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PROCEEDING INTERNATIONAL CONFERENCE OF ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES) 2015: ENHANCING THE QUALITY OF SERVICES IN PHYSICAL EDUCATION, HEALTH AND SPORT FOR A BETTER FUTURE

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WELCOME MESSAGE

On behalf of Semarang State University (Unnes), I take great pleasure in welcoming you to our first conference of Asean Council of Physical Education and Sport (ACPES) in 2015. We are privileged to organize this conference in the right place to enhance our academic awareness on issues related to Physical Education, Health and Sport.

The theme of this conference "Enhancing the Quality of Services in Physical Education, Health and Sport for a Better Future" is in line with Semarang State University's vision as a conservation university. Conservation values can be proliferated by the quality of services in Physical Education, Health and Sport also in turn, Physical Education, Health and Sport wise can be developed by embarking from conservation and local values. Therefore, this conference will give a great contribution to our effort to proliferate the importance of cultural preservation as an integral and significant part of our national identity.

I extend my sincere gratitude to ACPES 2015 committee for their untiring efforts to organize this prestigious event. I wish all the speakers and participants of ACPES 2015 get the most of this special event.

Sincerely yours,

Prof. Dr. Fathur Rokhman, M.Hum.
Rector of Semarang State University (Unnes)

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PREFACE

In the modern society, sports has been recognized as a strategic tool for peace and education, thus, since 1978 the United Nations Educational Scientific and Cultural Organization (UNESCO) has facilitated the publication and proclaimed the International Charter of Physical Education and Sport. Instead of charter aims driving the development of physical education and sports for services of human advancement, promoting development, and urged the government agencies, non-governmental organizations in which competent, educators, families, and individuals themselves are eager to be guided, and given a referral to disseminate and insert the programs and activities of sport into practical level. Keep abreast of changing times and needs, this charter has been renewed from time to time.

Today, one of the toughest challenges to realize sport as a functional tool for peace and education is automation technologies which develop very progressively affecting the livelihood and lifestyles. Indeed, there is an anomaly and ironic situation here. Advances in technologies are intended to facilitate live and make humans have greater opportunities to conquer the nature, but in turn it gives complicates effect to life itself. Degenerative diseases increase the number of sufferers continuously and we must admit that one of the causes is the advancement of technologies which have made life easier and do not require lots of physical works to accomplish daily activities.

On the other side, sport and health experts and all who care about the quality of life today, encourages all parties to move physically and restore the function of the body in its natural essence. Again, this is something that all the time trying to alleviated by technology.

Therefore, undoubtedly we must dare to take breakthrough steps, thus physical education, and sport, are able to be a good medium for improving the quality of life, through improving the quality of service implementation. These efforts include the quality of agents (teachers, instructors, facilitators, trainers), quality of facilities, the quality of laws and regulations, as well as the quality of government policy. Through the annual scientific meeting among sports academia in South East Asia region, we can come together and support each other, to find the best formula to enhance the quality of services.

In this occasion, where Semarang State University hosted the meeting, a number of themes of scientific papers will be presented and discussed, with the hope we are able to provide inspiration for a better future.

Thank you for your help and participation of all parties, May God bless us all.

Your faithfully,

Prof. Dr. Tandiyo Rahayu, M.Pd
Chair Person of International Conference of ACPES 2015

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CONTENTS

WELCOME MESSAGE	iii
PREFACE	iv
ACPES 2015 STEERING COMMITTEE	v
ACPES 2015 SCIENTIFIC BOARD	vi
CONTENTS	vii

ORAL PRESENTATIONS

PHYSICAL EDUCATION - TEACHING

1.	<i>ROLE OF INFORMATION AND COMMUNICATION TECHNOLOGY: ITS IMPACT ON STUDENTS' LEARNING AND THE EXTENT OF EFFECTS TO SOCIAL, RECREATIONAL AND SPORTS ACTIVITIES</i> Corazon T. Biong, Thailand	1
2.	<i>LEARNING MODEL DEVELOPMENT APPROACH SHOT PUT WITH GAME FOR STUDENTS GRADE V ELEMENTARY SCHOOL</i> Ni Putu Nita Wijayanti, Indonesia	13
3.	<i>HIGAONON DANCES: ITS IMPLICATION FOR CULTURAL IDENTITY, PEACE & DEVELOPMENT</i> Rebecca M. Alcuizar, Corazon T. Biong, Arlene Reyes, Philippines	19
4.	<i>PHYSICAL FITNESS IMPROVEMENT EFFORTS ON LOWER CLASS STUDENTS OF ELEMENTARY SCHOOL THROUGH PLAY-BASED APPROACH ON PHYSICAL EDUCATION SUBJECT</i> Yustinus Sukarmin, Indonesia	26
5.	<i>TONNIS GAME FOR PHYSICAL EDUCATION LEARNING</i> Tri Nurharsono, Moch Fahmi Abdulaziz, Indonesia	35
6.	<i>THE TABLE TENNIS STROKES SERVICE DEVELOPMENT THROUGH PHYSICAL EDUCATION LEARNING PROCESS</i> Jonni Siahaan, Indonesia	40
7.	<i>PLAY LEARNING MODEL DEVELOPMENT ON PHYSIC EDUCATION CHARACTER BUILDING IN ELEMENTARY SCHOOL GRADE V</i> Waluyo, Indonesia	49
8.	<i>REINVENTING THE GAME (RTG) FOR PHYSICAL EDUCATION</i> Balbinder Singh, Singapore	70
9.	<i>DISSEMINATION MODEL OF ADAPTIVE PHYSICAL EDUCATION LEARNING FOR THE BRAIN OPTIMALIZATION OF RETARDED KIDS: PHYSICAL THERAPY AND NEUROSCIENCE OVERVIEW</i> Sumaryanti, Indonesia	81
10.	<i>HOW SPORT STUDENT EXCHANGE (SSE) AFFECTS STUDENTS' ACADEMIC PERFORMANCE IN SPORT SCIENCE FACULTY</i> Lulu April Farida, Indonesia	88

11. <i>THE DIFFERENCE OF PLAY LEARNING APPROACH AND AGE GROUP EFFECTS ON THE IMPROVEMENT OF BASIC MOTOR ABILITY</i> Agus Supriyoko, Indonesia	95
12. <i>THE "SPELT" LEARNING MODEL TO IMPROVE RESULTS OF STUDENT LEARNING ON SPORTS PSYCHOLOGY SUBJECT</i> Dimiyati, Edi Purnomo, Komarudin, Indonesia	100
13. <i>IMPLEMENTATION OF TEACHING GAMES FOR UNDERSTANDING MODEL TO ENHANCE STUDENTS' CRITICAL THINKING SKILLS</i> Wahyu Indra Bayu, Risfandi Setyawan, Indonesia	111
14. <i>GYM BALL BOOK DEVELOPMENT ON THE SUBJECT OF AEROBICS AND FITNESS IN FIK UNESA</i> Kunjung Ashadi, Oce Wirawan, Ika Jayadi, Indonesia	119
15. <i>DEVELOPING KIVOL BALL</i> Ruslan, Maisal Nento, Mirdayani Pauweni, Indonesia	120
16. <i>TENNIS AS A RECREATIONAL SPORT TO REDUCE TEENAGERS' MISBEHAVIOUR</i> Limpad Nurrachmad, Prapto Nugroho, Indonesia	121
17. <i>THE DEVELOPMENT OF MODIFICATION OF MINI BASKETBALL GAME TO IMPROVE LEARNING OUTCOME OF BASKETBALL OF ELEMENTARY SCHOOL STUDENTS CLASS VI IN PALEMBANG</i> Rudy Noor Mukhtar, Indonesia	122
18. <i>MODEL BASED MOTION ACTIVITY LEARNING GAMES FOR PHYSICAL EDUCATION TEACHING MATERIALS ELEMENTARY SCHOOL CLASS I (RESEARCH DEVELOPMENT IN ELEMENTARY SCHOOL STUDENTS CLASS I ON THE JEPARA REGENCY CENTRAL JAVA FOR LEASON YEAR 2013/2014)</i> Rif'iy Qomarullah, Indonesia	124
19. <i>TRAVELLING THROUGH TIMES: HIGA-ONON DANCES UNRAVELED</i> Arlene V. Reyes, Philippines	125
PHYSICAL EDUCATION - ASSESSMENT	
20. <i>THE IMPACT OF SCHOOL FACILITIES CONDITIONS ON PHYSICAL EDUCATION TEACHER'S PERFORMANCE (A CASE STUDY OF PHYSICAL EDUCATIONS TEACHERS OF ELEMENTARY SCHOOLS IN SEMARANG)</i> Harry Pramono, Indonesia	126
21. <i>ROLE OF GENDER AND CULTURE IN PHYSICAL EDUCATION AT UPPER SECONDARY SCHOOL IN SURAKARTA</i> Dwi Gunadi, Indonesia	133
22. <i>CONFIRMATORY FACTOR ANALYSIS OF THE TEST OF GROSS MOTOR DEVELOPMENT-2</i> Ismaryati, Indonesia	140
23. <i>PRESCHOOL STUDENTS LEVEL OF MOTOR SKILL DEVELOPMENT</i> Wan Azira Abd Aziz, Borhannudin Abdullah, Shamsulariffin Samsudin, Malaysia	146

