

Seven Round Training Program Strategy Physical Opportunity Test Group Ii Results Of The 12 Minute Running Test Of The Jateng Mapolda Satker

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Abstract: Training program strategy for National Police units, namely National Police Headquarters, Regional Police Units and Police Units. The type of physical fitness test carried out is a 12-minute running component covering seven laps of 2,800 meters. The aim of this research is to improve physical abilities, periodically evaluating the results of police officers' physical fitness tests during a 12-minute run. This research is a qualitative research in the form of experiments. The results showed that the training program with a 12 minute running test was very good.

The results of the homogeneity test show a significance value of 0.740 or more than 0.005, so that the data can be categorized as homogeneous . The test obtained a significance value of 0.149 or > 0.050 , so the data was categorized as normal. Furthermore, in the post test, a significance value of 0.461 was obtained which was also > 0.050 , so the data was also categorized as normal. Based on data analysis, conclusions will be drawn regarding the effectiveness of the seven round training program. providing physical training in the police environment to improve personnel fitness.

Keywords : *Training Program, Seven Rounds, Physical Fitness Test, 12 minute run.*

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INTRODUCTION

Practice will encourage systematic mental thinking.(cydia silvana djaman, 2022) According to Law Number 2 of 2002 concerning the National Police of the Republic of Indonesia Article 1 paragraph (1) Indonesia is a police institution, as well as statutory regulations, the main task of the police is (Indonesia, 2002) to maintain public security and order as protectors of public security and order. Community. public.(Anya Karunia Mulia Putri, 2022) those who have excellent physical fitness and posture in carrying out their duties, in general there are five functions, namely intelligence function, criminal investigation function, community service function, patient function and traffic function,(Ajmal & Arisman, 2023)

physical fitness test selection process for those who meet the physical and spiritual requirements. physical condition .(Dwidjo Susanto, 2020) The physical fitness test is a 12 minute run which has very high fitness. This test provides the greatest value in physical tests during school selection for police career development or in the field of service, because this test measures vo2max fitness and measures stamina and endurance based on gender and age group . (Pratama, 2023)The beginning of the 21st century saw tremendous growth in the use of technology to train and monitor athletes. (Robertson et al., 2024).

According to him (Robert & Brown, 2004), currently sports activities, especially running, are very popular with police officers. However, public awareness of sports is still very low. Currently, people are starting to exercise with a healthy lifestyle.(Wijayanto, 2020) Currently, many people use Sunday activities for sports activities to improve physical fitness, physical fitness and even physical fitness tests. Highly sportsmanship requires development aimed at increasing sporting assets which can be obtained through various benefits area. Watching how researchers react to rapid developments has created this training program project. (Goodyear et al., 2021)There are two factors that influence physical fitness, namely internal and external factors. For example, body weight, age, gender and height are influenced by internal factors. Meanwhile, rest patterns, eating patterns and physical activity are physical fitness which are influenced by external factors. (Astuti et al., 2023)

From observing physical fitness test activities, there are still many personnel whose average physical fitness score for a 12-minute run is still low, so several factors arise from this incident, so that ideas and suggestions emerge in this research to improve physical fitness. test the capabilities of police personnel. There is a *12 minute running training program* , therefore this program includes speed, strength and endurance to increase maximum results so that in the future it can be used as a barometer during Group II physical fitness tests for an average age of 31-40 years.

METHOD

1. Type And Design Study

This type of research is qualitative descriptive research . This research uses observation and documentation methods and using a non-experimental design. The research stages that will be carried out are to be able to answer this focus Study; (1) Gather data Skills evaluation of selection results ; (2) Analyzing skills data to assess selection results; (3) Evaluation of data from the Gol II physical fitness test results, (4) 12 minute running training program.

2. Population And Sample

The population in this study were members who on average took the Class II Central Java Regional Police physical fitness test over the last 3 years for an average of 12 minutes and 5 rounds, with the number of test takers in each work unit being 22. With a total sample of 11 test participants.

3. Technique Collection Data

The data collection technique for this research uses several data collection techniques, namely secondary data collection from the Central Java Regional Revenue Agency, several work units. The research instrument used in this research uses test and measurement guidelines in the selection for recruitment of Polri soldiers in accordance with the Decree of the Chief of Police Number: KEP/698/ to Polri.

RESULTS

The 12 minute physical fitness test training program was carried out at the Semarang City Police Academy Field. 400 meter speed interval, weight lifting strength and long distance running endurance. During the training program, every month a 12-minute running physical fitness test is carried out to determine progress during the training program twice, then a test is carried out on participants during the training program, the average physical fitness result of running seven laps increases by 12 minutes.

The data below is the average result of the National Police's overall physical fitness score.

Table 1. Results obtained by the Central Java Police Headquarters

Satker	Test scores	Information
HRD	70	Good
Mobile Brigade Unit	71	Good
Ditrescrimsus	65	Good
Criminal Investigation	68	Good
Sabara Saturday	70	Good
Directorate of Narcotics	78	Good
Saturday Saturday	60	Enough
Saturday Intel	68	Good
Ditpolairut	70	Good
Yanma	70	Good
Propam	60	Enough

The Regional Police Units as a whole in table 1. above show that the physical fitness test of each Central Java Regional Police Unit for 12 minutes is in the GOOD criteria.

