

## Training on Preparing Physical Condition Test Instruments for Pb Badminton Athletes. Brilliant

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### Abstract

*The expected goal is to create trainers who have knowledge about training in preparing physical condition test instruments for PB badminton athletes. Gemilang understands the importance of the physical condition components of badminton in Mataram improve the performance of all Mataram City athletes effectively, efficiently and modernly. Mitra's problem is that the trainers lack knowledge regarding training in preparing physical condition test instruments for PB badminton athletes. Glorious, and many trainers still carry out conventional physical conditions without using sports science technology that is developing in the field of sports. The urgency of the problem is that there are no guidelines for the physical condition test instruments used by PB. The Glorious City of Mataram, is only conventional, not programmed to be varied, effective, the coach's experience of being an athlete is not the solution that is obtained. The solution method is by holding socialization, training, and mentoring and evaluation analysis. Training on preparing physical condition test instruments for PB badminton athletes. A good performance according to this branch of sport. So that the training guidelines for preparing test instruments can be used as a basis for coaches to determine the physical condition of Badminton athletes. It is hoped that the results of the training service research will allow coaches to develop test instruments and measure physical conditions as reference material in formulating training programs so that they can improve the performance of badminton athletes. The conclusion is that there is knowledge about training in preparing physical condition test instruments for PB badminton athletes. Brilliant. Provide a significant impact on systematic physical condition tests, effectively and efficiently to improve the performance of Mataram badminton athletes.*

**Keywords:** Training, test instruments, badminton

### Abstrak

Tujuan yang di harapkan agar nanti tewujudnya pelatih yang mempunyai pengetahuan tentang Pelatihan peyusunan instrumen tes kondisi fisik bagi atlet bulutangkis PB. Gemilang yang memahami akan pentingnya tentang komponen kondisi fisik yang cabang olahraga bulutangkis di Mataram. meningkatkan *performance* semua atlet Kota Mataram secara efektif, efisien dan modern. permasalahan Mitra adalah Minimnya para pelatih memahami pengetahuan tentang Pelatihan peyusunan instrumen tes kondisi fisik bagi atlet bulutangkis PB. Gemilang, serta banyak Pelatih masih melakukan kondisi fisik secara konvensional tidak menggunakan teknologi *sport science* yang berkembang di bidang olahraga. Urgensi permasalahan adalah belum ada pedoman instrument tes kondisi fisik yang di gunakan PB. Gemilang Kota Mataram, hanya bersifat konvensional, tidak terprogram bervariasi, efektif, pengalaman pelatih menjadi atlet bukan solusi yang didapatkan. Metode pemecahannya, yaitu dengan cara mengadakan Sosialisasi, pelatihan, pendampingan, dan evaluasi analisis Pelatihan peyusunan instrumen tes kondisi fisik bagi atlet bulutangkis PB. Gemilang yang baik sesuai dengan cabang olahraga tersebut. Supaya pedoman pelatihan peyusunan instrumen tes tersebut dapat digunakan sebagai dasar pelatih untuk menentukan kondisi fisik atletnya Bulutangkis. Hasil penelitian pengabdian pelatihan diharapkan para pelatih bisa menyusun instrumen tes dan pengukuran kondisi fisik sebagai bahan rujukan dalam merumuskan program latihan sehingga dapat meningkatkan prestasi atlet bulutangkis. Simpulan adalah agar pengetahuan tentang Pelatihan peyusunan instrumen tes kondisi fisik bagi atlet bulutangkis PB. Gemilang. memberikan dampak peningkatan yang signifikan terhadap tes kondisi fisik sistmatis, secara efektif, efisien untuk meningkatkan prestasi atlet bulutangkis mataram.

