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The Correlation of Physical Fitness with Dribbling Technique in Football Games

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Authors' contribution:
A. *Conception and design of the study;* ***B.*** *Acquisition of data;* ***C.*** *Analysis and interpretation of data;* ***D.*** *Manuscript preparation;* ***E.*** *Obtaining funding*

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ABSTRACT

This study aims to determine the correlation of physical fitness with the technique of skipping the ball in a football game. This research is quantitative research with a descriptive approach. The method in this study uses descriptive statistics with test and measurement techniques. The population in this study was all students of SD Inpres No. 115 Tabuakang, Jeneponto Regency, aged 10-12 years. The total population is 30 pupils. The sample used in this study was 30 male students of SD Inpres No. 115 Tabuakang, Jeneponto Regency aged 10-12 years with a random sampling technique. The research data used tests and measurements of Indonesia's physical fitness level to determine the level of physical fitness. The results showed that the level of physical fitness was at an average of 14.33 and a standard deviation of 3.044 with a median value of 14.00. While dribbling ability is at an average of 32.1863 and a standard deviation of 4.64335 with a median value of 33.7000. And there is a significant relationship between physical fitness level and dribbling technique.

Keywords: Physical Fitness; Dribbling; Football

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INTRODUCTION

Physical education has a very important role in intensifying the implementation of education as a process of human formation that lasts a lifetime (Sahabuddin, Hakim, &; Bismar, 2020). Physical education provides opportunities for students to be directly involved in various learning experiences through physical activities, play, and sports that are carried out in a systematic, directed, and planned manner (Burhanuddin et al., 2022). One of the goals of physical education in schools is to improve physical fitness (Irfan, 2019). Therefore, physical education is a stage or aspect of the overall educational process that is concerned with the development and use of individual mobility abilities carried out on one's ability and

benefit and with reactions or responses related to mental, emotional, and social (Sahabuddin et al., 2022).

Sports are regular forms of physical activity found in intensive games, competitions, and physical activities to obtain optimal recreation, victory and performance (Komarudin &; Prabowo, 2020). Adhering to the complete dictionary Indonesian sports is a verb of body movement to be healthy or a human activity that aims to achieve the welfare, (physical and spiritual well-being) of humans themselves. Physical education subjects are one part of the structure and content of KTSP at the Elementary School (SD), Junior High School, and High School (SMA) levels. Sports activities are fundamental to maintaining physical fitness and health, both physical and spiritual. One of the government's efforts in improving the quality of physical and spiritual human resources is through physical education and sports in schools.

Fitness or physical fitness is a condition of the body being able to carry out its daily tasks properly and efficiently (Qohhar & Pazriansyah, 2019), Without significant fatigue, and the body still has spare manpower, good for coping with sudden emergencies (Hudah et al., 2020), as well as enjoying leisure time with active recreation (Taufan et al., 2018). Physical fitness is necessary to carry out sports activities (Prasetyo et al., 2019). It is also mentioned in the National Sports System Law. National Sports aims to maintain and improve health and fitness, achievement, human quality, instill moral values and noble morals, sportsmanship, discipline, strengthen and foster national unity and unity, strengthen national resilience, and raise the dignity, dignity, and honor of the nation (Hidayatullah & Anwar, 2020).

Physical fitness coaching is important to improve physical quality because with physical fitness, of course, a person will be able to move optimally in everyday life so that he can improve his quality of life (Masakke & Prihatno, 2017). Many benefits are obtained from doing sports activities (Hasiati & Budi Prihanto, 2018), in addition to making a fit body will be able to increase the ability of the heart and lungs, strengthen joints and muscles, lower blood pressure (Nurul, 2018), reduce fat, improve body shape, and many things that are certainly very beneficial for the body (Sepriadi et al., 2018). Currently, many people are aware of health, many are competing to improve their health (Kamaruddin, 2018) and exercise so that they feel healthy and more enthusiastic in life (Arifin, 2018). For this reason, to improve the physical quality of the community can be realized properly, there needs to be commitment and support from the government (Wibowo, 2019) To realize the physical quality of a healthy and advanced society that can realize energetic or productive humans which is the main capital in the basic strategy of the era of development and modernization and acceleration (Hambali et al., 2019).

Physical fitness coaching can be done with various kinds of physical training or sports, and all types of exercises and sports can be used to improve physical fitness (Hanafi et al., 2022). Physical fitness is a very important need for everyone, to always be able to complete their daily tasks well and optimally (Sahabuddin, Hakim, & Syahruddin, 2020). Especially for school-age children, of course, physical fitness is very important so that children are always healthy (Almira et al., 2019), active, and cheerful they are enthusiastic about learning both outside the classroom and in the classroom (Abduh et al., 2020), so the hope is that with this condition children will have good concentration when receiving lessons at school (Hammado & Sahabuddin, 2019).

