

SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA

by Dapan Dapan

Submission date: 13-Mar-2019 11:08AM (UTC+0700)

Submission ID: 1092458248

File name: C_6_Proceedings_YISHPESS_2017_-_Dapan.pdf (10.71M)

Word count: 5410

Character count: 31032



PROCEEDINGS

THE 1ST YOGYAKARTA INTERNATIONAL SEMINAR ON HEALTH, PHYSICAL EDUCATION, AND SPORTS SCIENCE.

Evidence-Based Practice of Sports Science in Education, Performance, and Health.

October 14th, 2017. Eastparc Yogyakarta, Indonesia



Published by
Faculty of Sport Sciences
Universitas Negeri Yogyakarta



FAKULTAS ILMU KEDILAHARAAN
UNIVERSITAS NEGERI YOGYAKARTA
1 OKTOBER 1951 - 1 OKTOBER 2017

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Faculty of Sport Sciences
Universitas Negeri Yogyakarta
October 14th, 2017

OPENING SPEECH

As the Dean of Faculty of Sport Sciences Universitas Negeri Yogyakarta, I would like to welcome and congratulate to all speakers and participants of the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) 2017 entitled "Evidence-Based Practice of Sport Science in Education, Performance, and Health".

This international seminar is actually an implementation in the framework of the assessment of the achievements and sports culture in society that can support the achievements of the Indonesian people, so that there will be a significant role of practitioners, academicians, sport people, and sports observers from Universities, Institutions and Sports Organizations to help actively facilitate in the development, assessment of innovative sports science development so as to achieve sport achievements at the National and International level.

Finally, we thank all the committee of YISHPESS for their hard work in organizing this activity, and congratulate the invited speakers and all participants. Hopefully, this seminar is significant for the development of physical education, health, and sports sciences.



**Dean of Faculty of Sport Sciences,
Universitas Negeri Yogyakarta**

Prof. Dr. Wawan S. Suherman, M.Ed.


PREFACE

Alhamdulillahirobilalamin, thank Allah the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) has been prepared well and on time. With all humility, we welcome and congratulate the speakers and participants of Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) organized by the Faculty of Sport Sciences, Universitas Negeri Yogyakarta.

The YISHPESS 2017 is designed to updating and applying evidence-based practice in sports science aspects, including: education, performance and health. We hope that the invited speakers of this seminar can reduce the gaps between academic and field to get best output in the daily sport and health practices.

We would like to thank to Rector and the board of Universitas Negeri Yogyakarta for supporting this seminar come true. Praise and be grateful to the Lord, so that this proceeding can be issued. Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general.

Yogyakarta, October 14th, 2017
Chairperson of the Committee



Dr. Or. Mansur, M.S.

CONTENT

Preface

Content

Keynote Speaker

- 1.THE STRUGGLE OF JERRY LOLOWANG: A CASE STUDY OF CANCER SURVIVOR IN ACHIEVING** 76
Author: M. Erika Rachman
Universitas Sebelas Maret
- 2.PHYSIOLOGICAL PROFILE OF MEMBERS HATHA YOGA EXERCISE** 83
Author: Galih Yoga Santiko
Universitas Negeri Yogyakarta
- 3.THE EFFECT OF INTERACTIVE VIDEO IN TEACHING VOLLEY BALL THROUGH BASIC PASSING TECHNIQUE** 91
Author: Rekha Ratri Julianti
Universitas Singaperbangsa Karawang
- 4.THE EFFECT OF DOMINANT PHYSICAL COMPONENTS, AND SELF-BASKET PLEEMBAN ATLET PALEMBANG TOWN SUCCESS FREE THROW** 98
Author: Bayu Hardiyono
Universitas Binadarma
- 5. DIFFERENCES IN FUTSAL SKILL BETWEEN CLUB AND HIGH SCHOOL PLAYERS** 105
Author: Agus Susworo Dwi Marhaendro
Universitas Negeri Yogyakarta
- 6. DEVELOPMENT OF INTEGRATED PHYSICAL EDUCATION LEARNING MODEL** 111
Author: Sri Winarni
Universitas Negeri Yogyakarta
- 7.THE EFFECT OF BLOCK PRACTICE, SERIAL PRACTICE AND RANDOM PRACTICE TO IMPROVE BASKETBALL FUNDAMENTAL SKILL FOR BEGINNER** 123
Author: Riyan Pratama
Universitas Bina Darma
- 8.THE DIFFERENCES OF INTRUCTIONAL MEDIA AND COORDINATION IN LEARNING OUTCOMES OF GROUNDSTROKES TENNIS ON NOVICE LEVEL ATHLETES** 131
Author: Dian Pujiyanto
Universitas Bengkulu
- 9. ANDROID BASED REFERENCE MODEL OF STUDENT'S SKILL COACHING** 139
Author: Endang Rini Sukamti
Universitas Negeri Yogyakarta