**Kata Kunci:** Pelatihan, instrumen tes, bulutangkis

### INTRODUCTION

The Indonesian National Sports Committee (KONI) Mataram is optimistic that it can retain the overall title of NTB Provincial Champion. However, they don't want to be complacent and are continuing to prepare carefully for the 2022 NTB Porprov contingent. We have formed a team that will handle the athletes in the Sangkareang Pelatda. From the results of the

initial mapping, they are optimistic that they can maintain the Porprov overall champion title. From data on the 2022 Mataram Porprov medals. Mataram came out as overall champion with 157 gold medals. 112 Silver, 88 Bronze. Second place is occupied by Dompu Regency with 38 gold medals. Seeing this difference, the opportunity for Mataram to become the overall champion again is wide open. We are optimistic

and this must be accompanied by thorough preparation.

2 times Mataram City Badminton Poprov Activities. Losing competitiveness, among others, East Lombok, West Lombok, Sumbawa and North Lombo Regency have become tough competitors for Mataram City Koni, especially badminton, this has caused the Mataram City PBSI administrators to rack their brains about where the problem lies in terms of the. The biggest source of athletes contributing players is the PB club. Gemilang Kota Mataram for the Poporov NTB event in 2018. So the management and coaches held training activities so that later the performance of PB Gemilang athletes would be improved. The problem faced is that there has been no training in preparing physical condition test instruments for PB badminton athletes. Brilliant.

Physical condition is a prerequisite that is very necessary in efforts to improve an athlete's performance, it can even be said to be a basic need that cannot be postponed or negotiable. Having good physical condition will enable good and perfect technique to be carried out, and can improve the quality of play. Physical conditions in sports are defined as all physical abilities that determine achievement, the realization of which is carried out through personal abilities (ability or motivation).

Donie, (2009:112). The components of physical condition required by soccer athletes are: cardiovascular endurance, muscle endurance, muscle strength, power, flexibility, body composition, movement speed. (speed of moment), agility (agility), balance (balance), speed of reaction (reaction time), and coordination (coordination).

To achieve maximum performance in all these sports, athletes must be diligent and regular in training so they can master the correct technique and a strong physique is needed to support the movements. Physical condition is very influential in this sport, physical condition is an important element and is the basis for developing techniques, tactics and strategies in sports. Physical preparation is very important to improve and strengthen technical quality. Without adequate physical preparation, it will be difficult to achieve high performance.

The aim of physical conditioning training is to improve the functional quality of the body's organs in accordance with the needs and demands to achieve optimal performance, especially in sports. SPhysical condition status can reach an optimal point if you start training from an early age and do it continuously and continuously, guided by the basic principles of training. The status of a person's physical condition can be determined by means of an assessment in the form of an ability test. This test can be done in the laboratory and in the field. Even though tests carried out in the laboratory require expensive equipment, both tests should be carried out so that the assessment results are truly objective. The problem so far with athletes' physical tests is that physical test result data is calculated manually, calculating manually is still slow.

A badminton coach should understand the condition of the athletes being coached so that performance in the sport they are involved in will increase well. Physical factors are very fundamental factors in the formation of sports achievements. There is a need for measuring instruments to determine the level of physical condition of athletes so that they can be used as a reference in determining training programs. By equipping sports coaches with the preparation of test instruments and measuring physical condition, it is hoped that coaches will be able to develop measuring instruments that have good criteria for determining the level of an athlete's physical condition.

Training in preparing physical condition test instruments for PB badminton athletes. Brilliant which is good for all sports, which are carried out in Badminton, such as tests in the form of height tests, blood pressure, skinfold caliper for fat thickness, biceps, triceps, subcapular, abdominal, Speed tests (30 meter running), agility, Flexibility, Hexagonal Test, Balance Beam, Vertical Jump, back Strength, Grip Strength, leg Strength, expanding Strength, Sit-ups 60 seconds, Push ups 60 seconds, and vo max or Bleep Test and most recently check Recovery for these 3 minutes test banko guidelines created by the team. The goal is to provide knowledge, experience related to training

in preparing physical condition test instruments for PB badminton athletes. Brilliant.

