

ISBN 978-979-19764-3-5



9 789791 976435

PROCEEDING

<http://fik.unnes.ac.id/download/isminaunnes2013.pdf>



The 3rd International Seminar On PE, Sport, And Health 2013

**"Promoting
Investment
in Physical Education
and Sport
Programmes"**

16th November 2013,
Poncowati Hall,
Patrajasa Hotel Semarang



Sport Science Faculty
Semarang State University, Unnes
Gd F1 Kampus Sekaran Gunungpati Semarang,
Indonesia 50229
<https://fik.unnes.ac.id>
email: isminaunnes2013@gmail.com
Phone/fax: +6224-858007, Mobile: +6285641537753

TABLE OF CONTENT

EDITORIAL BOARD	i
PREFACE	ii
PLENARY SPEAKERS		
PROMOTING EFFORTS (INVESTMENT) IN IMPROVING PHYSICAL EDUCATION IN INDONESIA	1
<i>Agus Mahendra</i>		
PHYSICAL EDUCATION IN THE PHILIPPINES	16
<i>Dr. Rebecca Meca Alcuizar</i>		
THE PROMOTING PHYSICAL EDUCATION AND SPORT PROGRAMS IN THAILAND	26
<i>Surachai Jewcharoensakul, Ph.D.</i>		
SPORT PSYCHOLOGY SERVICE FOR CHINESE ELITE SWIMMERS	37
<i>Wu Min, Ph.D.</i>		
PAPER PRESENTATION		
Physical Education: Administration and Management		
EVALUATION OF PROGRAM AT THE SEKAYU BASKET BALL ACADEMY MUSI BANYUASIN REGENCY SOUTH SUMATERA.	41
<i>Ahmad Richard Victorian</i>		
LEADERSHIP OF PHYSICAL EDUCATION TEACHER IN FORMING THE CHARACTER OF STUDENTS: AS RESULT OF SCHOOL ORGSNIZATIONAL CLIMATE INTERACTIONS	50
<i>Heni Widyaningsih</i>		
DEVELOPMENT OF PROTOTYPE BADMINTON AGILITY INSTRUMENT	57
<i>Hermawan Pamot Raharjo</i>		
STRENGTHEN THE RELATIONSHIP OF SPORT ORGANIZATION AND MASS MEDIA IN ORDER TO PROMOTE SPORT EVENTS	65
<i>Ika Novitaria Marani</i>		
THE INFLUENCE OF AGGRESSIVENESS ON ATHLETES IN THE COMPETITION	74
<i>Rumini</i>		
SOCIAL CAPITAL OF KONI SOCIETY: ANALYSIS TOWARDS THE IMPLEMENTATION OF ARTICLE 40 LAW NO. 3/2005 ABOUT THE NATIONAL SPORT SYSTEM IN CENTRAL JAVA	81
<i>Tri Rustiadi</i>		
THE ATTITUDE OF ELEMENTARY SCHOOL PHYSICAL EDUCATION TEACHERS TOWARD TRAFFIC ACCIDENTS PREVENTION EFFORTS	92
<i>Yustinus Sukarmin</i>		

