

Abstract

Physically weak person would not be able to do something useful for other people and religions, as well as for himself. While a healthy person and his physical strength will be influential in his life, both for his own interests as well as fellow human beings. One of the recommended sports Prophet is archery.

Sport is an instrument of effective and strategic in creating a fair society and civil society. With pleasure, then the people who exercise would spontaneously show the true state of motion of the personal, attitudes, and behavior. Some values in archery that is suitable taught in schools is as follows: 1) control of emotions (calm), 2) sharpening concentration (accuracy), 3) sport (honesty), 4) improve discipline, 5) morale high, 6) foster a sense of responsibility, 7) improving fitness and health.

Keywords: value, archery

Physically strong man who loved God more than a weak servants. Physical strength that will impact on mental health, have a high work ethic, courage and perseverance serve God. This can be seen that the weak physical course can not do something useful for other people and religions, as well as for himself. While a healthy person and his physical strength will be influential in his life, both for his own interests as well as fellow human beings.

A Muslim is not prohibited to relax the soul and body through sports and games are permitted. There are several kinds of games that disyari'atkan Prophet to the Muslims to give joy, the hope that the entertainment can prepare the human soul to deal with worship and other obligations, more fuel and more to strengthen the will.

Games and sports Prophet recommended, among others; path, archery, javelin, wrestling, horseback riding, and chess. Teach your children swimming and archery, and enjoin them to jump onto the horse's back, then Ibn Umar narrated: The Prophet Muhammad once held a horse race and give prizes to the winner (Qaradawi, 2002: 342).

The Values in Sports Archery

In this globalization era, the Indonesian nation facing severe challenges, especially in the era of competition in all areas of the tight. To face these challenges, the nation needs to prepare Indonesia Indonesian society a healthy, fit, accomplished, productive, high work ethos, and uphold the values of the glory. It can be obtained by doing sports activities. Sport is an instrument of effective and strategic in creating a fair society and civil society.

With the values contained therein, in addition to functioning as a sports vehicle and stratetgis effective in creating a superior human being, must also be able to function as one of the nation-building force. Seneca, a philosopher and emperor Nero's teacher says: "Oran es dum ut sit 'Mens Sana in corpore Sano'" which can be interpreted liberally: a healthy body with physical exercise is one way to prevent the thoughts of unhealthy which leads to actions that are not good (Noerbai, 2000: 35).

The essence of sport is worth playing, and basically people are creatures who likes to play. Playing a physical activity carried out with taste and really sugguh, but not the seriousness

(Sukintaka, 1994: 2). That is, people who play with pleasure will do play by voluntarily without any element of coercion from anyone. With pleasure, then the people who exercise would spontaneously show the true state of motion of the personal, attitudes, and behavior. As for the means to play the game of his form.

Some values in archery that is suitable taught in schools is as follows:

1. Controlling emotions (calm)

When archery, an archer should really be able to master or control his emotions (calm) because of the emotional stability is very influential on achievement scores. Factors themselves, opponents, and the environment (weather) has a great influence on achievement scores.

Powerful people are not people who deal with other people with power, but a strong man is one who can control himself when angry. The success of an athlete in control of her emotions to not repeat problems. This state of harmony with the words of the Prophet, the believers will not fall into the hole twice the same.

2. Sharpen concentration (accuracy).

Archers are always trying to concentrate aiming to score 10. Each arrow has different characteristics, then the archer must be able to recognize their respective arrows. Reflection on the school: the concentration of study, students will be able to achieve performance on learning outcomes.

3. Sportsmanship (Honesty)

No less important, in the sports world is the formation of human character who has a sporty attitude. Sportsmanship referred to as the value of honesty, an attitude of high value and only owned by people of good character and a clean heart. Muslims know him as Akhlaqul Karimah.

Assessment system in archery archers also taught to be honest because scoring was not done by the referee, but made himself by archers.

4. Improve discipline

Archers must comply with existing rules. If not done, it can hurt the other archers. Example: an arrow that has reached the target, immediately after the votes taken again. Do not get carried away.

5. High morale.

When the archers got the weather, terpaan erratic winds, then this makes the archer to have a high morale for defeated him.

