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

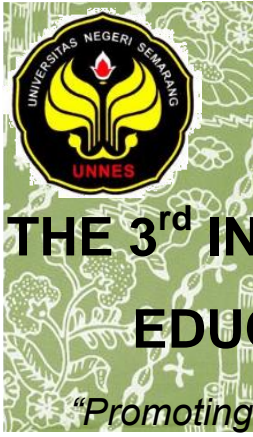
**“Promoting
Investment
in Physical Education
and Sport
Programmes”**

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

PROCEEDING



THE 3rd INTERNATIONAL SEMINAR ON PHYSICAL EDUCATION, SPORT AND HEALTH 2013

"Promoting Investment in Physical Education and Sport Programmes"

Editor:

Soedjatmika, S.Pd., M.Pd
Rudatin Windraswara, S.T., M.Sc

Layouter:

Nur Huda
Koco Totok S.
Novan Esma R.

PREFACE

Assalamu'alaikum warrahmatullahi wabarakatuh

May we first made our highest praise and thank to Allah swt, for His bless we are able to gather here on the prestigious occasion; the 3rd International Seminar on Physical Education, Sports and Health 2013 with the main theme of "Promoting Investment in Physical Education and Sport Programmes", to share our knowledge and ideas with so much warm and friendship from world wide sports community.

The tendency of the development issues of physical education and sport at the international level was raised in one of the UNESCO conference recently, namely the MINEPS V held in Berlin, Republic of Germany on May 2013. This forum has developed a long and intensive discussion of related issues and policies UNESCO member states in managing the implementation of physical education and sport. The discussions focused on policy issues and the implementation of the three areas with the theme:

- 1 . Access to exercise a fundamental right of all human beings
- 2 . Encourage investment in the program of Physical Education and Sports
- 3 . Maintaining the integrity of sport

Hopefully, the major issues can be understood and can be implemented operationally in the development of physical education and sports in Indonesia through this scientific meeting forum, involving scientists, stakeholders, and observer of sports. Scientific forum in the form of an international seminar held by the Faculty of Sports Science Semarang State University, serves as a platform which allows scholars, professionals, researchers and sport technocrats to share and discuss the latest knowledge and findings with the purpose of transforming a revitalization and rethinking in the effort to encourage investment in the program of Physical Education and Sports as well.

I would like to deliver our highest respect and appreciation to Minister of Youth and Sport of Republic of Indonesia and to the Rector of Semarang State University for their support and appreciation on this seminar, and it is a great pleasure for me to express my deep gratitude to our honourable guests: Prof. Surachai Jewcharoensakul, Ph.D (Dean of Faculty of Education Kasetsart University Thailand), Madame Wu Min, Ph.D (Lecturer in Central China Normal University, Wuhan China), Madame Rebecca Alcuizar, Ph.D (Senior Lecturer in Mindanao State

University-Iligan Institute of Technology, Phillipines), Mr. Rodney Yeo, M.A. (Senior General Manager SportSmart-Skill, Singapore Sport School, Singapore), and Mr Agus Mahendra, M.A. (Senior Lecturer, Indonesia University of Education, Bandung – Indonesia). I really expect that this seminar will be beneficial for all of us and to the development of the Physical Education and Sports.

Allow me to express my gratitude to the participants and audiences from Indonesia and other foreign countries who are enthusiastic in attending this precious seminar. I do hope that all audiences will gain important values and collaborate it into our own fields and make crucial changes in the future. Beside that, I also convey my appreciation to all of organizing committee who has given their outstanding commitment for presenting this International seminar.

Wassalamu'alaikum warrahmatullahi wabarakatuh

Sincerely yours

Prof. Dr. Tandiyo Rahayu, M.Pd

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KNOWLEDGE LEVEL STUDENTS PJKR 2010 FIK UNY FORCE OF THE REGULATION OFFSIDE FOOTBALL GAMES

Nurhadi Santoso

YOGYAKARTA STATE UNINERSITY

nurhadi_santoso@uny.ac.id

Abstract

Known in the implementation of learning the game of football a lot of students do not understand the offside rule. In the study conducted for the purpose of knowing the level of student knowledge PJKR FIK UNY 2010 against the freight forwarder offside rule in the game of football.

This research is a descriptive study. Subjects in the study were students PJKR FIK UNY who take courses football game that totaled 115 students. Instruments used in this pelitian was a questionnaire composed himself, as for the validity of this instrument using content validity, while reliability is 0.695. Techniques of data analysis using descriptive statistics.

The results are categorized into three, namely: both were 13 students (11.30%), while as many as 91 students (79.13%), approximately as many as 11 students (9.57%).

