



Literature review: the physical condition of Pencak Silat athletes in Indonesia during the covid-19 pandemic

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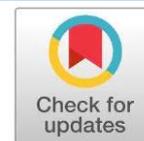
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Abstract: : The development of the physical condition of Pencak silat athletes is an important aspect that must be considered. A person who has a good physical condition will be better prepared for matches, but the Covid-19 pandemic has indirectly forced the adaptation of athletes to carry out exercises with limited conditions, so it will indirectly affect the level of the physical condition of the Pencak silat athletes. The purpose of this study was to determine the physical condition of athletes in Indonesia during the COVID-19 pandemic. The research method used is a literature review with the PRISMA search flow on the Google Scholar database for the period of 2015-2021. The results of the study found five articles that matched the criteria, and there were differences in the results of the five articles on the physical condition of Pencak silat athletes in various regions and the physical condition of Pencak silat athletes during the covid-19 pandemic in the category that was quite likely to be lacking. So, there was a decrease in physical condition during the COVID-19 pandemic.

Keywords: physical condition; pencak silat; literature review.

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INTRODUCTION

Pencak silat is a martial art sport originating from Indonesia. The sport of Pencak silat martial arts is now growing with the holding of events at regional, regional, national, and international levels. ASEAN games are evidence of the development of Pencak silat at the international level and as the largest gold contributor. In Pencak silat itself, the match is carried out in three rounds with two minutes per round (Kriswanto, 2015). The match time in Pencak silat is only two minutes per round. In one round, athletes are demanded with high focus and are always ready to make explosive movements. Intensity tends to be high, so every athlete must maintain and improve endurance in good condition. This is done to stay focused on carrying out defensive and attacking strategies.

The dominant energy during a match is 26.25% anaerobic and 73.75% aerobic. Anaerobic energy is used when competing or fighting (working time). On average, the time used during the fight (working time) is 3 seconds, so it can be concluded that in competing, the more dominant use of anaerobic systems, namely anaerobic lactic (Hartono, 2013). Anaerobic lactic itself is an ATP-PC energy system that gathers power quickly and with a maximum work span of 10 seconds. Furthermore, in the martial arts category, the average fight is 13-15 times continuously, so the endurance of the aerobic system is needed as the required energy provider. The aerobic system can provide 100-120 seconds of muscle performance (Hartono, 2013).



Physical condition is the capacity of a person to perform physical labor using graded abilities. The physical condition can be measured quantitatively and qualitatively (Subarjah, 2013). physical condition is also the unity of the components of physical condition that work together (Hariono, 2010). The development of the physical condition of Pencak silat athletes is an important aspect that must be considered. Someone with the good physical condition will be able to support when athletes take part in a match. This will affect the athlete's performance during the match (Septianingrum et al., 2018). The components of physical condition that must be owned or improved for Pencak silat athletes are endurance, speed, agility, power, coordination reaction, and strength. Furthermore, the supporting components of the main components are balance and flexibility. Endurance is a fundamental factor in determining the athlete's focus from the start of the match to completion (Pratama & Bayu, 2019).

The movements performed are more coordinated and can increase self-confidence in activities. Furthermore, good movement coordination can help the appearance or performance to be more optimal and planned. This statement is reinforced by Hulfian (2019), who states that by having good physical condition, athletes will be better able to apply what they train before competing because good physical condition also affects the athlete's focus in competing, so with the correct technique the athlete will issue maximum techniques such as maximum power and will not tire easily. The influence of this physical condition must be very supportive of athletes to win in competing. So, it can be concluded that physical conditions are able to realize the maturity and control of one's body movements properly and optimally (Hulfian, 2019).

Some physical conditions that must be improved in the sport of Pencak silat include speed and leg muscle explosiveness obtained from a combination of strength and speed. So that athletes must practice strength and speed to the maximum category, even though practicing strength and speed is also part of power training (Sukadiyanto, 2005). Meanwhile, the ability to travel a predetermined link in the fastest or shortest time is called speed (Agus & Wisnu, 2018). The explosive power of the leg muscles is needed in Pencak silat, the explosive power of the leg muscles is needed to produce kicks that opponents do not easily catch because the explosive power in the leg muscles shows the athlete's ability to kick very strongly and quickly, which can produce two scores clearly in a Pencak silat match. The physical condition of considerable concern to several researchers is endurance, where there is a significant difference in the level of aerobic endurance of Pencak silat athletes before and during the pandemic.

