



PROCEEDING



International Conference
on Sport Sciences and Health

Preparing Young People in
Global Economic Challenges in Sport and Health
Malang, September 23, 2017



978-602-71646-2-8

Sport Sciences Faculty
State University of Malang

The 1st International Conference on Sports Science and Health

THE PROCEEDINGS BOARD OF EDITORIAL

ADVISOR

Prof. Dr. M.E Winarno, M.Pd

ISBN : 978-602-71646-2-8

EDITOR

1. Dr. Asim, M.Pd
2. Dr. Hariyoko, M.Pd
3. Dr. Mahmud Yunus, M.Kes
4. Dr. Slamet Rahardjo, M.Or
5. Drs. Supriatna, M.Pd
6. Nurrul Riyad Fadhli, S.Pd., M.Or
7. Dona Sandy Yudasmaras, S.Pd., M.Or

REVIEWER

1. Prof. Mohd. Salleh Aman, Ph.D
2. Dee dee Mahmoud, Ph.D
3. Drs. Suroto, M.A., Ph.D
4. Dr. Mathew Lantz Blaylock, Ph.D

COVER DESIGNER

Aditya Yudha

PUBLISHER

Fakultas Ilmu Keolahrgaan, Universitas Negeri Malang
Jalan Semarang 5 Malang
Email: icssh.fik@um.ac.id

DISTRIBUTOR

Fakultas Ilmu Keolahrgaan, Universitas Negeri Malang
Jalan Semarang 5 Malang
Email: icssh.fik@um.ac.id

First Edition, September 2017

Copyrights is protected by the law

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

PREFACE

Assalamualaikum Warrahmatullahi Wabarakatuh

The honorable speakers, Prof. Saleh Aman (Malaysia), Feeder Mahmood (Singapore), Matthew Lantz Blaylock (US) and Suroto,. (Indonesia).

First of all, on behalf of the committee of the International Conference Sport Science and Health let me express great thanks to God Allah SWT who gives us opportunity and health, so that we can join this International Conference Sport Science and Health. It is my pleasure to welcome you to the International Conference Sport Science and Health in Faculty of Sport Science Malang State University. The international conference is in order to celebrate the 63th anniversary of Malang State University. In this opportunity, we invite four speakers from four countries; they are from Malaysia, Singapore, Alabama, and Indonesia. The participants of the conference are 250 participants. The presenters of the conference are 35 presenters.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the conference will run well and be successful. Thank you very much.

Wassalamualaikum Warrahmatullahi Wabarakatuh

Welcoming Speech of Rector Universitas Negeri Malang

Malang, 23 September 2017

Dear ICSSH 2017 participants,

Welcome to the first International Conference on Sport Sciences and Health 2017 (ICSSH 2017).

The Faculty of Sport Sciences in Universitas Negeri Malang is our second youngest faculty which has just been established in 2008. At the moment the Faculty of Sport Sciences has five Departments; Physical Education and Health Sciences, Sports Science, Sport Coaching Education and Public Health and Postgraduate Program of Sports Education.

The International Conference on Sport Sciences and Health is a milestone for the Faculty of Sport Sciences to open the possibility of collaborating to practitioners around the world, building amazing networking aiming to develop the sports and health education in Indonesia.

I warmly welcome the conference participants to Malang, Indonesia. This conference invites you all to extensively and intensively explore and discuss various aspects of how young people facing the global economic challenges.

Indonesia actively and dynamically learns how to engage its people to perform daily exercise and conducting healthy life style, thus, we love to explore any possibilities by learning from the diverse experiences of other countries. Indonesia also enthusiastically joins the world on empowering young people to be the motor of country's economic development. The conference sums it up on this year's theme of —Preparing Young People in Global Economic Challenges in Sport and Healthl.

Universitas Negeri Malang is committed to supporting the forum to share ideas, insights, and interesting strategies to nurture the sport and health culture for all people. Hence, we are delighted to see many academics, researchers and practitioners, teachers and students to actively participate in this conference. Please do take as much benefit as you can from this conference and enjoy Universitas Negeri Malang.

