

Analysis of the Level of Flexibility of PJKR 2022 Class Students A

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Abstract

This research aims to analyze the level of flexibility in students in PGRI Banyuwangi University class A class of 2022, and how these strengths support their performance in daily physical activities. This research used a quantitative descriptive method by collecting data through flexibility tests using a fixation dynamometer in the fitness lab room at PGRI Banyuwangi University. The research sample consisted of all class 22A students. The results of flexibility measurements show that 39.39% of male students are in the "poor" category, while 12.5% of female students are in the same category. Flexibility measurements show that most male and female students are in the "poor" or "very poor" category. These findings indicate the need for increased flexibility training so that students can have optimal physical performance in carrying out daily activities.

Keywords: analysis; flexibility; students

INTRODUCTION

General physical condition is a basic ability to develop the body's performance abilities. Said physical condition that "physical condition is a special unity of components that cannot be separated simply, either in improving or maintaining them (Prasetyo, 2020). General physical condition is all the physical abilities of athletes in general which is the initial condition of the body before participating in training specifically, which is realized through personal abilities and is required for all sports (Ryzki et al., 2021).

The physical component consists of strength, speed, agility, balance, coordination, endurance, explosive power, and flexibility. Strength is the ability to develop maximum power in maximum contraction to overcome resistance or load (Ilmah et al., 2021). Speed is the ability to carry out similar movements sequentially in the shortest possible time or the ability to cover the shortest distance (Komarodin, 2018). Agility is the ability of the body or body parts to change direction of movement suddenly at high speed (Santika & Subekti, 2020). Balance is the ability to maintain body balance when placed in various positions (Sudarso, 2022).

Coordination is central nervous cooperation as an established system synchronized by processes of stimulation and resistance as well as skeletal muscles in time during a directed movement (Donie, 2019). Endurance is one of the main/basic bio motor components in every sport (Wijaya, 2016). Flexibility is often interpreted as a person's ability to move the body or parts in one wide range of motion Maybe you have an injury to your joints and surrounding muscles joints

(Daharis, 2016). In sports, flexibility is a physical component What is important is that a person who has a high level of flexibility will tend to minimize injury.

Flexibility, as a component of physical fitness, is the ability to move the body or its parts as widely as possible without joint tension and major injuries (Amin & Adan, 2020). Flexibility is needed by everyone, whether old, young, children, men, or women (Susanto et al., 2013). Flexibility is the ability to carry out joint movements through a wide range of motion (Marlina Siregar et al., 2018). A person's flexibility is influenced by the type of joints, resting length of muscles, resting length of ligaments and joint capsules, body shape, and muscle temperature. Gender, age, skin resistance. And bone shape (Sahabuddin,2020) Flexibility is a physical component that is very important for daily activities and sports, with good enough flexibility it can reduce or minimize the risk of injury in any activity.

METHOD

This research is a quantitative descriptive research that aims to analyze the level of flexibility, and retrieval techniques The data used are physical tests, with a focus on measurement flexibility using a flexion dynamometer. The subject of this research consists of students from the University's Faculty of Sports and Health PGRI Banyuwangi class of 2022A. Sampling was carried out at PGRI Banyuwangi University fitness lab room which was carried out on September 26, 2024, using population techniques, namely involving all students from the Faculty of Sports and Health The class of 2022A is 19 people, consisting of 11 students male and 8 female students. Instruments used in research This is a flexibility test using a flexion dynamometer, which is carried out to measure the level of flexibility of the subject. The data collected were analyzed using descriptive analysis techniques. This analysis was carried out by making a table to find out the average value of flexibility performed by male and female students. The data analysis technique used to determine student flexibility using a flexion dynamometer is a normative value calculation, where each component item is calculated using categories and assessment criteria:

Table 1. Flexibility Category Norms

Score	Man	Criteria	Woman
5	19,5	Very Well	20,0 -23,0
4	17,0 – 19,0	Good	18,5- 19,5
3	14,5 – 16,5	Enough	17,0 – 18,0
2	12,5 – 14,0	Not Enough	15,0 - 16,5
1	12,0	Very Little	13,5 – 14,5

RESULT

Based on the results of the measurement test for all male and female students, can be seen in the table below:

Table 2. Results of data analysis of flexion dynamometer flexibility using the normalization method

NO	NAME	SCORE	CRITERIA
1	AL	1	very little

2	AG	1	very little
3	FR	4	good
4	WN	2	not enough
5	ZD	3	enough
6	AG	4	good
7	GR	4	good
8	IQ	3	enough
9	DV	3	enough
10	NV	1	very little
11	IL	1	very little

Based on the results of the data above, the results obtained from the student flexibility test PIKR 22 A class boys can use a flexion dynamometer. It was concluded that male students had flexibility in 36.36% of students with poor flexibility and 9.09% of students with poor flexibility, while there are 27.27% male students with good flexibility and Enough.

Table 3. Results of data analysis of flexion dynamometer flexibility using the female normalization method

NO	NAME	SCORE	CRITERIA
1	ND	1	very little
2	BG	2	not enough
3	EL	1	very little
4	ELA	1	very little
5	RS	3	enough
6	ER	2	not enough
7	AN	1	very little
8	TAR	1	very little

Based on the results of the data above obtained from the flexibility test of female students in class PJKR 22 A using a flexion dynamometer, it can be concluded that the flexibility of female students, there are 62.5% of students with very little flexibility and 25% of students with less flexibility, while there are 12.5% of female students with sufficient flexibility.

DISCUSSION

The results of measurements using a flexion dynamometer show that the flexibility of male and female students have a poor level of flexibility. This statement can be seen from the results of measurements carried out using a flexion dynamometer, there are 36.36% of male students have a poor level of flexibility. And 62.5% of female students have a very low level of flexibility, these results show that flexibility training is needed to increase the level of flexibility. Shiva sons and daughters.

The measurement results recorded above show that male and female students have poor flexibility. On the other hand, only 27.27% of male students have a fairly good level of flexibility and 12.5% of female students have sufficient flexibility.

Flexibility measurements show that most male and female students are in the very poor category. Physiological differences between men and women can be one of the factors that influence the level of flexibility, but with regular and correct training it can still be achieved. Good level of flexibility. For example, exercises: seat stretch and swan pose to become more flexible.

Flexibility is an individual's effectiveness in adapting himself, to carry out all body activities by extending as wide as possible, especially muscles and ligaments around joints (Warnanda & Irawan, 2022). Flexibility is the ability of a joint to make movements within the range of motion of the joint and to perform movements within the range of motion of the joint optimally. (Siregar & Yani, 2023). Flexibility is one of the things that has the most influence on body flexibility, this is because in every sport and daily activity, flexibility is needed in carrying out a movement. Like when we play volleyball, of course, body flexibility is needed to carry out movements such as when doing low passes and smashes to avoid injury.

CONCLUSION

Based on the analysis of measurement test research data, it can be concluded that PJKR 2022A male and female students have poor flexibility, therefore students need to be given regular and correct training so that they avoid the risk of sports injuries and can carry out physical activities well without any injuries. While carrying out these activities.

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