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SSB Football Persena Physical Fitness Level Ages 11 to 12

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Abstract

This study aims to determine the level of physical fitness of SSB Football Persena Na'e Sape students aged 11-12 years. This research is a descriptive research using survey methods, while the data collection technique uses tests and measurements. The subjects in this study are all SSB Football Persena Na'e Sape students aged 11-12 years old totaling 51 students. The instrument used in this study was the Indonesian Physical Fitness Test (TKJI) for 10-12 years old which consisted of a 40-meter running test, hanging bent elbows, lying down for 30 seconds, jumping upright, and running 600 meters. The data obtained were then analyzed using quantitative descriptive analysis which was expressed in the form of percentages based on TKJI standard norms. The results of the study showed that the physical fitness level of SSB Football Persena Na'e Sape students aged 11-12 years was mostly in the good category. Based on the results of the analysis, as many as 0 students (0%) were in the less than one category, 3 students (5.88%) were in the poor category, 13 students (25.49%) were in the medium category, 34 students (66.67%) were in the good category, and 1 student (1.96%) was in the very good category. The most frequency is found in the good category, so it can be concluded that the physical fitness level of SSB Football Persena Na'e Sape students aged 11-12 years is mostly in the good category. It is recommended to SSB coaches and coaches to maintain and improve physical exercise programs so that students' physical fitness conditions can develop optimally.

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1. INTRODUCTION

The game of football is one of the most popular sports in the world to date. Football has evolved from a simple game to a modern sport that is loved by various groups, both children, teenagers, adults, and women. The development of science and technology also has a great influence on the development of football, especially in the aspects of training methods, match analysis, game rules, equipment, and athlete coaching systems. The game of football is a simple game, and the secret to a good game of football is to do simple things well. Football is a team game played by 11 players each. According to Sukma Aji (2016:1) football is a game that is carried out by kicking the ball by the player, with the goal of the goal and the aim of putting the ball into the opponent's goal. Meanwhile, according to Muchamad Ishak (2017), the purpose of the game of football is to put the ball into the opponent's goal as much as possible through using techniques and the application of strategies and guarding the goal itself so that the ball is not entered by the opponent. From some of the opinions above, the author can understand that football is a team game that contains 11 players which is done by kicking the ball and with the aim of creating as many goals as possible against the opponent's goal.

According to FIFA (2023: 12), modern football is evolving into a global sport that is not only entertainment-oriented, but also demands high achievement through planned and professional coaching. According to Herlambang Fajar Wibowo (2020: 24), modern football is a sport that requires technical skills, playing intelligence, and good teamwork in a match. Meanwhile, according to Bompa and Buzzichelli (2021: 214), the performance of modern football sports is greatly influenced by physical abilities which include *endurance*, *strength*, *speed*, agility, and *power as the main components that support athletes' achievements.*

Achievements in the sport of football cannot be achieved instantly, but through a long-term coaching process that is carried out systematically and continuously. Athlete coaching must be started from an early age through a targeted training program and supported by adequate facilities and infrastructure. According to Bompa and Buzzichelli (2021: 36), achieving sports achievements requires a planned, progressive, and appropriate training process in accordance with the athlete's developmental stage so that physical, technical, tactical, and mental abilities can develop **optimally.**

Football is played by two teams consisting of eleven players each. Each team tries to score as many goals as possible against the opponent and defend their own goal so as not to concede. In the modern football game, teamwork is one of the main factors in achieving victory. According to Nugraha and Kurniawan (2022: 44), the success of a football team is not only determined by the individual abilities of the players, but also influenced by team cohesion, communication, and the implementation of a good game strategy. Therefore, each player must be able to master the basic techniques of football while working together effectively in a team.

In football, physical fitness plays an important role in supporting the performance of players during matches. Good physical fitness can improve endurance, strength, speed, coordination, agility, and recovery ability after physical activity. According to Wibowo and Prasetyo (2023: 78), football players are required to have excellent physical condition because during the match players must move continuously, find empty spaces, grab the ball, make game transitions, and score goals effectively. Therefore, physical training must be given in a balanced manner with technical training so that player performance can develop optimally.