10. TEACHING BADMINTON SMASH BY USING TEAM GAME TOURNAMENT (TGT) MODEL IN SMP MUHAMMADYAH KARAWANG	145
Author: Didik Fauzi Dermawan Universities Singaperbangsa Karawang	
11. EFFECT OF INTENSIVE AND EXTENSIVE INTERVAL METHODS AGAINST ENHANCED SPEED ENDURANCE SPRINT 400 METERS	153
Author: Fajar Adi Nugroho Universitas Pendidikan Indonesia	
12. THE ATTEMPT OF IMPROVING POWERFUL KICK IN SOCCER USING WEIGHT TRAINING	161
Author: Yanuar Dhuma Ardhiyanto Universitas Negeri Yogyakarta	
13. IMPROVING STUDENTS LEARNING ACHIEVEMENT IN RUNNING BASIC LOCOMOTION MOVEMENT THROUGH GAME AT FIFTH GRADE STUDENT OF SD NEGERI 1 SURAKARTA IN THE ACADEMIC YEAR 2013/2014	167
Author: Luli Pitakasari Arnenda Universitas Sebelas Maret Surakarta	
14. THE INFLUENCE OF EXERCISE ON HOW TO THROW SOFTBALL BY USING THE TARGET TOWARDS THE ACCURACY OF THROWING SOFTBALL IN BUFFALOES UNS ATHELETE IN 2012	174
Author: Kristanto Adi Nugroho Universitas Sebelas Maret Surakarta	
15. MANAGEMENT OF DEVELOPING SWIMMING ACHIEVEMENT IN NPC (NATIONAL PARALYMPIC COMMITTEE) OF INDONESIA	181
Author: Nonik Rahmawati Universitas Sebelas Maret Surakarta	
16. CORRELATION OF BODY MASS INDEX AND CARDIORESPIRATORY FITNESS TO THE RISK OF METABOLIC SYNDROME IN ADOLESCENTS	189
Author: Abdullah Al-Hazmy Universitas Sebelas Maret Surakarta	
17. SOLO LAST FRIDAY RIDE AS A SPORT COMMUNITY IN SOLO	190
Author: Rianto Ardi Nugroho Universitas Sebelas Maret Surakarta	
18. DEVELOPING SNAKE LEADERS GAME FOR LEARNING MEDIA OF PHYSICAL EDUCATION SPORT AND HEALTH TO FOURTH GRADE STUDENTS OF MADANI ELEMENTARY SCHOOL IN PALU CITY	195
Author: Marhadi Universitas Tadulako	

19. THE EFFECT OF PLYOMETRICS TRAINING AND ACHIEVEMENT MOTIVATION TOWARDS LEG MUSCLE EXPLOSIVE POWER OF VOLLEYBALL ATHLETES IN UNIVERSITAS NEGERI PADANG	205
Author: Muhamad Sazeli Rifki Universitas Negeri Padang	
20. THE PSYCHOLOGICAL CHARACTERISTICS OF INDONESIAN SEA GAMES ATHLETES IN 2017 VIEWED FROM SPORT MARTIAL ARTS AND ACCURACY	210
Author: Bintara Universitas Negeri Yogyakarta	
21. EXPECTATION APPRECIATION AND PUBLIC PERCEPTION TO THE PHENOMENON OF STREETWORKOUT COMMUNITY	216
Author: Hari Hanggoro Universitas Sebelas Maret	
22. DEVELOPING OF TRADITIONAL GAMES AS NATION CULTURE THROUGH IN PHYSICAL EDUCATION LEARNING FOR ELEMENTARY SCHOOL STUDENTS	221
Author: Asriansyah Universitas PGRI Palembang	
23. CONTRIBUTION OF FLEXIBILITY, STRENGTH, AND BALANCE ON THE CARTWHEEL OF PKO STUDENTS CLASS 2016	229
Author: Ratna Budiarti Universitas Negeri Yogyakarta	
24. EFFECT SHORT-TERM AQUAROBIC EXERCISE ON DHEA-S LEVELS IN WOMEN	239
Author: Siti Baitul Mukarromah Universitas Negeri Semarang,	
25. PREDICTION OF THE INCIDENCE RATE OF CARDIOVASCULAR DISEASE FOR THE EMPLOYEES AND LECTURERS OF YOGYAKARTA STATE UNIVERSITY BASED ON THE POST-EXERCISE RECOVERY HEART RATE	240
Author: Cerika Rismayanthi Universitas Negeri Yogyakarta	
26. EFFECTIVENESS OF UMAC-CPF EXERCISE MODEL ON MOTOR ABILITY OF INDONESIAN CP FOOTBALL PLAYERS	247
Author: Fadilah Umar Universitas Sebelas Maret	
27. DEVELOPMENT OF WEB-BASED TRACER STUDY AT THE DEPARTMENT OF SPORTS COACHING EDUCATION	256
Author: Subagyo Irianto Universitas Negeri Yogyakarta	

