

Arm power ability in Boxing Athletes in Bantul Regency



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ABSTRACT: The purpose of this study was to determine the ability of the arm power of the Bantul District Boxing Athletes. This study uses a survey method. The population of this study was 12 Boxing athletes in Bantul Regency. The sample in this study used a total sampling technique totaling 12 Boxing athletes in Bantul Regency. The data collection technique used in this study was the arm power test which was measured by throwing a medicine ball test. Data analysis in this study used SPSS version 25. Based on the results of the research analysis, it can be concluded that the ability of the arm power of the Boxing Athletes of Bantul Regency is very well category with a total of 1 person, 5 well categories, 5 enough categories and 1 less once category athlete.

KEYWORDS: Arm power, Athlete, Boxing

INTRODUCTION

Sport currently cannot be separated from community activities because it functions well as a need to maintain physical health (Sandi Akbar Romadhon, 2016). According to (Falaahudin & Sugiyanto, 2013) sports activities are body movement activities which can be interpreted as having good body fitness capacity to improve quality of life. Sport will strengthen body and soul, foster a healthy personality that can adapt to change and is resilient and creative in solving complex problems (Iwandana et al., 2022).

Sport is an activity that teaches fair play, honesty, respect for friends and foes, and accepting defeat (Nugroho et al., 2020). According to (Falaahudin et al., 2021) achievement sports are sports that start at a young age and are developed in a planned, tiered and long-term basis. Martial arts is a popular sport in Indonesia (Triprayogo et al., 2020). Martial sports have elements of art, self-defense techniques, sports, and mental training (Prayogo et al., 2021). Self-defense skills are very important because martial arts provide many benefits, including the ability to defend oneself from bad people (Falaahudin et al., 2020).

(Ismoko & Sukoco, 2013) defines achievement as the level of success achieved by a person as a result of learning or gaining experience. Success can be achieved by overcoming life's challenges directly and relying on one's intellectual, emotional, and spiritual (Indrayana, 2012). (Wibowo & Hakim, 2019) states that it takes serious effort and a strong commitment to achieve a goal.

Physical condition is one of the basic abilities for a person. The athlete's physical condition is the initial screening that is seen by the coach whether they are ready to compete or not. If an athlete is in poor physical condition, especially if he is going to compete, it will certainly affect his performance below standard (Iwandana et al., 2021). Athletes can achieve success if they are in good physical condition (Suharjana, 2013).

METHODS

This study uses a survey method. Population is something or subject who lives in a certain area and meets certain criteria for research problems (Sugiyono, 2016). The population of this study was 12 Boxing athletes in Bantul Regency. According to (Suharsimi, 2013) the sample is part of the population that has certain characteristics or conditions to be studied. The sample in this study used a total sampling technique totaling 12 Boxing athletes in Bantul Regency. Data collection techniques used in this study were tests and measurements. The type of test used in this study was the arm power test which was measured by throwing a medicine ball test. Data analysis in this study used SPSS version 25 to analyze the data.

RESULTS AND DISCUSSION

Table 1. Assessment Category

Very well	$X \geq M + 1,5 (SD)$
Well	$M + 1 (SD) \leq X < M + 1,5 (SD)$
Enough	$M - 1 (SD) \leq X < M + 1 (SD)$
Not enough	$M - 1,5 (SD) \leq X < M - 1 (SD)$
Less Once	$X < M - 1,5 (SD)$

Arm power ability in Boxing Athletes in Bantul Regency

M	7
SD	5

Table 2. Arm Power Test Results

Number	Athlete Name	Arm Power	Description
1	Muhammad	7.9	Well
2	Totok	6.44	Enough
3	Lingga	2.8	Less Once
4	Rizal	7.2	Well
5	Aad Nur	7.7	Well
6	Zanavi	7.4	Well
7	Zulianto	6.9	Enough
8	Ignatius	6.4	Enough
9	Sugeng	7.3	Well
10	Sholeh	6.4	Enough
11	Ayu Dwi	4.5	Enough
12	Roni	8.4	Very well

Based on the research data above, it shows that out of 12 KONI Bantul boxing athletes who took the arm power test as measured by the medicine ball throwing test, the results obtained were athletes in the very well category with a total of 1 person, 5 well categories, 5 enough categories and 1 less once category athlete.

Physical condition plays an important role in success in various sports, including boxing. Arm muscle strength is a type of explosive power found in the arms. In everyday life this ability is termed the word Power to represent explosive power. Power is the ability of the muscles to exert maximum force in a very short time.

Boxing is a sport with a short duration, high intensity (Guntoro et al., 2020). Boxing is a sport that must maintain and regulate the rhythm of each strike (Blegur & Mae, 2018). Boxing is also a type of sport that gives rise to hard physical collisions (Iqbal et al., 2020). The lack of athlete's physical ability is caused by the inability of the trainer to provide an understanding of physical exercise, create a training program, and understand the dosage of athlete training (Wani, 2018). The physical exercise program is essentially aimed at building the ability to improve the level of physical condition (Lahinda et al., 2020). Because boxing is a sport that requires good physical condition.

CONCLUSION

Based on the results of the research analysis, it can be concluded that the ability of the arm power of the Boxing Athletes of Bantul Regency is very well category with a total of 1 person, 5 well categories, 5 enough categories and 1 less once category athlete.

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Arm power ability in Boxing Athletes in Bantul Regency

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