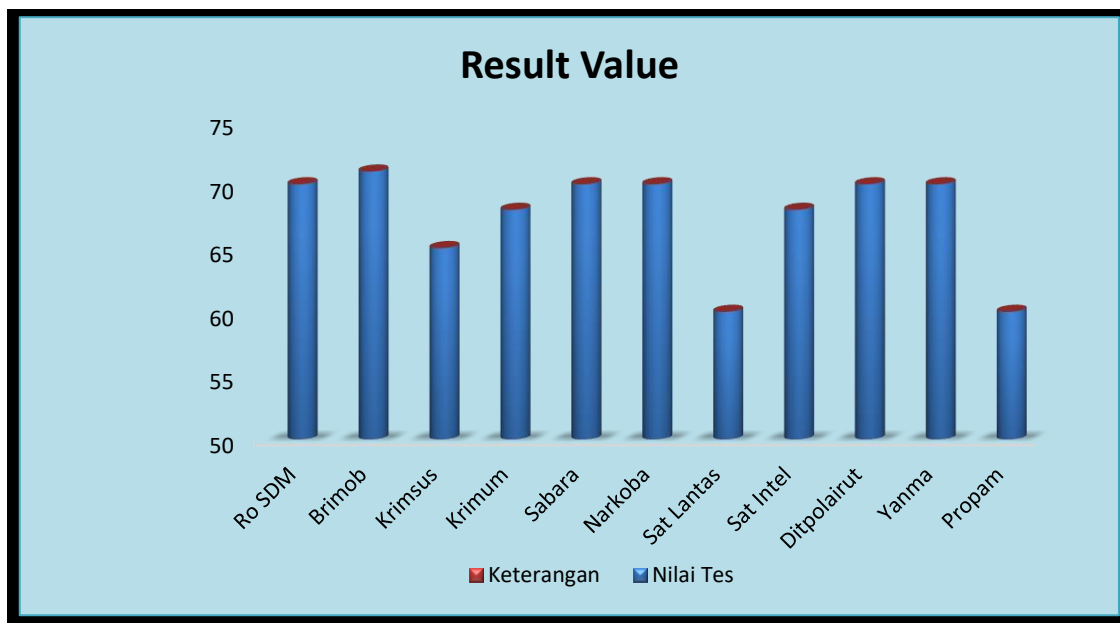


Figure 2. Results Chart

Table 3 Normality test Kolmogorov Smirnov 12 minute running exercise data pre -test and post-test

NO.	Variable	N	Normality Statistics	signature	conclusion
<i>Pre Test:</i>					
1	12 Minute Run	12	,934	,149	Normal
<i>Post Test:</i>					
1	12 Minute Run	12	,959	,461	Normal

Normality test in Table 2 for pre data The test obtained a significance value of 0.149 or > 0.050 , so the data was categorized as normal. Furthermore, in the post test, a significance value of 0.461 was obtained which was also > 0.050 , so the data was also categorized as normal.

Table 4 T-Paired Test Results

NO	Variable	Means	elementary school	Q	signature	Conclusion
1	Data Saturation Level	-	4,778	-	,000	Influential
		14,500		14,233		

In Table 4, Paired test results Samples The test shows a significance value (2-tailed) of 0.000, which means there is a significant influence.

DISCUSSION

Therefore, in this research drawing conclusions must collect sufficient data to ensure the truth of the assumptions (Lolang, 2014) Quantitative research - hypothesis is an important thing in research so that the hypothesis can have a type of proposition that can be tested directly. (Hipotesis, n.d. 2020) Based on the theoretical study above, it is explained hypothesis as follow :

- 1) Is there a need for a 12 minute running physical fitness test training program?
- 2) The results of the 12 minute running physical fitness test are still below average?

The 12 minute running training dose requires speed, strengthening and endurance in order to achieve maximum results on the physical fitness test within 3 (three) months. How to choose the right shoes according to (RICE, 2016).

In this study the independent variables consisted of an exercise program, below average test results and poor physical ability. Meanwhile it is active the dependent variable is results of obtaining records time run The distance obtained is 12 minutes .

Next, the first step taken is to carry out a pre-test, namely the Cooper test or a 12-minute run to measure the personnel's abilities before being given treatment. Then sample the results of interval training exercises. Carry out the final test, namely post test for 12 minutes to see if there is any improvement after being given treatment

In this research, the research used is qualitative research collecting data that cannot be measured numerically, Statistics role important in Study This Good in modeling, formulation hypothesis, tool development, data collection instruments, design creation Study, determination Sample, And analysis data. Before carrying out analysis in the field, researchers determine the focus of the research that will be studied. In this study, the focus of the research was the effect of interval training on increasing cardiovascular endurance provided by trainers to police personnel

CONCLUSION

The results of the seven lap 12 minute running fitness test training program are as follows:

- a) The results of the National Police's physical fitness test in the 12 Minute Running test had an average test score of 78 in the GOOD category.
- b) The results of this evaluation will be more comprehensive if seen from these components, so that a more comprehensive system of coaching and developing the results of the 12 Minute Running Training Program will be produced.

Conflict of interest

The authors declare that they have no conflicts of interest.

Confession

The National Police Headquarters Unit and its staff so that this research can be completed as specified.

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