

PROFIL BIOMOTOR ATLET PORPROV WUSHU TAOLU DI SASANA GENTA SUCI AMBARAWA, KABUPATEN SEMARANG

ABSTRAK

Kondisi fisik yang baik menunjang prestasi khususnya pada cabang wushu. Komponen biomotor adalah kekuatan, kecepatan, daya ledak, kelentukan, kelincuhan, daya tahan dan keseimbangan. Menurut wawancara, pelatih hanya mengkaji komponen daya tahan saja. Tujuan peneliti ingin mengkaji semua komponen biomotor. Penelitian ini menggunakan deskriptif kuantitatif dengan rancangan *cross sectional*, untuk pengambilan datanya menggunakan tes dan pengukuran. Terdapat 9 atlet sampel dengan kriteria atlet wushu yang mengikuti Porprov 2023 yang berusia 16-18 tahun, menggunakan purposive sampling. Instrumen yang digunakan kekuatan: *push up* dan *sit up*, kecepatan: lari 30 meter, kelentukan: *Sit and Reach*, daya tahan: lari 2,4 km, daya ledak: *Vertical jump*, kelincuhan: lari bolak balik 10 meter dan keseimbangan: berdiri satu kaki selama mungkin.

Hasil penelitian diperoleh profil biomotor atlet Porprov wushu taolu adalah kekuatan otot lengan laki-laki masuk kategori sedang sebanyak 33,3% dan kekuatan otot perut masuk kategori kurang sebanyak 66,7%. Kekuatan otot lengan perempuan masuk kategori sedang sebanyak 100% dan kekuatan otot perut masuk kategori sedang sebanyak 66,7%. Daya ledak laki-laki masuk kategori sedang sebanyak 50,0%, daya ledak perempuan masuk kategori baik sekali sebanyak 66,7%. Kelentukan laki-laki masuk kategori baik sekali sebanyak 66,7%, kelentukan perempuan masuk kategori sedang sebanyak 66,7%. Kecepatan laki-laki masuk kategori baik sebanyak 83,3%, kecepatan perempuan masuk kategori baik sebanyak 100%. Keseimbangan laki-laki masuk kategori baik sebanyak 83,3%, keseimbangan perempuan masuk kategori baik sekali sebanyak 66,7%. Kelincuhan laki-laki masuk kategori baik sebanyak 83,3%, kelincuhan perempuan masuk kategori sedang sebanyak 100%. Daya tahan laki-laki masuk kategori sedang sebanyak 66,7%, daya tahan perempuan masuk kategori sedang 100%. Dari data diatas dapat disimpulkan bahwa dari hasil rata-rata keseluruhan profil atlet Porprov wushu taolu di Sasana Genta Suci Ambarawa, Kabupaten Semarang masuk kedalam kategori baik.

Kata kunci : Profil biomotor, Wushu

**BIMOTOR PROFILE OF PORPROV WUSHU TAOLU ATHLETES IN
AMBARAWA HOLY CELL, SEMARANG DISTRICT**

ABSTRACT

Good physical condition supports achievements, especially in the sport of wushu. Biomotor components are strength, speed, explosive power, flexibility, agility, endurance and balance. According to the interview, the trainer only studied the endurance component. The researcher's aim is to examine all biomotor components. This research uses quantitative descriptives with a cross sectional design, to collect data using tests and measurements. There were 9 sample athletes with the criteria of wushu athletes taking part in Porprov 2023 who were aged 16-18 years, using purposive sampling. The instruments used are strength: push ups and sit ups, speed: 30 meter run, flexibility: sit and reach, endurance: 2.4 km run, explosive power: vertical jump, agility: 10 meter back and forth run and balance: stand one legs as long as possible.

The research results showed that the biomotor profile of Porprov wushu taolu athletes was that male arm muscle strength was in the moderate category at 33.3% and abdominal muscle strength was in the poor category at 66.7%. Women's arm muscle strength is in the moderate category at 100% and abdominal muscle strength is in the moderate category at 66.7%. Men's explosive power is in the moderate category at 50.0%, women's explosive power is in the very good category at 66.7%. Men's flexibility is in the very good category at 66.7%, women's flexibility is in the moderate category at 66.7%. Men's speed was in the good category at 83.3%, women's speed was in the good category at 100%. The balance of men is in the good category at 83.3%, the balance for women is in the very good category at 66.7%. Male agility is in the good category at 83.3%, female agility is in the moderate category at 100%. Men's endurance is in the moderate category at 66.7%, women's endurance is in the medium category at 100%. From the data above, it can be concluded that from the results of the overall average profile of Porprov wushu taolu athletes at Sasana Genta Suci Ambarawa, Semarang Regency, they are in the good category.

Keyword : Biomotor profile, Wushu