Physical Education: Teaching, Assessment and Curriculum

PLAYING MOVEMENT ACTIVITIES OF ELEMENTARY SCHOOL STUDENTS	101
<i>Abdul Kholik, Eka Fitri Novita Sari</i>		
FLEKSIBILITAS UNTUK ATLET JALAN CEPAT	108
<i>Agus Widodo Suropto</i>		
THE ANALYSIS DIVERGENT TEACHING STYLE SPECTRUM IN IMPLEMENTATION CURRICULUM 2013	113
<i>Aris Fajar Pambudi</i>		
THE GAME IS PLAYED AND BASIC FITNESS FOR STUDENTS	118
<i>BAYU HARDIYONO</i>		
THE EFFECT OF TACTICAL APPROACH TOWARD UNDERSTANDING PATTERNS FOOTBALL GAME"	126
<i>Dian Budiana, Imam Fauzi Rahman, Nuryadi,</i>		
EFFECTIVE WAY OF TEACHING AND ANTHROPOMETRY DRIBBLING SKILLS SPORTS HOCKEY (Experimental Study On Students For Class X School mengah Marie Joseph Jakarta)	135
<i>Dr. Samsudin, M.Pd, Dr. Hernawan. M.Pd dan Rully Okta Saputra, M.Pd</i>		
THE SKILL LEARNING PROCESSES OF SWIMMING TO BEGINNING FOR KINDERGARTEN BASED APPROPRIATE FLOAT TOOLS AID AT SWIMMING COURSES IN BANDUNG CITY	150
<i>Drs. Badruzaman, M.Pd Drs. Aming Supriatna, M.Pd.</i>		
THE EFFECTS OF PARENTING STYLE AND TEACHING ABILITY OF PHYSICAL EDUCATIONS TEACHERS ON FUNDAMENTAL MOVEMENT SKILLS	168
<i>Eka Fitri Novita Sari</i>		
AN INTEGRATED THEMATIC PHYSICAL EDUCATION GAME MODEL FOR GRADE I STUDENTS BASED ON CURRICULUM 2013	178
<i>Fitria Dwi Andriyani, Erwin Setyo Kriswanto</i>		
DIFFERENT PRACTICES OF PLYOMETRIC BETWEEN CONVENTIONAL WITH MODIFICATIONS TO EXPLOSIVE POWER OF LEGS AND HANDSPRING SCORE	190
<i>Fransisca Januarumi</i>		
Influence on Performance Competence Teacher of Physical Education Sport and Health	203
<i>Harry Pramono</i>		
KARONBALL: SOFTBALL GAME MODIFICATION AS A PHYSICAL EDUCATION TEACHING FOR UPPER CLASSES OF PRIMARY SCHOOL STUDENTS	213
<i>Hedi Ardiyanto Hermawan</i>		
THE EFFECT OF LEARNING MODELS AND TOOLS MODIFICATION TOWARD VOLLEYBALL SKILL RESULT	223
<i>Jajat Darajat Kusumah Negara</i>		
THE CORRELATION BETWEEN THE LONG JUMP TUCK STYLE MOTOR SKILL ABILITY AND LONG JUMP DISTANCE AT THE PRIMARY SCHOOL STUDENTS IN JAYAPURA REGENT AND TOWN, PAPUA PROVINCE, 2011/2012	233
<i>Jonni Siahaan</i>		
THE INFLUENCE OF A MODEL OF LEARNING INQUIRY AGAINST LESSONS OF BASKETBALL	243
<i>Lukmanul Hakim Lubay</i>		

