

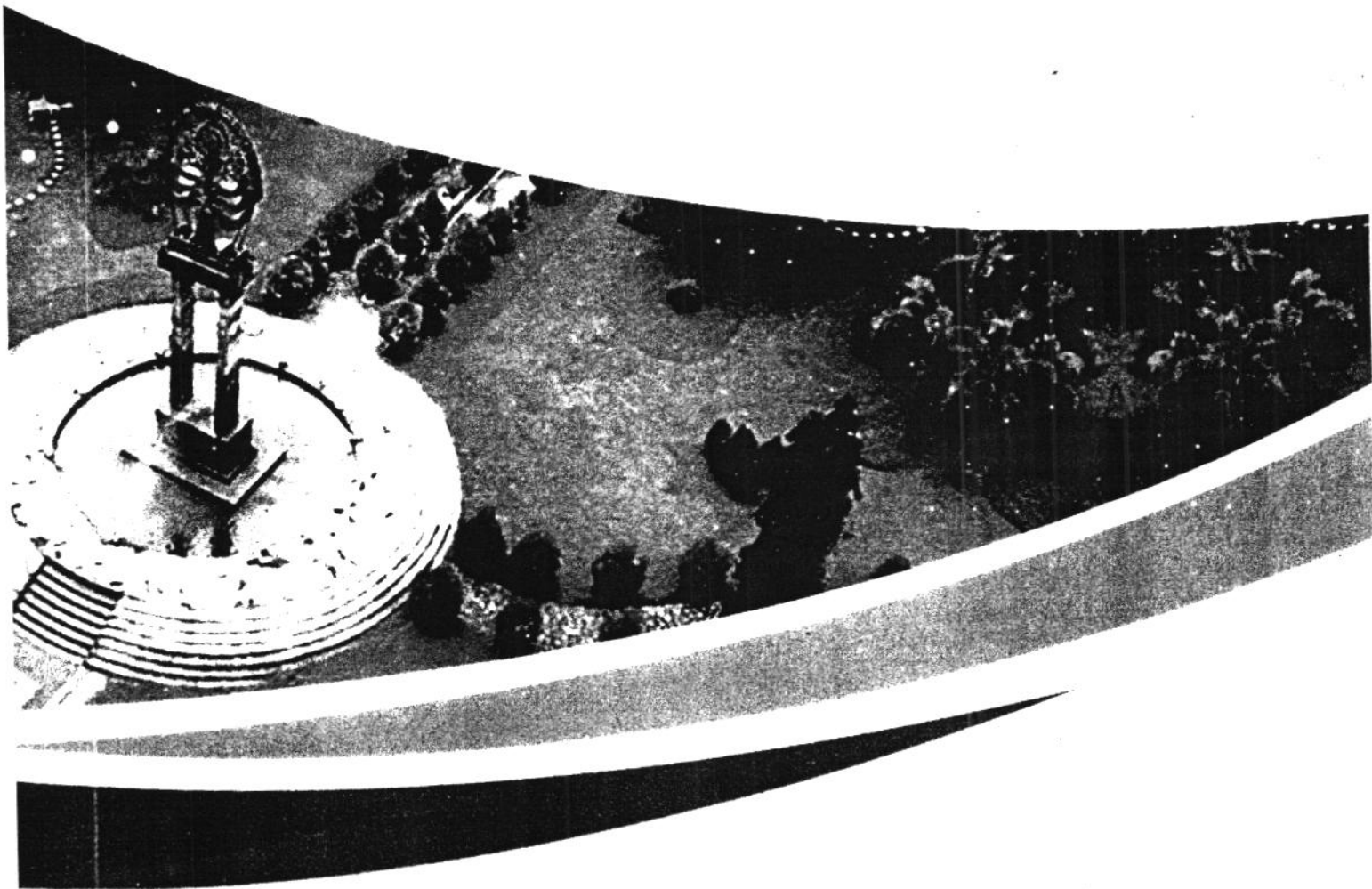
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PROCEEDINGS

THE 5th INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORT, AND, HEALTH



ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES)

