



1st ACPES' CONFERENCE 2015 (5th AUCPESS' CONFERENCE)

Enhancing the Quality of Services
in Physical Education, Health and Sport
for a Better Future

September 15th – 18th, 2015

Semarang – Central Java, Indonesia

<http://acpes2015.unnes.ac.id>

ISBN 978-979-19764-4-2



PROCEEDING INTERNATIONAL CONFERENCE OF ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES) 2015: ENHANCING THE QUALITY OF SERVICES IN PHYSICAL EDUCATION, HEALTH AND SPORT FOR A BETTER FUTURE

Sports Science Faculty, Semarang State University, Indonesia

Sports Science Faculty, Semarang State University, Indonesia
F1 Building, Sekaran Campus Gunungpati Semarang City, Indonesia 50229
Email: acpes2015@mail.unnes.ac.id
Website: www.acpes2015.unnes.ac.id
Telp./Fax.: +6224 8508007

This publication is in copyright. Subject to statutory exception and to the provisions of relevant collective licensing agreements, no reproduction of any part may take place without the written permission of the Sports Science Faculty, Semarang State University, Indonesia.

First published in September 2015

Editor : Taufiq Hidayah, Moch Fahmi Abdulaziz, Mohammad Arif Ali, Nadia Sitaresmi, Lukman Fauzi

Layout : Lukman Fauzi

Cover design : Tandiyo Rahayu

Library cataloguing in Publication Data:

Proceeding International Conference of Asean Council of Physical Education and Sport (ACPES) 2015: Enhancing The Quality of Services in Physical Education, Health And Sport for A Better Future published by the Sports Science Faculty, Semarang State University, Indonesia – includes bibliographical references I. Series ISBN: 978-979-19764-4-2

Distributed by:

Sports Science Faculty, Semarang State University, Indonesia
F1 Building, Sekaran Campus Gunungpati Semarang City, Indonesia 50229
Email: acpes2015@mail.unnes.ac.id
Website: acpes2015.unnes.ac.id
Telp./Fax.: +6224 8508007

WELCOME MESSAGE

On behalf of Semarang State University (Unnes), I take great pleasure in welcoming you to our first conference of Asean Council of Physical Education and Sport (ACPES) in 2015. We are privileged to organize this conference in the right place to enhance our academic awareness on issues related to Physical Education, Health and Sport.

The theme of this conference "Enhancing the Quality of Services in Physical Education, Health and Sport for a Better Future" is in line with Semarang State University's vision as a conservation university. Conservation values can be proliferated by the quality of services in Physical Education, Health and Sport also in turn, Physical Education, Health and Sport wise can be developed by embarking from conservation and local values. Therefore, this conference will give a great contribution to our effort to proliferate the importance of cultural preservation as an integral and significant part of our national identity.

I extend my sincere gratitude to ACPES 2015 committee for their untiring efforts to organize this prestigious event. I wish all the speakers and participants of ACPES 2015 get the most of this special event.

Sincerely yours,

Prof. Dr. Fathur Rokhman, M.Hum.
Rector of Semarang State University (Unnes)



PREFACE

In the modern society, sports has been recognized as a strategic tool for peace and education, thus, since 1978 the United Nations Educational Scientific and Cultural Organization (UNESCO) has facilitated the publication and proclaimed the International Charter of Physical Education and Sport. Instead of charter aims driving the development of physical education and sports for services of human advancement, promoting development, and urged the government agencies, non-governmental organizations in which competent, educators, families, and individuals themselves are eager to be guided, and given a referral to disseminate and insert the programs and activities of sport into practical level. Keep abreast of changing times and needs, this charter has been renewed from time to time.

Today, one of the toughest challenges to realize sport as a functional tool for peace and education is automation technologies which develop very progressively affecting the livelihood and lifestyles. Indeed, there is an anomaly and ironic situation here. Advances in technologies are intended to facilitate live and make humans have greater opportunities to conquer the nature, but in turn it gives complicates effect to life itself. Degenerative diseases increase the number of sufferers continuously and we must admit that one of the causes is the advancement of technologies which have made life easier and do not require lots of physical works to accomplish daily activities.

On the other side, sport and health experts and all who care about the quality of life today, encourages all parties to move physically and restore the function of the body in its natural essence. Again, this is something that all the time trying to alleviated by technology.

Therefore, undoubtedly we must dare to take breakthrough steps, thus physical education, and sport, are able to be a good medium for improving the quality of life, through improving the quality of service implementation. These efforts include the quality of agents (teachers, instructors, facilitators, trainers), quality of facilities, the quality of laws and regulations, as well as the quality of government policy. Through the annual scientific meeting among sports academia in South East Asia region, we can come together and support each other, to find the best formula to enhance the quality of services.

In this occasion, where Semarang State University hosted the meeting, a number of themes of scientific papers will be presented and discussed, with the hope we are able to provide inspiration for a better future.

Thank you for your help and participation of all parties, May God bless us all.

Your faithfully,

Prof. Dr. Tandiyo Rahayu, M.Pd
Chair Person of International Conference of ACPES 2015

ACPES 2015 STEERING COMMITTEE

Prof. Vijit Kanungsukkasem, Ph.D.
Chulalongkorn University, Thailand

Assoc. Prof. Supranee Kwanboonchan, Ph.D.
Srinakharinwirot University, Thailand

Prof. Aminuddin Yusof, Ph.D.
Universiti Putera Malaysia, Malaysia

Prof. John Wang, Ph.D.
PESS-NIE Nanyang Technological University, Singapore

Prof. Dr. Tandiyo Rahayu, M.Pd.
Semarang State University, Central Java, Indonesia

Dr. Rebecca Alcuizar
IIT-Mindanao State University, Philippines

Dr. Chairat Choosakul
Mahasarakham State University, Thailand



UNNES
UNIVERSITAS NEGERI SEMARANG

ACPES 2015 SCIENTIFIC BOARD

Assoc. Prof. Koh Koon Teck, Ph.D.

PESS-NIE, Nanyang Technological University, Singapore

Assoc. Prof. Supranee Kwanboonchan, Ph.D.

Srinakharinwirot University, Thailand

Prof. Dr. Soegiyanto, M.S.

Semarang State University, Central Java, Indonesia

Dr. Setya Rahayu, M.S.

Semarang State University, Central Java, Indonesia

Dr. Taufiq Hidayah, M.Kes.

