

Differences in the Short Distance Running Start Technique on the ability to Run 20 meters for high school students (5 and 6 grades)

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ABSTRACT

Running activities are the basis of movement for children, especially elementary school students who like to play with physical activity. The purpose of the study was to provide information related to differences in the results of the 20-meter running reaction test for elementary school students using different types of start between standing and squatting starts. This research method uses a comparative study, a 20-meter run reaction test and a test instrument for measuring time records using a Seiko stopwatch. The validity of the results using the standard time for running events manually from the WAF. The research subjects were 50 high school and elementary school students who were taken using a purposive sampling system in grades 5 and 6. Our statistical analysis used SPSS paired independent T-test analysis to compare each type of start on all subjects with statistical significance set at $P < 0,05$. The significance of the SPSS calculation results is related to the comparison of two types of running starts, with the result $0.014 < 0.05$. The average result of the 20-meter run test for upper-grade elementary school students using a standing start is 4.33 seconds and a squatting start is 4.65 seconds. In the average results, the standing start is at a better level or easier for elementary school students to do with the 20-meter running test results which are 0.32 seconds faster than the squat start type. To support effective activities, so that students do not have difficulty in the learning process, the teacher should provide a type of start that is easier to do so that students can focus on improving the main points of short-distance running.

Kata Kunci: Start Technique, Short Distance Running, Leg Reaction, Upper-Class Elementary School Students