Original Research Article

Physical Fitness Level of Prospective Students of the Non-Commander Police of the Diy Regional Police in 2022

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Abstract

Study this aiming for know level fitness physical chassis NCOs of the Indonesian National Police, DIY Regional Police in 2022. Research This is study description quantitative. Population study This is candidate student The number of NCOs in the Indonesian National Police is 485 people. Sample study This is candidate student The number of NCOs in the Indonesian National Police is 187 people. Instruments study This is test 12 minute run, push up test and sit up test. Analysis technique study This use analysis frequency in form percentage. Results level fitness physical chassis 2022 DIY Regional Police NCOs are in the category Good with consideration average of 64.72. The level of fitness B chassis 2022 Indonesian National Police NCOs from the DIY Regional Police are categorized as Good very as much as 0 people or 0%, either 132 people or 70.59%, enough 56 people or 29.95%, less than 0 people or 0% and less than once 0 people or 0%.
Keywords: Fitness, physical fitness physical.

INTRODUCTION

Candidate for Non-Commissioned Officer the Republic of Indonesia National Police is one of the part from the selection program reception POLRI members carried out throughout archipelago. The Republic of Indonesia National Police is state apparatus that plays a role in look after security and order society, upholding law as well as give protection, care and service to public in frame maintenance security domestic law Number 2 of 2002 concerning The Indonesian National Police. The selection candidate student non-commissioned officer This will capable give support towards the country and its people in the form of protection, care and good service to all over citizen.

Member The Indonesian National Police Non-Commissioned Officers will own heavy duty in to maintain and care for security in the territory of the Unitary State Republic of Indonesia. For can operate his job member The Indonesian National Police Non-Commissioned Officers (NCOs) of the Republic of Indonesia must own factors maximum support from aspect physique and also his personality. One of factor Supporter for candidate student NCOs in the Indonesian National Police so that they can pass become member Police the Republic of Indonesia must capable own level ability Power stand good aerobics. Ability Power stand aerobics candidate student This police officer can known in the selection process. So that thorough preparation must done by the candidate student Indonesian National Police Non-Commissioned Officer.

According to Bafirman in Rika Sepriani (2019:54) states stand aerobics is ability do Work Keep going continuously during Possible in condition aerobics. In condition aerobics work done with intensity low with long time, which is more from 5 minutes. Based on opinion shown that ability aerobics done on the job of course done in a way Keep going continuously without stop in period time certain. In particular special in the world of policing Power stand very thick aerobics with activity physique like in activity security mass. This is naturally member must capable own Power stand maximum aerobics.

Physical fitness physical can produced body through fulfillment activity regular and measured physical and exercise. Fitness physical Alone is ability body For Work or doing activities daily without feel tired which means (Nurhayati) in Rozi, 2021:2). More carry on Misic, *et al*., (2007:261) evaluation to fitness physical related with measurement strength muscles and composition body.

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Ability Power stand aerobics can influenced by some factor like support ability Power endurance and strength muscle. In operate activity his physical like Power endurance and strength in use attribute possible police own heavy burden This will greatly affect resilience in long time. Strength and power stand lack of muscle it will be very disturbing Power stand aerobics. This is because of muscle No Again capable do activity in a longer time. Power stand muscle is one of component condition physique in increase fitness physical. For That Lots developed sports for health and also for need achievement, but seldom very sports that are done with goals and directions to be intended, only For health only, whereas For support the sport being pursued must based on in accordance with need in accordance with branch sports (Rustiawan, in Risk Abdillah, 2021:22). Support strength and power hold is very important in a way general and also in a way special to ability and condition fitness a candidate student NCOs of the Indonesian National Police. Have strength and power stand No only for can own support to condition his physical just but also can become a big capital for a candidate NCOs of the Indonesian National Police. Increasingly Good condition strength and power hold it so will the more wide chance the success achieved.

Condition This as happened to the candidate student Police non-commissioned officers must do thorough preparation in the process of following selection. This is due to the selection process done very strictly and must capable reach threshold minimum limit if candidate student want to pass. Based on results observation in the selection process there is part candidate students who are lacking own Power stand good aerobics. This is show that ability physical candidate student Still there is something there minimum standard. Condition This naturally can influenced by several factor. One of the factors that is taken into account in selection that is strength and power stand muscle.

METHODS

Type study This is study descriptive. Research This aiming for know level fitness physical chassis Bintara POLRI Polda DIY 2022. Methods used in study This is method survey with method collect data (one) or two variable) from member population for determine the status of the population at a given time implementation. Research descriptive (descriptive research) is a method research aimed at for describe existing phenomena, which are taking place at the moment This or the past (A Furchan, 2004:54). While For technique research data collection This use test measurement (Maksum, 2012). Variables is object research, or what is becoming point attention a study Arikunto (2010:161).