<p>8</p> <p>28. MOUNTAINEERING ACTIVITIES OF MERBABU AS SPORTS RECREATION SOCIETY (PHENOMENOLOGY STUDY ABOUT SOCIETY CONDUCTING ACTIVITIES OF MOUNTAINEERING IN THE MOUNT MERBABU NATIONAL PARK)</p> <p>Author: Faisal Adam Rahman Universitas Sebelas Maret</p>	<p>261</p>
<p>2</p> <p>29. INCREASE VO₂MAX BADMINTON ATHLETES USE EXERCISES FOOTWORK WITH METHOD HIIT (HIGH INTENSITY INTERVAL TRAINING)</p> <p>Author: Donie Universitas Negeri Padang</p>	<p>265</p>
<p>30. THE EFFECT OF EXERCISE MODEL BASED ON INTERACTIVE MULTIMEDIA TO SEPAKTAKRAW SKILLS</p> <p>Author: Didik Purwanto Universitas Tadulako</p>	<p>270</p>
<p>31. SOCCER TRAINING MODEL IN YOUTH ATHLETE BASED ON THE LONG-TERM ATHLETE DEVELOPMENT (LTAD)</p> <p>Author: Komarudin Universitas Negeri Yogyakarta</p>	<p>275</p>
<p>32. LEARNING RESULTS IMPROVEMENT OF FOREARM PASSING RESULTS OF VOLLEY BALL GAME THROUGH DRILL METHODS ON STUDENTS XI.IPS.1 IN PUBLIC SENIOR HIGH SCHOOL I TELAGASARI KARAWANG</p> <p>Author: Akhmad Dimiyati UNSIKA</p>	<p>280</p>
<p>33. PHYSICAL EDUCATION AND SPORT IN SCHOOLS: APPLICATION SOCCER LIKE GAMES</p> <p>Author: Mochamad Ridwan Universitas Negeri Surabaya</p>	<p>292</p>
<p>34. THE DIFFERENCES OF PHYSICAL FITNESS LEVELS BETWEEN POOR AND EXCESSIVE NUTRITIONAL STATUS</p> <p>Author: Sepriadi Universitas Negeri Padang</p>	<p>297</p>
<p>35. THE STUDY OF KNOWLEDGE ABOUT FIRST AID (P3K) AND BASIC LIFE SUPPORT PRINCIPLES IN YOGYAKARTA COMMUNITY</p> <p>Author: Eka Novita Indra Universitas Negeri Yogyakarta</p>	<p>305</p>
<p>36. THE INFLUENCE OF TEACHING STYLE AND MOTOR ABILITY ON THE BOTTOM PASSING LEARNING OUTCOMES IN THE VOLLEYBALL</p> <p>Author: Ahmad Muchlisin Natas Pasaribu Universitas Muhammadiyah Tangerang</p>	<p>314</p>

37. EFFECTIVENESS OF SHOOTING TRAINING MODEL FEBI FUTSAL GAMES ON THE IMPROVEMENT OF SHOOTING RESULT ON FUTSAL SPORTS FOR BEGIN PLAYER	321
Author: Febi Kurniawan Universitas Singaperbangsa	
38. DIFFERENCES OF LEARNING ACHIEVEMENTS INTERGRADE AND GENERAL CLASS SPORT CLASS BASED ON LEVEL EDUCATION OF PARENTS IN CLASS VII SMP N 4 PURBALINGGA	327
Author: Audi Akid Hibatulloh Universitas Negeri Yogyakarta	
39. LEARNING MODELS OF PHYSICAL ACTIVITY BASED ON MOTOR PERCEPTION KINDERGARTEN STUDENT	334
Author: B.Suhartini Universitas Negeri Yogyakarta	
40. DESIGN OF MEASURABLE SPORTS CLUB IN ELEMENTARY SCHOOL IN BALI PROVINCE	341
Author: Suratmin Universitas Pendidikan Ganesha	
41. ANALYSIS OF PHYSICAL CONDITION OF SOCCER ATHLETE'S PORDA OF BEKASI CITY	348
Author: Apta Mylsidayu Universitas Islam 45 Bekasi	
42. HEALTH AND HEALTHY LIFESTYLE ENHANCEMENT THROUGH SPORT AND PHYSICAL EDUCATION CREATIVE APPROACH	356
Author: Wing Prasetya Kurniawan Universitas Nusantara PGRI Kediri	
43. THE EFFECTS OF PHYSICAL EXERCISE THROUGH GAME-MODEL AND CIRCUIT-MODEL EXERCISES APPROACH ON THE MAXIMUM AEROBIC CAPACITY	367
Author: Umar Universitas Negeri Padang	
44. DIFFERENCES INFLUENCE OF INTERVAL DRILL EXERCISE BETWEEN ACTIVE AND PASSIVE ON SKILLS OF ATHLETE AT THE AGE OF CHILDREN	377
Author: Hariyuda Anggriawan Universitas Sebelas Maret	
45. EXERCISE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS	383
Author: Anita Suryani Universitas Indonesia	