Exercise can be a healthy weight, increase the vitality of the body, increase your confidence, and provide high morale. Obviously, these things are not like Satan. Because Satan like laziness, weakness and feeling insecure. Prophet has said: "Verily the body has rights over you." (Narrated by Bukhari and Muslim).

6. Foster a sense of responsibility.

When the bow to stand in line shooting (archery line). Because if you do not line up, it will harm other archers. Do not shoot until the other archers friends had returned to the waiting area.

7. Increases fitness and health

a. Endurance heart-lung

The ability of heart, lung and circulatory system to provide oxygen and food to the muscle

during muscle work in progress (Fox, 1987: 134). Aerobic system is a system of provision of ATP in muscle from fat metabolism. This system is used for endurance sports that do not require quick movement. Because of its location some distance away from the contractile mechanism so that its influence is also slower. Aerobic reaction requires oxygen to produce energy in ATP and produce mesesintesis glycogen is broken down in the mitochondria. This process can be divided into (1) aerobic glycolysis, (2) krebs cycle, and (3) electron transport system (Soekarman, 1991). Archers in any practice or game is always a shot / shooting continuously, so that a good archer will have a heart lung endurance is good also to get the right targets.

b. Body composition

Shows the density of the body that includes the elements of weight, height and body fat (Neuman, 1986: 36). Body fat is mostly buried in the subcutaneous tissue can serve as energy reserves. Aerobic activity that has a major influence on body fat are all aerobic activity done on a low intensity (50%) to moderate (80%) DJM. Besides aerobic activity can also improve LBW (weight of body components other than fat), which is primarily due to changes in volume and mass of skeletal muscle. So by doing aerobic activity can occur because of weight loss percentage decline in total body fat. Distance National round archery farthest is 50 m, while for FITA furthest distance is 90 m. Therefore quite far, it occurs aerobic activity in archery. This aerobic activity, if done regularly will contribute to the composition of the body.

c. Muscle strength

Describes the maximum contraction produced by a muscle or muscle group. Types of muscle contractions can be either static or dynamic, where static contraction (isometric) resistance does not move, while the resistance to move or shift position called dynamic contraction (isotonic) (Travers, 1974: 99-111). Contraction in the dominant archery happening is isometric contractions. This was seen as archers draw the bow string and hold a few seconds before dilesatkan arrows.

d. Muscle endurance

Ability and the ability of muscle or muscle group to keep working for a long time. Muscle endurance endurance grouped into static and dynamic (Sutarman, 1975: 44). A good example is seen in the archery game consists of several distances, as in the national round game consists of a distance 50 meters, 40 meters, and 30 meters. If an archer does not have the muscle endurance is good, then the arrows dilesatkan increasingly unstable.

e. Flexibility

Quality joints move may broad maximum in accordance with the broad range of motion (range of motion). Factors that also determine the level of flexibility is one such bone-joint system, muscles, ligaments, tendons, connective tissue and skin (Fox, 1987: 123-126).

f. Balance

The balance is related to attitudes to maintain a state of balance (Equilibrium) as being at rest or moving. In archery, the balance of the body is needed. To get a good balance, especially for beginners to master archer stance.

g. Coordination

Coordination is related to the ability to use senses such as sight and hearing, with a particular body in the motor activity with a harmonious and high precision. The last key to success after controlled techniques in archery, which is controlled coordination. Coordination between the eyes when shooting with a clicker when clicked, and when

shooting arrows, then everything should be well coordinated.

Archery ideally been introduced to children from age 3 or 4 years. This has been done in South Korea is now the world champion scored a lot of archery numbers. Some athletes archery Indonesia became a national champion or a champion of Southeast Asia (Sea Games) in the age of 14 years, as Ika Yuliana and Rina Rochmawati Puspita Sari. Donald Pandiangan not random, he was the Asian record breaking year in 1981 in addition to many achievements scored in various national archery championships and international in its heyday. Leane is also Suniar outstanding athlete in his time, he never rank 9 in 1976 Montreal Olympics.

Imam Bukhari hadith a leading expert known to be highly skilled in archery and always occupied the top. Thus Imam Muhammad Ibn Abi Hatim said: "As long as I'm friends with Imam Bukhari, I have never seen any shot missed the target, except for two times. Imam Bukhari in archery unbeaten." (As Subki, Thabaqat Ash Syafi'iyah, Volume II, pp. 10).

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