

## ANALYSIS OF THE PHYSICAL CONDITION OF MEN'S FUTSAL PLAYERS IN MONDA FC IN ACADEMIC YEAR 2023/2024

Nurdin

<sup>1</sup>Sport and Health Education Lecturer, Faculty of Sports Science and Public Health.  
Mandalika University of Education, Indonesia

E-mail//[nurdin@undikma.ac.id](mailto:nurdin@undikma.ac.id)

ABSTRACTS	ARTICLE INFO
<p>The Monda FC futsal club is one of the futsal clubs located in Montong Dao Village, Masbagik Utara Baru District, East Lombok Regency, West Nusa Tenggara Province. most dominant in playing futsal. For this reason, several things that cause the slow increase in futsal achievements include mastery of techniques, tactics, mental and physical conditions. The aim of this research is to find out the physical condition of the Putra Monda FC Futsal Players in 2023. This research is descriptive research, namely research that is solely aimed at knowing the condition of objects or events without any intention of drawing generally applicable conclusions. The population and sample in this research were 15 Monda FC futsal players. The sampling technique used in this research was Population Study. The instruments for this research are the VO2 Max endurance test, 30 meter running speed test, leg muscle strength test with the Leg and Back Dynamometer. Based on the data analysis, it can concluded that the highest percentage obtained in each norm is as follows. VO2 Max in the normal category is sufficient at 40%, Speed in the normal category is sufficient at 40%, leg muscle strength in the moderate norm category is 80%. Thus, the analysis of the Physical Condition of the Monda FC Men's Futsal Players in academic year 2023/2024 was very good.</p>	<p><b>Article History:</b></p> <p><i>Received: March 5<sup>th</sup>, 2024</i> <i>Revised: May 3<sup>rd</sup>, 2024</i> <i>Published: May 2024</i></p> <p><b>Keywords:</b></p> <p><i>Analysis</i> <i>Physical condition</i> <i>Player</i> <i>Men's Futsal</i></p>

### INTRODUCTION

Sport consists of several systematic exercises with a gradual and continuous increase in load which uses energy derived from combustion which requires oxygen without causing fatigue (Ticoalu, 2015). This idea was in line with other expert where in sports training there is regular physical conditioning training for basic movement skills and should be started at an early age (Wahyuno, 2014). To develop or improve physical condition, it can be seen from the athlete's physical abilities. Physical ability includes two components, namely the physical fitness component and the motor fitness component. In other explanation,, physical fitness consists of muscle strength, muscle endurance, cardiovascular endurance and flexibility. Meanwhile, the components of freshness of movement or motor skills consist of speed, coordination, agility, muscle explosive power and balance (Dumi, 2015).

Physical abilities are the basic abilities that players need to have to support other abilities. Players will have more self-confidence if they have excellent physical abilities.

Physical training for football should start from a young age. Good physical condition can only be achieved if players carry out training correctly and load appropriately during the training process (Herwin, 2006: 77).

The physical component is the basis for training in the process of playing futsal together with technique, which can be seen from the movements in the game on the field which are very complex. The physical components needed as biomotor elements for futsal players according to Treadwell (in Herwin, 2006: 78) are (1) endurance, (2) aerobic endurance, (3) muscular endurance, (4) anaerobic endurance, (5) speed, (6) power, (7) flexibility, (8) strength, and body composition.

According to Salim and Mulyono (2010) every player must have DK4 abilities, meaning: endurance, strength, flexibility, speed and agility. These five factors must be possessed by players to develop to the top. Among them are speed of movement and agility which can be formed from within (innate) or from outside (because you are able to combine all the techniques you have). With the ability of movement speed and agility, it will be easier for the player to carry the ball (dribble) in front of the opponent's goal.

One of the sports that is currently popular among the public is futsal. If we look at currently in Indonesia, futsal is experiencing very rapid growth, such as the existence of futsal leagues or tournaments which are often held, namely amateur futsal leagues which are held in regions throughout Indonesia, international scale tournaments and tournaments between students. Training is an activity to improve sports skills by using many tools in line with the benefits and needs of the sport (Sukadiyanto, 2014). In other hand, the characteristics of the futsal game include speed endurance, strength endurance and agility for a long time (Lhaksana, 2011).