**"PROMOTING EQUITABLE QUALITY ON PHYSICAL EDUCATION, SPORT, HEALTH
AND ENVIRONMENT FOR SUSTAINABLE FUTURE"**

Semarang City, Indonesia, September 11 - 12, 2019

**FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SEMARANG**

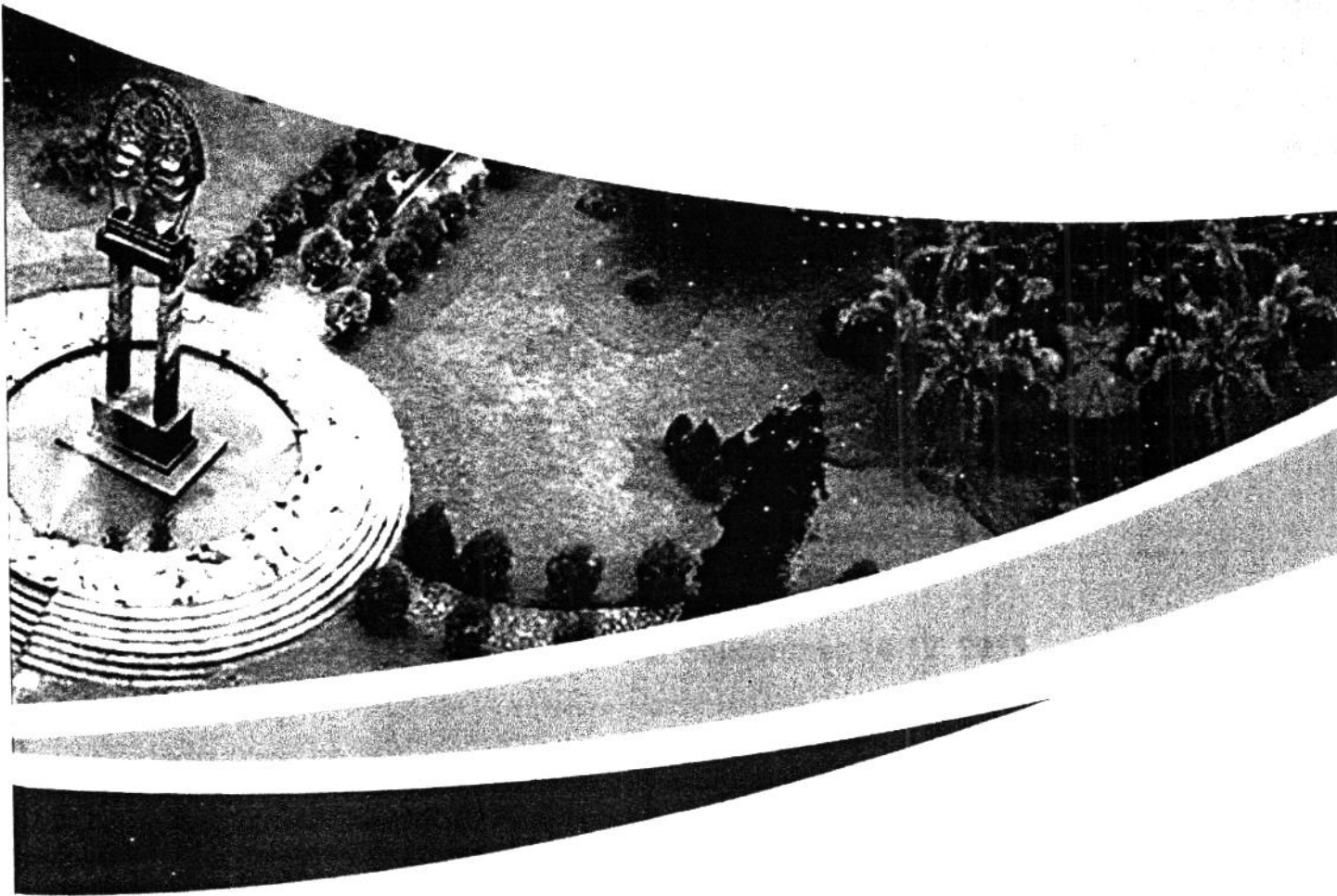
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Semarang, Indonesia, September 10-12, 2019

**FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SEMARANG
INDONESIA**

PROCEEDINGS OF ACPES 2019

THE 5th INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION, SPORT, AND HEALTH

“Promoting Equitable Quality on Physical Education, Sport, Health, and Environment for Sustainable Future”

UTC Hotel, Semarang, Indonesia, September 10-12, 2019

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PREFACE

ACPES (ASEAN Council of Physical Education and Sport) is a council consisting of some universities across ASEAN namely Srinakharinwirot University Thailand, Mahasarakham University Thailand, PESS NIE NTU Singapore, Universiti Putra Malaysia, Mindanao State University - Iligan Institute of Technology Philippines, Kasetsart University Thailand, Chulalongkorn University Thailand, Institute of Technical Education Singapore, Universiti Teknologi MARA Malaysia and Universitas Negeri Semarang Indonesia. The ACPES annually host an International conference in various countries of its members. The 1st conference on 2015 was hosted by UNNES, Indonesia, The 2nd ACPES was hosted by MSUIT Philippines, the 3rd ACPES was hosted by Kasetsart University Thailand, and the 4th ACPES was hosted by Universiti Putra Malaysia (UPM). This year, from September 10-12, 2019, The 5th ACPES with the name of the 5th International Conference on Physical Education, Sport, and Health, hosted by UNNES, took place at UTC Hotel, Semarang, Central Java, Indonesia.

This conference brings together academic experts and practitioners from South East Asia and beyond to share new knowledge, ideas, and experiences pertaining to Physical Education and Sport. The scientific program of this conference included many topics related to Physical Education, Sports and Public Health as well as those in related fields in order to accommodate more aspirations and expressions of sport's and health communities.

We would like to express our gratitude and appreciation for all the reviewers who helped us maintain the high quality of manuscripts included in this proceedings. We are very grateful to the International/National advisory committee, session chairs, students' volunteers, and administrative assistants who selflessly contributed to the success of this Conference. Also, we are thankful to all the authors who submitted papers, because of which the conference became a story of success. We would also like to extend our thanks to the members of the organizing team for their hard work.

On the day of completion of this journey, we are delighted to present the proceedings of ACPES 2019 the 5th International Conference on Physical Education, Sport, and Health to the authors and delegates of the event with a high level of satisfaction and aspiration. We hope that you will find it useful, exciting and inspiring. We appreciate that the authors of this conference may want to maximize the popularity of their papers and we will try our best to support them in their endeavors.

Semarang, December 11, 2019
Conference Chair,
Prof. Dr. dr. Oktia Woro K.H., M.Kes.

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Standardization Physical Fitness of Hajj and Umrah Pilgrims 2019

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Abstract—The learning process in the guidance of the Hajj rituals directed at independence, towards the perfection of the Hajj according to the guidance of the teachings of Islam, is a necessity. Not only that physical fitness in physical terms must also be excellent because it will carry out worship at least 10 days to 1 month. Standardization to see the physical fitness of pilgrims is a must and they do not exist at all, none of which can be used as a reference to see whether the pilgrims candidate are worthy or not to perform the Hajj or Umrah. The purpose of this study was to arrange the norms of the test to run for 15 minutes and throw balls. The method in this study is a survey with test techniques. Population and sample used total sampling technique with 75 people. The data obtained is processed and arranged in the form of classifications or categories. The results of the study described the norms of assessment of the test running 15 minutes and the test of ball throwing, obtained a category for men and women are valid for men and women.

Keywords—standardization, physical fitness, Hajj and Umrah

I. INTRODUCTION

Physical fitness can be interpreted as a person's ability to carry out daily activities easily without feeling tired and still have the remaining or spare energy to enjoy leisure time or necessities which can be used at any time, thus physical fitness is a manifestation of one's functional loyalty to do a certain job with good or satisfying results without significant fatigue [3].