SD Inpres No. 115 Tabuakang, Jeneponto Regency is a school located in a flat land area, and most of the students who attend the school come from the Tabuakang area because it is very easy to reach to go to school whether it is taken on foot, bicycle or two-wheeled vehicles. However, judging from the daily lives of students of SD Inpres No. 115

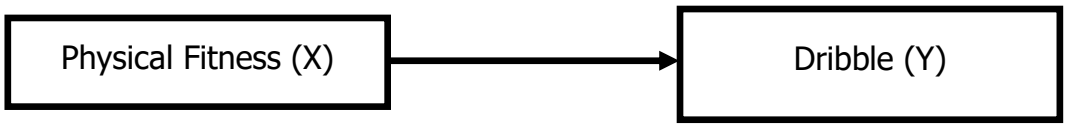
Tabuakang, Jeneponto Regency when they go to and from school, some of the children are picked up by their parents. This condition allows many children to be out of shape. Children become less mobile and lack physical activity, so they cannot perform optimally in fulfilling daily activities ranging from activities at school to completion even to their activities at home, they tend to be less mobile and lazy. So the expectations and learning objectives to get good results are not achieved in full as expected.

For this reason, as a physical education teacher in elementary schools, the learning provided should be able to improve the physical fitness of his students (Fahrizqi et al., 2020). Various ways that physical education teachers can improve physical fitness for their students are by choosing and determining the form of planned and systematic activities (Supriyadi &; Muhammad suhd, 2020) To develop the components contained in physical fitness. The components of physical fitness include cardiovascular endurance, muscle strength, muscular endurance, flexibility, body composition, and others (Hammado et al., 2020). It is known that the relationship between physical fitness and dribbling techniques is very close because every ability requires good physical fitness so that its implementation can be carried out properly also the game of football requires several elements of physical ability.

METHODS

To collect data from a study, basically must use certain methods, namely methods that are considered following the purpose of the study. Because physical fitness is a variable that occurs in the students referred to in this study is something that already exists or occurs by itself without certain treatment, this study includes descriptive research. In other words, the data will be retrieved after the event occurs, then collected and then interpreted.

Guided by variables and design, appropriate research strategies are designed to carry out research. The research design is a picture of the relationship between variables in a harmonious and orderly manner. In simple terms, the design of this study is described as follows:



Information:
X: Physical Fitness
Y: The ability to dribble the ball in a football game for students of SD Inpres No. 115 Tabuakang, Jeneponto Regency

The population in this study was all students of SD Inpres No. 115 Tabuakang, Jeneponto Regency, aged 10-12 years. The total population is 30 pupils. The sample used in this study was 30 male students of SD Inpres No. 115 Tabuakang, Jeneponto Regency aged 10-12 years with a random sampling technique. The research data used tests and measurements of Indonesia's physical fitness level to determine the level of physical fitness.

Table 1.
Indonesian physical fitness test scores for children aged 9 – 12 years old son

NO	Value	Run 40 Meter	Hang Body Lift	Sit Up 30-Second	Vertical Jump	600 Meter Run	Value
1	5	up to - 6.3"	51" and above	23 and up	46 and up	up to - 2'.09"	5
2	4	6.4"-6.9"	31"-50"	18 – 22	38 – 45	2'.10"-2'30"	4
3	3	7.0"-7.7'	15"-30"	12 – 17	31 – 37	2'31"-2'45"	3
4	2	7.8"-8.8"	5"-14"	4 – 11	24 – 30	2'.46-3'.44"	2
5	1	8.9"- etc	4"-etc	0 – 3	23 BS	3'.45" etc	1

Table 2.
Indonesian Physical Fitness Test Norms for Children Aged 9 – 12 Years Putera

No	Number of Values	Classification
1	22 – 25	Very Good
2	18 – 21	Good
3	14 – 17	Keep
4	10 – 13	Less
5	6 – 9	Less Than Once

The data collected through the test is rough. The collected data is then analyzed statistically, descriptively, and inferentially to test research hypotheses. The description used in this study is as follows: Descriptive data analysis is intended to get a general idea of the data which includes the mean, standard deviation, minimum value, and maximum value. So the overall statistical data analysis used generally uses computer analysis on the SPSS program version 16.00 with a significant level of 95% or a = 0.05.

