1st ACPES' CONFERENCE 2015
(5th AUCPESS' CONFERENCE)

Enhancing the Quality of Services in Physical Education, Health and Sport for a Better Future
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Semarang – Central Java, Indonesia

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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)
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

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WELCOME MESSAGE</td>
<td>iii</td>
</tr>
<tr>
<td>PREFACE</td>
<td>iv</td>
</tr>
<tr>
<td>ACPES 2015 STEERING COMMITTEE</td>
<td>v</td>
</tr>
<tr>
<td>ACPES 2015 SCIENTIFIC BOARD</td>
<td>vi</td>
</tr>
<tr>
<td>CONTENTS</td>
<td>vii</td>
</tr>
<tr>
<td>ORAL PRESENTATIONS</td>
<td></td>
</tr>
<tr>
<td><strong>PHYSICAL EDUCATION - TEACHING</strong></td>
<td></td>
</tr>
<tr>
<td>1. ROLE OF INFORMATION AND COMMUNICATION TECHNOLOGY: ITS IMPACT ON STUDENTS’ LEARNING AND THE EXTENT OF EFFECTS TO SOCIAL, RECREATIONAL AND SPORTS ACTIVITIES&lt;br&gt;Corazon T. Biong, Thailand</td>
<td>1</td>
</tr>
<tr>
<td>2. LEARNING MODEL DEVELOPMENT APPROACH SHOT PUT WITH GAME FOR STUDENTS GRADE V ELEMENTARY SCHOOL&lt;br&gt;Ni Putu Nita Wijayanti, Indonesia</td>
<td>13</td>
</tr>
<tr>
<td>3. HIGAONON DANCES: ITS IMPLICATION FOR CULTURAL IDENTITY, PEACE &amp; DEVELOPMENT&lt;br&gt;Rebecca M. Alcuizar, Corazon T. Biong, Arlene Reyes, Philippines</td>
<td>19</td>
</tr>
<tr>
<td>4. PHYSICAL FITNESS IMPROVEMENT EFFORTS ON LOWER CLASS STUDENTS OF ELEMENTARY SCHOOL THROUGH PLAY-BASED APPROACH ON PHYSICAL EDUCATION SUBJECT&lt;br&gt;Yustinus Sukarmin, Indonesia</td>
<td>26</td>
</tr>
<tr>
<td>5. TONNIS GAME FOR PHYSICAL EDUCATION LEARNING&lt;br&gt;Tri Nurharsono, Moch Fahmi Abdulaziz, Indonesia</td>
<td>35</td>
</tr>
<tr>
<td>6. THE TABLE TENNIS STROKES SERVICE DEVELOPMENT THROUGH PHYSICAL EDUCATION LEARNING PROCESS&lt;br&gt;Jonni Siahaan, Indonesia</td>
<td>40</td>
</tr>
<tr>
<td>7. PLAY LEARNING MODEL DEVELOPMENT ON PHYSIC EDUCATION CHARACTER BUILDING IN ELEMENTARY SCHOOL GRADE V&lt;br&gt;Waluyo, Indonesia</td>
<td>49</td>
</tr>
<tr>
<td>8. REINVENTING THE GAME (RTG) FOR PHYSICAL EDUCATION&lt;br&gt;Balbinder Singh, Singapore</td>
<td>70</td>
</tr>
<tr>
<td>9. DISSEMINATION MODEL OF ADAPTIVE PHYSICAL EDUCATION LEARNING FOR THE BRAIN OPTIMALIZATION OF RETARDED KIDS: PHYSICAL THERAPY AND NEUROSCIENCE OVERVIEW&lt;br&gt;Sumaryanti, Indonesia</td>
<td>81</td>
</tr>
<tr>
<td>10. HOW SPORT STUDENT EXCHANGE (SSE) AFFECTS STUDENTS’ ACADEMIC PERFORMANCE IN SPORT SCIENCE FACULTY&lt;br&gt;Lulu April Farida, Indonesia</td>
<td>88</td>
</tr>
</tbody>
</table>
11. **THE DIFFERENCE OF PLAY LEARNING APPROACH AND AGE GROUP EFFECTS ON THE IMPROVEMENT OF BASIC MOTOR ABILITY**
Agus Supriyoko, Indonesia ................................................................. 95

12. **THE “SPELT” LEARNING MODEL TO IMPROVE RESULTS OF STUDENT LEARNING ON SPORTS PSYCHOLOGY SUBJECT**
Dimyati, Edi Purnomo, Komarudin, Indonesia ........................................ 100