Regards,

Dr. Syamsul Hadi, M.Si., M.Ed
Vice Rector
Universitas Negeri Malang

TABLE OF CONTENTS

Cover		i
Editorial Boards		ii
Preface		iii
Welcoming Speech From Rector Universitas Negeri Malang		iv
Table of Contents		v
-Sport management careers and the need of general skill for young people in entering the new global economy By: Prof. Mohd. Salleh Aman, Ph.D		1
-Empowerment of Youths in the Globalisation of Careers in Health and Fitness By: Dee Dee Mahmoud., PhD		6
-Measuring Competency Of Prospective PE Teachers And PE Teachers In Digital Era: Based On National Standard For Indonesian By: Drs. Suroto., M.A., Ph.D		10
1. The Influence Of Passing-Moving Training Dan Command Style Training Towards The Vo2 Max Improvement Of Futsal Player	Ayik Syaikhul, Hariyoko	24-33
2. Evaluation Of Lesson Plan (RPP) On Semester I Physical And Health Education In SMPN 6 Malang	Veni Imawati, M E Winarno, Gema Fitriyadi	34-47
3. Development Of Basketball Variation Of Basketball Dribbling Practices For Extracurricular Participants	Choirul Mala A, Siti Nurrochmah, Febrita Paulina H	48-63
4. Improving Volleyball Forearm Pass Basic Skills Using Various Drills Method	Eva Novitasari, Agus Tomi, Dona Sandy	64-69
5. Effect Of Exercise Regularly And Non Regularly In Calcium Content Of Bone	Harris Catur W, Rias Gesang K, Slamet R	70-74
6. The Effect Of Rhythmic Body Movement On The Balance Of The Body Of Mentally Disabled Children	Rensy Dwi A, Saichudin, Slamet R	75-83
7. The Effect Of Regulating And Not Regulated Exercises To The Blood SOD Activity	Muchammad Rif ^a t Fawaid A, Rias Gesang K, Olivia A.	84-91
8. Level Of Coaches' Understanding On Exercise Program In Koni Malang	Imam Hariadi, Nurrul Riyad Fadhli,	92-96
9. The Influence Of Model Combination Exercise: Passing, Dribble, And Shooting In Improving Basketball Skills For Senior High School Students	Septianto Andika Putra	97-104
10. The Effect Of Dribble Variations Exercise Based On Playing Situation On Dribbling Skill Of Youth Athletes	Moch. Yunus, Shan Willies Romadhoni, Supriatna,	105-111
11. Takraw Low Service Training Model For Junior Athletes	Muchamad Dwi Hanavi, Roesdiyanto,	112-116
12. Effect Of Plyometrics Exercise On Increasing Leg Muscle Power Of Female Volleyball Athlete	Firman Nur Ardyan Syah,	117-124

13	The Effect Of The Exercisevariations Of Forearm Pass On The Improvement Of Forearm Pass Basic Skill In Volleyball	Setyo Budiwanto, Emania Agestin, Sulistiyorini,	125-133
14	Relationship Of Body Mass Index (BMI), Waist Circumference, And Total Cholesterol With Incidence Of Hypertension	Betrix Rifana Kusumaning Indah, Endang Sri Redjeki, Rara Warih Gayatri,	134-141
15	The Effect Of Knowledge And Family Socioeconomic To The Implementation Of Clean And Healthy Living Behavior Towards Household Level In Working Area	Dwi Wahyu Yuliandari, Nurnaningsih Herya Ulfah, Endah Retnani Wismaningsih,	142-147
16	Building Adaptive Physical Education With A Neuropathophysiology Approach In The New Paradigm Of Physical Education	Mochammad Bhirowo	148-160
17	The Effect Of Shadow Shuttlecock, Trainer Direct Command And Free Shadow Footwork On Badminton Agility	Adi Wijayanto, Hari Setijono, Occe Wirriawan,	161-171
18	Analysis Of Electromyogram On Takraw Basic Techniques	Rusli, Hari Setijono, Edy Mintarto,	172-181
19.	The Role Of Blended Learning For Student Learning Character In Physical Education	Mazhar Bagus Setyawan	182-188
20.	Economic Empowerment For Former Leprosy Patient Through Cultivation Of Mosquito Repellent Plants	Puri Ratna Kartini, Ani Sulistiyarsi, Arum Suproborini	189-195
21.	Sports Education And Science School Technology Progress	Mat Wajib	196-201
22.	The Content Of Metal Elements In Medicinal Plants In Dusun Mesu Desa Boto Jatiroto Wonogiri Central Java Indonesia	Arum Suproborini, M.S.Djoko Laksana, Dwi Fitri Yudiantoro	202-208
23.	Nutritional Status Of Indonesian Martial Arts Athlete	Moh.Nur Kholis, Setyo Harmono	209-213
24.	The Development Of Edutainment Anatomy Learning Material Based On Android For College Students	Farizha Irmawati Erfitra Rezqi Prasmala Ika Oktavia Purnamasari	214-218
25.	Evaluation Of Tennis Resource Management	Isnaini Dina Rahmawati Agus Kristiyanto, Kiyatno	219-225
26.	Strengthen The Indonesian Economic Society Through Sport Tourism	Titin Kuntum Mandalawati	226-231

