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In Cooperation:



Dies Natalis ke-47

Yogyakarta State University



ISORI DIY



Ministry of Youth and Spo Republic of Indonesia

33	BUILDING CHARACTER EDUCATION THROUGH PHYSICAL ACTIVITIES (GAMES) Indah Prasetyawati Tri Purnama Sari, Yogyakarta State University	277 - 282
34	GROWTH AND HEIGHT PREDICTION AS A BASIC ACHIEVEMENTS SINCE EARLY AGE Jaka Sunardi, Yogyakarta State University	283 - 292
35	A MYTH OR REALITY?	
	Joko Purwanto, Yogyakarta State University	293 - 299
36	CONTRIBUTION OF SATELLITE CELLS	
	Kartika Ratna Pertiwi, Yogyakarta State University	300 - 306
37	THE EFFECT OF LEARNING METHOD AND MOTOR EDUCABILITY LEVEL TOWARDS THE SKILL MASTERY OF BASIC TECHNIQUE IN PLAYING SEPAK TAKRAW	
	l Ketut Semarayasa, Ganesha University of Education	307 - 311
38	THEORY OF MULTIPLE INTELLIGENCES APPLICATIONS IN PHYSICAL EDUCATION IN ELEMENTARY SCHOOL	
	Komarudin, Yogyakarta State University	312 - 317
39	BIG BALL GAME WITH KORFBALL Lilik Indriharta, UPN "Veteran" Yogyakarta	318 - 325
40	IMPROVING THE STUDENTS' EMOTIONAL INTELLIGENCE THROUGH THE PHYSICAL EDUCATION	
	Lismadiana, Yogyakarta State University	326 - 329
41	WHEN POSITIVISM PARADIGM BECOMES OVER DOMINANT IN PHYSICAL EDUCATION	
	M. Hamid Anwar, Yogyakarta State University	330 - 333
42	APPLICATION OF AWARENESS TRAINING MODEL TO ENHANCED PSYCHOLOGICAL ASPECT OF VOLLEYBALL PLAYER	
	Nasuka, Semarang State University	334 - 341
43	PHYSIOLOGICAL AND PSYCHOSOCIAL PROFILES OF FEMALE ATHLETES IN "MASCULINE" SPORT (A DESCRIPTIVE STUDY ON FEMALE ATHLETES	
	PARTICIPATING IN SOCCER, TARUNG DRAJAT AND BOXING)	
	Nina Sutresna, Indonesia University of Education	342 - 347
	THERAPEUTIC MODALITIES IN RECOVERY PHASE TO ENHANCE ATHLETIC PERFORMANCE	
	Novita Intan Arovah, Yogyakarta State University	348 - 354

GROWTH AND HEIGHT PREDICTION AS A BASIC ACHIEVEMENTS SINCE EARLY AGE

By: Jaka Sunardi Yogyakarta State University

ABSTRACT

This paper aims to reveal the importance of understanding and prediction tumbuhkembang height as the capital of achievement from an early age. achievement can not be obtained within a relatively short time. identification of giftedness will also need to be understood by parents, coaches and sports coaches. development of the child become one of central concern to drive up to the level of achievement. in a particular sport requires a high importance weight, related matter, the actual height can be known by parents from an early age, besides this, there are things that are also important to know the characteristics of giftedness and age stages begin practicing until the age of achievement, if it is known early, it will appear more athletic talent and potential.

Keywords: growth and development, height, talent, age achievement

INTRODUCTION

The concept of sports coaching done from an early age. The phenomenon of the field often appears that performance in sports for most people say life is not promising for the future well-being. Meanwhile, to become the champion takes years to prepare. When we see the development of sports achievements abroad, it can be said that the champion sport can be likened to the world's leading artists, and even transfers from one club to another club to reach billions of rupiah.

Starting from this, we would need to do a reflection and a thorough evaluation. There is a saying that men in corpore Sano who understood that in a healthy body there is also a strong soul. Mental strength means a person who has character and fingers herself. To improve the mental strength required support good physical health. Physical for the better should be the optimization of physiological performance. That children have a high fitness level, the sport activity to be one alternative solution.

From the series description, indirectly also appear giftedness of these children. For more visible for giftedness is then necessary to increase and supervision related to child growth. Child's growth will also contribute to the sport that will digelutinya. Exemplified that in sports or basketball bolavoli required height is high enough. Actually, the maximum height was also predictable. Moreover, the jkuga need to know how we know the characteristics of children who have talent. And for clearer direction from the exercise developmentally age, entry age specification and age of sports achievement will be discussed in the study as follows.