Semarang State University, Central Java, Indonesia



CONTENTS

WELCOME MESSAGE	iii
PREFACE	iv
ACPES 2015 STEERING COMMITTEE	v
ACPES 2015 SCIENTIFIC BOARD	vi
CONTENTS	vii

ORAL PRESENTATIONS

PHYSICAL EDUCATION - TEACHING

1. <i>ROLE OF INFORMATION AND COMMUNICATION TECHNOLOGY: ITS IMPACT ON STUDENTS' LEARNING AND THE EXTENT OF EFFECTS TO SOCIAL, RECREATIONAL AND SPORTS ACTIVITIES</i> Corazon T. Biong, Thailand	1
2. <i>LEARNING MODEL DEVELOPMENT APPROACH SHOT PUT WITH GAME FOR STUDENTS GRADE V ELEMENTARY SCHOOL</i> Ni Putu Nita Wijayanti, Indonesia	13
3. <i>HIGAONON DANCES: ITS IMPLICATION FOR CULTURAL IDENTITY, PEACE & DEVELOPMENT</i> Rebecca M. Alcuizar, Corazon T. Biong, Arlene Reyes, Philippines	19
4. <i>PHYSICAL FITNESS IMPROVEMENT EFFORTS ON LOWER CLASS STUDENTS OF ELEMENTARY SCHOOL THROUGH PLAY-BASED APPROACH ON PHYSICAL EDUCATION SUBJECT</i> Yustinus Sukarmin, Indonesia	26
5. <i>TONNIS GAME FOR PHYSICAL EDUCATION LEARNING</i> Tri Nurharsono, Moch Fahmi Abdulaziz, Indonesia	35
6. <i>THE TABLE TENNIS STROKES SERVICE DEVELOPMENT THROUGH PHYSICAL EDUCATION LEARNING PROCESS</i> Jonni Siahaan, Indonesia	40
7. <i>PLAY LEARNING MODEL DEVELOPMENT ON PHYSIC EDUCATION CHARACTER BUILDING IN ELEMENTARY SCHOOL GRADE V</i> Waluyo, Indonesia	49
8. <i>REINVENTING THE GAME (RTG) FOR PHYSICAL EDUCATION</i> Balbinder Singh, Singapore	70
9. <i>DISSEMINATION MODEL OF ADAPTIVE PHYSICAL EDUCATION LEARNING FOR THE BRAIN OPTIMALIZATION OF RETARDED KIDS: PHYSICAL THERAPY AND NEUROSCIENCE OVERVIEW</i> Sumaryanti, Indonesia	81
10. <i>HOW SPORT STUDENT EXCHANGE (SSE) AFFECTS STUDENTS' ACADEMIC PERFORMANCE IN SPORT SCIENCE FACULTY</i> Lulu April Farida, Indonesia	88

11. THE DIFFERENCE OF PLAY LEARNING APPROACH AND AGE GROUP EFFECTS ON THE IMPROVEMENT OF BASIC MOTOR ABILITY Agus Supriyoko, Indonesia	95
12. THE "SPELT" LEARNING MODEL TO IMPROVE RESULTS OF STUDENT LEARNING ON SPORTS PSYCHOLOGY SUBJECT Dimiyati, Edi Purnomo, Komarudin, Indonesia	100
13. IMPLEMENTATION OF TEACHING GAMES FOR UNDERSTANDING MODEL TO ENHANCE STUDENTS' CRITICAL THINKING SKILLS Wahyu Indra Bayu, Risfandi Setyawan, Indonesia	111
14. GYM BALL BOOK DEVELOPMENT ON THE SUBJECT OF AEROBICS AND FITNESS IN FIK UNESA Kunjung Ashadi, Oce Wiriawan, Ika Jayadi, Indonesia	119
15. DEVELOPING KIVOL BALL Ruslan, Maisal Nento, Mirdayani Pauweni, Indonesia	120
16. TENNIS AS A RECREATIONAL SPORT TO REDUCE TEENAGERS' MISBEHAVIOUR Limpad Nurrachmad, Prapto Nugroho, Indonesia	121
17. THE DEVELOPMENT OF MODIFICATION OF MINI BASKETBALL GAME TO IMPROVE LEARNING OUTCOME OF BASKETBALL OF ELEMENTARY SCHOOL STUDENTS CLASS VI IN PALEMBANG Rudy Noor Mukhtar, Indonesia	122
18. MODEL BASED MOTION ACTIVITY LEARNING GAMES FOR PHYSICAL EDUCATION TEACHING MATERIALS ELEMENTARY SCHOOL CLASS I (RESEARCH DEVELOPMENT IN ELEMENTARY SCHOOL STUDENTS CLASS I ON THE JEPARA REGENCY CENTRAL JAVA FOR LEASON YEAR 2013/2014) Rif'iy Qomarullah, Indonesia	124
19. TRAVELLING THROUGH TIMES: HIGA-ONON DANCES UNRAVELED Arlene V. Reyes, Philippines	125
PHYSICAL EDUCATION - ASSESSMENT	
20. THE IMPACT OF SCHOOL FACILITIES CONDITIONS ON PHYSICAL EDUCATION TEACHER'S PERFORMANCE (A CASE STUDY OF PHYSICAL EDUCATIONS TEACHERS OF ELEMENTARY SCHOOLS IN SEMARANG) Harry Pramono, Indonesia	126
21. ROLE OF GENDER AND CULTURE IN PHYSICAL EDUCATION AT UPPER SECONDARY SCHOOL IN SURAKARTA Dwi Gunadi, Indonesia	133
22. CONFIRMATORY FACTOR ANALYSIS OF THE TEST OF GROSS MOTOR DEVELOPMENT-2 Ismaryati, Indonesia	140
23. PRESCHOOL STUDENTS LEVEL OF MOTOR SKILL DEVELOPMENT Wan Azira Abd Aziz, Borhannudin Abdullah, Shamsulariffin Samsudin, Malaysia	146

