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100 Meter Short Distance Running Skills in Penjaskesrek Students Islamic University of Riau

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Abstrak

Tujuan penelitian ini adalah untuk mengetahui tingkat keterampilan lari jarak pendek 100 meter pada mahasiswa Puslitbang Pendidikan Jasmani Universitas Islam Riau. Jenis penelitian ini adalah penelitian deskriptif kuantitatif. Populasi dalam penelitian ini adalah siswa Pendidikan Jasmani yang berjumlah 50 orang. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik total sampling, yaitu dengan mengambil seluruh sampel. Instrumen yang digunakan dalam penelitian ini adalah tes lari jarak pendek. Metode analisis data yang digunakan adalah statistik deskriptif, statistik ini dimaksudkan untuk mengumpulkan data, menyajikan data dan menentukan nilai. Hasil penelitian dinyatakan dalam 5 kategori yaitu sangat baik, baik, cukup baik, tidak baik dan tidak baik. Berdasarkan analisis data yang telah dilakukan dapat diketahui bahwa hasil yang diperoleh, dapat disimpulkan bahwa penelitian ini adalah keterampilan lari jarak pendek 100 meter pada mahasiswa Pendidikan Jasmani dan Puskesmas Universitas Islam Riau tergolong dalam sangat baik yaitu siswa dengan prosentase 28% dari 50 siswa.

Kata Kunci : *Lari Jarak Pendek, Lari 100 Meter.*

Abstract

Purpose of this study was to determine the skill level of the short distance run of 100 meters in the students of the Physical Education Research Center, Riau Islamic University. This type of research is a quantitative descriptive study. The population in this study were students of Physical Education, which amounted to 50 people. The sampling technique in this study used a total sampling technique, namely by taking the entire sample. The instrument used in this study was a short distance running test. The data analysis method used is descriptive statistics, these statistics are intended to collect data, present data and determine values. The results of the research are stated in 5 categories, namely very good, good, good enough, not good and not good. Based on the data analysis that has been done, it can be seen that the results obtained, it can be concluded that this study is that the 100- meter short distance running skills in the Riau Islamic University Physical Education and Health Center students are classified as very good, namely 14 students with a percentage of 28% of 50 students.

Keywords: *Short Distance Running, Running 100 Meters.*

INTRODUCTION

Athletics is the oldest sport, which has been practiced by humans since ancient times until today. Basically, almost all sports that are games contain athletic elements such as running, throwing, refusing, jumping and so on. So, it is not wrong if athletics is said to be the parent of all sports. Athletics has several numbers including walking, running, throwing and jumping. Running Number consists of short distance running, medium distance running, long distance running and marathon. Short distance running has a running number including running 60 meters, 100 meters, 200 meters and 400 meters.

Running is a forward motion to move the body as quickly as possible, both feet are present when floating and not attached to the ground or floor (Sukirno, 2012). According to (Schmidt et al., 2016) running leads to shorter contact times and increases acceleration and peak strength. Athletes must be able to produce high strength in a very short time. Short distance running or sprinting is a run that really requires good reaction speed,

coordination and acceleration. Sprinting is a number explosive, therefore a runner must warm up sufficiently before doing a training session (Sahadi, 2011). Likewise, according to (Teguh, 2016) stating that short distance running is often called a sprint, the distance covered can vary, ranging from 100 meters and 200 meters to 400 meters.

Based on the above opinion, it can be concluded that short distance running is the ability to move the limbs, legs, arms and static parts of the body and even the whole body with the greatest speed so that it can move the body as quickly as possible and both legs are when floating and not attached to the ground or the floor reaches the line finish.

According to (I Nyoman & I Made, 2015) the parts and stages in a 100 meter run are start, run and finish, all stages and parts receive serious attention as a supporting factor for achievement. Each stage and part of the run requires different techniques, such as: 1) the stage Start, which has specifications, among others, rapid reaction to cues / pistols and actively applying the explosive power of the athlete's muscles to initiate a running motion. 2) Running Stages, has technical specifications including maximizing the horizontal speed of two movements, namely the support movement and the gliding movement. 3) The stage finish, running 100 meters has specifications including the speed of movement of the upper body and the coordination of upper and lower body movements. As explained by (Harrison, 2010) says biomechanics sprint and exercises sprint of various biomechanical models considered in connection with the initial phase, acceleration and speed maintenance sprint 100 meters to enter the finish line. In line with Sulastio, A. (2016) said that to achieve proper running results, of course there are also several things that must be supported by: good running speed, leg movements, arm movements, posture and strength and the methods taught by the trainer to endurance and speed training.

Running short distances of 100 meters is included in the anaerobic energy system. The anaerobic metabolic system is a series of chemical reactions that do not require oxygen. The anaerobic energy metabolism system is divided into two systems, namely (1) alactic anaerobes and (2) lactic anaerobes (Sukadiyanto & Dangsina, 2011).