- 46. THE EFFECT OF KICKING SPEED, STRENGTH AND LEG MUSCLE EXPLOSIVE POWER ON THE ABILITY OF DOLLYO CHAGI OF TAEKWONDO DOJANG ATHLETE** 390
 Author: Nurul Ihsan
 Universitas Negeri Padang
- 47. CORRELATION BETWEEN PROTEIN INTAKE WITH MUSCLE STRENGTH OF ATHLETES** 398
 Author: Wilda Welis
 Universitas Negeri Padang
- 48. DEVELOPMENT OF MONITORING BOOKS FOR SWIMMING** 404
 Author: Nur Indah Pangastuti
 Universitas Negeri Yogyakarta
- 49. THE DIFFERENCE IN THE EFFECTS OF BIRTH TYPES ON THE MOTOR SKILLS OF CHILDREN AT AN EARLY AGE** 411
 Author: Panggung Sutapa
 Universitas Negeri Yogyakarta
- 50. THE EFFECT OF SUPPLEMENT SOYBEAN MILK AND WHEY PROTEIN IN LOAD EXERCISESTOWARD THE INCREASING HYPERTROPHY OF THIGH MUSCLES** 417
 Author: Khairuddin
 Universitas Negeri Padang
- 51. PHYSICAL ACTIVITY OF CHILDREN IN DIENG PLATEAU BANJARNEGARA REGENCY (PHENOMENOLOGICAL STUDIES FROM THE VIEWPOINT OF SPORTS VALUES)** 424
 Author: Dody Tri Iwandana
 Universitas Sebelas Maret
- 52. PICTURE MEDIA DEVELOPMENT FOR PENCAK SILAT LEARNING IN HIGH SCHOOLS** 427
 Author: Nur Rohmah M., M.Pd
 Universitas Negeri Yogyakarta
- 53. THE EFFECT OF IMAGERY ON BEGINNER TENNIS PLAYERS' FOREHAND DRIVE SKILL** 436
 Author: Risti Nurfadhila
 Universitas Negeri Yogyakarta

<p>6</p> <p>54. THE EFFECT OF HONEY SUPPLEMENTATION BEFORE PHYSICAL ACTIVITY TOWARDS THE PLASMA MALONDIALDEHYDE LEVEL IN MALE WISTAR RATS (<i>RATTUS NORVEGICUS</i>)</p> <p>Author: Krisnanda DA Universitas Negeri Yogyakarta</p>	<p>443</p>
<p>55. THE LEARNING RESULT OF FOOTBALL BASIC TECHNIQUE SKILL</p> <p>Author: Arsil Universitas Negeri Padang</p>	<p>451</p>
<p>56. BREAKING THE CHAIN OF “KLITIH” THROUGH CHARACTER EDUCATION IN PHYSICAL EDUCATION</p> <p>Author: Pasca Tri Kaloka Universitas Negeri Yogyakarta</p>	<p>458</p>
<p>57. PHYSICAL EDUCATION LEARNING THROUGH TRADITIONAL GAMES TO IMPROVE COOPERATION AND RESPONSIBILITY AT ELEMENTARY SCHOOL</p> <p>Author: Ranintya Meikahani Universitas Negeri Yogyakarta</p>	<p>466</p>
<p>2</p> <p>58. MODEL DEVELOPMENT BASIC DRIBLING FOOTBALL-BASED TRAINING TECHNIQUES FOR BEGINNING ATHLETES AGED 8-12 YEARS</p> <p>Author: Ahmad Atiq Universitas Tanjungpura Pontianak</p>	<p>474</p>
<p>59. THE MODEL OF GAMES TO DEVELOP FUNDAMENTAL MOVEMENT OF KINDERGARTEN STUDENTS</p> <p>Author: Uray Gustian Universitas Tanjungpura</p>	<p>481</p>
<p>60. DEVELOPMENT OF MEDIA-BASED TRAINING 3GS (TRIPLE GAME SET); MONOPOLY, SNAKES LADDERS AND FENCING PUZZLE FOR CHARACTER EDUCATION EFFORTS IN BEGINNER ATHLETES</p> <p>Author: Faidillah Kurniawan Universitas Negeri Yogyakarta</p>	<p>489</p>
<p>61. STUDENTS’S PERCEPTION TOWARDS INTEGRATED LEARNING METHOD USING VIRTUAL MICROSCOPE IN HISTOLOGY COURSE</p> <p>Author: RL Ambardini Universitas Negeri Yogyakarta</p>	<p>498</p>