AFFECTING FACTORS OF INTERVAL AEROBIC EXERCISE ON PHYSIOLOGICAL FUNCTION CHANGES IN ELDERLY	247
<i>Mohammad Nanang Himawan Kusuma</i>	
INFLUENCE GAME BALL SMALL LEARNING (BOLA BAKAR GAME) VALUES OF STUDENT DISCIPLINE IN PHYSICAL EDUCATION SUBJECT POST	254
<i>Ummahatul Illyyin F E, S.Pd, Drs . Mudjihartono , M.Pd, Arif Wahyudi , S. Pd</i>	
THE IMPLEMENTATION OF PHYSICAL ACTIVITY LEARNING IN ENHANCING EARLY CHILDHOODS' MULTIPLE INTELLIGENCE	260
<i>Nofi Marlina Siregar</i>	
DEVELOPING TAE KWON DO DANCE FOR TEACHING MARTIAL ART IN PHYSICAL EDUCATION, SPORT AND HEALTH SUBJECT AT JUNIOR HIGH SCHOOL.	267
<i>Noviria Sukmawati</i>	
KNOWLEDGE LEVEL STUDENTS PJKR 2010 FIK UNY FORCE OF THE REGULATION OFF SIDE FOOTBALL GAMES	272
<i>Nurhadi santoso</i>	
EFEKTIVITY OF INTEGRATED LEARNING APPROACH TO RESULT OF DEVELOPMENT LEARNING OF MOTORIK AT STUDENT PASIR KALIKI ELEMENTARY SCHOOL	280
<i>Sandey Tantra Paramitha and Ahmad Hamidi</i>	
EFFECT OF TRAINING METHODS FLEXIBILITY AND SPEED RESPONSE TO RECEIVE FIRST BALL IN GAMES SEPAK TAKRAW	292
<i>Sulaiman</i>	
CURRICULUM IMPLEMENTATION 2013 Penjasorkes TO SMA / MA	301
<i>Sungkowo</i>	
GAME MODELS WITHOUT TOOLS TO DEVELOP LOCOMOTOR BASIC MOVEMENT ABILITY FOR LOWER GRADE ELEMENTARY SCHOOL STUDENTS	315
<i>Yudanto</i>	
Public Health	
EVALUATION OF LIVER ENZYME LEVELS IN CHILDBEARING-AGE WOMEN ON PESTICIDES-EXPOSED FARMING AREA (STUDY IN BREBES REGENCY INDONESIA)	326
<i>Arum Siwiendrayanti</i>	
CHILD HEALTH ANALYSIS IN KEBONDALEM VILLAGE AS A PILOT PROJECT OF VILLAGE FIT FOR THE CHILDREN	337
<i>Evi widowati</i>	
Sport Coaching and Training	
NORMS OF PHYSICAL ABILITY PUSLATDA FIGHTER In DAERAH ISTIMEWA YOGYAKARTA	344
<i>Awan Hariono</i>	
THE IMPORTANCE OF BASIC SPORTS INJURY MANAGEMENT UNDERSTANDING FOR COACHES AND ATHLETES	359
<i>dr. Ni Luh Kadek Alit Arsani, S.Ked., M.Biomed.</i>	
A STUDY ON SPORT TRACKING MANAGEMENT IN SAMBANGAN	366
<i>Gede eka budi Darmawan</i>	
HANGING BALLS: A MEDIA TO OPTIMALIZE THE UPPER SERVICE OF SEPAK TAKRAW	375

<i>I Ketut Semarayasa</i>		
DEVELOPMENT INSTRUMENT TO MEASURE SPORT-CONFIDENCE OF INDONESIAN SWIMMER	380
<i>Kurnia Tahki, Juriana</i>		
Application of Volleyball TID in Identifying Young Talented Players	388
<i>Nining Widyah Kusnanik</i>		
THE GIFTED TEST OF ARCHERY ATHLETES BETWEEN THE AGES OF 12-14 THROUGH SPORTS SEARCH		395
<i>Ramdan Pelana</i>		
EVALUATE OF PROGRAM COACHING INTELECTUAL DISABILITY CHILDREN AT EXTRAORDINARY SCHOOL OF KARYA IBU PALEMBANG	406
<i>SELVI ATESYA KESUMAWATI</i>		
AN EXPLORATION ON ATHLETES' USE OF TOPS	414
<i>Yusup Hidayat & Helmy Firmansyah</i>		
Sport Paedagogy, Psychology		
THE RELATIONSHIP OF SERVICE QUALITY WITH BADMINTON CLUB MEMBERS' SATISFACTION IN BANDUNG.....		423
<i>Alit Rahmat</i>		
RELIGIOSITAS DAN PRESTASI OLAHRAGA PADA ATLET	433
<i>AnirotulQoriah</i>		
THE EFFECT OF TRAINING METHOD AND ACHIEVEMENT MOTIVATION TOWARD 60 METERS SPRINT. (QUASI EXPERIMENTAL TO FEMALE ATHLETES OF SMP KAYUAGUNG OGAN KOMERING ILIR)		443
<i>Dewi Septaliza</i>		
REASONING STRATEGY FOR FAIRPLAY BEHAVIOUR	454
<i>Dra. Endang Rini Sukamti, M.S.</i>		
THE DIFFERENCES OF COACH-ATHLETE RELATIONSHIP PATTERNS BETWEEN INDIVIDUAL AND TEAM SPORTS	462
<i>Eka Novita Indra</i>		
RELATIONSHIP OF PSYCHOLOGICAL FACTORS WITH SPORT INJURIES AT BODY CONTACT ATHLETES OF DKI JAKARTA	470
<i>Junaidi</i>		
IMPACTS OF VIOLENCE IN PHYSICAL EDUCATION LEARNING AGAINST CHILDREN DEVELOPMENT	479
<i>Komarudin</i>		
SPORT AS AN EFFORT OF BUILDING CHILDREN CHARACTER	488
<i>Nurussa'adah Sofwan</i>		
THE IMPLEMENTATION OF "ARCS" EXERCISE MODEL TO INCREASE EXERCISE' MOTIVATION OF JOGJAKARTA ARCHERY PUSLATDA ATHETES	493
<i>Susanto Ermawan</i>		

