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Implementasi Antropometri, Biomotor dan Psikologi Pada Pelatih SSB KU 12 di Jawa Tengah

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Abstrak. Dalam pemanduan bakat atlet sepakbola pada SSB KU 12 menggunakan teknik pengamatan yang beragam. Penelitian ini bertujuan mengetahui pemahaman pelatih SSB KU 12 pada antropometri. Metode penelitian ini adalah kuantitatif non eksperimen. Jumlah sampel dalam penelitian ini 44 pelatih SSB di Jawa Tengah. Pelatih Laki laki Pemilihan sampel dilakukan melalui purposive sampling. Hasil dari penelitian ini aspek pengetahuan dan pertimbangan, pelatih tahu dan mempertimbangkan aspek antropometri, biomotor, dan psikologi pada perekrutan atlet. Namun, pada pelaksanaan dari ketiga aspek tersebut maksimal 14%. Pelatih mengetahui dan memahami manfaat dari melaksanakan tes dan pengukuran pada aspek antropometri, biomotor dan psikologi namun pada pelaksanaannya belum dilaksanakan secara komperensif. Penelitian ini bisa dijadikan acuan pentingnya antropometri, biomotor dan psikologi dalam pemanduan bakat SSB KU 12.

Kata kunci: pelatih; antropometri; biomotor; psikologi.

Abstract. Talent scouting of football athletes at SSB KU 12 using various observation techniques. This study aims to determine the understanding of the SSB KU 12 trainer on anthropometry, bimotoric and psychology. This research method is non-experimental quantitative. The number of samples in this study was 44 SSB trainers in Central Java. Male coaches sample selection purposive sampling. The results of this study are knowledge and consideration aspects. Coaches know and consider anthropometric, biomotor and psychological aspects of athlete recruitment. However, in implementing these three aspects, there is a maximum of 14%. The trainer knows and understands the benefits of conducting tests and measurements on the anthropometric, biomotor, and psychological aspects, but in practice, carried out comprehensively. This research can reference the importance of anthropometry, biomotor, and psychology in scouting SSB KU 12 talent.

Key words: coach; antropometri; biomotor; psychology.

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PENDAHULUAN

Saat ini permainan sepakbola berkembang sangat pesat, hal ini ditandai dengan banyaknya sekolah-sekolah sepakbola (SSB) yang didirikan yang bertujuan untuk mengembangkan bakat, minat dan potensi bibit usia dini agar nantinya bisa membanggakan negara untuk berprestasi didunia spakbola baik dalam negeri maupun luar negeri. Untuk tim sepak bola, ada banyak faktor penting untuk sukses karakteristik antropometrik dan fisiologis sebagai faktor penting dalam kinerja olahraga (Sutton et al., 2009). Namun, evaluasi komposisi tubuh pada pemain sepak bola membantu meningkatkan kinerjanya dan mengevaluasi hasil rencana latihan yang diterapkan (Sutton et al., 2009).

Selain hubungan dengan risiko cedera, juga dimungkinkan untuk menemukan hubungan antara massa lemak dan beberapa karakteristik kinerja fisiologis, seperti kecepatan (Lago-Peñas et al., 2011). Sehubungan dengan ini, kita tahu bahwa persentase lemak tubuh (% BF) variabel penentu penting dalam kinerja pemain sepak bola (Nikolaidis et al., 2016). Namun, penilaian komposisi tubuh menggabungkan beberapa kesulitan. Setiap Teknik menyajikan keuntungan, namun juga memiliki keterbatasan (Ackland et al., 2012). Kita tahu bahwa ada berbagai macam metode digunakan, tanpa standarisasi (Meyer et al., 2013), yang menyebabkan hasil yang cukup berbeda (Leão et al., 2017), sehingga seringkali tidak mungkin untuk membuat perbandingan antara sampel dari studi yang berbeda. Meskipun validitas menggunakan persamaan berdasarkan lipatan kulit (*Skin Fold Caliper*) sebagai metode penilaian komposisi tubuh, salah satu asumsinya adalah pilihan formula yang digunakan telah divalidasi pada populasi yang sama (Meyer et al., 2013).