DISCUSSION

Before long we talk about talent scouting, will be more concrete if we know little about child development first. Development of the child has a level of periodicity. Many references that reveal this problem. Here are the characteristic tendency of development of the child under a certain age period (adapted from Willis, Benjamin C, 1966; Harsono, 1969; Harsono, 1988; Kreamer, William J and Fleck, Steven J, 1991; and results temukarya Affairs, 1991). Growth period can be divided in age groups 5-8 years, 9-11 years, 12-13 years, 13-14 years and 14-16 years, who are described as follows below.

1. Age period 5-8 years

- a. slow bone growth
- b. easily occur abnormality posture
- c. motor coordination is still / look ugly / poor, disorganized
- d. very active, playing through fatigue, attention span / concentration narrow
- e. dramatic, imaginative, imitative, sensitive to sounds and rhythmic motion.
- f. Creative, inquisitive (department / curiosity, curious). Glad to investigate, learn through activity.
- g. Self-centered, happy to form small groups, men and women have similar interests.
- h. Seeking approval from adults (parents, teachers, brothers and others).
- i. Easily excited by praise, but easily upset by criticism.

2. Age period 9-11 years

- a. in a period of steady growth (steady), the muscles grow faster and require exercise, poor posture tends, therefore, required body shaping exercises.
- b. Full of energy, but tire easily
- c. Interest arises for good in a certain physical skill and games organized, but not yet ready to understand the complicated regulations, renytang attention longer
- d. Glad / dare challenge the activities of a rather harsh (rough)
- e. More fun hanging out with opponents like and peer
- f. Enjoys dramatic activity, creative, imaginative and rhythmic
- g. Enthusiasm for the achievement of individual, competitive, have idol
- h. This is a good time, for mendiudik morals and good social behavior
- i. Formed groups, seeking approval of the group.

3. Age period 12-13 years

- a. entering a period of transition from child to pradewasa; women are usually more mature (mature) than men, but men have the endurance and strength more.
- Tunbuh rapid growth, but less regular, frequent mentebabkan body balance is disturbed, because the movements tend to be rigid / ugly (awkward), can be practicing until fatigue
- c. More concerned with the success of group / team, rather than individuals; more pleasure from the game and pertandinganyang using the official rules and more organized; want to be recognized and accepted as a member of the group
- d. The existence of interest in activities that can enhance the ability and skills; start of interest to physical exercise
- e. Glad to participate in active recreational activities; need adabimbingan and supervision in her social with the opposite sex
- Self-awareness began to grow, so too emotional, though still inadequately controlled / restrained; looking for adult approval
- g. Care about democratic procedures and group planning (planning team / group); increasingly less able to accept the authority and autocratic attitude of others.

4. Age period 13-14 years

- a. rapid body growth is still / still continue, women are generally taller and heavier than in males.
- b. The muscles begin to look to grow, but coordination is generally still not good movement
- Start da sexual tension; increasingly growing interest in physical activity; happy to be perfection in appearance; glad to experiment; creative

- d. Prioritize activities of groups (gangs), rather than individual; loyalty to the group stand out.
- e. This is the period, in which the child is difficult to adjust to the surrounding environment (social adjustment); men and women are different interests.
- f. Less stable in solidarity; to have an idol, such as teachers or friends who are older, emotional change; want to be free / independent, tidakmau dictated / governed.

5. Age period 14-16 years

- a. Tend to approach biological maturity, physical growth is rapid, especially men.
- b. Improved motor coordination, especially women; able to participate in activities that require skill / skill.
- c. The more / more interested in other forms of active recreation; prefer male team sport, women are also menyenagi team sport, but nascent interest in individual activities.
- d. Want to have a healthy and attractive body (attractive); fear losing that status, due to the growing body of less than perfect or less attractive, a man wants to be strong and sturdy.
- e. Because at this age men and women happy group, so often formed gangs (groups); want the recognition (recognition) of the group.
- f. Start da attention (interest) to the opposite sex (other sex).
- g. Start there is interest in the activities of aesthetic and intellectual, creative, fun experimenting (trying), particularly in music and tari-menari/dansa.
 - From the above explanation of the concept of growth and development, finally emerged sebua question, how to get to know the maximum height prediction of these children. For more details about how to know the height prediction will be described as follows.

PREDICTION OF HEIGHT BODY

In certain sports, height is a critical element for achievement. Who benefit from sports such as rowing height, jumping, starting and throwing in athletics, volleyball, basketball and others. Measurement height definitive prediction can be done in several ways is by using the formula Havlicek (1977), Sramkova and colleagues (1978) by measuring the child's height, which is in children aged 5-17 years) and chronological age. Both ways will be described below.

