

Measuring the Level of Physical Condition of the Remba FC Bangkalan Futsal Club

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ABSTRACT

This study aims to measure the level of physical condition of Remba FC Bangkalan Futsal Club players based on the five main components of physical fitness, namely endurance, strength, flexibility, speed and agility. This research uses a quantitative descriptive method with a survey approach. The population in this study were all active players of the Remba FC Club, with a sample of 10 people selected using a purposive sampling technique based on the criteria of age 19 years and activeness in training. The research instruments consisted of five types of standardized physical tests: 1200-meter running test (endurance), sit-up test (strength), sit and reach test (flexibility), 60-meter sprint test (speed), and shuttle run (agility). The data analysis technique used is descriptive statistics in the form of frequency distributions and percentages based on the classification of Indonesian Physical Fitness Norms. The research results show that in general the players' physical fitness levels are in the Good (50%), Very Good (30%), and Medium (20%) categories. Specifically, strength and agility have dominant values in the Very Good category, while endurance and speed show a distribution of values that still need to be improved. These results show that even though the players' physical condition is quite good, strengthening special training programs in the aspects of endurance and speed is still very necessary to support optimal performance in matches.

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INTRODUCTION

Exercise is an important part of a healthy lifestyle and is one of the pillars of improving people's quality of life (Suryadi et al., 2021). In the context of performance sports, physical fitness is one of the main requirements for every athlete to achieve optimal performance (Dhiyaulhaq et al., 2024). Futsal, as a fast and dynamic sport, requires comprehensive and well-trained physical abilities. A futsal player is required to have high endurance, speed of movement, core muscle strength, body flexibility, and agility in moving and anticipating game situations (Purnomo & Irawan, 2021).

In Bangkalan Regency, futsal is a sport that is increasingly growing and is popular with various groups, especially teenagers. Many internal clubs have emerged as a form

of coaching and a platform to channel interests and talents in the field of sports. One of them is the Remba FC Bangkalan Futsal Club. However, based on initial interviews with coaches, obstacles were still found in the players' physical aspects, such as getting tired quickly, being slow in transition movements, and a lack of endurance in maintaining the intensity of the game. This indicates that the physical condition of the players is not optimal and a measurable evaluation needs to be carried out (Mahfud et al., 2020).

The urgency of this research lies in the need for concrete data about athletes' physical conditions as a basis for preparing more effective and targeted training programs. Good physical condition—including endurance, strength, speed, flexibility and agility—is the main requirement for players to be able to perform optimally in matches (Pranata & Kumaat, 2022). Without standardized data, coaches will have difficulty developing training methods that suit individual players' needs. Apart from that, regular evaluation of physical condition can also prevent injuries which often occur due to a mismatch between the training load and the athlete's physical capacity (Debyanto et al., 2022).

The rationalization of this activity is supported by theoretical studies and previous research results which emphasize the importance of physical fitness in futsal. For example, Redita (2021) shows that good physical condition contributes directly to the endurance and reaction speed of futsal players. Meanwhile, Aryatama (2021) explains that good flexibility can support players' ball control abilities and flexible movements on the field. In addition, Syroyyudin et al. (2021) highlighted the importance of agility in the game of futsal which changes direction quickly. However, there has been no specific research that has mapped the physical condition of internal club futsal players in Bangkalan, especially Remba FC, as a whole using a standardized physical test approach.

The main problem in this research is that we do not yet know a structured description of the level of physical fitness of Remba FC futsal players. Therefore, this study designed a series of physical fitness tests that include five main components: endurance (1200-meter running test), strength (sit-ups), flexibility (sit and reach), speed (60-meter sprint), and agility (shuttle run). Through quantitative descriptive research methods, data is collected and analyzed to determine the classification of players' fitness levels based on national standards. This research aimed to determine the level of physical condition of Remba FC Bangkalan futsal players in terms of five components of physical fitness: endurance, strength, speed, flexibility and agility.

In general, the physical fitness level of Remba FC Bangkalan futsal players is in a good category, however, there are variations in each component of physical condition that require attention in preparing training programs.