Sepak bola, salah satu olahraga paling menonjol di seluruh dunia, pelatih adalah bagian dari profesional yang sangat tinggi identifikasi bakat dan sistem pengembangan (Mills et al., 2012; Lobinger, 2015). Penulis melihat terjadi beragam cara dalam mengidentifikasi bakat pada SSB KU 12. KU 12 dipilih sebagai awal pengembangan karir atlet tersebut. Penelitian ini bertujuan untuk mengobservasi pelatih pada item

antropometri, biomotor dan psikologi.

METODE

Penelitian ini berjenis kuantitatif dengan desain non eksperimen. Sampel merupakan pelatih olahraga dari ssb yang berada di jawa tengah. Sampel berjumlah 44 pelatih. Pemilihan sampel menggunakan purposive sampling. Sampel yang dipilih pada pelatih KU 12. Data yang didapat diolah menggunakan prosentase.

HASIL DAN PEMBAHASAN

Tabel 1. Hasil Penelitian

Item	Tahu/Dipertimbangkan/ Digunakan	TidakTahu/Tidak Dipertimbangkan/Tidak Digunakan
Pengetahuan Biomotor	89%	11%
Pengetahuan Antropometri	84%	16%
Pengetahuan Psikologi	90%	10%
Pertimbangan Biomotor dalam Penjaringan Atlet	98%	2%
Pertimbangan Antropometri dalam Penjaringan Atlet	86%	14%
Pertimbangan Psikologi dalam Penjaringan Atlet	89%	11%
Penggunaan Biomotor Pada Seleksi	5%	95%
Penggunaan Antropometri Pada Seleksi	10%	90%
Penggunaan Psikologi Pada Seleksi	14%	86%

Berdasarkan hasil diatas pada aspek pengetahuan dan pertimbangan, pelatih tahu dan mempertimbangkan aspek antropometri, biomotor, dan psikologi pada perekrutan atlet. Namun, pada pelaksanaan dari ketiga aspek tersebut maksimal 14%. Peneliti berasumsi jika pelatih tahu dan paham namun tidak diimplementasikan. Peneliti melakakukan wawancara pada pelatih, ditemukan yang biasa dilakukan dilapangan oleh pelatih hanya melakukan pengamatan. Pelatih mengikuti pertumbuhan siswa SSB. Pertumbuhan remaja mengikuti pola normal untuk usia (Canhadas et al., 2011). Namun, perbedaan tinggi badan, berat badan dan massa lemak tubuh dalam kaitannya dengan posisi bermain telah dijelaskan (Nikolaidis & Vassilios Karydis, 2011), memperhatikan bahwa ada perbedaan signifikan selama proses pengembangan yang berdampak pada posisi bermain pertunjukan. Keadaan pematangan pemain muda telah ditunjukkan sebagai faktor seleksi, yang mengarah untuk berat dan tinggi yang lebih besar dari pemain yang dipilih dibandingkan dengan yang tidak dipilih (Gil et al., 2007), memberikan menonjol pada diskusi tentang usia relatif dan dampak potensial pada masa depan para atlet ini.

Tinjauan literatur tentang pemain sepak bola menunjukkan perbedaan yang signifikan dalam antropometrik mengukur di seluruh posisi bermain (Arnason et al., 2004; Carling et al., 2012; Carling & Orhant, 2010; Dellal et al., 2015; Milanese et al., 2015; Peñas et al., 2014; Reilly et al., 2009; Sutton et al., 2009; Towlson et al., 2017), serta antara kategori usia (Canhadas et al., 2011; D. N. Deprez et al., 2015; Lago-Peñas et al., 2011; le Gall et al., 2010). Karakteristik antropometri atlet dianggap menjadi faktor penting keberhasilan dalam olahraga (Brunkhorst & Kielstein, 2013).

Karakteristik psikologis telah diintegrasikan dalam model identifikasi dan pengembangan bakat (misalnya, ulasan khusus sepak bola dari Morris, 2000 dan Williams dan Reilly, 2000) dan penelitian telah mengidentifikasi karakteristik psikologis "sebagai prediktor yang signifikan keberhasilan" dalam olahraga (Vaeyens et al., 2008). Pemain U-12 dalam program pengembangan bakat Jerman (Feichtinger & Höner, 2014; Höner & Feichtinger, 2016) menilai karakteristik psikologis dari bidang motivasi, kemauan, kognisi referensi diri, dan emosi menggunakan kuesioner online. Dengan demikian, karakteristik psikologis yang dinilai dengan kuesioner standar dan hasil yang diperoleh sejauh ini seharusnya tidak