24. THE MEANING OF PHYSICAL ACTIVITY FROM THE STAND POINT OF INDONESIAN IMMIGRANT YOUTH IN THE USA: A PHENOMENOLOGICAL STUDY Caly Setiawan, Indonesia	147
25. THE EVALUATION OF PHYSICAL FITNESS OF PHYSICAL EDUCATION (PE) TEACHERS AT PREEMINENT SCHOOLS IN ACEH BESAR IN THE 2015 ACADEMIC YEAR Syamsul Rizal, Yeni Marlina, Indonesia	148
26. RELATIONSHIP OF EMOTIONAL QUOTIENT (EQ) ON SPORTS PERFORMANCE Endang Sri Retno, Indonesia	149
27. THE RELATIONSHIP BETWEEN SPEED, STRENGHT, AGILITY AND LONG LEGS WITH FOOTWORK BADMINTOON PLAYERS Suratman, Indonesia	150
28. RELATION OF SPEED, AGILITY AND BALANCE WITH DRIBBLING SKILL IN FOOTBALL GAME OF PESPEX SOCCER SCHOOL'S STUDENTS IN CILEUNGI BOGOR 2011 Yuwono, Indonesia	151
29. IDENTIFYING YOUNG TALENTED ATHLETES USING A MODEL OF SOCCER SKILLS TEST Nining Widyah Kusnanik, Indonesia	152
30. TEACHING SKILL'S PROFILE OF ELEMENTARY SCHOOL PHYSICAL EDUCATION TEACHER IN TAMAN SIDOARJO EAST JAVA Suroto, Fifukha Dwi, Khory, Indonesia	153
31. A REVIEW OF COPING STRATEGIES IN SPORTS ACROSS CULTURE Shermaine Lou, Singapore	154
32. HOW DO MOVEMENTS BECOME COORDINATED OVER TIME? : A PROPOSED ANCHORING QUESTION FOR TECHING MOTOR CONTROL AND LEARNING KEE Ying Hwa, Singapore	155
 SPORT SCIENCE - SPORT COACHING & TRAINING	
33. DEVELOPMENT OF PROTOTYPE SINGLE POMMEL MUSHROOM FOR CIRCLE MOVEMENT TRAINING AIDS IN MEN'S ARTISTIC GYMNAST Agus Darmawan, Indonesia	156
34. THE INFLUENCE OF PLAYING ACTIVITY ON MOTOR SKILLS AMONG LOWER GRADE ELEMENTARY SCHOOL STUDENTS Gustiana Mega Anggita, Indonesia	163
35. THE DEVELOPMENT OF KICKING ACCURACY PRACTICE IN SOCCER FOR THE CHILDREN WITH THE AGE GROUP OF 13 TO 14 YEARS OLD Khoiril Anam, Indonesia	171
36. AFFECTING FACTOR OF SWIMMING EXERCISES BASED ON MULTI-LATERAL METHOD TO INCREASING COGNITIVE INTELLIGENCE OF CHILDREN Kusuma, Moh. Nanang Himawan, Julianti, Kelli, Indonesia	180

37. EVALUATION OF AMATEUR BOXING NATIONAL CHAMPIONSHIPS IN INDONESIA Soedjatmiko, Indonesia	186
38. CENTRAL JAVA SPORTS ACHIEVEMENTS MAPPING ON PON XV, PON XVI, PON XVII, AND PON XVIII Sri Haryono, Indonesia	192
39. THE EFFECT OF DIFFERENCES BETWEEN LEARNING APPROACH, DISTANCE OF HIT, AND KINESTHETIC PERCEPTION TOWARD ABILITY GROUND STROKES FOREHAND ON TENNIS Rivan Sagita Pratama, Indonesia	206
40. EFFECTS OF THE PERCEIVED SELF-EFFICACY WALKING EXERCISE PROGRAM ON HBA1C AND BODY COMPOSITION IN DIABETES MELLITUS Benjaporn Keawkumtai, Chairat Choosakul, Thailand	214
41. EFFECTS OF WEIGHT TRAINING AND AQUAROBICS ON BONE REMODELING IN OBESE WOMEN (STUDY IN IL-6, CTx AND N-MID OSTEOCALCIN) Siti Baitul Mukarromah, Indonesia	219
42. THE EFFECT OF DRIBBLING SHIELDING FUNDAMENTAL ON DRIBBLE COORDINATION OF THE U-12 CHEVRON RUMBAI FOOTBALL SCHOOL CLUB Kristi Agust, Muhammad Iqbal Suherman, Indonesia	228
43. THE INFLUENCE OF WEIGHT TRAINING IN THE METHOD OF SET SYSTEMS ON THE WEIGHT GAIN AND FAT PERCENTAGE Ahmad Nasrulloh, Yudik Prasetyo, Indonesia	235
44. FACTORS SUPPORTING ROWING ACHIEVEMENT IN THE DISTRICT TANJUNG JABUNG BARAT PROVINCE OF JAMBI Atri Widowati, Indonesia	246
45. CONTROLLED PLAYGROUND ACTIVITY TO IMPROVE MOTOR COMPETENCE, PHYSICAL FITNESS AND EXECUTIVE FUNCTIONS Tortella P., Fumagalli G., Italy	255
46. COMPARING DAILY AND SESSION UNDULATING PERIODISED PROTOCOLS FOR THE MAINTENANCE OF STRENGTH AND POWER IN RESISTANCE-TRAINED WOMEN Lian-Yee Kok, Malaysia	256
47. EFFECTS OF MUAY THAI EXERCISE PROGRAM UPON PHYSICAL PERFORMANCE AND SLEEP QUALITY IN THE ELDERLY Anurakpapop Meeton, Thailand	257
48. THE EFFECTS OF DYNAMIC STRETCHING ON PERFORMANCE MEASUREMENT (STRENGTH, SPEED, AGILITY, POWER, ENDURANCE, FLEXIBILITY) AMONG HOCKEY'S PLAYERS Zaharul Azwan Bin Abdul Razak, Malaysia	258
49. BANGUS CULTURE IN CAGES: PROPOSED EXTENSION TRAINING Angelo B. Dalaguait, Mary Ann L. Dalaguait, Philippines	259

