

ABSTRAK

Putri, Safirah Amalina. 2023. *Survei Kondisi Fisik Pemain Voli UKM Universitas Muhammadiyah Jember*. Skripsi, Program Studi Pendidikan Olahraga, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember. Pembimbing: (1) Dr. Fatqurhohman S.pd., M.Pd. (2) Ahmad Sulaiman M.Pd.

Kata Kunci: Bola voli, dan kondisi fisik

Bola voli adalah olahraga yang dilakukan oleh dua grup berlawanan. Setiap grup memiliki enam orang pemain, untuk melakukan pertandingan yang baik tidak hanya membutuhkan penguasaan mental dan emosional, selain itu harus memiliki kondisi fisik baik dan prima. Cabang olahraga tidak hanya bola voli pasti membutuhkan kesiapan fisik dan penguasaan supaya memicu keberhasilan sebuah pertandingan. Tujuannya dilakukan penelitian ini untuk mengetahui kondisi fisik yang meliputi daya tahan (endurance), daya ledak otot tungkai (explosive power), kecepatan (speed), dan kelincihan (agility) pemain voli UKM Universitas Muhammadiyah Jember. Metode yang digunakan pendekatan kuantitatif deskriptif dengan teknik tes dan pengukuran. Populasinya seluruh pemain voli UKM Universitas Muhammadiyah Jember kemudian menggunakan teknik purposive sampling, sehingga menghasilkan sampel 15 pemain. Hasil: standing broad jump memperoleh nilai diperoleh 8 orang dengan hasil Baik Sekali, 2 orang baik, 3 cukup, 1 orang kurang, 1 orang sangat kurang, kelincihan 12 orang dengan hasil sangat kurang, 1 orang sedang, 1 orang bagus, 1 orang bagus sekali, kecepatan 12 orang dengan hasil kurang, 2 orang baik, 1 cukup, daya tahan 5 orang dengan hasil kurang, 7 orang baik, 3 orang cukup. Kesimpulan: kondisi fisik pemain voli UKM Universitas Muhammadiyah Jember memiliki tingkat kondisi fisik standing broad jump sedang 33,3%, kelincihan sangat kurang 80%, kecepatan kurang 80%, daya tahan sangat kurang 46,7%

ABSTRACT

Putri, Safirah Amalina. 2023. Survey of the Physical Conditions of UKM Volleyball Players at the Muhammadiyah University of Jember. Thesis, Sports Education Study Program, Faculty of Teacher Training and Education, Muhammadiyah University of Jember. Advisors: (1) Dr. Fatqurhohman S.pd., M.Pd. (2) Ahmad Sulaiman M.Pd.

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Volleyball is a sport played by two opposing grubs. Each grub has six players, to put up a good match requires not only mental and emotional mastery, besides that one must be in good and prime physical condition. Sports are not only football which definitely requires physical readiness and mastery so as to trigger the success of a match. The aim of this research was to determine the physical condition which included endurance, explosive power, speed, and agility of volleyball players at UKM Muhammadiyah University of Jember. The method used is a descriptive quantitative approach with technical tests and measurements. The population is all volleyball players at the University of Muhammadiyah Jember then uses a purposive sampling technique, resulting in a sample of 15 players. Results: standing broad jump scored 8 people with very good results, 2 people good, 3 enough, 1 person lacking, 1 person very lacking, agility 12 people with very poor results, 1 person moderate, 1 person good, 1 person very good, speed 12 people with poor results, 2 people good, 1 enough, endurance 5 people with poor results, 7 people good, 3 people enough. Conclusion: the physical condition of volleyball players at UKM Muhammadiyah Jember University has a moderate level of standing broad jump physical condition of 33.3%, agility is very lacking 80%, speed is lacking 80%, en