13. **IMPLEMENTATION OF TEACHING GAMES FOR UNDERSTANDING MODEL TO ENHANCE STUDENTS’ CRITICAL THINKING SKILLS**
Wahyu Indra Bayu, Risfandi Setyawan, Indonesia ...................................... 111

14. **GYM BALL BOOK DEVELOPMENT ON THE SUBJECT OF AEROBICS AND FITNESS IN FIK UNESA**
Kunjung Ashadi, Oce Wiriawan, Ika Jayadi, Indonesia .................................. 119

15. **DEVELOPING KIVOL BALL**
Ruslan, Maisal Nento, Mirdayani Pauweni, Indonesia .................................. 120

16. **TENNIS AS A RECREATIONAL SPORT TO REDUCE TEENAGERS’ MISBEHAVIOUR**
Limpad Nurrachmad, Prapto Nugroho, Indonesia ........................................ 121

17. **THE DEVELOPMENT OF MODIFICATION OF MINI BASKETBALL GAME TO IMPROVE LEARNING OUTCOME OF BASKETBALL OF ELEMENTARY SCHOOL STUDENTS CLASS VI IN PALEMBANG**
Rudy Noor Mukhtar, Indonesia ...................................................................... 122

18. **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)**
Rif’iy Qomarullah, Indonesia ........................................................................ 124

19. **TRAVELLING THROUGH TIMES: HIGA-ONON DANCES UNRAVELED**
Arlene V. Reyes, Philippines ........................................................................... 125

**PHYSICAL EDUCATION - ASSESSMENT**

20. **THE IMPACT OF SCHOOL FACILITIES CONDITIONS ON PHYSICAL EDUCATION TEACHER’S PERFORMANCE (A CASE STUDY OF PHYSICAL EDUCATION TEACHERS OF ELEMENTARY SCHOOLS IN SEMARANG)**
Harry Pramono, Indonesia ............................................................................. 126

21. **ROLE OF GENDER AND CULTURE IN PHYSICAL EDUCATION AT UPPER SECONDARY SCHOOL IN SURAKARTA**
Dwi Gunadi, Indonesia .................................................................................. 133

22. **CONFIRMATORY FACTOR ANALYSIS OF THE TEST OF GROSS MOTOR DEVELOPMENT-2**
Ismaryati, Indonesia ........................................................................................ 140