50. COMPARISON OF STABLE AND UNSTABLE CORE TRAINING ON BALANCE, ENDURANCE AND STRENGTH AMONG SCHOOL ATHLETES Thanapackiam Raja Gopal, Lian-Yee Kok, Malaysia	260
51. PHYSICAL ACTIVITY FOR WORKING AGE Pluemsamran, T., Boonveerabut, S., Thailand	261
52. PECING DODGE Devi Tirtawirya, Indonesia	262
53. THE DEVELOPMENT OF MEASUREMENT DESIGN FOR MAXIMUM AEROB CAPACITY USING 1 MILE AND 2000 M RUNNING Edy Mintarto, Indonesia	263
54. DEVELOPING MODEL OF PHYSICAL EXERCISE FOR SEPAKTAKRAW ATHLETES Iyakrus, Indonesia	264
55. THE DIFFERENCE OF INFLUENCE FROM ADJOURNMENT 5 SECONDS AND 20 SECONDS AFTER THE FEEDBACK GIVEN TO THE RESULTS OF THE STUDY ON PUSH IN FOREHAND GAME OF TABLE TENNIS ON JUNIOR HIGH SCHOOL STUDENTS IN THE COUNTRY 1 TOMOHON 2014 A.R.J. Sengkey, Tisri Laura Wajong, Indonesia	265
56. EFFECT OF 12 WEEKS HOME BASED INTERVENTION PROGRAMME ON PHYSICAL ACTIVITY OF UNDERGRADUATE FEMALE STUDENTS IN IRAQ Jian Abdullah Noori, Soh Kim Guek, Norhaizan Mohd Esa, Rohani Ahmad Tarmizi, Malaysia	266
 SPORT SCIENCE - SPORT PSYCHOLOGY	
57. THE STUDY OF COMPETITIVE ANXIETY ON SEMARANG BADMINTON ATHLETES Donny Wira Yudha Kusuma, Indonesia	267
58. INTERNALIZING OF CHARACTER VALUES THROUGH MODIFICATION LEARNING OF PHYSICAL EDUCATION SPORT AND HEALTH IN ATHLETICS MATERIALS Slamet Riyadi, Indonesia	275
59. MATERIALISM, SPORTSMANSHIP, AND SPORT PERFORMANCE ON ATHLETES Anirotul Qoriah, Indonesia	283
60. OUTBOUND GAME MODELS TO IMPROVE INTERPERSONAL COMPETENCE IN ELEMENTARY SCHOOL Niken Fatimah Nurhayati, Tandiyu Rahayu, Soegiyanto K.S., Sugiharto, Indonesia	291
61. EFFECT OF GOAL SETTING ON SWIMMING ATHLETE ACHIEVEMENT Sungkowo, Indonesia	300
62. EFFECT OF MOTIVATION, PUSH UP, HANDSTAND ON FLOOR EXERCISE GYMNASTICS Ranu Baskora Aji Putra, Indonesia	305
63. THE SOCIO ECONOMIC ADVANTAGES ON THE 18TH NATIONAL SPORT GAME 2012 IN RIAU, INDONESIA Taufiq Hidayah, Indonesia	312

64. MOTIVES AND PHYSICAL ACTIVITY LEVEL AMONG UNIVERSITI TEKNOLOGI MARA (UiTM) STAFF Azlan Ahmad Kamal, Mohd. Radzani, Malaysia	318
65. ANALYSIS OF COACHING BEHAVIOUR AMONG FULL-TIME COACHES IN MALAYSIA Sock-Wei Tor, Lian-Yee Kok, Malaysia	325
66. MOTIVATIONAL FACTORS IN PHYSICAL ACTIVITY AND RECREATIONAL SPORTS PARTICIPATION OF STUDENTS IN MALAYSIA Chun Cheng Chuan, Aminuddin Yusof, Chee Chen Scon, Maria Chong Abdullah, Malaysia	326
67. SPORT AS A VEHICLE FOR CULTURAL MAINTENANCE AND ADAPTATION TO MULTICULTURAL ENVIRONMENTS FOR INTERNATIONAL STUDENTS IN UNIVERSITI PUTRA MALAYSIA Noraseela Binti Mohd Khalid, Aminudddin Yusof, Malaysia	327
68. CHALLENGES AND OPPORTUNITIES OF WOMEN IN SPORT LEADERSHIP IN MALAYSIA Miriam P. Aman, Malaysia	328
69. ATTITUDE TOWARDS PHYSICAL ACTIVITY AND DEGREE OF ACCEPTABILITY OF PHYSICAL EDUCATION AMONG MADRASAH TEACHERS Hendely Adlawan, Philippines	329
70. COACHING BEHAVIOR IN RELATION TO SPORTS PERFORMANCE AND ATHLETES' SATISFACTION AMONG COLLEGE VARSITY ATHLETES Nenita P. Samong, Indonesia	335

SPORT SCIENCE - SPORT BIOMECHANICS

71. DEVELOPMENT OF STATIC AND DYNAMIC BALANCE AT THE AGE OF 7 TO 12 YEARS OLD IN TERMS OF GENDER (CROSS-SECTIONAL STUDY OF THE DEVELOPMENT OF STATIC AND DYNAMIC BALANCE IN THE ELEMENTARY SCHOOL STUDENTS IN THE DEMAK REGENCY) Dhias Fajar Widya Permana, Indonesia	340
72. THE EFFECT OF COORDINATION EXERCISE ON THE POWER ABILITY OF SPRINTER Rumini, Indonesia	348
73. INSTRUMENT DEVELOPMENT FOR TALENT SCOUTING FENCING ATHLETE ACHIEVEMENT TOWARDS 2024 Nuruddin Priya Budi Santoso, Indonesia	351
74. THE EFFICIENCY OF SIDE KICK TECHNIQUE IN "PENCAK SILAT TANDING" CATEGORY (A BIOMECHANICAL ANALYSIS) Awan Hariono, Indonesia	360

SPORT SCIENCE - SPORT MANAGEMENT

75. THE SOCIAL CAPITAL OF KONI COMMUNITY: STUDY TOWARDS THE INSTITUTIONAL POTENTIAL OF KONI IN THE SPORTS ORGANIZATION AND DEVELOPMENT TO SUPPORT THE IMPLEMENTATION OF LAW NUMBER 3/2005 ABOUT THE NATIONAL SPORT SYSTEM IN CENTRAL JAVA Tri Rustiadi, Indonesia	361
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76. AN APPLICATION OF PUSH AND PULL THEORY IN SPORT TOURISM: A STUDY OF SPORT TOURIST VISITING LANGKAWI, MALAYSIA Nurul Shahida Hamdan, Malaysia	371
SPORT SCIENCE - SPORT PHYSIOLOGY	
77. MASSAGE THERAPY FOR INFANT IN DEPRESSED MOTHER Wisnu Mahardika, Indonesia	372
78. THE EFFECT OF AEROBIC DANCE AND NUTRITION ON METABOLIC STATE, INFLAMMATORY STATE AND CLINICAL APPEARANCE IN OVERWEIGHT Bashir Ma Ab Lakhel, Libya	376
79. EFFECTS OF THE PERCEIVED SELF-EFFICACY WALKING EXERCISE PROGRAM ON BODY COMPOSITION IN ELDERLY Chairat Choosakul, Benjaporn Keawkumtai, Thailand	377
80. A SYSTEMATIC REVIEW TO EXAMINE THE PERCEIVED BARRIERS TO EXERCISE IN INDIVIDUALS WITH TYPE 2 DIABETES AND PRE-DIABETES Kang Heon Jin, Stephen Francis Burns, C. K. John Wang, Singapore	378
HEALTH - SPORT NUTRITION	
81. THE EFFECT OF RED FRUIT OIL ON RAT'S MALONDIAL DEHYDE LEVEL AT MAXIMAL PHYSICAL ACTIVITY Fajar Apollo Sinaga, Indonesia	379
82. THE EFFECT OF ROSELLA TEA (HIBISCUS SABDARIFFA) PREVENTION OF BLOOD PRESSURE INCREASE (STUDY IN RATS THAT WERE GIVEN ALCOHOL) Sugiharto, Sugiarto, Indonesia	386
83. EFFECTS OF A NOVEL PROTEIN SUPPLEMENT ON DISUSE MUSCLE ATROPHY (STUDY IN BODY WEIGHT AND SOLEUS MUSCLE) Mohammad Arif Ali, Indonesia	398
84. PERCEIVED BODY IMAGE AND LIFESTYLE BEHAVIORS AMONG FEMALE STUDENTS WITH WEIGHT DILEMMAS Marwa Abd Malek, Sharifah Muzlia Syed Mustafa, Mawarni Mohamed, Malaysia	407
85. THE EFFECT OF ALKALI LIQUID BEFORE EXERCISE TO BLOOD Fuad Noor Heza, Indonesia	416
86. ASSESSMENT OF HERBAL PLANTS IN TUBOD, LANA DEL NORTE AND THEIR UTILIZATION Monera A. Salic-Hairulla, Ritcha A. Dicalan, Nesren S. Amer, Rolin M. Buzarang, Joy R. Magsayo, Philippines	424
87. TILAPIA (<i>Oreochromis niloticus</i> Peters) TOCINO PROCESSING: ECHNOLOGY TRANSFER Mary Ann L. Dalaguit, Angelo B. Dalaguit, Philippines	425
88. INFECTION OF SALMONELLA TYPHIMURIUM Mohamed Kilani, Libya	426

