



The Effect of Bow Training on The Endurance of The Arm Muscles of The Beginner Archery at Kobar Club, Jambi City

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keyword

Archery

Bow Training

Muscular Endurance

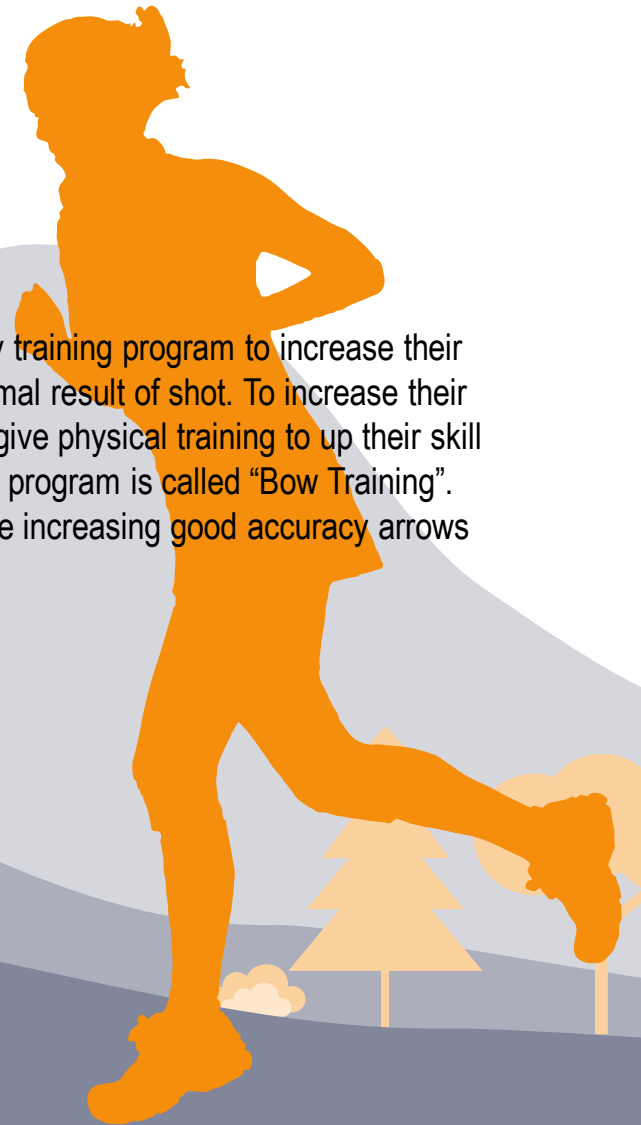


Introduction

Archery is a sport of accuracy, precision to be on target, because ultimate goal in archery is to shoot at the target's surface [9]. So, that one of the basic factors needed in archery movements is steady (consistency) that must be done continuously throughout the training and during the race. Archery is an activity using a bow for shot the arrow. This sport required special expertise and ability.

Beginner Athlete in Kobar Archery Club have not been good arm muscle endurance, so it affected the result of the arrow, whereas the dominant component in archery is in the arm muscle endurance.

In this club has not been any training program to increase their skill and to increase the optimal result of shot. To increase their skill, researcher required to give physical training to up their skill to hold the bow. The training program is called "Bow Training". Hopefully, this training can be increasing good accuracy arrows result for beginner athlete.



METHODS

The treatment in this research was the bow training, with 16 times. One time for pre-test at the beginning, and one time for post-test at the end of research.

In the pre-test and post-test, the sample must do push-up in 1 minute. To get the endurance result from the muscle.



Result



In this Pre-test it was found that the total value of arm muscle endurance in the Jambi City Kobar Club beginner archery athletes was 113 points, thus it can be averaged the arm muscle endurance in the Jambi City Kobar Club beginner archery athletes was 11.30 points then the test results early endurance of arm muscles can be categorized as less.