		Ardyansyah Arief Budi Utomo Hagus Muryanto,	
27.	Physical Condition and Anthropometry Towards Risk of Sports Injury	Martdiana Prasasi Putra	232-243
28.	The Effect of Motor Ability and Visualization To The Learning Outcomes In Sepaktakraw	Nur Ahmad Muharram Puspodari,	244-248
29.	Development Of Locomotor Basic Movement Learning Shooting Ball Game Model With Variation And Combination Approach For Third Grade In Elementary School	Rizky Fithrony Prayoga Suroto Wijono,	249-252
30.	The Effect of Low Impact and Mixed Impact Aerobic Dance Exercise Towards The Body Mass Index	Khairuddin Rizki Ramadhani Umar	253-261
31.	Effect of Snake Jump Ladder Drill And Run Through The Hurdle Exercise To Speed and Agility	F. Ardiyana, A Khamidi, Edy Mintarto	262-272
32.	Improving Thinking Mind, Feeling, Attitude, Acting, And Responsible For Tarung Derajat (West Java Traditional Martial Art) Athlete	Alnedral Roma Irawan Umar	273-282
33.	Physical Conditions Level of Football School Athlete	M. Yanuar rizky Weda Mochammad ervin fadhillah	283-287
34.	The Effect of Split Squat Jump And Lateral Box Push Off Exercises On –Tantil Speed	Umar Alnedral Gande Mutia Miselza	288-294
35.	The Effect of Concentration Exercise On The Precision of Jump Shoot and Free Throw on Basketball	Ana Naimatul Jannah Wijono Miftakhul Jannah	295-302
36.	Profile of Physical Ability of Persik Kediri Player	M. Akbar Husein All Sabah	303-307
37.	Effect of Plyometric Exercise Knee Tuck Jump And Double Leg Jump of Leg Muscle Explosive Power on Junior Basketball Players	Rendhitya Prima Putra Irwan Setiawan	308-311
38.	Effect of Speed, Agility, and Quickness (Saq) and Ladder Drill Exercise Against Speed, Agility, and Explosive Power	Rosida Azadi, Hari Setijono Nining W. Kusnanik	312-317
39.	Improvement of Physical Fitness With Net Games Model For Elementary School Students	Dhedhy Yuliawan, Reo Prasetyo H	318-323
40.	Implementation of Recreational And Traditional Sport Festival For Improving Community Economy	Ghon Lisdiantoro, Pratama Dharmika Nugraha	324-329

IMPROVING THINKING MIND, FEELING, ATTITUDE, ACTING, AND RESPONSIBLE FOR TARUNG DERAJAT (WEST JAVA TRADITIONAL MARTIAL ART) ATHLETE

Alnedral, Universitas Negeri Padang
Roma Irawan, Universitas Negeri Padang
Umar, Universitas Negeri Padang
Email: alnedral.fikunp@yahoo.co.id

Abstract: This study aims to increase the mastery of Thinking, Feeling, Attitud, Acting and Responsible (referred to as BMB3) athletes in tarung derajat sports martial as an antidote to the central issue of moral values (Character-smart athlete). The design uses research development (Research and Development), with the experimental method (The Pretest-Posttest Controlled Group Design). The results obtained: (1) There was an increase in BMB3 athlete's mastery after BMB3 Learning Strategy was applied by sport trainer of fighting degree of experiment group with achievement level of 81.73%, and average in Good category, (2) The difference of increase of BMB athlete of tarung derajat martial with test of F equal to 65.63 is significant, and (3) There is a difference of BMB3 mastery of degree fighting athlete through application of BMB3 learning strategy with result of F test equal to 2.25, which use BMB3 learning strategy (experiment group) is better than using conventional learning strategy (control group). The conclusion is that the BMB3 athlete's self-defense tarung derajat martial is very effective through the BMB3 learning strategy.

Keywords: BMB3 athlete's mastery, Learning Strategy, Tarung Derajat Martial Art, and Athletes Characteristic

Directions to encourage community participation in interconnected sports activities in achieving goals, then in Indonesian Law No. 3 of 2005 on the National Sports System states that: National Sport System is the whole aspect of sports which is interrelated in a planned, systematic, integrated and sustainable as a unit which includes setting, education, training, management, coaching, development and supervision to achieve the goal of national sports (Ministry of Youth and Sports of the Republic of Indonesia, 2007:3). Aspects of sports in question is a subsystem by including sports actors, which are related to coaching and sports development. Sports education can be achieved through the organization of Sports exercises Beladiri Tarung Derajat (BTD) which emphasizes *Muscle, Brain, and Conscience* building (MBC). BTD teaching contains many elements MORTAL (which is a moral and mental abbreviation) the creator is the Master H. Achmad Dradjat, popular called MORTAL GHADA (MG). Abbreviations of Tarung Derajat martial arts characterized by mortal ghadha hereinafter called BTD-MG. Organizationally called Keluarga Olahraga Tarung Derajat, shortened KODRAT.

The moral-mental teachings that serve to improve the degree of humanity, namely harkat martabat manusia (HMM) integrated in motto: -I am friendly not mean afraid, I submit not mean submission. Then the teachings contained in the fundamental principle is "Make yourself by yourself" to be "knight-warrior and the warrior-knight" (Dradjat, 2003). Current conditions BTD-MG is in West Sumatera, BTD-MG has earned honorable place as a sporting achievement nationally once occupied the 2nd General Champion at the Pre-PON National Championship 2007 (earned 3 Gold, 2 silver, 3 bronze) and two

athletes got —the best fighter (Pengprov Kodrat Sumbar, 2007). But on PON XVII-2008 achievement showed a decrease in the medal gain, which is 1 gold, 1 silver and 4 bronze, and even in 2010 PON XVIII they performance is very apprehensive, which won only a bronze medal. The decline in achievement seems also accompanied by moral decadence (ethics) by a coach who is unable to control his athlete's emotional at the time of the match Porprov XI-2010 in Solok-West Sumatera. Even more than that the trainer is in violation of the provisions of the code of ethics or rules of the game that has been agreed as a coach moral.

