

KONTRIBUSI AKTIVITAS FISIK TERHADAP KESEGRAN JASMANI SISWA SEKOLAH MENENGAH PERTAMA NEGERI DI KECAMATAN SUNGAI PENUH KOTA SUNGAI PENUH TAHUN PELAJARAN 2009-2010

Hastria Effendi
Padang State University (UNP), Indonesia

ABSTRAK: Berdasarkan pengamatan penulis di lapangan menunjukkan bahwa rendahnya tingkat Kesegaran Jasmani siswa Sekolah Menengah Pertama Negeri Di Kecamatan Sungai Penuh. Penelitian ini bertujuan untuk menjelaskan besarnya kontribusi Aktivitas Fisik terhadap Kesegaran Jasmani Siswa Sekolah Menengah Pertama Negeri di Kecamatan Sungai Penuh Kota Sungai Penuh. Metode penelitian ini adalah metode korelasional. Populasi penelitian ini berjumlah 949 orang siswa. Sedangkan teknik penarikan sampel yang digunakan adalah *Stratified Proportional Random Sampling* sehingga diperoleh sampel sebanyak 96 orang siswa. Data Aktivitas Fisik siswa dikumpulkan menggunakan kuisioner sedangkan data Kesegaran Jasmani dikumpulkan dengan menggunakan Tes Kesegaran Jasmani Indonesia untuk umur 13-15 tahun. Hasil analisis data menunjukkan bahwa; memberikan kontribusi yang signifikan sebesar 25.9% terhadap Kesegaran Jasmani Siswa. Aktivitas fisik siswa merupakan dua faktor penting yang berkontribusi terhadap Kesegaran Jasmani siswa. Atas dasar kesimpulan tersebut disarankan kepada Dinas Pendidikan, Kepala Sekolah, dan Guru Penjasorkes Sekolah Menengah Pertama Negeri di Kecamatan Sungai Penuh Kota Sungai Penuh serta Orangtua siswa, agar memperhatikan faktor ini, agar kesegaran Jasmani siswa dapat ditingkatkan.

Pendahuluan

Tujuan pendidikan jasmani di sekolah menengah diantaranya untuk mengembangkan aspek kesegaran jasmani. Dalam hal ini, diharapkan siswa dapat mengembangkan keterampilan pengelolaan diri dalam upaya pengembangan dan pemeliharaan kesegaran jasmani melalui berbagai aktivitas jasmani. Siswa yang memiliki Kesegaran jasmani yang baik akan dapat melaksanakan kehidupan sehari-hari tanpa mengalami kelelahan yang berarti. Kesegaran jasmani yang dimiliki siswa juga merupakan indikator dari sehatnya fungsi fisiologis dalam tubuh siswa. Hal, ini dikarenakan kesegaran jasmani merupakan manifestasi dari kemampuan fungsi sistem-sistem dalam tubuh yang dapat mewujudkan suatu peningkatan kualitas hidup dalam setiap aktivitas fisik. Pada siswa

peningkatan kualitas hidup dapat berupa peningkatan kemampuan motorik atau peningkatan prestasi akademik.

Pembangunan di bidang keolahragaan merupakan salah satu cara untuk dapat meningkatkan kualitas manusia Indonesia. Secara khusus mengenai tujuan pembangunan keolahragaan nasional di jelaskan pada pasal 4 Undang-Undang Nomor: 3 tentang Sistem Keolahragaan Nasional yang berbunyi “Keolahragaan Nasional bertujuan memelihara dan meningkatkan kesehatan dan kesegaran jasmani, prestasi, kualitas manusia, menanamkan nilai moral dan akhlak mulia, sportivitas, disiplin, mempererat persatuan dan kesatuan bangsa, memperkuat ketahanan nasional serta mengangkat harkat, martabat, dan kehormatan bangsa”.

Memelihara dan meningkatkan kesegaran jasmani pada tujuan Keolahragaan Nasional di atas terlihat pada urutan yang pertama. Hal ini, mengindikasikan begitu pentingnya kesegaran jasmani yang baik, karena apabila kesegaran jasmani yang dimiliki masyarakat rendah, maka masyarakat akan mudah terserang penyakit. Supaya sehat, tentu masyarakat dibutuhkan fasilitas pengobatan layak. Kondisi ini, jika dilihat dari sisi ekonomi akan terjadinya penurunan produktivitas dan terjadi peningkatan pengeluaran Negara di bidang kesehatan. Keadaan seperti ini tentu tidak akan terjadi apabila masyarakat memiliki kesegaran jasmani yang baik. Apabila kesegaran jasmani masyarakat rendah juga akan mengganggu Ketahanan Nasional. Hal ini dikarenakan dengan kesegaran jasmani yang rendah akan menurunkan angka produktivitas dalam berbagai profesi yang berkaitan dengan Ketahanan Nasional. Pada *Laporan Sport Development Indeks Indonesia (2006:138)* menyatakan bahwa: “37,40% kesegaran jasmani masyarakat Indonesia masuk dalam kategori Kurang. 43,90% kesegaran jasmani masyarakat Indonesia masuk dalam kategori Kurang sekali, 13,5% masuk dalam kategori Sedang dan 5,15% yang masuk dalam kategori baik.

Dari laporan di atas, terlihat 81,3% kesegaran jasmani masyarakat Indonesia termasuk dalam kategori Kurang. Dengan demikian, jika mereka bekerja pada suatu instansi tentu tidak akan menghasilkan kinerja yang optimal. Selanjutnya apabila kesegaran jasmani aparat penegak hukum dan Tentara Nasional Indonesia termasuk dalam kategori Kurang, tentu mereka tidak dapat melaksanakan tugasnya dengan baik. Apabila keadaan kesegaran jasmani seperti ini tidak di sikapi dengan baik maka Ketahanan Nasional Negara Indonesia dalam kondisi terancam. Kesegaran jasmani juga dibutuhkan oleh pelajar agar dapat belajar dengan nyaman untuk menghasilkan prestasi terbaik. Sebagai generasi penerus bangsa pelajar harus sehat dan bugar. Meskipun, sistem pendidikan dapat menghasilkan pelajar yang pintar, jika tidak diiringi dengan kondisi kesehatan yang baik tentu, pelajar tersebut tidak bisa menerapkan ilmu yang didapatkan di bangku sekolah tersebut. Sehingga proses pendidikan hanya akan

menghasilkan orang-orang pintar dan cerdas tetapi tidak sehat dan bugar. Menyikapi tentang pentingnya kesegaran jasmani, salah satu upaya yang dilakukan pemerintah adalah wajib memasukkan mata pelajaran pendidikan jasmani, olahraga dan kesehatan dalam kurikulum pada pendidikan dasar dan menengah di Indonesia. Seperti yang tertuang dalam Undang-Undang Nomor: 20 tentang Sistem Pendidikan Nasional pasal 37 yang berbunyi: “kurikulum pendidikan dasar dan menengah wajib memuat pendidikan jasmani dan Olahraga”.