1. Definitive prediction of a child's height (formula Havlicek (1977) in Siswantoyo (2010).

Example 1:

Male child's name: Werkudara

High father: 172 cm; High mother: 156 cm

Enter the formula = $172 + 156 \times 1.08$

2

= 354.24

2

= 177.12 cm

So predictions Werkudara definitive height: 177.12 cm

Example 2:

Girl Names: Hernandes

High father: 172 cm; High mother: 168 cm

Enter the formula = $172 \times 0923 + 156$

2

= <u>314 756</u>

2

= 157.37 cm

So predictions Heroine definitive height: 157.37 cm

A. Definitive prediction for the child's height According male Sramkova, 1978)

AG E	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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124	192. 5	184.	178. 7	173.	168.	164.	161.	159.		1		21000 - 1		
124					4	2	1	6						
125	193. 6	185. 8	179. 9	173. 9	169.	165. 0	161. 9	160. 3						
126	194. 7	186. 9	181.	174. 8	170.	165. 9	162. 7	161. 0						
	195.	187.	182.	175.	171.	166.	163.	161.		 		$\neg \neg$		
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128	197. 0	188. 9	183. 5	176. 6	171. 9	167. 6	164. 3	162. 4	162. 5					
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134		195. 1	190. 6	181. 9	177. 1	172. 7	169. 1	166. 5	165. 7	163. 7				
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		195. 2	190. 3	185. 5	181. 1	176. 9	173. 7	170. 7	165. 2	158. 7		
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153			194.	189.	185.	180.	176.	173.	168.	162.	158.	154.
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					191.	186.	180.	176. 7	172. 9	168. 5	165. 4	162. 4
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163					3 193.	7 187.	1 161.	177.	5 174.	3 170.	3 167.	164.
164					1	4	6	7	1	1	2	4
165					193. 9	188. 0	182. 2	178. 1	174. 6	170. 8	168. 1	165. 4
						188. 7	182. 7	178. 6	175. 2	171. 6	169. 0	166. 4
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179					1	6	6	9	4	4	5
175						190.	185.	183.	182.	181.	180.
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						192.	186.	185.	185.	184.	184.
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B. Definitive prediction for the child's height Women According to Sramkova, (1978) in Siswantoyo (2009)

AG E	5	6	7	8	9	10	11	12	13	14	15	16	17
ТВ													
	180.	171.	163.	157.	151.	150.	149.						
121	6	9	8	3	5	2	4 450					-	-
122	182. 0	173. 1	165. 1	158. 4	152. 6	151.	150.						
122	183.	174.	166.	159.	153.	151.	150.	147.	-			 	
123	3	4	4	6	7	8	7	8					
10000	184.	175.	167.	160.	154.	152.	151.	148.					
124	6	6	7	8	8	7	4	5		 	 		
105	185. 9	176. 9	169. 0	161. 9	155. 9	153. 5	152.	149.			1		
125	187.	178.	170.	163.	157.	154.	152.	149.				 	
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	188.	179.	171.	164.	158.	155.	153.	150.					PIETE PROPERTY
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129	191. 2	181. 8	3	6	3	9	8	6					
120	192.	183.	175.	167.	161.	157.	155.	152.					
130	5	1	6	8	4	8	4	2	143.9				
		184.	176.	168.	162.	158.	156.	152.					
131		3	9	9	5	6	1	9	144.7			 	
420		185. 6	178. 2	170. 1	163. 6	159. 5	156. 8	153. 5	145.5				
132		186.	179.	171.	164.	160.	157.	154.	170.0			·	
133		8	5	3	7	3	5	1	146.3				
		188.	180.	172.	165.	161.	158.	154.					
134		0	8	4	8	2	1 450	8	147.1	430			
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135		3 190.	183.	174.	167.	162.	159.	156.	147.5	140.			21227/00/20
136		5	4	8	9	9	5	0	148.7	6			
			184.	176.	169.	163.	160.	156.		141.			
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400			186.	177. 1	170. 1	164. 6	160. 8	157. 3	150.3	142. 6	_		
138			0 187.	178.	171.	165.	161.	157.	130.3	143.		<u> </u>	
139			3	3	2	4	5	9	151.1	6			
,00			188.	179.	172.	166.	162.	158.		144.	141.		
140			6	5	3	3	1	5	151.9	5	5		
			189.	180.	173.	167.	162. 8	159. 2	152.7	145. 5	142. 5		
141			9 191.	6 181.	4 174.	168.	163.	159.	102.1	146.	143.		
142			2	8	5	0	5	8	153.5	5	5		
172			192.	183.	175.	168.	164.	160.		147.	144.	143.	
143			5	0	6	8	1	4	154.3	5	5	6	
]			193.	184.	176.	169.	164.	161.	155.1	148. 5	145. 5	144.	
144			9 195.	1 185.	7 177.	7 170.	8 165.	161.	155.9	149.	146.	145.	145
145			190.	3	8	5	5	7		4	5	6	2
140				186.	178.	171.	166.	162.		150.	147.	146.	146
146				5	9	4	2	3	156.6	4	5	6	2
				187.	180.	172.	166.	162.	457 4	151.	148.	147.	147 2
147				6	191	173	8 167.	9 163.	157.4	4 152.	5 149.	148.	148
148				188. 8	181. 1	173. 0	5	6	158.2	4	5	7	2
140				190.	182.	173.	168.	164.		153.	150.	149.	149
149				0	2	9	2	2	159.0	4	5	7	2
				191.	183.	174.	168.	164.		154.	151.	150.	150
150				_1_	3	7	8	8	159.8	4 4 5 5	5	7	151
					184.	175. 6	169. 5	165. 5	160.6	155. 3	152. 5	151. 7	151 3