23. **PRESCHOOL STUDENTS LEVEL OF MOTOR SKILL DEVELOPMENT**
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, STRENGTH, 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 PESPESX SOCCER SCHOOL’S STUDENTS IN CILEUNSI 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, Juliati, Kelli, Indonesia ................................................................................................................. 180
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Author(s)</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.</td>
<td>EVALUATION OF AMATEUR BOXING NATIONAL CHAMPIONSHIPS IN INDONESIA</td>
<td>Soedjatmiko, Indonesia</td>
<td>186</td>
</tr>
<tr>
<td>38.</td>
<td>CENTRAL JAVA SPORTS ACHIEVEMENTS MAPPING ON PON XV, PON XVI, PON XVII, AND PON XVIII</td>
<td>Sri Haryono, Indonesia</td>
<td>192</td>
</tr>
<tr>
<td>39.</td>
<td>THE EFFECT OF DIFFERENCES BETWEEN LEARNING APPROACH, DISTANCE OF HIT, AND KINESTHETIC PERCEPTION TOWARD ABILITY GROUND STROKES FOREHAND ON TENNIS</td>
<td>Rivan Sagita Pratama, Indonesia</td>
<td>206</td>
</tr>
<tr>
<td>40.</td>
<td>EFFECTS OF THE PERCEIVED SELF-EFFICACY WALKING EXERCISE PROGRAM ON HBA1C AND BODY COMPOSITION IN DIABETES MELLITUS</td>
<td>Benjaporn Keawkumtai, Chairat Choosakul, Thailand</td>
<td>214</td>
</tr>
<tr>
<td>41.</td>
<td>EFFECTS OF WEIGHT TRAINING AND AQUAROBICS ON BONE REMODELING IN OBESE WOMEN (STUDY IN IL-6, CTx AND N-MID OSTEOCALCSIN)</td>
<td>Siti Baitul Mukarromah, Indonesia</td>
<td>219</td>
</tr>
<tr>
<td>42.</td>
<td>THE EFFECT OF DRIBBLING SHIELDING FUNDAMENTAL ON DRIBBLE COORDINATION OF THE U-12 CHEVRON RUMBAI FOOTBALL SCHOOL CLUB</td>
<td>Kristi Agust, Muhammad Iqbal Suherman, Indonesia</td>
<td>228</td>
</tr>
<tr>
<td>43.</td>
<td>THE INFLUENCE OF WEIGHT TRAINING IN THE METHOD OF SET SYSTEMS ON THE WEIGHT GAIN AND FAT PERCENTAGE</td>
<td>Ahmad Nasrulloh, Yudik Prasetyo, Indonesia</td>
<td>235</td>
</tr>
<tr>
<td>44.</td>
<td>FACTORS SUPPORTING ROWING ACHIEVEMENT IN THE DISTRICT TANJUNG JABUNG BARAT PROVINCE OF JAMBI</td>
<td>Atri Widowati, Indonesia</td>
<td>246</td>
</tr>
<tr>
<td>45.</td>
<td>CONTROLLED PLAYGROUND ACTIVITY TO IMPROVE MOTOR COMPETENCE, PHYSICAL FITNESS AND EXECUTIVE FUNCTIONS</td>
<td>Tortella P., Fumagalli G., Italy</td>
<td>255</td>
</tr>
<tr>
<td>46.</td>
<td>COMPARING DAILY AND SESSION UNDULATING PERIODISED PROTOCOLS FOR THE MAINTENANCE OF STRENGTH AND POWER IN RESISTANCE-TRAINED WOMEN</td>
<td>Lian-Yee Kok, Malaysia</td>
<td>256</td>
</tr>
<tr>
<td>47.</td>
<td>EFFECTS OF MUAY THAI EXERCISE PROGRAM UPON PHYSICAL PERFORMANCE AND SLEEP QUALITY IN THE ELDERLY</td>
<td>Anurakpapop Meeton, Thailand</td>
<td>257</td>
</tr>
<tr>
<td>48.</td>
<td>THE EFFECTS OF DYNAMIC STRETCHING ON PERFORMANCE MEASUREMENT (STRENGTH, SPEED, AGILITY, POWER, ENDURANCE, FLEXIBILITY) AMONG HOCKEY’S PLAYERS</td>
<td>Zaharul Azwan Bin Abdul Razak, Malaysia</td>
<td>258</td>
</tr>
<tr>
<td>49.</td>
<td>BANGUS CULTURE IN CAGES: PROPOSED EXTENSION TRAINING</td>
<td>Angelo B. Dalaguit, Mary Ann L. Dalaguit, Philippines</td>
<td>259</td>
</tr>
</tbody>
</table>
50. **COMPARISON OF STABLE AND UNSTABLE CORE TRAINING ON BALANCE, ENDURANCE AND STRENGTH AMONG SCHOOL ATHLETES**  
Thanapackiam Raja Gopal, Lian-Yee Kok, Malaysia  

51. **PHYSICAL ACTIVY FOR WORKING AGE**  
Pluemsamran, T., Boonveerabut, S., Thailand  

52. **PECING DODGE**  
Devi Tirtawirya, Indonesia  

53. **THE DEVELOPMENT OF MEASUREMENT DESIGN FOR MAXIMUM AEROB CAPACITY USING 1 MILE AND 2000 M RUNNING**  
Edy Mintarto, Indonesia  

54. **DEVELOPING MODEL OF PHYSICAL EXERCISE FOR SEPAKTAKRAW ATHLETES**  
Iyakrus, Indonesia  

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  

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  

**SPORT SCIENCE - SPORT PSYCHOLOGY**  

57. **THE STUDY OF COMPETITIVE ANXIETY ON SEMARANG BADMINTON ATHLETES**  
Donny Wira Yudha Kusuma, Indonesia  

58. **INTERNALIZING OF CHARACTER VALUES THROUGH MODIFICATION LEARNING OF PHYSICAL EDUCATION SPORT AND HEALTH IN ATHLETICS MATERIALS**  
Slamet Riyadi, Indonesia  

59. **MATERIALISM, SPORTSMANSHIP, AND SPORT PERFORMANCE ON ATHLETES**  
Anirotul Qoriah, Indonesia  

60. **OUTBOUND GAME MODELS TO IMPROVE INTERPERSONAL COMPETENCE IN ELEMANTARY SCHOOL**  
Niken Fatimah Nurhayati, Tandiyo Rahayu, Soegiyanto K.S., Sugiharto, Indonesia  

61. **EFFECT OF GOAL SETTING ON SWIMMING ATHLETE ACHIEVEMENT**  
Sungkowo, Indonesia  

62. **EFFECT OF MOTIVATION, PUSH UP, HANDSTAND ON FLOOR EXERCISE GYMNASTICS**  
Ranu Baskora Aji Putra, Indonesia  