89. AFTER-EFFECTS OF MILK, SPORTS DRINK AND WATER CONSUMPTION IN RUGBY PLAYERS Patmavathy Alagappan, Lian Yee Kok, Malaysia	427
HEALTH - PUBLIC HEALTH	
90. CORRELATES OF EARLY SEXUAL ENCOUNTER AMONG THE ADOLESCENTS OF BUUG ZAMBOANGA SIBUGAY Josephine S. Duyaguit, Corazon T. Biong, Philippines	428
91. ASSOCIATION BETWEEN SEDENTARY BEHAVIOR AND CARDIO-METABOLIC RISK IN THAI ACTIVE OLDER ADULTS Purakom A., Kasiyapat A., Nakornkhet K., Thailand	436
92. THE STUDY OF SPORT RECREATION ACTIVITIES TOWARD PHYSICAL FITNESS AND SOCIAL ATTITUDES OF URBAN SOCIETY Endang Sri Hanani, Indonesia	441
93. THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, PHYSICAL FITNESS AND EMOTIONAL INTELLIGENCE ON STUDENT ACHIEVEMENT HIGH SCHOOL Sulaiman, Indonesia	445
94. PATIENT SATISFACTION LEVEL ANALYSIS OF PARTICIPANT PROGRAM NATIONAL HEALTH INSURANCE (JKN) NON PREMI RECIPIENT (NON-PBI) AT HALMAHERA PUSKESMAS, SEMARANG CITY YEAR 2015 Bambang Wahyono, Ulfa Royanah, Indonesia	453
95. FALL INCIDENCE TO ELDERLY PHYSICAL DISABILITIES Widya Hary Cahyati, Indonesia	460
96. THE EFFECT OF PHYSICAL ACTIVITY PROMOTION USING SOCIAL COGNITIVE THEORY ON WORKERS' HEALTH-RELATED FITNESS, STRESS AND WORK EFFICIENCY Nanthawan Thienkaew, Chairat Choosakul, Thailand	466
97. PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND HEALTH-RELATED FITNESS OF UNDERGRADUATE STUDENTS Sonthaya Sriramatr, Khanita Khumsingsan, Raweewan Maphong, Thailand	467
98. THE COMMUNITY DEVELOPMENT MODEL OF HEALTHCARE AND WELFARE CENTER FOR ENHANCING ELDER'S LIFE QUALITY IN NAKHON PATHOM Pupanead S., Suwan S., Piromkam B., Thailand	468
99. NUTRITION, SCHOOL, HOME: DETERMINANTS OF ACADEMIC PERFORMANCE FOR PUPILS IN ROGONGON, ILIGAN CITY, PHILIPPINES Rebecca M. Alcuizar, Philippines	469
100. HEALTH PROMOTION AND EXERCISE BEHAVIORS OF TPD IN THAILAND: REAL BEFORE DEAL Siripatt, A., Suksom, D., Khongprasert, S., Srihirun, K., Siripanya, S., Taweepornpathomkul, S, Thailand	470

POSTER PRESENTATIONS

PHYSICAL EDUCATION - TEACHING

101. **IMPORTANCE OF PERCEPTUAL MOTOR BASED-PHYSICAL ACTIVITY IN THE FORM OF PLAYING FOR KINDERGARTEN STUDENTS**
Yudanto, Indonesia 471
102. **E BOUNCING BALL GAMES, TO IMPROVE THE LEARNING TABLE TENNIS**
Moch Fahmi Abdulaziz, Indonesia 482
103. **AEROBIC GYMNASTIC LEARNING DEEP DEVELOPMENTAL ACTIVITY COLLEGE EYE COLLEGES STUDENT CARNAL FITNESS HEALTH PHYSICAL EDUCATION AND SEMESTER RECREATION VI YEAR 2014**
Ipang Setiawan, Indonesia 487
104. **DEVELOPMENT OF INSTRUCTIONAL MEDIA FOR OUTSIDE SHOOTING BASIC TECHNIQUE PRACTICE IN MINI BASKETBALL CLUB**
Baskoro Nugroho Putro, Indonesia 494
105. **THE DEVELOPMENT OF HEALTH EDUCATION LEARNING MEDIA THROUGH TRADITIONAL GAME "BOY" ELEMENTARY FOR SCHOOL IN KUPANG CITY**
Maria Fatubun, Lukas M. Boleng, Robert Tetikay, Indonesia 504
106. **THE MAJOR PROBLEMS OF TEACHING SWIMMING TO YOUNG CHILDREN**
Kaswarganti Rahayu, Indonesia 508
107. **THE INFLUENCE OF TEACHING MODELS THROUGH SIENTIFIC APPROACH TOWARDS THE SKILL OF PLAYING FOOTBALL**
Dena Widyawan, Indonesia 509
108. **THE EFFECT OF LEARNING MODEL AND GANDER TO STUDENTS' SOCIAL AWARENESS ON PHYSICAL EDUCATION LEARNING**
Dupri, Indonesia 510
109. **LOVE OF ENVIRONMENT THROUGH THE OUTDOOR EDUCATION CAMPING PROGRAM**
Kardjono, Indonesia 511
110. **TOOLS DEVELOPMENT TO MEASURE EFFECTIVENESS PHYSICAL EDUCATION TEACHER LEARNING**
Nyak Amir, Indonesia 512
111. **DEVELOP TARGET NET AS A TOOL FOR SHOT LEARNING IN BADMINTON SPORT AT JUNIOR HIGH SCHOOL**
Afif Khoirul Hidayat, Indonesia 513
112. **INCREASING SPORT PARTICIPATION THROUGH INCREASED FOCUS ON SCHOOL SPORTING EXPERIENCES IN SINGAPORE**
Cho Jin Jin Tessa, Singapore 514

PHYSICAL EDUCATION - ASSESSMENT

113. *PREDICTION OF THE RECORD LEVEL OF LONG JUMP WITH THE SIGNIFICANCE OF LEARNING ASPECTS TO TRACK AND FIELD EVENTS FOR PREPARATORY STAGE STUDENTS*
Mostafa Mohammed Nasr AlDeen, Egypt 515
114. *COMPARED TO FAVORITE LEADERSHIP BEHAVIOR BETWEEN PLAYERS AND SOCCER COACHES*
Refaei Moustafa Hussein, Mahmoud Hassan Elhofy, Egypt 522
115. *EVALUATION OF TRAINING PROGRAM IMPLEMENTATION AT SWIMMING CLUB IN YOGYAKARTA SPECIAL REGION*
R. Agung Purwandono Saleh, Indonesia 533
116. *THE STATUS OF PHYSICAL EDUCATION LEARNING AND TEACHING MANAGEMENT IN ELEMENTARY SCHOOLS OF THE WESTERN REGION IN THAILAND*
Teamtaokerd, W., Krabuanrat, C., Thailand 539
117. *PEAK PERFORMANCE PROFILES OF COMBAT SPORT ATHLETES: THE SPORTS HERO PROJECT*
Wongpa, K., Siripatt, A., Boonveerabut, S., Thailand 540
118. *REFEREE INSTRUMENT ASSESSMENT OF VOLLEY BALL*
Saifuddin, Indonesia 541