METHODS

This research uses a descriptive quantitative approach. This approach aims to describe and explain the condition or status of the research object as it is based on numerical data obtained from measuring physical variables. The descriptive method was chosen because it is suitable for assessing the level of physical fitness through physical tests without manipulating variables or experimental treatments.

The scope of this research is in the field of sports education, specifically the study of physical fitness in futsal. The object of this research is the active players of the Remba FC Bangkalan Futsal Club who are aged 19 years. The focus of the research is the level of physical condition of futsal players which is measured through the five main components of physical fitness:

1. Endurance: the body's ability to carry out physical activity for a long period (measured by a 1200-meter running test)(Ramadiansyah, 2021).
2. Strength: the muscle's ability to contract against a load (measured by a sit-up test for 60 seconds)(Barasakti & Faruk, 2019).
3. Kelentukan: kemampuan otot dan sendi untuk bergerak secara optimal (diukur dengan sit and reach)(Waskito & Wiriawan, 2021).
4. Flexibility: the ability of muscles and joints to move optimally (measured by sit and reach)(Henjilito, 2017).
5. Agility: the ability to change direction quickly and precisely (measured by shuttle run)(Setyawan et al., 2022).

The research was conducted at the Remba FC Bangkalan Futsal Club training field. The time for data collection was carried out in May 2025. The population in this study were all active members of the Remba FC Futsal Club. The sample used was 10 players who met the inclusion criteria, namely actively participating in club training regularly, aged 19 years and not currently injured.

The sampling technique used is purposive sampling, namely selecting samples based on certain considerations that are relevant to the research objectives (Damsir et al., 2021). The physical test is carried out using standard equipment, including a digital stopwatch, mat and flexibility measuring instrument (sit and reach box), cones/stakes to mark the track, a flat field sized according to physical test standards, recording sheets and test result forms. Data was collected through direct observation using physical testing methods. Each fitness component is measured using standardized test instruments and refers to the Test Assessment Norms for 19-year-olds (Harjiansyah 2021). Each participant underwent five types of tests according to a specified schedule, and the measurement results data were recorded systematically.

Data analysis was carried out descriptively and quantitatively. The test results of each participant are converted into assessment categories (Very Good, Good, Average, Poor, Very Poor) based on the Indonesian Physical Fitness Test Norms (Kharisma & Mubarak 2020). Next, the data was classified and the frequencies and percentages for each category in each fitness component were calculated.

The percentage formula used :

$$P = \left(\frac{F}{N} \right) \times 100\%$$

Information :

P = Percentage

F = Frequency of subjects in a particular category

N = Number of all subjects

The final results were analyzed to describe the physical fitness profile of Remba FC futsal players as a whole and per component.

RESULTS AND DISCUSSION

This research was conducted on 10 active members of the Remba FC Bangkalan Futsal Club, to determine the level of their physical condition through five main indicators: endurance, strength, flexibility, speed and agility. Each indicator is tested using a standardized physical test method based on the age norm of 19 years. The recapitulation results for each aspect are presented in the form of frequency and percentage tables and analyzed descriptively.

Table 1.
Endurance Table (1200 Meters Running Test)

Category	Frequency	Percentage
Very well	2	20%
Good	4	40%
Currently	4	40%
Not enough	0	0%
Very less	0	0%
Total	10	100%

The majority of players are in the Good and Medium categories. This indicates that most players have adequate endurance, although increased aerobic training is still required to achieve optimal performance.

Table 2.
Strength Table (60 Second Sit-Up Test)

Category	Frequency	Percentage
Very well	5	50%
Good	2	20%
Currently	1	10%
Not enough	2	20%
Very less	0	0%
Total	10	100%

Most players show good abdominal muscle strength, but 20% of players are still classified as deficient, which needs to be improved through core muscle strengthening exercises.

Table 3.
Flexibility Table (Sit and Reach Test)

Category	Frequency	Percentage
Very well	4	40%
Good	2	20%
Currently	4	40%
Not enough	0	0%
Very less	0	0%
Total	10	100%

The results of the flexibility test show that the players have good flexibility and are ready to support the movement requirements in the futsal game.

Table 4.
Speed Table (60 Meter Sprint Test)

Category	Frequency	Percentage
Very well	2	20%
Good	3	30%
Currently	3	30%
Not enough	2	20%
Very less	0	0%
Total	10	100%

There are variations in speed abilities between players. Although most are in the Good and Average categories, there are still 20% of players in the Poor category who need to get additional speed training.

