

## Result Analysis Physical Fitness Test Candidate Students Police Academy At Pt. Ock Athletic Club Year 2023

**Kokom Supriyatnak**

Program Studi Pendidikan Olahraga dan Kesehatan, FIKKM, UNDIKMA

Email : [kokomsupriyatnak@undikma.ac.id](mailto:kokomsupriyatnak@undikma.ac.id)

### Abstract

*PT. OCK Klub Atletik is a guidance institution physical programs, academic programs and psychology programs for interested candidate students and prepare for member entry TNI, Police and other official schools. Physical programs are physical exercise programs to improve the results of physical abilities and efforts to fulfill standardization on physical testing. The purpose of this study is to find out the results physical abilities and results standardization of physical fitness test police in students PT. OCK Klub Atletik year 2023. In this study using a method design survey forms of quantitative descriptive research by using instruments research in the form of tests. Sampling is carried out by technique total sampling so that the research subjects amounted to 152 persons. Physical test measurements according to standard instruments police. The results of the study were physical abilities with a very good category of 4 persons (3%), goodness 66 persons (43%), enough 60 persons (39%), K1 12 persons (8%) and K2 10 persons (7%) then results standardization pass limit qualified 132 persons (87%) and unqualified 20 persons (13%).*

**Keywords:** *analysis, candidate, physical fitness test, police academy*

### Abstrak

PT. OCK Klub Atletik adalah lembaga bimbingan program jasmani, program akademik dan program psikologi bagi calon siswa yang berminat dan mempersiapkan diri masuk anggota TNI, Polri dan sekolah kedinasan lainnya. Program jasmani adalah program latihan fisik untuk meningkatkan hasil kemampuan fisik dan upaya pemenuhan standarisasi pengujian jasmani. Tujuan dari penelitian ini adalah untuk mengetahui hasil kemampuan fisik dan standarisasi hasil tes uji jasmani Polri pada siswa PT. OCK Klub Atletik tahun 2023. Dalam penelitian ini menggunakan metode desain survei bentuk penelitian deskriptif kuantitatif dengan menggunakan instrumen penelitian dalam bentuk tes. Pengambilan sampel dilakukan dengan teknik total sampling sehingga subjek penelitian berjumlah 152 orang. Pengukuran uji jasmani sesuai instrumen standar Polri. Hasil penelitian adalah kemampuan jasmani dengan kategori sangat baik 4 orang (3%), kebaikan 66 orang (43%), cukup 60 orang (39%), K1 12 orang (8%) dan K2 10 orang (7%) kemudian hasil standarisasi batas kelulusan memenuhi syarat 132 orang (87%) dan tidak memenuhi syarat 20 orang (13%).

**Kata kunci:** *akademi kepolisian, analisis, calon, tes kesamaptaan jasmani*

### INTRODUCTION

PT. OCK Athletic Club is a guiding institution physical programs, academic programs and psychology programs that foster, train and educate candidate students (persons who are educated and prepared to occupy certain positions or professions)(KBBI Online, 2023)who are interested and preparing to enter members of the TNI, Polri and other official schools. Among these candidate students, there are those who are interested in entering as members of Akpol (Police Academy). Police academy or often abbreviated as akpol is an educational institution to produce police officers. Akpol is the implementing element of education for the formation of police officers under the Lemdiklat Polri (National Police Education and Training Institute).(Police Academy, 2023)

Physical fitness is very important because someone who has good physical fitness will

easily carry out his activities without feeling excessive fatigue. But on the contrary, if the level of physical fitness is low in carrying out its activities, it will encounter obstacles such as experiencing fatigue.(Wijayanto, 2022)Physical fitness is also explained that physical conditions that describe potential and physical ability to perform certain tasks with optimal results without showing significant fatigue.(Police Headquarters, 2011)

This is a very important imperative at the level of physical ability because the quality of an institution's human resources depends on the quality of the candidate students themselves or in other words the applicants. The physical fitness test itself is one of a series of selection processes from a group of applicants who are most suitable or who meet the most requirements. The higher the level of physical freshness of a person, the greater his physical ability and work

productivity (Susanto, 2020) preparing for the fitness test is an instrument to assess the physical freshness and readiness of soldiers to work and fight. (Wiradharma et al., 2019)

PT. OCK Athletic Club in the physical program is physical exercise that is carried out measurably and regularly to prepare candidate students to improve the results of physical abilities, fix deficiencies in physical aspects and efforts to meet physical test standards in facing the Akpol entrance test. In this case, candidate Akpol students PT. OCK Athletic Club in performing physical exercise to improve physical abilities that are implemented in commonality "A" (12-minute run), fitness "B" pull up/chinning, sit up, push up, shuttle run, swimming and posture (anthropometric).

