

ABSTRACT

Manullang, Jujur Gunawan. 2021. Development of Physical Test Instruments for Junior Karate Category Kumite. *Dissertation*. Physical Education Program. Postgraduate. Universitas Negeri Semarang. Promoter Prof. Dr. Soegiyanto, M.S., Co-promoters Dr. Sulaiman, M.Pd., Member Promoter Prof. dr. Dr. Oktia Woro K H, M. Kes.

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General physical tests are not necessarily suitable for the characteristics of karate athletes because they have not been tested how much effectiveness they have on the appearance of karate athletes. The test should be relevant to the characteristics of karate athletes, reliable and specific as a measuring tool, both individually and in teams. So that the level of validity of a test shows the test user that the test is able to distinguish the characteristics of the players' physical abilities.

The purpose of this research; (1) Analyzing physical test instruments for junior karate athletes in the kumite category, (2) produce physical test norms for junior karate athletes in the kumite category, (3) Analyzing the effectiveness of the physical condition test for junior karate athletes in the kumite category. The research and development method or Research and Development (R&D) is used by conducting: (1) preliminary studies (literature studies and field studies), (2) planning (conducting analysis), (3) initial draft design, (4) draft validation (5) small group product trial and revision, (6) large group trial and revision, (7) final results. The research was conducted at a karate dojo under the guidance of the Indonesian Karate-Do Sports Federation (FORKI) South Sumatra. The subjects of the small-scale trial included 45 respondents and the large-group trial of 85 respondents. The subjects of the karate trial were aged 16-17 years (junior) and the determination of the sample was a purposive sampling technique. The data analysis technique used correlation test, validity test, and reliability test.

The results of this study show that there are two sets of karate physical test instruments for junior karate athletes (aged 16-17 years) male and female consisting of; standing board jump, medicine ball test, push up, hand reaction test, hexagon obstacle, sit & reach, modified bass test, hand and foot-eye coordination, 30-meter run, and multi-stage dance. The results of the analysis of test needs in terms of the trainer regarding the physical karate test obtained 86.30% of the results included in the very high category. The validity of the factor analysis eigenvalues > 1 and can be said to be valid. Reliability was carried out by test-retest or correlation between the same groups for two treatments showing consistent results where the r value of count is greater than r_{table} so it can be said that the test used is reliable.

In conclusion, ten items of karate physical test instruments have been produced for junior karate athletes in the Kumite category. Norms for karate physical tests for junior karate athletes in the Kumite category have been produced, and ten items of physical test instruments have been produced which effectively used to improve the performance of male and female junior karate athletes. It is recommended that research be carried out in a larger scope and wider research location, so that this measuring instrument product is more suitable