Table 5.
Agility Table (Shuttle Run Test)

Category	Frequency	Percentage
Very well	5	50%
Good	3	30%
Currently	1	10%
Not enough	1	10%
Very less	0	0%
Total	10	100%

The majority of players show excellent agility, in accordance with the demands of the futsal game which requires fast and dynamic movement responses.

Table 6.
Total Physical Fitness Level Classification Table

Category	Frequency	Percentage
Very well	3	30%
Good	5	50%
Currently	2	20%
Not enough	0	0%
Very less	0	0%
Total	10	100%

Overall, the players' physical fitness levels are in the Good (50%) and Very Good (30%) categories. This shows that the majority of players are in good physical condition and ready to take part in the match, although there are still several aspects that require strengthening overall, the players' physical fitness levels are the Good (50%) and Very Good (30%) categories. This shows that the majority of players are in good physical condition and ready to take part in the match, although there are still several aspects that require strengthening.

Discussion

Based on the research results, the physical condition of the Remba FC Bangkalan futsal players is generally considered good. However, several important findings need to be highlighted:

1. Endurance: The players' aerobic capacity is quite good, but not evenly

distributed. It is recommended to improve with a middle-distance and interval running training program.

2. Muscle Strength: The majority of players have good abdominal muscle strength. However, the distribution of force between individuals needs to be balanced to avoid injury and improve performance when performing explosive movements.
3. Flexibility: Body flexibility is relatively good, but needs to be maintained so that the risk of injury can be minimized, especially in the hamstrings and hips which are often used in futsal games.
4. Speed: This is an aspect that varies quite a bit between players. Sprint training and reaction drills are highly recommended for this performance improvement.
5. Agility: Already at an optimal level. This ability to quickly change direction is very helpful in defence and attack.
6. The physical fitness level of Remba FC Bangkalan players is generally at an adequate to a high level, reflecting the effectiveness of the training program carried out so far.

This research is in line with research by Ramadiansyah (2021), it was found that in his research on the physical condition of Lumajang futsal athletes, he explained that the athlete's physical condition greatly influences the intensity of training and performance during competition. The majority of athletes who have good endurance and agility tend to show more stable performance on the field.

Also supported by research by Debyanto et al. (2022) which examined the physical condition of Padang City Satellite Futsal Club players, the results showed that 50% of the players had a fitness level in the "Adequate" category, and training planning based on the main physical components was required: speed, agility, and endurance.

There is also research by Syroyyudin et al. (2021) in their research on futsal players from the Brancos club, Lubuklinggau City, found that endurance and core muscle strength have a strong correlation with optimal playing duration without experiencing a significant decline in performance.

CONCLUSION

Based on the results of research and analysis of the physical condition of the Remba FC Bangkalan Futsal Club players, several conclusions can be drawn as follows::

1. The endurance level of futsal players is mostly in the Good and Medium categories (40% each). This shows that the players' aerobic capacity is adequate, but there is still room for improvement through endurance training programs such as middle-distance running and interval training.
2. The level of abdominal muscle strength showed very positive results, with 50% of players in the Very Good category. This reflects the stability of strong core muscles, which support performance when playing. However, 20% of players were still classified as Deficient, indicating the need for a more even distribution of strength training.

3. The flexibility of the players is also good, with 40% of the players classified as Very Good and 40% Average. This supports flexibility of movement in futsal games. This body flexibility must be maintained through consistent stretching exercises.
4. Player speed is quite varied, with 20% of players still in the Poor category. This indicates that speed is not evenly distributed in the team and needs to be improved with sprint training, quick reactions and acceleration.
5. Agility is the main advantage of the players, with 50% classified as Very Good and 30% Good. This supports the ability to change direction quickly which is key in defensive and attacking strategies in futsal.
6. Overall, the physical fitness level of Remba FC Bangkalan players is in the Good (50%) and Very Good (30%) categories, which means that the majority of players have physical conditions that support competitive performance. However, there is still a need to strengthen the aspects of speed and endurance so that all players achieve optimal and even performance.

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