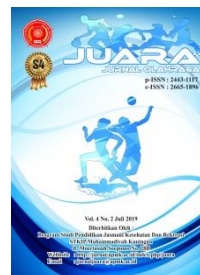




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ANALYSIS OF THE PHYSICAL CONDITION OF THE WEST JAVA MEN'S FENCING TEAM AT PON XX PAPUA

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Abstract

The purpose of this study was to determine the physical condition of the West Java Men's Fencing Team who participated in PON XX Papua. Because in fencing, physical condition is one of the important factors supporting achievement. The research method used is descriptive research method. The population used in this study was the West Java Men's Fencing Team at PON XX Papua which totalled 9 athletes. The research instruments used were sit and reach flexibility test, 20m sprint, shuttle run, vertical jump, sit up, push up, and bleep test. Data processing techniques performed using normality test, homogeneity test, independent sample t test, and mann whitney test. The analysis is done by comparing the results of the physical condition of the West Java Men's Fencing team with the Riau Men's Fencing team because the Riau Men's Fencing team is the overall champion at PON XX Papua. The results showed that West Java athletes excelled in the aspects of flexibility and power. While Riau athletes excel in aspects of speed, agility, Strength sit up, Strength (push up), and endurance.

Keywords: Fencing, Physical Condition

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INTRODUCTION

Fencing and humans have been related since ancient times, this is because of the relationship between humans and swords, where swords are used by humans as a tool to defend and defend themselves from nature and other humans. According to castle (2003) history has found that fencing has existed since ancient egypt, and became the initial history of the discovery of swordplay.

Fencing is a branch of martial arts that uses weapons to do it. According to roi & bianchedi (2008) fencing is a cultural art of dexterity sports with weapons that emphasizes the technique of ability such as cutting, stabbing or parrying the opponent's weapon with skill in utilizing hand agility.

Fencing can be distinguished according to the type of sword into 3, namely degen (epee), floret (foil), and sabel (sabre). According to murgu (2006) the three types of weapons have differences that are seen from the way to get points and the rules in playing them, either by stabbing or by hitting the sword. In the degen number, there are no special rules. Which means whoever hits the opponent first will get points. Meanwhile, in the floret and sabel numbers according to łuczak (2015) it has been regulated using rules, which means that the fencer who starts the attack has priority in scoring before the other fencer counterattacks.

Physical condition plays an important role in developing athlete achievement. The same thing is explained by bompa & haff (2009) physical condition is one of the important aspects in supporting athlete achievement. This physical condition ability is a unity that cannot be separated from the others. According to oates (2022) that fencing is one of the sports with a high level of intensity, where fencers will make explosive movements to get points. Therefore, to achieve high achievement, knowledge of the athlete's physical condition is needed in the training process.

Thus, physical condition is one of the important factors supporting achievement sports, especially fencing. In an effort to

improve physical condition, it cannot be done instantly. Various methods need to be done to obtain good physical quality. Through physical training that is programmed systematically and precisely, it will have an impact on prime physical quality, thus providing a positive influence on mental health which ultimately also has an impact on the athlete's technique.

METODE

The method used by researchers in this study is a descriptive method. Descriptive research method is a method that attempts to describe and explain systematically and accurately about the phenomena that are happening now. The research design is carried out by collecting data, compiling it, explaining it, and then analyzing it. The research instruments used are Sit and Reach flexibility, 20m sprint test, shuttle run, vertical jump, push up, sit up, and bleep test. In this study, the author conducted a statistical test using SPSS statistical software version 26.

FINDINGS AND DISCUSSION

Thus, from the description that has been presented, it will produce findings and discussions, some of which will be presented below.

Findings

In training, fencing must master special skills that refer to specific movement exercises. Training is required according to the type of muscle contraction used according to the physiological characteristics needed. There are several elements of physical condition that are prioritized in the sport of fencing, including power coordination, balance, flexibility, endurance where endurance itself is divided into cardiovascular endurance and muscular endurance. Therefore, a proper training program is needed that is in accordance with the needs of fencing athletes to support their achievements.

Tabel 1 Description of the results of the study of West Java athletes

Instrument	N	Minimum	Maximum	Mean	Std. Deviation	Norma	Capaian
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Flexibility	9	7	31	22.56	7.86	27 cm	83.5%
Speed	9	3.0	3.3	3.14	0.12	2.8	89.1%
Agility	9	9.31	12.4	10.38	0.32	9	86.7%
Power	9	62	79	69.67	5.83	87cm	80%
Strength (sit up)	9	14	110	72.22	29.35	108	66.6%
Strength (push up)	9	21	48	33.11	9.51	50	66%
Endurance	9	38.4	55.2	44.66	5.73	60 ml/kg/mnt	74,4%

Discussion

From the description of the research results, the average value can be concluded that the flexibility and power test items of West Java athletes are superior to Riau athletes. While for the speed, agility, strength (sit up), strength (push up), and endurance test items, Riau athletes are superior to West Java athletes.

The results of the Normality Test can be said to be normal if the sig value > 0.05 and all data are normally distributed. The results of the Homogeneity test if the sig value > 0.05 all data are homogeneous. The results of the Independent test if the sig value > 0.005 there is a significant difference in the Power and Strength (Push Up) test items. There is no significant difference in the flexibility, speed, and endurance test items because the sig value < 0.005. Based on the comparison graph of West Java and Riau athletes, West Java athletes excel in the flexibility and power test items, while Riau athletes excel in the test items, agility, strength sit up, strength push up, and endurance.

The most physically demanding Fencing sport occurs when changing direction from attacking to defending or vice versa, and when in an attacking position. The recovery period that is longer than the fighting time during the match also greatly affects the physical condition of the athlete (Roi & Bianchedi, 2008). Success in winning the match is also determined by fast and efficient movements (A. Turner & James, 2014). Therefore, it can be concluded that Fencing is an anaerobic sport and is dominated by fast and efficient movements that can determine victory.

CONCLUSION

Based on the research that has been done, the author can conclude that there is a significant difference between the physical condition of the West Java Men's Fencing Team and the Riau Men's Fencing Team that participated in PON XX. The aspects that have significant differences are in the aspects of power, agility, Strength Push up and sit up. While the aspects of flexibility, Speed, and Endurance there are no significant differences between the two teams. In addition, it can also be concluded that the West Java Men's Fencing Team is superior in the aspects of flexibility and power. While the Riau Men's Fencing Team is superior in the aspects of speed, agility, Strength Sit Up and Strength Push Up, and endurance. And it can also be concluded that from all aspects of flexibility, agility, speed, power, strength and endurance, the physical condition of athletes can affect the success of the team. Proven by the success of the Riau Men's Fencing Team which became the overall champion at PON XX Papua.

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