, which have turned out to be classified are as many as 24 people (68.8%), good classification by 2 persons (5.7%), less classification were 9 people (25, 7%), and no player who has excellent classification and less once. Thus, it can be concluded that the results of tests on the physical fitness level of football players can be categorized Gasiba Bulukumba being.

The results of this study indicate that the players who are members of GASIBA Bulukumba continue to actively maintain and improve their physical condition so that the level of physical fitness is always awake. Exercises are performed every evening turned out well both for applied and continue to be developed to better again. Because a person's physical fitness is very supportive of doing the skills to play football.

2. The second hypothesis Football Skills in value of Aspect Skills heading, Control, Dribbling and Shooting Ball in Football Players Gasiba Bulukumba

In this research, there are 22 players who are in the good category. These results were obtained from the merger of the physical fitness test scores of five items, these items were found among the 19 players are in the category of less on a test run of 1,200 meters, when run in 1200 showed how the durability of a player in a diving 2 x 45 minutes in the field. Maximum volume of oxygen (Vo₂ max) or maximum aerobic capacity is the dominant factor for someone who require durability, especially football players. This is due to maximal aerobic capacity is essentially describe the driving force (motor power) of someone who require durability. Someone with a high aerobic capacity, will also recover faster physical fitness on a job compared to those with low aerobic capacity (Dinata, 2003: 3). While football is ongoing exercise continuously for 2 times 45 minutes and be done with low intensity that are included in the category of aerobic. The low ability of the heart footballer Gasiba Bulukumba which is reflected in the results of running distance of 1,200 meters which is in the category of less an evaluation of the results of this exercise performed during either the exercise it self and during the joint exercise.

Results of the analysis showed the skills that the average player is in either category and cukup. Ini indicates that skills in soccer players

Gasiba Bulukumba should be further enhanced. Be it in terms of dribbling, ball control and shooting the ball, because if it is continually honed and improved the confidence and trust the skills of individuals and groups will ddapat shown when playing football. And even not an impossible thing if Gasiba Bulukumba someday will give birth to a player who is able to fill the seat red and white team player. Skills in playing football can not just show up, but it took a very big sacrifice, especially the hard training and rigorous training terarah. Banyak player to be able to be a reliable player in the future, but in fact many years of practice has not been able to fill the seat of players nasional. Artinya in practice not only the length needed but the quality of the training. This can be achieved if the coach has a training program that is apt to be able to bring the team to the championship podium. For most coaches that there are now only rely on their experience when becoming a football player who received the training of trainers.

3. The third hypothesis Skill Level Physical Freshness on the ball at the Football Players Gasiba Bulukumba

Based on the results of Pearson correlation analysis of the skill level of physical fitness ball on a soccer player Gasiba Bulukumba has a significant relationship. This is evidenced by the results of the calculation of Pearson correlation, correlation values calculated (r_{hitung}) = 0.490 with a significant level of 0.003 (Sig <0.05), means that there is a significant relationship between the level of physical fitness with the ball skills on the football players Gasiba Bulukumba.

Thus, if someone has a good level of physical fitness and able to perform the skills ball correctly, then the ball will be able to perform more optimally.

4. The fourth hypothesis against Skill Level Physical Freshness Controls Ball in Football Players Gasiba Bulukumba

Based on the results of Pearson correlation analysis of physical fitness level of the skill to control the ball in soccer players Gasiba Bulukumba has a significant relationship. This is evidenced by the results of the calculation of Pearson correlation, calculate correlation values (r) = 0.678 with a significant level of 0.000 (Sig <0.05), means that there is a significant relationship between physical fitness level with the skills to control the ball in soccer players Gasiba Bulukumba. Thus, if someone has a good level of physical fitness and able to perform the skills to control the ball properly, it will be able to control the ball over the maximum

5. Hypothesis Fifth Level Physical Freshness against Ball Dribbling Skills in Football Players Gasiba Bulukumba

Based on the results of Pearson correlation analysis of physical fitness level of the skills of dribbling in soccer players Gasiba Bulukumba has a significant relationship. This is evidenced by the results of the calculation of Pearson correlation, correlation values calculated (rhitung) = 0.529 with a significance level of 0.001 (Sig <0.05), means that there is a significant relationship between the level of physical fitness with dribbling skills on the football players Gasiba Bulukumba.