24. THE MEANING OF PHYSICAL ACTIVITY FROM THE STAND POINT OF INDONESIAN IMMIGRANT YOUTH IN THE USA: A PHENOMENOLOGICAL STUDY Caly Setiawan, Indonesia	147
25. THE EVALUATION OF PHYSICAL FITNESS OF PHYSICAL EDUCATION (PE) TEACHERS AT PREEMINENT SCHOOLS IN ACEH BESAR IN THE 2015 ACADEMIC YEAR Syamsul Rizal, Yeni Marlina, Indonesia	148
26. RELATIONSHIP OF EMOTIONAL QUOTIENT (EQ) ON SPORTS PERFORMANCE Endang Sri Retno, Indonesia	149
27. THE RELATIONSHIP BETWEEN SPEED, STRENGTH, AGILITY AND LONG LEGS WITH FOOTWORK BADMINTON PLAYERS Suratman, Indonesia	150
28. RELATION OF SPEED, AGILITY AND BALANCE WITH DRIBBLING SKILL IN FOOTBALL GAME OF PESPEX SOCCER SCHOOL'S STUDENTS IN CILEUNGSI BOGOR 2011 Yuwono, Indonesia	151
29. IDENTIFYING YOUNG TALENTED ATHLETES USING A MODEL OF SOCCER SKILLS TEST Nining Widyah Kusnanik, Indonesia	152
30. TEACHING SKILL'S PROFILE OF ELEMENTARY SCHOOL PHYSICAL EDUCATION TEACHER IN TAMAN SIDOARJO EAST JAVA Suroto, Fufukha Dwi, Khory, Indonesia	153
31. A REVIEW OF COPING STRATEGIES IN SPORTS ACROSS CULTURE Shermaine Lou, Singapore	154
32. HOW DO MOVEMENTS BECOME COORDINATED OVER TIME? : A PROPOSED ANCHORING QUESTION FOR TEACHING MOTOR CONTROL AND LEARNING KEE Ying Hwa, Singapore	155
 SPORT SCIENCE - SPORT COACHING & TRAINING	
33. DEVELOPMENT OF PROTOTYPE SINGLE POMMEL MUSHROOM FOR CIRCLE MOVEMENT TRAINING AIDS IN MEN'S ARTISTIC GYMNAST Agus Darmawan, Indonesia	156
34. THE INFLUENCE OF PLAYING ACTIVITY ON MOTOR SKILLS AMONG LOWER GRADE ELEMENTARY SCHOOL STUDENTS Gustiana Mega Anggita, Indonesia	163
35. THE DEVELOPMENT OF KICKING ACCURACY PRACTICE IN SOCCER FOR THE CHILDREN WITH THE AGE GROUP OF 13 TO 14 YEARS OLD Khoiril Anam, Indonesia	171
36. AFFECTING FACTOR OF SWIMMING EXERCISES BASED ON MULTI-LATERAL METHOD TO INCREASING COGNITIVE INTELLIGENCE OF CHILDREN Kusuma, Moh. Nanang Himawan, Julianti, Kelli, Indonesia	180

37. EVALUATION OF AMATEUR BOXING NATIONAL CHAMPIONSHIPS IN INDONESIA Soedjatmiko, Indonesia	186
38. CENTRAL JAVA SPORTS ACHIEVEMENTS MAPPING ON PON XV, PON XVI, PON XVII, AND PON XVIII Sri Haryono, Indonesia	192
39. THE EFFECT OF DIFFERENCES BETWEEN LEARNING APPROACH, DISTANCE OF HIT, AND KINESTHETIC PERCEPTION TOWARD ABILITY GROUND STROKES FOREHAND ON TENNIS Rivan Sagita Pratama, Indonesia	206
40. EFFECTS OF THE PERCEIVED SELF-EFFICACY WALKING EXERCISE PROGRAM ON HBA1C AND BODY COMPOSITION IN DIABETES MELLITUS Benjaporn Keawkumtai, Chairat Choosakul, Thailand	214
41. EFFECTS OF WEIGHT TRAINING AND AQUAROBCS ON BONE REMODELING IN OBESE WOMEN (STUDY IN IL-6, CTx AND N-MID OSTEOCALCIN) Siti Baitul Mukarromah, Indonesia	219
42. THE EFFECT OF DRIBBLING SHIELDING FUNDAMENTAL ON DRIBBLE COORDINATION OF THE U-12 CHEVRON RUMBAI FOOTBALL SCHOOL CLUB Kristi Agust, Muhammad Iqbal Suherman, Indonesia	228
43. THE INFLUENCE OF WEIGHT TRAINING IN THE METHOD OF SET SYSTEMS ON THE WEIGHT GAIN AND FAT PERCENTAGE Ahmad Nasrulloh, Yudik Prasetyo, Indonesia	235
44. FACTORS SUPPORTING ROWING ACHIEVEMENT IN THE DISTRICT TANJUNG JABUNG BARAT PROVINCE OF JAMBI Atri Widowati, Indonesia	246
45. CONTROLLED PLAYGROUND ACTIVITY TO IMPROVE MOTOR COMPETENCE, PHYSICAL FITNESS AND EXECUTIVE FUNCTIONS Tortella P., Fumagalli G., Italy	255
46. COMPARING DAILY AND SESSION UNDULATING PERIODISED PROTOCOLS FOR THE MAINTENANCE OF STRENGTH AND POWER IN RESISTANCE-TRAINED WOMEN Lian-Yee Kok, Malaysia	256
47. EFFECTS OF MUAY THAI EXERCISE PROGRAM UPON PHYSICAL PERFORMANCE AND SLEEP QUALITY IN THE ELDERLY Anurakpapop Meeton, Thailand	257
48. THE EFFECTS OF DYNAMIC STRETCHING ON PERFORMANCE MEASUREMENT (STRENGTH, SPEED, AGILITY, POWER, ENDURANCE, FLEXIBILITY) AMONG HOCKEY'S PLAYERS Zaharul Azwan Bin Abdul Razak, Malaysia	258
49. BANGUS CULTURE IN CAGES: PROPOSED EXTENSION TRAINING Angelo B. Dalaguit, Mary Ann L. Dalaguit, Philippines	259