According to Suparno and Suwandi (2008: 113), physical fitness that applies the right techniques can have a positive impact on improving or stabilizing blood circulation and heart work, as well as strengthening endurance, for efficient coordination of balance, speed, agility, and movement ability to fitness abilities, make body organs healthier and stronger, and increase the ability to respond quickly. In a football match, every player is required to always move to find empty space, grab, and score goals in the opponent's goal. So that football players are required to have good physical fitness so that the movements carried out are effective and efficient. According to Arindra and Bawono, (2015) Physical fitness is a person's ability to perform activities without experiencing excessive fatigue. In line with Candra and Kurniawan, (2020) physical fitness is a person's ability to perform work or daily routines with excellent or good physique. In addition to physical fitness, mastery of basic football techniques is also a very important factor. Basic techniques such as *passing*, *dribbling*, *controlling*, *shooting*, *heading*, and *tackling* must be well mastered by players in order to be able to play effectively in the match.

According to Naldi & Irawan (2020), basic technique is important in football. It should be noted that to play football, you need to have basic skills in playing football. Meanwhile, according to Firmansyah and Putra (2024: 69), basic technique and physical condition are the two main components that support each other in the modern football game so that the training process must be provided in an integrated and continuous manner. Basic technical skills are an important aspect of the development of football players (Serpiello *et al*., 2017).

The main basic technique in the game of football is the basic technique of kicking the ball, because the technique of kicking the ball is not only needed by the forward, but also by the defenders, midfielders, and even by the goalkeeper.

The Football School (SSB) is one of the forums for coaching athletes at an early age in developing football playing skills. Through SSB, young players gain basic technical learning, physical condition improvement, as well as character building and sports disciplines. According to Rahman (2022: 55), the success of coaching at SSB is influenced by the quality of coaches, age-appropriate training programs, and the availability of adequate training facilities and infrastructure such as fields, balls, cones, training vests, and goals. A good training program must be prepared systematically, progressively, and adjusted to the stage of child development so that it can have a positive impact on the development of football playing skills.

SSB Persena Na'e Sape football is still relatively new in Bima Regency. But in terms of coaching that leads to achievement coaching, it can be said to be good. The coach at SSB Football Persena Na'e Sape is an athlete from the Club who is competent in the field of football. So it is not surprising that in the first year of its establishment, SSB Football Persena Na'e Sape has had a lot of Early Childhood Coaching. At SSB Football Persena Na'e Sape, for students who will register to be selected not to do physical ability tests, including strength, speed, endurance, and skill tests.

Football needs all tests carried out not to be a series of standardized Indonesian Physical Fitness Tests (TKJI). So the test results cannot be used as a benchmark to categorize the level of physical fitness of students.

Based on the description above, it is known that the level of physical fitness of SSB Football Persena Na'e Sape has not been monitored in a series of TKJI tests. With these conditions, the author intends to conduct a research to challenge the level of physical fitness of SSB Persena Na'e Sape football students aged 11-12 years.

2. RESEARCH METHODS

This study uses a quantitative descriptive method. Descriptive research aims to describe the state of a variable or phenomenon based on the data obtained without providing treatment or manipulation to the research subject (Sugiyono, 2022: 8).

The population in this study is all Persena Na'e Football School (SSB) players in the age group of 11–12 years. The selection of the population was adjusted to the purpose of the research which focused on the physical abilities and physical fitness of players aged 11–12 years. The total population in this study is as many as 60 players. The sampling technique in this study uses the purposive sampling technique. Purposive sampling is a sample determination technique based on certain considerations or criteria that have been determined in accordance with the research objectives (Siyoto & Sodik, 2021: 66). The sample criteria in this study are as follows: (a) SSB Persena Na'e players in the age group of 11–12 years; (b) Male; (c) Have participated in regular training for at least 6 months; (d) Actively participating in training activities and/or having participated in football matches between SSB. Based on these criteria, there are 51 students who meet them, with details of 25 students of SSB Pesane Na'e 11 and 26 students of SSB Pesane Na'e 12.