Thus, if someone has a good level of physical fitness and capable of dribbling skills correctly, it will be able to dribble over the maximum

6. Hypothesis Sixth Level Physical Freshness against Shooting Skill Ball in Football Players Gasiba Bulukumba

Based on the results of Pearson correlation analysis of the skill level of physical fitness soccer player shooting the ball at Gasiba Bulukumba possessed a significant relationship. This is evidenced by the results of the calculation of Pearson correlation, calculate correlation values (r count) = 0.506 with 0.002 significance level (Sig <0.05), means that there is a significant relationship between the level of physical fitness with the ball shooting skills soccer player Gasiba Bulukumba. Thus, if someone has a good level of physical fitness and able to perform the skills to shoot the ball correctly, it will be able to shoot the ball over the maximum

7. Hypothesis Seventh Level of Physical Freshness against Kicking Skills, Controlling, heading and dribbling In Together at Football Players Gasiba Bulukumba

Based on the results of Pearson correlation analysis of the skill level of physical fitness kick, control, heading and dribbling together on football players Gasiba Bulukumba These results also reveal that there is a significant relationship between the level of physical fitness with the skills of football players have Gasiba Bulukumba significant relationship. In this case, if a student has a good level of physical fitness then akandiikuti also with the skills to play good football from the aspects of control, heading, herding, and shoot the ball. This is evidenced results of the calculation of Pearson correlation, correlation values calculated (rhitung) = 0.529 with a significance level of 0.001 (Sig <0.05), means that there is a significant relationship between the level of physical fitness with dribbling skills on the football players Gasiba Bulukumba.

Thus, if someone has a good level of physical fitness and capable

of dribbling skills correctly, it will be able to dribble over the maximum. Summary of results of testing multiple correlation analysis TKJ with Shooting Skills, control, heading, and herding BolaPada football players Gasiba Bulukumba that simultaneous correlation coefficient of 35 number sampelmenunjukkan F value of 15.102 with signifikan0,000 value, because of the significant value under 0:05 or (sig <0.05), mean adahubungan simultaneously TKJI (X) with ball skills (Y1), controlling the ball (Y2), dribble (Y3), and shoot the ball (Y4) At Bulukumba Gasiba football players. Or we can say TKJI variable (X) studied memberikanhubungan the dependent variable ball Skills (Y1), controlling the ball (Y2), dribble (Y3), and shoot the ball (Y4) At Bulukumba Gasiba football players.

The proportion of variance in TKJI variable (X) studied memberikanhubungan the dependent variable ball Skills (Y1), controlling the ball (Y2), dribble (Y3), and shoot the ball (Y4) At Bulukumba Gasiba football players. simultaneously demonstrated by determination nilai koefisien R Square (R²) is 0668 or 66.8% of the variance means sebesar66,8% TKJI dependent variable (X) studied memberikanhubungan the dependent variable ball Skills (Y1), controlling the ball (Y2) , dribble (Y3), and shoot the ball (Y4) At Bulukumba Gasiba football players together and the remaining 66.8% while the remaining 33.2% is influenced by factors other variables that can not be explained in this study. To view the coefficient of determination (R) correlation between variables bebasTKJ (X) studied the dependent variable ball Skills (Y1), controlling the ball (Y2), dribble (Y3), and shoot the ball (Y4) In football player Gasiba Bulukumba can be shown in multiple Correlation value of 0817 or 81.7%. Besarnyaangka shows that between TKJ independent variable (X) studied memberikanhubungan the dependent variable ball Skills (Y1), controlling the ball (Y2), dribble (Y3), and shoot the ball (Y4) have a strong

Thus, if someone has a good level of physical fitness and able to perform the skills to shoot the ball correctly, it will be able to shoot the ball over the maximum. The elements mentioned above, the physical qualities that determine for achievement in sport, therefore it can not be seen as a separate component. Physical quality of a person can be seen from the physical freshness that can be measured through physical fitness test.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

1. The level of physical fitness Bulukumba Gasiba football player in middle category.
2. Skills playing football at Bulukumba Gasiba football players are in the good category.
3. There is a significant relationship between the level of physical fitness to control the ball skills on the football players on the player GasibaKabupaten Bulukumba.
4. There was a significant relationship between the level of physical fitness on the ball skills on the football players on the player Gasiba Bulukumba.
5. There is a significant relationship between the level of physical fitness on dribbling skills on the football players on the player Gasiba Bulukumba.
6. There is a significant relationship between the level of physical fitness to the skills soccer player shooting the ball at the player Gasiba Bulukumba.
7. There is a significant relationship between the level of physical fitness to play football skills of aspects of control, heading, lead and kick the football players on the player Gasiba Bulukumba.

Recommendations

1. In order to achieve maximum performance in the form of a gold medal, champion of the need to increase the categories of physical fitness football football player of less, quite, well into either once or even perfect.
2. For long-term development program, the physical condition and physical fitness football players need to know early, so that could be one of the indicators to develop training programs and can further determine whether there is an increase in the training program provided by the trainer.
3. Players must be professional football by having discipline, motivation and mental well in running training given by the trainer. And vice versa coach also needs to carry out its duties and functions properly so that soccer players can practice in earnest and confident.
4. The Government gives serious attention to the football players, especially regarding non-technical factors facing football players.
5. The coach and the coach needs to carry out its duties and functions properly so that players can practice with good football.

6. It is expected that KONIDA Bulukumba increase carefully monitoring the implementation of the training program of physical conditions that can be accomplished footballer increase in optimal physical condition.

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