



Level of Physical Fitness and Self-Confidence in Futsal Extracurricular Training at SMP Negeri 11 Pontianak

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Abstract: Physical fitness and self-confidence are very important aspects for success in the game. However, measurements are rarely carried out. This research aims to determine the level of physical fitness and self-confidence of futsal extracurricular students. This research is a descriptive quantitative type of research using a survey method, in this research there are tests and measurements given. The research instrument used TKJI 12-15 years. The subjects in this research were 20 futsal extracurricular participants at SMP Negeri 11 Pontianak. The research results showed that the level of physical fitness among futsal extracurricular students was 16 students in the moderate category with a percentage of 80% and there were 4 students in the poor category with a percentage of 20%. Furthermore, the level of self-confidence among futsal extracurricular students has very good self-confidence, this result is proven by the fact that there are 12 students in the very good category with a percentage of 60% and there are 8 students who have good self-confidence with a percentage of 40%. The results of this study show that it can be concluded that the students' physical fitness is in the medium category. Based on the results of self-confidence in futsal extracurricular students, the average results are in the good category.

Keywords: Physical Fitness; Self Confidence

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INTRODUCTION

Sports have now become a habit (Fadila, 2021). Public awareness of sport is a matter of maintaining and improving health (Suryadi, Rubiyatno, et al., 2022). Exercise can bring happiness, apart from regular exercise it can also make the body healthy. Apart from that, sport is a physical activity that everyone can do, including children (Suryadi, Gustian, et al., 2022). In Indonesia, sport is physical movement which aims to make the body strong and healthy (Sobarna et al., 2020). This activity can be done through playing (Suryadi, Okilanda, et al., 2023), practicing, or moving certain body parts, with or without tools. Human efforts through sports and recreation activities (refreshing and relaxation) which aim to reduce mental stress can balance physical and psychological conditions (Hariawan & Kafrawi, 2022). From this review, it can be concluded that exercise is an important activity needed by the body. Exercise is usually done by moving all or part of the body, both upper and lower body parts (Samodra et al., 2023). Various sports can build physical, mental and struggle to face oneself and others (Haïdara et al., 2023), and even influence physical fitness (Suryadi & Rubiyatno, 2022).

Having good physical fitness is a condition that is highly desired by everyone (Rubiyatno et al., 2023). With physical fitness, people will be able to appear more dynamic/enthusiastic and work productivity will be created. The public is now well aware of the benefits of physical fitness, as evidenced by the development of fitness centers and the widespread sporting activities that are held, all of this stems from the pursuit of physical fitness (Darmawan, 2017). Physical fitness is one thing that can influence an athlete's achievement. Physical fitness that is strong and good if trained continuously will be better in achieving achievements. According to Suryadi, (2022) physical fitness is one aspect of the components of physical condition that influences daily activities without experiencing significant fatigue. Where physical condition is the foundation for achieving achievements for all athletes (Rubiyatno et al., 2023; Suryadi, Suganda, et al., 2023; Suryadi, Yanti, et al., 2023; Suryadi & Rubiyatno, 2022). Technique, mentality and tactics can be developed well if you have good physical qualities (Aprilianto & Fahrizqi, 2020). One of the physical activities that can be done through sports is playing futsal.

Futsal is a sport played by two teams, each team consisting of 5 players, one of whom is the goalkeeper. This sport originates from the more simplified sport of football. The size of the field and the ball used are smaller than soccer. Likewise with different games. The futsal game rules are deliberately made very strict by FIFA so that Fair Play values occur and at the same time to avoid injury, the futsal playing field (for international matches) is not made of grass, but made of wood or plastic/rubber, so that if an incident occurs it will be very dangerous for the players. (Hamzah & Hadiana, 2018). Where high physical activity of course also requires good endurance as well. Apart from that, confidence in the game is also really needed.