The variable in this study is a single veriable, namely the level of physical fitness. Physical fitness in football is the ability of players to perform movements such as running, jumping, kicking, catching, and throwing without experiencing excessive physical fatigue and a quick recovery period. Furthermore, the variables were tested by conducting five TKJI physical fitness tests from the Ministry of National Education in 2010, consisting of: (1) 40-meter running test, this test aims to measure short-distance running speed; (2) Bend elbow hanging test, this test aims to measure the strength and endurance of arm muscles and

shoulder muscles; (3) Sitting lie test (30 seconds), this test aims to measure the strength and endurance of the abdominal muscles; (4) Upright jump test, this test aims to measure *the explosive power* of the legs, and (5) The 600-meter running test, this test aims to measure endurance of the heart (*aerobics*), blood circulation and respiration.

The data collection method used in this study is a survey method with test and measurement techniques. The survey method is used to obtain an overview of the condition or characteristics of a group based on the results of measurements on the research variables. Test and measurement techniques are used to determine the level of physical fitness or physical ability of the player based on a predetermined instrument.

Data analysis is an important step because with data analysis, conclusions can be drawn from the research that has been conducted. The data analyzed included endurance, strength, speed, flexibility, agility, and coordination. These components are necessary because soccer players must perform various activities such as running, changing direction, jumping, kicking, and maintaining the intensity of the game during the match (Bangsbo, 2020: 18).

$$\frac{\sum kategori}{\sum total}\ x\ 100\%$$

Description:

∑ categories : number of categories
∑ Total : total number of students

3. RESULTS AND DISCUSSION

3.1. Research results

The results of the research on the level of physical fitness of SSB Persena Na'e players in the age group of 11–12 years were obtained with a maximum score of 22; minimum score of 13; the mean value is 18; 00, standard deviation of 2.29, median of 18; and modes of 18. Furthermore, the data from the research results are categorized based on the norms of the Indonesian Physical Fitness Test (TKJI) aged 10–12 years into five categories, namely the categories of very little, less, medium, good, and very good:

Table 1. Frequency Distribution of Physical Fitness Level for SSB Students Percent Na'e 11-12 Years

Score	Categories	Frequency	Relative frequency
22 - 25	Very good	1	1,96%
18 - 21	Good	34	66,67%
14 - 17	Medium	13	25,49%
10 - 13	Less	3	5,88%
5 - 9	Less than once	0	0,00%
Quantity		51	100,00%

Source: Table 2. Indonesian Physical Fitness Test Norms (Ministry of National Education: 2010)

From table 1, the physical fitness level of SSB Persena Na'e 11-12 Years Old students was obtained as many as 0 students (0%) were categorized as poor, 3 students (5.88%) were categorized as poor, 13 students (25.49%) were categorized as moderate, 34 students (66.67%) were categorized as good, and 1 student (1.96%) was categorized as very good. The most frequency lies in the good category, thus the physical fitness level of SSB Persena Na'e students 11-12 years old is mostly in the good category. The following is a histogram image obtained:

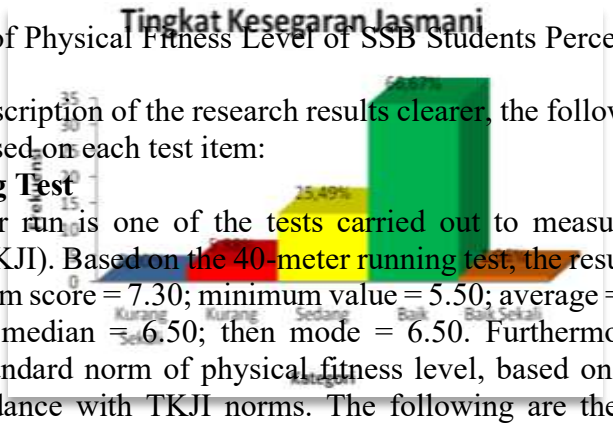


Figure 1. Histogram of Physical Fitness Level of SSB Students Percent 11-12 Years Old