Sport Physiology, Biomechanics

THE EFFECT OF SPORT RECREATION ACTIVITIES TOWARD PHYSICAL FITNESS AND SOCIAL ATTITUDES OF URBAN SOCIETY	504
<i>Endang Sri Hanani</i>	
PROMOTING FITNESS CENTER AS A MEANS OF OBTAINING HEALTH AND PHYSICAL FITNESS	510
<i>Ahmad Nasrulloh</i>	
THIS MEASUREMENT AND FOREMETRIC ANALYSIS AND MYOLINE OF PPLM ATHLETES STATE UNIVERSITY OF MAKASSAR	519
<i>Dr. Hj. Hasmyati, M.Kes, Ians Aprilo, S.Pd., M.Pd</i>	
THE EFFECT OF PALM SUGAR CONCENTRATION CONSUMED 30 MINUTES PRIOR TO EXERCISE ON AEROBIC ENDURANCE	527
<i>Dr. H. Saifu, S.Pd., M.Kes</i>	
CAN STRENUOUS EXERCISE DISTURBE WOMEN MENSTRUAL CYCLE ?	536
<i>Fauziah Nuraini Kurdi</i>	
APPLIED TECHNOLOGY SPORTS EQUIPMENT FOR MEASURING EXHAUSTION MUSCLE HAND AND FEET BEFORE GAME	542
<i>Franky Pattisina, Nauval Marom, Tahroni</i>	
THE PHYSICAL FITNESS OF S1 PGSD FKIP UNSRI STUDENT FOR ACADEMIC YEAR 2012/2013	546
<i>Hartati M.Pd</i>	
EFFECT MODIFICATION SANBON KUMITE WITH INTERVAL TRAINING TO INCREASE VO₂MAX	554
<i>Hartono Hadjarati</i>	
CORRELATION BETWEEN THE ARM MUSCLE STRENGTH WITH HOCKEY SHOOTING ACCURACY	564
<i>Iwan Barata</i>	
MODEL DEVELOPMENT OF BUYAN LAKE AREA EMPOWERMENT AS SPORT TOURISM ICON BULELENG-BALI	571
<i>Ketut Sudiana</i>	
THE EFFECT OF HEALTHY HEART EXERCISE TOWARD THE HEART RATE, BLOOD PRESSURE, AND RESPIRATORY CAPASITY IN OVER OLD WOMEN OF OMEGA NURSING HOUSE MANYARAN SEMARANG.	581
<i>Lusiana, S.Pd.M,Pd</i>	
PROTEIN ADEQUACY IN STUDENTS OF SPORTS SCIENCE FACULTY OF JAKARTA STATE UNIVERSITY	596
<i>Mansur Jauhari, M.Si</i>	
THE DEVELOPMENT OF YOGA TO INCREASE EXERCISE ADHERENCE AMONG DIABETIC PATIENTS.	601
<i>Novita Intan Arovah</i>	
THE EFFECTS OF CIRCUIT AND PLYOMETRICS TRAINING TOWARDS AEROBIC GYMNASTICS ATHLETES' LEG POWER	611
<i>Ratna Budiarti</i>	
SPORT TOURISM DEVELOPMENT IN INDONESIA	617
<i>Sudjatmiko</i>	
THE EFFECT OF EXERCISE USING ERGOCYCLE ON THE BLOOD GLUCOSE LEVEL IN DIABETIC PATIENTS	626

Wara Kushartanti

**IDENTIFICATION OF COMPLAINTS ON RUNNER'S FEET OF PPLM AND PPLP
NORTH SUMATERA**

.....

