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Selection Profile of Student Training Education Center (PPLP) Taekwondo Athletes, Southeast Sulawesi Province 2021

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Abstract

This research was conducted to recommend preparing athletes who will participate in the PPLP taekwondo selection activities in Southeast Sulawesi Province next. The type of research used in this research is descriptive qualitative research using survey methods. This activity was attended by 30 male and female athletes candidates. Sampling used a total sampling technique, namely 30 prospective PPLP taekwondo athletes in Southeast Sulawesi. The results of data analysis showed that: (1) Overall, those who met the Normal category on the athlete's body mass index were 57%, (2) Overall, 10% of the male and 0% female students received the Very Good category on the speed test, (3) Overall overall who obtained the Very Good category on the abdominal muscle strength test as many as 40% of men and 30% of women, (4) Overall who obtained the Excellent category on the endurance test were 70% of men and 65% of women, (5) Overall who obtained Very Good category on the Psychological (Anxiety) test as much as 10%. From the results of the research above, it can be concluded that it is hoped that this year's test results profile will become a reference for taekwondo sports coaches to develop their athletes to take part in the PPLP selection in the following year to get maximum results.

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INTRODUCTION

The success of a country's development is strongly influenced by the quality of its human resources, both development as an object and development as a subject. "Quality human resources are marked by an increase in physical and spiritual health with high personality, discipline, and sportsmanship so that they can bring a sense of national pride" (Bayu Thomi Rizal et al., 2020; Kuswari et al., 2019). In line with this, "sports achievements achieved by a country are assets that can bring the good name of the nation and can evoke a sense of nationalism of a nation.

Sports achievement is also one of the benchmarks of a nation's progress. Sport as an element of national character formation that must not be left behind in contributing to increasing human potential in realizing a safe, peaceful, and prosperous world" (Putri & Muslim, 2017; Dwiyantri et al., 2020). Improving sports achievement is done continuously through coaching and development carried out by many parties, even starting from the introduction of motion from an early age.

An agency that fosters and develops sports to achieve an achievement is the Ministry of Youth and Sports in one of them. Through the Assistant Deputy for Sports Nurseries, he provides an operational outline of PPLP within the framework of the National Nursery System as the pinnacle of achievement development at the sports

nursery level (Widowati, 2018). PPLP, in terms of nurturing athletes from an early age, has accommodated young people to be able to shape themselves to achieve peak performance one day, so that young athletes can make Indonesia proud by flying the Indonesian flag in other countries. "If we want to achieve high achievements, it is necessary to apply the concept of sports coaching as early as possible. Paying attention to the current system and path of sports coaching, the orientation of sports coaching must be carried out in a primary, systematic, efficient, and integrated manner from an early age and leads to the same goal (Jamalong, 2014).

The Student Training Education Center, or shortened (PPLP), is a forum for coaching athletes or potential sports students. PPLP guidance is also spread throughout the territory of the Indonesian state, which is adapted to their respective sports, so each province has the opportunity to carry out PPLP according to the sport it focuses on. One of them is in the Southeast Sulawesi Province. Until now, in 2021 is carrying out PPLP sports breeding as many as six sports, namely Taekwondo, Takraw, Wushu, Athletics Karate, and Rowing.

So, in this case, the author will focus more on research on one of the sports, namely Taekwondo. This study will examine the profile of taekwondo athletes who take part in the PPLP entry selection. "Athletes experience a lot of physical and psychological experiences in every

preparation journey towards their achievements, namely in the training phase until before the match" (Purnamasari et al., 2002). So that when the recruitment of prospective athletes must be carried out by the provisions that have been planned.

"Taekwondo is a self-defense sport originating from Korea. In Korean, Taekwondo consists of 3 syllables: Tae means to kick or crush with the foot, Kwon means boxing, and Do means road or art. So Tae Kwon Do can be freely translated as the art of hands and feet or walking or the way of the feet and fists" (Sakti & Rozali, 2015). "Taekwondo has two types of official matches, namely "kyorugi," which makes direct physical contact to determine victory, and there is also "Poomsae," where athletes only display taekwondo moves with the right technique and method" (Wahyuni & Donie, 2020).

Taekwondo sport in Indonesia has been known since 1972. Taekwondo competes at the national, regional, district/city, and sub-district levels. At the National Sports Week (PON), Taekwondo officially competed in 1985.

