

ABSTRAK

ANALISIS FAKTOR TINGKAT KEBUGARAN JASMANI ATLET PORPROV BOLA BASKET PUTRA LAMPUNG UTARA DI MASA PANDEMI COVID-19

Oleh

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Penelitian ini bertujuan penelitian ini adalah, “untuk mengetahui tingkat kebugaran jasmani atlet Poprov bola basket putra Lampung Utara di masa pandemi covid-19”.

Metode yang digunakan adalah penelitian deskriptif kuantitatif dengan pendekatan penelitian survey dan wawancara. Dalam penelitian ini cara pengambilan sampel adalah dengan cara total sampling yaitu mengikut sertakan semua individu atau anggota populasi menjadi sampel. Dalam pengambilan data dilapangan, para peserta harus melakukan tes TKJI (Tes Kebugaran Jasmani Indonesia) usia 16-19 tahun.

Hasil penelitian menunjukkan bahwa (1) tingkat kebugaran jasmani atlet Porprov bola basket putra Lampung Utara usia 16-19 tahun, dari 15 atlet terdapat 3 atlet dengan prosentase 20% memiliki hasil tes “kurang” dan 12 atlet dengan prosentase 80% memiliki hasil tes “sedang”. (2) hasil yang didapat melalui wawancara 15 atlet adalah 6 atlet dengan prosentase 40% meningkatkan intensitas latihan secara mandiri. Sebanyak 9 atlet dengan prosentase 60% tidak meningkatkan intensitas latihanya secara mandiri. (3) hasil yang didapat melalui wawancara 15 atlet adalah 8 atlet dengan prosentase 53,3% melakukan pola hidup yang kurang baik. Sebanyak 6 atlet dengan prosentase 46,7% menjaga pola hidup mereka.

Kata kunci: kebugaran jasmani, atlet, bola basket, covid-19.

ABSTRACT

FACTOR ANALYSIS OF PHYSICAL FITNESS LEVEL OF NORTH LAMPUNG MEN'S BASKETBALL PORPROV ATHLETES DURING THE COVID-19 PANDEMIC

By

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This study aims at this study, "to determine the level of physical fitness of Poprov athletes in North Lampung men's basketball during the COVID-19 pandemic".

The method used is quantitative descriptive research with a survey and interview research approach. In this study, the method of sampling is by means of total sampling, which includes all individuals or members of the population into a sample. In collecting data in the field, participants must take a TKJI (Indonesian Physical Fitness Test) test aged 16-19 years.

The results showed that (1) the physical fitness level of North Lampung men's basketball Porprov athletes aged 16-19 years, out of 15 athletes there were 3 athletes with a percentage of 20% having "less" test results and 12 athletes with a percentage of 80% having "moderate" test results. (2) the results obtained through interviews of 15 athletes were 6 athletes with a percentage of 40% increasing the intensity of training independently. A total of 9 athletes with a percentage of 60% did not increase the intensity of their training independently. (3) the results obtained through interviews of 15 athletes were 8 athletes with a percentage of 53.3% doing a poor lifestyle. A total of 6 athletes with a percentage of 46.7% maintained their lifestyle.

Keywords: *physical fitness, athletes, basketball, covid-19*