Self-confidence is one of the things that influences an athlete when carrying out training. Self-confidence is a process of self-development, this can be obtained by someone who really wants to use all their abilities and creativity to appear as a person who is full of self-confidence (Suhardita, 2011). It's not easy, even if you have strong motivation, you need to work on it continuously so that it becomes a good habit and of course this good habit will always coexist with self-confidence which can be used as an incentive for students to study well. Self-confidence can be called a positive attitude, where a person is able to develop positive values towards themselves and the environment they have faced. This does not mean that an individual can do everything alone. Self-confidence that is too high will cause actual or existing mental degradation without looking at the good and bad qualities (Walid et al, 2019).

Based on a preliminary study through interviews with PJOK teachers, the problem at SMPN 11 Pontianak was that students' physical fitness was still not being monitored. Apart from that, there are still many extracurricular students who have not been able to unleash their best potential because they are still hesitant to unleash their abilities, when practicing or playing they are not confident carrying the ball or when receiving the ball, which is caused by several factors, one of which is not being optimistic about their abilities. demonstrate his own skills. Where physical fitness is an important factor that can influence achievement. Next, the level of self-confidence that players must have, namely optimal self-confidence, this has a significant relationship with achieving maximum performance.

Therefore, self-confidence is needed to be able to express your abilities, because self-confidence is one of the techniques or mental skills that is important for players to have. Self-confidence is part of an attitude regarding one's own abilities, so that one is not too anxious in one's actions, feels free to do things according to one's wishes and is

responsible for the actions one has taken, is polite in interacting with other people, has a drive for achievement and can recognize the advantages and disadvantages. Based on the description above, the author sees that the level of physical fitness and self-confidence is very important for a student to achieve maximum performance. There are many ways to increase self-confidence, one of which is by taking part in extracurricular training. Based on this, this research aims to determine the level of physical fitness and self-confidence in futsal extracurricular students.

METHOD

The subjects in this research were male extracurricular futsal students at SMP Negeri 11 in the city of Pontianak. The sampling technique used purposive sampling so that the sample in this study was 20 students. This research is a quantitative descriptive type using survey methods, in this research tests and measurements are given. The research instrument for measuring the physical fitness of futsal extracurricular students uses the Indonesian Physical Fitness Test (TKJI) for ages 12-15 years (Mariana Ditboya Hukubun & Mieke Souisa, 2019). Next, the self-confidence data uses statements in the questionnaire. A grid is very necessary as a basic basis for compiling research instruments as well as for compiling statement items in a questionnaire. The grid in this research is based on (Sakti & Fahrudin, 2021).

Data analysis in this research uses descriptive percentages, data obtained in the field is in the form of physical fitness and self-confidence results. The data obtained was then calculated using percentages using Microsoft Excel 2016.

RESULT AND DISCUSSION

Result

This research began on 12 – 15 December 2022. The data is described using descriptive and statistical data, this is intended to make it easier to understand the final results and clarify the research results.

Table 1. Results of the Average Level of Physical Fitness of Students

No	Test	Mean	Category
1	50 meters run	3,15	Currently
2	Dogging Run	2,25	Not enough
3	Lying Sitting	4,0	Good
4	Upright Jump	2,65	Not enough
5	Run 1000 Meters	2,05	Not enough

Based on the results in table 1, it can be concluded that in the 50 meter running test, students who took part in futsal extracurriculars had a moderate level of physical fitness with an average score of 3.15. In the dogging run test, students who took part in extracurricular futsal had a poor level of physical fitness with an average score of 2.25. Furthermore, in the 60 second lying down test, students who took part in extracurricular futsal had a good level of physical fitness with an average score of 4. In the straight jump test, students who took part in extracurricular futsal had a moderate level of physical fitness with an average score of 2.65.

Next, in the 1000 meter running test, students who took part in basketball extracurriculars had a moderate level of physical fitness with an average score of 2.05. Based on these results, it can be concluded that the physical fitness of futsal extracurricular students is classified as moderate.

