

JAGA DAN PELESTARIANLAH KOLEKSI
INSTRUMENTAL
SUATU BANGUNAN YANG BERHAYATI
SARANA BELAJAR DAN KEMAJUAN

PHYSICAL ACTIVITIES AMONG POST GRADUATE STUDENTS



NO. SURAT	11-4-2006
REVISI	H
NO. SURAT	KI
REVISI	94/K/2006 - p. (2)
REVISI	613.7 Gus p.

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**Paper Presented in International Conference of Sport and Tourism
Theme: Toward Effective Management of Leisure and Recreation at
Jogja Expo Centre, Yogyakarta on September, 22 – 25, 2004**

**THE FACULTY OF SPORT SCIENCE
STATE UNIVERSITY OF PADANG
2006**

MILIK PERPUSTAKAAN
UNIV. NEGERI PADANG

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International Conference on Sport and Tourism

Theme: Toward Effective Management of Leisure and Recreation

as a

Paper Presenter

at Jogja Expo Centre, Yogyakarta
Central Java, Indonesia
Held on September, 22-25, 2004

Organized by :

Directorate General of Sport, Ministry of National Education

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PHYSICAL ACTIVITIES AMONG POST GRADUATE STUDENTS

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ABSTRACT

The objective of this research is to find out about post graduate students especially in Sport Educational Program on ; (a) How many times do the post graduate students do physical activities every day?, (b) How many hours do the post graduate students spend doing sport every day? (c) What kinds of sport do the post graduate students do in a week? (d) What are the factors influencing them to participate in physical activities?

The survey was conducted at post graduate students especially in Sport Educational Program at State University of Jakarta, involving 17 samples selected by using simple random sampling technique. The study revealed that: The study revealed that: (a) the post graduate students did physical activities three times a week; (b) The post graduate students spent an average of an hour doing sport; (c) The kinds of sports that the post graduate students did included aerobic gymnastic, field tennis, jogging, walking, table tennis, phoco – phoco, basketball, swimming, and badminton; (d) The factors that influenced them to participate in physical activities included physical fitness, health care, hobbies, socialization, body weight cause, stress cause, flexibility, and enjoyment.

Key words : physical activities, post graduate students

INTRODUCTION

State University of Jakarta is one of universities that has wider responsibilities. The university conducts some faculties and programs included the Faculty of Educational Science (FIP), Languages and Arts (FBS), Social Science (FIS), Sport Science (FIK), and Post Graduate Programs.

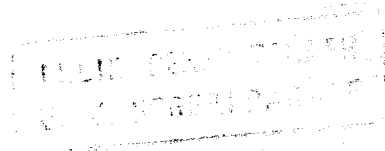
The post graduate programs offer master and doctoral programs. The master programs consist of (a) Technology of Education, (b) Language Educational Program, (c) Sport Educational Program, and Evaluation Program, (f) Primary Educational Program.

Meanwhile, the doctoral programs consist of (a) Technology of Education, (b) Language Educational Program, (c) Sport Educational Program, (d) Anthropology and Environment Educational Program, (e) Technology of Education majoring in Educational Research and Evaluation, (f) Technology of Education majoring in Educational Administration, (UNJ 2000).

Sport Educational Program is responsible for creating masters and doctors in sport education that have a wider range of knowledge by which they can develop sports at schools and in the society. Through the curriculum of university level, they are given some related materials such as Sport Psychology, Sport Psychology, Scientific Philosophy, Educational Research Methodology, Statistic, Testing and Measurement in the field of sport, Motorik Study, the Principles of Sport, Instructional Strategies in Physical and Sport Education.

.In doctoral programs, they are offered subjects like Scientific Philosophy, Quantitative Research Methodology, Technique of Data Analysis, Human Personality Development, Advanced Research in the field of sport, Kinesiology, Sport Psychology, Motorik Development, Sport Sociology, Sport Medicine, Systemic Thinking.