50. COMPARISON OF STABLE AND UNSTABLE CORE TRAINING ON BALANCE, ENDURANCE AND STRENGTH AMONG SCHOOL ATHLETES	
Thanapackiam Raja Gopal, Lian-Yee Kok, Malaysia	260
51. PHYSICAL ACTIVITY FOR WORKING AGE	
Pluemsamran, T., Boonveerabut, S., Thailand	261
52. PECING DODGE	
Devi Tirtawirya, Indonesia	262
53. THE DEVELOPMENT OF MEASUREMENT DESIGN FOR MAXIMUM AEROB CAPACITY USING 1 MILE AND 2000 M RUNNING	
Edy Mintarto, Indonesia	263
54. DEVELOPING MODEL OF PHYSICAL EXERCISE FOR SEPAKTAKRAW ATHLETES	
Iyakrus, Indonesia	264
55. THE DIFFERENCE OF INFLUENCE FROM ADJOURNMENT 5 SECONDS AND 20 SECONDS AFTER THE FEEDBACK GIVEN TO THE RESULTS OF THE STUDY ON PUSH IN FOREHAND GAME OF TABLE TENNIS ON JUNIOR HIGH SCHOOL STUDENTS IN THE COUNTRY 1 TOMOHON 2014	
A.R.J. Sengkey, Tisri Laura Wajong, Indonesia	265
56. EFFECT OF 12 WEEKS HOME BASED INTERVENTION PROGRAMME ON PHYSICAL ACTIVITY OF UNDERGRADUATE FEMALE STUDENTS IN IRAQ	
Jian Abdullah Noori, Soh Kim Guek, Norhaizan Mohd Esa, Rohani Ahmad Tarmizi, Malaysia	266
SPORT SCIENCE - SPORT PSYCHOLOGY	
57. THE STUDY OF COMPETITIVE ANXIETY ON SEMARANG BADMINTON ATHLETES	
Donny Wira Yudha Kusuma, Indonesia	267
58. INTERNALIZING OF CHARACTER VALUES THROUGH MODIFICATION LEARNING OF PHYSICAL EDUCATION SPORT AND HEALTH IN ATHLETICS MATERIALS	
Slamet Riyadi, Indonesia	275
59. MATERIALISM, SPORTSMANSHIP, AND SPORT PERFORMANCE ON ATHLETES	
Anirotul Qoriah, Indonesia	283
60. OUTBOUND GAME MODELS TO IMPROVE INTERPERSONAL COMPETENCE IN ELEMENTARY SCHOOL	
Niken Fatimah Nurhayati, Tandiyo Rahayu, Soegiyanto K.S., Sugiharto, Indonesia	291
61. EFFECT OF GOAL SETTING ON SWIMMING ATHLETE ACHIEVEMENT	
Sungkowo, Indonesia	300
62. EFFECT OF MOTIVATION, PUSH UP, HANDSTAND ON FLOOR EXERCISE GYMNASTICS	
Ranu Baskora Aji Putra, Indonesia	305
63. THE SOCIO ECONOMIC ADVANTAGES ON THE 18TH NATIONAL SPORT GAME 2012 IN RIAU, INDONESIA	
Taufiq Hidayah, Indonesia	312

64. MOTIVES AND PHYSICAL ACTIVITY LEVEL AMONG UNIVERSITI TEKNOLOGI MARA (UiTM) STAFF Azlan Ahmad Kamal, Mohd. Radzani, Malaysia	318
65. ANALYSIS OF COACHING BEHAVIOUR AMONG FULL-TIME COACHES IN MALAYSIA Sock-Wei Tor, Lian-Yee Kok, Malaysia	325
66. MOTIVATIONAL FACTORS IN PHYSICAL ACTIVITY AND RECREATIONAL SPORTS PARTICIPATION OF STUDENTS IN MALAYSIA Chun Cheng Chuan, Aminuddin Yusof, Chee Chen Soon, Maria Chong Abdullah, Malaysia	326
67. SPORT AS A VEHICLE FOR CULTURAL MAINTENANCE AND ADAPTATION TO MULTICULTURAL ENVIRONMENTS FOR INTERNATIONAL STUDENTS IN UNIVERSITI PUTRA MALAYSIA Noraseela Binti Mohd Khalid, Aminudddin Yusof, Malaysia	327
68. CHALLENGES AND OPPORTUNITIES OF WOMEN IN SPORT LEADERSHIP IN MALAYSIA Miriam P. Aman, Malaysia	328
69. ATTITUDE TOWARDS PHYSICAL ACTIVITY AND DEGREE OF ACCEPTABILITY OF PHYSICAL EDUCATION AMONG MADRASAH TEACHERS Hendely Adlawan, Philippines	329
70. COACHING BEHAVIOR IN RELATION TO SPORTS PERFORMANCE AND ATHLETES' SATISFACTION AMONG COLLEGE VARSITY ATHLETES Nenita P. Samong, Indonesia	335

SPORT SCIENCE - SPORT BIOMECHANICS

71. DEVELOPMENT OF STATIC AND DYNAMIC BALANCE AT THE AGE OF 7 TO 12 YEARS OLD IN TERMS OF GENDER (CROSS-SECTIONAL STUDY OF THE DEVELOPMENT OF STATIC AND DYNAMIC BALANCE IN THE ELEMENTARY SCHOOL STUDENTS IN THE DEMAK REGENCY) Dhias Fajar Widya Permana, Indonesia	340
72. THE EFFECT OF COORDINATION EXERCISE ON THE POWER ABILITY OF SPINTER Rumini, Indonesia	348
73. INSTRUMENT DEVELOPMENT FOR TALENT SCOUTING FENCING ATHLETE ACHIEVEMENT TOWARDS 2024 Nuruddin Priya Budi Santoso, Indonesia	351
74. THE EFFICIENCY OF SIDE KICK TECHNIQUE IN "PENCAK SILAT TANDING" CATEGORY (A BIOMECHANICAL ANALYSIS) Awan Hariono, Indonesia	360

SPORT SCIENCE - SPORT MANAGEMENT

75. THE SOCIAL CAPITAL OF KONI COMMUNITY: STUDY TOWARDS THE INSTITUTIONAL POTENTIAL OF KONI IN THE SPORTS ORGANIZATION AND DEVELOPMENT TO SUPPORT THE IMPLEMENTATION OF LAW NUMBER 3/2005 ABOUT THE NATIONAL SPORT SYSTEM IN CENTRAL JAVA Tri Rustiadi, Indonesia	361
---	-----

76. AN APPLICATION OF PUSH AND PULL THEORY IN SPORT TOURISM: A STUDY OF SPORT TOURIST VISITING LANGKAWI, MALAYSIA	
Nurul Shahida Hamdan, Malaysia	371