Results of preliminary studies also concluded, that the coach is less / no longer polite, but more hard-faced and relatively full -rebuke at the athlete, so athletes tend to be brutal in the game, many athletes were disqualified (Porprov XI-2010), techniques do not develop, the term Master chooses the winner from —ugly to the ugliest. Meanwhile, it is still difficult to find a competent coach and successfully manage the training, so the athlete likes, respect and sincere in following the learning process and spill over to an active and healthy lifestyle in everyday life (Komnas Penjasor, 2007). This is indicated, among other things, by the lack of skills in playing skills, moral attitude, cooperation, life force, and moral power Tarung Derajat martial arts.

Currently, the prominence of BTM-MG in West Sumatra is declining, or stagnating, both in terms of medal achievements at national events, as well as the moral-mental attitude of the BTM-MG actors themselves. It is also a practice that is not in accordance with the demands of mortal (moral-mental) which is the basic content of BTM-MG, human as nature and developed independently as a principle called, "Make yourself by yourself" with the philosophy of training that is " I learn and practice martial arts is to conquer yourself, but not conquered by others "(Drajat, 2011: 4).

The practice of abusing the teachings of the BTM-MG needs to be corrected and restored to its original form, self-sustaining, high-minded, independent self development in a healthy, strong physical condition. The organization of BTM-MG is not solely aimed at achieving medals / achievement levels, but on the personal development of a characteristic-savvy-character athlete (learner) who is more distinctly called moral and mental Beladiri Tarung Derajat. Following the rules of educational scholarship, smart-minded learning / training strategies are more popular in implementing the Thinking, Being, Acting, and Responsible Strategy (referred to as BMB3) as a standard in the training process to improve training dynamics, improve understanding and mastery of practices in the process exercise (Prayitno, 2010: 90). The elements of BMB3 can be regarded as a reflection of improvement in achievement that touch with human dignity (HMM) in education situation. Therefore, learning strategies to strengthen the mental-mental improvements of athletes practicing through BTM-MG are deemed necessary to be considered, developed and applied by trainers to athletes in the training process that further ensures the process of developing BMB3 mastery. BMB3 elements in the training of athletes fighting degrees as the main force in berkehidupan at BMB3 level in learning / practicing improvement of basic athlete technique skills. This is justified by Wena (2009: 2) the use of strategies in learning is necessary because to facilitate the learning process so as to achieve optimal results.

Based on various problems that have been raised, the main problem that need to be considered in order to improve learning result / training especially is the mastery of BMB3 athletes Tarung Derajat by considering the factors of learning strategy. The current learning strategy used by trainers still needs to be developed. Based on the above problem, the purpose of the research can be determined: (1) The condition of the degree training that has been done in relation to the mastery of BMB3, degree fighting athlete; (2) Is there any influence of BMB3 learning strategy on BMB3 mastery of BTM-MG

athletes in West Sumatera); and (3) Differences in the implementation of BMB3 learning strategy with conventional martial arts training degree on BMB3 mastery of athletes BTD-MG training ground in West Sumatra.

BMB3 Linkage with Sport Training BTD-MG. The reflection of BMB3 learning strategy associated with the implementation of BTD-MG exercises as realistic and rational operational muscle, brain and conscience (O2N) is through the five elements of Moral Motion Power (5-DGM), namely: strength, speed, accuracy, courage, and tenacity (Dradjat, 2003). The 5-DGM linkage with the moral and mental elements in mastery of the intelligent character through BMB3 learning strategy can be described as follows Matrix.

Table 1. Moral Relation Form Training BTD-MG with Learning Strategy BMB3

Daya Gerak Moral (DGM)	Learning Strategy BMB3				
	intellective	Sense	attitude	Act	Responsibility
Strenght	√	√	√	√	√
Speed	√	√	√	√	√
Accuracy	√	√	√	√	√
Bravery	√	√	√	√	√
Tenacity	√	√	√	√	√

Learning styles developed in the training, ie learning that deliberately change the learners / athletes from the old conditions to new conditions by Prayitno (2011) referred to as transformational learning. Learning outcomes in a high-touch and high-tech atmosphere transformative pattern with BMB3 dynamics leads to the fulfillment of the D-C-T paradigm, which is "can, record, and apply". The athlete makes it possible to understand and experience the role of BMB3 in achieving a useful D-C-T condition (where applicable, useful, and effective) in establishing the BTD-MG's moral power (5-DGM). For that purpose a strategy that can reflect BMB3 athlete's mastery values in BTD-MG sport training.

In fact, BMB3 (thinking, feeling, behaving, acting, and being responsible) is a dynamic of everyday human life, anytime, anywhere, and under any circumstances. Humans without BMB3; What will happen?. What will happen is an immobile life, which will eventually become non-existent; man will become a statue, for not thinking, not feeling, not behaving, doing nothing and not responsible. Thus, it is not wrong that BMB3 is called the "mother of life". It is common to say that "philosophy is the mother of knowledge", then it can be said that "BMB3 is the mother of life" (BMB3 is the mother of civilization) (BMB3 is the mother human) civilization)(Prayitno, 2011:16).