This shows that the sport of Taekwondo is increasing in Indonesia. In addition, the development of Taekwondo in Indonesia can also be seen from the number of nurseries carried out by the government in this case, one of which is carried out at PPLP.

Many supporting factors influence the implementation of coaching and development of the sport of Taekwondo. Some of the

elements referred to are health factors (Wibowo & Hakim, 2019), physical condition (Yulingga et al. 1., 2016), skills (Hidayat & Juniar, 2017), and psychology (Wijayanti & Hartini, 2021). Several forms of factors that will contribute to athletes obtaining the above achievements form athletes' efforts to reach the highest peak of achievement that all athletes dream of.

Several components of the physical condition test that will be examined in this study include the body mass index (BMI) in the survey (Arief et al., 2021), Speed in the survey (Dwi et al., 2018) states that "speed is a process of moving with a concise duration of time." endurance which was also studied by (Julianto, 2016), Strength (Gustaman, 2019), and the last one was on the psychological aspect which focused on researching the anxiety element of athletes which had also been studied by (Nopiyanto et al., 2021).

For this reason, when undergoing the PPLP athlete selection process, Southeast Sulawesi Province was carried out by testing and measuring these factors. The results of tests and measurements of health, physical condition, psychology, and skills will be the reference data in determining athletes who enter/pass as PPLP students of Southeast Sulawesi Province in 2021

This research was conducted to consider coaches and athletes or recommendations in preparing athletes who will participate in the PPLP taekwondo selection activities in the next Southeast

Sulawesi Province. So that athletes who will participate in the PPLP selection at the next stage can obtain maximum results.

METHODS

The type of research used in this research is descriptive qualitative research using survey methods. According to (Azwar 2012; Ramadan & Juniarti, 2020), "descriptive research aims to describe, accurately, facts systematically, and characteristics about the population or a particular field." Qualitative descriptive is one of the procedures in research based on descriptive data. The descriptive data is data to illustrate/illustration of the answers or results of a problem formulation in this study.

The population in this study were male and female Taekwondo athletes who were selected to enter PPLP Southeast Sulawesi Province in 2021. The sampling technique in this study was using the total sampling technique, meaning that the entire population was present, so that the total studied was as many as 30 participants/athletes.

The test instrument used refers to the PPLP selection test from the Ministry of Youth and Sports of the Republic of Indonesia. The tests used in taekwondo include tests (Kemenpora, 2014) 1) Anthropometry using the athlete's body mass index, 2) Speed tests using a 30-meter run, 3) Abdominal muscle strength tests using Sit-Ups, 4) Endurance tests using Beeps Test, and 5) Psychological tests using anxiety instruments before, and during the match (James Tangkudung, 2018).

The data obtained for each test item is rough data from the results of each test achieved/achieved. The results are distributed into a t-score value.

The data that has been distributed in the form of t-scores, then the information is categorized, namely by separating according to their respective data categories. The category in question is data grouped into five categories: excellent, good, enough, less, significantly less. Categorization using the reference five normal limits (Anas Sudijono, 2007) are as follows:

Table 1. Category Standard Score

No	Norma Range	Category
1	$X \geq M + 1,5 \text{ SD}$	Very well
2	$M + 0,5 \text{ SD} \leq X < M + 1,5 \text{ SD}$	Good
3	$M - 0,5 \text{ SD} \leq X < M + 0,5 \text{ SD}$	Enough
4	$M - 1,5 \text{ SD} \leq X < M - 0,5 \text{ SD}$	Not enough
5	$X < M - 1,5 \text{ SD}$	Less once

The next step after the data obtained according to the category is analyzed by concluding the research conducted. Analysis

of the data used in this study using quantitative descriptive analysis techniques with percentages.

RESULTS AND DISCUSSION

Result

Researchers researched in June 2021. Based on the results of the data calculation analysis that the researchers did, the following data were obtained:

1. Criteria for Body Mass Index (BMI)

Body mass index is a number that

becomes a standard assessment to determine the weight category of an athlete. The categorization is; deficient, regular, excess, or very dangerous. Researchers used the BMI formula to determine the athlete's body criteria classification. The results of the study can be seen in Figure 1.