Research on physical condition has been widely conducted in sports. These studies show that physical condition skills positively influence the achievements of athletes and students in various sports. However, the results of these studies tend to obtain different results, so a comprehensive analysis is needed to describe the overall physical condition of a person's performance. The efforts are to hold limited training sessions using the covid-19 health protocol, including using hand sanitizers and masks, maintaining distance and exercise is only limited to 30 minutes, and touch surfaces must be sanitized every day (Prayogo et al., 2021). Basically, physical condition skills differ in everyone. A person's physical condition can be seen from the

ability to carry out the training program menu and not feel fatigued quickly (Maliki et al., 2017). Athletes with the poor physical condition will affect performance when competing, such as when performing attacking tactics, kicks will be more easily caught by opponents, and will experience fatigue more quickly, so they cannot anticipate tricks and opponent attacks (Saputra & Aziz, 2020).

Ridwan (2020) states that to get maximum achievement in sports, good physical condition is needed and must always be improved according to the characteristics of the sport being followed. According to research conducted by Indahwati et al. (2021) there are indeed different patterns of training styles before and during the pandemic where the percentage of training before the pandemic reached 90.67%, this decreased considerably when compared to during the pandemic, which was only around 60.62%, athletes experienced a decrease in activity with restrictions on activities or physical distancing and no matches taking place. In addition to efforts in physical condition training management during the pandemic, research suggests that not only provides a form of physical exercise but also a form of mental training is given in the hope that the motivation to train athletes is maintained. Postponement of events and various effects of the pandemic, recognition of the existence of mental health problems during this pandemic must be recognized in advance so that treatment recommendations can be suggested more perfectly targeted according to the characteristics of athletes.

Research on the physical condition has been widely conducted in the field of sports. These studies show that physical condition skills have a positive influence on the achievements of athletes and students in various sports. However, the results of these studies tend to obtain different results, so a comprehensive analysis is needed to describe the overall physical condition in relation to a person's performance. So, there needs to be a process of analyzing these studies to get a complete picture of how the physical condition of Pencak silat athletes in Indonesia during the covid-19 pandemic.

METHOD

Literature searches were conducted through the google scholar database and DOAJ. The keywords used to obtain articles to be reviewed were "physical condition" AND "Pencak silat" OR "silat" AND "pandemic" OR "Covid-19". Searches are limited to 2021, and the oldest article is from 2015. The results of searching for articles from the Google Scholar database are 111 articles, while the DOAJ database, by doing the same search method, gets a total of 5 articles.

From the two databases searched, there are a total of 116 articles with a period of 2015-2022. The next step is to duplicate whether the articles found in the DOAJ journal database are also in the google scholar database, of the five articles found in the database, all of them were also found in the google scholar database, so at this duplication stage, the researcher removed five articles. The next step after duplicating the article, the researcher conducts screening with the suitability of the desired title, namely "the physical condition of Pencak silat athletes in the covid1-19 pandemic era". In terms of articles after the duplication

checking process, there are 111 articles left, there are five related to the title "Physical condition of martial arts athletes during the co-19 pandemic". The following are the findings of articles obtained by researchers.

Table 1. Screening results of titles obtained by researchers

| No | Author(s) | Article Title |
|----|---|---|
| 1 | Cucu Sundara, Yopi Meirizal, Sumbara Hambali (2020) | Kondisi Fisik Atlet Pencak Silat Pplp Jawa Barat |
| 2 | Nasyiatul Aisyiyah, Irmantara Subagio (2021) | Kondisi Fisik Atlet Pencak Silat Pemusatan Latian Daerah (Puslatda) Jawa Timur 100-Iv |
| 3 | Yuniar Anggraini, Irmantara Subagio (2021) | Status Kondisi Fisik Atlet Putri Cabang Olahraga Bela Diri Kategori Tarung Pusat Latihan Daerah (Puslatda) New Normal Jawa Timur 100 Tahun 2021 |
| 4 | Vina Istyanah, Achmad Rizanul Wahyudi (2021) | Identifikasi Kondisi Fisik Atlet Puslatda Jawa Timur Cabor Pencak Silat Selama Tfh Di Kondisi Pandemi Covid 19 |
| 5 | Fajar Dwi Wicaksana, Achmad Rizanul Wahyudi (2021) | Analisis Kondisi Fisik Atlet Perguruan Pencak Silat Jokotole Ranting Kraton Pada Saat Pandemi Covid-19 |

Based on the findings obtained by the researcher, there were five articles, so a total of 105 articles were excluded because they needed to match the title desired by the researcher. Furthermore, screening is done by looking at the research methods used in the article. The criteria that are included in the next stage of research using survey methods of the six articles obtained all use survey methods. So, at this stage, no articles were excluded. The final stage is the feasibility test of the article before the overall review is carried out, namely the article has an appropriate abstract, which describes the physical condition of martial arts athletes in the Covid-19 Pandemic era. Researchers obtained the following results.