From the above description can be operated exclusively: (1) Martial Arts Tarung Derajat is a form of martial exercise initiated by the Guru H. Achmad Dradjat (from Indonesia) which is also called Beladiri Tarung Derajat Mortal Ghada (BTD-MG) by synergizing Muscle, Brain , and Conscience (O2N) are activated by the five elements of moral motion (Strength, Speed, Accuracy, Courage, and Tenacity) for athletes to have achievement; (2) BMB3 learning strategy is a series of activities that are arranged and implemented systematically for learners (Athletes), in this case athletes conduct training activities Tarung Derajat which includes thinking, feeling, attitude, acting and responsible, practiced in training athlete Tarung Derajat; and (3) BMB3 athlete's mastery is the athlete's ability to absorb the understanding and knowledge of the Tarung martial teachings activated by the application of BMB3 learning strategy especially to the dimensions of "strength, speed, accuracy, courage, and tenacity". BMB3 mastery is measured by using a questionnaire reveal mastery of BMB3 Tarung Derajat athlete.

METHOD

Research Type is Development (R&D) with quantitative method (Experiments The Pretest-Posttest Controlled Group Design). The design of experimental research to test the product development of BMB3 learning strategy to the mastery of BMB3 Tarung Derajat athlete. The study population was all athletes / fighters (at 34 practice sites in West Sumatera Provincial Pengprov, consisting of 1,170 athletes) The samples were taken by stratified-cluster random sampling, ie 40 experimental class experimental samples from Bukittinggi City (SKB) and control group of 40 athletes from Padang City Training Center (SKP).

Hypothesis test is done by multi variable analysis analysis of variance (Manova). The reason for using the Manova analysis technique to test the hypothesis is the data in the form of comparison with the devendent variable over two samples (Field, 2009: 588). This analysis is a different test variant that variables more than two (multi). In this paper that presented only compare the influence of BMB3 learning strategy with Conventional to the mastery of BMB3 Tarung Derajat Athlete.

RESULTS

Post-Test Descriptive Analysis

After the process of treatment stage is implemented, the final step is the collection of training results data related to the results of BMB3 Mastery Disclosure Disclosure Group Tarung Derajat Athletes. The results of the complete data are presented in Table 1 below.

Table 1. Descriptive Statistics Disclosure Score of BMB3 Mastery of Experiment Group (SKB) and Control Group (SKP) of Post-Test Data.

Statistics Value	Sample	SKB Group	Achievements (%)	SKP Group	Achievements (%)
Mean	40	268.65	81,73	249.05	80,56

Based on Table 1., it can be seen that athletes of SKB in experimental group post-test for BMB3 controlling variable by SKB athlete, the results showed: average score 268,65, average percentage achievement level 81,73% . BMB3 controlled by SKP control group athlete, the results showed: mean score 249.05, average percentage achievement level 80,56% belonging to Good category. The result of frequency distribution comparing the average value of SKB group and SKP group of achievement level categories is summarized in Table 2 below.

Table 2. Frequency Distribution and Category of Level of Achievement Score Mastery BMB3 Athletes SKB and SKP

Interval Class Classification	Experiment Group (SKB)		Control Group (SKP)		Achievement Level Category
	F	%	F	%	
291-311	5	12,5	2	5,0	Very Good
270-290	8	20,0	10	25,0	Good
249-269	11	27,5	12	30,0	Middle
228-248	13	32,5	11	27,5	Less
207-227	3	7,5	5	12,5	Poor
Total	40	100	40	100	
Mean		268.65		249.05	

Based on the level of respondent achievement from Arikunto (1998: 57) and Akdon (2012: 22) about score interpretation criteria, that is if it has a match 81-100% very good, 61-80% good, 41-60% middle, 21-40% less and 0-20% poor. Based on the criteria, the description of BMB3 mastery by athletes in Table 2 is the SKB athlete who scores between 291-311 in the Very Good category of 5 people (12.5%), while at the SKP athletes are 2 (5%). The SKB athlete scores between 270-290 in the Good category of 8 people (20%), while at SKP athletes are 10 (25%), SKB Athletes scored between 249-269 in the Middle category of 11 (27,5%), while at athletes SKP as many as 12 people (30%). Athletes who score SKB between 228-248 in the category of Less as many as 13 people (32.5%), while the athletes SKP as many as 11 people (27.5%). Athletes who have SKB score between 207-227 in Poor category of 3 people (7.5%), while at athletes SKP as many as 5 people (12.5%).