Laporan *Sport Development Indeks* Provinsi Jambi tahun 2006 mengalami penurunan, jika dibanding dengan laporan *Sport Development Indeks* Provinsi Jambi tahun 2004. Meskipun tetap dalam kategori Rendah yaitu 0,325 pada tahun 2004 dan 0,281 pada tahun 2006. Berdasarkan data tersebut, terlihat belum adanya perhatian serius dari pemerintah dalam pembangunan Keolahragaan di Provinsi Jambi. Kota Sungai Penuh merupakan salah satu Kota Madya yang merupakan hasil pemekaran dari Kabupaten Kerinci. Kabupaten kerinci merupakan salah satu dari beberapa kabupaten yang terpilih dalam penelitian *Sport Development Indeks* Provinsi Jambi.

Dukungan dari guru pendidikan jasmani, olahraga dan kesehatan juga memiliki peranan penting dalam menumbuhkan semangat berolahraga. Apabila guru dapat memberikan materi pelajaran pendidikan jasmani, olahraga dan kesehatan dengan baik dan tidak monoton maka siswa akan senang untuk mengikuti pelajaran tersebut. Salah satu cara agar pelajaran tidak monoton, guru dapat memodifikasi pembelajaran menjadi permainan yang menyenangkan. Rasa senang siswa dalam melakukan aktivitas olahraga akan menimbulkan kegemaran berolahraga baik di sekolah maupun di rumah.

Menurut pengamatan dan pengalaman penulis di lapangan, ada beberapa faktor yang cukup dominan mempengaruhi kesegaran jasmani siswa, diantaranya yaitu; faktor motivasi siswa untuk berlatih dan aktivitas fisik yang dilakukan oleh siswa. Hal ini terlihat dari malasnya siswa mengikuti latihan olahraga dan lebih suka bermain *game* di rumah ataupun di warung internet. Hal ini, menyebabkan siswa mengalami kurang gerak karena aktivitas fisik yang rendah. Berdasarkan kenyataan yang ditemukan di lapangan tersebut, perlu dilakukan penelitian terhadap beberapa faktor yang ditenggarai memiliki pengaruh atau hubungan terhadap fenomena tersebut khususnya mengenai kesegaran jasmani siswa.

Metodologi Penelitian

Jenis penelitian ini tergolong penelitian kuantitatif dengan menggunakan pendekatan rancangan penelitian korelasional. Penelitian ini berusaha mengungkapkan hubungan antar variabel berdasarkan koefisien korelasi. Analisis dilanjutkan dengan menghitung besarnya kontribusi variabel

bebas terhadap variabel terikat, melalui indeks determinasi, yaitu $r^2 \times 100\%$. Adapun variabel bebas dalam penelitian ini adalah Aktivitas Fisik (X), sedangkan variabel terikatnya adalah Kesegaran Jasmani (Y). Populasi dalam penelitian ini adalah seluruh siswa kelas I dan kelas II putra Sekolah Menengah Pertama Negeri di Kecamatan Sungai Penuh yang berjumlah 949 orang. Karena siswa kelas III dalam masa mengikuti Ujian Akhir Nasional.

Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *Stratified Proportional Random Sampling*. Penarikan sampel dengan teknik ini bertujuan agar setiap strata didalam populasi terwakili. Dalam menentukan besar sampel secara keseluruhan digunakan rumus Cochran dengan taraf signifikansi = 0.05. Berdasarkan hasil perhitungan diperoleh jumlah sampel sebesar 96 orang siswa.

Teknik analisis data yang digunakan dalam penelitian ini adalah teknik analisis korelasi sederhana.

Hasil Penelitian dan Pembahasan

Berdasarkan data penelitian untuk skor Aktivitas Fisik, diperoleh skor terendah 48 dan skor tertinggi 97. Dari analisis data didapatkan harga rata-rata sebesar 75,16, simpangan baku 10,62, median 79,03, modus 79,02. Diterimanya hipotesis kerja yang menyatakan terdapat kontribusi yang signifikan dan positif antara Aktivitas Fisik dengan Kesegaran Jasmani. Maka dapat dikatakan bahwa Aktivitas Fisik memberikan kontribusi sebesar 25,9% terhadap kesegaran Jasmani. Hal ini sesuai dengan pendapat Ismaryati (2006:37) yang menyatakan bahwa pendidikan jasmani merupakan proses pendidikan yang berupaya membentuk kebiasaan hidup aktif sepanjang hayat, dan sumbangan penting dari aktivitas fisik dalam pendidikan jasmani adalah tercapainya derajat kesegaran jasmani.

Aktivitas fisik siswa merupakan aneka kegiatan fisik yang dilakukan siswa, baik di sekolah ataupun di luar sekolah yang dilakukan sehari-hari yang berorientasi untuk tujuan tertentu atau kebugaran jasmani. Untuk meningkatkan kesegaran jasmani perlu diperhatikan motivasi berlatih siswa disamping itu kebiasaan hidup aktif yang dijalankan siswa secara tidak langsung siswa telah melaksanakan latihan kebugaran jasmani. Dengan demikian, siswa harus memiliki motivasi yang diikuti dengan aktivitas fisik yang teratur maka akan tercapai tingkat kesegaran jasmani yang baik. Pentingnya aktivitas fisik sebagai sarana belajar dalam pendidikan jasmani menuntut peran guru yang benar-benar memahami konsep perkembangan anak secara utuh. Ini diperlukan agar aktivitas fisik yang diberikan oleh guru sesuai dengan kemampuan anak secara fisik maupun bisa dicerna secara psikis. Aktivitas fisik yang tepat akan memberikan dampak yang baik bagi perkembangan kognitif maupun afektif siswa. Hal ini, sesuai dengan pendapat Syahara (2009:45) yang menyatakan "secara tidak langsung kegiatan fisik dapat meningkatkan

kemampuan kognitif siswa. motivasi dan konsep diri adalah dua media yang secara tidak langsung menghubungkan antara pengalaman gerak dengan prestasi akademik”.

