



# Feasibility Perception of Sports Applications to Maintain the Physical Conditions of Hockey Players During the Covid-19 Pandemic

## Original Article

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### Abstract

The covid-19 pandemic has made a new adaptation for athletes. The purpose of this study is to analyze the use of 7 minutes workout and adidas running for fitness training of hockey athletes in Central Java during the covid 19 pandemic. Using survey methods with data retrieval techniques using questionnaires. The variables used are independent variables and variables tied to a sample of 20 athletes (10 male athletes and 10 female athletes). Data analysis techniques using descriptive statistics. The results showed that the free variable category is very good as many as 12 athletes (60%), as many as 7 athlete good category (35%), as many as 1 athlete bad category (50%), as many as 0 athletes very bad category (0%). While the variable is tied to very good categories as many as 10 athletes (50%), good categories as many as 9 athletes (45%), bad categories as many as 0 athletes (0%), very bad categories as many as 1 athlete (5.0%). The results showed that the physical impact of 7 minutes workout and adidas running on hockey athletes Central Java is very good. The conclusion of this study in the category of very good on both variables.

**Keywords:** *hockey, sports apps, pandemic covid-19*

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## INTRODUCTION

The covid-19 pandemic period made a new adaptation experienced by Central Java hockey athletes when they were doing training camps, which had the impact of being hampered by the training program that was happening at this time, where what should be normal training was hampered due to the covid-19 pandemic. To prevent the spread of the corona virus, the government implemented social and physical distancing policies through large-scale social restrictions (PSBB). Responding to this, the government finally closed schools, lectures or imposed rules for working indoors. This certainly has an impact also in the field of hockey training center activities carried out at *Gedung Olahraga (GOR)* also known as sports hall Wergu Kudus. Training routine habits carried out by Central Java hockey athletes that are carried out daily are now running improperly and training is hampered, so to keep doing the exercises, the coaching team also made a training schedule program and types of exercises that are adjusted to the current pandemic situation, one of which is making a training program using a sports application that is intended so that athletes can practice independently with sports application guide so that they can minimize the crowding situation while practicing.

Covid-19 is an RNA virus from the genus beta corona virus. This virus is called SARS-CoV-2 and uses ACE2 which is an extracellular membrane receptor that is expressed on the epithelial cells of the host body as an entry route. A cluster of pneumonia cases emerged starting in late

December 2019 in Wuhan China caused by a virus that attacks the respiratory tract and was later named infectious crown disease (COVID-19) by the World Health Organization (WHO) [1]. This relatively new infection is spreading rapidly. The Covid-19 outbreak spread from China to the world, various activities became hampered such as educational activities in schools/campuses, sports, production processes, the pace of the economy, etc. These conditions affect the scope of work that needs to be done at home. The world of education is also inseparable from this impact of the spread of the virus, for school and college activities it must be done at home to break the chain of the spread of Covid-19. Although studying at home, it is important for the younger generation to continue being productive through learning activities that do from home. January 20, 2020 the World Health Organization (WHO) stated that the coronavirus outbreak is an emergency situation of international concern, as of February 8, 2020, WHO reported 34,886 confirmed cases worldwide, 34,589 of which occurred in China, 6,101 of which were severe and 723 died. During the COVID-19 pandemic, physical activity among Chinese youth declined, with weekly physical activity decreasing from 540 minutes/week to 105 minutes/week, inactivity increasing from 21.3% to 65.6%, and youth physical activity decreasing, 18.8% satisfied dropping to 16.7%, and pre-pandemic youth physical activity dropping from 60.0% to 17.7% [2]. Epidemiological studies show that regular physical activity can reduce physical activity, so sports activities at home should be done regularly and with appropriate intensity. incidence and risk of death from influenza and pneumonia (Fallon, 2020). The World Health Organization (WHO) recommends a gradual initiation of 150 minutes of physical activity per week on days of mild, moderate, and high intensity. Physical fitness achieved through regular physical activity has been shown to improve academic performance in school. Students who regularly did 30 minutes of aerobic exercise had better cognitive performance than those who spent more time in front of the TV. IOM (Institute of Medicine), 2013). Health is important in human life because it is very necessary to carry out daily activities. One way to maintain or improve health is to exercise [3]. During the COVID-19 Pandemic, everyone is encouraged to stay healthy by eating nutritious foods and exercising regularly. The government also appealed to the public to stay at home to break the chain of the spread of the COVID-19 virus. Of course, being at home can also negatively impact your mental health status through various factors.

From the results of observations and observations that have been made in the field. The physical exercise Model used is stretching or preheating then followed by physical exercise that still uses the old method. The results obtained from observations and observations, that most models of physical exercise is still using the old method. Variety of exercises is needed in modern sports as it is today. Based on the description above, researchers are interested in conducting research on the use of sports applications on smartphones in Central Java Regional Hockey athletes during the covid 19 pandemic to maintain body condition to stay fit.