Instruments study is tool aids selected and used in activity collect data for activities collect the data made easy become systematic and simplified by him Akurinto (2006:134). Instruments used in study This use instrument Guidelines Administration Exam Physical fitness Physical and Martial Arts Indonesian National Police For Civil Servants at the Police according to the Decree of the Chief of Police No.Pol.: SKEP/984/XII/2004 consisting of on Exam Fitness Test A (12 minute run) and Fitness Test B (Pull up/chinning, Sit up, Push Up, Shuttle run distance 6 x 10 meters).

RESULTS

Table 1: Descriptive statistics of fitness A

Statistics	Score
Mean	48,4492
Median	46,0000
Mode	45.00
Std. Deviation	7.88638
Minimum	32.00
Maximum	74.00

From the data above buffer described level Fitness A was obtained average of 48.45, the value middle of 46, the value often appear of 45 and deviation standard of 7.88. While score highest of 74 and a score of lowest of 32.

From the table above can known that level Fitness A chassis 2022 Polda DIY NCOs are in the category Enough with consideration average of 48.45. Fitness level A chassis 2022 DIY Regional Police NCOs in the category Good once 0 people or 0.00%, good 15 people or 8.02%, enough 146 people or 78.07%, less 26 people or 13.90% and less once 0 people or 0%.

2. Fitness B

Test results fitness physical on the candidate student 2022 DIY Regional Police NCOs for Physical Fitness B in the form of pull up, sit up, push up and shuttle run tests were obtained results as following:

Table 2: Pull Up Categories

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	36	19,25
2	Baik	44	23,53
3	Cukup	66	35,29
4	Kurang	32	17,11
5	Kurang Sekali	9	4,81
	Jumlah	187	100

From the table above can known that chassis pull up level 2022 DIY Regional Police NCOs are in the category Enough with consideration average of 59.34. The chassis pull up level 2022 DIY Regional Police NCOs are in the category Good once 36 people or 19.25%, good 44 people or 23.53%, enough 66 people or 35.29%, less 32 people or 17.11% and less once 9 people or 4.81%.

b. Sit Up

Table 3: Sit Up Categories

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	158	84,49
2	Baik	25	13,37
3	Cukup	4	2,14
4	Kurang	0	0,00
5	Kurang Sekali	0	0,00
	Jumlah	187	100

From the table above can known that chassis sit up level 2022 DIY Regional Police NCOs are in the category Good very with consideration average of 93.20. The chassis sit up level 2022 DIY Regional Police NCOs in the category Good once 158 people or 84.49%, good 25 people or 13.37%, enough 4 people or 2.14%, less 0 people or 0% and less once 0 people or 0%.

c. Push Up

Table 4: Push Up Categories

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	149	79,68
2	Baik	36	19,25
3	Cukup	2	1,07
4	Kurang	0	0,00
5	Kurang Sekali	0	0,00
	Jumlah	187	100

From the table above can known that chassis push up level 2022 DIY Regional Police NCOs are in the category Good very with consideration average of 90.96. Chassis push up level 2022 DIY Regional Police NCOs are in the category Good once 149 people or 79.68%, good 36 people or 19.25%, enough 2 people or 1.07%, less 0 people or 0% and less once 0 people or 0%.

d. Shuttle run

From the data above buffer described shuttle up level obtained average of 79.86, the value middle of 82, the value often appear of 90 and deviation standard of 13.8. While lowest of 32.

Table 5: Shuttle Run Categories

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	94	50,27
2	Baik	73	39,04
3	Cukup	18	9,63
4	Kurang	2	1,07
5	Kurang Sekali	0	0,00
	Jumlah	187	100

From the table above can known that chassis shuttle run level Bintara. POLRI Polda DIY 2022 is in the category Good with consideration average of 79.86. Chassis shuttle run rate 2022 Indonesian National Police NCOs from the DIY Regional Police are categorized as Good very as many as 94 people or 50.27%, both as

many as 73 people or 39.04%, enough 18 people or 9.63%, less 2 people or 1.07% and less once 0 people or 0%.

e. Fitness B

Table 6: Categories Physical Fitness B

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	104	55,61
2	Baik	78	41,71
3	Cukup	5	2,67
4	Kurang	0	0,00
5	Kurang Sekali	0	0,00
	Jumlah	187	100

From the table above can known that level B chassis fitness 2022 DIY Regional Police NCOs are in the category Good with consideration average of 80.99. The level of fitness B chassis 2022 Indonesian National Police NCOs from the DIY Regional Police are categorized as Good very as many as 104 people or 55.61%, good 78 people or 41.71%, enough 5 people or 2.67%, less than 0 people or 0% and less than once 0 people or 0%.