SPORT SCIENCE - SPORT PHYSIOLOGY

77. MESSAGE THERAPY FOR INFANT IN DEPRESSED MOTHER	
Wisnu Mahardika, Indonesia	372
78. THE EFFECT OF AEROBIC DANCE AND NUTRITION ON METABOLIC STATE, INFLAMMATORY STATE AND CLINICAL APPEARANCE IN OVERWEIGHT	
Bashir Ma Ab Lakhal, Libya	376
79. EFFECTS OF THE PERCEIVED SELF-EFFICACY WALKING EXERCISE PROGRAM ON BODY COMPOSITION IN ELDERLY	
Chairat Choosakul, Benjaporn Keawkumtai, Thailand	377
80. A SYSTEMATIC REVIEW TO EXAMINE THE PERCEIVED BARRIERS TO EXERCISE IN INDIVIDUALS WITH TYPE 2 DIABETES AND PRE-DIABETES	
Kang Heon Jin, Stephen Francis Burns, C. K. John Wang, Singapore	378

HEALTH - SPORT NUTRITION

81. THE EFFECT OF RED FRUIT OIL ON RAT'S MALONDIAL DEHYDE LEVEL AT MAXIMAL PHYSICAL ACTIVITY	
Fajar Apollo Sinaga, Indonesia	379
82. THE EFFECT OF ROSELLA TEA (HIBISCUS SABDARIFFA) PREVENTION OF BLOOD PRESSURE INCREASE (STUDY IN RATS THAT WERE GIVEN ALCOHOL)	
Sugiharto, Sugiarto, Indonesia	386
83. EFFECTS OF A NOVEL PROTEIN SUPPLEMENT ON DISUSE MUSCLE ATROPHY (STUDY IN BODY WEIGHT AND SOLEUS MUSCLE)	
Mohammad Arif Ali, Indonesia	398
84. PERCEIVED BODY IMAGE AND LIFESTYLE BEHAVIORS AMONG FEMALE STUDENTS WITH WEIGHT DILEMMAS	
Marwa Abd Malek, Sharifah Muzlia Syed Mustafa, Mawarni Mohamed, Malaysia	407
85. THE EFFECT OF ALKALI LIQUID BEFORE EXERCISE TO BLOOD	
Fuad Noor Heza, Indonesia	416
86. ASSESSMENT OF HERBAL PLANTS IN TUBOD, LANA DEL NORTE AND THEIR UTILIZATION	
Monera A. Salic-Hairulla, Ritcha A. Dicalan, Nesren S. Amer, Rolin M. Buzarang, Joy R. Magsayo, Philippines	424
87. TILAPIA (<i>Oreochromis niloticus</i> Peters) TOCINO PROCESSING: ECHNOLOGY TRANSFER	
Mary Ann L. Dalaguit, Angelo B. Dalaguit, Philippines	425
88. INFECTION OF SALMONELLA TYPHIMURIUM	
Mohamed Kilani, Libya	426

89. AFTER-EFFECTS OF MILK, SPORTS DRINK AND WATER CONSUMPTION IN RUGBY PLAYERS Patmavathy Alagappan, Lian-Yee Kok, Malaysia	427
HEALTH - PUBLIC HEALTH	
90. CORRELATES OF EARLY SEXUAL ENCOUNTER AMONG THE ADOLESCENTS OF BUUG ZAMBOANGA SIBUGAY Josephine S. Duyaguit, Corazon T. Biong, Philippines	428
91. ASSOCIATION BETWEEN SEDENTARY BEHAVIOR AND CARDIO-METABOLIC RISK IN THAI ACTIVE OLDER ADULTS Purakom A., Kasiyapat A., Nakornkhet K., Thailand	436
92. THE STUDY OF SPORT RECREATION ACTIVITIES TOWARD PHYSICAL FITNESS AND SOCIAL ATTITUDES OF URBAN SOCIETY Endang Sri Hanani, Indonesia	441
93. THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, PHYSICAL FITNESS AND EMOTIONAL INTELLIGENCE ON STUDENT ACHIEVEMENT HIGH SCHOOL Sulaiman, Indonesia	445
94. PATIENT SATISFACTION LEVEL ANALYSIS OF PARTICIPANT PROGRAM NATIONAL HEALTH INSURANCE (JKN) NON PREMI RECIPIENT (NON-PBI) AT HALMAHERA PUSKESMAS, SEMARANG CITY YEAR 2015 Bambang Wahyono, Ulfa Royanah, Indonesia	453
95. FALL INCIDENCE TO ELDERLY PHYSICAL DISABILITIES Widya Hary Cahyati, Indonesia	460
96. THE EFFECT OF PHYSICAL ACTIVITY PROMOTION USING SOCIAL COGNITIVE THEORY ON WORKERS' HEALTH-RELATED FITNESS, STRESS AND WORK EFFICIENCY Nanthawan Thienkaew, Chairat Choosakul, Thailand	466
97. PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND HEALTH-RELATED FITNESS OF UNDERGRADUATE STUDENTS Sonthaya Sriramatr, Khanita Khumsingsan, Raweewan Maphong, Thailand	467
98. THE COMMUNITY DEVELOPMENT MODEL OF HEALTHCARE AND WELFARE CENTER FOR ENHANCING ELDER'S LIFE QUALITY IN NAKHON PATHOM Pupanead S., Suwan S., Piromkam B., Thailand	468
99. NUTRITION, SCHOOL, HOME: DETERMINANTS OF ACADEMIC PERFORMANCE FOR PUPILS IN ROGONGON, ILIGAN CITY, PHILIPPINES Rebecca M. Alcuizar, Philippines	469
100. HEALTH PROMOTION AND EXERCISE BEHAVIORS OF TPD IN THAILAND: REAL BEFORE DEAL Siripatt, A., Suksom, D., Khongprasert, S., Srihirun, K., Siripanya, S., Taweepornpathomkul, S, Thailand	470