RESULTS AND DISCUSSION

Result

Descriptive analysis

Descriptive data analysis is intended to get an overview of research data. A descriptive analysis was conducted on the level of physical fitness. Descriptive analysis includes total value, average, maximum and minimum value. From these statistical values, it is expected to give a general idea of the state of physical fitness levels. The results of the descriptive analysis of each variable of this study can be seen in **Table 3.**

Table 3.
Frequency distribution of physical fitness levels

	40 m run	Pull Up	Sit Up	Vertical Jump	600 m Run	TKJI
Sum	30	30	30	30	30	30
Mean	3.10	2.83	3.00	2.93	2.47	14.13
Median	3.00	3.00	3.00	3.00	3.00	14.00
Modus	3	3	3	3	3	14
Standard Deviation	0.923	0.699	0.643	0.785	0.776	3.044
Variance	0.852	0.489	0.414	0.616	0.602	9.264
Minimum	1	2	2	1	1	9
Maximum	5	4	5	4	4	22
Total	93	85	90	88	74	430

From **Table 3** above, it can be stated the data description of each variable as follows:

1. For the 40 M running data, from the number of samples (N) as many as 30 obtained an average value of 3.10, a middle value of 3.00, mode 3, a standard deviation of 0.923, variance of 0.852 minimum value 1, a maximum value of 5 and a total value of 93.
2. For pull-up data, from the number of samples (N) as many as 30 obtained an average value of 2.83, a middle value of 3.00, mode 3, a standard deviation of 0.699, a variance of 0.489, a minimum value of 2, the maximum value of 4 and a total value of 85.
3. For sit-up data, from the number of samples (N) as many as 30 obtained an average value of 3.00, a middle value of 3.00, mode 3, a standard deviation of 0.643, a variance of 0.414, a minimum value of 2, the maximum value of 5 and a total value of 90.
4. For vertical jump data, from the number of samples (N) as many as 30 obtained an average value of 2.93, a middle value of 3.00, mode 3, a standard deviation of

0.785, variance of 0.616 minimum value of 1, maximum value 4 and a total value of 88.

5. For 600 M running data, from the number of samples (N) as many as 30 obtained an average value of 2.47, a middle value of 3.00, mode 3, a standard deviation of 0.776, a variance of 0.602, a minimum value of 1, the maximum value of 4 and a total value of 74.
6. For tkji data, from the number of samples (N) as many as 30 obtained an average value of 14.13, a middle value of 14.00, mode 14, standard deviation of 3.044, variance of 9.264, a minimum value of 9, a maximum value of 22 and a total value of 430.

Table 4.
Percentage of physical fitness level

Criterion	Results Interval	Number of People	Percentage
Very Good	22 – 25	1	3,33%
Good	18 – 21	3	10%
Keep	14 – 17	18	60%
Less	10 – 13	5	16,7%
Very Less	6 – 9	3	10%

The results of the physical fitness level test, those who scored very well were 1 person with a percentage of 3.33%, those who scored well were 3 people with a percentage of 10%, those who got medium scores were 18 people with a percentage of 60.0%, those who scored less were 5 people with a percentage of 16.7%, those who scored less once were 3 people with a percentage of 10%.

Descriptive analysis was conducted for data measuring students' physical fitness levels with dribbling techniques. A summary of the results of the analysis is listed in **Table 5**.

Table 5.
Descriptive results of physical fitness level data with dribbling techniques

Statistical Value	Sample	Mean	SD	Variance	Min	Max	Range
Physical fitness level	30	14.33	3.044	9.264	9	22	13
Dribbling ability	30	32.1863	4.64335	21.561	20.08	39.19	19.11

Table 5 above, it can be stated the data description of each variable as follows:

a. For data on students' physical fitness level, an average value of 14.13 points, a standard deviation of 3,044 points, a variance of 9,264 points, a minimum value of 9 points, a maximum value of 22 points, range of 13 points.
b. For data on the level of dribbling ability, an average value of 32.1863 seconds, a standard deviation of 4.64335 seconds, a variance of 21.561 seconds, a minimum value of 20.08 seconds, a maximum value of 39.19 seconds, a range of 19.11 seconds.

Data Normality Test

One assumption that must be met for parametric statistics to be used is that the data follows a normal spread. If the test turns out to be normally distributed data, it means that parametric statistical analysis has been fulfilled. However if the data is not normally distributed, then the statistical analysis that should be used is non-parametric statistics.

To find out whether the data in this study was distributed normally, testing was carried out using the Kolmogorov-Smirnov test. A summary of the test results can be seen in **Table 6.**

Table 6.
Data normality test results for each variable

Variable	Absolute	Positive	Negative	KS-Z	Prob.	Information
Physical fitness level	0.190	0.147	-0.190	1.039	0.230	Usual
Dribbling ability	0.169	0.109	-0.169	0.925	0.359	Usual

Based on **Table 6** above, it can be obtained that testing data normality using the Kolmogorov-Smirnov test shows the following results:

a. For data on students' physical fitness level, probability value = 0.230 (P>0.05) was obtained. This means that the data follows a normal distribution or is normally distributed.
b. For data on the level of dribbling ability, a probability value = 0.359 (P>0.05) was obtained. This means that the data follows a normal distribution or is normally distributed.