SPORT SCIENCE - SPORT COACHING & TRAINING

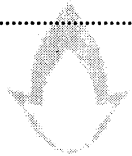
119. *EFFECTS OF DYNAMIC FLEXIBILITY TRAINING ON SPRINT PERFORMANCE*
Jacklyn anak Joseph, Malaysia 542
120. *THE EFFECTS OF PLYOMETRICS TRAINING AND WEIGHT TRAINING UPON LEG POWER AND LEG STRENGTH OF BLOCK JUMPING SEPAK TAKRAW PLAYERS*
Chotika Boonthong, Duangkrai Taweasuk, Thailand 543
121. *THE EFFECTS OF SHORT-TERM TRAINING ON STRENGTH AND BALLISTIC POWER IN FOOTBALL ATHLETES*
Sakchai Srisuk, Thailand 544
122. *A STUDY OF TWO DIFFERENT TRAINING PROTOCOLS OF HIGH INTENSITY INTERVAL TRAINING (HIIT) ON AEROBIC CAPACITY OF FEMALE FIELD HOCKEY PLAYERS*
Stella Anak James Martin, Malaysia 545
123. *THE DEVELOPMENT AND MODIFICATION OF STRENGTH TESTS FOR SPORT MEASUREMENT AND EVALUATION*
Endang Rini Sukamti, Sb. Pranatahadi, Guntur, Indonesia 546
124. *REVITALIZING SEPAK TAKRAW SOLE OF FOOT SMASH USING HANGING BALL*
I Ketut Semarayasa, Indonesia 547
125. *EFFECT OF MANIPULATION OF COMPLEX TRAINING ON AGILITY, POWER, SPEED AND ENDURANCE AEROBIC (VO₂ MAX)*
Mansur, Indonesia 548

126.	EFFECTS OF PILATES TRAINING ON CORE STABILITY OF JUNIOR KARATE PLAYERS IN MALAYSIA	
	Seyedeh Nahal Sadiri, Malaysia	549
 SPORT SCIENCE - SPORT PSYCHOLOGY		
127.	FOOTBALL PLAYER AGGRESSION: PHENOMONOLOGY STUDY ABOUT VIOLENCE BETWEEN FOOTBALL PLAYERS	
	Komarudin, Indonesia	550
128.	IMPROVING SOSIAL SKILLS OF CHILDREN WITH MILD MENTAL RETARDATION THROUGH PLAY TITLE OF PAPER	
	Hedi Ardyanto Hermawan, Indonesia	557
129.	QUESTIONNAIRE – CHARACTERISTICS OF SPORT PSYCHOLOGIST	
	Kreangkrai Narktawan, Thailand	558
130.	THE ROLE OF ATTENTIONAL FOCUS; EXTERNAL AND INTERNAL FOCUS ON SKILL ACQUISITION	
	Yadi Sunaryadi, Indonesia	559
131.	DEVELOPING CHARACTER THROUGH SPORTS	
	Goh Si Win, Sherwin, Singapore	560
132.	PARTICIPANTS' PERSPECTIVE OF INJURY IN JOGGING	
	Prachaya Chomsahai, Salee Supaporn, Thailand	561
 SPORT SCIENCE - SPORT BIOMECHANICS		
133.	STANDARDIZATION ELEMENTS IN MOTION BASIC MARTIAL LANGGA GORONTALO	
	Hartono Hadjarati, Indonesia	562
 SPORT SCIENCE - SPORT MANAGEMENT		
134.	COMPARE OF GOALS SCORED IN EURO 2012 CHAMPIONSHIPS AND 2014 FIFA WORLD CUP	
	Mohamed Refaei Mostafa, Egypt	570
135.	DEVELOPMENT OF AN EFFECTIVE SPORT MANAGEMENT MODEL FOR NORTHEAST THAILAND UNIVERSITIES	
	Watthanapong Khongsuebsor, Thailand	580
 SPORT SCIENCE - SPORT PHYSIOLOGY		
136.	EFFECT OF CREATINE MONOHYDRATE SHORT TERM DECLINE AGAINST TROPONIN I LEVELS OF PLASMA AS ALERT MUSCLE DAMAGE AFTER DOING PHYSICAL EXERCISE PROGRAM WITH HIGH INTENSITY	
	Hari Setijono, Mintarto, E., Wibowo, S., Indonesia	581

HEALTH - SPORT NUTRITION

137. *GIVING VITAMIN C AT MAXIMUM PHYSICAL EXERCISE AND CHANGING OF HEMOGLOBIN LEVELS AND QUANTITY OF ERYTHROCYTES*
Said Junaidi, Dwi Aries Saputro, Indonesia 590

138. *EATING DISORDER AMONG FEMALE ATHLETES AND NONATHLETES IN UITM SARAWAK*
Ewiwe Henry, Malaysia 596



HEALTH - PUBLIC HEALTH

139. *SPORT INJURIES*
Arif Setiawan, Indonesia 597

140. *IMPROVING OBESITY LEVELS AT THE INSTITUTE OF TECHNICAL EDUCATION (COLLEGE EAST)*
Ong, Raymond Beng Chee, Singapore 601

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THE INFLUENCE OF WEIGHT TRAINING IN THE METHOD OF SET SYSTEMS ON THE WEIGHT GAIN AND FAT PERCENTAGE

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Abstract

Purpose: This research aims to find out how big the influence of weight training in the method of set systems on the weight gain and fat percentage of students of Sports Science Department of Sports Science Faculty of Yogyakarta State University (IKOR FIK UNY). **Methods:** This research uses the experimental method in the design of *the one group pre-test – post-test design*. The research participants were the students of IKOR FIK UNY class 2011. The sample in this study involves the entire students of IKOR FIK UNY class 2011 taking the fitness expertise. The instrument used was the weight scale with units of kilograms. The data were analyzed using the normality test to find out if the data were at the normal Gaussian distribution. The test of its variant homogeneity was conducted to test the similarity of data variant of the experimental groups. A t-test was conducted to find out if there was a difference between the pre-test and post-test variables on the experimental groups. **Results:** The research results show that the analysis on the t-test obtained the t value of 4,972 with the significance value of 0.000. Because the significance value of 0.000 was smaller than 0.05 ($p < 0.05$), it can be concluded there was a significant difference on the students' weight between the pre-test and the post-test. These results demonstrate that the weight training using the method of set systems can gain weights of the students of IKOR FIK UNY. The t-test analysis on the fat percentage results in the t-value of 1,935 with a significance value of 0,068. The significance value of 0,068 was greater than 0.05 ($p > 0.05$). **Conclusion:** It can be concluded that there was no significant difference in fat percentage of students during the pre-test and the post-test. It can be inferred that the weight training using the method of set systems has no effect on the fat percentage of the students of IKOR FIK UNY.

Keywords: weight training, the method of set systems, weight, fat percentage

INTRODUCTION

The ideal and athletics body shape is very desirable by every person in life. Various ways and attempts are made to get the ideal body shape. One popular way is to do physical exercise. Training is usually defined as a systematic process of repetitive exercises, progressive, having the ultimate goal of improving athletic performance (Bompa, 1999: 1). Exercise is a type of physical activity that is planned, structured, and repetitive body movements with the purposes of improving or maintaining one or more physical fitness components (Wenner, 2010: 7). In short, exercises give regular, systematic, and sustained physical pressure in such a way so that the athletes can improve the physical abilities in undertaking activities (Fox et al., 1993: 69). Exercises are physical activities performed systematically, standardized, and organised in accordance with the proper dose in a relatively long and with progressive sustainable burden aimed at improving one's physical abilities gradually.

The physical activity is often done with the loading system that is often known as weights. According to Suharjana (2007: 87), weight training is an exercise performed systematically by using loads as tools to increase the strength of the muscle function in order to improve the athlete's physical condition, to prevent the occurrence of injury, or for health purposes. Weight training can be done using one's own weight or the outside load or free weights such as dumbbell, barbell, weight machines (gym machines). The most widely used forms of exercises using one's own weights are chin-ups, push-ups, crunches, or back up, and ones using free weight are very numerous and vary according to the purpose of the exercise as well as the muscles subjected.

According to Sadoso Sumosardjuno (1990: 39), weight training is a way of maintaining condition of the body with the repetitive motions, such as scrunching biceps, shrugged with a sub-maximum load, and others. Baechle (2014: 1) says that weight training will be able to increase muscular strength, muscular endurance, neuro-muscular (nerve-muscle) coordination, and bone density (helping prevent osteoporosis). According to Djoko (2000: 59), weight training is a form of exercises that uses media tools in order to support the process of load exercises with the aim at improving fitness, muscle strength, speed, muscle hypertrophy, muscle toning, rehabilitation, as well as the weight gain and reduction.