632

Zulaini, Marsal Risfandi, Nurhamida Sari Siregar, Basyaruddin Daulay



REASONING STRATEGY FOR FAIRPLAY BEHAVIOUR

Endang Rini Sukamti
Yogyakarta state university

Abstract

The thinking process about what is the best to do and why it is called good is called moral reasoning. In the process, it is applied moral rules and the reasons behind the decision-making in terms of moral values. The process takes place in a systematic way related to the evaluation towards the implementation of the values as the reference. The thinking process does not occur automatically. It requires discipline, time, knowledge of belief, and a systematic approach. The reasoning and the consideration of value judgments are always based on what we believe or believe about ourselves, the community, and others around us.

MORAL

The moral term is associated by motive, intention, and purpose to do. Moral is related to intention. Ethics is the study of morality. Meanwhile, according to Freeman, ethics is related to moral and behavior. Scott Kretchmar, further, states that ethics also concerns about compassion and sympathy about ensuring a good life to share with others. Suseno says that morals are always referred to the merits of human as human beings. Moral field is the field of human life seen from human kindness side. Moral norms are the standards to determine good or bad attitudes and actions of human beings in terms as human being and not as a specific and limited role of the performer. Moral development is a process and through that process one adopts the values and behaviors accepted by a society (Bandura, 1977).

Basically, someone who consistently internalizes norms is seen as a moral person. The experts apply what is called "bag of virtues" (Kohlberg, 1981), this theory believes

that someone imitates the behavior of others as a model or role model that he or she values to have certain based traits or behaviors that indicate the expected values. To understand the moral, Kohlberg (1981) and Rest (1986), argue that moral comprehension directly influences motivation and behavior but has a relationship that is not so strong. The close relationship is in empathy, emotion, guilt, social background, and experience.

Suseno sees there are three basic moral principles, namely the principle of good attitude, the principles of justice, and the principle of respect to yourself. The principle of good attitude in which this principle precedes and underlies all other moral principles, obliges that the attitude is required not to harm anyone. The principle that we should seek the good effects as much as possible and try as much as possible is to prevent bad consequences of actions. The principle of justice which is not the same as good attitude, for example, in order to save a





goal from the opponent's attack, a defender holds by hand, it should not be justified for any reason, doing good by breaking the rights of others is also not acceptable. The principle of respect for yourself requires to say that humans have always treated themselves as a valuable for themselves. This principle is based on the ideology that human beings are persons, the center of traveling and willing, who have the freedom and conscience, logic creature.

In teaching ethics and moral values, there should be in examples. A proverb says that action is better than words. Rusli Lutan (2000) says that moral values are various consisting loyalty, virtue, honor, truth, respect, friendliness, integrity, fairness, cooperation, and other tasks. Furthermore, there are four universal cores of moral values:

1. Fairness

Fairness exists in several forms: distributive, prosedural, retributive and compensatory. Distributive justice means justice that includes the distribution of benefits and burdens relatively. Prosedural justice consists of procedures that assess the perception of sportpersonship or fairness in determining the result. The retributive justice includes a fair perception in relation to the punishment given to offenders. The fairness compensation includes the kindness or benefits

gained by the victim or at an earlier time.

2. Honesty

Honesty and virtue are always associated with trust and reliability which are always associated with the impression of not lying, cheating or deceiving. This is manifested in acts and words. All elements believe that referees can be risking their integrity by making fair decisions. They are trusted by their decision that reflects honesty.

3. Responsibility

Responsibility is an important moral value in society. This responsibility is the insurance of action itself. An athlete should be responsible to his or her team, coach and the game itself. This responsibility is the most important moral value in sports.

4. Peace

Peace means: a) never persecute, b) avoid presecution, c) dismiss persecution, and d) being kind.

Freeman, in *Physical Education and Sport in a Changing Society* Book suggests 5 basic areas of ethics that should be given, they are: 1) fairness and equality, 2) self-respect, 3) respect and consider others, 4) respect for rules and authority, 5) a perspective sense or relative value (2001:210).