Keywords: Knowledge, Offside

INTRODUCTION

Football a sport that is very popular with almost all walks of life the world. In Indonesia, football is very popular in the community from Sabang to Merauke, ranging from children, teens and adults. They can play a football game anywhere, either on the football field, harvested rice fields are depleted and empty lands that could be used for play. They are very simple to play football without referees to enforce the rules as much as possible / simple, but they still show the game being honest when they made mistakes. Field without the line, the goal of the stones or the trees, but they can play happily without any fights while upholding honesty and friendship. This is because they

do for recreation, leisure time, and even to improve their skills even without a coach.

Football is a sport game played by two teams where each team consists of 11 players. The purpose of each team tried to put as many balls into the opponent's goal and try to maintain his own net in order not to concede the ball, which is done according to the rules of sportsmanship and game. Teams that make a lot more goals against the opponent is declared the winner in the match.

Students PJKR is a physical education teacher candidates must master the basic skills of playing soccer through courses Motion Football Association . Here students learn the basic techniques of playing football. In the course Motion Football Association, lecturer of teaching materials will





give students a variety of skills to the basic techniques of playing football without the ball and the ball football techniques, ie; Passing, dribbling, control, heading, steal the ball, shooting, throw-in, feinting and special techniques goalkeeper. Diversity of the basic techniques must be mastered by the students as a preparation for teaching play football in the future . PJKR students as prospective teachers should know and even have to master the basic skills of playing soccer . Football courses Basic Motion granted in semester III , this course provide supplies to students on mastery of basic techniques to play football . The students who have taken courses Motion Football Association are expected to have the basic skills to play football well .

At semester IV courses students acquire the Football Game in principle this course apply the basic techniques to the strategy of how to attack and defend, to solve the problems in the field, as well as understand and practice the rules of the game and the match in the learning process. Through the course Football Game, the student must also recognize, understand and practice the rules of the game and the game rules in the field a bit during the learning process. Regulation soccer game easily understood by frequent reading the rule book, but in its application many students have difficulty.

During this time, students are still many who do not understand the rules of football games, especially the game-related rules. Regulations issued by the soccer game

FIFA consists of 17 rules. Students tend to know the rules of the game are practically on the field while playing the offside offense and although not in depth, while other rules are less well understood. Most students wrestle the game of football as a hobby or for achievements in their respective clubs, but knowledge of the offside rule is still very limited. They know the offside rule when a player attacker stands behind defenders when the ball is fed to the front, the player is said to offside.

This will appear when the student tries to practice his umpiring when playing, often misrepresented offside so little debate. Often seen students in umpiring decisions give less precise, players who are not considered offside offside. Offside rules if applied in the field vary widely, so it needs to truly understand the offside rule. At this point in terms of the offside rule only, not the abuses associated with disrespectful behavior. Theory of learning through football games, students are expected to understand and practice the tactics, strategies, game rules and game rules in a real football game.

PJKR students as prospective teachers of physical education and human being engaged in physical education should be well-informed about the offside rule. People often assume students know about every sport and its rules. Students PJKR indirectly as agent learners in the community, no society rarely ask him something about football events. This is because the people of Indonesia at any time presented a live broadcast of football matches national and





international television broadcasts via the private sector.

According to the Big Indonesian Dictionary (KBBI) Daring, knowledge means everything that is known; cleverness: or everything that is known with respect to (a subject). The knowledge according to some experts:

1. According Pudjawidjana (1983), is the reaction of human knowledge on arousal by contiguity through the natural surroundings through the senses and the object of knowledge is the result of conduct that occurred after the sensing of a particular object.
2. According Ngatimin (1990), knowledge is the memory of the materials that have been studied and the possible concerns about binding together a broad collection of material from the things detailed by the theory, but what is given to use the memory of the appropriate information.
3. According Notoatmodjo (2007), knowledge is the result of the idea and the person doing this after sensing the particular object. Sensing occurs through the five senses, the senses of sight, hearing, smell, taste and touch. A large part of human knowledge acquired through the eyes and ears.

some knowledge of the above definition it can be concluded that the knowledge of everything that is known is derived from sensory contiguity to a particular object. Knowledge is basically the result of the process of seeing, hearing, feeling, and

thinking is the basis of human and behave and act

Football

Football game played by two teams each consisting of 11 his team players including the goalkeeper. Football game led by a referee and two assistant referees helped. Long football game is 2 x 45 minutes with a break of not more than 15 minutes, the game field rectangular, its length should not be more than 120 feet and shall not be less than 90 meters, while the width should not be more than 90 feet and shall not be less than 45 meters (length of the field in international matches antara 100 meters to 110 meters, while the width of the pitch between 64 meters and up to 75 meters).