To make the description of the research results clearer, the following data will be described in detail based on each test item:

1. 40 Meter Running Test

The 40-meter run is one of the tests carried out to measure the level of physical fitness (TKJI). Based on the 40-meter running test, the results of the study obtained a maximum score = 7.30; minimum value = 5.50; average = 6.53; standard deviation = 0.47; median = 6.50; then mode = 6.50. Furthermore, the data is included in the standard norm of physical fitness level, based on predetermined intervals in accordance with TKJI norms. The following are the results of the research obtained from the physical fitness level of SSB Persena Na'e students 11-12 years old based on the 40 Meter running test:

Table 2. Frequency Distribution of Physical Fitness Level of SSB Students Percent 11-12 Years Old Based on the 40-Meter Running Test

Score	Value	Frequency	Relative frequency
n.d. – 6.3"	Grade 5	18	35,29%
6,4" – 6,9"	Grade 4	22	43,14%
7,0" – 7,7"	Grade 3	11	21,57%
7,8" – 8,8"	Grade 2	0	0,00%
8.9" – DST	Grade 1	0	0,00%
Quantity		51	100,00%

Source: Table 1. Indonesian Physical Fitness Test Scores (Ministry of National Education: 2010)

From table 2. above, the physical fitness level of SSB Persena Na'e 11-12 Years old students was obtained based on the 40 Meter running test, 0 students (0%) obtained a score of 1, 0 students (0%) obtained a score of 2, 11 students (21.57%) obtained a score of 3, 22 students (43.14%) obtained a score of 4, and 18 students (35.29%) obtained a score of 5. The highest frequency is at a score of 4, which is 43.14%, thus the physical fitness level of SSB Persena Na'e students 11-12 years based on the 40-meter running test mostly obtained a score of 4. Here's a picture of the histogram:

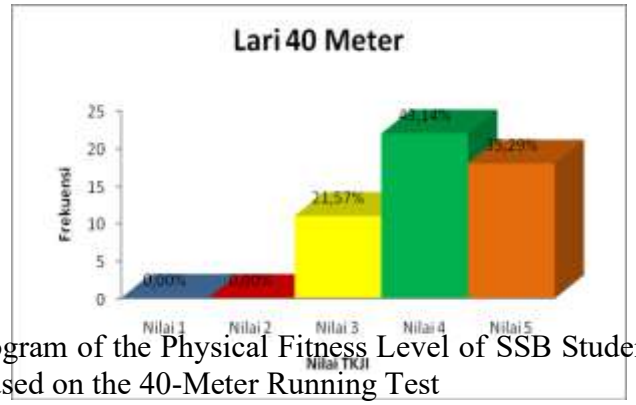


Figure 2. Histogram of the Physical Fitness Level of SSB Students Percent 11-12 Years Based on the 40-Meter Running Test

2. Bending Elbow Hanging Test

Bending elbow hanging is one of the tests carried out to measure the level of physical fitness (TKJI). Based on the bending elbow hanging test, the results of the study obtained a maximum score = 41.30; minimum value = 1.10; average = 18.12;

standard deviation = 8.74; median = 18.90; then mode = 16.60. Furthermore, the data is included in the standard norm of physical fitness level, based on predetermined intervals in accordance with TKJI norms. The following are the results of the research obtained from the physical fitness level of SSB Persena Na'e students 11-12 years old based on the bending elbow hanging test:

Table 3. Frequency Distribution of Physical Fitness Level of SSB Students Percent 11-12 Years Based on the Bending Elbow Hanging Test