The sport of futsal is starting to spread to Indonesia. It quickly gained a place in the hearts of football fans. Starting from school environments, campuses, to companies. Futsal is a sport that is suitable for someone to do and is an alternative sport for football fans who experience inappropriate weather outside (Jaya, 2008:2). This statement is supported by other expert where the increasingly narrow space in urban areas is an obstacle for Futsal fans to play. Futsal can be played indoors or outdoors and does not require a large area, so futsal is a practical sport. Halim (2009:5) even though it is relatively new, futsal is able to attract the interest of many people because this game, which is similar to football, is very easy for anyone to play. This is very interesting because people who don't have enough time during the day to play football can channel their desires by playing futsal at night in a room with lights. Something that is hard to find in football.

Tenang (2008:17) states that the futsal sport game develops the futsal playing skills of each futsal sport player. Irawan (2009:5) states that futsal is a very fast and dynamic game. In terms of the relatively small field, there is almost no room for making mistakes. Justinus Lhaksana (2012:7) futsal is a team sport. High collectiveness will increase achievement, who makes the goal is not at all important, what is important is the goal. Winning and losing happen in all sports. There is no player who has the most merit in a team, only a good team will make a star player. The Monda FC futsal club is one of the futsal clubs located in Montong Dao Village, Masbagik Utara Baru District, East Lombok Regency, West Nusa Tenggara Province, which is one of the many futsal clubs that actively participates in futsal tournaments in East Lombok. It cannot be denied that the rapid development of futsal has had an impact on the activeness of Monda FC's men's futsal players to take part in every tournament that is held.

Even though they actively practice and take part in futsal tournaments, there are still many technical things that Monda FC men's futsal players must pay attention to, namely the

basic thing is the physical condition that is most dominant when playing futsal. For this reason, several things that cause the slow increase in futsal achievements include mastery of techniques, tactics, mental and physical conditions. Physical condition must be truly mastered and studied early because it is one of the factors that determine whether a team wins or loses in a match. To improve performance, many factors must be considered, such as infrastructure, quality coaches and regular competitions and must be supported by science and technology.

Therefore, factors are very necessary to improve the dominant physical conditions in the sport of futsal, such as training *durability*, speed and agility. Training is an important factor in achieving an achievement, especially futsal which requires basic techniques and good team cohesion. It is hoped that with sufficient training time, the Monda FC men's futsal players will be able to understand every tactical or technical lesson taught by the coach. To provide a suitable training program, it is necessary to look at the dominant physical condition of the Monda FC men's futsal players so that in the future this physical condition can improve according to the expectations of the players and coaches. Therefore, based on the various descriptions of the problems above, researchers feel that it is necessary to conduct research to see the level of physical condition in playing futsal with the theme "Analysis of the Physical Condition of Monda FC Men's Futsal Players in 2023".

## RESEARCH METHOD

This research is descriptive research, namely research that aims solely to determine the condition of an object or event without any intention of drawing generally applicable conclusions (Hadi, 1991: 3). The method used in this research is a survey method with test and measurement techniques. Research Population, the population in this study are Monda FC futsal players. Meanwhile, the research sample used the Population Study sampling technique. A population study is to include the entire population as a sample, the number of samples in this study is 15 people. In this study, the instrument used for data collection was the Bleep / Mft Endurance Test. The aim: to measure lung and heart capacity/volume (vo2max)

Tests used: bleep / mft test

a) VO2 max

VO2 max is the maximum aerobic capacity that describes the amount of oxygen during exercise or test, with exercise getting harder and harder until fatigue, the measurement is called VO2 max. To measure VO2 Max using the Bleep Test, it is used to measure the condition of the heart, lungs and blood vessels or in other words Cardiovascular. When someone has good and strong cardiovascular disease, fitness can be said to be strong too.

b) Tools and equipment used:

- Cones
- Speaker/ loudspeaker

c) ProcedureImplementationBleep/mft test.

- The bleep test is carried out by running a distance of 20 meters back and forth, starting with a slow run gradually getting faster and faster until the athlete is unable to follow the rhythm of the running time, meaning that his maximum ability is at that back and forth level.
- The time of each level is 1 minute.