The dream of every Muslim who increases the Hajj is to get the *Mabrur*. But to reach the *mabrur* is not as easy as desired because to achieve it, one of the prerequisites is an understanding of the complete Hajj rituals. To obtain this understanding, the learning process in the guidance of the Hajj rituals directed at independence, towards the perfection of the Hajj according to the guidance of the teachings of Islam, is a necessity.

Community demands for quality services in various sectors of life are increasingly high, including demands for services under the guidance of Hajj rituals. Along with that the development of science, communication and information technology continues to grow, demanding that everyone, including decision makers at any level, innovate to adjust and

follow these developments, if they do not want to be left behind or abandoned the changes themselves [4].

Changing the mindset and the culture set of policy makers and counselors from the present conditions that are felt to be ineffective towards the desired situation in the future, namely the independent congregation, is a must. Therefore an inevitability of continuous improvement and refinement of patterns of guidance is carried out, in accordance with developing conditions and situations [5]. In line with that guidance for pilgrims in the form of individuals, groups and mass should be directed in order to form independent pilgrims. However, the current guidance in the district, city, province and capital, is still traditionally through face to face with less effective results [6].

Temporary observations of the impact of the pilgrims' guidance that have been carried out so far have not shown optimal results. This can be observed and found in the implementation of the pilgrims in Saudi Arabia, there is still dependence on pilgrims to officers or other people which there is still a question of the congregation "after doing the previous (throwing *jumrah*) what else to do"? It is also often seen at the time of *tawaf* part, the leader of the group reads the prayer loudly followed by the pilgrims behind him, indicating the level of knowledge of the pilgrims about the process of hajj or *umrah* is very lacking and the picture of lack of independence in worship. Even though all pilgrims longed for one time after completing Hajj to get *mabrur*. *Mabrur* will not be achieved when it is not supported by the understanding of the pilgrims in doing rituals and other worship and can implement it according to the guidance of the teachings of Islam [9]. This is a prerequisite for the perfection of hajj or *umrah* to obtain *mabrur*.

The competence of the independent Hajj is the pilgrims who have the competence or ability to understand the rituals of Hajj and other worship, and can perform the Hajj properly according to the guidance of the teachings of Islam. When detailed these competencies into indicators are as follows:

1. Able to mention the pillars, obligatory conditions, *sunnah* and prohibition on the hajj;

2. Able to perform the Hajj rituals properly according to the guidance of the Islamic religion;
3. Able to mention the process of the hajj rituals;
4. Able to maintain their own health and safety;
5. Able to meet their own needs.

On the other hand, supervisory competence will greatly determine the success of guidance. The expected supervisor competency is the ability to understand the process of implementing the Hajj and the application of methods that are in accordance with the material in the guidance process. The indicators are:

1. Able to identify the types of guidance material that are in accordance with the forms of individual, group and mass guidance;
2. Able to determine the application of methods in accordance with the material with the learning approach of the adult;
3. Able to choose learning media in accordance with the form of guidance;
4. Able to conduct learning evaluation.

Based on the above problems, the researcher was interested in researching "Standardization Physical Fitness of Hajj and Umrah Pilgrims 2019".

1. Research Objectives

The purpose of this study was to make standardization or physical fitness norms in the form of a test norm running for 15 minutes and the norm of ball throwing. It is also aim to make a major contribution to the implementation and achievement of good worship for the Hajj and Umrah pilgrims. The objectives of this study were the Hajj and Umrah pilgrims.

2. Novelty and Technology Breakthrough

Measurements of the Physical Fitness of Hajj and Umrah pilgrims were carried out by the method of measurement using 15-minute Balke Test which is commonly used to determine and measure lung and liver vital. Then use the Ball Throwing Test as far as possible, this test to determine the strength of the arm muscles. Then physical fitness standardization made based on the age group with the classification of each age as follows: (1) ages 20 years and under, (2) ages 21-30 years, (3) ages 31-40 years, (4) age 41-50 years, and (5) ages 51-60 years, (6) 61-70 years, (7) 71 years and above. This norm is made for male and female gender.