Score	Value	Frequency	Relative frequency
51" and above	Grade 5	0	0,00%
31" – 50"	Grade 4	4	7,84%
15" – 30"	Grade 3	33	64,71%
5" – 14"	Grade 2	9	17,65%
4" DST	Grade 1	5	9,80%
Quantity		51	100,00%

Source: Table 1. Indonesian Physical Fitness Test Scores (Ministry of National Education: 2010)

From table 3. above, the physical fitness level of SSB Persena Na'e 11-12 Years was obtained based on the bending elbow hanging test, 5 students (9.80%) obtained a score of 1, 9 students (17.65%) obtained a score of 2, 33 students (64.71%) obtained a score of 3, 4 students (7.84%) obtained a score of 4, and 0 students (0%) obtained a score of 5. The highest frequency is at a score of 3, which is 64.71%, thus the physical fitness level of SSB Persena Na'e students 11-12 years based on the bending elbow hanging test mostly obtained a score of 3. Here's a picture of the histogram:



Figure 3. Histogram of the Physical Fitness Level of SSB Students Percent 11-12 Years Based on the Bending Elbow Hanging Test

3. Sitting Down Test

Lying down is one of the tests carried out to measure the level of physical fitness (TKJI). Based on the sitting test, the results of the study obtained a maximum score = 32; minimum value = 13; average = 23.43; standard deviation = 3.63; median = 24; then mode = 24. Furthermore, the data is included in the standard norm of physical fitness level, based on predetermined intervals in accordance with TKJI norms. The following are the results of the research obtained from the physical fitness level of SSB Persena Na'e students 11-12 years old based on the sitting test:

Table 4. Frequency Distribution of Physical Fitness Level of SSB Students Percent Na'e 11-12 Years Based on the Sitting Lie Test

Score	Value	Frequency	Relative frequency
23 and above	Grade 5	35	68,63%
18 – 22	Grade 4	14	27,45%
12 – 17	Grade 3	2	3,92%
4 – 11	Grade 2	0	0,00%
0 – 3	Grade 1	0	0,00%
Quantity		51	100,00%

Source: Table 1. Indonesian Physical Fitness Test Scores (Ministry of National Education: 2010)

From table 4. above, the physical fitness level of SSB Persena Na'e 11-12 Years was obtained based on the sitting test, 0 students (0%) obtained a score of 1; 0 students (0%) obtained a score of 2; 2 students (3.92%) obtained a score of 3; 14 students (27.45%) obtained a score of 4; and 35 students (68.63%) obtained a score of 5. The highest frequency was at a value of 5, which was 68.63%; Thus, the level of physical fitness of SSB Persena Na'e students 11-12 years old based on the sitting test mostly obtained a score of 5. Here's a picture of the histogram:



Figure 4. Histogram of Physical Fitness Level of SSB Students Percent 11-12 Years Based on the Sitting Lie Test

4. Upright Jump Test

Jumping upright is one of the tests carried out to measure the level of physical fitness (TKJI). Based on the upright jump test, the results of the study obtained a maximum score = 45; minimum value = 21; average = 33.82; standard deviation = 5.16; median = 33; then mode = 30. Furthermore, the data is included in the standard norm of physical fitness level, based on predetermined intervals in accordance with TKJI norms. The following are the results of the research obtained from the physical fitness level of SSB Persena Na'e students 11-12 years old based on the upright jump test:

Table 5. Frequency Distribution of Physical Fitness Level of SSB Students Percent 11-12 Years Old Based on the Upright Jump Test

Score	Value	Frequency	Relative frequency
46 and above	Grade 5	0	0,00%
38 – 45	Grade 4	12	23,53%
31 – 37	Grade 3	23	45,10%
24 – 30	Grade 2	15	29,41%
23 ds	Grade 1	1	1,96%

Quantity	51	100,00%

Source: Table 1. Indonesian Physical Fitness Test Scores (Ministry of National Education: 2010)