Jenis Aktivitas fisik yang dilakukan oleh siswa tergantung kepada beberapa kecenderungan sifat. Menurut Depdikbud (1999:62), dalam melakukan aktivitas fisik siswa dipengaruhi oleh kecenderungan sifat yang dimiliki yaitu; “(a) Kemampuan memusatkan perhatian pada satu macam aktivitas. (b) Semangat untuk mencari pengalaman baru. (c) Perkembangan sosial. (d) Perbedaan perilaku antara anak laki-laki dan anak perempuan. (e) Semangat untuk menguasai bentuk aktivitas tertentu dengan semangat kompetisi”.

Kesimpulan

Terdapat Kontribusi Aktivitas Fisik terhadap Kesegaran Jasmani siswa. Besarnya Kontribusi Aktivitas Fisik terhadap Kesegaran Jasmani siswa yaitu sebesar 25.9%

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PERSPECTIVES OF SPORT IN A GLOBAL WORLD

Helmut Digel
University of Tübingen, Jerman

Sport has changed

More than 40 years ago I started my active sports career. Sport was my life. For the first time I played in a youth-handball team, shot goals, was celebrated and dreamt of the National Team. To me sport meant practicing technique and tactics and, primarily, competition at the weekend. Athletics was almost equally important to me and soccer was played almost everywhere. Besides that I played in a table tennis team at position four. 'Higher, further, faster' was our maxim. Already at that time the term sport was ambiguous: It could mean school sport, competitive sport, military sport or preventive sport. In comparison with today, especially in retrospect, life with sport was clear-cut and easy to grasp. At least for those who were personally active in sport it was obvious what it meant. Today it seems to be different.

To me sport is still the central purpose of life. I live of sport, write about sport, talk about it, and sometimes, but too rarely, I practice sport. I play tennis, although, as a juvenile, I regarded this sport as an elitist expression of an upper class and hence rejected it. I do special back and torso exercises, without pursuing any traditional sports goal. I go on cycling tours with my family, because I believe they are beneficial for our general well-being. More rarely I torment myself as a runner, since I still hope in vain that it will reduce my weight.

What sport means to me today has only little in common with what it used to mean to me in the past. However even today the sport of the old days still exists. The actual novelty of today's situation is primarily that the term 'sport' has received a considerably larger and still growing variety in meaning.

Today more and more activities are described by the term sport, furthermore a still growing variety of functions is to be accomplished by sport. A diffuse mixture of behaviour patterns has developed from limited number of patterns that were initially called sport. The allocation of this mixture to the total range of supply of 'sport' depends to a high level on subjective value judgements. Breathing exercises, hiking, bathing, yoga or jogging, depending on the point of view, are 'real' sports or not sports at all. Codified rules, competition and performance classes are features and showpieces, if you definitely want to belong to the core of the sports family.

However the sports family has long had its adopted children. The behaviour pattern of sport shows imperial traits. Moving bodies are sports bodies and unmoving bodies also find a place under the umbrella of sport. Sport can be everything and everywhere - with or without codified rules; with binding participation or without obligation; integrated into a lasting organisation or informally practised; measured with externally set quality standards or informally agreed upon. State-municipal sport can be found next to private sport. New organisational structures labelled 'sport' are in great demand and allow the assumption that the triumphant advance of sport, the sportification of our society, can hardly be stopped. Sport is increasingly becoming a lifetime companion of man, from kindergarten up to the sport of ninety-year-olds.

Changes in Society

The causes of this development can be identified. The material standard of living has been considerably increased for many groups in society since the fifties. As a result a mass consumption has developed and has already partly developed into a luxury consumption. Freedom of action, to have a share in consumption, is ensured by participation in the job market. Consequently the job market has not lost its importance. On the contrary - today it is more important than ever to have a job. The dynamics of the job market require mobility, which again weakens the solidity of social networks. Due to this development society has become extremely complex. In the process of increasing diversification there is more and more an appeal only to functional specific items in the subsystems of this society. We can only temporarily commit ourselves to partial relationships - as neighbour, as voter, as sportsperson, as holidaymaker. Flexibility is the maxim.

This process has been beneficial in many respects. More and more people have a greater autonomy at their disposal than in the old days; more and more they find scope for expression and development that was formerly denied to them; more and more they can fall back on financial means that present them with individual choice and decision patterns, especially in their free time. At the first decade of a new century the values are promising: 'Always having free time, acting as a creative person, experiencing work and pleasure as a unity, receiving reward not only by work, but also by acknowledgement and affection, being socially involved, laughing carefreely, weeping uninhibitedly, being independent philosophically, being able to love and being able to find oneself', who would not like to lay claim to this statement. Who does not wish creativity as a lifestyle? Who does not plead for tolerance, openness, truthfulness and a greater depth in acceptable behaviour? If sport contributes an important share in this matter, this can only be desirable.

The individualisation tendencies that are observable today can be interpreted in manifold ways. From a positive viewpoint the new individualism can be understood as a desirable global change, expressing a new understanding of work, family, culture and society. Hereby a turning towards a sense of life oriented by personal benefit is taking place. But also the tendency towards an expressive individualism is immense. This individualism forms a new version of a successful life, namely the desire not to be taken in and sacrificed in favour of comprehensive social goals and demands.

Considering such an understanding it would only be logical if sport also corresponded with the tendency towards individualism, modernised and individualised its offers and hence came up to man's expectation in his freedom of choice. Looking back at the last three decades, it becomes clear that exactly this has taken place in the system of sport. However, there is doubt about whether the path sport development has taken at the moment is the only correct one. If we want to understand this critical position we do have to have a closer look at the phenomenon of modernisation.