The urgency of the problem lies in the physical condition test model and test instruments used by the Mataram City PBSI, only conventional physical condition training with the experience of the coach as a player is not the solution that can be obtained, but a good physical condition test model is needed according to the branch of sport. that. So that the physical condition pocket book guidelines for sports at PBSI Mataram City can be used, so there are Training in preparing physical condition test instruments for PB badminton athletes. Gemilang can improve sports performance in the city of Mataram systematically and can send Mataram City athletes to represent PON and SEGAMES in the field of sports.

## IMPLEMENTATION METHOD

This service research program method will be realized using an integrated approach through training implementation in accordance with a standardized training activity cycle which includes training needs analysis, training planning, preparation of training materials, training implementation and training evaluation (Mujiman, 2009), with strengthened activities post-training assistance as a form of increasing effectiveness Training in preparing physical condition test instruments for PB badminton athletes. Brilliant.

As for Devotion measures are used. The work of this service research program includes, among others, the methods used in implementing this activity:

1. Socialization and presentation of activities: aims to provide information, input and direction to partners and prepare all needs for carrying out activities and identify the required materials.
2. Training: aims at technical guidance to provide knowledge, input and information regarding training methods.
3. Assistance: Training: is a core activity to provide material and practice as well as technical guidance for making test instruments and measuring physical conditions for PB badminton athletes. Brilliant.

4. evaluation and analysis provide knowledge about physical condition test instrument guidelines. The success of the implementation of this training can be seen from:

- a) The attendance of training participants is seen in the participant attendance list, the minimum number of participants attending reaches 75% of the total invitations for training participants.
- b) participation of trainees in taking part in activities during the training.
- c) ability to present the results of the instruments prepared.
- d) Completeness of the instruments prepared.

Through collaboration between the team and partners, in this case Koni Kota Mataram is expected to be able to provide an impact on related knowledge Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. The main targets in carrying out this service research activity are all Mataram City Koni trainers in Mataram City. The target number involved in activities is 20 trainers in collaboration with Koni Mataram City partners and the partner's role is to also facilitate the provision of activity locations.

This service research program will be realized using an integrated approach through training implementation in accordance with a standardized training activity cycle which includes analysis of training needs, training planning, preparation of training materials. The methods implemented in this activity are the lecture method, practice discussions and demonstration methods. contribution in activities to give knowledge about Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. provides a significant impact on the physical condition tests of badminton athletes systematically.

In general, problem solving is carried out by analyzing the needs of trainers in the city of Mataram regarding the difficulties in designing instruments Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. especially instruments. The method for preparing test instruments and measuring physical conditions will explain in detail the type/design of community service

carried out, the method and steps for implementation up to evaluation and monitoring of the implementation of service.

**Table 1. Activity Implementation Methods**

No	Activity plan	Method/Approach	Goals/Outputs
1	Socialization of Presentation of material on Identification of Athletes' Physical Conditions	Lecture	Coaches are able to identify the components of a badminton athlete's physical condition
2	Training in preparing Test & Measurement guidelines	Lecture	Coaches are able to prepare instruments to test the physical condition of badminton athletes
3	Assistance with implementation Training on preparing Test & Measurement guidelines	Lectures and Practicals	and Trainers can apply the test instruments that have been prepared
4	Evaluation, Analysis of Test and Measurement Practice results	Lectures and Practicals	Trainers can analyze and formulate follow-up actions based on test results

This is based on the results that have been implemented at the beginning of the activity, that some trainers still have difficulty in preparing Training in preparing physical condition test instruments for PB badminton athletes. Brilliant, when designing and compiling assessment instruments. Training activities are carried out in three stages, namely:

1. Socialization or presentation of training materials for preparing test and measurement instruments,
2. training in preparing Training in preparing test and measurement instruments,
3. assistance in implementing training in preparing test and measurement instruments,
4. Evaluation and analysis Training in preparing test instruments and measuring activities. The methods used are lectures and participatory training practicals, as well as giving assignments to create training programs. The subjects involved were 20 trainers in Mataram City. The training will be carried out for 2 days starting from 2-4 October 2023 at the PB Club. Brilliant. In more detail the activity method can be explained by following the stages

The results obtained from this activity were quite successful, using a collaborative approach with field observations, speed tests and documentation, apart from using lecture, discussion and direct practice methods, it turned out to provide training in preparing physical condition test instruments for PB badminton athletes. Brilliant. At the implementation stage of the assignment method, the trainer knows how to carry out a physical condition test, each group applies the method of carrying out the test.

