



Kinestetik : Jurnal Ilmiah Pendidikan Jasmani 8 (1) (2024)

Kinestetik : Jurnal Ilmiah Pendidikan Jasmani

<https://ejournal.unib.ac.id/index.php/kinestetik/index>

DOI: 10.33369/jk.v8i1.33485



Shooting Profile of Female Petanque Riau Athletes Judging from Time Effectiveness

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Article Info

Historical Articles:

Accepted: March 2024

Revision: March 2024

Accepted: March 2024

Keywords:

Coaching,
Profile,
Shooting,

Abstract

Petanque is a sport that is still developing, so it is understandable that there are still changes to the regulations. By frequently looking for information related to regulations and attending seminars or workshops related to petanque regulations, it is hoped that we can always get the latest information regarding these regulations. This research is an interview and observation technique as well as a literature review technique, aiming to reveal "whether or not there is a shooting profile for Riau petanque athletes in terms of time effectiveness." The data collection technique used in the literature review is by collecting various references and references that are relevant to the topic of the problem being researched, using the Google Scholar database by entering words. From the source search results in the database, 5 articles were obtained which were published from 2014 to 2021. The conclusion of this research shows that "There is a Profile that exists in the sport of Petanque, so it can be used as study and input. For other people as a reference, as research material.

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ISSN 2685-6514 (Online)

ISSN 2477-331X (Print)

INTRODUCTION

The sport of Petanque originates from France. This sport was originally a traditional sport from France, then developed as an achievement sport, a traditional game with the parent sport of International Petanque called the Fédération Internationale de Pétanque et Jeu Provençal (FIPJP) which was founded in Marseille, France in 1958. The sport of petanque is a sport of accuracy and requires a person to really understand accuracy and master the characteristics of the field. Because this game can be played on hard ground, grass, sand or other ground surfaces. Apart from that, a petanque player/athlete must clearly know the basic techniques in this sport in order to master these skills (Saddle et al., 2021). The sport of petanque is a sport of dexterity in throwing a ball made of iron by bringing the target ball closer and moving the opponent's ball (target) away or what is usually called shooting, and both feet are in a circle. The original form of this sport appeared in 1907 in La Ciotat, in the southern city of France. At that time, petanque was played only by nobles. France, as the era developed, petanque began to be played by all groups and until now petanque is an achievement sport that is competed in almost all developed countries on all continents (Sutrisna et al., 2018).

Petanque is a form of boule game where the aim is to throw an iron ball as close as possible to a wooden ball called a cochonnet/jack/boka and the feet must be in a small circle. This game is usually played on hard ground, but can also be played on grass, sand or other ground surfaces. However, in national and international championships, hard surfaces are used. Petanque as a traditional sport may have unique elements that have not been widely studied in a scientific context. By

focusing on this sport, this research can contribute to our understanding of how physical factors play a role in traditional sports in particular such as petanque (Alps, 2023). Petanque is a form of boule where the aim is to throw an iron ball as close as possible to a wooden ball called a cochonnet and the feet must be in a small circle. This game is usually played on hard ground. But it can also be played on grass or sand and other ground surfaces. Petanque is a new sport in Indonesia, but petanque is actually a sport that has been known for a long time since 1958 (Fajar et al., 2021).

Petanque sport is one of the effective media in revitalizing communication in urban/urban communities, this is because of its general characteristics and can also be made into a routine activity. (Fahrizal Dwiki Raynaldo Mokhammad, Herpandika Prasetyo Reo, 2023). According to (Rasyono et al., 2020) Petanque is a simple game. The aim of this game is to throw the iron ball (bosi) until it is close to the target (boka/wooden ball). A player or team scores or points by having one or more of their bosi closer to the boka than the opponent's bosi position after all bosi have been thrown. The winner is the first player or team to reach 13 points.

The sport of petanque consists of eleven competition events including men's and women's singles, men's and women's doubles, men's and women's triples, mixed doubles, men's and one woman's doubles, women's and one man's doubles, men's and women's shooting (Ashari & Apriani, 2023). This sport is a traditional game that was developed from games in Ancient Greece. Petanque material is divided into several basic techniques, these basic techniques consist of basic techniques for holding the ball, basic pointing techniques, and basic shooting techniques. (Kristanto, 2020).