Table: Model Bloom about the characteristics of gifted children

	TAHAPAN KARIR									
INDIVIDU	AWAL	BERKEMBANG	SEMPURNA							
Performance (Athletes / Child)	Happy, happy, excitement, feel special	"mad-crazy", dedication	Obsession, is responsible							
Mentor (Coach)	friendly, cheerful, loving, strong process orientation	assertive, respect, skill, provide a positive challenge	Feared / respected, to bring success, bound by							
Parents Modified for the second	Sharing the joy and spirit, supportive, positive	Willing to sacrifice (including financial), limiting the child's	emotion							

Modified from: Handbook of research on sport pshychology (Singer, Murphey, Tennant, 1993)

By knowing the characteristics of gifted children are the most will facilitate the next step in directing the child's potential in accordance with keberbakatannya. In accordance with the stages of growth and development, the child who has talent in accordance with his age will go in which position and what the sport. To more clearly examine the corresponding table reference age and following sports.

REFERENCE AGE CHILD BEGINS TO EXERCISE, SPECIFICATIONS AND ACHIEVE PEAK PERFORMANCE

In accordance with the concept of physical education lessons always started with a low difficulty level to a higher or from the easier to the more difficult. It is also a kind of similarity in age distribution started to exercise, specifications and ultimate achievement. It would be more detail can be seen in the following table.

Table: Overview of Development of Age Related to the Development of Ability at Each Branch Sports

No	SPORT	exercise Starting	Age start specifications	Age achievement
	Athletics	12-14	16-18	23-30
	- Run a short distance - middle distance - Running distance - High Jump - Jump far - Jump three - Throw	10-12 13-14 14-16 12-14 12-14 12-14 14-15	14-16 16-17 17-19 16-18 17-19 17-19	22-26 22-26 25-28 22-25 23-26 23-26 23-27
	Badminton	10-12	14-16	
	Baseball	10-12	15-16	20-25
	Basketball	10-12		22-28
	Boxing	13-15	14-16	22-28
	Canoeing	12-14	16-17	22-26
	Handball	10-12	15-17	22-26
TI	Bicycles		14-14	22-26
	Diving	12-15	16-18	22-28
	woman man	6-8 8-10	9-11 11-13	14-18
	encing	10-12		18-22
F	ield Hockey	11-13	14-16	20-25
S	Skating	7-9	14-16	20-25
		1-9	11-13	18-25

Calisthenics - Woman	6-8	9-10	14-18
man	8-9	14-15	22-25
Judo	8-10	15-16	22-26
Dasa contest	11-13	14-16	21-25
Rowing	11-14	16-18	22-25
Layar	10-12	14-16	22-30
Shooting	12-15	17-18	24-30
Football	10-12	14-16	22-26
Squash	10-12	15-17	23-27
Swimming ** woman man	7-9 7-8	11-13 13-15	18-22 20-24
Tenis meja	8-9	13-14	22-25
Tennis Woman man	7-8 7-8	11-13 12-14	17-25 22-27
Volleyball	10-12	15-16	22-26
Water Polo	10-12	16-17	23-26
Weightlifting	14-15	17-18	23-27
Wrestling	11-13	17-19	24-27

Description: ** In the pool stages of starting exercise can be performed at the age of 3-7 years. Preview age is not something absolute, so that when small deviations occur between 1-2 years can only happen (Garuda Gold, 2000).

By doing intensive assistance related to development of the child and recognize the characteristics of giftedness of children who later provided facilitation special services for gifted children, the achievement would be the best performance can be expected. To further support the achievement tercapaianya

CONCLUSION

Achieving peak performance can not be achieved in an instant. In accordance with the phases of coaching sports, needs to be done since the age of the children. Inside there is a strong body of a healthy soul, so that the values of physical education needs to be invested at an early age. Efforts to select athletes who really potential in each sport requires a touch of sport science and technology, which among others, by following the development of the child, predicted height, coaching programs are targeted, structured and programmed. In order to obtain a child who has talent, it is necessary to understanding karakyeristik gifted children. Starting from this prediction, performance will be obtained by following the stages of development achievements from the age of starting practice, starting age and the age specification sport began performing in different sports they do. For long-term collaborative development is necessary between sport and physical education health education track with sports clubs or the other.

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This is to certify that

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