

ABSTRAK

Sari, Mayang Sofi Milenia Novita. 2023. Survei Kondisi Fisik Pemain Bola Basket Club Banteng Putri Genteng Kabupaten Banyuwangi. Skripsi. Program Studi Pendidikan Olahraga. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember. Pembimbing: (1) Wahyu Eko Widiyanto, M.Pd, (2) Novy Eurika, S.Si., M.Pd.

Kata kunci: Bola basket, Kondisi fisik

Bola basket adalah permainan yang dimainkan menggunakan satu atau dua tangan oleh dua grup berlawanan, setiap grup memiliki lima orang pemain. Untuk melakukan pertandingan dibutuhkan mental dan yang paling penting kondisi fisik yang prima untuk mencapai keberhasilan sebuah pertandingan. Tujuan dilakukan penelitian ini untuk mengetahui kondisi fisik yang meliputi daya tahan (*bleep test*), daya eksplosif (*vertical jump*), kecepatan (*speed*), kelincihan (*agility*), dan kekuatan (*push-up*) Club Banteng putri Genteng kabupaten banyuwangi. Metode yang digunakan pendekatan kuantitatif deskriptif dengan teknik tes dan pengukuran. Populasinya seluruh pemain club banteng putri genteng kabupaten banyuwangi kemudian menggunakan teknik purposive sampling sehingga menghasilkan sampel 15 pemain yang aktif mengikuti latihan. Hasil: *Push-up* dari 15 orang memiliki hasil rata-rata dalam kategori sedang 10 pemain dengan presentase 66,7%, *Vertical Jump* memiliki hasil rata-rata cukup 9 pemain dengan presentase 60%, *Speed Test* memiliki hasil kurang 15 pemain dengan presentase 100%, *Illinois Test* memiliki hasil rata-rata sedang 10 pemain dengan presentase 66,7%, *Bleep Test* memiliki hasil rata-rata baik 14 pemain dengan presentase 93,3%. Dari beberapa tes yang dilakukan diatas yaitu tes Kekuatan (*push-up*), Daya Eksplosif (*vertical jump*), Kecepatan (*speed test*), Kelincihan (*illinois test*), dan tes Daya Tahan (*bleep test*) dapat disimpulkan bahwasannya kondisi fisik yang dimiliki oleh pemain bola basket Club Banteng putri Genteng Kabupaten Banyuwangi dikategorikan sedang.

ABSTRACT

Sari, Mayang Sofi Milenia Novita. 2023. *Survey of the Physical Condition of Basketball Players at the Banteng Putri Genteng Club, Banyuwangi Regency. Thesis. Sports Education Study Program. Faculty of Teacher Training and Education, Muhammadiyah University of Jember. Supervisors: (1) Wahyu Eko Widiyanto, M.Pd, (2) Novi Eurika, S.Pd., M.Pd.*

Keywords: *Basketball, Physical condition*

Basketball is a game played using one or two hands by two opposing groups, each group has five players. To play a match requires excellent mental and most importantly physical condition to achieve success in a match. The aim of this research was to determine the physical condition which includes endurance (bleep test), explosive power (vertical jump), speed (speed), agility (agility), and strength (push-ups) of the Genteng Women's Banteng Regency Banteng Regency. The method used is a quantitative descriptive approach with test and measurement techniques. The population was all players from the Banyuwangi Regency Genteng Women's Bull Club and then used a purposive sampling technique to produce a sample of 15 players who actively participated in training. Results: Push-ups from 15 people had an average result in the medium category of 10 players with a percentage of 66.7%, Vertical Jump had an average result of 9 players with a percentage of 60%, Speed Test had a result of less than 15 players with percentage 100%, Illinois Test has good average results for 10 players with a percentage of 66.7%, Bleep Test has good average results for 14 players with a percentage of 93.3%. From the several tests carried out above, namely the Strength test (push-up), Explosive Power (vertical jump), Speed (speed test), Agility (Illinois test), and Endurance test (bleep test) it can be concluded that the physical condition of the Banteng Regency Banyuwangi Regency Banteng women's basketball player is considered moderate.