- At level 1, a distance of 20 meters is covered in 8.6 seconds in 7 round trips.
- At levels 2 and 3, a distance of 20 meters is covered in 7.5 seconds in 8 round trips.
- At levels 4 and 5, a distance of 20 meters is covered in 6.7 seconds in 9 round trips, and so on.
- Every 20 meters distance has been covered, and at the end of each level, a sound signal will be heard once.
- *Start* Performed standing, with both feet behind the starting line. With the signal "ready yes", the athlete runs in rhythm towards the boundary line until one foot passes the boundary line.
- If the sound signal has not been heard, the athlete has crossed the boundary line, but to run back he must wait for the sound signal. On the other hand, if there is a sound signal that the athlete has not yet reached the boundary line, the athlete must accelerate until he crosses the boundary line and immediately run again in the opposite direction.
- If twice in a row the athlete is unable to follow the rhythm of the running time, it means that their maximum ability is only at that level and return.
- Once the athlete is unable to follow the running rhythm, the athlete should not continue to stop, but continue to run slowly for 3-5 minutes to cool down.

Table 1 Norms for Men's Endurance (Source; Sapta Kunta Purnama Book, 2010; 12)

Norm	Age		
	Under 30	30 - 39	40 – 49
<b>Very well</b>	51.6 >	48.1 >	45.1 >
<b>Good</b>	42.6 – 51.5	39.2 – 48.0	35.5 – 45.0
<b>Enough</b>	33.8 – 42.5	30.2 – 39.1	26.5 – 35.4
<b>Not enough</b>	25.0 – 33.7	25.0 – 30.1	25.0 – 26.4
<b>Very less</b>	< 25	< 25	< 25

Data analysis is the process of processing, separating, grouping and combining a number of data collected in the field empirically into a structured and systematic collection of scientific information which is then ready to be packaged into a research report (Mukhtar, 2013: 121).

$$R_{y1.2} = \sqrt{\frac{ry_1^2 + ry_2^2 - 2ry_1ry_2r_{12}}{1 - r_{12}^2}}$$

Information:

- $R_{y1.2}$  : Linear coefficient of 3 variables  
 $ry_1$  : Correlation coefficient y and  $x_1$   
 $ry_2$  : Correlation coefficient of variables y and  $x_2$   
 $r_{1.2}$  : Variable correlation coefficient and  $x_1 x_2$

---

## RESEARCH RESULTS AND DISCUSSION

Based on the data analysis above, the highest percentage obtained in each norm is as follows. VO2 Max in the normal category is sufficient at 40%, Speed in the normal category is sufficient at 40%, leg muscle strength in the moderate norm category is 80%. The sport of futsal is starting to spread to Indonesia. It quickly gained a place in the hearts of football fans. Starting from school environments, campuses, to companies. Futsal is a sport that is suitable for someone to do and is an alternative sport for football fans who experience inappropriate weather outside (Jaya, 2008:2). The increasingly narrow space in urban areas is an obstacle for Futsal fans to play. Futsal can be played indoors or outdoors and does not require a large area, so futsal is a practical sport. Halim (2009:5) even though it is relatively new, futsal is able to attract the interest of many people because this game, which is similar to football, is very easy for anyone to play. This is very interesting because people who don't have enough time during the day to play football can channel their desires by playing futsal at night in a room with lights. Something that is hard to find in football.

Tenang (2008:17) states that the futsal sport game develops the futsal playing skills of each futsal sport player. Irawan (2009:5) states that futsal is a very fast and dynamic game. In terms of the relatively small field, there is almost no room for making mistakes. Justinus Lhaksana (2012:7) futsal is a team sport. High collectiveness will increase achievement, who makes the goal is not at all important, what is important is the goal. Winning and losing happen in all sports. There is no player who has the most merit in a team, only a good team will make a star player. The Monda FC futsal club is one of the futsal clubs located in Montong Dao Village, Masbagik Utara Baru District, East Lombok Regency, West Nusa Tenggara Province, which is one of the many futsal clubs that actively participates in futsal tournaments in East Lombok. It cannot be denied that the rapid development of futsal has had an impact on the activeness of Monda FC's men's futsal players to take part in every tournament that is held. Even though they actively practice and take part in futsal tournaments, there are still many technical things that Monda FC men's futsal players must pay attention to, namely the basic thing is the physical condition that is most dominant when playing futsal. For this reason, several things that cause the slow increase in futsal achievements include mastery of techniques, tactics, mental and physical conditions.