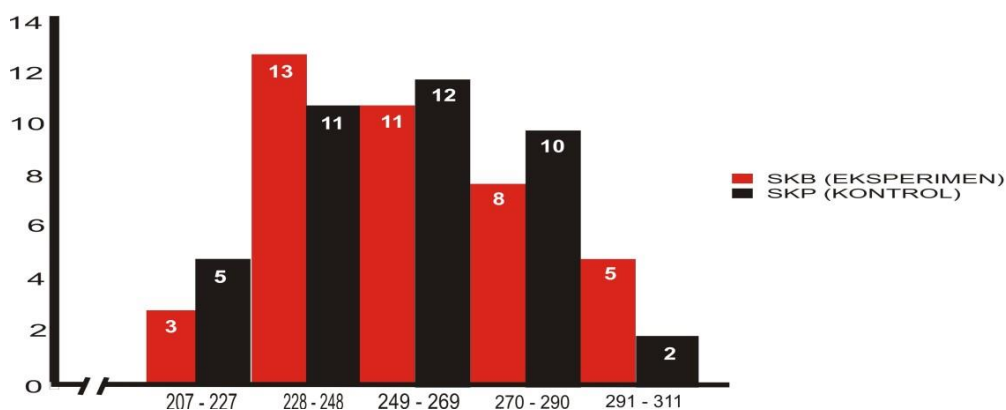


Figure 1. Histogram Chart Classification Score Level Achievement Mastery BMB3 Athletes SKB and SKP Groups

Testing Requirements Analysis

In accordance with the next data analysis techniques also performed comparative analysis. For comparative analysis it is necessary to test the analytical requirements related to normality test and homogeneity test of variance among variables. The results of the requirements analysis test can be explained as follows. The results of this normality test can be seen in Table 3.

Table 3. Summary of Test Results Normality of Research Data

Research variable	Kolmogorov-Smirnov Z	Asymp. Sig. (2-tailed)	Description
BMB3-Gain Score -SKB	0,66	0,78	Normal
BMB3-Gain Score -SKP	1,30	0,07	Normal

Description:

SKB = Bukittinggi City training ground (Experiment)

SKP = Padang City training ground (Control)

BMB3 = intellectual, Sense, attitude, Act, and Responsibility

Testing Criteria:

If the value of Asymp. Sig. > of α 0.05 = The population is normally distributed

If the value of Asymp. Sig. < of α 0.05 = The population is not normally distributed

Based on the normality test results in Table 3 it can be argued that all Asymp values. Sig. the calculation result is larger than α 0.05. In accordance with the test criteria, this means that all data from the research variables come from normally distributed populations. Furthermore, the test analysis for this homogeneity test can be presented in Table 4.

Table 4. Summary of Homogeneity Test Result of Variance

SKB (Eksperiment)	Variance	SKP (Control)	Variance	Fh	Ft	Description.
BMB3-GS -SKB	227.21	BMB3-GS-SKP	156.61	1.45	1.76	Homogeneous

Description:

Fh = results of large variance calculations / small variance; GS = Gain Score

Ft = value F table for dk = n-1

Testing Criteria: If Fh < Ft = Homogeneous Variance

If Fh > Ft = Un Homogeneous Variance

Sudjana, 2005:250

Based on the results of homogeneity test of variance in Table 4. it can be argued that the whole value of F arithmetic result of the calculation was smaller than the value of F Table (1.76). In accordance with the test criteria, this means that all data from the research variables have a homogeneous variance.

Hypothesis Testing 1

From the analysis of hypothesis testing, there are proven differences in the results of the exercise between the use of BMB3 learning strategy implementation and conventional learning strategy in satlat-satlat in West Sumatra. The difference can be proved by the result that the price of F for Pillai's Trace, Wilk's Lambda, Hotelling's Trace, and Roy's targets Root has a significance value smaller than 0.05, that is 0.00 with the sense that the F price of 65.63 is significant. This implies that there are differences in the application of BMB3 learning strategies and conventional learning strategies to the mastery of BMB3 fighters degrees (Y3). From the results of the analysis shows that the training of degree degrees through the implementation of BMB3 learning strategy can improve the learning outcomes / athletes training in the fighting classes in West Sumatra.

Hypothesis Testing 2

The hypothesis that the writer formulated is "there is a difference of mastery BMB3 athlete of degree between application through BMB3 learning strategy (experiment group) by using conventional learning strategy (control group) at satlat-satlat in West Sumatra". To know the difference of training result of athlete of degree of satlat-satlat in West Sumal writer use statistical approach "Manova" with result of analysis is value of F = 2.25 with significance level 0,037 smaller than 0,05, meaning there is significant difference.

It can be concluded that: There is a difference in mastery of BMB3 athlete of degree between application through BMB3 learning strategy (experimental group) and using conventional learning strategy (control group) at satlat-satlat in West Sumatra. The results of statistical calculations indicate that "BMB3 mastery of fighters of degrees trained through the implementation of BMB3 learning strategy (experimental group) is better than using conventional learning strategies (control groups) in sat- aries in West Sumatera".

DISCUSSION

Conditions of Training Tarung Derajat that have been Implemented in Relation to the Mastery BMB3 Athletes BTD-MG.

Based on the average score of application of BMB3 strategy development by trainers to athletes in these two satellites, it can be concluded that both SKB trainers and SKP trainers have enough understanding and experience and are quite capable to apply BMB3 strategy in a martial arts training degree with Good mainly due to the quality of leadership and his authority in training is good enough. However, it should be noted by the coach substitute supporting components of each dimension BMB3, namely thinking, feeling, behaving, acting and responsible. All of these dimensions are the result of learning. According to Burton in Lufri (2007: 10) learning outcomes are patterns of action, values, understandings, appreciation, ability, and skill. Bloom further classifies learning outcomes in three areas (domains) or known as Bloom's taxonomy, namely (1) cognitive domain (knowledge), (2) affective sphere (attitude), and (3) psychomotor domain (skill).

