

**DINGS SKILLS WAIST IN WRESTLING SPORTS**  
**(The Experimental Study Effects of Training Methods and Power for Students at FIK UNM Makassar)**

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**ABSTRACT**

*This experimental research aims to determine the effect of exercise and power against dings waist wrestling skills. Research conducted at the State FIK University of Makassar. Experimental method using a 2x3 factorial design. Samples 66 students. The data analysis technique is the analysis of variance and Tukey test. The results showed that (1) Method of exercise resistance band higher influence of the training methods good morning to a skill dings waist, (2) Method of exercise resistance band higher influence of the training methods bicep curl to a skill dings waist, (3) Method of exercise good morning higher influence of the training methods bicep curl to a skill dings waist, (4) There is interaction between the practice and power against skills dings waist, (5) method of exercise resistance band higher than a method practice good morning to a skill dings waist high power, (6) method of exercise resistance band higher than a method practice good morning to a skill dings waist high power, (7) method of exercise good morning higher of the training methods bicep curl to a skill dings waist high power, (8) method of exercise resistance band more height of the training methods good morning to a skill dings waist low power, (9) method of exercise resistance band higher than a method practice good morning to a skill dings waist low power, and (10) method of exercise good morning higher of the training methods bicep curl against low power waist dings skills.*

*Keywords: training methods, power and dings waist on wrestling*

Wrestling is one sport that relies on physical strength and endurance, wrestling games are conducted between two athletes, one of whom should be dropped or may control the wrestling opponent. Dings waist is one technique struggles that have difficulty factor is quite high. In wrestling, muscle strength and power is very big influence on the achievements or results dings waist, because muscle function in this case the muscles in your arms, back and legs as the energy to pull and lift while doing heavy activity. Besides muscular arms, back and legs also serves as the driving force at the time of beginning and advanced wrestlers perform lifting and slamming. Which serves as a back muscle stem enforcement agency was instrumental in shaping the body muscle strength in general. Rahmani (2014: 131) Wrestling is one sport that relies on physical strength and endurance. Wrestling game is done between the two athletes. One of them should be dropped or may control the wrestling opponent. Hadi (2005: 23) Mechanical Dings is a technique used in the melee when both wrestlers standing position with the handle in the hand / arm movements and then do a little twisted, lifted, and techniques dings. Dings waist is one technique struggles that have high difficulty factor. The wrestler who does not

have the capabilities and expertise of high hard earned an opportunity to use this technique in a wrestling match. Dings waist is a composite of several movements which coordinate with each other to form a series of items.

Petrov (1987: 232) kickback waist is a kind of technique that utilizes the waist as a pedestal technique dings. Which must be considered in performing engineering waist dings are: 1) a footstool that could set point weight is between two feet. Because then the body will be stable and be strong foothold. 2) Distance to the waist with a ground floor or lower shorter than the distance waist opponent to the ground floor, because the position is shorter, which means closer to the base or foundation made the position of the body will be more stable. 3) Try not to let the opponent easily swayed or shaken because such circumstances opponents body is unstable and easy to dropped. Learning motion by Sugiyanto (2013: 82) is one part of a study that examines the Science of Sport human phenomena are studied or tried to control the movements of the body or increase his movement skills. Learning motion is learning that is realized through the muscular responses and expressed in body movement.

Movement skills is the embodiment of truth body mechanics that affect the energy use efficiency and effectiveness goals. To achieve high performance in sports coaching movement skills are as important as the physical capacity building. According Gellahu (2006: 15) A motor skills are learned, goal-oriented, voluntary movement or action on the assignment of one or more parts of the body. Exercise is a process of repetition of physical activity or work well and properly to improve the achievement of optimal performance in order to achieve the highest achievement. In the process of multilateral exercises are physical development which is the basic training for success in all sports including wrestling. Exercise is a systematic process and practice that is done repeatedly with increasingly add to the amount of training load and intensity of the exercise. Tangkudung (2012: 46). The method of training is to develop a learning exercise, wherein said method is used the material condition of activities. The training methods used in this research is the method of exercise resistance band, good morning training methods and training methods bicep curl.

