

Welcoming The Provincial Sports Week: Self-Management Training to Improve Physical Activity and Fitness of Tasikmalaya Futsal Athletes During the Covid-19 Pandemic

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ABSTRACT

Just like other sectors in society, The COVID-19 pandemic also affects the sports sector, especially athletes. Toward the provincial sports week of West Java, futsal athletes from various sub-districts in Tasikmalaya City carried out joint training activities. However, several problems were detected in these joint training activities, including short duration of training each day due to PPKM (public activity restrictions) regulations, decreased motivation of athletes for post-quarantine training and social restrictions, decreased frequency of physical activity and fitness levels, and the lack of athletes' performance during the training. Responding to these problems, the National Sports Committee of Indonesia (KONI) of Tasikmalaya City had a courtesy visit to UPI Tasikmalaya Campus. Both parties agreed to organize training activities with a practical and motivational approach, through the application of self-management techniques rooted in behavioral therapy. This training activity aims at helping athletes to manage physical activity schedules to improve their fitness and performance. The training activities were carried out for 48 hours online and offline. A series of training activities could be carried out properly and resulted in outputs in the form of (1) a paper presented in a scientific forum; (2) Publication of a scientific article in community service journals with ISSN; (3) publication in mass media; (4) other science and technology outputs; and (5) Innovation Products in the form of guidelines for the implementation of training activities.

Keywords: Training, Futsal, Self-Management

INTRODUCTION

The outbreak of the Corona Virus Disease or known as COVID-19 in early 2020 in Indonesia, caused significant changes in social life. The implementation of social restrictions to suppress the transmission of the Coronavirus has caused various sectors to collapse, and one of the sectors is the sports sector. On one hand, exercise can help increase a person's immune system, through the increase of the body's resistance, it will also reduce the risk of someone contracting the outbreak disease. Several indoor and outdoor sports that involve many players were prohibited to be carried out during the social distancing period. Fitness and training centers were closed, and various sports events were suspended due to the potential for crowds of players and audiences.

Toward the provincial sports week of West Java Year 2022, athletes from various sports are prepared both physically and mentally to be ready to face competition and give their best performance. The Indonesian National Sports Committee (KONI) of Tasikmalaya City identified various problems related to the readiness of athletes to face PORPROV (Provincial Sports Week)) 2022. One of the sports athletes that showed a decline in performance due to the significant changes in training schedules and matches during the quarantine and social restrictions was futsal, whereas, futsal is one of the mainstay sports of Tasikmalaya City which has made the city of Tasikmalaya proud through winning titles in various prestigious competitions. Based on the results of the interviews with the chairman of the Innovation and Athletes Nursery Division of the Binpres (Achievement Development Board) KONI (National Sports Committee of Indonesia) Tasikmalaya City, it is known that there was a decrease in the motivation of futsal athletes to practice and compete, This might be due to the long duration of self-quarantine and skipping physical exercise sessions without being supported by adequate physical activity (Agustan et al., 2022).

Entering the new normal, joint exercises were started to be conducted even though the duration was short considering the PPKM (Public Activity Restrictions) level 2 regulations that were still being implemented. These training activities were usually monitored by the coaches through social media applications (WhatsApp). The schedule for futsal matches which used to be conducted several times a month has become only once a month. In every face-to-face training schedule or match schedule, strict health protocols were applied to minimize the transmission of the virus. Participants were required to wash their hands, changed clothes before participating in training sessions/matches, sprayed disinfectant on training equipment, wore masks, and keep a distance.

During the match, athletes should have the good physical fitness to support their performance. Various studies revealed that optimal exercises prevent injuries to the athletes during the match (Carter & Micheli, 2011). In addition, good physical fitness in athletes can increase self-confidence in facing their opponents in a match (Haugen, Ommundsen, & Seiler, 2013). To encourage physical fitness, a good and scheduled physical activity needs to be understood by athletes, especially in this pandemic condition. The results of previous studies revealed that there was a positive relationship between physical activity and individual physical fitness (Fang, et al., 2017; Rauner, Mess, & Woll, 2013). Therefore, it is necessary to have an understanding of scheduled physical activity to meet the target level of physical fitness in maintaining performance during matches (Rubiana et al., 2022).

Relying on those facts, it is known that fitness and physical activity have an important role for an athlete. For several reasons, after the implementation of social restrictions, the motivation of futsal athletes in Tasikmalaya City to improve their fitness and physical activity tends to decrease. Responding to these problems, KONI Tasikmalaya City in collaboration with the PKM implementation team (Community service implementation team) from UPI Tasikmalaya Campus intends to facilitate the improvement of fitness and physical activity of futsal athletes through training using self-management techniques. rooted in behavioral therapy.