3. Physical Fitness

Physical fitness as the ability of a person to carry out his daily tasks easily, without feeling exhausted, and still has the remaining or spare energy to enjoy his free time and for sudden needs [1]. In a student physical fitness is defined as physical fitness where a person cannot achieve fitness thoroughly without having physical fitness. Physical fitness is an aspect of overall fitness that gives a person the ability to live a productive life according to proper physical loading [2].

This definition confirms that in order to be able to accept more physical burden in the form of exercise to improve performance, a high level of fitness is needed.

D. Component of Physical Fitness

Physical fitness classified in 4 main components including: 1) Cardiovascular endurance 2) Strength (strength) 3) Muscle endurance 4) Flexibility [1]. Based on description above, it can be summarized that the main components related to physical fitness, namely: 1) The ability and capacity of a person in carrying out tasks 2) Increasing work power especially the function of the heart, circulation of blood, lung and muscle 3) Without experiencing fatigue meaning, namely: the recovery of 4) Still has energy reserves 5) In general it helps to improve the quality of one's life. Thus it can be concluded that the level of physical fitness is aspects of physical abilities that support a person's success in carrying out various activities in his life. The higher the level of physical fitness of a person, the greater the possibility of completing a job and getting bigger to enjoy life.

E. Improving Physical Fitness

Improving and maintaining physical fitness is inseparable from physical exercise which fosters a balance of physical fitness. There is no other way to improve physical fitness than physical exercise. In endurance athletes, the capacity of the muscles to receive oxygen exceeds the capacity of the cardiovascular system to transport oxygen [3]. It increases the total volume of red blood cells and hemoglobin mass by increasing the oxygen delivery capacity, and thus increases VO2 max and improves the performance of both at sea level and at altitude [6]. It means that the athlete's endurance is where there is the ability of muscles to receive and deliver oxygen. One of the exercises to increase endurance is to exercise in high altitude areas.

An exercise that is intended to improve physical fitness, must be carried out according to certain rules or methods. This is also related to the type of physical activity which is divided into several types, namely activities that are aerobic (exercises that require oxygen) and activities are anaerobic (exercises that do not need oxygen), and which depend on skills [10][12]. To improve and maintain physical fitness well, it must meet three different types of measures as follows [1]:

- a. Exercise intensity. The intensity of physical fitness training ranges from 72% - 87% of the maximum pulse, meaning for someone who is 45 years old, when doing exercises, the intensity of the exercise must be done until the pulse reaches at least 126 per minute (72% of pulse maximum pulse) and the highest is 152 beats per minute (85% of the maximum pulse)
- b. Exercise. The good and harmless training period must practice reaching the training zone

- c. Exercise Measures. If the intensity of the exercise is higher, the training time can be shorter. Conversely, if the training intensity is smaller, then the training time must be longer. Measuring the length of exercise for health exercise is between 20-30 minutes in the training zone, the longer the better.

Organizing is carried out through integrated systems and management so that the implementation of the Hajj can run smoothly, orderly, smoothly and comfortably according to the guidance of religion and pilgrims can carry out the Hajj independently so that the *mabrur* is obtained. In the book "Guidelines for the Development of Physical Fitness for Hajj Pilgrims" published by the Hajj Health Center, the components of physical fitness that are important for pilgrims are mentioned:

1. Endurance of the heart-lung (cardiorespiration).
2. Strength and endurance of muscles.
3. Flexibility.
4. Balance.
5. Muscle power

Before the pilgrims go to the holy land (Makkah), the pilgrims candidate should continue to do physical activity at least every day regularly according to health conditions. For the pilgrims who work still do physical activities in the workplace such as going up and down stairs, walking fast between rooms, and others. Good physical fitness can be achieved by adding physical activity to physical exercise before, during and after the Hajj in a good, correct, measured and orderly manner. High-risk pilgrims who are going to do physical exercise must be given adequate medical considerations with the principle of being safe and providing optimal benefits, so that they can improve the physical condition of the pilgrims.