Power or sometimes called the explosive power is a very important motion capabilities to support the activities in every sport. Widiastuti (2015: 107). Power is a combination of strength and speed. Most sports that contain dynamic explosive movements that require more power than pure power. Power can be defined as the maximum amount of force, which produced a muscle or group of muscles in the shortest time possible. Dings waist does not make a priority to be considered good engineering mechanics even movement. This is supported by Gable that's skilled in doing dings waist should be trained as often as possible and to get the point create a variation of slamming waist and note the strength and speed. Thus the success of slamming the waist is determined by the provision of appropriate training methods by the coach and is also determined by the ownership of the physical element of good power. It required an answer to the problems outlined above so there must be a deeper study through research.

The research problems that can be raised are as follows: (1) Is there a difference in the effect of resistance band training methods to practice good morning to the waist kickback skills? (2) Are there any differences influence the resistance band training methods training methods bicep curl against dings skill waist? (3) Are there

differences in the influence of training methods with a good morning exercise method bicep curl against dings skill waist? (4) Is there an interaction between the practice and power of the skill of slamming the waist? (5) Are there any differences between the effects of resistance training methods training methods band with good morning to the waist dings skills at a high power group? (6) Are there any differences between the effects of resistance training methods training methods band with bicep curl against dings waist skill at high power group? (7) Are there any differences between the effects of training methods with a good morning exercise method bicep curl against dings waist skill at high power group? (8) Are there any differences between the effects of resistance training methods training methods band with good morning to the waist dings skills at lower power group? (9) Are there any differences between the effects of resistance training methods training methods band with bicep curl against dings waist skills at lower power group? (10) Are there any differences between the effects of training methods with a good morning exercise method bicep curl against dings waist skills at lower power group?

treatment variable attributes variable		METHOD		
		Exercise Method (A)		
		resistance band exercise (A <sub>1</sub> )	Morning exercise (A <sub>2</sub> )	Bicep Curl exercise (A <sub>3</sub> )
Power (B)	Hight (B <sub>1</sub> )	A <sub>1</sub> B <sub>1</sub>	A <sub>2</sub> B <sub>1</sub>	A <sub>3</sub> B <sub>1</sub>
	Low (B <sub>2</sub> )	A <sub>1</sub> B <sub>2</sub>	A <sub>2</sub> B <sub>2</sub>	A <sub>3</sub> B <sub>2</sub>
Total		A <sub>1</sub>	A <sub>2</sub>	A <sub>3</sub>

Information:

- A1B1: Group of students who have trained with the high power resistance band training method
- A2B1: Group of students who have trained with the high power training method good morning
- A3B1: Group of students who have trained with the high power training methods bicep curl
- A1B2: Group of students who have a low power trained in methods of exercise resistance band
- A2B2: Group of students who have trained with the low power good morning exercise method
- A3B2: Group of students who have trained with the low power training methods bicep curl
- A1: Method resistance band exercises
- A2: good morning exercise method
- A3: The method of training bicep curl
- B1: High Power
- B2: Low Power

The population in this study were all male students Penjaskesrek Nikken UNM Department of Makassar, while the inaccessibility of the population assigned to the student of the semester Penjaskesrek five (5) academic year 2015/2016 which has programmed wrestling elective courses. The sampling technique using a randomized group design. To get the component groups of high and low component group, Verducci explained that the procedure for obtaining a high component groups and groups of components lower in all three models of the exercise are: First, 27% of the total score of each group. Second, take the order from highest score to the number of samples required and take the order from lowest score to the number of samples required, the score midway between the highest score and the lowest score discarded / removed. When the test participants is large enough, then the division of the top group and a lower group, captured 27% of students who score high as the top group, and 27% of students who score low-low as the lower group, bringing the total number of students who have graduate elective courses wrestling is 66 students.

In this study, data collection techniques is done based on the variables involved. 1) The dependent variable is through skills assessment kickback motion pattern waist and waist dings value in wrestling, and 2) the variable attributes, data collection through power test data. Techniques used in analyzing the data is the technique of analysis of variance (ANOVA) two-way with a significance level  $\alpha = 0.05$ . The requirements needed in the analysis of variance is a test for normality using Liliefors test and homogeneity test using Barlett test, followed by Tukey's test if there is an interaction. Data were analyzed using SPSS version 20.