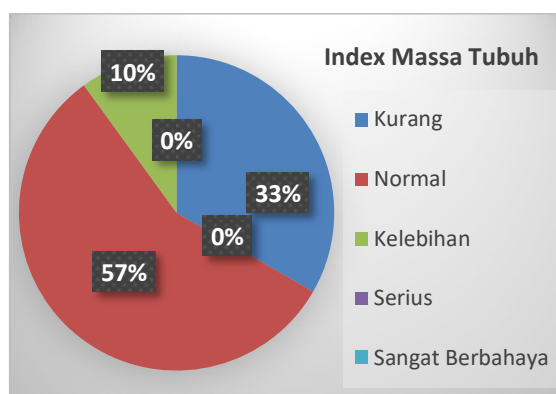


Figure 1. Athlete Body Mass Index Test Results

Based on the picture above, it can be seen that in the aspect of Body Mass Index, PPLP taekwondo athletes are classified as diverse from the less to the hazardous categories. or three athletes have an Overweight category, 0% or no athletes have a Serious type, and 0% or no athletes have a

Very Dangerous type.

2. Speed (Speed)

The speed test instrument used in this study was a 30-meter running test. The survey results can be seen in Figure 2 for the male category.

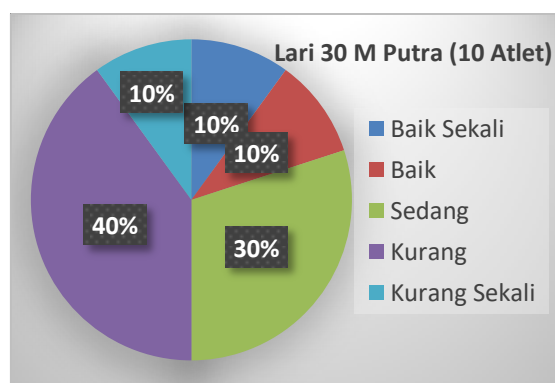


Figure 2. Male Athlete Speed Test Results

Based on the picture above, it can be seen that in the aspect of Speed (Speed) of prospective male athletes in the PPLP taekwondo sport, as many as ten athletes are classified as diverse from the excellent category to significantly less. Athletes have a Good type, 30% or three athletes have a

Moderate variety, 40% or four athletes have a Less array, and 10% or one athlete has a Less category.

The results of the speed research for female athletes can be seen in Figure 3 for the female category.

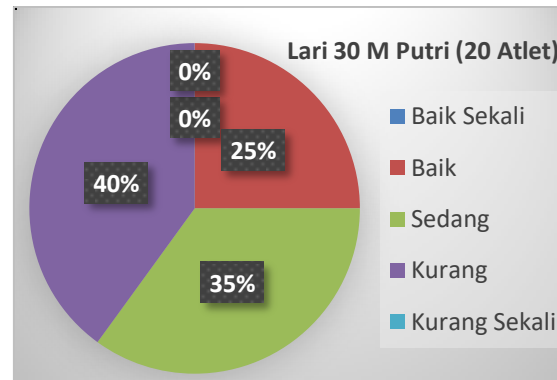


Figure 3. Female Athlete's Speed Test Results

Figure 3. Athlete Speed Test Results
Based on the picture above, it can be seen that in the aspect of speed (Speed) of prospective female athletes in the PPLP taekwondo sport, as many as 20 athletes are classified as diverse from the excellent category to significantly less than the results of the study show that as many as 0% or no athletes have a Very Good type, 25% or five athletes have a Good

category, 35% or seven athletes have a Moderate variety, 40% or eight athletes have a Poor type, and 0% or no athletes have a Less once category.

3. Abdominal Muscle Strength

The abdominal muscle strength test instrument used in this study was the Sit Up test. The survey results can be seen in Figure 4 for the male category.