According to Djoko (2009: 65), weight training is also called as resistance training which is one of the sports exercises using weights as a means to provide stimulus of motion in the body. Initially, weight training was developed to train the muscles especially to increase its strength and durability as well as muscle hypertrophy. In the development, weight training can be designed to enhance the durability of cardiovascular and to improve body composition.

Most people who undertake weight training want their bodies to be in the ideal category, similarly for someone experiencing underweight. The ideal or athletic body shape will be obtained for any person when that person wants to do weight training in accordance with an appropriate exercise programme. One of the exercise programmes that can be performed to gain weight is the weight training. This exercise program should be carried out in accordance with the appropriate dose so that the desired goals can be achieved. In addition, it should also implement the basic principles of exercise in order to achieve maximum physical performance.

An exercise program is one of the planned references that are used as the basis to do exercise in the training process so that it can run effectively, efficiently, and securely. Here are the forms of exercise programs for weight gaining. The goal of this exercise is the enlargement of muscle mass and muscle formation. The safe weight gaining program can be performed gradually of 0.5-1 kg/week.

Table 1. The weight gaining exercise program

Kinds of Exercises	Exercise Portion	Information
The Main Exercise: <i>Weight training</i>	Frequency: 3-4 times/week Intensity: 70-80 % RM Numbers of Sets: 3-6 Set Repetition: 8-12 times Recovery: 30-90 seconds interval	The levels of exercises are gradually increased Numbers of posts: 10-12 Intensity: medium The method: <i>Set block/Set systems</i>
Additional Exercises: - Aerobic with medium intensity - Anaerobic	Frequency: 3-4 times/week Intensity: 65-75 % MHR Duration: > 20 minutes Intensity: > 85 % MHR Duration: 20-60 minutes	The levels of exercises are gradually increased - Increasing body metabolism - Increasing appetite

Source: Fitness Clinic of FIK UNY (2006)

In addition to the weight gain, researchers also will look at the extent of the influence of weight training using the method of the set systems on the fat percentage. This was performed in order to note that the increase in body weight was not gained from the increase fat percentages. According to Dadang (2000: 42), fat is the largest energy-producing nutrients, more than twice the amount of energy produced by carbohydrates. However, fat is an energy source that is not economically in use. It is because fat metabolism spends more oxygen than of carbohydrates. Djoko (2007: 9-10) states that fat is salt formed from the unification of fatty acids with organic alcohol called glycerol or Glycerine. The basic components of fat are triglycerides, which is made up of glycerol and fatty acids (Noerhadi, 2004: 51). In addition, there is cholesterol that is derived from fat. Cholesterol is required to help the formation of gall juices and hormones. However, cholesterol also can harm cardiovascular health if it is consumed in large quantities. There are a lot of cholesterol in foods that come from animals, such as the brain, heart, intestines, tripe, egg yolk, and skin.

The excess fat will cause the muscle on the framework should work harder to do the motion, so that the energy necessary is larger and it also become dependents for the heart. In addition to burdening the heart, excess fat will also affect on the process of circulation of oxygen and carbon dioxide. Excess fat will also affect the work of other organs such as the liver and kidneys as it will serve more tissue in the body.

Fat is one of energy sources needed by our body. Body fat was involved during activities, especially in sport or physical exercises. During the exercises, fat is broken down into fatty acids and glycerol. Free fatty acids are transported into the muscle tissue and used as energy. However, the energy formation from fatty acids requires more oxygen than from carbohydrates. Fat can only produce energy when the oxygen is available or sufficient. Thus, the fat can produce energy only at aerobic.

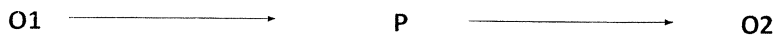
According to Djoko Pekik (2004: 81), the quality of the human body composition is represented by the percentage of body fat. The normal body fat levels are 15%-20% form men and 20%-25% for women. The body composition is defined as the relative fat percentage, muscles, bones, and other tissues in the human body. It can also be interpreted that body composition involves two components, namely, body fat and lean body mass. Given the importance of the ideal body fat percentage and the levels that exist in the human body, the researchers intended to conduct research on the influence of weight training using the method of set systems on the weight gain and fat percentage on the students of IKOR FIK UNY whose weights were less than ideal.

METHOD

This is experimental research. According to Zainuddin (1988: 56) experimental research is likely to test the relationship between a cause and an effect. Experimental research can be defined as a method of research used to determine a particular treatment effect against the other in controlled conditions (Sugiyono, 2013: 109). It is said that this research is experimental research because this research will examine the relationship of cause and effect on the influence of weight training with against weight gain.

The research design of this study is *the one-group pre-test – post-test design*. According to Leedy (1980: 169), *the one-group pre-test – post-test design is a type of experiment where a single group has (1) a pre-experimental evaluation, then (2) the influence of the variable, and finally (3) a post-experimental evaluation*. Thus, it can be said that the one-group pre-test – post-test design is a form of research experiments in which one group becomes an evaluation prior to the experiment, giving influence on the variables, and the last, giving an evaluation and experimentation. Therefore, it can

be said that the results of the pre-test are the control for this research. The design of this research can be described as follows:



Note:

- O1 : The *Pre-test*
- P : *Treatment*
- O2 : The *Post-test*, Zaenuddin (1988: 71).

Instruments for collecting data in this study are measurement tools using the weight scales of kilograms. While the instruments for measuring the body fat are the electric tools with digital system i.e. Omron Body Fat Monitor. Measurement was carried out by entering data on weight, height, age, and gender. The results of body fat percentage can be directly read on a digital screen which can then be categorized according to the amount of body fat percentage, gender, and the age and then inserted into the table of the Omron Body monitors.

Data analysis techniques used in this research are as follows: the normality test was performed to find out if the data were at the normal Gaussian distribution. The test used was the Kolmogorov Smirnov test. The homogeneity test is a test to find out whether the variants of the populations were the same (Budiyono, 2004: 175). The homogeneity test on the variants was carried out to test the equality of data variants of the experimental group in the pre-test and post-test. The homogeneity test was Evene's Test using the F-test. The T-test was done to find out if there was a difference between the pre-test and post-test variables on the experimental group. The analysis of the results revealed that there was a difference if the significance value was less than 0.05 ($P < 0.05$). Data obtained from the initial test (the pre-test) and the ultimate test (the post-test) will descriptive-statistically be analyzed using the t-test on the SPSS computer program with the significance level of 5% or 0.05.

RESULTS AND DISCUSSION

The data of this research is the results of the measurement on the weights and fat percentage after weight training using the method of set systems. The measurement data were obtained from two tests, i.e. before the treatment (the pre-test) and after the treatment (the post-test). The data was made into the descriptive analysis to facilitate the presentation of research data. The results of data analysis can be seen in the following table.

Table 2. The results of data analysis

Data	Min.	Max.	Mean	Median	Modus	Std. Dev
Weight (the pre-test)	49.00	73.00	59.65	57.75	51.00	7.16
Weight (the post-test)	51.00	74.00	61.37	61.75	51.00	6.79
Fat Percentage (the pre-test)	8.50	24.80	16.87	16.00	8.50	5.29
Fat Percentage (the post-test)	8.70	24.20	17.40	16.95	16.70	4.67

1. The Description of the Pre-test Data on Weights

Results of data analysis of weights on the pre-test show that the lowest score was 49.00 and the highest score was 73.00. The descriptive statistics analysis results demonstrate the average value

(M) = 59.65; Standard deviations (SB) = 7.16; Median (Me) = 57.75; and Mode (Mo) = 51.00. The following is the table of frequency distribution of weight data on the pre-test.

Table 3. The frequency distribution of weight data on the pre-test

Class Intervals	Frequency	Percentage (%)
69 – 73	2	10.0
64 – 68	6	30.0
59 – 63	1	5.0
54 – 58	6	30.0
49 – 53	5	25.0
Total	20	100.00

The histogram of the frequency distribution of weight data on the pre-test is as follows.