- 2
- 62. THE DEVELOPMENT OF TOPURAK (TOTOK-PUKUL-GERAK) MANIPULATION MODEL FOR KNEE JOINT REPOSITION** 504
 Author: BM. Wara Kushartanti
 Universitas Negeri Yogyakarta
- 63. THE EFFECTIVENESS OF TRAINING GUIDED IMAGERY IN LOWERING ANXIETY ON ATHLETES** 511
 Author: Donie
 Universitas Negeri Padang
- 64. EFFECT OF FRESH COW MILK AND PASTEURIZATION MILK TOWARD GLUCOSE IN SOCCER PLAYERS ACCOMPANIED BY PHYSICAL ACTIVITY.** 517
 Author: Rini Syafriani
 Institut Teknologi Bandung
- 65. THE CONTRIBUTION OF LEG MUSCLE STRENGTH AND DYNAMIC BALANCE TOWARDS THE ABILITY OF DOLLYO CHAGI KICK** 524
 Author: Yogi Setiawan
 Universitas Negeri Padang
- 66. LAY UP SHOOT SKILL OF FIK UNP STUDENTS (EXPERIMENTAL STUDY OF TEACHING METHOD AND LEARNING MOTIVATION TOWARD LAY UP SHOOT SKILL OF FIK UNP STUDENTS)** 529
 Author: Hendri Neldi
 Universitas Negeri Padang
- 67. THE EFFECT OF PRACTICE AND GAME LEARNING APPROACH ON THE CHEST PASS LEARNING ACHIEVEMENT ON EXTRACURRICULAR BASKET BALL PLAYING** 536
 Author: Puthut Endiarto
 Universitas Sebelas Maret
- 12
- 68. THE INFLUENCE OF CIRCUIT TRAINING METHOD ON THE ENHANCEMENT OF PHYSICAL FITNESS OF SPORTS EDUCATION DEPARTMENT STUDENTS** 541
 Author: Sefri Hardiansyah
 Universitas Negeri Padang
- 69. EFFECT OF PHYSICAL ACTIVITY ON OXIDATIVE STRESS: A REVIEW OF IMPACT AND IMPLICATION AFTER TRAINING** 548
 Author: Wildan Alfia Nugroho
 Universitas Sebelas Maret
- 70. SPORT DEVELOPMENT INDEX IN SEVERAL CITIES/REGENCIES IN JAVA ISLAND : A REVIEW OF BENEFITS AND OUTCOME** 554
 Author: Boy Sembaba Tarigan
 Universitas Sebelas Maret

71. THE EFFECT OF MANIPULATION TRAINING COMPLEX TO MAXIMUM STRENGTH	559
Author: Mansur Universitas Negeri Yogyakarta	
72. MANAGEMENT OF FACILITIES SPECIAL CLASS OF SPORT (KKO) IN SMA NEGERI 4 YOGYAKARTA	569
Author: Tri Ani Hastuti Universitas Negeri Yogyakarta	
73. DEVELOPMENT OF LEARNING ATHLETIC LEARNING MODELS RELEASE DIRECTLY BASED GAMES IN ELEMENTARY SCHOOL	578
Author: Hartati Universitas Sriwijaya	
74. THE EFFECT OF COOPERATIVE LEARNING MODEL OF TEAM GAMES TOURNAMENT ON LAY UP SHOOT TOWARDS THE LEARNING OUTCOMES (EXPERIMENTAL STUDY) ON BASKETBALL SMP NEGERI KARAWANG	586
Author: Rahmat Iqbal Universitas Singaperbangsa Karawang	
75. THE EFFECTS OF PRACTICE METHOD AND ACHIEVEMENT MOTIVATION ON MAXIMUM VOLUME OXYGEN OF FOOTBALL PLAYERS	594
Author: Didin Tohidin Universitas Negeri Padang	
76. THE EFFECT OF PROTEIN SUPPLEMENT ON MAXIMUM STRENGTH TOWARD THE MEMBERS OF ONE GYM FITNESS CENTER PADANG	600
Author: Adnan Fardi Universitas Negeri Padang	
77. THE EFFECT OF PACITAN SWEET ORANGE JUICE TO MALONDIALDEHYDE LEVEL (MDA) AFTER ECCENTRIC ACTIVITY	606
Author: Indra H.S Universitas Negeri Surabaya	
78. COMMUNITY INTERESTS FOLLOWING TRADITIONAL SPORT ACTIVITIES IN CAR FREE DAY ACTIVITIES	611
Author: Mia Kusumawati Universitas Islam" 45" Bekasi	
79. THE EFFECT OF TWO ACTIVE RECOVERIES IN REDUCING LACTIC ACID OF BADMINTON ATHLETES	617
Author: Ainur Rasyid PGRI Sumenep	
80. THE EFFECT OF AEROBIC DANCE AND CYCLING ON THE PSYCHOLOGICAL WELL-BEING OF TEENAGERS	623
Author: Rizki Kurniati Universitas Pembinaan Masyarakat Medan	