There are 2 types of petanque throwing techniques, the first is pointing which is a type of throw to approach the target boka closer than the opponent's bosi, and in pointing there are also several ways to do it, such as rolling, soft lob (medium soar), and full lob (soar high), the second shooting is a type of throw to repel the opponent's bosi from the target boka, there are several ways to shoot such as shot on the iron (bosi to bosi), short shot and ground shot (Yuliasih, 2016). Pointing technique is a natural way of throwing or delivering an iron ball. This technique is widely used not only on one field character but several types of field characters. Therefore, this technique is used more by athletes when playing petanque. (Smith, 1999:5) .

The playing technique in the sport of petanque has two throwing techniques. The first technique is pointing. The pointing technique is an effort made by a person or team to send the ball closer to the target. There are two ways to use the self-pointing technique, standing and squatting. The second technique is shooting. Shooting technique is an effort made by a person or team to keep the opponent's ball away from the target (Isdarianti et al., 2023) . While shouting simply defined as an ability To carry out tasks that have specific goals to be achieved (Sutrisna et al., 2018) .

Meanwhile, shooting technique is one of the basic throwing techniques in the sport of petanque, to repel the opponent's bosi from the target boka. This technique is necessary when the opponent's bosi is close to the boka. The essence of the level of difficulty of the shooting technique is also influenced by the position of the body, the legs must be stable when the ball is delivered, so that all body parts have good balance. Shooting is the ability of a type of throw that aims to avoid the opponent's boule from the jack (Mulya, 2020) .

The shooting throws that are made do not always hit the target correctly. Coordination between body segments and arm swings is one of the factors in the accuracy of petanque shooting. Shooting throws in petanque itself have specifications in movement analysis, where the phase of each movement contributes to the results of the shooting throw performed. In this case, the backswing has an important role in the series of movements carried out (Munir & Irawan, 2022) .

Time effectiveness is a benchmark that shows how well the learning objectives that have been created previously can be achieved in terms of quantity, quality and time (Sumantri, 2015) . Meanwhile, according to (Rahmi, Ahmad Atiq, 2013), the definition of time effectiveness generally shows the extent to which a previously determined goal has been achieved. The word effectiveness refers more to the output that has been targeted. In the learning process, of course, the effectiveness factor is very important. Time effectiveness is an important principle in the teaching and learning process, effectiveness in this writing is the role of students in utilizing/optimizing physical education learning time (Andiyanto et al., 2020) . To achieve achievements in the sport of petanque, there are 4 components that play an important role, namely, 1. Biological aspects include the potential or basic abilities of the body, the function of the body's organs, body posture, nutrition. 2. Psychological aspects include intellectual, motivation, personality, movement coordination. 3. Environmental aspects include social, facilities and infrastructure, weather or climate. 4. Supporting aspects include coaches, training programs, awards/bonuses.

Comprehension Profile

A profile is a brief description of a person, organization, institution or region. Profiles provide information to audiences or the public so that people know more about the objects being informed about. This is a view, picture, biographical sketch, graph or overview that provides facts about a specific matter. Each profile is associated with a profile definition. For example, a profile definition could contain the following properties: name, age, gender, address, and so on. Meanwhile, according to Rumini in Juniar (2019) states that a profile is a side view, outline, biography, or writing that explains a situation that refers to the data of someone or something of the same age. In this study, what is meant by profile is a description of shooting at the female petanque light in terms of time effectiveness. A profile is the identity of a company, both in the service and product sectors, which aims to inform, influence and persuade, as well as remind customers about the company. (Rahastin, 2022) .

History of the Sport of Petanque

In the 6th Century BC, the Ancient Greeks played the Boules game with coins, pieces of stone or stone balls. In the 9th Century BC, the discovery of the Boules game in an Ancient Egyptian tomb dated to 7000 BC. In early AD, the Romans played boules with wooden balls filled with spikes. In the Middle Ages, the game of petanque was played throughout Europe, known as boule. In the 14th century, King Henri III of England, King Charles IV and V banned the game of Boules and replaced it with playing darts. Petanque is a sport that is played in three directions (triple) but can also be played individually (single) or together (double) (Okilanda et al., 2018) According to Confederation Mondiale Sport Boules Petanque , 2002 in (Agustina, Ayuk Tyas,