From the above quote can be concluded that the learning outcome is an indicator of success of a student / athlete in following the learning / practice. Learning outcomes are the changes gained after learning activities. These changes include changes in knowledge, understanding, skills and attitudinal values in the sense of covering the domains of cognitive, affective and psychomotor. According to Nana (2002: 22), learning outcomes include three domains, namely:

1. Cognitive sphere, with respect to intellectual learning outcomes consisting of 6 aspects: knowledge or memory, understanding, application, analysis, synthesis and evaluation.
2. Affective sphere, with respect to attitudes consisting of five aspects: acceptance, response, or reaction, judgment, organization, and internalization.
3. Psychomotor domain with respect to learning outcomes of skills and ability to act.

BMB3 mastery dimension in the application of learning strategy, that is thinking more pressing to the cognitive domain, feeling, being emphasized to affective aspect, while acting and responsible emphasize to psychomotoric (skill) aspect. In accordance with the sports that developed learning results, namely martial sports tarung derajat that renew the principles of learning as the pillars are the five elements of moral motion, namely strength, speed, accuracy, survival, and tenacity. If the dimensions of mastery of BMB3 really proceed with the pillar of learning martial tarung derajat to the maximum, then the mastery of BMB3 athletes can certainly achieve the average value of achievement to the category of Very Good.

Differences in BMB3 Mastery BTD-MG Athletes Between Learning Strategy BMB3 with Using Conventional at the Exercise Place in West Sumatra.

The findings of this study, that is, there is a difference of BMB3 athlete mastery of BTD-MG between application through BMB3 learning strategy (experiment group) by using conventional learning strategy (control group) at satlat-satlat in West Sumatera. It should be pointed out here that preliminary data before treatment are no different, both groups are equal (equivalent) and have homogeneous data as test requirements. As a professional tarung derajat coach, they are already equipped with science related to coaching. To put themselves as professional trainers in general the trainers have to go through a series of upgrading from a basic level trainer to a professional trainer. The sciences they acquired during the upgrading period were not just about the physical

condition, techniques and tactics of fighting games, but they included science on, education, developmental psychology, and coaching management. In addition to maintaining and enhancing his reputation as a coach who is a public figure and professional, the coach in general always strives to improve himself in a better direction.

Some of the athletes (about 58.33%) found that the implementation of BMB3 learning strategies by new trainers at a good level. Based on these findings, the implementation of BMB3 learning strategies conducted by the trainers towards them needs to be improved to become a very good category. Improving the quality of BMB3 learning strategy by the trainer once will have an impact on the authority of the trainer in interacting with the athlete. A commanding coach will make the athlete feel reluctant, respectful and obey the instructor's instructions in accordance with the planned training program. According to Prayitno (2008: 73), High touch or "authority" is an "educational tool" that can be applied by the trainer to reach (to touch) the athlete's self as a human being who has dignity and dignity. The authority that leads to high touch conditions is a positive, constructive, and comprehensive treatment to aspects of the athlete's selfhood / humanity. In this case the trainer becomes a facilitator for self-development athletes in an atmosphere of warmth and acceptance, openness and sincerity, appreciation and trust, love and empathy (Prayitno and Khaidir, 2011: 55).

In line with the development of such an atmosphere, the coach needs to seriously understand the atmosphere of his relationship in interacting with the athlete coolly, using a soft language, not explosive. This will certainly affect the activities and attitudes of athletes, so that among them there is a harmonious and harmonious relationship, that is with the openness and mutual understanding between the coach and athlete. In such an atmosphere the athlete gets a safe atmosphere conducive to its development. This atmosphere is also reinforced by the research Dimiyati (2007) put forward, namely there are differences in character between youth who are active in group sports with youth who are active in individual sports in terms of sportsmanship, responsibility and caring, but in terms of caring, togetherness and responsibility of the group as well character development there are differences in the dimensions of the youth character based on each of the sports that ditekuninya.

Achievement of achievement is inseparable from the role of the coach in nurturing and motivating. This can be realized through the application of BMB3 (thinking, feeling, acting, acting and responsible). BMB3 is a powerful tool to dynamize training activities that pay attention to the development of High touch or "authority". Authority is based on a more important knowledge or expertise that is exercised in an atmosphere of affection and mutual respect (Prayitno, 2009: 50). Therefore, the coach is expected to have the authority to be able to guide and motivate to achieve an achievement in the sport that they do. Authority is a recognition and acceptance, affection and tenderness, empowerment, decisive action that educates, and direction and exemplary. The athlete's confidence in the trainer as an educator who provides help, guidance, and human values in the process of athlete training. The authority of a trainer should be based on a process of self-internalization on the relationship between the trainer and the athlete. The internalization process is reflected in a coach approach that is close to the athlete, flexible but firm and systematic in work settings. This implies that the internalization process in the trainers and athletes takes place through the activation of the five elements of martial arts degrees, namely strength, speed, accuracy, courage and tenacity that exist in them through the trainer's approach, through element b