II. METHODS

The type of research used is a survey where this type of research collects information about the characteristics, actions, opinions of a group of respondents who are considered as a representative population [13]. The information obtained in the study used test techniques. The test used is a Physical Fitness test in the form of a 15 minute walk test. A 15-minute walk test is a test to measure lung endurance or $VO_2\max$. The round ball throw test as far as possible to determine the strength of the arm muscles [11]. This test will produce a rating scale. The rating scale is a test used to measure a person's performance [7][8]. The known effectiveness is the results of the Physical Fitness test in the form of quantitative numbers. The numbers obtained are analyzed to describe the fitness level of participants of the Hajj and *Umrah* pilgrims.

A. Research Sites

This research will be conducted at the Mahabbatullah Hajj and *Umrah* Travel Agent Jambi.

B. Population and Samples

The population in this study were all 75 hajj and *umrah* pilgrims. The research population was 75 people. The sample used in this study is to use total sampling, namely the whole sample. This sample consists of male and female pilgrims candidate.

C. Benefits of Research

The benefits of this research are as follows:
 With the standardization of physical fitness test norms in the form of the norms of a 15-minute test run and the norm for the test of ball throwing, it can be a reference for pilgrims candidate to find out their physical fitness level.

III. RESULTS AND DISCUSSION

Based on the data collection, the raw score of the 15-minute road assessment was obtained and round ball throwing for women and men based on age group. The score data obtained will then be compiled into a 15-minute assessment norm and round ball throwing for men and women with the following steps:

1. Looking for a range by calculating the difference between the highest and lowest score
2. Determine the norms of evaluation in the form of classifications Very Good (BS). Good (B), Enough (C), less (K) and Very Less (KS).

Based on the steps above, it can be found the norm result of walking for 15 minutes and throwing a ball.

TABLE I. THE NORM RESULT

Age	Norm			
	Man Castle Ball Flag	Women Castle Ball Floor	15 Minutes of Men Walks	15 Minutes of Women Walks
Under 20	(BS): 30.1 m - above (B): 29.5 m - 30 m (C): 29 m - 29.4 m (K): 28.5 m - 28.9 m (KS): 28 m - 28.4 m	(BS): 24 m - 24.4 m (B): 23.5 m - 23.9m (C): 23 m - 23.4 m (K): 22.5 m - 22.9m (KS): 22 m - 22.4 m	(BS): 1161 m - 1170 m (B): 1151 m - 1160 m (C): 1141 m - 1150m (K): 1131 m - 1140 m (KS): 1121 m - 1130 m	(BS): 861 m - 870 m (B): 851 m - 860 m (C): 841 m - 850 m (K): 831 m - 840 m (KS): 821 m - 830 m
21-30	(BS): 28 m - 28.4 m (B): 27.5 m - 27.9 m (C): 27 m - 27.4 m (K): 26.5 m -	(BS): 22 m - 22.4 m (B): 21.5 m - 21.9m (C): 21 m - 21.4 m (K): 20.5	(BS): 1121 m - 1130 m (B): 1111 m - 1120 m (C): 1101 m - 1110m (K): 1091 m -	(BS): 821 m - 830 m (B): 811 m - 820 m (C): 801 m - 810 m (K): 791 m -