POSTER PRESENTATIONS

PHYSICAL EDUCATION - TEACHING

101.	IMPORTANCE OF PERCEPTUAL MOTOR BASED-PHYSICAL ACTIVITY IN THE FORM OF PLAYING FOR KINDERGARTEN STUDENTS	
	Yudanto, Indonesia.....	471
102.	E BOUNCING BALL GAMES, TO IMPROVE THE LEARNING TABLE TENNIS	
	Moch Fahmi Abdulaziz, Indonesia.....	482
103.	AEROBIC GYMNASIAC LEARNING DEEP DEVELOPMENTAL ACTIVITY COLLEGE EYE COLLEGES STUDENT CARNAL FITNESS HEALTH PHYSICAL EDUCATION AND SEMESTER RECREATION VI YEAR 2014	
	Ipang Setiawan, Indonesia	487
104.	DEVELOPMENT OF INSTRUCTIONAL MEDIA FOR OUTSIDE SHOOTING BASIC TECHNIQUE PRACTICE IN MINI BASKETBALL CLUB	
	Baskoro Nugroho Putro, Indonesia	494
105.	THE DEVELOPMENT OF HEALTH EDUCATION LEARNING MEDIA THROUGH TRADITIONAL GAME "BOY" ELEMENTARY FOR SCHOOL IN KUPANG CITY	
	Maria Fatubun, Lukas M. Boleng, Robert Tetikay, Indonesia	504
106.	THE MAJOR PROBLEMS OF TEACHING SWIMMING TO YOUNG CHILDREN	
	Kaswarganti Rahayu, Indonesia	508
107.	THE INFLUENCE OF TEACHING MODELS THROUGH SIENTIFIC APPROACH TOWARDS THE SKILL OF PLAYING FOOTBALL	
	Dena Widyawan, Indonesia	509
108.	THE EFFECT OF LEARNING MODEL AND GANDER TO STUDENTS' SOCIAL AWARENESS ON PHYSICAL EDUCATION LEARNING	
	Dupri, Indonesia	510
109.	LOVE OF ENVIRONMENT THROUGH THE OUTDOOR EDUCATION CAMPING PROGRAM	
	Kardjono, Indonesia	511
110.	TOOLS DEVELOPMENT TO MEASURE EFFECTIVENESS PHYSICAL EDUCATION TEACHER LEARNING	
	Nyak Amir, Indonesia	512
111.	DEVELOP TARGET NET AS A TOOL FOR SHOT LEARNING IN BADMINTON SPORT AT JUNIOR HIGH SCHOOL	
	Afif Khoirul Hidayat, Indonesia	513
112.	INCREASING SPORT PARTICIPATION THROUGH INCREASED FOCUS ON SCHOOL SPORTING EXPERIENCES IN SINGAPORE	
	Cho Jin Jin Tessa, Singapore	514

PHYSICAL EDUCATION - ASSESSMENT

113.	PREDICTION OF THE RECORD LEVEL OF LONG JUMP WITH THE SIGNIFICANCE OF LEARNING ASPECTS TO TRACK AND FIELD EVENTS FOR PREPARATORY STAGE STUDENTS	
	Mostafa Mohammed Nasr AlDeen, Egypt	515
114.	COMPARED TO FAVORITE LEADERSHIP BEHAVIOR BETWEEN PLAYERS AND SOCCER COACHES	
	Refaei Moustafa Hussein, Mahmoud Hassan Elhofy, Egypt	522
115.	EVALUATION OF TRAINING PROGRAM IMPLEMENTATION AT SWIMMING CLUB IN YOGYAKARTA SPECIAL REGION	
	R. Agung Purwandono Saleh, Indonesia	533
116.	THE STATUS OF PHYSICAL EDUCATION LEARNING AND TEACHING MANAGEMENT IN ELEMENTARY SCHOOLS OF THE WESTERN REGION IN THAILAND	
	Teamtaokerd, W., Krabuanrat, C., Thailand	539
117.	PEAK PERFORMANCE PROFILES OF COMBAT SPORT ATHLETES: THE SPORTS HERO PROJECT	
	Wongpa, K., Siripatt, A., Boonveerabut, S., Thailand	540
118.	REFEREE INSTRUMENT ASSESSMENT OF VOLLEY BALL	
	Saifuddin, Indonesia	541

SPORT SCIENCE - SPORT COACHING & TRAINING

119.	EFFECTS OF DYNAMIC FLEXIBILITY TRAINING ON SPRINT PERFORMANCE	
	Jacklyn anak Joseph, Malaysia	542
120.	THE EFFECTS OF PLYOMETRICS TRAINING AND WEIGHT TRAINING UPON LEG POWER AND LEG STRENGTH OF BLOCK JUMPING SEPAK TAKRAW PLAYERS	
	Chotika Boonthong, Duangkrai Taweesuk, Thailand	543
121.	THE EFFECTS OF SHORT-TERM TRAINING ON STRENGTH AND BALLISTIC POWER IN FOOTBALL ATHLETES	
	Sakchai Srisuk, Thailand	544
122.	A STUDY OF TWO DIFFERENT TRAINING PROTOCOLS OF HIGH INTENSITY INTERVAL TRAINING (HIIT) ON AEROBIC CAPACITY OF FEMALE FIELD HOCKEY PLAYERS	
	Stella Anak James Martin, Malaysia	545
123.	THE DEVELOPMENT AND MODIFICATION OF STRENGTH TESTS FOR SPORT MEASUREMENT AND EVALUATION	
	Endang Rini Sukamti, Sb. Pranatahadi, Guntur, Indonesia	546
124.	REVITALIZING SEPAK TAKRAW SOLE OF FOOT SMASH USING HANGING BALL	
	I Ketut Semarayasa, Indonesia	547
125.	EFFECT OF MANIPULATION OF COMPLEX TRAINING ON AGILITY, POWER, SPEED AND ENDURANCE AEROBIC (VO2 MAX)	
	Mansur, Indonesia	548

126. EFFECTS OF PILATES TRAINING ON CORE STABILITY OF JUNIOR KARATE PLAYERS IN MALAYSIA	
Seyedeh Nahal Sadiri, Malaysia	549

SPORT SCIENCE - SPORT PSYCHOLOGY

127. FOOTBALL PLAYER AGGRESSION: PHENOMONOLOGY STUDY ABOUT VIOLENCE BETWEEN FOOTBALL PLAYERS	
Komarudin, Indonesia	550
128. IMPROVING SOSIAL SKILLS OF CHILDREN WITH MILD MENTAL RETARDATION THROUGH PLAY TITLE OF PAPER	
Hedi Ardyanto Hermawan, Indonesia	557
129. QUESTIONNAIRE – CHARACTERISTICS OF SPORT PSYCHOLOGIST	
Kreangkrai Narktawan, Thailand	558
130. THE ROLE OF ATTENTIONAL FOCUS; EXTERNAL AND INTERNAL FOCUS ON SKILL ACQUISITION	
Yadi Sunaryadi, Indonesia	559
131. DEVELOPING CHARACTER THROUGH SPORTS	
Goh Si Win, Sherwin, Singapore	560
132. PARTICIPANTS' PERSPECTIVE OF INJURY IN JOGGING	
Prachaya Chomsahai, Salee Supaporn, Thailand	561