The results from each group are presented for analysis and feedback in order to implement the Physical Condition instrument. The results of the training in preparing this test instrument are as follows. Attendance of participants in training for preparing physical condition test instruments for PB badminton athletes. Gemilang has been involved in training in preparing Test & Measurement guidelines, training in preparing Test & Measurement guidelines, mentoring, and evaluation and analysis. Good results were seen from the attendance of participants. after the end of the training activities for preparing test instruments and measuring physical condition for PB Athletes. Brilliantly, some of the participants were able to prepare physical condition test instruments for all badminton sports.

Based on the conditions of problems faced by partners, solutions are offered inactivity Training in preparing test instruments and measuring physical condition for PB Athletes. Gemilang can later be used to prepare the practice pocket book instrument for testing the physical condition of PB athletes. Brilliant below. (a) Realized training in preparing test instruments and measuring physical condition for PB Athletes. Gemilang Mataram, (b) Providing knowledge and skills experience to Training in preparing physical condition test instruments for PB badminton athletes. Brilliant to create a productive, independent and competitive society. There were 20 participants, but 20 participants were present until the completion of the training activities, consisting of trainers from the Mataram City Pelatda. 2022.

Thus it can be said that the participant's target has been achieved. Achievement of training objectives for preparing test instruments and measuring physical condition for PB Athletes.

## RESULTS AND DISCUSSION

Gemilang Mataram City, it can be concluded that the objectives of this activity can be achieved. From the results that have been achieved from the training activities for preparing test instruments, through training it will be possible to improve the performance of trainers in preparing the Sangkareang regional training program in Mataram City, as stated by Rivai and Sagala, 2012, that training is part of education in a relatively short time. to improve performance and prioritize practice over theory. Meanwhile, according to Simamora in Kamil (2010), training is a series of activities designed to increase knowledge, skills and experience, so that individuals can change their attitudes.

The success of training in preparing test instruments and measuring physical condition for PB Athletes. This brilliant City of Mataram is partly due to the problem of KONI Mataram City's sporting achievements improving significantly from the previous POPPROV NTB event, by holding this training the trainers can contribute to athletes getting good performance results. This training is still very rarely carried out, so it has an impact on the enthusiasm of trainers to take part in this training. Another thing is that the training method carried out is accompanied by assistance from practitioners from LANKOR to provide quality badminton coaches in Mataram City.

The expected sustainability of this service refers to the trainer's consistency in implementing it Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. The training participants gave testimonials that the training on preparing test instruments & measuring physical conditions for Badminton coaches in the city of Mataram was very interesting for Badminton coaches of all sports in the area, because the material presented was very useful for improving the competence of coaches, especially pedagogical competence in identifying and formulating test instruments. and measurement of physical condition. In general, participants gave testimonials that the training on preparing test instruments & measuring physical conditions for Badminton coaches in the city of Mataram was very interesting for coaches of all sports in the area, because the material presented was very useful for improving competence. The

participants' hope is that training service activities for preparing test instruments & measuring physical condition for trainers like this can be held more often with more diverse and sustainable programs to maximize athlete performance.

Obstacles that may be faced The lack of trainers understands knowledge about training in preparing test instruments and measuring physical condition for PB Badminton Athletes. Glorious Mataram, Lack of interest from coaches and athletes Regarding training in preparing test instruments and measuring physical condition for Sangkareang Regional Training Athletes, Mataram City, many trainers still carry out conventional physical conditions without using sports science technology which is developing in the field of sports, and there is a lack of test results measuring physical condition for Badminton Athletes.