(Kadir, 2010) states that the test is a form of evaluation tool to measure how far the teaching objectives have been achieved. Based on the above opinion, it can be concluded that the notion of a test is a measuring tool that has various meanings, one of which is a test that measures the ability of same one. Likewise in this study, in the manufacture of the test instrument, it was meant to measure psychomotor ability, especially measuring the slightly modified psychomotor ability of the 100-meter short sprint pregnancy. A good test must meet several requirements, namely; it must be efficient, it must be standard, have norms, be objective, valid (valid), and reliable (reliable).

According to the opinion (Fenanlampir, A., & Faruq, 2015) Measurement is the process of collecting data or information objectively. Thus it can be said that the measurement can be carried out if an instrument has been implemented then the scores are given with the raw score. Measurements must be carried out in accordance with program objectives and carried out in the context of developing or refining objective

METHOD

This research is a descriptive study using a survey method that uses a test form of measuring short distances of 100 meters. The subjects in this study were students of the Riau Islamic University Penjaskesrek. This research is located in Marpoyan, Pekanbaru City and will be carried out after the research proposal is received. The population in this study amounted to 50 students of Penjaskesrek Riau Islamic University and a sample of 50 people using the total sampling technique. The research instrument was a 100 meter sprint test.

Implementation:

Running distance is 100 meters. Was given a signal by the starter at the start, then Teste ran as fast as possible to get to the line finish. The aspect that is measured in this 100- meter short sprint is the score for the treatment of the test on the correct implementation of the basic technique of running 100 meters, namely starting from the time of start (willing, ready, yes), hand swing, footsteps, togok position and finish and notes 100 meter run time with time (seconds).

Assessment:

As a result of what is recorded is the process taken and used by the teste to complete the mileage, starting from the cue "yak" or whistle or gun sound, from the   starter until one of the limbs crosses the finish line. If the teste "steals" the start started, it must be again.

When the starter raises the sign start , the assessment process of student movements is assessed. This is to measure a short run of 100 meters, which is the process the runner takes from start to finish. When the limb crosses the line finish , the assessment process is complete. The test must be repeated if there is a violation by the teste, which is to start before the sign start starts. The value of the teste is that the teste does the movement 2 times, the best process result is taken which is the data. Values are measured in numerical units. The final score for each student is to combine the value of the process of running a short distance of 100 meters and a record of the time of the 100 meter run with time (seconds / second), then using the total T-Score for each student.

The shape of the aspects of the assessment on the 100 meter sprint is as follows:

1. Start when ready, the aspects that are currently squatting position, one knee on the ground and both feet lifted up, straight arms beside the body, fingers forming an inverted V the ground, and the gaze down.
2. Start when ready, the aspect that is assessed is the buttocks are raised higher than the shoulders, knees bent to form a supporting angle, straight hands support the body weight.
3. Start when Yes, the aspects that are assessed are fast reaction, maximum leg repulsion and sliding instead of jumping.
4. Hand Swing, the aspect that is assessed is having power, the angle of the elbow is approximately 900 and the tip of the front finger, the maximum limit of the forehead
5. Footsteps, the aspect that is assessed is long, fast and steady and tread on the tip of the foot.
6. Togok position, the aspect to be assessed is leaning forward, the head is symmetrical with the togok, straight facing forward.
7. Finish, the aspects that are assessed are stable speed even increased, chest first, foresight.

RESULTS AND DISCUSSION

From the results of measurements that have been carried out on students of the Islamic University of Riau, it turns out that from the 50 students sampled, 14 students or 28% obtained very good categories, 12 students or 24% were classified as good, 8 students or 16% were categorized as sufficient good, 9 students or 18% were in the poor category, and 7 students or 14% were in the bad category. For more details, it can be seen in table 1.

Table 1.Frequency distribution of short distance running tests 100 meters

Interval	Kategori	Frekuensi	Persentase
84 – 92	Not Good	7	14 .00
93 – 101	Less Good	9	18.00
102 – 110	Enough Good	8	16.00
111 – 119	Good	12	24.00
120 – 129	Very Good	14	28.00
Total		50	100

In accordance with the relevant research, namely Muhammad Rizwan, et.al. (2019) To produce research consisting of expert validation, small group trials and large group trials as well as discussion of the research results, the researchers can draw the following conclusions: 1. A game-based sprint learning model aged 10-12 years can be developed and applied in educational learning body and improve basic movement skills for sprinting. 2. The sprint learning model that has been developed, obtained data on the effectiveness and results of the game-based sprint learning model aged 10-12 years, while the results of the research by Henjilito, R. (2017) resulted in a

positive influence between the explosive power of the leg muscles, reaction speed and motivation to the speed of running a short distance of 100 meters in athletic athletes PPLP Pekanbaru, thus the speed of running a short distance of 100 meters can be increased through increased leg muscle explosive power, reaction speed and motivation.

CONCLUSION

Based on the data analysis that has been done, it can be seen that the results obtained, it can be concluded that this study is that the 100-meter short-distance running skills in Penjaskesrek students of Riau Islamic University are classified as very good, namely as many as 14 students with a percentage of 28% of 50 students.

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