Table 2. Indexed article eligibility test

| No | Author(s) | Article Title | Journal | Index |
|----|---|---|---|-------------------------|
| 1 | Cucu Sundara, Yopi Meirizal, Sumbara Hambali (2020) | Kondisi Fisik Atlet Pencak Silat Pplp Jawa Barat | Multilateral (jurnal pendidikan jasmani dan olahraga) | DOAJ dan google scholar |
| 2 | Nasyiatul Aisyiyah, Irmantara Subagio (2021) | Kondisi Fisik Atlet Pencak Silat Pemusatan Latian Daerah (Puslatda) Jawa Timur 100-Iv | JPO (Jurnal Prestasi Olahrag) | Google scholar |
| 3 | Yuniar Anggraini, Irmantara Subagio (2021) | Status Kondisi Fisik Atlet Putri Cabang Olahraga Bela Diri Kategori Tarung Pusat Latihan Daerah (Puslatda) New Normal Jawa Timur 100 Tahun 2021 | JPO (Jurnal Prestasi Olahrag) | Google scholar |
| 4 | Vina Istyanah, Achmad Rizanul Wahyudi (2021) | Identifikasi Kondisi Fisik Atlet Puslatda Jawa Timur Cabor Pencak Silat Selama Tfh Di Kondisi Pandemi Covid 19 | JPO (Jurnal Prestasi Olahrag) | Google scholar |
| 5 | Fajar Dwi Wicaksana, Achmad Rizanul Wahyudi (2021) | Analisis Kondisi Fisik Atlet Perguruan Pencak Silat Jokotole Ranting Kraton Pada Saat Pandemi Covid-19 | JPO (Jurnal Prestasi Olahrag) | Google scholar |

The article screening process in writing this literature review uses the PRISMA (Preferred Reporting Items for Systematic reviews and Meta-Analyses literature search extension) flow reference. PRISMA is a

form of reporting systematic reviews and meta-analysis literature search extensions. The literature search informs the results of the systematic review and the underlying process that established the data available for analysis. Additional components of the systematic review process, such as screening, data extraction, and qualitative or quantitative synthesis procedures, depending on the identification of eligible studies. Thus, the literature search must be robust and reproducible to ensure the minimization of bias (Rethlefsen et al., 2021). PRISMA in this study is as follows:

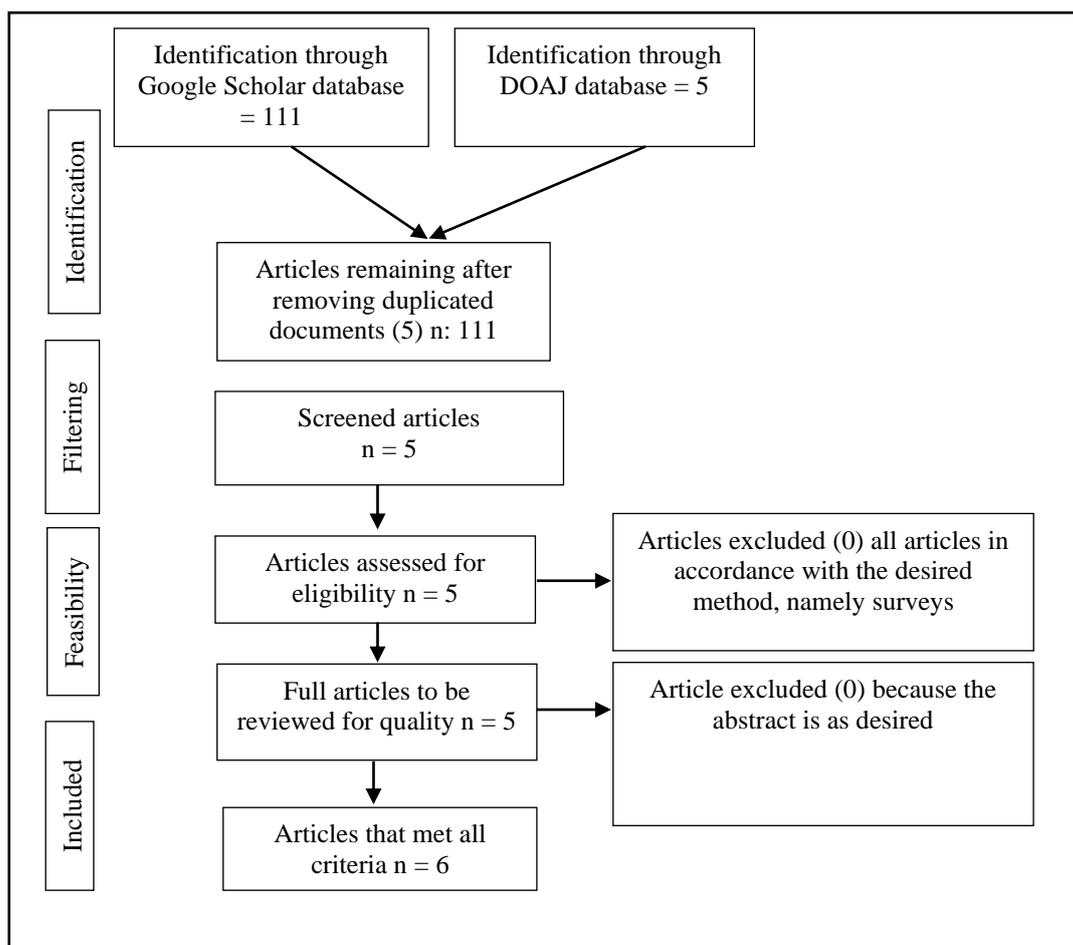


Figure 1. PRISMA Flowchart

RESULTS AND DISCUSSION

Result

The results of the literature search on physical conditions in Indonesia can be seen in Table 3. From Table 3, five articles aim to investigate the portrait of the physical condition of Pencak silat athletes during the co-19 pandemic. All these studies involved athlete subjects. One of the five studies reported that athletes' physical condition was in a good category, the rest were in the poor category and experienced a decline.

Table 3. Summary table of studies included in the review

| No | Author(s) | Objective | Research Design | Number of Sample | Result |
|----|---|--|---|------------------------|---|
| 1 | (Yuniar Anggraini, Irmantara subagio,2021) | Knowing the physical condition status of female athletes in the martial arts category fighting Puslatda New Normal East Java | Quantitative with descriptive analysis method | (n=27 female athletes) | In some physical measurement test items on the research subjects did not meet the standards. The conclusion of this study is that the physical condition status of female martial arts athletes in the East Java Puslatda fighting category still needs to be improved to be able to meet the specified targets so that they can achieve the highest achievement goals. |
| 2 | (Fajar Dwi Wicaksana, Achmad Rizanul Wahyudi, 2021) | Analyze the physical condition of Jokotole martial arts athletes Kraton Branch whether there is a decrease in physical condition or not | Quantitative with survey method | (n=20 athletes U15-18) | This study shows that from each category of physical condition tests that have been carried out there are still some athletes who have very poor physical condition so that they can be further improved. |
| 3 | Nasyiatul Aisyiyah, Irmantara Subagio 2020) | Knowing the physical condition of East Java 100-IV pencak silat athletes in preparing for PON 2020. | Quantitative | (n=9 male, 5 female) | The results of the study reported that the physical condition of martial arts athletes in the category of sparring PUSLATDA East Java IV in the good category |
| 4 | Cucu Sundara, Yopi Meirizal, Sumbara Hambali (2020) | Physical Condition of West Java PPLP Pencak Silat Athletes | Quantitative | 17 athletes | The average results of the physical condition of PPLP West Java athletes in Pencak silat sports are in the sufficient category. |
| 5 | Vina Istyanah, Achmad Rizanul Wahyudi (2021) | Identification of the Physical Condition of East Java Puslatda Athletes of Pencak Silat Sports During TFH in Covid-19 Pandemic Conditions Covid 19 | Quantitative with descriptive analysis method | 6 athletes | The physical condition of East Java puslatda athletes in the TGR art category during the pandemic using the TFH system has decreased slightly. |

Discussion

In the era of the pandemic that occurred, of course, it will greatly affect a new problem where there is no championship match in the title, how athletes must remain in top performance when the pandemic passes, and there are many championships that need to be followed. Physical condition is a basic requirement for sports achievement, attention to the physical condition of athletes, especially Pencak silat, must always be under the observation of existing stakeholders both in the early childhood development and higher levels.