## RESULTS AND DISCUSSION

Discussion of the results presented are as follows: (1) The results of analytical testing Test-Tukey (Q) difference in skill dings waist in wrestling between the methods of exercise resistance band training method good morning to students FIK UNM, the value of Q-count 5,000 and Q-table 2.95 or Q-count > Q-table with a significant level of 0.007. In order to take decisions that reject  $H_0$  and accept  $H_1$ . So we can conclude that there are differences in waist dings skills in wrestling between training methods with a resistance band training method good morning to students FIK UNM. (2) The results of analytical testing Tukey Test (Q) differences waist dings skills in wrestling between the resistance band training methods training methods bicep curl on Nikken UNM student, the value of Q-count = 9.636 and Q-table 2.95 or Q -hitung > Q-table with a significant level of 0.000. In order to take decisions that reject  $H_0$  and accept  $H_1$ . So we can conclude that there are differences in waist dings skills in wrestling between the resistance band training methods training methods bicep curl on Nikken UNM student.

(3) The results of analytical testing Tukey Test (Q) differences waist dings skills in wrestling between good morning with the training methods training methods bicep curl at UNM FIK students, the calculated values obtained 4.636 Q and Q-table 2.95 or Q- count > Q-table with a significant level of 0.017. In order to take decisions that reject  $H_0$  and accept  $H_1$ . So we can conclude that there are differences in waist dings skills in wrestling between good morning with the training methods training

methods bicep curl at UNM FIK students. (4) The results of the data analysis obtained value  $F_{hitung}$  7.914. When compared  $F_{hitung}$  greater than  $F$  table, ( $7.914 F_{count} > F$  table 3,17), and is therefore taken a decision that reject  $H_0$  and accept  $H_1$ . So it can be concluded that there is interaction between the practice and power against skills dings waist in wrestling in students FIK UNM. (5) Results of analytical testing Test-Tukey (Q) difference in skill dings waist in wrestling between the methods of exercise resistance band with method good morning exercise for students who have a high power at UNM FIK students, the calculated values obtained 6.364 Q and Q-table 3.15 or  $Q_{count} > Q$ -table 3.15 with 0.979 significant level. In order to take decisions that reject  $H_0$  and accept  $H_1$ .

So we can conclude that there are differences in skills dings waist in wrestling between the methods of exercise resistance band training method good morning to students who have a high power to the students FIK UNM, (6) The results of analytical testing Test-Tukey (Q) difference in skill dings waist on wresiling between resistance band training methods with methods bicep curl exercise for students who have a high power at UNM FIK students, the calculated values obtained 4.182 Q and Q-table 3.15 or  $Q_{count} > Q$ -table. In order to take decisions that reject  $H_0$  and accept  $H_1$ . So we can conclude that there are differences in waist dings skills in wrestling between the methods of exercise resistance band with a bicep curl exercise methods for students who have a high power at UNM FIK students,

(7) The results of analytical testing Tukey Test (Q) differences waist dings skills in wrestling between good morning training methods with methods bicep curl exercise for students who have a high power at Nikken UNM student, Q-count values obtained -2.182 and Q- table 3.15  $Q_{count} < Q$ -table with a significant level of 0.961. While the significance test there is no real difference sig (p) is greater than 0,005 or ( $0.000 < 0.05$ ), to be seen in the table column Sig (p) is 0.961, or probabilities well above  $\alpha$  0.05. In order to take decisions that reject  $H_0$  and accept  $H_1$ . So it can be concluded that there is no difference of skills dings waist in wrestling between training methods good morning with a training method bicep curl for students who have a high power to the students FIK UNM, (8) Results of analytical testing Test-Tukey (Q) difference in skill kickback waist in wrestling between the methods of exercise resistance band with a good morning workout methods for students who have a low power at UNM FIK students, the calculated values obtained -1.818 Q and Q-table or a Q-count 3.15  $-1.818 < Q$ -table with level significant 0.987. While the significance test there is no real difference sig (p) is smaller than 0.005 ( $0.987 > 0.05$ ), to be seen in the table column Sig (p) is 0.987, or the probability is far below the value of  $\alpha$  0.05. In order to take decisions that reject  $H_0$  and accept  $H_1$ .