From table 5. above, the physical fitness level of SSB Persena Na'e 11-12 Years was obtained based on the upright jump test as many as 1 student (1.96%) obtained a score of 1; 15 students (29.41%) obtained a score of 2; 23 students (45.10%) obtained a score of 3; 12 students (23.53%) obtained a score of 4; and 0 students (0%) obtained a score of 5. The highest frequency is at a score of 3, which is 45.10%, thus the level of physical fitness of SSB Persena Na'e students 11-12 years based on the upright jump test mostly obtained a score of 3. Here's a picture of the histogram:

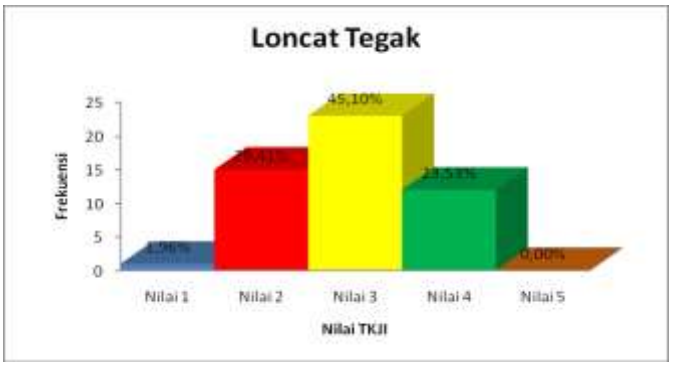


Figure 5. Histogram of the Physical Fitness Level of SSB Students Percent 11-12 Years Based on the Upright Jump Test

5. 600 Meter Run Test

The 600 Meter run is one of the tests carried out to measure the level of physical fitness (TKJI). Based on the 600-meter running test, the results of the study obtained a maximum score = 2.56; minimum value = 2.03; average = 2.28; standard deviation = 0.12; median = 2.26; then mode = 2.14. Furthermore, the data is included in the standard norm of physical fitness level, based on predetermined intervals in accordance with TKJI norms. The following are the results of the research obtained from the physical fitness level of SSB Persena Na'e students 11-12 years old based on the 600 Meter running test:

Table 6. Frequency Distribution of Physical Fitness Level of SSB Students 11-12 Years Based on the 600-Meter Running Test

Score	Value	Frequency	Relative frequency
s.d 2'19"	Grade 5	1	1,96%
2’20” – 2’30”	Grade 4	33	64,71%
2’31” – 2’45”	Grade 3	13	25,49%
2’46” – 3’44”	Grade 2	4	7,84%
3'45" dst	Grade 1	0	0,00%
Quantity		51	100,00%

Source: Table 1. Indonesian Physical Fitness Test Scores (Ministry of National Education: 2010)

From table 6. above, the physical fitness level of SSB Persena Na'e 11-12 Year Old students based on the 600 Meter running test was obtained, 0 students (0%) obtained a score of 1; 4 students (7.84%) obtained a score of 2; 13 students (25.49%) obtained a score of 3; 33 students (64.71%) obtained a score of 4; and 1

student (1.96%) obtained a score of 5. The highest frequency is at a score of 4, which is 64.71%, so the level of physical fitness of SSB Persena Na'e students 11-12 years based on the 600 Meter running test mostly obtained a score of 4. Here's a picture of the histogram:

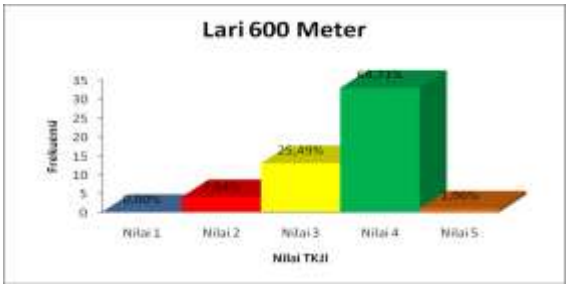


Figure 6. Histogram of the Physical Fitness Level of SSB Students Percent 11-12 Years Based on the 600 Meter Running Test

3.2. Discussion

Based on the results of the study, it shows that the physical fitness level of SSB Persena Na'e students 11-12 years old is mostly in the good category. In detail, as many as 0 students (0%) were categorized as poor, 3 students (5.88%) were categorized as poor, 13 students (25.49%) were categorized as moderate, 34 students (66.67%) were categorized as good, and 1 student (1.96%) was categorized as very good. The most frequency lies in the good category, thus the physical fitness level of SSB Persena Na'e 11-12 Year Old students is mostly in the good category.