CONCLUSION

Based on the results of research and discussion can be put forward several conclusions as follows:

1. The training condition of the tarung martial training that has been done in relation to the BMB3 mastery of the tarung athlete of both experimental group using BMB3 and control strategy using conventional strategy shows the average in Good category.
2. Implementation of learning strategy BMB3 can improve the training results on the mastery of BMB3 tarung derajat athletes practice site in West Sumatera. This means that BMB3 learning strategy is more effective than conventional in improving BMB3. Similarly on improving basic engineering skills, and character-savvy tarung derajat athletes.
3. There is a difference of BMB3 mastery of tarung derajat athlete between application through BMB3 learning strategy (experimental group) using conventional learning strategy (control group) at practice site in West Sumatera. This means that BMB3 learning strategy is better than conventional in improving BMB3 athlete's tarung derajat.

REFERENCES

- Alnedral, 2005. *Tarung Derajat Pengprov KODRAT Sumbar Dalam Kliping Koran; Dicuplik dari tahun 1992 samapai 2005*. Kawah Derajat Sumbar.
- , 2009. *Beladiri Tarung Derajat Morthal-Ghada: Sejarah, Pengembangan, dan Praktik*, (online), www.kawahderajatsumbar.com, diakses 20 Juli 2010.
- BSNP, 2007. *Panduan Penilaian Kelompok Mata Pelajaran Jasmani, Olahraga, dan Kesehatan*. Kementerian Pendidikan Nasional dan Kebudayaan Republik Indonesia.
- Charles L. Glenn, 2009. *Character Education Quality Standards*. <http://www.unige.ch/fapse/ggape/seminaire/programme/progvendredi13/Glenn.pdf>.
- Daniel, Landers. 2010. *Manfaat olahraga bagi kesehatan tubuh*. <http://kukuhanakpenjas.blogspot.com/2010/1>.
- Dradjat, Achmad Guru Haji. 2003. *Kawah Dradjat Bandung: Pusat Pembinaan Moral dan Mental (MORTAL-GHADA) Bahan dan Pelatihan Tarung Derajat Tingkat Pelatihan Pengda KODRAT se Indonesia*.
- , 2010. *Tarung Derajat AA BOXER MORTAL-GHADA*, (online), <http://www.tarungderajat-aaboxer.com>, diakses 21 Juli 2011.
- , 2010. *Sejarah Beladiri Tarung Derajat Morthal-Ghada*, (online), <http://aaboxer.blogspot.com>, diakses 20 Juli 2010.
- Field, Andy. 2009. *Discovering Statistics Using SPSS: and sex and drugs and rock'n roll*. London: Sage Publications Ltd.
- Harsuki (Ed.). 2003. *Perkembangan Olahraga Terkini: Kajian Para Pakar*, Jakarta: Rajawali Sport.
- Kementerian Negara Pemuda dan Olahraga. 2007. *Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 tentang Sistem Keolahragaan Nasional*. Jakarta: Kementerian Negara Pemuda dan Olahraga Republik Indonesia.
- Lickona, Thomas. 1992. *Educational Character, How Our School Can Teach Respect*

- and Responsibility*. USA: Bantam Books.
- , 2004. *Character Matters*, New York: Touchstone.
- Muthohir, Toho Cholik. 2002. *Gagasan-gagasan Tentang Pendidikan Jasmani dan Olahraga*. Surabaya: Unesa University Press.
- Muthohir, Toho Cholik dan Gusril. 2004. *Perkembangan Motorik pada Masa Anak-anak*, Jakarta: Direktorat Jenderal Olahraga Depertemen Pendidikan Nasional.
- Perguruan Pusat Tarung Derajat. 2007: Pelatihan Pelatih Dasar dan Pembina Nasional se Sumatera.Padang, Pengprov KODRAT Sumbar).
- Prayitno, 2005. *Peta Keilmuan Pendidikan*, Direktorat Pembinaan Pendidikan Tenaga Kependidikan dan Ketenagaan Perguruan Tinggi (Dirjen Dikti) Jakarta: Dikti
- , 2010. *Dasar Teori dan Praksis Pendidikan*, Jakarta: Grasindo.
- Prayitno dan Afriva Khaidir, 2010. *Model Pendidikan Karakter-Cerdas*. Padang: Universitas Negeri Padang.
- , 2011. *Model Pendidikan Karakter-Cerdas*. Padang: UNP-Press.
- Prayitno dan Belferik Manulang, 2011. *Pendidikan Karakter; Dalam Pembangunan Bangsa*. Jakarta: Grasindo.
- Undang-Undang Republik Indonesia Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional. (online)www.hukumonline.com.
- Wena, Made, 2009. *Strategi Pembelajaran Inovatif Kontemporer: Suatu Tujuan Konseptual Operasional*. Jakarta: Bumi Aksara.
- Zaim, Elmubarok. 2008. *Membumikan Pendidikan Nilai*. Bandung: Alfabeta.