Correlation Test

The hypothesis proposed in this study needs to be tested and proven through empirical data obtained in the field through tests of the variables studied. Because the data of this study followed a normal spread, to test the hypothesis of this study, parametric statistical analysis was used using the Pearson correlation technique. A simple correlation between physical fitness level and dribbling technique.

Data on students' physical fitness levels were obtained through the five test items described above, and dribbling ability data obtained through dribbling tests were calculated on a second scale. To determine the closeness between the level of physical fitness and the dribbling technique, a Pearson correlation analysis was carried out. A summary of the results of the analysis is listed in **Table 6.**

Table 6.
Results of the correlation analysis of fitness level with dribbling techniques

Variable	Ro	P	Information
Physical fitness level (X) Dribbling ability (Y)	0.864	0.000	Significant

Based on **Table 6** above, it can be seen that the results of the correlation calculation of person obtained the value of r calculate (ro) = 0.864 (P>0.05), then Ho is rejected and H1 is accepted. This means that the level of physical fitness of students plays a very optimal role with dribbling techniques.

Hypothesis Testing

In this study, only one hypothesis was tested. Testing of the hypothesis will be carried out following the formulation of the hypothesis and must be tested for correctness through empirical data. After testing using the Pearson correlation test followed by the F regression test, the following results were obtained:

There is a relationship between the level of physical freshness and dribbling technique.

Statistical hypotheses tested:

Ho : p x y = 0

H1 : p x y ≠ 0

Test results :

From the results of the data analysis, the value of r count (ro) = 0.864 (P>0.05). So Ho is rejected and H1 is accepted, meaning there is a significant relationship between physical fitness level and dribbling technique. This means that if the student's physical fitness level is optimized properly, it will increase the ability to dribble the ball in football games.

Discussion

Physical fitness is a need that must be met so that we can carry out daily life activities: as well as possible, as effective and efficient as possible. Until finally it will be able to create a quality life as a human being. Physical fitness is the ability and endurance of a person's physical body to carry out various activities of daily life, without experiencing significant fatigue. Physical fitness is a condition in which the body can carry out its daily tasks properly and efficiently, without significant fatigue, and the body still has spare energy, both to overcome sudden emergencies and to enjoy leisure time with active recreation. Physical fitness is important to improve physical quality because, with physical fitness, of course, a person will be able to move optimally in everyday life which can improve the quality of life. And it can still be improved by trying to be able to make activities so that students can move optimally in sports activities and school environment activities.

The ability to dribble is one of the basic techniques in the game of football. Dribbling is kicking intermittently or slowly, dribbling in a soccer game can use various parts of the foot such as dribbling using the inner foot, the outside and the turtle foot. *Dribbling* is the most popular sport in the world. Ilyas Haddade and Ismail Tola (1991) that dribbling is bringing the ball in control while running, meaning the ball remains in possession (the ball is always close to the feet) and in possession to play. With a good dribble, someone will be able to easily pass the opponent, outwit the opponent and then be able to pass to friends or try to score directly. The ability to dribble the ball falls into the good category. This is one of the big capitals to be able to play football well. With good dribbling skills, if you continue to be trained well, it will get better, and you will have good ball-playing skills as well. With good dribbling technique, and supported by other basic abilities such as good passing and shooting, a player will be able to play the ball well as well. However, it also requires good teamwork. Thus a team's football game will look good and can be enjoyed in the form of the game.

In general, the level of physical fitness was at an average of 14.33 and a standard deviation of 3.044 with a median value of 14.00. While dribbling ability is at an average of 32.1863 and a standard deviation of 4.64335 with a median value of 33.7000. These two variables, if analyzed in theory, will further remind us that it turns out that the ability to dribble can be supported by the high level of physical fitness of students.

Ho's hypothesis was rejected and H1 accepted i.e., there was a significant relationship between physical fitness level and dribbling technique. The results obtained when related to the framework of thinking and the underlying theories the results of this research support existing theories. It can be explained that if students optimize their physical fitness level well, their dribbling ability will increase.

CONCLUSION

Based on the results of data analysis and discussion, several things related to research can be concluded:

1. Physical fitness level in the moderate category.
2. There is a significant relationship between physical fitness level and dribbling technique in a football game.

Based on the conclusions of this study, several suggestions can be put forward:

1. Sports Coach
   The results of this study can be used as input on how to maintain the level of physical fitness possessed by students and student-athletes.
2. Coach
   It is recommended that it is necessary to further improve physical abilities to the maximum by providing forms of exercise to increase the level of physical fitness of the trainees.
3. Researchers
   It is expected to continue this research with a wider scope so that it can be more complete information in terms of coaching physical abilities and physical fitness levels.

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