## **MATERIAL AND METHODS**

The type of research used quantitative approach with descriptive research that aims to reveal something as it is. Revealed that descriptive research is not intended to test certain hypotheses, but only describes what it is about a variable. The research method used is a survey method using a questionnaire. This method is defined as a procedure. The population in this study were athletes from the Central Java Hockey Plateau. Whereas the sample used in this study were athletes from the Central Java Hockey Plate, which consisted of 10 male athletes and 10 female athletes.

The instrument in this study was a questionnaire containing statement items to be given a response by the respondents, namely Central Java hockey training athletes. The development of the instrument is based on the theoretical construction that has been prepared previously, then on the basis of the theory variable indicators are developed which are further elaborated into question items.

## RESULTS

Implementation of the use of Sports Applications 7 Minutes Workout and Adidas Running. This study provides an overview of the implementation of the use of 7 Minutes Workout and Adidas Running Sports applications for fitness training of hockey players in the Central Java region during the covid 19 pandemic.

Table 1. The use of sports applications 7 minutes workout and adidas running.

Interval Percent	Criterion	Frequency	Percentage
81.25% < Score ≤ 100%	Very Good	12	60,0%
62.5% < Score ≤ 81.25%	Good	7	35,0%
43.75 % < Score ≤ 62.5%	Not Good	1	5,0%
25% < Score ≤ 43.75%	Not very good	0	0,0%

According to the calculation of the category table of the implementation of the use of sports applications 7 Minutes workout and adidas running, athletes hockey Central Java, can be seen the implementation of the use of sports applications 7 Minutes workout and adidas running athletes hockey Central Java on very good criteria as many as 12 athletes (60%), good criteria as many as 7 athletes (35%), not good criteria as many as 1 athlete (5.0%), not very good criteria as many as 0 athletes (0%). It was concluded that the implementation of the use of sports applications 7 Minutes workout and adidas running on hockey athletes Central Java is very good.

The results showed that the implementation of the use of sports applications 7 Minutes workout and adidas running on hockey athletes platda Central Java is very good. Similar is expressed by Sari Nur Fitriyani, 2015 workout with Guide This Workout app is basically a combination of high intensity interval training, where you need to increase the volume (reps and sets) and match the intensity to your workout capacity. Physical impact of the use of Sports applications Model 7 Minutes Workout and Adidas Running. This study provides an overview of the physical impact of using the 7 Minutes workout and adidas running Sports applications for fitness training of Central Java platda hockey athletes during the covid 19 pandemic.

Physical Impact of Using 7 Minutes Workout and Adidas Running Sports Applications. Descriptive of the percentage of physical impact using the 7 Minutes Workout and Adidas Running sports application for Central Java regional hockey athletes.

Table 2. Physical impact of using sports apps 7 minutes workout and adidas running.

Interval Percent	Criterion	Frequency	Percentage
81.25% < Score ≤ 100%	Very Good	10	50,0%
62.5% < Score ≤ 81.25%	Good	9	45,0%
43.75 % < Score ≤ 62.5%	Not Good	0	0,0%
25% < Score ≤ 43.75%	Not very good	1	5,0%

According to the calculation table of the physical impact category of the use of sports applications 7 Minutes workout and adidas running hockey athletes Central Java, can be seen the physical impact of the use of sports applications 7 Minutes workout and adidas running hockey athletes Central Java in the very good category as many as 10 athletes (50%), good category as many athletes (45%), not good category as many as 0 athletes (0%), very bad category as many as 1 athlete (5.0%). It was concluded that the physical impact of the use of sports applications 7 Minutes workout and adidas running on hockey athletes Central Java is very good.

## DISCUSSION

The results showed that the physical impact of the use of sports applications 7 Minutes workout and adidas running on hockey athletes Central Java is very good. A similar thing was expressed by according to [3]. The exercise model using this application is able to help the players to develop muscle fibers that are quickly needed by players with low stamina to increase muscle capacity and explosive power. In the game of hockey, one of the important elements that must be owned by a hockey athlete is an excellent physical fitness condition to support the performance of athletes during the game. Using the exercise app also includes forms of exercise used to improve aerobic and anaerobic fitness, reduce the percentage of body fat, and even improve blood pressure.

## CONCLUSION

Based on the results of the research and discussion above, the following conclusions can be drawn:

1. There is an effect of implementing the use of 7 Minutes Workout and Adidas Running Sports applications for hockey player fitness training in the Central Java region during the covid 19 pandemic.
2. The implementation of the use of 7 Minutes workout and adidas running Sports applications on Central Java platda hockey athletes during the covid 19 pandemic was very good with the percentage index of implementation of Central Java platda hockey athletes reaching 82.3%.
3. The amount of physical impact of using 7 Minutes workout and adidas running Sports applications as fitness exercises for Central Java regional hockey athletes during the covid 19 pandemic was 61.3%.

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## CONFLICTS OF INTEREST

**Conflict of interest** : Authors state no conflict of interest.

**Disclosure statement** : No author has any financial interest or received any financial benefit from this research.

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