- 81. SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA** 632
Author: Dapan
Universitas Negeri Yogyakarta
- 82. ANTROPOMETRY AND PHYSICAL FITNESS FACTORS DETERMINANT DRIBBLING AND PASSING FUTSAL ABILITY OF STUDENT EXTRACURRICULAR AGED 12-15 YEARS** 637
Author: Nizamuddin Nur Ramadaniawan
Universitas Sebelas Maret
- 83. MULTI STATION REBOUNDER TOOL DEVELOPMENT AS A GUIDE FOR TRAINING INSTRUMENT BASED ON INDEPENDENT FOOTBALL** 643
Author: Santoso Nurhadi
Universitas Negeri Yogyakarta
- 84. DEVELOPMENT OF TOOL DETECTOR LJDOF-SDH FOR LONG JUMP AS A MEDIA FOR BASIC MOTOR OF TRACK AND FIELD LEARNING BASED ON SENSOR** 651
Author: Sriawan
Universitas Negeri Yogyakarta

10
**SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS
SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA**

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Abstract

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Objectives: The objective of this study was to investigate the leisure time activities of the students of Faculty of Sports Science, Universitas Negeri Yogyakarta.

Methods: This study was an observational study which used a questionnaire as a research instrument. The population of this research was the students of the Faculty of Sports Science which consists of students from Sports Science Study Program; Coaching Education Study Program; Physical Education, Health and Recreation Study Program, and Elementary School Physical Education Teacher Education Study Program. The sampling technique of this study was simple random sampling. There were 201 students participated in this study. The data collection technique used a closed-questionnaire, in which the students choose the most suitable option with themselves. The data were analyzed using a quantitative descriptive analysis in form of percentage.

Results: Results shown the using of leisure time related to free activities were for playing (72%), doing favorite sports (97%), doing art activities (58%), visiting friends (88%), playing gadget (91%), adding sleep time (88%), adding study time (76%), enjoying time (87%), and watching TV (76%). Furthermore, the using of leisure time to enhance skills as a students were for visiting library (39%), joining extra courses (24%), reading newspaper (41%), having a discussion (70%), doing group tasks (54%), and increasing understanding of courses (55%). Related the using of leisure time for community, the students used their leisure time to get involved in organizations (62%), get involved in organizations on the campus (31%), get involved in organizations in the village (46%), get involved in religious organizations (18%), and get involved in scout organization (7%). For the use of leisure time regarding to promote themselves as a college students, the students used their leisure time for watching sports games (97%), joining sports games (88%), trying to get involved in games (73%), doing sports (94%), and are proud to be a sports science students (96%).

Conclusions: The leisure time of the students of the Faculty of Sports Science of UNY was utilized meaningfully and positively, although not optimally. The institution should have periodic guidance and monitoring. The students should understand this better and select leisure time activities which support their main duty as students.

Keywords: college students, leisure time

INTRODUCTION

Generally, time usage depends on a person's interests. Time will keep running until the end of days and has been set by its creator, Allah. In www.wikipedia.org, "time is the entire series of moments when process, action or action takes place or happens." Time is an interval between two conditions/events, or the length of time an event takes place. According to Christopher (1992: 4) the French call *leisure* as *Loisir* meaning free time. According to Maslow (Soekidjo, 2007: 224), one's needs are classified based on priority scale into several stages; (1) physiological needs, (2) safety needs, (3) social/affiliation needs, (4) esteem needs, and (5) self-actualization needs. Jensen (1977: 2) states that time in a day is classified into three which are; working time (economic requirements), self-care time (biological requirement), and spare time (leisure time). Working time is time used to fulfill life necessities, such as earning a living, while for students working time is time used to study at school. Self-care time is time to take care of oneself to look proper such as; resting, eating, drinking, and improving appearance. Leisure time is remaining time besides to work and take of oneself. Christopher (1983: 5) classifies leisure time into true leisure and enforced leisure. True leisure is the

real spare time which we can use in any way we want. Enforced leisure is forced spare time such as sickness or unemployment.