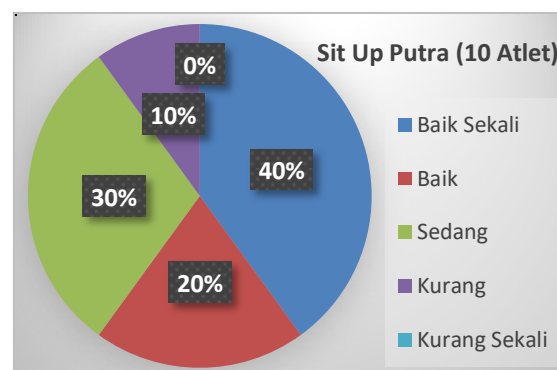


Figure 4. Abdominal Muscle Strength Test Results for Male Athletes

Based on the picture above, it can be seen that in the aspect of Strength of the Abdominal Muscles of male athletes in the PPLP taekwondo sport, as many as ten athletes belong to various categories from very good to inferior categories. Has a Good category, 30%

or three athletes have a Moderate category, 10% or one athlete has a Less category, and 0% or no athlete has a Less category.

The results of the speed research for female athletes can be seen in Figure 5 for the female category.

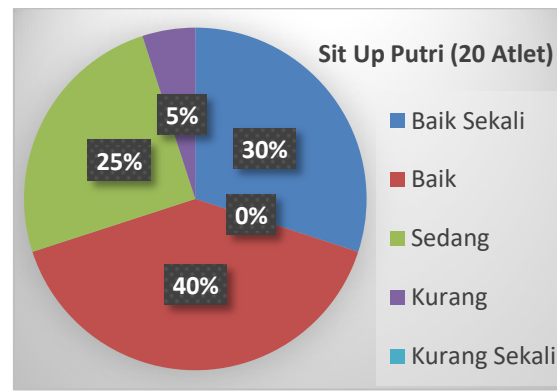


Figure 5. Results of the Abdominal Muscle Strength Test for Female Athletes

Based on the picture above, it can be seen that in the aspect of Strength of the Abdominal Muscles of female athletes in the PPLP taekwondo sport, as many as 20 athletes belong to various categories from very good to inferior categories. Has a Good category, 25% or five athletes have a Medium category, 5% or one athlete has a

Less category, and 0% or no athlete has a Less category.

4. Endurance

The endurance test instrument used in this research is using the Beep Test. The results of the speed research for female athletes can be seen in Figure 6 for the male category.

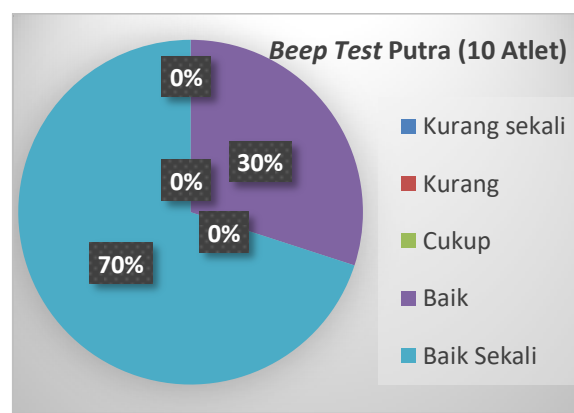


Figure 6. Male Athlete Endurance Test Results

Based on the picture above, it can be seen that in the aspect of Endurance (Endurance), male athletes in the PPLP taekwondo sport as many as ten athletes belong to a variety of categories from very good to significantly less. Three athletes have a Good type, 0% or no athlete has a Medium class, 0% or no athlete has a Less category, and 0% or no athlete has a Less type.

From the explanation of the research results above, it can be concluded that there are still many prospective PPLP male taekwondo athletes who take part in the selection on the aspect of Endurance by the results of the expected achievement category. The results of the endurance research for female athletes can be seen in Figure 7 for the female type.

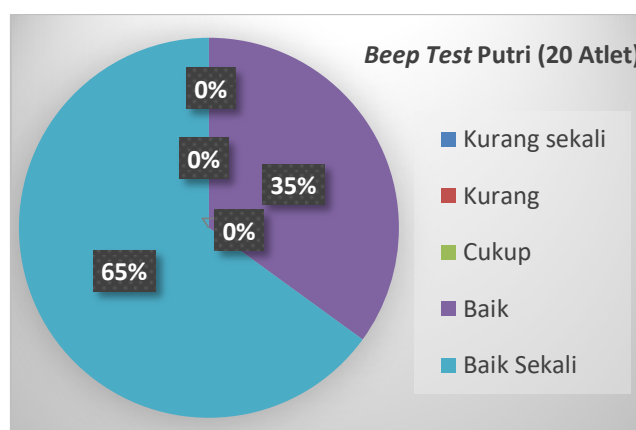


Figure 7. Endurance Test Results for Female Athletes

Figure 7. Results of the Endurance Test for Male Athletes. Based on the picture above, it can be seen that in the aspect of Endurance (Endurance), prospective female athletes in the PPLP taekwondo sport as many as 20 athletes belonged to various categories from very good to tiny category. The results showed that as many as 65% or 13 athletes have a Very Good type, 35% or seven athletes have a Good variety, 0% or no athletes have a Moderate category, 0% or no athletes have a Less type, and 0% or no athletes have a Less once type.