A 12-minute run is a physical fitness test that aims to see the working ability of the heart, lungs and endurance. Pull up / Chinning which aims to determine the strength of the shoulder muscles and upper back or the purpose of pull up exercises is to increase muscle strength, especially arm muscle strength or as a form of strength training suitable for improving arm muscles (Sulastris et al., 2021). Situp is a movement that supports the hips, buttocks, and abdomen with the knee position raised up and done repeatedly aims to determine the endurance and strength of the abdominal muscles and body flexibility (Kurniaziz & Mukarromah, 2022). Push ups aim to determine the endurance and strength of the outer arm muscles and shoulder muscles and chest muscles, Shuttle run aims to determine reaction speed, agility, coordination of motion, balance, and ability of leg muscles. (Astuti et al., 2023). The ability to swim is one of the requirements for the entrance test in certain institutions (Widiansyhrani, 2022) aims to measure dexterity / ability to swim a certain distance and posture (anthropometric) is used to choose the ideal posture in order to perform tasks according to their characteristics. (Police Headquarters, 2011). Anthropometry and physical conditions are very important because they are the development of psychomotor activities (Rusiawati & Wijana, 2022).

This research is a benchmark for the beginning to obtain an initial picture of the weight of physical test scores in candidate Akpol

students PT. OCK Athletic Club, Research analysis is the process of finding and systematically compiling data obtained from interviews, field notes and documentation by organizing data into categories, describing into synthesizing units, arranging into patterns of choosing important data and which ones to study, making conclusions so that they are easy to understand (Sukhandha, 2018). This study discusses the analysis of the physical fitness test results of candidate Akpol students on PT. OCK Athletic Club year 2023 which refers to the categories of assessment norms and pass limit norms.

## METHOD

This study uses a survey method design in the form of quantitative descriptive research using research instruments in the form of tests. Sampling was carried out with total sampling techniques so that the research subjects amounted to 152 persons, namely candidate Akpol students assisted by PT. OCK Athletic Club. (Sugiyono, 2020) The survey was conducted on Sunday, October 22, 2023 and conducted tests in the form of fitness "A" (12-minute run), fitness "B" pull ups/chinning, sit ups, push ups, shuttle runs, swimming and posture (anthropometric) which aims to determine the physical condition of candidate students. Then the norms in the assessment consist of 5 categories, namely category I (Very good) final grades 81-100, category II (Good) final grades 61-80, category III (Enough) final grades 41-60, category IV (less) final grades 21-40, category V (very less) final grades 0-20. The norms for passing the physical fitness test consist of 2 categories, namely qualified (MS) > 41 and unqualified (TMS) < 41. Then this is based on group I ages 18 to 30 years, group II ages 31 to 40 years, group III ages 41 to 50 years and finally group IV ages 51 to 58 years. The results of data analysis are descriptive quantitative in data analysis using calculation analysis that will show the results of the percentage of achievements which will then be explained using sentences.

**RESULTS AND DISCUSSION**

After performing serve and physical fitness test, the results of the final physical score (NAJ) can be described as follows: :

1. Explanation of the results for the assessment norms of Group I physical fitness test with values, categories, details of the level of achievement.
2. Explanation of the results of the limit norm passed on the physical fitness test with the value, the category, the details of the classification level.

Table 1. Results of Characteristics of Candidates Police Academy Student Respondents PT. OCK Athletic Club

Characteristics	Gender	Sum	Percentage
Group I 18-30 years	Man	142 persons	97 %
	Woman	10 persons	3 %
Total		152 persons	100%

The results of the characteristics of respondents candidate Akpol students assisted by PT. OCK Athletic Club with Group I aged 18 – 30 years shows that respondents consist of 142 men with a percentage of 97% and 10 women with a percentage of 3%, so a total of 152 respondents are entitled to take the physical fitness test, the test will be carried out on Sunday, October 22, 2023 at the Lintasan Track Stadium Madya 1 Gelora Bung Karno Jakarta

Based on the results of a series of physical fitness tests, namely fitness "A" (12-minute run), fitness "B" pull ups / chinning, sit ups, push ups, shuttle run, swimming and posture (anthropometric) obtained the final physical score (NAJ) with the following details:

Table 2. Results of Group I Assessment Norms Category Physical Fitness Test

Category: Pass Limits	Respond	Percentage
Very good	81 -100 4 persons	3 %
Good	61-80 66 persons	43 %
Enough	41-40 60 persons	39 %
Less	21-40 12 persons	8 %