The physical condition itself is a combination of components that affect the improvement of the body's ability in the best condition (Ridwan, 2020). The components of physical condition that must be owned or improved for Pencak silat athletes are endurance, speed, agility, power, coordination reaction, and strength. Furthermore, the supporting components of the main components are balance and flexibility. An important determinant of achievement is the endurance component because it determines the athlete's focus from the start of the match to completion (Pratama, 2019). This statement is also reinforced by Hariono (2006), namely, the physical condition components needed in Pencak silat, including endurance, strength, speed, coordination, and flexibility. So, it can be concluded that the components that Pencak silat athletes must own are endurance, strength, speed, agility, flexibility, reaction, and coordination. So, the researcher focuses on discussing the components needed in Pencak silat. The following is an explanation of the discussion based on the review articles that have been carried out by researchers related to the physical condition of Pencak silat athletes in the covid-19 pandemic era:

Table 4. Table analysis of studies included in the review

| No | Article Title | Physical Condition Aspects | | | | | | | Description |
|----|--|---|--|--|--|--|--|--|--|
| | | Endurance | Power | Strength | Agility | Speed | Flexibility | Reaction | |
| 1 | Status Kondisi Fisik Atlet Putri Cabang Olahraga Bela Diri Kategori Tarung Tarung Pusat Latihan Daerah (Puslatda) New Normal Jawa Timur 100 Tahun 2021 | - MFT - Not yet up to standard (average 7.2) - Standard 10 | Arm: -Ball Throw - Moderate category (average 6.64) -standard 6 -Square Jump - Less fulfilling (average 25.4) -Standard 30 | Abdominal muscles: - Sit up 45 include for 60 seconds. - Not yet fulfilled (average 43.8) -standard 50. | Illinois - Did not meet the target (average 16.872 seconds) -Standard 15 seconds | -Sprint 20m -average 3,5 - Standard 3,3. - There are still some who have not passed | -Sit and Reach - Moderate category (average 21.2cm) -Standard 20 | -Russian twist - Moderate category (average 8.96 seconds) | The results of physical condition are lacking because in the test results there is no good category, and the average is still lacking. |
| 2 | Analisis Kondisi Fisik Atlet Perguruan Pencak Silat Jokotole Ranting | - MFT - Male (Category 30% good, 40% enough, 30% less) - Female | -Standing Board Jump - Male (10% excellent, 20% good, 20% fair, | Abdominal muscles: -Sit up 30 seconds - Male (Category less than 100%) | - Suttle Run -Male (excellent 20%, moderate 20%, good 20% and | - 30m Sprint -Male (100% excellent category) -Female (Excellent | -Sit and Reach -Male (60% excellent, 30% fair, and 10% poor) -Female | - | The results of physical condition are lacking, because there are still athletes whose |