63. **THE SOCIO ECONOMIC ADVANTAGES ON THE 18TH NATIONAL SPORT GAME 2012 IN RIAU, INDONESIA**  
Taufiq Hidayah, Indonesia  

---

Proceeding-International Conference of ACPES 2015 xi
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 Soon, 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
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 Lakhal, 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

HEALTH - SPORT NUTRITION

81. THE EFFECT OF RED FRUIT OIL ON RAT’S MALONDIALDEHYDE 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, Sugiar, 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, LANAO DEL NORTE AND THEIR UTILIZATION

87. TILAPIA (Oreochromis niloticus Peters) TOCINO PROCESSING: ECONOMY 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. Duyagui, 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 ELDERS’ 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

102. E BOUNCING BALL GAMES, TO IMPROVE THE LEARNING TABLE TENNIS
Moch Fahmi Abdulaziz, Indonesia

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

104. DEVELOPMENT OF INSTRUCTIONAL MEDIA FOR OUTSIDE SHOOTING BASIC TECHNIQUE PRACTICE IN MINI BASKETBALL CLUB
Baskoro Nugroho Putro, Indonesia

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

106. THE MAJOR PROBLEMS OF TEACHING SWIMMING TO YOUNG CHILDREN
Kaswangt anti Rahayu, Indonesia

107. THE INFLUENCE OF TEACHING MODELS THROUGH SCIENTIFIC APPROACH TOWARDS THE SKILL OF PLAYING FOOTBALL
Dena Widyawan, Indonesia

108. THE EFFECT OF LEARNING MODEL AND GENDER TO STUDENTS’ SOCIAL AWARENESS ON PHYSICAL EDUCATION LEARNING
Dupri, Indonesia

109. LOVE OF ENVIRONMENT THROUGH THE OUTDOOR EDUCATION CAMPING PROGRAM
Kardjono, Indonesia

110. TOOLS DEVELOPMENT TO MEASURE EFFECTIVENESS PHYSICAL EDUCATION TEACHER LEARNING
Nyak Amir, Indonesia

111. DEVELOP TARGET NET AS A TOOL FOR SHOT LEARNING IN BADMINTON SPORT AT JUNIOR HIGH SCHOOL
Afif Khoirul Hidayat, Indonesia

112. INCREASING SPORT PARTICIPATION THROUGH INCREASED FOCUS ON SCHOOL SPORTING EXPERIENCES IN SINGAPORE
Cho Jin Jin Tessa, Singapore
# 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 Elholy, Egypt .................................................. 522

115. **EVALUATION OF TRAINING PROGRAM IMPLEMENTATION AT SWIMMING CLUB IN YOGYAKARTA SPECIAL REGION**  
R. Agung Purwadono 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 Taweesuk, 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. **REVITILIZING 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**  
Seyyedeh Nahal Sadiri, Malaysia | 549 |

**SPORT SCIENCE - SPORT PSYCHOLOGY**

| 127. | **FOOTBALL PLAYER AGGRESSION: PHENOMONOLOGY STUDY ABOUT VIOLENCE BETWEEN FOOTBALL PLAYERS**  
Komarudin, Indonesia | 550 |
| 128. | **IMPROVING SOCIAL 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 TROTONIN 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
THE INFLUENCE OF WEIGHT TRAINING IN THE METHOD OF SET SYSTEMS ON THE WEIGHT GAIN AND FAT PERCENTAGE

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Abstract

\textbf{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). \textbf{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. \textbf{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 ($p > 0.05$). \textbf{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.

\textbf{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 all., 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>
<thead>
<tr>
<th>Kinds of Exercises</th>
<th>Exercise Portion</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Main Exercise:</strong>&lt;br&gt;Weight training</td>
<td>Frequency: 3-4 times/week&lt;br&gt;Intensity: 70-80 % RM&lt;br&gt;Numbers of Sets: 3-6 Set&lt;br&gt;Repetition: 8-12 times&lt;br&gt;Recovery: 30-90 seconds interval</td>
<td>The levels of exercises are gradually increased&lt;br&gt;Numbers of posts: 10-12&lt;br&gt;Intensity: medium&lt;br&gt;The method: Set block/Set systems</td>
</tr>
<tr>
<td><strong>Additional Exercises:</strong>&lt;br&gt;- Aerobic with medium intensity&lt;br&gt;- Anaerobic</td>
<td>Frequency: 3-4 times/week&lt;br&gt;Intensity: 65-75 % MHR&lt;br&gt;Duration: &gt; 20 minutes&lt;br&gt;Intensity: &gt; 85 % MHR&lt;br&gt;Duration: 20-60 minutes</td>
<td>The levels of exercises are gradually increased&lt;br&gt;- Increasing body metabolism&lt;br&gt;- Increasing appetite</td>
</tr>
</tbody>
</table>
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 dependencies 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% for 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:

O1 → P → O2

Note:
O1 : The Pre-test
P : Treatment

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).