Physical condition must be truly mastered and studied early because it is one of the factors that determine whether a team wins or loses in a match. To improve performance, many factors must be considered, such as infrastructure, quality coaches and regular competitions and must be supported by science and technology. Therefore, factors are very necessary to improve the dominant physical conditions in the sport of futsal, such as training *durability*, speed and agility. Training is an important factor in achieving an achievement, especially futsal which requires basic techniques and good team cohesion. It is hoped that with sufficient training time, the Monda FC men's futsal players will be able to understand every tactical or technical lesson taught by the coach. To provide a suitable training program, it is necessary to look at the dominant physical condition of the Monda FC men's futsal players so that in the future this physical condition can improve according to the expectations of the players and coaches.

## CONCLUSION

Based on the discussion above, it can be concluded that VO2 Max in the norm category is sufficient at 40%, Speed in the norm category is adequate at 40%, and leg muscle strength in the norm category is moderate at 80%. Thus, the analysis of the Physical

Condition of the Monda FC Men's Futsal Players in academic year 2023/2024 was very good.

## BIBLIOGRAPHY

- Almy, MA and Sukadiyatno. (2014). *Differences in the Effects of Circuit Training and Fartlek Training on Increasing VO<sub>2</sub>max and Mass Index Body*. Journal of Sports, 2(1), 59-68.
- Andi Irawan. (2009). *Basic Modern Futsal Techniques*. Jakarta. Pen Pundi Space.
- Asmar Jaya. (2008). *Futsal Lifestyle, Rules and Game Tips*. Yogyakarta: Eastern Library.
- Ministry of National Education. (2000). *Sports Health Training Guidelines and Modules*.
- Djoko Pekik Irianto. (2004). *Get Fit and Healthy with Exercise*. Yogyakarta: Andi Yogyakarta.
- Dumi, A.P. (2015). *Thesis. Faculty of Teacher Training and Education, University Bengkulu*.
- Harsono (1988). *Coaching Guide*. Jakarta: KONI.
- Harsono. (2001). *Physical Condition Training*. Bandung: Library List.
- Herwin. (2006). *Physical Training for Young Players*. Sports Journal Achievement, 2006, volume 2, number 1, 75-92.
- <http://kebugarandanjasmani.blogspot.com/2015/12/pengertian-condition-fisik-benefits.html> accessed 27 November 2020
- Iwan Setiawan. et al. (2005). *Humans and Sports*. Bandung: ITB Jakarta: Rineka Cipta.
- Justinus Lhaksana. (2011). *Modern Futsal Tactics & Strategy*. Jakarta:Be Champions (Penebar Swadaya Group).
- Justinus Lhaksana. (2012). *Modern Futsal Tactics and Strategy*. Jakarta. Be Champion.
- M. Sajoto. (1995). *Improving & Building Physical Conditions in Sports*. Semarang: Dahara Prize.
- Moeslim, Mochamad. (2012). *Measurement and Evaluation of Branch Training Programs Sport*. Rajagrafindo Persada. Jakarta.
- Journal of e-Biomedics (eBM), Volume 3 number 1, 316. Student Sports Coach. Jakarta.UGM Psychology.*
- Sahda Halim. (2009). *1 Smart Day for Playing Futsal*. Jakarta. Presinda Media.
- Sajoto. (1988). *Physical Condition Development in sports*. Jakarta: Department of Education and Culture.
- Sapta Kunta Purnama. (2010). *Modern badminton coaching*. Surakarta: Yuma
- References
- Sugiyanto. (1996). *Motor Development and Learning*. Jakarta: Department Education and culture. Directorate General of Basic Education and Intermediate. Directorate of Teachers and Technical Personnel, Teacher Training Section Primary School Physical and Health Education Equivalent to D II.