Time cannot be stored and searched, but it must be utilized. Time will keep running indefinitely. Someone who can manage their time well masters life and is able to utilize time for various things in their life. Conversely, someone who cannot use time wisely will always be disadvantaged and will not get a replacement. In Al-Quran in *Al-Ashr* (103): 1-3, Allah says, “by time, indeed mankind is in the loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience.”

College students have the same opportunity to use their time to do various activities on the campus and the society. Within 24 hours, students join lectures for around six (6) to eight (8) hours, take care of themselves for eight (8) hours, and use their leisure time freely for eight (8) hours a day. So, they perform activities they want, activities expected by the society, activities to enhance their skills as students, and activities for promotion as students.

In the academic regulation of Universitas Negeri Yogyakarta, one credit (1 sks) consists of 50 minutes of meeting lecturer, 60 minutes of performing a structured task, and 60 minutes of performing independent task or self-enrichment. So, if a student uses their time optimally, they will go to lecture and learn for 8 hours, sleep, bathe, etc. for 8 hours, and have spare time for 8 hours.

Based on cursory observation, in average, students graduate in over four years although the curriculum allows them to finish their study in four (4) years. The question is how do students use their time to finish their study? Especially, while studying, they have Academic Advisor (PA). Based on this description, it was identified that the use of leisure time of the students of Faculty of Sports Science of UNY was poor and not optimal, their awareness in developing their knowledge outside of their class was low, and their utilization of their leisure time should be reviewed. Therefore, this study only discusses the time utilization of students outside of time for joining lectures and time for self-care. Leisure time means they are free to use it any way they want but it should be useful for themselves and their environment. The problem was determining the usage of leisure time of the students of Faculty of Sports Science of UNY. The study was performed to determine the utilization of leisure time of the students of Faculty of Sports Science of UNY.

METHOD

This study is an observational study which used a questionnaire to collect data. The study describes student's usage of leisure time outside of classroom and self-care in a certain period. The variable in this study was the utilization of leisure time, i.e. true leisure time which is leisure time to be used freely in any way one wants. Utilization of leisure time is activities outside of lecture time and self-care time. The activities were measured by questionnaires with the indicators of free usage of leisure time, usage of leisure time for the society, usage of leisure time to enhance skill, usage of leisure time for promotion as a college student. Arikunto (1998: 115) states that the definition of population is the entire research subjects. In this study, the research population was the students of Faculty of Sports Science of UNY, consisting of IKOR, PKL, PENJAS, and PGSD Physical Education study program students. The sampling technique was simple random sampling. The total sample was 201 students. The instrument was a questionnaire. Arikunto (1998: 140) states that questionnaire is a number of written questions to gain information from respondent on themselves or things they know. According to Sutrisno Hadi (1991: 7) there are three main steps to prepare instrument which are; defining construct, investigating factor, and preparing question items with outline of free usage of leisure time, usage of time to enhance student skill, usage of leisure time for the society, usage of leisure time for promotion of main duty. Data was collected by a closed questionnaire which is questionnaire which contains answers, so respondents only have to select answers by leaving checkmark on the corresponding column. The analysis technique was descriptive quantitative presented in percentage. Percentage (P) was calculated by dividing cumulative frequency (F) by total respondent (N) multiplied by 100%, using equation: $P = F/N \times 100\%$.

RESULTS AND DISCUSSION

The research results were described in detail, i.e. free usage of leisure time based on four categories of the background of usage, which are the free usage of leisure time, usage of leisure time to enhance skill, usage of leisure time as expected by society, and usage of time for self-promotion. According to Hartoto (1983: 40), utilization of leisure time based on activity location are indoor and outdoor activities. Indoor activity is an activity performed inside building, e.g.; indoor port, art performance, hobby, music, etc.. Outdoor activity is an activity performed outside of the building, e.g.; outdoor sport, hobby, music, art, etc.. Nearly all activities can be classified in these categories, the difference is the location. The research results are described below:

1. Free usage of leisure time

Based on the research results, 72% students liked playing outside of college hours, 97% students had sport as their hobby, 58% students performed arts when they had the opportunity, and 88% students visited their friends. A number of 91% students used their leisure time freely to use their cell phone, 88% students used their leisure time freely to nap, 76% students used their leisure time freely to study, 87% students used their leisure time freely to relax with friends and 76% students used their leisure time freely to watch TV.