From the explanation of the research results above, it can be concluded that there are still many prospective female taekwondo PPLP athletes who take part in the selection on the aspect of Endurance by the results of the expected achievement category.

5. Psychology of Anxiety (Anxiety)

The test instrument used in this study was the athlete's anxiety with statement items before, during, and after carrying out the match. The results of the speed research for female athletes can be seen in Figure 8.

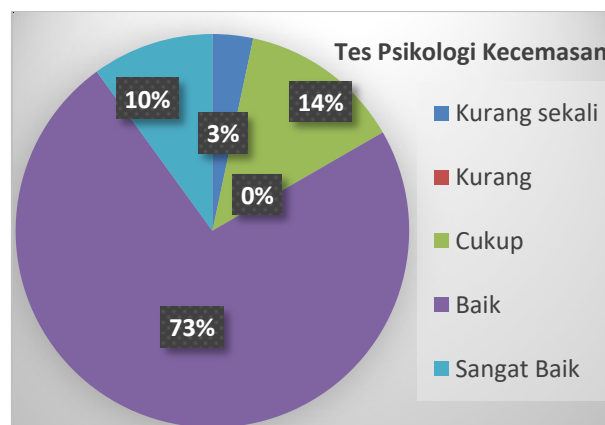


Figure 8. Athlete Psychological Test Results

Based on the picture above, it can be seen that in the psychological aspect of Anxiety (Anxiety), prospective PPLP taekwondo athletes are classified as diverse from the excellent category to significantly less. Good, 0% or no athletes have the Moderate category, 0% or no athletes have the Less category, and 3% or one athlete has the Less Once type.

From the explanation of the research results above, it can be concluded that there are still many prospective PPLP taekwondo athletes who take part in the selection on the Anxiety Psychology aspect by the results of the expected achievement category.

Discussion

In the Body Mass Index test results, 57% of them have the Normal category of all athletes, and based on these results, it can be analyzed that the data shows that there are still many PPLP taekwondo athletes who meet the expected categories. However, some of them are still not by the expected category results.

22.5% obtained the Good and Very Good category in the overall speed test results.

These results show that 77.5% there are still many prospective PPLP taekwondo athletes who do not meet expected results or results that are not as expected.

65% obtained the Good and Very Good category in the overall abdominal muscle strength test results. Based on these results, 35% of PPLP taekwondo athletes do not meet the expected results or results that are not as expected.

100% were obtained in the Good and Very Good categories in the overall endurance test results. Based on these results, it shows that 0% of PPLP taekwondo athlete candidates do not meet the expected results or results that are not as expected.

On the results of psychological tests (anxiety), 83% obtained the Good and Very Good category. Based on these results, 17% of PPLP taekwondo athlete candidates do not meet the expected results or results that are not as expected.

Based on the description of the test results above shows how the readiness of male and female taekwondo athletes who will take part in the PPLP selection in Southeast

Sulawesi Province in 2021 is the result of tests that have been carried out professionally and independently by many related parties, namely the Indonesian Ministry of Youth and Sports Examiner Team, Prov. Southeast Sulawesi, and Southeast Sulawesi IT Pengprov.

CONCLUSION

The results of data analysis showed that: Overall those who met the Normal category on the athlete's body mass index were 57%, Overall 10% of the male and 0% female students received the Very Good type on the speed test, Overall those who obtained the Very Good category on the strength test abdominal muscles as much as 40% male and 30% female.

Overall, 70% of males and 65% of females received the Very Good category on the endurance test. Overall, 10% of those obtained the excellent category on the Psychological (Anxiety) test. From the results of the research above, it can be concluded that it is hoped that this year's test result profile will become a reference for taekwondo sports coaches to develop their athletes to take part in the PPLP selection in the following year to get maximum results.

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