



**DOMINANT PHYSICAL CONDITION COMPONENTS OF WRESTLING
ATHLETES IN INDRAMAYU REGENCY**

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Abstract

The purpose of this study was to determine the dominant physical condition components of Indramayu Regency Wrestling Athletes. The method in this study was pre-experimental design with a one-shoot case study design. The population in this study were all 8 Indramayu Regency wrestling athletes. The research sampling technique used Total sampling, so the research sample consisted of 8 athletes. The results of the study showed that the dominant physical condition of Indramayu Regency wrestling athletes showed that the flexibility component was in the good category with a percentage of (39%), while strength was in the sufficient category with a percentage of (23%). Meanwhile, speed was in the sufficient category with a percentage of (12%), and endurance was in the very poor category with a percentage of (50%). These findings indicate that flexibility is the dominant component, while abdominal muscle strength, leg muscle strength, speed, and endurance need to be improved. The conclusion of this study is that the Dominant Physical Condition component of Indramayu Regency Wrestling is flexibility.

Keywords: Dominant Physical Fitness, Wrestling

INTRODUCTION

Sport is an activity that a person does to train physical fitness through physical activities, with the aim of shaping or nourishing the body. From this it can be seen that doing sports will provide various benefits for the body so that activities in sports can be related to health goals and also achievements, so sport becomes important, meaning in improving the quality of human resources for the desired achievement. Referring to The National Sports System Law Number 3 of 2010 Chapter II article 4 stipulates that national sports aim to maintain and improve health, fitness, achievements, human qualities, instill moral values and noble morals, sportsmanship, discipline, strengthen and foster the unity and unity of the nation, strengthen national resilience, and raise the dignity, dignity, and honor of the nation. To achieve good achievements in the sport of wrestling, a scientific approach is carried out by involving science and having the readiness factor needed. Wrestling is the oldest hand-held martial art

sport in the world, wrestling has been popular in Egypt since 2050 with the discovery of evidence of Egyptian heritage where the evidence is listed in the history of the painting on the wall of the tomb of King Bani Hasan about wrestling techniques. The definition of wrestling is an activity that uses energy which contains the meaning of a fight fight that aims to defeat the opponent by hitting, kicking and even strangling and biting each other (Sarifudin & Setiawan) (Lindianawati, Darumoyo, & Utomo, 2022) (Lukman & Fahrizqi, 2022)(M. Ridwan, 2020)(P.B.Aji1, 2022)(FAJERI, 2017).

To improve skills and achievements as much as possible, there are four aspects of training that need to be carefully considered and trained by players, namely: physical training, technique training, tactical training, and mental training Basic technical techniques that need to be mastered in wrestling, namely slamming, falling, and locking. These three basic techniques must be mastered by every wrestling player to maintain good basic game techniques need to be supported by excellent physical condition, whether it is endurance, strength, agility, speed, and coordination. The basic techniques that must be mastered by wrestling athletes who are the main capital to achieve achievements wrestling athletes who have ambitions to excel must really master wrestling techniques (Bangun & Ginting, 2023).

Physical Condition is a whole unit of physical components that cannot be separated, both their improvement and their maintenance. This means that every effort to improve physically, it must develop all components, although it needs to be done with a priority system (what components need to get a larger portion of training than other components 2019). Physical condition is also a prerequisite for an athlete to have in improving and developing sports achievements optimal, therefore the physical condition must be developed and improved according to the characteristics, characteristics, and needs of each sport. The importance of physical condition should be realized by the coaches and also the athletes themselves. Coaches should always control the physical condition of athletes, so that it can be known early if the player has a disorder that will later affect the performance of the player's achievements and performance in the competition. It is realized that efforts to achieve achievements in sports are complex, because they involve many factors, including internal factors, such as the physical and mental of athletes and external factors such as the natural environment and equipment. Internal factors actually come from the quality of the athletes themselves, where quality athletes mean that they have innate potential (talent) that is in accordance with the demands of the sports and is ready to be developed to achieve peak achievements.(Prima & Kartiko, 2021).

Based on the results of observations in the field that the author conducted some time ago on athletes in wrestling sports in Indramayu Regency, several problems were found, so far the coaching carried out on the physical condition component has only been carried out simply by using body weights, and so far there has never been an evaluation or measurement of the dominant physical condition component of athletics as part of the coaching carried out. After making observations in training, athletes have not been able to display maximum performance in their respective specialties. With this, the researcher concludes that wrestling athletes in Indramayu Regency, which totals 8 male athletes, have never conducted a physical condition test. Thus, the researcher wants to measure the ability of these physical conditions, for athletes in wrestling sports because in wrestling, the physical condition is very necessary for a wrestler to be able to perform techniques well and effectively must have an excellent physical condition. Without excellent physical condition, these techniques cannot be done properly and effectively, and vice versa.

METHODS

This research is included in the pre-experimental design with a one-shot case study design. The design of a one-shot case study according to Arikunto (2013: 124) is that the researcher only conducts a one-shot treatment that is estimated to have an effect, then a post-test is held. This design is used to research the process and achievement of student learning outcomes during learning. According to Sugiyono (2017: 74) the design of a one-shot case study is described as follows:

One-Shot Case Study	
Treatment	Observations
x	0

Source : Sugiono, 2017.

Remarks

ab3.1 : One-Shot Case Study

X : : Treatment

0 : : Observation after treatment (can be in the form of post-test)

The purpose of the study is to maintain the effectiveness of the blended learning process and the achievement of student learning outcomes by using a one-shot case study design. In the design of this study, the group was observed or given a posttest only after being given learning treatment assisted by active component media trainers. The population

used in this study is wrestling athletes in Indramayu Regency which amounted to 8 athletes.