Features of 'Modernisation'

It is characteristic to the idea of modernization that everything what has been "modern" yesterday must be modernized today. This modernisation is reflected in all parts of society. It can especially and distinctly be acknowledged in the fields of politics, economy and law, as well as in social and cultural areas.

Modernisation itself is gaining acceptance primarily through specific developmental processes. Seven of which are especially worth mentioning in this context:

1. First there is the "upgrading of the individual", as it has taken place in advanced industrial societies in past decades. In sociology one talks about individualisation of society. A gradual erosion of partnerships that used to be relatively firm and were handed down from generation to generation is effected by the process of individualisation. Therefore Ulrich bech is talking about a releasing dimension that has formed the process of individualisation. Furthermore this led to a de-traditionalisation of influences directing behaviour and cultural norms. Traditional fields of knowledge were becoming irrelevant and were replaced by new ones, formerly relevant sets of belief were becoming superfluous. Beck describes this as 'the dimension of losing its magic spell'. It was not particularly surprising that this release and 'loss of magic' led to an acquisition of new forms of social integration as a reaction to

disintegration tendencies. This could be described as a re-integration dimension.

2. A second characteristic is the more and more drastic rationalisation of our thoughts and actions. Man's bases of action are increasingly vehemently cleared of value-rational decision structures and replaced by purpose-rational ones. Central themes of ethical mentalities are gradually replaced by functionalistic considerations of effectivity. Life becomes increasingly an input/output calculation; sober calculation replaces faithfulness to principles.
3. In the course of rationalisation, economic rationality is expanded and gains supremacy. Individualisation and rationalisation melt to a utilitarian individualism. Personal benefit and maximisation of personal advantage become a rule of human action. The expectation of benefit is put in relation to the necessary effort. Cost-benefit calculations become a characteristic of everyday life. They can be observed in children, as well as in youths and adults and can be found in school, in working life and in free time. Taking advantage of privileges becomes a characteristic of today's daily practice and so it also leads to a departure from the unified community to a certain extent. Masterly cost-benefit calculations become a mark of quality for competent action. Life is completely capitalised and marketed.
4. A special feature of the modernisation of the modern age is its increasing legalisation. New hierarchy and power proportions are created among its members. Legalisation touches all areas of life, especially the social and cultural sectors of our society, and the private sphere is increasingly affected by questions of civil and public law.
5. At the same time the influence of media on daily life is increasing. The information technology industry is growing faster and faster while traditional media merge into symbioses with new media. This development allows new ways of communication and transfer in a global perspective, but just as well, it also reaches nearly every facet of life. Media define more and more decisively what is relevant and what is not.
6. The significance of sciences for very diverse sectors of society is increasing continuously. Science, and experts as mediators for science get more and more into the role of ultimate umpire, deciding about benefits and truth. Political decisions are for example increasingly based on the recommendations of science. On the other hand, Science is increasingly becoming amateur science,

thus reaching the people's every-day lives. This becomes particularly evident in the field of medical and psychological knowledge. Along with the growing influence of science, one can observe a process of trivialisation which is making scientific findings increasingly insignificant.

7. The seventh important trend is identified by the term globalisation. Today the term is applied in many ways. Frequently the term integration could equally be used. It must first be stated that in spite of its incessant use it is mostly not sufficiently understood and the empirical evidence proving the process of globalisation is only scarce. It has to be pointed out, though, that policy-makers have started much too late in dealing with the implications of the present globalisation. The latter has its origin in industrial companies and up to the present day it has been largely limited to this field. It refers to changes and an increase in cross-border activities of companies for the purpose of organising development and production, obtaining materials, marketing and financing. At the moment these entrepreneurial behaviour patterns are going through a time of upheaval, primarily determined by new forms of flexible production. Globalisation becomes clear in an empirical way in cross-border transfers of money, goods, services and know-how. Evidence for this globalisation process can be found in foreign direct investment, international cooperation at company-level, the changing structure of international trade and the globalisation of financial markets. Increasing direct foreign investment can primarily be explained by technological change, macroeconomic structural divergence and governmental policies. It is linked up with falling communication costs which form an essential basis of the globalisation process. Hence globalisation is chiefly distinguished by a new labour market in which traditional influences are receding and standards of labour are undermined in advanced industrial societies. Hereby economy dominates everything.

The rising new world society is, politically speaking, in a kind of natural state. Everybody is fighting in an almost anarchical way looking for his individual advantage. A globalisation of capitalistic production and market conditions is effected, a re-feudalisation of politics comes into being. Governments, political parties and associations have to find a new identity. The most important conflicts of interests are settled by exchange and the arising costs are paid by the taxpayer. There is an almost complete lack of democratic supervision.

Change of Paradigms

Having all these changes in mind it makes sense talking about a change of paradigms. This change is comparable to the replacement of the Agricultural Society by the Industrial Revolution. The emerging change from the industrial age to a society of information, knowledge, and communication will include all people: the industry and all its employees, the unemployed, private life and free time. In this change of paradigms there will be some key developments that concern the whole world. Growth will not necessarily take place in areas that used to be important in the 20th century. On account of the new possibilities of electronic data processing and due to new communication technologies there will be new growth patterns for the national economies of the world. There will be areas where growth can be noticed and there already are areas distinguished by decline. The traditional nation state loses some of its power to influence questions of growth and decline. Regional economic areas come into being in a world without borders; trade is proceeding in those areas. In the 21st century the key to prosperity evidently lies in thinking and acting via telephone lines and via new media of satellite communication. According to the Japanese economist Kenichi OHMAE those regions which are not supported by a common vision of the population will hardly have a chance in this change of paradigms. They will be swallowed up and made redundant by the rest of the global community.

Considering this development we have to put forth the general question of which value systems shall mark this new world. This is closely linked with probably the most important question arising from the fact that new purposes of life have to be found when values like work and professional success wane in importance. Which purposes of life will be important? How does man want to live in this new world? Does the metropolis, inseparably connected with traditional industry, still have justification today? And if not - in what kind of settlements do we want to live instead?