Table 2. Results of Physical Fitness Levels of Students Who Participate in Futsal Extracurriculars

No	Value	Classification	Frequency	%
1	22 – 25	Very well	0	0%
2	18 – 21	Good	0	0%
3	14 – 17	Currently	16	80%
4	10 – 13	Not enough	4	20%
5	5 – 9	Very less	0	0%
		Amount	20	100%

Based on the results data in table 2, it is known that the descriptive percentage results in the Indonesian physical fitness test for male extracurricular futsal students are 16 students in the medium category with a percentage of 80%, then there are 4 students in the poor category with a percentage of 20%. Based on these results, it can be concluded that the physical fitness level of Futsal extracurricular students at SMP Negeri 11 Pontianak is in the medium category.

Tabel 3. Description of Futsal Extracurricular Confidence Data

No	Range	Category	Frequency	%
1	80-100 %	Very good	12	60%
2	70-79 %	Good	5	25%
3	60-69 %	Enough	2	10%
4	50-59 %	Not enough	1	5 %
5	0-49 %	Very less	0	0 %
Amount			20	100 %

Based on the data above, it is known that futsal extracurricular students at SMP Negeri 11 Pontianak have very good self-confidence. This result is proven by the fact that 12 students are in the very good category with a percentage of 60%. There are 5 students who have good self-confidence with a percentage of 25%. Furthermore, there were 2 students who had fairly good self-confidence with a percentage of 10% and 1 student had less self-confidence with a percentage of 5%.

Discussion

This research aims to determine the level of physical fitness and self-confidence of students who take part in extracurricular futsal at SMP Negeri 11 Pontianak. The results of this research show that the physical fitness level of students who take part in extracurricular futsal is 16 students in the medium category with a percentage of 80%. The results of relevant research conducted previously showed that extracurricular futsal students were in the poor category (Widodo & Wahyuni, Sri, 2016). A subsequent study conducted on students at North Bengkulu Middle School obtained results showing that the level of physical fitness was 19% in the good category, 42% in the medium category and 39% in the poor category (Prasetio et al, 2017). Based on these results, it can be concluded that students' fitness levels are still relatively low, so it is necessary to carry out exercises to increase physical fitness.

The results of this research show that the level of self-confidence of students who take part in extracurricular futsal has very good self-confidence. This result is proven by the fact that 12 students are in the very good category with a percentage of 60% and

there are 5 students who have good self-confidence with a percentage of 25%. Relevant research results prove that team sports in sports have a good level of trust (Kamnuron et al, 2020). Next, the results of research conducted by Satya Asri Dwi, (2013) showed that the overall level of athlete confidence in kyorugi (sparring) competitions in the sport of taekwondo was 78.4% and was included in the good criteria. Meanwhile, the level of self-confidence for the group of male athlete respondents was 81.2% and was included in the very good criteria. Meanwhile, the level of self-confidence of the male athlete respondent group was 75.6% and was included in the good criteria.

Therefore, a previous study applied a personal learning model. The research results proved that the personal learning model actually had a significant influence on students' futsal learning confidence (Sumpena, 2017). Other research says that the level of self-confidence of athletes in team sports is better than the level of self-confidence of individual athletes (Kamnuron et al, 2020). Based on this evidence, this gives an idea that self-confidence in team sports is considered better than individual.

CONCLUSION

Based on the results of the analysis and discussion, it can be concluded that the level of physical fitness of extracurricular futsal students is 16 students in the medium category with a percentage of 80%, so it can be concluded that the physical fitness of students is in the medium category. Furthermore, the level of self-confidence in extracurricular futsal students has confidence. very good self-confidence, this result is proven by the fact that 12 students are in the very good category with a percentage of 60% and there are 8 students who have good self-confidence with a percentage of 40%. The results of this research can provide research or sports teachers with an idea of how to apply appropriate training or learning methods so that physical fitness and self-confidence can increase. Recommendations for further research can influence physical fitness and self-confidence on shooting results in futsal games.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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