01 Pre-Test

Pre-Test Result

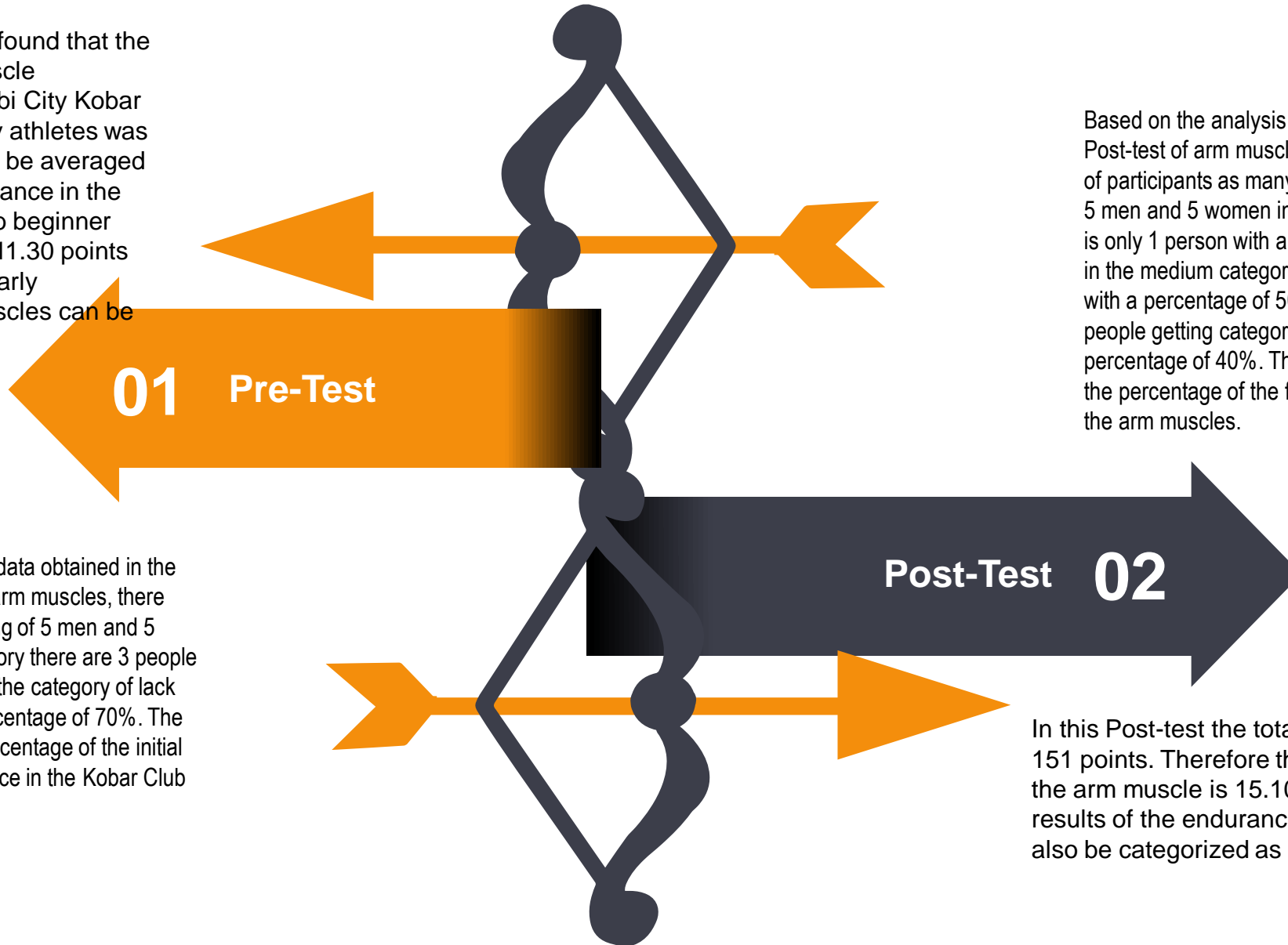
Based on the analysis of the data obtained in the pre-test of endurance of the arm muscles, there were 10 participants consisting of 5 men and 5 women. In the medium category there are 3 people with a percentage of 30%, in the category of lack there are 7 people with a percentage of 70%. The following is a graph of the percentage of the initial test of arm muscular endurance in the Kobar Club Jambi City.

Post-Test Result

Based on the analysis of data obtained, in the Post-test of arm muscle endurance, the number of participants as many as 10 people divided into 5 men and 5 women in the good category. There is only 1 person with a percentage of 10%. Then, in the medium category, there are only 5 people with a percentage of 50%. Then, there are 4 people getting category of "less" with a percentage of 40%. The following is a graph of the percentage of the final test of endurance of the arm muscles.

Post-Test 02

In this Post-test the total number of test results is 151 points. Therefore the average endurance of the arm muscle is 15.10 Points, the final test results of the endurance of the arm muscle can also be categorized as Medium.



Result

Pre-Test

No	Man Grades	Women Grades	Category	Frequent		Percentage	
				Man	Wom	Man	Wom
1	> 30	> 24	Very Good	0	0	0	0
2	23 – 29	18 – 23	Good	0	0	0	0
3	16 – 22	12 – 17	Medium	1	2	10	20
4	9 – 15	6 – 11	Less	4	3	40	30
5	< 8	< 5	Very Less	0	0	0	0
Total				10		100%	

40%

The sample in the less Category for the muscle endurance

Post-Test

No	Man Grades	Women Grades	Category	Frequent		Percentage	
				Man	Wom	Man	Wom
1	> 30	> 24	Very Good	0	0	0	0
2	23 – 29	18 – 23	Good	0	1	0	10
3	16 – 22	12 – 17	Medium	3	2	30	20
4	9 – 15	6 – 11	Less	2	2	20	20
5	< 8	< 5	Very Less	0	0	0	0
Total				10		100%	

20%

Only 20% from all of the sample in Less Category after the treatment

Add Text

The final results of the study showed an increase in muscle endurance from 40% in the poor category, to 20%. And 10% of the samples have a good category in the final study after treatment (bow training).

DISCUSSION

From the pre-test of arm muscle endurance the highest score obtained was 17 points, the smallest being 6 points with an average of all initial tests being 11.30 points, then at the treatment stage in the sample using bow training. After the treatment is given, then the final test is performed. At the end of the arm muscle endurance test, there is a significant difference from the post-test. The highest point was 20 while the lowest was 11 points with an average final test is 15.10 points. With thus exercise, there is a significant effect can be seen from the appendix of the table 1. The pre-test and the post-test of endurance of the arm muscles show that there is an increasing point although it doesn't increase so much because at the time of push up test, the sample did push-up but the counters only counted the correct movements.

The linkage between bow training exercises greatly affects the ability of arm muscle endurance and bow training is one of the basic archery training techniques because bow training is an exercise to form endurance of the arm muscles that is done by pulling the bow and holding the bow to a few seconds even up to several minutes.

From the results of the research conducted by the research that when doing bow training little by little the sample experienced an increase in endurance of the arm muscles because when the exercises were carried out the sample they really enjoyed and were serious about doing bow training. This bow training exercise is good for improving basic archery techniques.



CONCLUSION

Based on the results of the analysis of the data, after the hypothesis test, the T-Score value of 13.07684 and the T-table value of 1.83311 are obtained. Thus, it can be understood that this study has the effect of bow training exercises on the endurance of the beginner's arm archery athletes in the city of Jambi.





Thank you

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