Contours Of The Development And Consequences

In view of the observable changes it is already possible to assume certain contours that are possibly able to characterise the beginning of the new century:

A continued obligation for an increased application of redistribution policies is unavoidable in the development of a globalised economy, due to rationalisation processes and new technologies. If more and more social strata cannot make their living by gainful employment there arises the necessity to provide them with a financial income. There is no doubt about a redistribution policy to solve this issue. Redistribution is the requirement of economic reasoning. Accepting that companies in a globalised economy are urged to adapt quickly to the market, that they have to carry out thorough rationalisation measures and hence unavoidable dismissals

of employees, then it is equally obvious that such adaptations can only be put into practice with an extended social system. This is true because the loss of jobs is less threatening where there is social security for those concerned. Economy can only adjust flexibly to new market conditions if the redistribution in our society is carried out in favour of a broader social security.

The releasing processes cause the individual to understand himself less as a polyvalent cosmopolitan. He will rather focus more on local connections. His place of residence has to cope with the tasks of integration that have to be solved urgently, considering the loss of gainful employment. For future municipal and town development this means that town and municipality structures that cultivate isolation and anonymity need to be changed in such a way that they enable the individual human contact and personal perspectives. The coexistence of dwelling, free time and places of work will be especially important.

As man cannot distinguish himself in these situations by flexible dynamics, but always has to adapt to new constraints, it will be decisive to provide him with a 'new' personality, a personality that will succeed in living a meaningful life beyond adaptation to external pressures. Virtues like mental independence, critical distance and unconventionality will experience a new Renaissance.

The education system will have to change, as well. In the future it will be less important to prepare people in educational institutions for specific job perspectives, if those are only partly emerging in the system of gainful employment. It will rather be important to give them a perspective of civilised behaviour to help them discover personal interests. At the universities those courses of studies that are oriented towards a specific professional career will be given less emphasis. Focus has to be laid on mediating students curiosity and interest in substantial social matters and the universities themselves have to function even more in an integrating way than they are already doing today, to compensate for the loss of traditional education. Study can rather be seen as a process of intensive finding of self.

Considering these changes it is after all foreseeable already that a society without opportunities in gainful employment will also create new conditions for arts and culture. Culture will serve less as a distraction for stressed members of the system of gainful employment. More than before culture could rather be about inspiration; it could become a meaningful area of life. The consequences of globalisation must not only be seen negatively. They also offer chances that have been recognised too rarely up to now.

Sport In the Mirror Of the Last Decades

In this transition of our society there now arises the question of how sport, as one of the most successful cultural phenomena of the 20th century, is affected by these trends. A look into the mirror of sport in the last decades can give us help in answering this question. General aspects of social change can be detected, as well as specific aspects.

The picture that comes into view is split. We can recognise some striking characteristics as indications of problems that could accompany and burden life in sport in the coming years. Some aspects are to be highlighted:

1. The ideology of the market has formed the last decades especially in sport. The entire economisation of all areas of life is marching on. This favours the already existing individualisation spiral and shows a modern age dominated by the basic figure of the unattached, the single. But this also means that the 'constructions of independence' have become 'prison bars of loneliness'. The last years have been characterised by the fundamental contradictions of industrial society. The contradictions directed towards private life and towards the level of the individual are aggravating.
2. You can see in the mirror of sport that the process of destigmatisation of behavior patterns and life spheres is taking place in sport, as well. The increasing freedom of choice for the individual and the simultaneous weakening of traditional relationships will influence him in the future. Decision making obligations for the individual will arise more and more. Everything has to be discussed, justified and its consequences considered. Self-evident matters become a source of conflict. Destigmatisation, increasing freedom of choice and loss of traditional relationships become problems without apparent solution. For many people the life styles produced by entertainment, consumption and the media industry become landmarks and objects of imitation. Stressing differences has a special meaning. Identity and uniformity are not in demand, but rather variety linked with very individual forms of stylisation.
3. Also in sport a multiplication and differentiation of partial fields and hence of value patterns can be observed. Due to an increase in the number of organisations and institutions, the individual is the more dependent on his ability to be flexible and on an exchange of roles. Rationalities of action in one area of life do not necessarily have to correspond with other areas. For many life is somehow becoming a 'choice of menu'. Numerous compositions are possible.
4. The conflict of the sexes in sports has entered into a new stage. Inequality in the field of education and law has not only shown women the inequality in professional life, in family and in politics, but also in

sport, clearer and more consciously than ever before. The male policy of only verbal commitment has become increasingly unsuccessful.

5. We can see problems that we can call crises of human time experience. Still increasing flexibility in the field of work has brought about higher incomes for only a few, more individual free time for a few and more personal time sovereignty for a few. For most employees this has led to more night and shift work, more Saturday and Sunday work, as well as increased isolation and uncoupling from a commonly spent lifetime. The individual may have become richer in goods and services but is increasingly under time pressure. Sport is especially affected. More and more people are yearning for a time organisation that corresponds with their organic rhythm and the cyclic movements of nature.
6. We have to identify a problem of environment. 'Playground in the Alps' and 'sport facilities close to the place of residence' are the poles. An increasing number of people realise the connection existing between 'plotted' and 'armoured' urban sports architecture and the escape from a world of performance into free nature.
7. Due to a fatal unimaginativeness, mass media and especially television are characterised even more than ever before by merely the principles of the market. Counting on the forgetfulness of its recipients and characterised by an ephemeral spirit of the times, television influences the perception patterns of its recipients, manipulates its messages with superficial entertainment interest and so sells questionable products. Sports coverage plays a central role in this context.
8. The renaissance of national values is striking. This can be observed wherever there are sport comparisons between the nations - at Olympic Games, at World or European Championships. But the recognisable nationalisms are mostly nourished by images from the past that put a wrong complexion on the present and the future.
9. Demographically the elderly form the biggest sociopolitical challenge. Their importance in the total population becomes clear in the fact that already today people above 60 constitute in a lot of industrial societies a quarter of the total population. There is the danger that post-industrial societies will become a 'selected' societies, even more than is already the case. This is not least because of the problem of an adequate old-age pension scheme, but primarily also due to difficult political tasks of integration between North and South and East and West. Inequality will increase. The selection concerns parts of the older generation and a portion of the juveniles. But there is also a selection according to sex. The new foreigners are falling more and more frequently through the sociopolitical sieve of our society.