Physical fitness is the body's ability to perform daily tasks and work diligently without experiencing significant fatigue, and with energy reserves still left, still able to enjoy free time. The results of the study showed that the physical fitness level of SSB Persena Na'e students 11-12 years old was mostly in the good category. This means that students can do their activities without experiencing significant fatigue and still have energy reserves to enjoy their free time.

SSB Persena Na'e is one of the SSBs that has a good reputation in Bima Although it is still classified as a new SSB, but because it is guided by coaches who are not yet professionals, this SSB is now a favorite in Bima Based on each test, it turns out that the physical fitness values obtained are quite diverse. In the 40-meter running test, some students obtained a score of 4, which was 43.14%, in the bending elbow hanging test, 64.71% obtained a score of 4, in the lying sitting test, 68.63% obtained a score of 5, in the upright jump test 45.10% obtained a score of 3, and in the 600-meter running test 64.71% obtained a score of 4. Based on the percentage obtained, it turns out that most of it is based on each test, the scores obtained are 3, 4 and 5. The best ability of students was in the sitting test, which was 68.63% of the 5 grades, while the worst ability of students in the bending elbow hanging test, which only obtained 64.71% of the score of 3 and 7.84% of the score of 4.

The level of physical fitness is needed by a football player, in order to support every activity on the field. With a good level of physical fitness, of course a player will not easily experience fatigue. In the game of football, a player is required to be able to keep moving in order to find a position in playing football. Thus, physical fitness is very important to be able to make that happen. The level of physical fitness of SSB Persena Na'e students is in the good category, this is because when in training the coach always provides material that has a lot of activities. In addition, coaches also always pay attention to elements that support football playing skills such as abdominal muscles, leg muscles, running speed, endurance, agility, and so on. Therefore, it is only natural that the physical fitness level of SSB Persena Na'e students has a good

level of physical fitness.

The game of football is a complex game that demands a variety of physical performances. To produce a good and attractive football game, a child is not only required to have good technique, tactics and mentality to compete but a child is also required to have excellent physical or physical fitness. In this study, the physical fitness of students has been included in the good category, and after detailing, it turns out that there are several student abilities that are still moderate, namely the ability to hang elbows, bend and jump upright. In order for students' physical fitness to be even better, students' physical fitness exercises must be improved, both in frequency and intensity, especially the ability to hang elbows and jump upright. Thus the physical fitness of students will be better, and to face matches between SSBs and training, students will not feel excessive fatigue. With a better level of physical fitness, they will certainly be able to play football better and stably, because students have better physical fitness than before.

4. CONCLUSION

Based on the results of the study, it can be concluded that the level of physical fitness of SSB Persena Na'e students 11-12 years old is mostly in the good category. In detail, as many as 0 students (0%) were categorized as poor, 3 students (5.88%) were categorized as poor, 13 students (25.49%) were categorized as moderate, 34 students (66.67%) were categorized as good, and 1 student (1.96%) was categorized as very good. The most frequency lies in the good category, thus the physical fitness level of SSB Persena Na'e 11-12 Year Old students is mostly in the good category.

5. THANK YOU

The author would like to thank the SSB Football Coach Persena Na'e Sape 11-12 years old, as well as all students who have participated and provided support during the implementation of this research. Appreciation was also conveyed to the supervisors and various parties who have provided input, direction, and technical assistance so that this research can be carried out properly. This research does not receive funding support from any particular institution or sponsor, but its success is inseparable from the cooperation and support of all parties involved. Hopefully the results of this research can contribute to table tennis coaches and athletes.

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