Data collection techniques using tests and measurement.

DATA ANALYSIS

Data analysis is the process of organizing the sequence of data, organizing it in a pattern, category and basic description unit. Data analysis is a series of activities of study, grouping, systematization, interpretation, and verification of data so that a phenomenon has social, academic and scientific value.

In accordance with the type of research and the type of data, the data analysis technique used in this study is descriptive analysis, used to help process data or numbers in conducting data analysis. The results of data collection are in the form of raw data obtained from the results of the research. The results of all data processed are as follows:

1. Percentage Value

This method is used in the questionnaire to determine the percentage on the questionnaire, namely about the general data of the respondents. The formula for calculating percentage analysis is as follows:

$$P = F/N \times 100\%$$

Description :

P = Percentage sought

F = Frequency

N = Number Of Cases

RESULTS AND DISCUSSION

1. Ball Medicine

Based on the results of the Ball medicine test that has been carried out in this study. Of the 8 respondents, there were 1 person or 13% in the very good category, 2 people or 25% were in the good category, 3 people or 37% were in the sufficient category, 2 people or 25% were in the poor category. Thus, it is clear that in the Ball medicine test, the average respondent is in the sufficient category.

2. Sit up

Based on the results of the Sit up test that has been carried out in this study. Of the 8 respondents, there were 4 people or 50% in the very good category and 4 people or 50% were in the good category. Thus, it is clear that in the Sit up test the average respondent is in the Good category, and it can be said that the respondents have enough endurance to have

abdominal muscle strength.

3. Vertical Jump

Based on the results of the Vertical Jump Test or upright jump that has been carried out in this study. Of the 8 respondents, there were 2 people or 25% in the good category, 4 people or 50% were in the adequate category and 2 people or 25% were in the poor category. Thus, it is clear that in the Vertical jump test, the average respondent is in the Sufficient category

4. Sit and reach

Based on the results of the Sit and reach that has been carried out in this study. Of the 8 respondents, there are 7 people or 87% in the very good category, and 1 person or 13% in the good category, thus

It is clear that in the Sit and reach test, the average respondent is in the Very Good category.

5. Shoulder Wrist

Based on the results of the shoulder wrist that has been carried out in this study. Of the 8 respondents, there are 6 people or 75% in the very good category, 2 people or 25% are in the Good category, thus it is clear that in the shoulder wrist test the average respondent is in the very good category.

6. Trunk and neck

Based on the results of the trunk and neck that has been carried out in this study. Of the 8 respondents, there are 5 people or 63% in the very good category, 3 people or 37% are in the Good category, thus it is clear that in the trunk and neck test the average respondents are in the very good category.

7. Sprint 30 meters

Based on the results of the 30 m Sprint Test that has been carried out in this study. Of the 8 respondents, there were 2 people or 25% in the very good category, 2 people or 25% in the good category, 3 people or 37% in the fair category, and 1 person or 13% in the category

less. Thus, it is clear that in the 30 m Sprint test, the average respondent is in the Sufficient category.

8. Sprint 60 m

Based on the results of the 60 m Sprint Test that has been carried out in this study. Of the 8 respondents, there are 2 people or 25% in the very good category, 3 people or 37% are in the good category, 2 people or 25% are in the adequate category. and 1 person or 13%

are in the poor category, thus it is clear that in the 60 m Sprint test the average respondent is in the Good category.

9. Balke 12 minutes

Based on the 12-minute Balke that has been carried out in this study. Of the 8 respondents, there were 1 person or 13% in the Adequate category, 4 people or 50% were in the Insufficient category, and 3 people or 37% were in the Less Than category. Thus, it is clear that in the 12-minute Balke test, the average respondent is in the Less category

Based on research, the dominant physical condition component of wrestling athletes in Indramayu Regency is that physical condition is very important for athletes. Practicing physical condition can improve athletes' technique, tactics, and stamina. Physical conditions are very vulnerable to external influences such as irregular diet and sleep so that they affect the physical condition of athletes, or on training patterns that are applied less. The data from the research shows that the physical condition of wrestling athletes in Indramayu Regency based on the components of strength, speed, flexibility and endurance are shown in the following table.

Table : Dominant Physical Condition of Wrestling Athletes

YesY	Categories	Results
Y		
1	Strength	Enough 23 %
2	Flexibility	Good 39 %
3	Speed	Good 12 %
4	Durability	Less than once 26 %

From the table above, it can be seen that the results achieved by wrestling athletes in Indramayu Regency, from several components of physical condition produce different data. flexibility component in the good category (39%), strength component in the Sufficient category (23%), speed component in the Sufficient category (12%), and durability component in the less once category (26%). Several factors of different athletes' physical conditions are the main influences in achieving test results from some of these athletes. Data from the research results for wrestling athletes in Indramayu district showed that there was a dominant component of the good category (39%) in flexibility.

CONCLUSION

Based on the results of the research and discussion that has been described, it can be concluded that the dominant physical condition component of wrestling athletes in

Indramayu Regency is that the flexibility component is in the good category with the highest percentage (39%), while strength is in the category of sufficient with a percentage (23%). The speed is in the moderate category (12%) and endurance is in the category of less with a percentage of (50%). Thus, the most dominant component of physical condition possessed by wrestling athletes in Indramayu Regency is flexibility.

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