By giving such lecture materials, it is supposed that the students have wider knowledge, skills, and attitudes in the field of sport science. Taking the lecture, in the post graduate program, the students must have strong physic and psychic. It is due to many assignments required in finishing the program. Therefore, good physical activities are needed to have physical fitness.



Physical fitness is that one thing influenced by physical activities and exercises done regularly, following the exercising principles. The more regular one does the exercise by following the principles, the more he will have healthy physic. Besides that, the physical activities and exercise done regularly will increase body capability in consuming oxygen maximally. When the body is able to consume oxygen increasingly and maximally, it will automatically influence one's physical fitness.

Physical fitness is constructed by two words. Physical refers to the body, and fitness refers to appropriateness, or capability. Physical fitness is the Physical aspect of whole fitness causing someone capable to productive life and adjust himself to appropriate physical imposition, (Sukarman 1989).

The definition above means that physical fitness is someone's physical capability to do his daily activities whether or not he feels exhausted. In addition , physical fitness is physical capability to adjust the functions of organs in physiology toward a circumstance of high and humid temperature in an area.

Both physical fitness and the meaning of health are physiologically interrelated each other. Guyton, (1994), confirms that physical fitness stresses more on physical functions such as heart capability, blood vessel, lung, and muscles functioning efficiently and optimally.

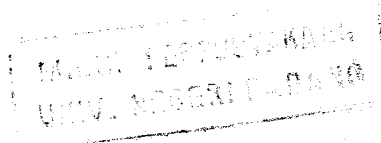
Physical fitness components consist of two parts, they are (a) healthy related fitness included cardio respiratory capability, muscle strength, flexibility, and body composition, (b) skill related components included agility, balance, coordination, speed, power, responding time, (Lycolat, 1987).

The characteristics of low physical fitness included (a) inefficient physic, (b) unstable emotion, (c) being easily exhausted, (d) being not able to face emotional challenge. Moreover, it is mentioned that the characteristics of low physical fitness, below the standard, include yawning, while working on desk, feeling lazy and sleepy all day, being tired with minimal physical work, too tired to do leisure activities, nervous and easily started, hard to relax, easily worried and sad, easily irritated, (Djamil, 1986).

The function of physical fitness is to develop man's capability useful in creasing his energy, or productivity. The function is divided into two : general and specific functions, the general one is to develop man's strength, capability, readiness, creativity, and power useful in increasing his productivity regarding with national development and defense, (Depdikbud, 1971). Thus, physical activities is important in building quality human resources, and it can give some contribution to the development.

METDOLOGY

This research is a descriptive study that is to describe an object or event in the current status and actual matter as it is when the research is conducted, (Sudjana, 1987). It is aimed to gain information about physical activities of post graduate students in the state University of Jakarta majoring Sport Educational Program. The population was the students of the post graduate and doctoral programs of Sport Education in the year 2000/ 2001. There were 17 samples taken by using simple random sampling.



FINDING

Based on the data analysis, the research data can be described as follow :

(a) the post graduate students did physical activities three times a week; (b) the post graduate students spent an average of an hour doing sport; (c) kinds of sports that the post graduate students did included aerobic gymnastic, field tennis, jogging, walking, table tennis, pocho – pocho, basketball, swimming, and badminton; (d) factors that influenced them to participate in physical activities included physical fitness, health care, hobbies, socialization, body weight cause, stress cause, flexibility, and enjoyment.

DISCUSSION

Physical activities that are done by someone regularly and based on the exercising principles, of course, will give contribution to physical fitness. Physical fitness is an ability stressing on physiologic functions such as the ability of heart, blood vessel, lung, and muscles to function in optimal efficiency. Lutan (2001) states that to increase physical fitness, it is required 30 – 60 minutes to do an exercise.

Some principles that should be considered increasing the physical fitness are (a) exercise intensity; (b) specification; (c) exercise frequency; (d) individual characteristic. Saputro and Suherman (1995) state that to have physical fitness, the exercise dosage should be considered the three following factors (a) exercise intensity; (b) exercise duration; (c) frequency.