Considering the research result, a college student is a student studying in college. Generally, college student's obligation is finishing study various knowledge to develop intellectual intelligence, emotional intelligence, and spiritual intelligence within a set period. Undergraduate students take 144 credits in four years. According to academic regulation, one credit (1 sks) consists of 50 minutes of meeting lecturer, 60 minutes of performing a structured task from the lecturer, and 60 minutes of performing the independent task.

Based on student's free usage of leisure time, most students use the time for positive activities for themselves and their environments. This fact is in line with the recreational principle that all human have the same opportunity to use leisure time in any way they want. However, some students used time freely to nap. It was a significant loss because they had slept enough at night. It supported Al Qurans Al *Al-Ashr* (103): 1-3, Allah says, "by time, indeed mankind is in the loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience." However, well studied closely, this is understandable because students of Faculty of Sports Science also practice sports besides theoretical lectures, so they were tired and needed rest.

2. Usage of leisure time to enhance skill

The research results showed that 39% students used their leisure time to enhance their skills by visiting library 1-3 times a week. 24% students used their leisure time for courses and 41% students used their leisure time to read the newspaper. 70% students used their leisure time for discussion and finishing group task. 54% students used their leisure time for discussion when there was an opportunity, i.e. when there was an assignment. 55% students used their leisure time to study.

The research result illustrated that student's opportunity to study in the library was not used optimally. Only 39% students visited the library. The analysis showed that every subject did not require being discussed and finished using books in the library, but using skill practice in the field and or electronic books. On the other hands, lecturers did not demand students to go to the library to look for material and enrich their insight in learning.

The habits of going to the library, taking the course, reading the newspaper, and having a discussion with friends were under 50 %, meaning the students were not really able to use the opportunity to add activities outside of college hours. So, they relied on the knowledge they gained from their lecturers. According to Monks (1999) in www.library.usu.ac.id, a college student is a teenager who studying in college. According to Kartono on the same site, college time is full of challenges, demanding students to determine their attitudes and choices, as well as demanding ability to adapt. Therefore, students should use their leisure time to enhance skills which support their main duty as college students of sports science.

3. Usage of time for the society

The research results showed that 62% students used their leisure time for the society to join the organization, 46% students used their leisure time to join the organization in the village, 18% students used their leisure time to join the religious organization as RISMA, mosque staff, head of department, section and network head, female Muslim affairs, treasurer, security. A number of 7% students used their leisure time to join scout as Bayangkara, BMP guide, vice chairman, scout board, scout guide, cub scout.

Using leisure time for the society meant that students used their leisure time for activities outside out college hours and or in accordance with the demand of the society they live in. The activities included being administrators of a student organization, student cooperative, youth organization, religious organization, etc.. Students desire to join organization was moderate. It meant usage of time for social activities was quite positive. According to the Department of Education and Culture (1997: 28), "From a recreational activity, many positive values for physical, psychological-emotional, intellectual/educational, and spiritual growth and development can be found."

4. Usage of leisure time for promotion as student

The research results showed that 97% students used their leisure time to watch sports match, 88% students used their leisure time to join sports match, 73% students used their leisure time to try to be involved in a sports match, 94% students used their leisure time to work out in a week, and 99% students were proud to be sports student.

According to Maslow (Soekidjo, 2007: 224), one's needs are classified based on priority scale into several stages; (1) physiological needs, (2) safety needs, (3) social/affiliation needs, (4) esteem needs, and (5) self-actualization needs. Physiological needs are needs to survive, so this is the primary need of every human. Safety needs are broad because it could be safe from the physical or psychological threat of human, nature, etc.. Social needs are needs to integrate into an environment. Esteem needs motivate someone to unleash their skills maximally. Self-actualization needs are ones need to always enhance their personal abilities. The research result showed that almost all students of faculty of sports science were proud to be sports students. This was signified by their involvement in sports activities passively (as spectators) and actively (participant of sports match and or competition.)

CONCLUSION AND SUGGESTION

Based on the results of analysis and discussion, it is concluded that free usage of leisure time, usage of leisure time to enhance skill, usage of leisure time for the society, and usage of leisure time for promotions student, were utilized for positive activities, although not optimal. The institution should have periodic guidance and monitoring. The students should understand this better and select leisure time activities which support their main duty as students

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Faculty of Sport Sciences Universitas Negeri Yogyakarta

ISBN 978-602-8429-74-0



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PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

PAGE 8

PAGE 9

PAGE 10

PAGE 11

PAGE 12

PAGE 13

PAGE 14

PAGE 15

PAGE 16

PAGE 17

PAGE 18

PAGE 19

PAGE 20

PAGE 21