| | | | | | | | | | |
|---|---|---|--|--|--|---|---|--|--|
| | Kraton Pada Saat Pandemi Covid-19 | (Category 60% medium, 10% less, and 30% very less | 40% poor, 10% very poor) -Female (Category excellent 10%, good 20%, good 50%, and moderate 40%). | -Female (Category less 10%, and very less 90%) Arm muscles: -Push up 30 seconds -Male (Categories 70% excellent, and 30% good) -Male (Category 30% excellent and 70% good) | poor 40%) -Female (30% excellent, 20% good, and 50% moderate) | 50%, good 30%, and moderate 20%) | (40% excellent, 40% good, and 20% poor) | | physical condition is very poor. |
| 3 | Kondisi Fisik Atlet Pencak Silat Pemusatan Latian Daerah (Puslatda) Jawa Timur 100-Iv | - MFT - Male Good category (average 11.1566667) - Female Good category (average 8.12) | - Triple Jump -Male (Average 7.822) -in the fair category -Female (Average 5.98) -in the less category | - Shit up -Male (Average 48) -Female (Average 40.2) | - Square Jump -Male (Average 30.111) -Female (Average 25.6) | - 20m Sprint -Male (Excellent category with an average of 3.3) -Female (Excellent category with an average of 3.44) | -Sit and Reach - Male (Good category with an average of 23) -Female (Fair category with an average of 20) | - Russian Twist -Good category with an average of 9.806 for men, and 8.986 for women. | The results of physical conditions are in the good category because of the 6 components the average states in the good category. |
| 4 | Kondisi Fisik Atlet Pencak Silat Pplp Jawa Barat | - Balke test - Fair category - Muscle endurance: Abdominal muscles: - 2-minute sit ups - Fair category Arm muscles: - Push ups 1 minute - Fair category | -Standing board jump -Good category | - | -Shuttle Run - Good category | - | - | - | The results of physical condition are 3.22 in the sufficient category because only 2 components state good and in endurance state sufficient, with a standard deviation of 0.86. |
| 5 | Identifikasi Kondisi Fisik Atlet Puslatda Jawa Timur Cabor Pencak Silat | - Branco Test - Many did not reach the target - Average 5.263 - Category less | -Triple Jump - Unable and no one succeeded in the test -Average 5.341 -Deficient | - Dips -Lack of category -Average 4.8 -Hamsting -In the sufficient category | -Illinois - Did not reach the target -Average 13.075 -Square Jump -Did not | - 20 meter sprint -Did not reach the target -Average 2.706 -Lack of category | -Sit and Reach - Has met the target -Average 27.666 | | The results of physical condition in the category are lacking because in the physical condition components |

| | | | | | | | | |
|---|---|----------|-------------------|--|--|--|--|--|
| Selama Tfh Di Kondisi Pandemi Covid 19 | - Muscle endurance: - Arm muscles: - Push ups - Average 61.166 -has met the target - Abdominal muscles: - V Sit ups - Average 48.333 - has not met the target | category | -Average 5.166 | meet the target -Average 24.166 | | | | tested many have not met the target and are lacking. And in the article states that there is a decrease in physical condition. |
|---|---|----------|-------------------|--|--|--|--|--|

Based on the matrix analysis of the results of the literature review study conducted by the author, the physical condition in the 5 subjects of the article has not been maximized with the category less due to obstacles to the implementation of the training program during the covid-19 pandemic (Aisyiyah et al., 2021; Sundara et al., 2020; Wicaksana & Wahyudi, 2021.; Wijayanto et al., 2021). This means that the physical condition training of pencak silat athletes in Indonesia is still not optimal, due to the covid-19 pandemic. However, it can be used as a lesson.

Learning from the results of the physical condition analysis, namely the need to really plan a training program system that will be determined in accordance with the current conditions. This means that do not let the pandemic disease outbreak (covid-19) become an arena for the decline in the physical condition of every athlete in Indonesia. This is due to the closure of sports facilities, and large-scale social restrictions to deal with the covid-19 outbreak. Meanwhile, trainers are accustomed to doing training directly so it will be difficult for trainers to supervise if training is done online.

In addition, what happened to the East Java PPLP female martial arts athletes in the Tarung category with the covid-19 pandemic was very stressful, especially the implementation of training programs and achievement benchmarks being disrupted. So that they must change the plan for forming athlete readiness (Anggraini et al., 2021). This includes the cause of the physical condition in PPLP East Java in poor condition, where the results of the test stated that of the 7 test items only 2 items (flexibility and reaction) were in the sufficient category, the remaining 5 items still did not meet the standards. Things like this, should be dangerous because physical condition is very important in supporting athlete performance, so the role of the coach is needed. In addition, the test instrument must also be considered in accordance with the characteristics of the sport. PPLP East Java uses MFT test instruments, ball throw, square jump, sit up, ilinois, sit and reach, and russian twist. The instruments used are in accordance with preliminary studies and Focus Group Discussion (FGD), but still lack 1 test item that is not carried out, namely the anaerobic endurance test with the 300m sprint run instrument (Saputro & Siswantoyo, 2018).

The covid-19 pandemic hampers training and makes training unprogrammed at Pencak Silat Jokotole Ranting Keraton. In an effort to improve physical condition for athletes of Pencak Silat Jokotole Ranting

Kraton, a condition test was conducted. The results obtained from the test were in the very poor category. There are 2 test items that are not carried out by pencak silat jokotole branches, namely reaction and anaerobic endurance. In accordance with the preliminary study and the results of the FGD, the tests carried out were incomplete. In addition, the article discusses the decline in the physical condition of its athletes. However, there is no comparison of previous physical conditions so that the conclusions in the article are only limited to the physical condition profile at that time.