2. Physical fitness Physical

Table 7: Categorization Physical fitness Physical

No	Kategori	Frekuensi	Persentase (%)
1	Baik Sekali	0	0,00
2	Baik	132	70,59
3	Cukup	56	29,95
4	Kurang	0	0,00
5	Kurang Sekali	0	0,00
	Jumlah	187	100

2022 DIY Regional Police NCOs are in the category Good with consideration average of 64.72. The level of fitness B chassis 2022 Indonesian National Police NCOs from the DIY Regional Police are categorized as Good very as much as 0 people or 0%, either 132 people or 70.59%, enough 56 people or 29.95%, less than 0 people or 0% and less than once 0 people or 0%.

CONCLUSION

Based on results study level fitness physical chassis 2022 DIY Regional Police NCOs can obtained results that level fitness physical chassis 2022 DIY Regional Police NCOs are in the category Good with consideration average of 64.72. The level of fitness B chassis 2022 Indonesian National Police NCOs from the DIY Regional Police are categorized as Good very as much as 0 people or 0%, either 132 people or 70.59%, enough 56 people or 29.95%, less than 0 people or 0% and less than once 0 people or 0%.

Based on the results above show that strength and power stand muscle stomach, arms and shoulders are in the category Good once. While Power aerobic

endurance is in the category enough. Condition this show that level strength and power stand muscle stomach, arms and shoulders better compared to level Power aerobic endurance in participants candidate student 2022 NCOs at the DIY Regional Police. Condition This show that level strength and power stand muscle good stomach very Not yet capable give guarantee that chassis Police non-commissioned officers can also own ability Power stand good aerobics too. So that results This make proof that strength and power stand muscle to obtain priority exercise more much is done by the candidate student.

Power stand aerobics also often called with Power stand lungs – heart (cardiovascular). According to Irianto according to Rika Sepriani (2019:55) that Power stand lungs – heart is ability functional lungs – heart supply oxygen For Work muscle in long time. In line with opinion that the ability Power stand aerobics is a condition in which the body somebody can Work For do activity Work muscles supported by the ability functional lungs – heart. Condition This show that performance strength and power stand muscle stomach Not yet can give maximum contribution to ability performance lungs and heart.

Basically ability Power stand aerobics happen existence combination motion muscles and abilities functional lungs heart. Ability Power stand aerobics more tend to performance muscles and lungs heart in term long time. The existence of level ability strength and power stand muscle stomach more focused on ability movement in muscles stomach so that not enough touch on ability Work lungs and heart that are more deep. Condition This become factor that strength and power stand muscle stomach Not yet can give maximum contribution to Power stand aerobics.

Strength muscle is ability muscle or group muscle for do work, with withhold the load he lifts. So the strength is condition physique concerning ability a athletes at the time use his muscles accept burden in time certain Harsono in Lamusum (2021:40). In line with opinion the that Work strength and power stand muscle stomach more focused on performance processes muscle for withhold the burden that gives pressure on performance muscle So that performance strength and power stand muscle stomach just Not yet can give maximum contribution in performance functional lungs heart in long time.

Difference element motion on performance muscle arms and shoulders of course not enough touching on his contribution to performance lungs heart and movement muscle in term long time. The condition This show that strength and power stand muscle arm can given exercise alone so that can own level good ability once. According to Pekik (2000:13) The success of the program for reach fitness is largely determined by quality exercises that include objective exercise, selection of exercise models, use means more practice important Again is dose or dose outlined exercises in FIT concept (Frequency, Intensity, and Time). In line with opinion the show that ability Power stand aerobics This requires a process of practice and factors the right supporter in accordance with dose or proper dosage. Muscle performance arms and shoulders only No Enough For can give contribution to quality ability Power stand aerobics.

According to opinion Sumosardjuno in Akbar (2014:3) that somebody with capacity good aerobic and anaerobic will own efficient heart, effective lungs, circulation good blood anyway, so muscles capable Work in a way continuously without experience excessive fatigue. Condition this show that performance motion muscle and power hold this long naturally own will give influence to ability aerobics in a person.

Different with the opinion above show that performance muscle in as it is strength and power stand just No Enough give effective and efficient contribution to quality ability Power stand aerobics. This is show that dependence performance muscles and lungs the heart also intersects give good contribution. However, if contribution given No comprehensive so ability Power stand aerobics also not will increase with maximum.

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