Very less	0-21	10 persons	7 %
Sum		152 persons	100%

Results of Group I Assessment Norm Categories on Physical Fitness Test of candidate Akpol students assisted by PT. OCK Athletic Club obtained data in the form of quantitative descriptive research which was calculated by accumulating NAJ scores with details of Very Good (BS) scores were 4 persons, Good grades (B) were 66 persons, Enough grades (C) were 60 persons, Less grades (K1) were 12 persons, and Very less (K2) scores were 10 persons, in the survey found the results obtained by the BS value category, B and C performed the test smoothly (a series of physical fitness tests from beginning to end). The results obtained by the K1 value category were constrained when conducting tests in conditions that were not prime so that they did not complete the overall physical fitness test. Then in the survey it was found that the K2 value category was not present in the test.

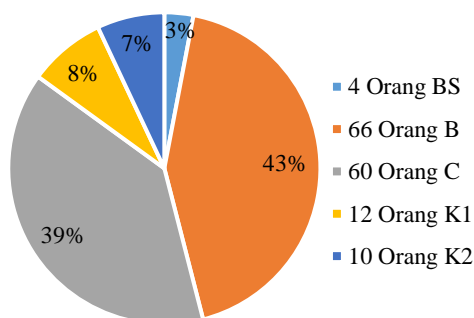


Figure 1. Diagram of Results of Group I Assessment Norms Category Physical Fitness Test.

Table 3. Results of Limit Norms Pass on Physical Fitness Test

Pass Limit Norms	Respond	Percentage
Qualify	>41 132 persons	87 %
Unqualified	<41 20 persons	13 %

The results of the limit norms passed on the physical fitness test consist of 2 categories, namely qualified (MS) > 41 and unqualified (TMS) < 41. Results that meet the standard graduation limit for candidate Police Academy students assisted by PT. OCK Athletic Club

obtained as many as 132 persons declared qualified (MS) with a percentage of 87% and as many as 20 unqualified persons (TMS) with a percentage of 13%.

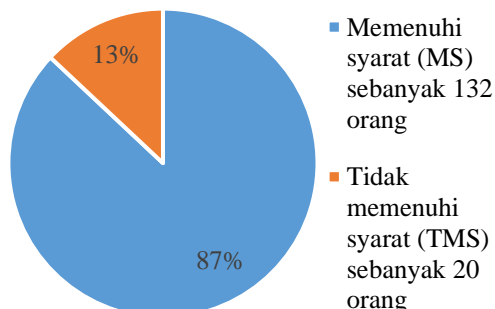


Figure 2. Diagram of the results of the passing limit norm on the physical fitness test

## CONCLUSION

Final analysis in the results of the physical fitness test of candidate Akpol students at PT. OCK Athletic Club with the achievement of BS value 3% as many as 4 persons the lowest percentage, B grade 43% as many as 66 persons is the highest percentage level, C value 39% as many as 60 persons, K1 value 8% as many as 12 persons and K2 value 7% as many as 10 persons, in the survey it was found that K1 results were constrained when conducting tests in conditions that were not prime so they were not complete the Physical fitness test as a whole. Then in the survey it was found that the K2 value category was not present in the test. Then the limit norm passed on the physical fitness test, MS percentage of 87% as many as 132 persons and TMS percentage of 13% as many as 20 persons, meaning that MS is still much higher or more. Based on the results of the value of the physical fitness test category, there are still many things that need to be considered both in terms of physical ability to be improved or further improved to enter the better value category, because the results of this test are also an initial illustration of knowing the results of the physical fitness test before entering or taking the National Police Physical Fitness Test (Akpol). The increase in physical fitness test scores will affect the weight of NAJ (Final Physical Score) scores which have an impact or affect the results in the MS and TMS pass limit categories.

## SUGGESTIONS

Suggestions for readers that this research provides and adds further insight and knowledge. For PT. OCK Athletic Club can hopefully provide clearer information so that it can be a reference to be better in further coaching and as evaluation material to improve the strength related to physical abilities in terms of physical fitness. The advantages of having a good physical condition are to achieve better performance, not easily injured and recover quickly if injured, prevent mental fatigue and improve concentration, easily recover after heavy training and heavy competition, not tired even in long matches, rarely muscle pain and increase self-confidence. (Wiradharma et al., 2019)

## THANK YOU NOTE

Thank you to Allah SWT who gives health blessings and an abundance of blessings and gifts so that this research can be completed properly, for PT. OCK Athletic Club would like to thank you for the opportunity to conduct this research. Hopefully in the future it will be more successful.

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