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>
<thead>
<tr>
<th>Data</th>
<th>Min.</th>
<th>Max.</th>
<th>Mean</th>
<th>Median</th>
<th>Modus</th>
<th>Std. Dev</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (the pre-test)</td>
<td>49.00</td>
<td>73.00</td>
<td>59.6</td>
<td>57.75</td>
<td>51.00</td>
<td>7.16</td>
</tr>
<tr>
<td>Weight (the post-test)</td>
<td>51.00</td>
<td>74.00</td>
<td>61.37</td>
<td>61.75</td>
<td>51.00</td>
<td>6.79</td>
</tr>
<tr>
<td>Fat Percentage (the pre-test)</td>
<td>8.50</td>
<td>24.80</td>
<td>16.87</td>
<td>16.95</td>
<td>8.50</td>
<td>5.29</td>
</tr>
<tr>
<td>Fat Percentage (the post-test)</td>
<td>8.70</td>
<td>24.20</td>
<td>17.40</td>
<td>16.70</td>
<td>4.67</td>
<td></td>
</tr>
</tbody>
</table>

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
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

<table>
<thead>
<tr>
<th>Class Intervals</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>69 – 73</td>
<td>2</td>
<td>10.0</td>
</tr>
<tr>
<td>64 – 68</td>
<td>6</td>
<td>30.0</td>
</tr>
<tr>
<td>59 – 63</td>
<td>1</td>
<td>5.0</td>
</tr>
<tr>
<td>54 – 58</td>
<td>6</td>
<td>30.0</td>
</tr>
<tr>
<td>49 – 53</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>100.00</td>
</tr>
</tbody>
</table>

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

![Histogram of Weight Data Pre-Test](image)

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

<table>
<thead>
<tr>
<th>Class Intervals</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>71 – 75</td>
<td>1</td>
<td>5.0</td>
</tr>
<tr>
<td>66 – 70</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>61 – 65</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>56 – 60</td>
<td>4</td>
<td>20.0</td>
</tr>
<tr>
<td>51 – 55</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>100.00</td>
</tr>
</tbody>
</table>
The histogram of the frequency distribution of weight data on the post-test is as follows.

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>
<thead>
<tr>
<th>Class Intervals</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.6 – 24.8</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>18.3 – 21.5</td>
<td>3</td>
<td>15.0</td>
</tr>
<tr>
<td>15.0 – 18.2</td>
<td>4</td>
<td>20.0</td>
</tr>
<tr>
<td>11.8 – 14.9</td>
<td>5</td>
<td>25.0</td>
</tr>
<tr>
<td>8.5 – 11.7</td>
<td>3</td>
<td>15.0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>20</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Class Intervals</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.1 – 24.2</td>
<td>6</td>
<td>30.0</td>
</tr>
<tr>
<td>18.0 – 21.0</td>
<td>2</td>
<td>10.0</td>
</tr>
<tr>
<td>14.9 – 17.9</td>
<td>6</td>
<td>30.0</td>
</tr>
<tr>
<td>11.8 – 14.8</td>
<td>3</td>
<td>15.0</td>
</tr>
<tr>
<td>8.7 – 11.7</td>
<td>3</td>
<td>15.0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>20</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>

The histogram of the frequency distribution of fat percentage data on the post-test is as follows.
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>
<thead>
<tr>
<th>Data</th>
<th>Tests</th>
<th>Mean</th>
<th>T-Score</th>
<th>p</th>
<th>Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>The Pre-test</td>
<td>59.65</td>
<td>4.972</td>
<td>0.000</td>
<td>Significant</td>
</tr>
<tr>
<td></td>
<td>The Post-test</td>
<td>61.37</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
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

<table>
<thead>
<tr>
<th>Data</th>
<th>Tests</th>
<th>Mean</th>
<th>t-score</th>
<th>p</th>
<th>Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>The Pre-test</td>
<td>16.87</td>
<td>1.935</td>
<td>0.068</td>
<td>Not significant</td>
</tr>
<tr>
<td>Percentage</td>
<td>The Post-test</td>
<td>17.40</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
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.

REFERENCES


Klinik Kebugaran, 2006. Pelatihan Instruktur Fitness FIK UNY.