Exercise intensity refers to how heavy one should do the exercise. An exercise that is too light will give little result to physical fitness. Determining exercise intensity can be known by measuring the exercise pulse. It is because of linear relation between pulse and the exercise intensity. The students' pulse will be proximately at 72 – 87 % of the maximal pulse if they pay attention to the exercise intensity.

Determining the maximal pulse in doing physical fitness can be determined by using the formula = $220 - \text{age (year)}$. When one is 40 years old, his maximal pulse is $220 - 40 = 180$. his exercise intensity is indicated by pulse ranging from 129 to 156. When his pulse is same as the exercise intensity pulse (training zone) for 15 to 25 minutes, it means that the exercise done has resulted in good effect toward his physic, (Saputro and Suherman, 1995).

Specification refers to the increasing of particular physical fitness components. Therefore, exercise emphasizes on each component desired. Men usually emphasize on strength, balance, attitudes, and behavior components. Attitudes and behavior are parts of mental fitness components.

Mental and emotional pressures are often resulted from social and environmental influences. Stress and pressure are always related to anxiety / fear, sadness, muscles exhaustion, and the lost of appetite. One of solutions to release the stress and pressure is by doing physical activities. Many people that like doing exercise regularly can create safe feeling and release or eliminate mental and emotional pressures, (Fox, 1986). Increasing woman's physical fitness is stressed

more on the components such as ; (a) speed; (b) agility; (c) balance; and (d) strength, (Depdikbud, 1971).

Exercise frequency depends on the duration and exercise intensity. The exercise will give effects to the increasing of adequate heart and lung durability if it is done 3 to 5 times a week within 60 minutes for each. The duration of the exercise is reversed with the exercise intensity. It means that the exercise can be done in long duration or vice versa. Having examined, the frequency of post graduate students of Sport Educational Program in doing exercise three times a week has met the requirement needed to increase the physical fitness. It means that the students have already understood the frequency of doing physical activities weekly.

Then, the duration of doing an exercise for an hour has been categorized good. It showed that the post graduate students have already understood the duration needed in doing an exercise.

Reviewed from the kinds of physical activities done, they have been adjusted to the age level of the students, in the average of 40 years old. It means that the students have done some kinds of physical activities adjusted to their capability. The activities included aerobic gymnastic, field tennis, jogging, walking, table tennis, pocho – pocho, basketball, swimming, and badminton. Sports that were done stressed more on aerobic energy process because the aerobic physical activities gave no bad effects.

Factors underlining the students did the physical activities included physical fitness, health care, hobbies, socialization, body weight cause, stress

cause, flexibility, and enjoyment. It has suited with the situation and condition of the post graduate students who need to keep their physic and psychic healthy in order they can finish their study well. Pollock (1985) states that physical activities can release fear and depression.

Therefore, the motivation to do the exercise is necessary increased due to many factors influencing students' participation in physical activities. Being busy with lecture assignments or tasks, the students, sometimes, forget to do the physical fitness activities that can be very useful to support lecture by having well condition and feeling. For some people, they do the exercise just for athletic body, friendship or relation, showing their capability.

CONCLUSION

The study revealed that;

1. The post graduate students did physical activities three times a week.
2. The post graduate students spent an average of an hour doing sport
3. The kinds of sports that the post graduate students did included aerobic gymnastic, field tennis, jogging, walking, table tennis, phoco – phoco, basketball, swimming, and badminton.
4. The factors that influenced them to participate in physical activities included physical fitness, health care, hobbies, socialization, body weight cause, stress cause, flexibility, and enjoyment.

SUGGESTION

1. It is suggested that the post graduate students generally, and especially the students of Sport Educational Program always do the physical activities based on the exercising principles.
2. It is also expected that the post graduate students be active in any extra curricular activities.

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