All the players should play ball with the rest of his body except the hands. Goalkeeper may play the ball with his hands, but only in the area of his own net. Each team tried to include as many balls into the opponent's goal and try to prevent the opponent to put the ball into the net.

The game of football is one sport that is popular with the people of Indonesia and widely played by all levels of society ranging from children, teens, and parents. In addition, the sport is also played by many women, both in foreign and domestic. The game of football is very popular in the community, so do not be surprised if every afternoon met a lot of children, adolescents, and adults playing football on the football pitch as well as vacant land.





Luxbacher (2004: 2) states that the football played by two teams, each consisting of 11 people. Each team's goal to maintain and strive to break through the opponent's goal. Sucipto, et al. (2000: 7) defines the game of football is a team consisting of 11 players and one goalkeeper. Akros Abidin (2000: 26) revealed that the game of football played by two teams, each team consists of 11 players including the goalkeeper. Roji (2004: 1) explains that football is done by two teams, each team consists of 11 players including the goalkeeper. Setiap bench for his team is seven players. Older games are 2 x 45 minutes. According Muhajir (2004: 22) that football is a game made by a punt, which has the objective to enter the ball into the opposing goal and maintain it in order not to concede a goal the ball.

Based on some opinions on the above it can be concluded that football is a team game played by two teams consisting of 11 players in each of his team, including the goalkeeper, which every team has a goal to put the ball into the opposing goal sebanyaknya and prevent the occurrence of goals against its own during game which lasts 2 x 45 minutes.

Rule of The Game

Every sport permianan definitely have laws that aim to manage the game so that the game can run well . Football a sport that has rules of the game . Regulations issued by the soccer game FIFA consists of 17 rules , namely : 1) the field of play , 2) the ball , 3) the number of players , 4) the player

equipment , 5) the referee , 6 the assistant referees , 7) the duration of the match , 8) the start and restart of play , 9) the ball in and out of play , 10) the method of scoring , 11) offside , 12) fouls and misconduct , 13) free kicks , 14) the pinalty , 15) the throw -in , 16) the goal kick , and 17) the corner kick.

Rules of the game of football has beberapa times experienced Anomalies related increments in accordance with the development of the game of football, for example, once the ball is worn only 2 now 6 pieces, balls back pass from forward to goalkeeper should not be held by the keeper. Regulation 11 of the regulations explains the offside where a player is not a foul if only in an offside position. One was in an offside position when the player closer to the opponent's goal line than the ball and the second last opponent when the ball is played to him. A player standing in an offside position, does not violate the provisions of the offside if a player receives the ball directly from a goal kick, throw-in, and corner kicks.

Offside In Soccer Game

In the game of football, it is very crucial offside in a soccer game at both local, national, and international. This often happens protest against the referee because the player was offside. The player who is in an offside position is not necessarily punished offside offense. Player is offside penalty if the player took advantage of his standing was offside. The player who is in an





offside position is offside violation if the players took advantage of his position

Only if the offense is not in an offside position. A player is in an offside position if: Pemaian closer to the opponent's goal line than the ball and the second last opponent. A player is not in an offside position: 1) is the area of the game itself, 2) which is parallel with the second last opponent, and 3) parallel with the last two opposing players. A player is in an offside position may be penalized if, at the time the ball touches or is played by one of his colleagues, the player is in the opinion of the referee, involved in active play by: 1) mencapuri course of the game, 2) blocking opposing players, and 3) gain advantage by being in an offside position. The player who is offside penalty, the team is sanctioned by an indirect free kick for the opposing players and implemented in places where the offside offense.

A player is in an offside position, does not violate the provisions of offside if a player receives the ball directly from: 1) a goal kick (kick both his own and the opponent's goal, 2) throw-in, and 3) a corner kick. Thus, there is no offside term for players who stood in an offside position to receive the ball langsung from goal kicks, corner kicks, and throw-in.

METHOD

This study is a descriptive survey method, so that the steps do not need to formulate research hypotheses. The purpose of this study to determine the level of student knowledge PJKR FIK UNY 11 of 2010 against the rule of offside. Suharsimi Arikunto

(1998: 239), states the following non-descriptive study is a research hypothesis but only describe it as it is on a variable, symptom, or condition. In this study wanted to find a picture of what it is about the student's understanding neighbors about the offside rule 11.