The existence of these tests at Jokotole Ranting Keraton makes it clear that the problem of lack of physical condition makes the coach have to prepare a training program to support in the future. This means that in planning the training program the coach must see the ability and potential of athletes, whether they are able to be given a heavy training load again. The data states that in the physical condition test, martial arts athletes jokotole ranting kraton have deficiencies in the components of agility, power, and endurance. This shows that during a pandemic, endurance training is lacking especially with the closure of sports facilities and a pandemic. The importance of pencak silat athletes having good endurance during the match, efforts to increase endurance in pencak silat, one of which is by means of the game method (Hidayatulloh et al., 2018). In connection with the lack of endurance, the coach must pay attention in terms of the athlete's body immunity, so that athletes can carry out training to the maximum and are not easily infected with covid-19. Of course, besides that, power and agility training must also be considered, by practicing at home, agility training will be hampered because the conditions of the place are not too broad. So, the coach must be able to modify the agility training method in a minimalist place.

Physical condition tests are also applied to the East Java Regional Training Center (Puslatda). In the implementation there were 9 men and 5 women as subjects, the implementation of the test had the aim of knowing the physical condition and preparing athletes for the 2020 PON championship. However, the test results are inversely proportional to the test results conducted in other articles. This means that the physical condition of East Java Puslatda athletes remains in the good category. The occurrence of the covid-19 outbreaks did not significantly affect the athlete's physical condition. The test results can be a formulation of a new problem, regarding how to keep athletes in prime condition during the covid-19 pandemic. This means that if the coach wants to maintain the athlete's physical condition during the covid-19 pandemic, he must pay attention to limited land function experts as a reference for the right training program, and the need for education for athletes regarding the opportunity and risk factors in changing these training conditions. Do not let the utilization of home training become risky with a lack of supervision from the coach.

PPLP West Java successfully carried out physical condition tests for its athletes, but the tests carried out did not meet the required component standards. This is due to the few components tested, namely endurance, power, and agility. Given the importance of other components that need to be tested such as flexibility, strength, and reaction. The success of PPLP West Java in implementing the previous training program can be seen from the test results, namely agility and power. Flexibility is an important supporting component in the

sport of pencak silat, by measuring flexibility it can determine the flexibility that serves to reduce the risk of muscle, ligament, and other tissue injuries. In addition, it also makes it easier to make movements in martial arts so that it can improve performance in athletes. There are differences in the test instruments used to measure endurance, namely using the Balke test instrument. The instrument has the advantage of being able to measure many people. However, the instrument also has the disadvantage that it requires a standard 400m track. So that the instrument is less efficient if the place where the test is carried out has limited space conditions.

The success of PPLP East Java in maintaining the physical condition of its athletes in the sparring category is carried out by applying an exercise model that is adapted to the conditions during the co-19 pandemic, The implementation of the training model is TFH (Trining from Home) which is digitally trained as a remote independent training solution for the coach. However, the training model still cannot maintain the physical condition of athletes in the TGR (Single Double Team) category. It can be seen in the results of the physical condition test conducted on 6 TGR athlete subjects in poor condition and have not met the target ([Vina Istyanah, 2021](#)). In the study, there were 6 test items carried out, namely general endurance, agility, speed, power, strength, and flexibility. Furthermore, the results obtained were compared with previous physical condition tests. The comparison results show that East Java PPLP TGR athletes have decreased. The decline is due to the application of TFH which has shortcomings in terms of direct controlling. So that athletes cannot fully focus on terms of physical improvement. Psychological training, they tend to complete the training program. Meanwhile, the coach reduced the intensity of the training program to maintain physical fitness during the covid-19 pandemic ([Vina Istyanah, 2021](#)).

CONCLUSION

Conclusions can be generalized findings according to research problems, can also be in the form of recommendations for the next step. In the 5 articles that have been reviewed, it can be concluded that the physical condition of pencak silat athletes during the co-19 pandemic that occurred in Indonesia does tend to be in the deficient category. Training adjustments must be made in limited conditions, but athletes and coaches continue to practice either independently or collectively. This study provides an overview of how the level of physical condition of athletes in the covid 19 pandemic era so that it can be a reference for evaluating athletes and coaches.

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