1. Fairness and Equality





The students or athletes are expecting fair and equal treatment. Students want an opportunity to learn the same. Often, students who are below average in sports are negligible.

2. Self Respect

Students or athletes need self-respect and positive image of them to be successful. Coaches and teachers who train all their students with the same take the right steps in each direction so that the students feel important and worthy the teachers or coaches sights.

3. Respect and Concern for Others

Students and athletes need to respect other people, whether classmates, opponents in games, teachers or coaches. They need to learn about how important it is to treat others with respect.

4. Respect rules and authority

Students and athletes need to respect authority and rules, because without these two things a federation cannot function.

5. Sense of perspective or value

Some questions about the use of exercise to consider are: a) how important sport is, b) what is the relationship of sports in our

educational philosophy? , C) how important a victory is, and d) what becomes our academic integrity?

SPORTPERSONSHIP

Sportsmanship is not a word related to justice that is not only determined by the game, but the quality tends to give attributes to the moral dimensions, such as willingness to accept the decision of the linesman that was wrong, obey the rules and the game on the race as well as the athlete remains with the referee's decision even detrimental. Meanwhile, according to Fritz Earle (1991: 73) says that sportsmanship in attitude, because attitude is a habit of mind. Sportsmanship can be concluded as a real manifestation of mental or moral attitude in its implementation which is characterized by a spirit of honesty, obey the rules, being noble and accept the decision that has been set in the match and race (Ngatman, 1996: 16). The source of disobedience values of sportsmanship among others are: 1) the public or the community, 2) the mass media, 3) sponsor. If the involvement of the public, the media and the sponsors is more than the proportion, for instance, they just get popularity of benefits, then there will be a very big problem, namely the destruction of the joints sports in sportsmanship. The sportsmanship in sport, in which the joints are fair play and sport characteristics that should be done with full sincerity and characterized by surprises and suspense, will melt and lose the feel of hard struggle,





because the athletes' achievements are stimulated by drugs, not by an objective evaluation system, score of the game that can be set, even the referee can be invited to be involved either directly or indirectly (Ngatman, 1996, 15-16)

CONFIDENCE

Self-confidence is the main asset of every athlete to achieve the highest possible performance. According to Cratty (Cik Den in Patra, 2006: 146), athletes, in general, are more frequent to face tension or stress situation compared with no sense of strain. If the sense of tension is continuous, it will cause anxiety in athletes. To reduce anxiety, confidence is needed. There are many aspects that can improve an athlete's self-confidence. The most frequently encountered is the success or achievements of the previous ones. Naturally, every athlete has different characteristics. In general, the difference is that an athlete has: 1) over confidence, 2) lack of confidence, 3) full of confidence.

Over confidence is associated with personal traits of athletes. The negative side of over confidence is that an athlete often under estimates the opponent. These feelings usually arise due to the expectations of the athlete. The high expectation, but if the athlete loses the athlete can be frustrated. In addition to over expectations, athletes who always expect to achieve the achievement

more than the ability. The coach expectations that are inconsistent with the ability of the athlete will result in failure of the athletes in achieving the specified targets. Frequent failures experienced by athletes can undermine over confidence. Moreover, such failures can undermine the confidence the athlete to get achievement.

A lack of confidence which affects athletes will harm themselves in order to achieve the best achievement, thus a lack of confidence in athletes is a negative factor for sport achievements. Therefore, a lack of confidence means hesitating the ability of the athlete himself or herself. The frequent failure done by an athlete who lacks confidence will easily lead to despair. If the sense of despair continues, it will lead the athlete to withdraw from activities impact exercise will eventually have difficulty in achieving higher performance. Too often protected and pampered, athletes consequently become less confident to be able to overcome any problems faced in the field. In contrast, confidence in athletes is as a positive attribute in order to achieve the best performance. For that attitude, it needs to be imparted to the athletes to feel steady when playing, so they can solve the problems faced in the field.

Confidence is an important element that affects the athletes' performance. Confidence is often interpreted as a description of the personal skills associated with a particular purpose, other definition about confidence or certainty level is owned





by a person about his or her ability to be successful in sport (Wann, 1997). It means that there is an element of confidence in the ability of the match related to the real condition to or objectives to be achieved. There are many aspects that can improve an athlete's self-confidence. The most frequently encountered is the success or achievement that is often achieved precedingly.