The general development of our society does not only show positive tendencies. In the last centuries the changes in working life caused

traditional class loyalties to break off. The individual has increasingly to look after himself. He experiences his individual fate in the labour market with all its risks, chances and contradictions. The paradox is that increasing differentiation of individual situations is accompanied by an extreme standardisation of life patterns. Our society is becoming more ambivalent than it already is. Paradoxes are accumulating. 'Risky chances' is the name of the formula that characterises our time. Processes with intensive momentum of their own are to be observed more frequently, without us being equipped with suitable and effective rules for stopping them. The ever quicker accelerating modernisation of our society creates ever more serious consequences in terms of problems and burdens. Elevator effects have apparently brought our society towards the top. Real enhancement in prosperity, though, has shifted a physical minimising of existence into the distance. Nevertheless, social inequality remains the central problem for a further development of our society.

Today modern societies are split. The image of the one third / two thirds-society might be exaggerated. On the tide of contemporary efforts to create a new social policy, this instance is becoming more appropriate from day to day.

Let us take a closer look at those who are separated from the majority ever more resolutely in our split society. First of all there are millions of unemployed amidst an economic boom. There are those on social security whose number has reached records. In USA and Europe millions of people are living at the fringes of the relative subsistence level. Today's poverty is the poverty of the unemployed, the old people, those in need of care, those in debt, the foreigners and the single mothers. In income distribution it is becoming ever more evident that the lower third of private households is equipped with an ever decreasing income. The medium third has 25% at its disposal, but the upper third more than 60%. At the same time the clear profits of independent enterprises continue to increase. They have increased four times as much as take-home salaries. The disposable income of self-employed households was four times as much as the disposable income of employee households in the nineties. These figures make it clear that it is time to talk about social injustice in modern societies.

Yet official sports politics much too rarely takes note of this fact. Sport has come to an arrangement with the mainstream of society. It is on the side of those that follow market logic. It not surprising, however, that critics see it as a driving force for social injustice.

Sport Political Challenges

What could be the necessary consequences for future sports policy? What should be paid attention to, if sport wants to prove successful also in terms of sociopolitical aspects?

The differentiation of the sport system does not only cause a change in which sport clubs offer, in the first place it produces a creeping adaptation. Therefore our thesis is: The organisations that offer sport in our society are becoming more and more similar. This is true in respect to their form of organisation as well as to their content and offers. This becomes clear if you compare the clubs among themselves or submit them to a comparison with commercial suppliers and with municipal and federal sports organisations. Formerly sports associations and sports clubs were characterised by making their members divergent sport offers that differed because of contrasting ideologies and because of contrasting sense orientations. Now the differentiation of sports systems in general and the adaptation processes in sports organisations in particular have led to an increasing blending and levelling of the differences that have existed between gymnastics and sports clubs and the rest of the sports suppliers. The reason for this development is, in the first place, an expansion of sports supply as well as an addition of new sportive services. The process of adaptation is a process in which the clubs primarily adopt the ideas and objects of their supposed competitors. These are partly copies of the new sport patterns that have been developed by the free sports market or in the municipal and federal field.

Conclusions

In the long run democracies cannot flourish without the feeling of solidarity, without our willingness to put others again and again into a position that is more or less equal to our own, even though this may cost a share of personal prosperity. First the perception of a common nature disappears, then - because we do not recognise ourselves in others any more - the active participation in their fate and finally the desire to be equal among equals. Today therefore the question comes up, whether the historical compromise of capitalism and democracy could fail exactly at the moment when the alliance between capitalism and history seems to be completed. Accordingly it is an open question if modern societies increasingly lose their social and political cohesion and whether their social asset declines. The latter is distinguished by the social networks and by the relationships that exist among people. This asset forms an important resource for each individual and guarantees social cohesion. Various networks are to be contemplated: Family, friendship or other networks are equally part of it as is the case for the integration of the individual into associations and clubs. Voluntary unions especially can support the social and political integration of the community. They enable participation in social and political life. Hence the extent to which members of society can take part in social and

political life by means of membership in organisations of interest is important for the evaluation of a society's quality.

Social networks are of central importance for the psycho-social well-being of man. Sports can be considered as such a network. Emotional support can be provided and self-esteem gained and practical daily help can be received in it. In the future it will therefore be primarily a question if sports organizations are open for this experience. Bourdieu is talking about our social capital in this context. A part of this will be that sports is seen as a place like home. It has to be a place of successful communication and socialisation as well as a protest against a uniform world. All this does not come by itself, but has to be worked hard for and be proven daily. There are conclusive findings showing that availability, quality of support from our own network of relationships are decisive for how we get along with our problems. Social nets form a kind of escort towards social dangers - they can be understood as social cushions. But the socio-economically underprivileged and socially marginalised groups especially have particular deficits in the stability of their networks. They are especially not able to work on relationships in initiatives of their own. The St Matthew-effect is functioning: 'For the man who has will be given more, till he has enough and to spare; and the man who has not will forfeit even what he has'. Those in our society who can dispose of more income today and more education, will not only have more helpers, but also more contact partners. Hence, those who have more financial means and more knowledge, will also have more helpers at the hour of need and more contacts in everyday life. Therefore social-political programs to promote networks are indispensable. Sport must be judged by whether it contributes anything to this matter. It is important to promote more tolerance, patience and readiness for sharing. In the interest of a socially balanced development we have to have a particular interest in the readiness for integration and ability of integration of our citizens and the social institutions in charge. Sport is called upon to contribute its share.