SPORT SCIENCE - SPORT BIOMECHANICS

133. STANDARDIZATION ELEMENTS IN MOTION BASIC MARTIAL LANGGA GORONTALO	
Hartono Hadjarati, Indonesia	562

SPORT SCIENCE - SPORT MANAGEMENT

134. COMPARE OF GOALS SCORED IN EURO 2012 CHAMPIONSHIPS AND 2014 FIFA WORLD CUP	
Mohamed Refaei Mostafa, Egypt	570
135. DEVELOPMENT OF AN EFFECTIVE SPORT MANAGEMENT MODEL FOR NORTHEAST THAILAND UNIVERSITIES	
Watthanapong Khongsuebsor, Thailand	580

SPORT SCIENCE - SPORT PHYSIOLOGY

136. EFFECT OF CREATINE MONOHYDRATE SHORT TERM DECLINE AGAINST TROPONIN I LEVELS OF PLASMA AS ALERT MUSCLE DAMAGE AFTER DOING PHYSICAL EXERCISE PROGRAM WITH HIGH INTENSITY	
Hari Setijono, Mintarto, E., Wibowo, S., Indonesia	581

HEALTH - SPORT NUTRITION

137. ***GIVING VITAMIN C AT MAXIMUM PHYSICAL EXERCISE AND CHANGING OF HEMOGLOBIN LEVELS AND QUANTITY OF ERYTHROCYTES***
Said Junaidi, Dwi Aries Saputro, Indonesia 590
138. ***EATING DISORDER AMONG FEMALE ATHLETES AND NONATHLETES IN UiTM SARAWAK***
Ewiwe Henry, Malaysia 596

HEALTH - PUBLIC HEALTH

139. ***SPORT INJURIES***
Arif Setiawan, Indonesia 597
140. ***IMPROVING OBESITY LEVELS AT THE INSTITUTE OF TECHNICAL EDUCATION (COLLEGE EAST)***
Ong, Raymond Beng Chee, Singapore 601



STANDARDIZATION ELEMENTS IN MOTION BASIC MARTIAL LANGGA GORONTALO

Hartono Hadjarati

State University of Gorontalo

hartonohadjarati@ung.ac.id

Abstract

Langga martial arts is a martial art method which was created in order to defend themselves from dangers that would threaten the safety and survival of the community. Besides martial arts is one of the community's identity and develop in accordance with the customs environment and character of local communities. Martial langga there should be a positive support from the community Gorontalo to the preservation, promotion and development. Because according to preliminary observations made at this time martial langga already very concern because it was on the verge of extinction. The existence of martial langga difficult identified in terms of shape, viewed from the component implementation, martial langga have effective movement, heroic, and while there is some sort of ritual implementation is done. It is difficult where martial langga could stand as a form intact and clear. This study aims to standardize the elements of martial langga basic motion, in order to know more about how to form the basis of martial langga motion. The process of standardizing basic elements of martial arts motion langga actually to facilitate the development of martial langga, it is done so that the traditional martial langga are still evolving and no longer only known in Gorontalo, will also be very helpful in disseminating martial langga civic as well as in publications to the national level, so it may be Just a moment because obviously form the basis of martial langga motion will be a lot of interest and easily learned by society.

Keywords: Standardization, Martial, Langga Gorontalo

INTRODUCTION

Sustain human life always defend themselves from the threat of nature, animals and neighbors who are considered threatening its integrity. How to defend yourself from an area, in contrast to other areas. Mountain area in general is marked by sturdy horses and a lively arm movements, while the flat areas are characterized by an attitude horses light and nimble footwork though, (Sucipto, 2008: 2) states the difference was due to regional conditions and forms of threats, including the type of weapon being used. Moves that used to defend themselves inspired many of the different movements of animals, such as chickens, tigers, monkeys, snakes and others.

Langga martial arts is a martial art method which was created in order to defend themselves from dangers that would threaten the safety and survival of the community. In addition Martial Sports is one of the community's identity and develop in accordance with the customs environment and character of local communities. as seen in the martial character typical of the region in Indonesia which reflect the nature and character of the tribes in the area.

Ju Panggola is a title or nickname. Ju Gorontalo language which means yes, and Panggola means old. So, yes Ju Panggola mean old man. Historically, people who nicknamed Ju Panggola it is Ilato which means lightning. He was a Aulia or mayor who spread Islam in Gorontalo and has a high magic power, which is able to disappear from human view and may appear immediately if the State Gorontalo in distress. He was nicknamed Ju Ponggala, because he always appeared or emerged with an old man's profile and wearing a long beard and white robe. Ju Panggola left a stream of white

magic which is applied through the martial arts community called the langga Gorontalo. While still alive, Ju Panggola pass on his knowledge to his students by way of tears in their eyes. After that, the student will master the martial arts through dreams or reflex movements.

Martial langga not a static science. Science is evolving from time to time. The process of acculturation is one of the causes of the emergence of a wide range of flow and an increase in self-defense capability langga. Population movements, the expansion of the kingdom and the nature of love wander caused the meetings and a cross between the various science kanuragan (martial) is giving and receiving. Therefore, with the advent of various tribes and nations to Gorontalo, not closed the possibility of enriching cross langga Gorontalo martial abilities such as martial arts were heavily influenced Kuntao China in various places in the Gorontalo area has been regarded as indigenous knowledge.

Langga martial culture needs to be developed for endurance Gorontalo area, recognizing that culture is the great value to society Gorontalo. In addition langga martial sport is one aspect that needs to be given priority to be protected, nurtured, developed, which further empowered inherited. Martial langga there should be a positive support from the community Gorontalo to the preservation, promotion and development. Because this time is very memberhatikan martial langga because it was on the verge of extinction. For the current show langga martial conducted during Eid is usually done after Eid prayers alone. (Kemenpora, 2014) states that traditional martial endangered should be developed and passed on to the young generation therefore the central and local governments and communities have an obligation to lift up and redevelop the traditional martial sport.