FAIR PLAY

In the English-Indonesian Dictionary (Echols and Shadily, 1988:230), the word "fair play" can mean bright, fair, reasonable, and beautiful. According to William D. Halsey (1987: 344) and Victoria Nuefeldt and Fernando de Mello Vianna (1993: 199), the "fair" can be similar with clear, bright, sunny, beautiful, pleasing in appearance, moderately good or acceptable. The term can also be interpreted for "fair" (1) free from prejudice, (2) according to acceptable rules or standards. In the same dictionary, for the fair play term means the game which has a sense of sportsmanship, fair treatment or fair action against all people.

Meanwhile, fair play in sport can be interpreted as a true sportsperson spirit or warrior sportsman spirit, which can also be interpreted in terms of the finest sportspersonship. An athlete can be considered as fair play, if he or she does something admirable deeds that cover more than just 100% on the written rules. The implementation of fair play must be marked

by a spirit of truth and honesty, to subject to the regulations, either explicitly or implicitly (Ditjora, 1972: 1-6).

Fair play as a moral concept, respect for the opponents as well as self-esteem, contains (1) a sincere desire, in order to make equal chance for the opponent as the same as the athlete, (2) very carefully consider ways to get a win, so it will firmly reject the indiscriminate victory. The opposite should be seen as a partner, as a friend to compete (friendly rival), which is bounded by sports fraternity, so that a match can run properly. Contained in this, there is sense of meaning: honest, fair, respectful, humble, and good correlated meanings like that. Fair play is a big-hearted spirit of the opponent, which in turn can lead to an intimate human and warm relationships. The referee / judge decisions that benefit themselves will be rejected if it is found inaccurate.

A philosophical statement, that fair play is *the very essence of sport*, in other words, it can be said as the soul of the sport. Regarding this statement means that if a game, a sport competition without the existence of fair play, cannot be called again as a sport. Why? Because something that no longer has the soul means dead which appeared in the arena was a 'massacre', a ruthless "murder" against opponents. Kept in mind, that the essence of sport is a struggle, and uphold the glory of sport, not merely for victory.

FAIR PLAY VALUES



THE 3rd INTERNATIONAL SEMINAR ON PE, SPORT & HEALTH 2013



Play and do sport in the context of education require the actor to be a knight, honest to admit the excellence and accept to be defeated by the opponent is part of the inherent fair play values in these activities. This is in line with the Loland's opinion (2003) in which fair play is the attitude and behavior that upholds these values contained in sports, respects regulations and avoids opponents who have benefited from illness or condition do not allow the match to continue. The Department of National Education of Indonesia (2008) makes the guidelines of fair play and defines fair play as a form of self-esteem that is reflected in aspects such as : (1) honesty and fairness (not cheating) , (2) respect for the opponent (when winning or losing) , (3) noble and sincere attitude, assertive and authoritative (not affected even if the opponent is not fair) , being humble with victory and cool (able to control themselves when they lose) , (4) responsibility and love of peace (do not like to play hard and rough) .

Fair play is the generosity of spirit of the opponent who raises familiar, warm and affectionate humanitarian. So, fair play is a mental attitude that shows dignity sports as a knight. As an abstract concept, fair play can be defined and operationalized in the form of behavior that includes several traits (Derde

Martin, 2004). Further, Beamish and Ritchie (2006) authenticate that fair play is a consciousness that is always attached to that rival that is fellow sparring bound by brotherhood.

The European Sports Charter and Code of Ethics issued by the Sports Council of Europe states that fair play is more than just playing within the rules. Fair play is fused with the concept of friendship and respect for others and always playing in the real spirit. Fair play means not only performance but fused with behavioral issues correlated to preventing act of deception, pretend to play, doping, violence (both physical and expression of words), exploit, take advantage of opportunities, excessive commercialization or beyond the limits, and corruption. According to Laker (2001), fair play is a form of self-esteem which is reflected in : (1) honesty and sense of justice, (2) respect to the opponent, either in defeat or victory, (3) attitude and sincere warrior actions , (4) authoritative assertiveness, if it happens that an opponent or spectators do not play fair, (5) humility in victory, and (6) composure or self-control in defeat.