Mills (in Gerhardt, 2007, p. 11) defines self-management as an individual's efforts to control his behavior. Some of the abilities included in self-management are setting goals, monitoring time and environmental issues and everything that hinders the achievement of goals, using reinforcement and punishment to monitor the achievement of goals (Frayne in Gerhardt, 2007, p. 11). Self-management is a behavioral change strategy in which the counselee (adolescent) directs his behavioral change with a technique or a combination of therapeutic techniques (Cormier & Cormier, 1985, p. 519). Self-management techniques are relatively easy to learn independently and can be integrated into various special agendas (Aprianingsih & Kheryad, 2022; Chudari, 2017), one of them is the sports training agenda. This technique can be taught online and practiced by athletes with qualified supervision and evaluation from their coach.

Thus, it is expected that the fitness and physical activity of the Futsal athletes of Tasikmalaya City will be maintained even though the frequency of face-to-face training is very limited, and this is expected to have an impact on a brilliant performance in the matches toward the Provincial sports week of West Java in 2022. In addition, this community service activity is also expected to improve the image of the Indonesian Education University (UPI) in the community as a leading and outstanding university in the field of education, as well as strengthen cooperation between UPI Tasikmalaya Campus and other institutions, in this case, the KONI Tasikmalaya City.

METHOD

Problems related to the motivation of Tasikmalaya futsal athletes in maintaining fitness and increasing physical activity during the COVID19 pandemic triggered a decrease in performance during the matches. This was feared to have an impact on the achievements of the athletes who were being prepared to face the matches at the 2022 West Java Provincial Sports Week. After further investigation, several things behind these problems were:

- a. The situation of social restrictions during the COVID19 pandemic caused the limited schedule of face-to-face training and matches between sports clubs, this became a kind of distraction for athletes to continue to do intensive physical activity and maintain fitness;
- b. There was no specific motivational training session that used a psychotherapeutic approach for athletes, the routine mentoring activities that have been carried out were considered to have not covered the problems regarding the mentality of athletes in terms of providing motivation;
- c. There is no effort to monitor and evaluate physical activity carried out by athletes during self-quarantine at home and there is no identification of students' fitness levels outside of training sessions.

This activity was carried out using the methods of community education, training, mediation, and mentoring advocacy. In this activity, participants were given a certificate of appreciation. The program was started by the opening remarks from the chief of PkM, Dr. Lutfi Nur, M.Pd.,MM. This program is divided into several main sessions of the keynote speakers, including:

1. The first keynote speaker, Doddy Jaenudin, S.Pd. (The chief of IGORA Tasikmalaya) spoke about "The Role of IGORA in Developing Futsal in Tasikmalaya City".
2. The second speaker delivered A speech about the progress of the athlete nursery conducted by Irvan Kristivan, M.Pd. (Innovation and Athletes Nursery Department, Achievement Development Board of KONI Tasikmalaya City) entitled "Developing Futsal Athletes Mindset into high Willpower Athlete."
3. The last speaker, Esya Anesty Mashudi, M.Pd. delivered a speech entitled "Self-Management"

This program is open for discussion for all audiences. They were invited to deliver questions, answers, comments, or even suggestions related to the topic of "Self-Management." Therefore this program received new perspectives from several involving parties that might invite other collaboration.

RESULTS AND DISCUSSION

This program results in some outputs, for instance, the program publications in the form of articles, brochures, photos, and videos during the workshop, as well as innovative products of self-management. There were 3 main presentations in this program. It was started with the history of the development of futsal in Tasikmalaya City. Futsal in Tasikmalaya City was established in 2005, since then it has been developed at SMKN 2 Tasikmalaya and reached an achievement as national champions. After that, futsal in Tasikmalaya City developed through futsal extracurricular activities at the elementary to high school and other schools at the same level. Many coaching and training activities were held for sports organizations in Tasikmalaya City and at various provincial levels through futsal associations. This was seen as an opportunity to strengthen the development of futsal in Tasikmalaya.

Other opportunities were presented by the Innovation and Athletes Nursery Department of athlete achievement development board (Binpres), KONI Tasikmalaya City. In his speech, he mentioned that almost all schools in Tasikmalaya have an extracurricular program. It has many prospective athletes and futsal field facilities. It also has high competition intensity and qualified school achievements. Besides, there were more than 20 licensed coaches as well as professional match officials (Pro league referees). Unfortunately, achievement orientation is only momentarily felt by the athletes. Regarding this, the goals of futsal need to be strengthened, such as achievement, prestige, recreation, and health. Several things need to be maintained, including maintaining the sanctity of competing, maintaining physical and mental strength, the spirit of achievement, honesty, and mutual respect; avoiding all forms of discrimination towards ethnicity, religion, race, ideology, and skin color; victory is not the main thing in competition but the struggle to achieve victory becomes the essence of competition. The principles that need to be developed are friendship, excellence, and respect.

