

CHARACTERISTICS OF THE PHYSICAL CONDITIONS OF BOY AND WOMEN PETANQUE ATHLETES IN THE SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

The purpose of this study was to obtain an overview of the data related to the physical condition of the male and female Petanque athletes in the Special Region of Yogyakarta.

The research method used is by measuring. The components of physical fitness to be measured are: cardiopulmonary endurance, muscle endurance, muscle strength, flexibility, body composition, agility and balance. The instruments used in this study are the multistage fitness test (MFT) to measure cardiopulmonary endurance, the determination of muscle endurance is carried out with sit ups and push ups, sit and reach tests to measure flexibility, Hand Grip Dynamometer to measure hand muscle squeeze strength, leg dynamometer to measure leg muscle strength, back dynamometer to determine back muscle strength, body composition using Omron's bioelectrical impedance analysis tool, Illinois agility run test to determine agility, and standing stork to determine balance.

Based on the results of the analysis, it is known that the majority of athletes have a normal BMI of 54.3%. A small proportion were severely underweight by 6.5% and some were severely overweight by 19.6%. It can be concluded that most athletes have a normal BMI. Based on the results of the analysis, it is known that overall most of the athletes have low and very poor cardiopulmonary endurance, respectively 39.1%. As many as 2.2% have very good cardiopulmonary endurance. It can be concluded that most athletes have low and very poor cardiopulmonary endurance. The results of categorization show that most athletes have very poor muscle endurance of 71.7% and the rest have less muscle endurance of 28.3%. It can be concluded that most athletes have very poor muscle endurance. It is known that most athletes have moderate hand muscle strength of 54.3%. As many as 8.7% of athletes have very little hand muscle strength. It can be concluded that most athletes have moderate hand muscle strength. The results of the analysis showed that 30.4% of athletes had very poor leg muscle strength. A small proportion, namely 13%, had very good leg muscle strength. It can be concluded that most athletes have very low leg muscle strength. It is known that most athletes have a balance category of less than 39.1%. A total of 10.9% had excellent balance. It can be concluded that most athletes have a poor balance category. Based on the results of the analysis showed that all athletes have very poor hand eye coordination as much as 100%. It can be concluded that all athletes have very poor eye-hand coordination.

Kata Kunci: *Physical condition, athlete, petanque*