According to Martens, there are some characters that need to be implanted to athletes such as figured below (2004:59)



THE 3rd INTERNATIONAL SEMINAR ON PE, SPORT & HEALTH 2013



Moral Values	In Daily Activities	In Sport Activities
Respect	<ul style="list-style-type: none"> • Respect to others • Respect the game equipments • Respect to the environment • Self- respect 	<ul style="list-style-type: none"> • Respect to the rules and traditions of the game • Respect the opponent • Respect the official • Respect winning or losing
Responsibility	<ul style="list-style-type: none"> • Self responsibility • Reliable • Self Control • Persistent 	<ul style="list-style-type: none"> • Prepare for the best • On time when playing or training • Self discipline • Be cooperative with teammate
Care	<ul style="list-style-type: none"> • amuse and be empathy to others • Forgiving • Being kind and sincere • Avoig egoism and cheating 	<ul style="list-style-type: none"> • Setting the teammate to become the best • Support teammate when distracted • Generous with praise, stingy with criticism • Play for team, not individual
Honesty	<ul style="list-style-type: none"> • Honest • Sincere act • Trustable • Brave to do the right 	<ul style="list-style-type: none"> • Play under regulations • Loyal to the team • Free drugs • Admit mistakes
Fairness	<ul style="list-style-type: none"> • Follow the good rules • Tolerance to others • Share to others • Avoid taking advantages from others 	<ul style="list-style-type: none"> • Treat other players as you treat others the • Honets to every player • Give other player chance • Play to win as the rules
Being A Good Citizen	<ul style="list-style-type: none"> • Obey the law • educated • give contribution to the society • protect others 	<ul style="list-style-type: none"> • to be a good example • struggle to be the best • give incomes to sports • support teammate to be a good citizen

REFERENCE

- Beamish, Rob dan Ritchie, Ian. 2006. *Fastest, Highest, Strongest a Critique of High Performance Sport*. London: Routledge Falmer.
- Cik Den Patra. 2006. *Faktor Psikologis yang Berpengaruh terhadap Pencapaian Prestasi Olahraga*. JORPRES: FIK UNY
- Depdiknas. 2008. *Pedoman Fair Play Olimpiade Olahraga Siswa Nasional I Sekolah Dasar Tahun 2008*. Jakarta: Depdiknas
- Freeman, William H. 2001. *Physical Education and Sport in a Changing Society*. Sixth Ed. Boston: Allyn and Bacon
- Fritz Earle. 1991. , USPTA *Yunior Development Manual*. USA: United States Profesional Tennis Assosiation.
- Halsey, William D. (Editorial Director). 1987. *School Dictionary*. USA: MacMillan Publishing Company.
- Laker, A. 2001. *Developing Personal, Social and Moral Education Through Physical Education*. London: Routledge Falmer



THE 3rd INTERNATIONAL SEMINAR ON PE, SPORT & HEALTH 2013



- Loland, S. 2003. *Fair Play in Sport: a Moral Norm System*. London: Routledge Falmer
- Martin, D. 2004. *Fair Play*. New York: Printing History.
- Martens, Rainer. 2004. *Successful Coaching*. 3rd Edition. Champaign IL: Human Kinetics
- Neufeldt, Victoria and Fernando de Mello Vianna. 1993. *Webster's New World Dictionary (For Indonesians Users)*. Jakarta: Modern English Press.
- Ngatman. 1996. *Upaya Menanamkan Sportivitas dalam Olahraga*. Majora edisi 2, Th II Agustus 1996. Yogyakarta: FPOK IKIP Negeri Yogyakarta
- Rusli Lutan. (ed). 2001. *Olahraga dan Etika Fair Play*. Direktorat Pemberdayaan IPTEK Olahraga. Jakarta: UNJ
- Wann, D.J. 1996. *Sport Phychology*. New Jersey: Upper Saddle River

