# ABSTRAK

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Kata Kunci: kebugaran, kondisi fisik, atlet bulutangkis, PB Putra Jember, TKSI.

Kondisi fisik merupakan salah satu faktor penting dalam menunjang kemampuan teknik, taktik, dan performa atlet bulutangkis selama latihan maupun pertandingan. Atlet bulutangkis dituntut memiliki kondisi fisik yang baik meliputi koordinasi mata dan tangan, kekuatan dan daya tahan otot, daya ledak otot tungkai, kelincahan, serta daya tahan kardiorespirasi. Oleh karena itu, diperlukan pengukuran kondisi fisik secara objektif sebagai bahan evaluasi bagi pelatih dalam menyusun program latihan dan mempersiapkan atlet menghadapi kompetisi. Penelitian ini bertujuan untuk mengetahui profil kebugaran atlet bulutangkis PB Putra Jember serta mengetahui tingkat masing-masing komponen kondisi fisik atlet berdasarkan hasil tes yang dilakukan. Metode yang digunakan dalam penelitian ini adalah deskriptif kuantitatif dengan pendekatan survei. Subjek penelitian merupakan atlet bulutangkis PB Putra Jember. Instrumen pengukuran menggunakan rangkaian Tes Kebugaran Jasmani Siswa Indonesia (TKSI) yang disesuaikan dengan kebutuhan dan kelompok usia atlet, yang menggunakan 2 fase yaitu Fase C dan Fase D. Berdasarkan hasil penelitian dapat disimpulkan bahwa kebugaran atlet bulutangkis PB Putra Jember secara umum tergolong baik hingga baik sekali, terutama pada aspek kelincahan, daya tahan kardiorespirasi, koordinasi mata dan tangan, serta daya ledak otot tungkai. Namun, peningkatan latihan masih diperlukan pada aspek daya tahan otot perut dinamis dan akurasi gerak agar kondisi fisik atlet dapat berkembang secara lebih optimal dan mendukung kesiapan menghadapi pertandingan.

# ABSTRACT

Ahmad Ghaffar Alaudin. 2026. *The Fitness Profile of Badminton Athletes at PB Putra Jember*. Thesis, Physical Education Study Program, Faculty of Teacher and Education, Muhammadiyah Jember University. Advisors: (1) Dr. Bahtiar Hari Hardovi, M.Pd. (2) Ahmad Sulaiman, M.Pd.

Keywords: fitness, physical condition, badminton athletes, PB Putra Jember, TKSI.

Physical condition is one of the important factors in supporting the technical skills, tactics, and performance of badminton athletes during training and competitions. Badminton athletes are required to have good physical condition, including hand-eye coordination, muscle strength and endurance, leg muscle explosive power, agility, and cardiorespiratory endurance. Therefore, objective measurement of physical condition is needed as an evaluation tool for coaches in designing training programs and preparing athletes for competitions. This study aimed to determine the fitness profile of badminton athletes at PB Putra Jember and to identify the level of each component of the athletes' physical condition based on the test results. The method used in this study was descriptive quantitative with a survey approach. The subjects of the study were badminton athletes of PB Putra Jember. The measurement instruments used a series of **Tes** Kebugaran Jasmani Indonesia (TKSI**)** adapted to the athletes' needs and age groups, using two phases, namely Phase C and Phase D. Based on the results of the study, it can be concluded that the overall fitness level of badminton athletes at PB Putra Jember was categorized as good to very good, particularly in agility, cardiorespiratory endurance, hand-eye coordination, and leg muscle explosive power. However, further training is still needed to improve dynamic abdominal muscle endurance and movement accuracy so that the athletes' physical condition can develop more optimally and support their readiness for competition.