Based on the description that has been described, the views of existence as a self-defense martial langga not been clearly identified as part of the stream of martial arts that have joined the martial arts today. Therefore, it takes a scientific study through research to identify the basic elements of martial langga motion, in order to know more about how to form the basis of martial langga motion.

The process of identification of the basic elements of martial arts motion langga actually to facilitate the development of martial langga, it is done so that the traditional martial langga are still evolving and no longer only known in Gorontalo, will also be very helpful in martial mensesosialisasikan langga to the community as well as in publications to the national level, so it may could be a while because it was clear form the basis of martial langga motion will be a lot of interest and easily learned by society.

The process of identification of the basic elements of martial arts motion langga done by video recording of the elders-old martial langga in Gorontalo, subsequently collected in order to facilitate the identification of the motion element essentially. This process is the most important thing that the martial langga can be received by the public and not only accepted, but internalized in people's lives. Because in the era of globalization, langga martial arts should be able to compete with the modern martial sport or game that is loaded with interesting art movement. In addition the process of socialization and organizational structures that are less optimal the cause of the failure of martial arts langga to exist in the era of globalization.

Based on the background described above, the formulation of the problem in this study as follows: 1) What is the basic elements of martial arts motion langga?. 2) Is the basic elements of martial langga motion together with other martial arts?.

This study aimed to obtain a comprehensive picture of the process of implementation of martial langga coaching in Gorontalo in order to preserve the martial langga Gorontalo, which is implemented by teachers langga, governments and society. Identify elements for the implementation of the basic motion martial langga in Gorontalo. To standardize the basic elements of martial arts motion langga in Gorontalo.

This research is useful theoretically and practically to support the development of martial langga in Gorontalo : 1)Theoretical Benefits, results of this study are expected to help teachers in order to teach martial martial langga this effectively, efisen and attractive as well as being the pride of the people of Gorontalo.Results of this study are expected to help, facilitate the students martial langga achievement, increase motivation and an alternative choice to learn martial arts. Results of this study are expected to keep the local identity, the collective pride of becoming a martial langga area as well as the attractiveness of tourism and support the creation of a prosperous society, so that people are more interested in studying martial langga its own country, 2) Benefits in practice, results of this study are expected to help the organization establish martial Gorontalo langga as a container of coaching and training.

METHOD

This research is the development and document (video image) as its object, using analytical techniques. The method chosen because the author will do the analysis form the basic elements of movement in martial langga in Gorontalo.

This analysis to analyze, understand, and interpret basic elements of movement with the help of a category system, the analysis can also be applied to objects (images, equipment, video) and action. Data obtained from this analysis using a large part of the science of sports science sports biomechanics, exercise physiology.The procedure of analysis to be performed in this study are as follows: The analysis begins with the identification of specific research problems, namely how the basic elements of martial arts motion langga in Gorontalo.Selection of data sources: researchers determine the source of the data relevant to the research problem, through in-depth observation of the perpetrators of martial langga surviving by age 60 years and older. The timing and amount of elders langga to be studied (sample).

RESULT AND DISCUSSION

Analysis begins with the identification of specific research problems, namely how the basic elements of martial arts motion langga in Gorontalo, from the identification of the basic elements of martial langga motion which consists of elements of attitude, Basic Motion horses, Basic Motion Attitude tides, Basic Motion: Step Pattern , As follows

UNNES
UNIVERSITAS NEGERI SEMARANG

Basic attitude



Fig 1 : attitude of respect

attitude stance (sikap kuda-kuda)



Fig 2 : Kuda-kuda depan



Fig 3 : Kuda-kuda tengah



Fig 4 : Kuda-kuda samping



Fig 5 : Kuda-kuda Silang

Sikap Pasang



Pola Langkah



Pola Serang



CONCLUSION AND SUGGESTION

Based on the issues and research purposes as well as the results of the identification of the basic elements of martial arts motion langga Gorontalo, it can be drawn the conclusion and suggestions: 1.The basic elements of martial langga basically the same with the martial-traditional and modern martial others which start from a basic stance to attack, but with different means and methods. It can be seen from the basic stance, stance, pairs and attacking attitude, 2.The movement of the basic elements of martial arts motion langga, very simple in practice by relying on the reaction speed and endurance as well as strength, because in martial langga where all replies parry blows with local language "Uito totame mauito Popai olo", 3.The basic elements of martial langga still close relationship with the mystical tradition Pitodu carried through to the new langga athletes want and after learning langga. Tradition pitodu done seven (7) times, 4.To be able to program the government for another tradition of martial langga every day Eid every subdistrict in Gorontalo province, 5. For the experts martial langga to be able to open up to who wants to learn langga.

ACKNOWLEDGMENT

This article is really the result of my research

REFERENCES

- Allan Maulana, 2014, *Analisis Perbandingan Aikido Di Jepang Dan Silek Di Minangkabau Sebagai Seni Beladiri Tradisional*. Diperoleh dari <http://www.researchgate.net/> (diunduh, 8 November 2014)
- Andun Sudijandoko, 2010, *Perkembangan dan pelestarian Olahraga Tradisional Gelot Pathol di Kabupaten Tuban Jawa Timur*. Diperoleh dari <http://isjd.pdii.lipi.go.id/index.php/> (diunduh 8 November 2014)
- Agung Nugroho, 2007, *Keterampilan Dasar Pencak Beladiri Materi Sejarah perkembangan Pencak Beladiri Go International*. Diperoleh dari [Fik Uny.staff .uny .ac.id/](http://fik.uny.staff.uny.ac.id/) (diunduh 08 November 2014)
- Ardiatmiko, 2014, *Seni Beladiri Tradisional Betawi Yang Tergerus Jaman*, di peroleh dari <http://dianranakatulistiwa.wordpress.com/> (diunduh 10 November 2014)
- Arikunto, Suharsimi, 2006. *Prosedur Penelitian : Suatu Pendekatan Praktek*. Revisi VI. Jakarta : Rineka Cipta
- Bambang Utomo, 2002, *Aikido, Seni Beladiri dan Filosofi*, Jakarta, PT. Gramedia Pusat Jakarta
- Bambang KS, 2011, *Pentingnya Biomekanika Bagi Para Pelatih*, Lokakarya Pengembangan Ketenagaan Pendukung Dan Pembina Olahraga Serta Pelatih Dan Instruktur, Solo, Kemenpora.