



Physical Education and Sports

Studies and Research



Physical Education and Sports: Studies and Research is an international peer reviewed medium for the publication of articles of interest to researchers in education and has rapidly become a major focal point for the publication of sports research from throughout the world. We welcome all of experts, practitioners, and academicians who are interested in physical education and sports to submit their articles. Articles in this journal discuss various current issues in physical education and sports. It is published biannually, April and October, by the [CV Rezki Media](#). Articles are all subject to peer review before being accepted for inclusion.

EDITORIAL BOARD OF PHYSICAL EDUCATION AND SPORTS: STUDIES AND RESEARCH

EDITOR IN CHIEF:

Yulingga Nanda Hanief, M.Or. (Universitas Negeri Malang, Indonesia)

EDITORIAL BOARD:

Rustam Akhmetov, Ph.D. (Zhytomyr Ivan Franko State University, Ukraine)

Dr. Teejay D. Panganiban (Batangas State University, Philippines)

Özgür Nalbant (Bingöl Üniversitesi, Bingöl, Turkey)

Dr. Mohd Naufal Bin Yunos (Faculty of Sports and Exercise Science, Universiti Malaya, Malaysia)

Associate Professor: Dr. Marte Bentzen (The Norwegian School of Sports Sciences, Norges Idrettshøgskole, Oslo, Norway)

Dr. Arslanoglu Erkal (Sinop University, Turkey)

Dr. Budiman Agung Pratama, M.Pd. (Universitas Nusantara PGRI Kediri, Indonesia)

M. Akbar Husein Allsabab, M.Or. (Universitas Nusantara PGRI Kediri, Indonesia)

Dr. Guntur Firmansyah, M.Pd. (State Senior High School 1 Singosari Malang, Indonesia)

Fegie Rizkia Mulyana, M.Pd. (Universitas Siliwangi, Indonesia)

ADVISORY BOARD:

Professor Jošt Bojan, Ph.D. (University of Ljubljana, Slovenia)

Professor Weimo Zhu, Ph.D. (Department of Kinesiology & Community Health University of Illinois at Urbana-Champaign, United States of America)

Professor: Dr. H. Van Coppenolle (Faculty of Physical Education and Physiotherapy, Catholic University, Leuven, Belgium)

Professor Mário A. Cardoso Marques, Ph.D. (University of Beira Interior, Covilhã, Portugal)

Professor Steven Morrison (The University of Edinburgh, United Kingdom)

Prof. Dr. Adang Suherman, M.Pd. (Universitas Pendidikan Indonesia, Indonesia)

Prof. Dr. M.E. Winarno, M.Pd. (Universitas Negeri Malang)

Prof. Marian Cretu, Ph.D. (University of Pitesti, Romania)

PEER REVIEWERS:

- Steven D. Powell (University of Chichester, Chichester, United Kingdom)
 Ferdinando Cereda (Università Cattolica del Sacro Cuore, Milan, Italy)
 Aridhotul Haqiyah (Universitas Islam 45 Bekasi, Indonesia)
 Gheorghe Balint (Vasile Alecsandri University, Bacau, Romania)
 I Dewa Made Aryananda Wijaya Kusuma (Universitas Negeri Surabaya, Indonesia)
 Tomasz Niznikowski (Józef Piłsudski University of Physical Education in Warsaw, Poland)
 Didik Rilastiyo Budi (Universitas Jenderal Soedirman, Indonesia)
 Jan Gajewski (Józef Piłsudski University of Physical Education, Poland)
 Prisca Widiawati (Universitas Negeri Malang, Indonesia)
 Stefan Elecu (Universitatea Transilvania Brasov, Romania)
 Novita Intan Arovah (Universitas Negeri Yogyakarta, Indonesia)
 Akan Bayrakdar (Bingöl Üniversitesi, Bingol, Turkey)
 Matthew Atencio (California State University, East Bay, Hayward, United States)
 Jan Gajewski (Józef Piłsudski University of Physical Education, Poland)
 Atchara Purakom (Kasetsart University, Thailand)
 Tandiyo Rahayu (Semarang State University, Indonesia)
 Olha Ivaschenko (H.S. Skovoroda Kharkiv National Pedagogical University, Kharkiv, Ukraine)
 Zhanneta Kozina (H.S. Skovoroda Kharkiv National Pedagogical University, Ukraine)
 Leonid Podrigalo (Kharkiv State Academy of Physical Culture, Kharkiv, Ukraine)
 Georgiy Korobeynikov (National University of Physical Education and Sport of Ukraine, Kyiv, Ukraine)
 Milivoj Dopsaj (University of Belgrade, Serbia)
 Pavol Bartík (Matej Bel University, Banská Bystrica, Slovakia)
 Mercè Mateu Serra (Institut Nacional d'Educació Física de Catalunya, Spain)
 Dr. N. K. Rathee (Education Graduate Programs at the Delaware State University, USA)
 Jongho Moon (Western Michigan University, Kalamazoo, USA)
 Mihailescu Liliana (University of Pitesti, Romania)
 Branka Matković (University of Zagreb, Croatia)
 Arnav Sharma (Lakshmi Bai National Institute of Physical Education, India)
 Bayu Budi Prakoso (Surabaya State University, Indonesia)
 Mohammad Arif Ali (Semarang State University, Indonesia)
 Moch. Yunus (Malang State University, Indonesia)
 Johansyah Lubis (Jakarta State University, Indonesia)

EDITORIAL ADDRESS:

Trenggalek, East Java Province, Indonesia
 E-mail: jour.pessr@rezkimedia.org
 Website: <https://jse.rezkimedia.org/index.php/pes>



LIST OF CONTENTS

Analysis of Game Variables and Influence on Defensive Success in Elite Handball Iván González-García	77-95
The Efficacy of Virtual Physical Education and Its Contribution to Raising Learners' Interest and Engagement Levels Dickson Mdhlalose	96-115
Effect of High Heeled Shoe Sole to the Vertical Jump Performance of Volleyball Women Student Athletes Arjay Maiquez Olivar, Jomel Nasayao Reyes, John Paul Taguba Balisi, Teejay Dela Cueva Panganiban	116-125
Body Composition Analysis Junior Basketball Players Nur Luthfiatus Solikah, Heri Wahyudi, Achmad Widodo, Awang Firmansyah, Jagat Shine Muarif, Asep Aziz Muslim	126-136
Analysis of stroke rate (SR) and Stroke Length (SL) the Three Fastest Breaststroke Swimmers at the Tokyo Olympics 2021 Novan Purnama Alim, Supriatna Supriatna, Yulingga Nanda Hanief	137-154
Mental Toughness and Adaptability in Game Matches Towards Resiliency of Sepaktakraw Athletes Angelica Araja Orlanes, Ashlirey Mercado Fernandez, John Angelo Enciso Panganiban, Teejay Dela Cueva Panganiban	155-168