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Proceeding

International Scientific Seminar on

SPORT AND SPORTSCIENCES

**“The Role And Contribution Of Sport
And Sportsiences In Enhancing
A Better Quality Of Life”**



**Kerjasama antara
Universitas Negeri Padang dan
Universiti Kebangsaan Malaysia**

Pangeran Beach Hotel
Padang, 12 – 13 September 2013

PROCEEDING

INTERNATIONAL SCIENTIFIC SEMINAR ON SPORT AND SPORTSCIENCES

The Role and Contribution of Sport and Sportscience in Enchancing A Better Quality of Life

Dr. Norlena Salamuddin
Dr. Mohd Taib Harun
Prof. Dr.Sayuti Syahara, MS, AIFO
Dr. Syahril B, M.Pd
Drs. Arsil, M.Pd
Drs. Syafrizar, M.Pd

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KATA PENGANTAR

Puji syukur kehadirat Allah SWT karena atas perkenan-Nya telah dapat menyusun Prosiding Seminar Internasional dengan tema ***“The Role and Contribution of Sport and Sportscience in Enchancing a Better Quality of Life”***.

Seminar Internasional ini merupakan bagian dari kontribusi Fakultas Ilmu Keolahragaan Universitas Negeri Padang yang bekerjasama dengan Universiti Kebangsaan Malaysia untuk melakukan diseminasi dan mengkomunikasikan serta bertukar fikiran mengenai topik-topik terbaru dari olahraga dan ilmu keolahragaan dan untuk selanjutnya mencari jalan keluar terbaik dari masalah-masalah yang aktual melalui pendekatan inter-disipliner.

Untuk itu, kami menghaturkan terima kasih kepada Universiti Kebangsaan Malaysia (UKM) yang sudah dapat melakukan kerjasama dengan Fakultas Ilmu Keolahragaan Universitas Negeri Padang (UNP), dalam hal ide pelaksanaan kegiatan seminar ini, pemerintah provinsi Sumatera Barat, pemerintah kabupaten/kota se-Sumatera Barat, DPRD provinsi Sumatera Barat, pimpinan Universitas Negeri Padang, pimpinan Universiti Kebangsaan Malaysia, pimpinan Fakultas Ilmu Keolahragaan UNP, Bank Nagari Cabang UNP, para penyaji makalah, dan peserta seminar. Semoga amal baik Bapak/Ibu memperoleh balasan baik yang berlipat ganda dari Allah SWT.

Padang, September 2013
Dekan FIK UNP,

Drs. Arsil, M.Pd
NIP. 19600317 198602 1 002

KATA SAMBUTAN KETUA PANITIA PELAKSANA

Walaupun bukan segala-galanya, kebermanfaatan olahraga tidak hanya dapat difahami dan dirasakan secara teoretik semata tetapi harus dapat diaplikasikan ke dalam kehidupan yang nyata. Bagaimanapun juga kajian-kajian secara teoretik masih diperlukan untuk hal-hal yang dapat diterima, secara rasional sehingga olahraga dapat diterima tidak saja secara empirik tetapi juga secara teoretik.

Perkembangan dunia yang begitu sangat pesat, memaksa kita mempersiapkan sumber daya yang memiliki daya saing yang tidak saja secara local tetapi juga harus bersifat universal. Era Globalisasi dan persaingan pasar bebas, telah menjadi ancaman dan sekaligus tantangan untuk bisa bersaing dengan bangsa-bangsa di belahan dunia lainnya. Seluruh aspek kehidupan akan terkena imbasnya tidak terkecuali dalam aspek pendidikan mulai dari tingkat pendidikan paling rendah sampai ke tingkat yang paling tinggi.

Seiring dengan perkembangan dunia saat ini, perkembangan olahraga sangatlah pesat. Perkembangan ini diiringi dengan bermunculan *issue* dan pengetahuan di bidang olahraga. Informasi-informasi yang aktual seputar olahraga bermunculan. Diharapkan forum seminar ini mampu memberikan wadah untuk dapat mengkomunikasikan serta bertukar fikiran mengenai topik-olahraga dan ilmu keolahragaan dan untuk selanjutnya mencari pemecahan masalah.

Perguruan Tinggi khususnya Fakultas Ilmu Keolahragaan Universitas Negeri Padang (FIK UNP), juga ikut bertanggungjawab dan terjun langsung dalam rangka mempersiapkan SDM di atas melalui penyiapan generasi menghadapi *issue-issue* yang muncul dalam dunia olahraga. Sehingga out come yang dihasilkan bisa disejajarkan dan memiliki daya saing yang handal dalam menjawab tantangan era globalisasi dan persaingan pasar bebas.

Untuk tujuan itulah, FIK UNP melakukan perintisan awal melalui kegiatan seminar internasional yang bertemakan “***The Role and Contribution of Sport and Sportscience in Enchancing a Better Quality of Life***”. Tujuan Seminar adalah untuk mengkomunikasikan dan bertukar pengalaman topik-topik terbaru dari olahraga dan ilmu keolahragaan dan mencari jalan keluar terbaik untuk masalah-masalah yang aktual melalui pendekatan interdisipliner .

Seminar ini dilaksanakan pada tanggal 12 dan 13 September 2013. Seminar ini bertempat di Pangeran Beach Hotel Kota Padang Provinsi Sumatera Barat. Sebagai Ketua Pelaksana kegiatan ini, saya ingin menyampaikan penghargaan yang setinggi-tingginya kepada FIK UNP Padang, serta kepada Universiti Kebangsaan Malaysia dan semua anggota panitia yang telah berupaya sekuat tenaga, menyisihkan waktu dan tenaganya dalam rangka mensukseskan acara ini. Terima kasih atas kerjasama dan komitmennya.

Terakhir saya menyampaikan rasa terima kasih yang paling dalam khususnya kepada para pembicara kunci yaitu Dr. Ir. Roy Suryo, Menteri Pemuda dan Olahraga, Prof. Dr. Phil Yanuar Kiram Rektor UNP Padang, Prof. Dr. Hemut Digel Universitas Tübingen, Prof. Dr. Jackueline D. Goodway, OHIO State University USA, Dr. Mohd. Taib Harun, Universiti Kebangsaan Malaysia, Dr. Michael Koh, Republic Polytechnic Singapore, Dr. Norlena Salamuddin, Universiti Kebangsaan Malaysia, Prof. Dr. Joko Pekik Irianto, Deputi Peningkatan Olahraga Prestasi Kemenpora, Dr. Ian Harris Sujae, Republic Polytechnic Singapore, Robert Jhon Ballard Australian Strength and Conditioning Assosiation dan khususnya kepada para pembicara kunci yang datang dari luar negeri, saya berharap semoga selama keberadaan di kota Padang, memperoleh pengalaman yang baik dan menyenangkan dan diiringi doa semoga selamat kembali pulang menuju rumah dan keluarga masing-masing. Semoga hasil seminar ini akan membawa pencerahan bagi kita semua, bagaimana upaya yang harus dilakukan oleh Perguruan Tinggi khususnya FIK UNP Padang dalam membentuk manusia Indonesia yang berdaya saing tidak saja secara local tetapi juga internasional. Semoga amal baik Bapak/Ibu memperoleh balasan baik yang berlipat ganda dari Allah SWT.