Priambodo, 2017) , Petanque is a game with boules / balls whose aim is to throw an iron ball as close as possible to a wooden ball called Jack and both feet must be in a small circle (Circle). The match numbers in petanque also display special numbers, namely for shooting . This number is focused only on shooting accuracy on the ball in a predetermined position. Petanque has become a prestigious sport abroad, not only in Europe such as France and Madagascar but has also spread to Asian countries such as Japan, Korea, China and Taiwan. The development of petanque in Indonesia is gradually becoming more and more popular with the number of championships and competitions in various regions. Petanque is a relatively new type of sport in Indonesia, so massive and structured efforts are needed so that the sport of petanque can be known by the public. Efforts to introduce the sport of petanque to the public are increasingly being carried out by practitioners and activists of the sport of petanque throughout Indonesia, however socialization in Banten province, especially in Serang City, is still limited. (Rian Triprayogo et al., 2022) .

At the 2011 SEA Games sports event in Indonesia, Pétanque became one of the sports contested. Like other sports, petanque at the SEA Games is included in the concentration sports category, having certain equipment. This game is usually played on hard ground or oil, but can also be played on grass, sand or other ground surfaces (Sudiadharma & Suardi, 2019). Petanque sport is an effective medium in revitalizing urban/urban community communication, this is because of its general characteristics and can also be made into a routine activity (Supandri, Sarwita, Tuti, 2020) . This sport was recently born in Indonesia. Petanque is the newest sport to enter Indonesia and essentially resembles traditional sports.

Even though it is a new sport in Indonesia, the sport of Petanque is a sport that already has a name in the world. The countries that are strong and consistent in developing the sport of Petanque are countries that were once colonized by France, which is the country that gave birth to the sport. (Sandy et al., 2023)

METHOD

This type of research is literature review research, namely by collecting various references and references that are relevant to the problem topic being researched, using the Google Scholar database and Riviuw Literature Review theory, namely the data collected is in the form of words, images, not numbers. Qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. Meanwhile, descriptive research is a form of research aimed at describing or illustrating existing phenomena, both natural phenomena and human engineering.

Participant

Participants in this study took relevant quotes with quotes that were relevant to literature techniques with 5 article quotes that were relevant to female gender characteristics.

Sampling Procedure

The sampling technique in this research was total sampling. Total sampling is a sampling technique where the number of samples is the same as the population (Sugiyono, 2018). The samples taken from this research were 5 girls.

Materials and Equipment

The data collection techniques used in this research are interview techniques and riveuw literature quotes

from several 5 journals by collecting various references and references that are relevant to the problem topic being researched, using the Google Scholar database.

Procedure

In this study, researchers used literature review research, namely by collecting various references and references that are relevant to the problem topic being researched, using the Google Scholar database. to describe and give meaning to the data for each dimension evaluated. In collecting the data required in this research, the researcher used various techniques. Regarding the data collection techniques used in the literature review, namely by collecting various references and references that are relevant to the problem topic being researched, using the Google Scholar database by entering the keyword "athlete shooting profile Putri Petanque Riau in terms of time effectiveness"

Design or Data Analysis

The data analysis technique used uses the Google Scholar database by conducting riveuw literature by entering the keywords Shooting Profile of Female Petanque Riau Athletes in terms of time effectiveness. As well as data analysis techniques by conducting interview techniques and a literature review technique taken from several relevant article excerpts from Google Schoolar sources.

RESULTS

This research discusses the shooting profile of female Petanque Riau athletes in terms of time effectiveness using the interview method. The aim of this game is to throw the iron ball (boules) towards the wooden ball (jack) as close as possible. This game does not look at age

because the priority element is concentration. There are 375,000 players licensed by the Federation Francaise de Petanque et Jeu Provençal (FFPJP) and 3000 in the UK. At the 2011 SEA Games sports event in Indonesia, Petanque became one of the sports contested. Generally, other sports, petanque at the SEA Games are included in the concentration sports category and have certain requirements. This game is usually played on hard ground and can also be played on grass, sand or other ground surfaces. The growth and development of the sport of petanque in Indonesia is not very encouraging, because not all provinces or level II regions in Indonesia are familiar with the

sport of petanque. For the sport of petanque in Indonesia, especially in East Java, efforts need to be made to introduce the sport of petanque to pupils, pupils and the wider community. To realize these efforts, it is necessary to hold (Hilmi, 2021). Petanque is a sport that requires optimal technique to win the game, as well as good mental and physical condition. Based on sports mechanics, petanque is a sport that aims to achieve maximum precision. Throws carried out in the sport of petanque generally apply a parabolic motion where the consistency of power when throwing and the angle of the throw are the keys to achieving a certain horizontal distance (Hermawan, 2012).