memberikan dasar untuk memilih atau membatalkan pemilihan pemain dalam hal identifikasi bakat (Feichtinger & Höner, 2014; Höner & Feichtinger, 2016). Di satu sisi, klub meminta pelatih mereka untuk menilai pemain mereka pada lembar kepanduan yang dirancang sendiri dan tidak dievaluasi. Di sisi lain, penelitian sebagian besar berfokus pada laporan diri pemain. Memang, perspektif pelatih ahli dan klub tentang karakteristik kinerja yang penting sebagian besar telah diabaikan dalam penelitian sejauh ini (Gledhill et al., 2017; Huijgen et al., 2014; Mills et al., 2012). Ulasan oleh (Gledhill et al., 2017) mengungkapkan bahwa dalam studi yang memeriksa karakteristik psikologis kurang dari 1% peserta adalah pelatih.

Performa motorik, performa motor khusus sepak bola, dan keterampilan khusus sepak bola dinilai secara khusus. Dua puluh lima penelitian (Carvalho et al., 2017; Coutinho et al., 2018; D. Deprez et al., 2014; D. Deprez, Valente-Dos-Santos, et al., 2015b, 2015a; Forsman et al., 2016; Francioni et al., 2018; Fransen et al., 2017; Gonaus & Müller, 2012; Leyhr et al., 2018; Moran et al., 2020; Sarmento et al., 2018; Saward et al., 2020; Valente-dos-Santos, Coelho-e-Silva, Simões, et al., 2012; Valente-Dos-Santos, Coelho-e-Silva, Vaz, et al., 2014; Williams et al., 2011; Wrigley et al., 2014) menggunakan tes seperti plate tapping, sit and reach, sit-up, membungkuk lengan menggantung, berdiri lompat jauh, lompat vertikal dengan dan tanpa bebas lengan, lari jarak jauh daya tahan, sprint (10, 15, 20, dan 30 m), lempar bola obat 2 kg, lari ketahanan multi-tahap, kelincahan (ujian 505, lari zigzag barrow, 8 angka, lari gawang Uji-T, kursus slalom, lari slalom dengan rintangan) dan tes kebugaran bertingkat. Tujuh belas penelitian

(Carvalho et al., 2014, 2017; D. Deprez et al., 2014; D. Deprez, Buchheit, et al., 2015; Fransen et al., 2017; Gonaus & Müller, 2012; Huijgen et al., 2010; Mirkov et al., 2010; Roescher et al., 2010; Valente-Dos-Santos, Coelho-e-Silva, Duarte, et al., 2014; Valente-dos-Santos, Coelho-e-Silva, Martins, et al., 2012; Valente-Dos-Santos, Coelho-e-Silva, Vaz, et al., 2014; Valente-Dos-Santos et al., 2012; Wrigley et al., 2014; Zuber et al., 2016) menilai performa motor spesifik sepak bola, yaitu: 30 m sprint berulang (RSA), agility shuttle lari 5-10 m (SHR), daya tahan intermiten (ISRT), Tes Pemulihan Intermiten Yo-Yo, slalom sprint dan shuttle sprint. Selain itu, selusin (Forsman et al., 2016; Francioni et al., 2016, 2018; Huijgen et al., 2010; Leyhr et al., 2018; Rebelo-Gonçalves et al., 2017; Roescher et al., 2010; Saward et al., 2020; Valente-Dos-Santos, Coelho-e-Silva, Vaz, et al., 2014; Valente-Dos-Santos, Coelho-e-Silva, Duarte, et al., 2014; Valente-dos-Santos, Coelho-e-Silva, Simões, et al., 2012; Zuber et al., 2016)

dari mereka juga menilai keterampilan khusus sepak bola termasuk menggiring bola, menggiring bola dengan umpan, menembak, akurasi menembak, kontrol bola, sentuhan dari bola dengan tubuh dan kepala, juggling, passing, dan wall pass.

KESIMPULAN

Aspek pengetahuan dan pertimbangan, pelatih tahu dan mempertimbangkan aspek antropometri, biomotor, dan psikologi pada perekrutan atlet. Namun, pada pelaksanaan dari ketiga aspek tersebut maksimal 14%. Peneliti berasumsi jika pelatih tahu dan paham namun tidak diimplementasikan. Peneliti melakakukan wawancara pada pelatih, ditemukan yang biasa dilakukan dilapangan oleh pelatih hanya melakukan pengamatan.

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