Subjects Research

Subjects in this study were students PJKR FIK UNY class of 2010 who took the course "Football Game" which totaled 115. The details of the subject of study as follows:

Tabel 1. Rincian Subjek penelitian

	gender	Population
PJKR 2010	man	102
	girl	13
	sum	115

Instrument

Instrument is a tool chosen and used by researchers in the study of data collection, so that the data obtained can be accounted for. Instrument in this study developed a questionnaire to determine the student's understanding of the rules of the game of football in particular about the offside rule 11. According Suharsimi Arikunto (2009: 151) questionnaire is a number of written questions used to obtain information from respondents in terms of statements about personal or things that are known. According Sutrisno Hadi (1991: 7) there are three steps that must be taken in drafting the variables





into sub variable factors. Sub-variables in this study are the factors that mengkonstrak offside, the three steps are:

a. defining construct

Construct definitions in this study were student pemahaman PJKR 201 B class against 11 of the offside rule.

b. investigate factors

The second step is to investigate the factors that make up the construct, ie the ball from a defender, the ball from his own friends, and rebound the ball.

c. Constructing a grain questions

The third step is to arrange a grain questions that refers to the factors that affect this study, namely the ball from a defender, the ball from his own friends, and rebound the ball. To reveal any of the questions respondents provided two alternative answers are offside, not offside. Questionnaire to measure the response was assessed by the numbers. If you answered "true value is 1 and if either the value 0.

The validity of using the instrument in accordance with the content validity of the content of the subject matter of the offside rule issued by world football governing body (FIFA). For instrument reliability of the test results with the method of the split odd even reliability of 0.695 obtained

Data Collection Techniques

Data collection techniques are the ways used by researchers to collect data. Data collection techniques in this study a questionnaire that is useful to know the students' understanding PJKR C and F of regulation 11 of the offside. In a research instrument there are two types of questions, the positive and negative questions.

Data Analysis Techniques

This study is a descriptive analysis deskriptif or by using descriptive statistics. Descriptive statistics were used to analyze statistical data in ways that describe or depict the data that has been collected as without intending to generally accepted conclusions or generalizations.

Categorization of student knowledge level about the offside rule into three categories: High, medium, and low. Categorization of student knowledge level about the offside rule using the formula of B. Syarifudin, (2010:112) as follows:

Tabel 3. Norma Pengkategorian Karakter

No	Cate	Rentang
	High	$X \geq M + SD$
	Medi	$M - SD \leq X$
	Low	$X < M - SD$

DISCUSSION

Description of Data and Research Result

1. Description of Data

Pengelahan outcome data on the level of student knowledge about the offside rule obtained descriptive data, as follows: the





range of scores obtained knowledge of the offside rule mean 83.5826; minimum value of 36.00; maximum value of 100.00, while the standard deviation of 9.15173; score variance 83.754; range 64.00.

2. Research Result

Results showed that students had penengetahuan about the offside rule in both categories there are 13 students (11.30%). Students who have penengetahuan about the offside rule in the medium category there are 91 students (79.13%). While students who have knowledge about the offside rule in the poor category there were 11 students (9.57%).

Tabel 4. Pengkategorian Tingkat Pengetahuan Mahasiswa Tentang Peraturan *Offside*

o	Distance of score	Category level of knowledge	reque ncy	Prosentas e
	$\geq 92,73$	Baik	3	11,30%
	$4,43 \leq X < 92,73$	Sedang	1	79,13%
	$< 74,43$	Kurang	1	9,57%
Jumlah			15	100%

Discussion

The result showed most had levels of knowledge about the offside in the medium and high categories. That was different from the time a student studying his umpiring football practice, many students were wrong in deciding on the offside player. This is according to many people who claimed to master the theory properly / correctly but can

not necessarily be applied in practice. To master the theory can be read as a self-taught through books and can be quickly mastered the theory mastered reading.

Conditions in the field will be very different to read and look at pictures, in the pitch game due to changing conditions. The position of the player while playing is always changing every moment and perdetik Events / position player in the rapidly changing field so that decisions are often wrong. Moreover, students who rarely practice of arbitration and only got a theory. While in the field, the referee should be able to see the course of the game with a broad and carefully.

Lack of student practice in the field of arbitration theory led his students in memwasiti often wrong in determining the decision. As a physical education teacher candidates must master the theory and practice of refereeing football, so that teachers will be the theory and practice of teaching while refereeing a ball game of the game of football in particular.

CONCLUSION

Based on the results of the analysis has been done on the level of student knowledge PJKR class of 2010 class C and F on the class B offside rule as follows: either category were 13 students (11.30%), the categories are as many as 91 students (79.13%), and categories A total of 11 students (9.57%).





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