Table 1. General description of research

NO	Source	Method Study	Interversion	Findings
1.	MOTION Journal of Physical Education Research	Surveys, Interviews	Management, performance training, petanque.	The Petanque Club of Kediri City, which is described through management, management and athletes, implementation of training programs, supporting facilities and infrastructure, as well as funding, found many problems that have supporting and inhibiting factors in the course of the club's training process.
2.	Sports education journal Sendy Cahya Dwi Putra, Surya Adi Saputra, Andi TBD Alsaudi	Interviews, Surveys	Management, petanque	The management of UKM Petanque UNNES applies the following management functions: 1) Planning, 2) Organizing, 3) Action, 4) Supervision.
3.	Vol 3 No 2 (2023): MADDANA: Journal of Community Service	Petanque Sport Introduction Webinar	Webinars, PJOK, Competition Rules, Petanque	there is an increase in the sport of petanque and the profile of the sport of petanque
4.	Indonesian National Seminar Journal VIII	Observation, Survey, Interview	Management, training, achievements, athletes	Good performance management must have organizational management, quality coaches, active players and adequate resource limits
5.	Indonesian National Seminar Journal VIII	Observation, Interview	Petanque, Achievement Development, Function and Management.	Planning, organizing in fostering achievement in athletes.

DISCUSSION

The aim of this research is to find out the profile in the sport of petanque which will be described from the results of a literature review, observations during the research reviewing several relevant quotes related to the profile of the sport of petanque. This literature review was carried out by taking several quotations from Google Scholar.

Petanque is a form of boules game where the aim is to throw an iron ball as close as possible to a wooden ball called a cochonnet/jack/boka and the feet must be in a small circle. This game is usually played on hard ground, but can also be played on grass, sand or other ground surfaces. However, in national and international championships, hard surfaces are used. Petanque is a form of boule game where the aim is to throw an iron ball as close as possible to a wooden ball called a cochonnet/jack/boka and the feet must be in a small circle. This game is usually played on hard ground, but can also be played on grass, sand or other ground surfaces. Petanque sport is also a sport that does not have many physical conditions that influence it. This petanque sport requires precise accuracy and better concentration. Petanque, a sport that can be played, can be played in an open field, on a sandy field or a grassy field. The athlete's profile directs the management's indicators in achieving achievements while participating in the sport of petanque. By providing performance training in a club, it is hoped that athletes can gain talent and develop good achievements both regionally and nationally. Athletes are also an important indicator in the management of achievement training.

There are components The components that influence shooting are ball grip, body position towards the target, static balance of the legs, low body

position and leaning forward, relax the ball, follow through. Balance when throwing greatly influences the accuracy of a petanque athlete. Of course, this is closely related to the theory of balance power, which is a bodily ability that humans have in various levels and can be improved through exercises that suit the purpose. Apart from the factors above, balance is also influenced by the strength of the muscles that maintain the balance of the human body, or what are often called core muscles or body pillar muscles apart from the leg muscles. The core muscles of the human body are like the ropes that tie the sail mast so that the sail pole will not collapse even if it is blown by strong winds (Isyani & Primayanti, 2019).

The results of observations that have searched for relevant quotations by collecting various references and references that are relevant to the problem topic being researched, using a database Google Scholar, researchers saw that the athletes lacked training, especially in shooting techniques. Furthermore, the training carried out was not optimal so that the shooting techniques obtained were not optimal. Then, the athletes push their training if there is an event or match that they are going to play.

CONCLUSION

The involvement of training in the sport of petanque can be said to play a very important role in it which can be aimed at serious development of the sport of petanque, and the basic profile of the sport of petanque.

ACKNOWLEDGEMENT

The author would like to express his sincere thanks to the supervisor and to the Physical Education and Physical Education Study Program at the Islamic

University of Riau who has helped and guided and provided time and participation in this research. Many thanks also go to friends who have continued to support the writing of this literature review journal.

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