

META ANALYSIS OF CARRIAGE CAPACITY OF GEOGRAPHIC, SOCIO-CULTURAL, PSYCHOLOGICAL, ANATOMICAL AND PHYSIOLOGICAL FACTORS OF LEADING SPORTS IN DIY

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ABSTRACT

This study aims to explore the geographical conditions in the Special Region of Yogyakarta (DIY) related to the Meta-Analysis of the Carrying Capacity of Geographical, Socio-Cultural, Psychological, Anatomical and Physiological Factors in DIY for Sports which will be correlated in the future to opportunities for increasing sports achievement in DIY. by analyzing the leading sports. This study refers to the meta-analysis approach with the mixed method. The sampling technique in this study was purposive sampling (with criteria). In this study using secondary and primary data. Data analysis in qualitative and quantitative research. The research was conducted in several areas of DIY. The target of this research is to obtain a study regarding the relevance of geographical conditions to anatomical, physiological, psychological and sociological conditions as an effort to improve and develop superior achievement sports in DIY. Related to the uniqueness of the DIY Province, it is undeniable that the need for food as a support for human growth can be met and fulfilled properly, given the availability of agricultural land, plantations, fisheries which are very supportive. On the other hand, the DIY Province, with its tropical climate and relatively high humidity, has the potential to develop outstanding athletes, taking into account the distribution of hill/mountain plains, mountain slopes, plains and coasts which is ideal where areas with high humidity have many advantages for sports development like sports. aerobics, an aerobics, games and martial arts. Physiologically, the average results were obtained from the entire series of biomotor tests for research samples in the "Moderate" category. Regarding the age range of the research sample in the range of 15-16 years (adolescents) with the achievement of biomotor quality portraits, it is still very possible to optimize it again in the future towards the golden age in achieving peak performance for potential athletes

Kata Kunci: Geographical Conditions, Main Sports, Physiological, Anatomical, Sociological and Psychological Factor