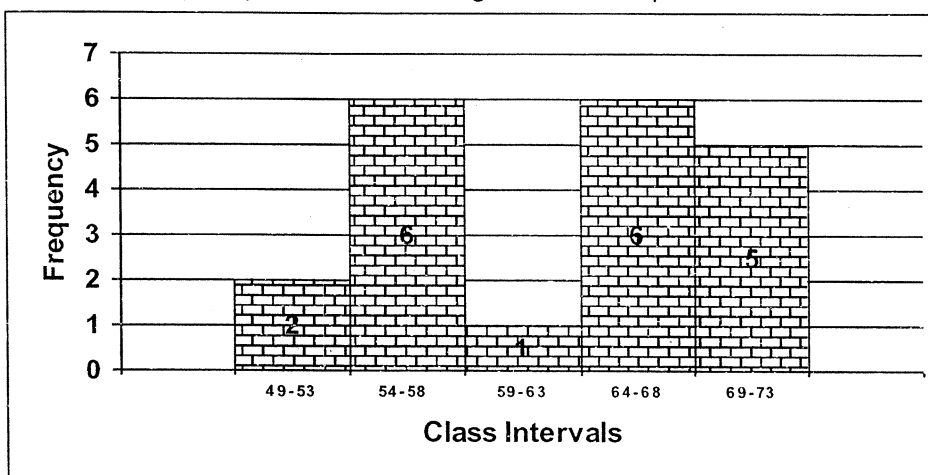


Fig. 1. The histogram of weight data on the pre-test

Based on the above picture, it can be inferred that the weight data on the pre-test were mostly on the interval scores of 54 - 58 and 64 - 68.

2. The Description of the Post-test Data on Weights
 Results of data analysis of weights on the post-test show that the lowest score was 51.00 and the highest score is 74.00. The descriptive statistics analysis results demonstrate the average value (M) = 61.37; Standard deviations (SB) = 6.79; Median (Me) = 61.75; and Mode (Mo) = 51.00. The following is the table of frequency distribution of weight data on the post-test.

Table 4. The frequency distribution of weight data on the post -test

Class Intervals	Frequency	Percentage (%)
71 – 75	1	5.0
66 – 70	5	25.0
61 – 65	5	25.0
56 – 60	4	20.0
51 – 55	5	25.0
Total	20	100.00

The histogram of the frequency distribution of weight data on the post-test is as follows.

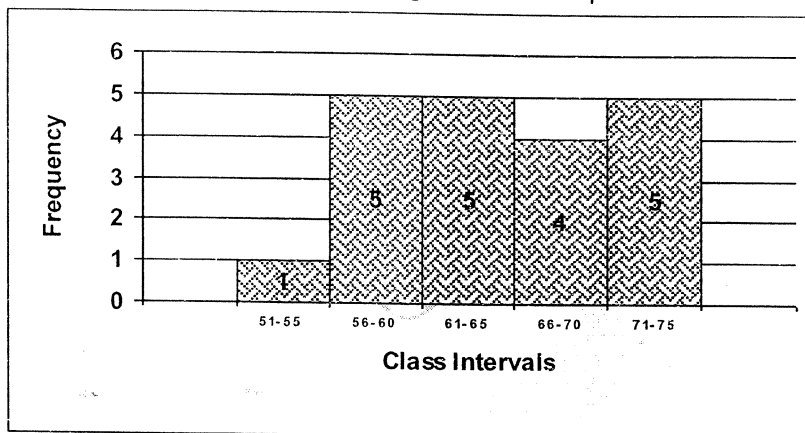


Fig. 2. The histogram of weight data on the post-test

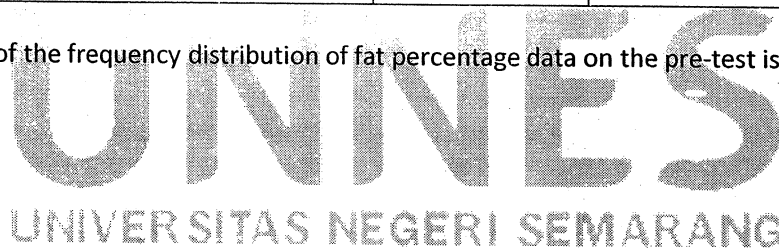
Based on the above picture, it can be inferred that the weight data on the post-test were mostly on the interval scores of 51-55, 61-65, and 66-70.

3. A Description of the Pre-test Data on the Fat Percentage
 Results of data analysis of fat percentage on the pre-test show that the lowest score was 8.50 and the highest score was 24.80. The descriptive statistics analysis results demonstrate the average value (M) = 16.87; Standard deviations (SB) = 5.29; Median (Me) = 16.00; and Mode (Mo) = 8.50. The following is the table of frequency distribution of fat percentage data on the pre-test.

Table 5. The frequency distribution of fat percentage data on the pre-test

Class Intervals	Frequency	Percentage (%)
21.6 – 24.8	5	25.0
18.3 – 21.5	3	15.0
15.0 – 18.2	4	20.0
11.8 – 14.9	5	25.0
8.5 – 11.7	3	15.0
Total	20	100.00

The histogram of the frequency distribution of fat percentage data on the pre-test is as follows.



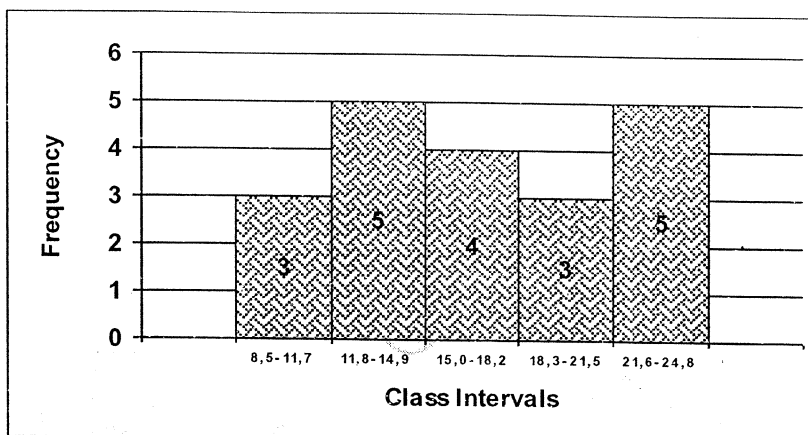


Fig. 3. The histogram of fat percentage data on the pre-test

Based on the above picture, it can be inferred that the fat percentage data on the pre-test were mostly on the interval scores of 11.8 - 14.9 and 21.6 - 24.8.

4. A Description of the Post-test Data on the Fat Percentage

Results of data analysis of fat percentage on the post-test show that the lowest score was 8.70 and the highest score was 24.20. The descriptive statistics analysis results demonstrate the average value (M) = 17.40; Standard deviations (SB) = 4.67; Median (Me) = 16.95; and Mode (Mo) = 4.67. The following is the table of frequency distribution of fat percentage data on the pre-test.

Table 5. The Frequency Distribution of Fat Percentage Data on the Pre-test

Class Intervals	Frequency	Percentage (%)
21.1 – 24.2	6	30.0
18.0 – 21.0	2	10.0
14.9 – 17.9	6	30.0
11.8 – 14.8	3	15.0
8.7 – 11.7	3	15.0
Total	20	100.00

The histogram of the frequency distribution of fat percentage data on the post-test is as follows.

