



# Analysis Study of Endurance and Agility Levels During the Covid-19 Pandemic of Students at Bintang Muda Wolo Football Academy in Penawangan District

## Original Article

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### Abstract

The endurance and agility of soccer in a soccer player are factors in supporting the game of soccer. Increasing endurance and agility can be done by training according to a predetermined program. However, since the Covid-19 pandemic, training is only done once a week and not even once a week. This can affect the endurance and agility of players. Based on the research problems, they are: 1) What is the endurance condition of the students of football school Bintang Muda Wolo (BMW) during the covid 19 pandemic? 2) How is the agility level of the football school Wolo Bintang Muda (BMW) during the covid 19 pandemic? This type of research is descriptive research. The research method uses a survey method with data collection techniques in the form of tests and measurements. The population is 42 students of SSB Bintang Muda Wolo, aged 13-15 in 2021. Sampling uses a purposive sampling technique with a sample of 15 students. The instrument used is an agility test using the Illinois agility run test and an endurance level test using a 1000 m run test. The results of the research and analysis showed that the level of endurance was 0% in the very good category, 2 students or 13% in the good category, 6 students or 40% in the sufficient category, 5 students or 33% in the poor category, and 2 or 13% in the very poor category. And the agility level is 0% in the very good category, 4 students or 27% in good condition, 7 students or 47% in the sufficient category, 1 student or 7% in poor condition, and 3 students or 20% of them in very poor condition. The conclusion in this study is that the level of endurance and agility of SSB Bintang Muda Wolo students is sufficient. Therefore, coaches must be able to improve their abilities despite the COVID-19 pandemic by controlling online training.

**Keywords:** *endurance, agility, football, covid-19*

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## INTRODUCTION

According to the Ministry of Education and Culture (2014: 146), the game of football is played by kicking a ball to be competed between players. This game aims to find victory by scoring more goals than conceding [1]. Football games in Indonesia are very popular with the public, and Indonesia's achievements in Asia are also quite good.

Improving the quality of Indonesian football will be effective, if it starts with improving coaching in the regions. One of them is in the province of Central Java, namely SSB Bintang Muda Wolo. This SSB is not only successful in Purwodadi City or Central Java level, but also at the National level.

However, since the COVID-19 pandemic was first discovered in Wuhan, China [2]. It has a negative impact on the psychology and technical skills of football, and has a negative impact on

the development of early childhood soccer coaching skills. This is because since the Covid 19 SSB pandemic there has been no training at all for 5 months starting from July to November. Where in the absence of exercises performed by athletes will affect the level of endurance and agility in the game of football.

## MATERIAL AND METHODS

This type of research uses descriptive research. The approach in this study uses a survey method with data collection techniques using tests and measurements. The variables used are the level of endurance and agility at SSB Bintang Muda Wolo. The population in this study were students of SSB Bintang Muda Wolo with a total of 42 students. The sample in this study was conducted by purposive sampling which met the criteria, namely 15 students of SSB Bintang Muda Wolo with the following criteria: ages 13-15 years, willing to be a sample in the study and not injured.

There are 2 instruments used in this study, including endurance using a 1000 m running test and agility test using the Illinois Agility Run Test. Furthermore, the data that has been obtained were analyzed using quantitative descriptive data. The endurance data was processed using the Indonesian Physical Fitness Test (TKJI) assessment table for boys aged 13-15 years from the 2010 physical quality development center and agility using the Illinois agility test norm table for boys aged 13-15 years. After the data is collected, the next step is to analyze it to draw conclusions from the research conducted. The data analysis method used in this research is the technique of Descriptive Percentage Analysis.

## RESULTS

This research was conducted in Wolo Village, Penawangan District, Grobogan Regency. The population in this study amounted to 45 students. The sample in this study amounted to 15 students who came from SSB Bintang Muda Wolo with ages 13-15 years who had met the criteria.

This test was carried out after the postponement of training for five months due to the spread of the Covid 19 virus. To find out the results of research on the analysis of endurance and agility levels. The data obtained by this study measured the level of endurance of SSB Bintang Muda Wolo students using the 1000 meter running method. The data are presented in the following table 1.

Table 1. Table of research result at endurance level

Score range	Frequency	Percentage (%)	category
s.d - 3,04	0	0	Very good
3,05 – 3,53	2	13 %	Good
3,44 – 4,46	6	40 %	Enough
4,47 – 6,04	5	33 %	Not good
6,05 – dst	2	13 %	Very less
Amount	15	100 %	

The table shows that the results of the research on the agility level of SSB Bintang Muda Wolo students are 0% of people in the very good category, 4 people or 27% in the good category, 7 people or 47% in the sufficient category, 1 student or 7% in the poor category, and 3 people. or 20% in the poor category.

## DISCUSSION

Endurance is the ability to perform physical activity over a long period of time. In football, players need to be able to do a lot of things physically. To make a great game of soccer, students not only need good technique, tactics and mental stamina, but they also need to have adequate endurance.

The test used to measure the endurance of SSB Bintang Muda Wolo students uses the 1000 m running. Based on the results of the study, it showed that the level of endurance of the

students of SSB Bintang Muda Wolo was in the sufficient category. In addition to the level of agility, since the Covid-19 pandemic, the level of endurance has also decreased.

Therefore, the coach can immediately improve so that the body's endurance ability is getting better, so there is a high possibility for the Wolo Bintang Muda SSB team to perform better.

Physical agility is how quickly and precisely they can change direction when moving. To improve student agility, it is necessary to practice regularly. A well-controlled and regular training program is needed to improve student agility. The more players increase the agility of the players, the better they will be in mastering the game [3].

The test used to measure agility (agility) is to use the Illinois Agility Run Test which is carried out by running tests across the track. Based on the results of the study, it showed that the agility level of the students of SSB Bintang Muda Wolo was in the sufficient category.

Since the Covid-19 pandemic has made students lack of exercise and even no exercise at all, it affects the physical condition of agility to decline. This situation is a portrait of how much training has been given by the coaching team, uncontrolled agility training has resulted in a decreased level of agility ability.

## CONCLUSION

Based on the results of research and discussion, several conclusions were obtained as follows:

1. The endurance level of the Wolo Bintang Muda SSB is in the sufficient category. The level of endurance of SSB Bintang Muda Wolo students has decreased due to the covid-19 pandemic, therefore it is hoped that the coach can overcome it by supervising students to keep practicing even though they are at home.
2. The level of agility of SSB Bintang Muda Wolo students is in the sufficient category. It is hoped that the trainer can improve student agility with creative and effective training so that it can improve.

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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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