	26.9 m (KS): 26 m - 26.4 m	m - 20.9m (KS): 20 m - 20.4m	1100 m (KS): 1081 m - 1090 m	800 m (KS): 781 m - 790 m
31-40	(BS): 26 m - 26.4 m (B): 25.5 m - 25.9 m (C): 25 m - 25.4 m (K): 24.5 m - 24.9 m (KS): 24 m - 24.4 m	(BS): 20 m - 20.4 m (B): 19.5m - 19.9m (C): 19 m - 19.4 m (K): 18.5 m - 18.9m (KS): 18 m - 18.4 m	(BS): 1081m - 1090 m (B): 1071 m - 1080 m (C): 1061 m - 1070m (K): 1051 m - 1060 m (KS): 1041 m - 1050 m	(BS): 781 m - 790 m (B): 771 m - 780 m (C): 761 m - 770 m (K): 751 m - 760 m (KS): 741 m - 750 m
41-50	(BS): 24 m - 24.4 m (B): 23.5 m - 23.9 m (C): 23 m - 23.4 m (K): 22.5 m - 22.9 m (KS): 22 m - 22.4 m	(BS): 18 m - 18.4 m (B): 17.5 m - 17.9 m (C): 17 m - 17.4 m (K): 16.5 m - 16.9 m (KS): 16 m - 16.4 m	(BS): 1041 m - 1050 m (B): 1031 m - 1040 m (C): 1021 m - 1030m (K): 1011 m - 1020 m (KS): 1001 m - 1010 m	(BS): 741 m - 750 m (B): 731 m - 740 m (C): 721 m - 730 m (K): 711 m - 720 m (KS): 701 m - 710 m
51-60	(BS): 22 m - 22.4 m (B): 21.5 m - 21.9 m (C): 21 m - 21.4 m (K): 20.5 m - 20.9 m (KS): 20 m - 20.4 m	(BS): 16 m - 16.4 m (B): 15.5 m - 15.9 m (C): 15 m - 15.4 m (K): 14.5 m - 14.9 m (KS): 14 m - 14.4 m	(BS): 1001 m - 1010 m (B): 991 m - 1000 m (C): 981 m - 990 m (K): 971 m - 980 m (KS): 961 m - 970 m	(BS): 701 m - 710 m (B): 691 m - 700 m (C): 681 m - 690 m (K): 671 m - 680 m (KS): 661 m - 670 m
61-70	(BS): 20 m - 20.4 m (B): 19.5 m - 19.9 m (C): 19 m - 19.4 m (K): 18.5 m - 18.9 m (KS): 18 m - 18.4 m	(BS): 14 m - 14.4 m (B): 13.5 m - 13.9 m (C): 13 m - 13.4 m (K): 12.5 m - 12.9 m (KS): 12 m - 12.4 m	(BS): 961 m - 970 m (B): 951 m - 960 m (C): 941 m - 950 m (K): 931 m - 940 m (KS): 921 m - 930 m	(BS): 661 m - 670 m (B): 651 m - 660 m (C): 641 m - 650 m (K): 631 m - 640 m (KS): 621 m - 630 m
71 above	(BS): 18 m - 18.4 m (B): 17.5 m - 17.9 m (C): 17 m - 17.4 m (K): 16.5 m - 16.9 m (KS): 16 m - 16.4 m	(BS): 12 m - 12.4 m (B): 11.5 m - 11.9 m (C): 11 m - 11.4 m (K): 10.5 m - 10.9 m (KS): 10 m - 10.4m	(BS): 921 m - 930 m (B): 911 m - 920 m (C): 901 m - 910 m (K): 891 m - 900 m (KS): 881 m - 890 m	(BS): 621 m - 630 m (B): 611 m - 620 m (C): 601 m - 610 m (K): 591 m - 600 m (KS): 581 m - 590 m

from the results of the evaluation of the norms, it means that when there are pilgrims candidate who have long distances when walking for 15 minutes and have far-flung throws when throwing round balls according to age and sex, they can be categorized as pilgrims candidate and pilgrimage have norms and values that are VERY GOOD (BS). An assessment score norm is made based on a person's age and gender. Whereas there are prospective Hajj and *Umrah* pilgrims who have a close distance when walking for 15 minutes and have a close throw also when throwing round balls according to their age

and sex, they can be categorized as prospective Hajj and *Umrah* pilgrims (KS).

IV. CONCLUSION AND RECOMMENDATIONS

Based on the results of research and discussion and conclusions. In this study the norms of physical hajj and *umrah* have been found which can be used as a standard or reference in looking at the fitness of pilgrims candidate. So based on this standardization it can be seen the feasibility of pilgrims candidate of Hajj and *Umrah*. If it does not meet these reference criteria pilgrims candidate and *Umrah* can do exercises to improve physical fitness. There are a number of suggestions that can be followed up after this research, as for those suggestions including the need to make norms of evaluation with more detailed categories/classifications to meet broader needs. In addition to the assessment norms that have been arranged, it is necessary to make a T-Score table so that it is more meaningful in providing assessment data scores.

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