So it can be concluded that there is no difference in the waist dings skills of wrestling between the methods of exercise resistance band with good morning training methods for students who have a low power at Nikken UNM student. (9) The results of analytical testing Test-Tukey (Q) difference in skill dings waist in

wrestling between the methods of exercise resistance band training method bicep curl for students who have a low power to students FIK UNM, the value of Q-count 3.091 and Q-table 3.15 or Q-count < Q-table with a significant level of 0.771. In tests of significance there is no real difference sig (p) is smaller than  $\alpha$  0.05 ( $0.771 > 0.05$ ), to be seen in the table column Sig (p) is 0.771, or probabilities well above  $\alpha$  0.05. In order to take decisions that receive reject H0 and H1. So it can be concluded that there is no difference in the waist dings skills of wrestling between the methods of exercise resistance band with bicep curl exercise methods for students who have a low power at Nikken UNM student.

(10) The results of analytical testing Test-Tukey (Q) difference in skill dings waist in wrestling between training methods good morning with a training method bicep curl for students who have a low power to students FIK UNM, the value of Q-count 4.909 and Q-table 3.15, or Q-count > Q-table with a significant level of 0.184. In order to take decisions that reject H0 and accept H1. So we can conclude that there are differences in waist dings skills in wrestling between good morning training methods with methods bicep curl exercise for students who have a low power at Nikken UNM student.

#### CONCLUSION

From the results of hypothesis testing and discussion of results, it can be concluded as follows: (1) There are differences in the effect of resistance band training methods to practice good morning to the waist kickback skills. (2) There are differences in the effect of resistance training methods training methods band with bicep curl against dings skill waist. (3) There are differences in the influence of training methods with a good morning exercise method bicep curl against dings skill waist. (4) There is interaction between the practice and power against skills kickback waist. (5) There is a difference between the effects of resistance training methods training methods band with good morning to the waist dings skills at a high power group. (6) There is a difference between the effects of resistance training methods training methods band with bicep curl against dings waist skill at high power group. (7) There is no difference between the effects of training methods with a good morning exercise method bicep curl against dings waist skill at high power group. (8) There is no difference between the effects of resistance training methods training methods band with good morning to the waist dings skills at lower power group. (9) There is no difference between the effects of resistance training methods training methods band with bicep curl against dings waist skills at lower power group. (10) There is a difference between the effects of training methods with a good morning exercise method bicep curl against dings waist skills at lower power group.

Power in the sport of wrestling results determine dings, particularly to do dings waist. If a student has a higher power, then the result will be good dings waist. Thus, the ability of the power is needed. So to practice the skills dings waist on a third form of training a student must have a high power. The influence of this interaction, as well as providing guidance on an implication that in applying the method of training in order to increase the yield of skill dings waist in the sport of wrestling, good exercise resistance bands and exercise method good morning as well as training methods bicep curl will need to consider the

characteristics of the student or the characteristics of the subject of training methods in two respects, namely the practice and power. In this case, in which the characteristics of resistance band exercise is more appropriate than the method of exercise good morning, or otherwise in which the characteristics of good morning exercise method better use of the resistance band exercises.

Then in which the characteristics of bicep curl exercise method is more appropriate than the exercise resistance band, or vice versa in which the characteristics of resistance band exercise better use of the method of bicep curl exercise. As well as the characteristics of the bicep curl exercise which method is more appropriate than the method of exercise good morning, or otherwise in which the characteristics of good morning exercise method better use of the method of bicep curl exercise. Correspondence between the training methods are provided with three kinds of characteristics are empirically have shown an increase in yield waist dings skills in wrestling in the implementation of the exercise. Thus, before applying the exercise resistance bands, exercise method good morning and training methods bicep curl and power prior identification of methods of exercise resistance band owned by subject training methods with the category of high or low, then given training methods are appropriate in the form of power high or low power in his training methods. After that, then set training methods that are relevant to the identification result. There was no significant difference between the exercise resistance band, good morning training methods and training methods bicep curl against dings waist skills in wrestling by using low power. This is possible because the exercise resistance band, good morning training methods and training methods using a bicep curl with a low power will impact the quality of training methods so that all three methods of practice less significant to the waist dings skills in wrestling in the implementation of the exercise

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