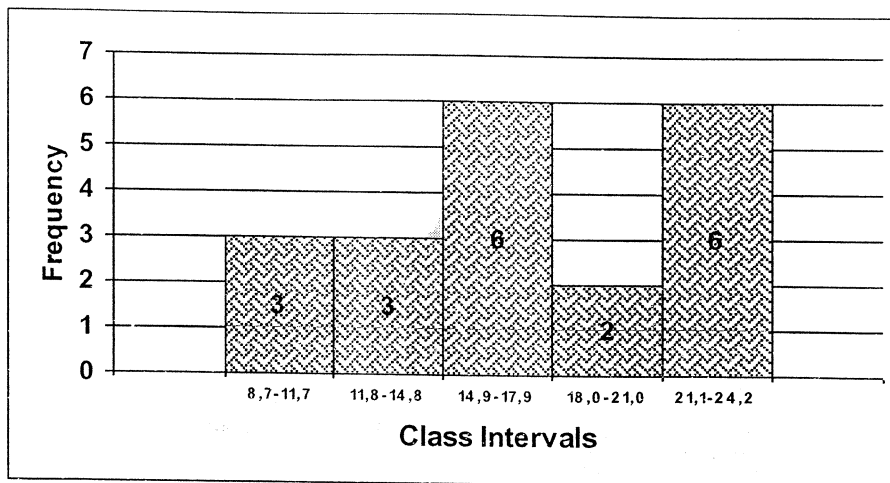


Fig. 4. The histogram of fat percentage data on the post-test

Based on the above picture, it can be inferred that the fat percentage data on the post-test were mostly on the interval scores of 14.9 - 17.9 and 21.1 - 24.2.

5. Hypothesis testing

The hypothesis of this research states "there is the influence on the weight gain of weight training using the method of set systems on the students of IKOR FIK UNY". Hypothesis testing was through the t-test. Results of the data analysis on research hypothesis testing are as follows.

a. The Results of T-test on the Weight Data

The results of the t-test on weight data of weight training using the method of set systems on the weight gain are as follows:

Table 7. The results of the t-test on weight data on the pre-test and the post-test

Data	Tests	Mean	T-Score	p	Mark
Weight	The Pre-test	59.65	4.972	0.000	Significant
	The Post-test	61.37			

The analysis on the results of the t-test show the t-score of 4.972 with the significance value of 0.000. Because of the significance value of 0.000 was smaller than 0.05 ($p < 0.05$), it can be concluded there was significant weight differences of the participants on the pre-test and on the post-test. These results demonstrate that weight training using method of the set systems could gain weights of the students of IKOR FIK UNY. Thus, the hypothesis of this research is acceptable. Weight changes as the results of weight training using the method of set systems could clearly be seen in the following graph.

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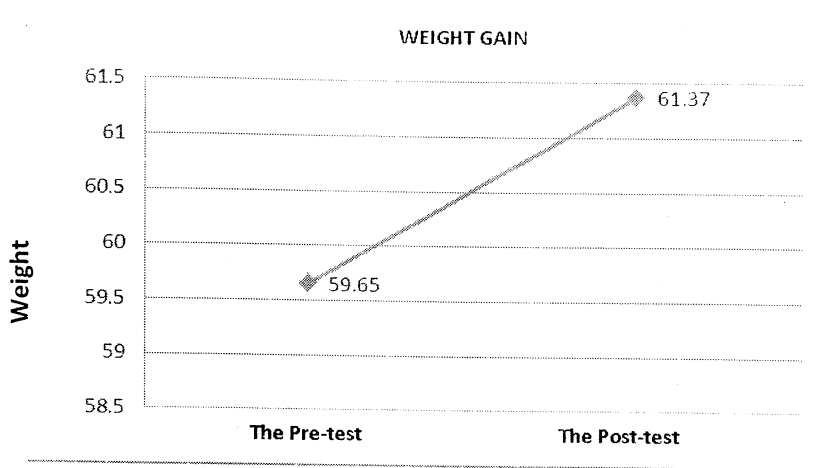


Fig. 5. Weight changes as the result of weight training using the method of set systems

Based on Figure 5, there was an increased weight as the result of weight training using the method of set systems from 58.65 to 61.37 and it was statistically proven significant.

b. The Results of T-test on the fat percentage

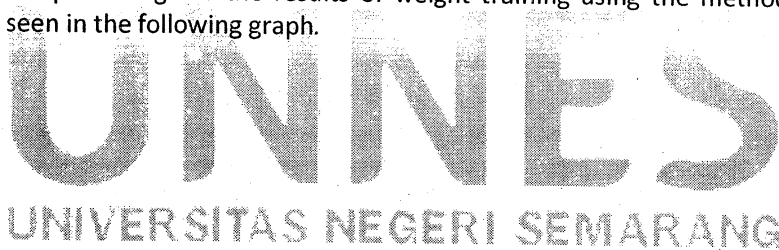
The results of the t-test on fat percentage data of weight training using the method of set systems on the weight gain are as follows:

Table 8. The results of the t-test on the fat percentage on the pre-test and the post-test

Data	Tests	Mean	t-score	p	Mark
Fat Percentage	The Pre-test	16.87	1.935	0.068	Not significant
	The Post-test	17.40			

The analysis on the results of the t-test show the t-score of 1.935 with the significance value of 0.068. Because of the significance value of 0.068 was bigger than 0.05 ($p < 0.05$), it can be concluded there was no significant weight differences of the participants on the pre-test and on the post-test. These results demonstrate that weight training using method of the set systems had no effects on the fat percentage of the students of IKOR FIK UNY.

The changes of fat percentage as the results of weight training using the method of set systems could clearly be seen in the following graph.



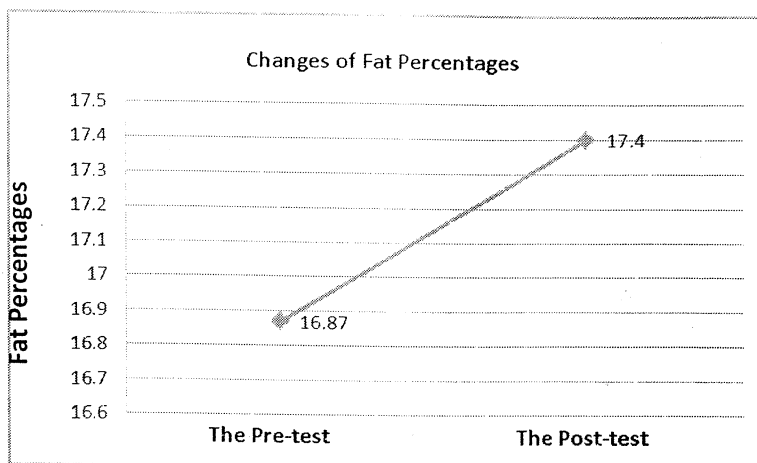


Fig. 6. The change of fat percentage as the results of weight training using the method of set systems

Based on Figure 6, there was an increased fat percentage as the result of weight training using the method of set systems from 16.87 to 17.40 and it was statistically proven insignificant.

The analysis on the results of the t-test show the t-score of 4.972 with the significance value of 0.000. Because of the significance value of 0.000 was smaller than 0.05 ($p < 0.05$), it can be concluded there was significant weight differences of the participants on the pre-test and on the post-test. These results demonstrate that weight training using method of the set systems could gain weights of the students of IKOR FIK UNY. Thus, the hypothesis of this research is acceptable.

Based on the above research results, it can be concluded that weight training to gain weight was completed using the method of set systems and organized into 10-12 stations or posts, with the loads of 70-80% of maximum loads, and 12 times of repetitions completed in 4 sets with 30-second rests was proved to be able to gain weight.

The analysis on the results of the t-test show the t-score of 1,935 with the significance value of 0,068. Because of the significance value of 0,068 was greater than 0.05 ($> p 0.05$), it can be concluded there was no significant difference in fat percentage of students during the pre-test and the post-test. These results demonstrate that weight training using the method of set systems has no effect on the fat percentage of students of IKOR FIK UNY.

Based on the above description, it can be concluded that there was insignificant changes on the fat percentage as the results of weight training using the method of set systems and organized into 10-12 stations or posts, with the loads of 70-80% of maximum loads, and 12 times of repetitions completed in four sets with 30-second rests.

CONCLUSION AND SUGGESTION

Based on the results of the study, it can be concluded that there were effects of weight training using the method of set systems on the weight gain of students of IKOR FIK UNY. However, there was no significant effect on the fat percentage of weight training in the method of set systems on the students of IKOR FIK UNY. The increase of body weight that occurs after the preferential treatment of weight training using the method of set systems was because of the increase of muscle mass. This could be inferred from statistical tests on the significant increase of body weight with the insignificant increase of fat percentage. Thus, weight training using the method of set systems can be used to gain weight.

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