

THE EFFECTIVENESS OF SMART WHOLE BODY REACTION-515GM ON ATHLETES FOR STUDENTS FOR SPORT CLASS DIY

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ABSTRACT

This study aims to test the effectiveness of the S.M.A.R.T innovation tool Digitech Whole Body Reaction test modification and test the effectiveness of the product. This research is an advanced stage of research, where in the first stage a prototype tool for the Whole Body Reaction test has been completed, and in the second stage a large-scale field test and dissemination will be carried out. Specific targets to be achieved in this research are completion of effectiveness testing and dissemination. This is based on the fact that sports coaches can have physical measurement test kits that are affordable and flexible to use and carry everywhere. The research design in this study is R & D (Research and Development). This research was conducted in the Lab. FIK Sports and Lab. YSU Mechatronics Technology and effectiveness test on athletes in the Special Class of Sports for High School DIY. The research subjects were students / athletes of the KKO SMA in DIY. The results of this study are the feasibility of a prototype of the tool S.M.A.R.T. Digitech Whole Body Reaction test modification and found validity and reliability, and have been disseminated, so that they are ready to be marketed to support the sports industry in Indonesia. Data were analyzed using quantitative and qualitative statistical approaches in accordance with applicable regulations. The results showed that the effectiveness test of the Smart WBR515 GM tool was followed by 389 students in special sports classes in Yogyakarta, with a gender distribution of 279 boys and 110 girls. From the data obtained and analyzed, it is produced that the tool is declared valid and reliable and has an effectiveness value from the aspects of testor efficiency, cost, and implementation time. The output of this researcher is in the form of articles in international journals, and copyrights of the tools developed.

Kata Kunci: Innovation, Smart Whole Body Reaction Test, Digital