For example, research conducted by Cheng and Ho (2001). They write that While employee performance is one of the crucial measures expressed by the top management, employees are more concerned about their own productivity and are increasingly aware of the accelerated obsolescence of knowledge and skills in their turbulent environment. As the literature suggests, by effectively training and developing employees, they will become more aligned *for career growth—career potential enhances personal motivation.*

In the results of the training, the preparation of test instruments and measurement of physical condition for athletes at the Sangkareang Regional Training Center, Mataram City. The data obtained from the results of observations during this training went well. The data from the results of the activities above can be seen in the table below which is attached.:

Table 2. Data on socialization, exposure, preparation, evaluation and analysis of athletes' physical conditions.

No	Activity	Number of participants	Persentase
1	Presence	20	90%
2	Presentation of material on Identification of Athlete Physical Conditions	19	85%
3	Training in preparing Test & Measurement guidelines	18	82%

4	Assistance with implementation Training on preparing Test & Measurement guidelines	16	72%
5	Evaluation, Analysis of Test and Measurement Practice results	20	90%

In results Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. The data from the results of the above activities can be seen in the chat bar below which is attached

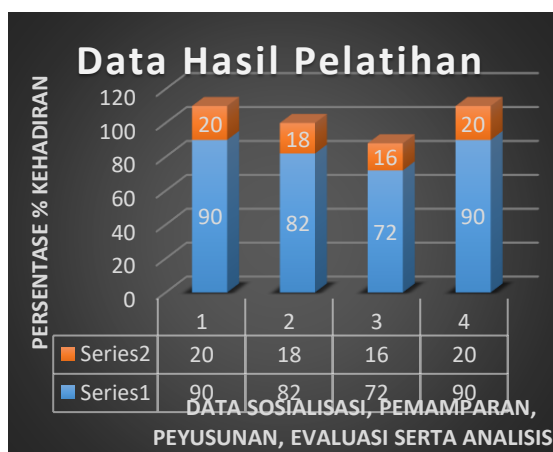


Figure 1. Socialization Data, exposure, Preparation, evaluation and analysis of Athlete Physical Conditions

Based on the results of the activity evaluation, several conclusions can be drawn, including that the results of the training for preparing test instruments are as follows. The attendance of participants in training for preparing test instruments and measuring physical condition for Sangkareang Regional Training Athletes in Mataram City has reached 90%. Training on preparing Test & Measurement guidelines reached 85%, Training on preparing Test & Measurement guidelines reached 82%. Assistance with the implementation of Training on preparing Test & Measurement guidelines reached 72% and evaluation and analysis of the results of Test and Measurement Practices reached 90% of the post-test results which were held after the end of the activity Training in preparing physical condition test instruments for PB badminton athletes. Brilliant Some participants were able to prepare physical condition test instruments for badminton.

## CONCLUSION

Increasing the competence of coaches in the training process is very important, because the success of athletes' achievements depends on the coach. In training service activities, it is hoped that coaches will be able to prepare test instruments and measure physical conditions as reference material in formulating training programs so that they can improve athlete performance. The trainers' response to the implementation of the service was very good, so that the trainers were able to implement the material received during the training process. Purpose of giving knowledge about Training in preparing physical condition test instruments for PB badminton athletes. Brilliant provide a significant improving impact on systematic physical condition tests, effectively, efficiently to improve the performance of Mataram city athletes, especially badminton.

## SUGGESTION

It is hoped that the results of the training that the trainer has obtained can be applied to the training process in formulating training programs. Coaches must also improve their abilities continuously, as a manifestation of their professionalism as coaches. knowledge about Training in preparing physical condition test instruments for PB badminton athletes. Brilliant. provide a significant improving impact on systematic physical condition tests, effectively, efficiently to improve the performance of Mataram city athletes badminton sport.

## THANK-YOU NOTE

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