Ketua Pelaksana,

Prof. Dr. Sayuti Syahara, M.S., AIFO

KATA PENGANTAR EDITOR

Pertama dan yang paling utama, kami panjatkan puji syukur kehadirat Allah SWT, atas petunjuk dan karunia-Nya, sehingga Prosiding Seminar Internasional Olahraga dan Ilmu Keolahragaan dengan tema ***“The Role and Contribution of Sport and Sport Science in Enchancing a Better Quality of Life”*** yang akan dilaksanakan pada tanggal 12 s/d 13 September 2013 dapat diselesaikan dan diterbitkan.

Seminar tersebut terselenggara berkat kerjasama antara Universitas Negeri Padang dengan Universiti Kebangsaan Malaysia yang mengundang keynote speaker sebanyak 8 (delapan) orang yang berasal dari Jerman, Amerika, Australia, Malaysia, Singapura dan Indonesia serta didukung oleh 62 makalah teknis yang disampaikan dalam sidang paralel. Di dalam prosiding ini berisi 4 makalah keynote speaker dan hasil karya tulis ilmiah lainnya yang berasal dari berbagai institusi yaitu; 1) University of Tübingen, 2) The Ohio State University, 3) Universiti Kebangsaan Malaysia, 4) Universitas Padjadjaran, 5) Universitas Negeri Medan, 6) Universitas Negeri Jakarta, 7) Universitas Negeri Padang, 8) Universitas Negeri Manado, 9) Universitas Pendidikan Indonesia, 10) Universitas Negeri Yogyakarta, 11) Universitas Negeri Semarang, 12) Universitas Cendrawasih, 13) Universitas Pendidikan Ganesha Singaraja, 14) Universitas Bina Darma Palembang, 15) KONI Provinsi Sumatera Barat, 16) KONI DKI, 17) Sekolah Dasar Negeri 7 Keliat Ogan Ilir Palembang.

Prosiding ini telah melalui proses editing oleh dewan editor/penilai karya tulis ilmiah serta dilengkapi dengan diskusi dan tanya jawab pada saat seminar berlangsung. Semoga penerbitan prosiding ini dapat memberi manfaat dan dapat dijadikan acuan dalam pengembangan penelitian yang terkait dengan perkembangan dunia keolahragaan. Kami mengucapkan terima kasih yang sebesar-besarnya kepada semua pihak yang terlibat dalam penyelesaian penyusunan prosiding ini dan mohon maaf atas ketidaksempurnaan dalam penerbitan prosiding ini.

Editor

1. Dr. Norlena Salamuddin
2. Dr. Mohd Taib Harun
3. Prof.Dr.Sayuti Syahara, MS, AIFO
4. Dr. Syahril B, M.Pd
5. Drs. Arsil, M.Pd
6. Drs. Syafrizar, M.Pd

**JADWAL KEGIATAN SEMINAR INTERNATIONAL
PADANG, 12 - 13 SEPTEMBER 2013**

HARI/ TANGGAL	WAKTU	KEGIATAN	KETERANGAN	PENANGGUNG JAWAB	
HARI KE 1					
Kamis, 12 September 2013	08.00 - 09.00	PENDAFTARAN/REGISTRASI		Seksi Acara	
		PEMBUKAAN/PERESMIAN		Seksi Acara	
		Laporan Ketua Panitia	Prof. Dr. Sayuti Syahara, MS.,AIFO		
		Sambutan	Prof. Dr. Phil. Yanuar Kiram (Rektor UNP)		
		Sambutan	Prof. Dr. Irwan Prayitno, M,Sc (Gubernur Sumbar		
		Sambutan dan Pembukaan Seminar	Dr. Ir. Roy Suryo (Menpora)		
	10.00 - 10.30	ISTIRAHAT/ TEA BREACK			
	10.30 - 12.30	PLENARI I/ PLENO I			Ruri Famelia
		1. Prof. Dr. Helmut Digel	Universitat Tubingan - Germany		
		2. Prof. Dr. Jackie Goodway	OHIO State University - USA		
		3. Prof. Dr. Joko Pekik Irianto, M.Kes.,AIFO	Deputi Peningkatan Olahraga Prestasi Kemenpora - INA		
		4. Dr. Michael Koh	Republic Polytecnic Singapore		
	12.30 - 14.00	ISTIRAHAT/ LUNCH BREAK			

	14.00 - 17.00	PARALLEL SESSION I :			
		RUANG 1.	Physical Education	Bafirman	
		RUANG 2.	Physical Education	Khairuddin	
		RUANG 3.	Psychologi	Wilda Welis	
	RUANG 4.	Psychologi	Umar		
	17.00 - Selesai	ISTIRAHAT/MINUM PETANG			
HARI KE 2					
Jum'at, 13 september 2013	09.00 - 11.30	PARALLEL SESSION II :			
		RUANG 1.	Management	Bafirman	
		RUANG 2.	Physical Education	Khairuddin	
		RUANG 3.	Psychologi & Recreation Sport	Wilda Welis	
	RUANG 4.	Training Theory	Umar		
		12.00 - 14.00	ISTIRAHAT / LUNCH BREAK		
	14.00 - 16.00	PLENARI II/ PELNO II			
		1. Dr. Taib Harun	Universitas Kebangsaan Malaysia	Rina Ambarwati	
		2. Mr. Robert John Ballard	Australian Strenght Conditioning Assoconiation		
		3. Dr. Noerlena Salamuddin	Universitas Kebangsaan Malaysia		
4. Prof. Dr. A. Purba, MS.,AIFO	Universitas Padjajaran				
	16.00 - Selesai	PENUTUPAN			

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