Self-management is a bridge to this problem. The explanation of self-management in this program reinforces the strategy of changing and developing behavior that emphasizes the

individual's ability to do it independently with minimum guidance from others (mentors, teachers, coaches, and so on). The implementation of self-management in the program includes (Cormier & Cormier, 1985; Hackney, 1975; Mayer & Frederiksen, 1986):

- a. Humans can observe, record, and evaluate their thoughts, feelings, and actions.
- b. Humans have strengths and skills to filter environmental influences.
- c. Humans have the power to choose behaviors that make them feel happy and avoid displeasure behaviors.
- d. Humans are the ones who know their best and be responsible for themselves, therefore, motivation to grow is the one that can change themselves.
- e. The efforts to change or develop themselves based on their initiative, awareness, and individual abilities, make the positive changes last long

The self-management process begins with 1) Determining the focus; 2) Applying management techniques; 3) Evaluating which techniques that work and which one should be reviewed. Then, self-contract, self-monitor, self-reward, and stimulus-control are carried out (Gunarsa, 2008). This is described in the table 1 and table 2. The ease of self-management allows us to understand ourselves, set our targets, and determine the proper reward personally. However, it still has shortcomings in terms of monitoring, because each individual has the potential to violate the commitments that have been made, or it could just be a goal without realization. So the coach must monitor the progress of the targets made by the athletes.

Table 1. Self-Monitoring
Monitoring Period: Until 2021

GOALS	Monday	Tuesday	Wednesday	Thursday	Friday
Eat clean	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:
Push Up	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:
Sit up	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:	Target Points: Points earned:
100-metre dash	Target Points: Points earned	Target Points: Points earned	Target Points: Points earned	Target Points: Points earned:	Target Points: Points earned:
Squat jump	Target Points: Points earned	Target Points: Points earned	Target Points: Points earned	Target Points: Points earned	Target Points: Points earned

Total points this week:

Rewards and punishment:

- 250-500 points: eat ice cream
- 500-750 points: Netflix and coffee
- 750-1000 points: new dumbbell

Table 2. Evaluation of Self Monitoring Results

1 During This One Week I get Earning Points Related to Physical Activity

2	What I Think During The Program Is	•
		•
		•
3	I Think That way Because	•
		•
		•
4	What I Feel During The Program Is	•
		•
		•
5	I Feel That Way Because	•
		•
		•
6	Next I Will Add/ Develop/ Increase	•
		•
		•
7	Next I Will Decrease/ Reduce/ Leave	•
		•
		•

CONCLUSIONS AND RECOMMENDATIONS

The level of participants' achievement in this program is not widespread. Self-management is important in developing and coaching the futsal athletes in Tasikmalaya City, especially with various opportunities that already meet the qualifications. This self-management program can strengthen the strategy for coaching athletes in Tasikmalaya City. Through this technique, it is hoped that futsal athletes in Tasikmalaya City will be able to independently develop themselves without being forced by their mentors or coaches. This technique empowers athletes to observe, record, and evaluate their thoughts, feelings, and actions with strengths and skills that can filter the environmental influences, create their own good emotions through positive behavior, avoid behaviors that cause displeasure feelings, and be responsible for himself, his initiative, awareness, and ability to make the positive change last long. This program is expected to reach all Futsal communities in Tasikmalaya City. Moreover, it is hoped that this program could expand to other sports.

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APPENDIX

PENGABDIAN KEPADA MASYARAKAT
UNIVERSITAS PENDIDIKAN INDONESIA
KAMPUS TASIKMALAYA
2021

WORKSHOP PELATIHAN MANAJEMEN DIRI :
UPAYA MENINGKATKAN AKTIVITAS FISIK DAN KEBUGARAN SELAMA MASA PANDEMI COVID-19 BAGI
ATLET FUTSAL KOTA TASIKMALAYA MENJELANG PEKAN OLAHRAGA PROVINSI

Dr. Lutfi Nur, M.Pd., M.M.
Ketua Tim Pengabdian

Doddy Jaenudin, S.Pd.
Ketua IGORA Tasikmalaya

Irvan Kristivan, M.Pd.
Bid. Inovasi & Pembibitan Atlet
KONI Kota Tasikmalaya

Esys Anesty Mashudi, M.Pd.
Akademisi

Meeting ID : 997 001 6243
Passcode : 12345

Kamis, 11 November 2021
Pukul 19.00 - 21.00 WIB

Free E-Certificate

FREE

Figure 1. Program Brochure

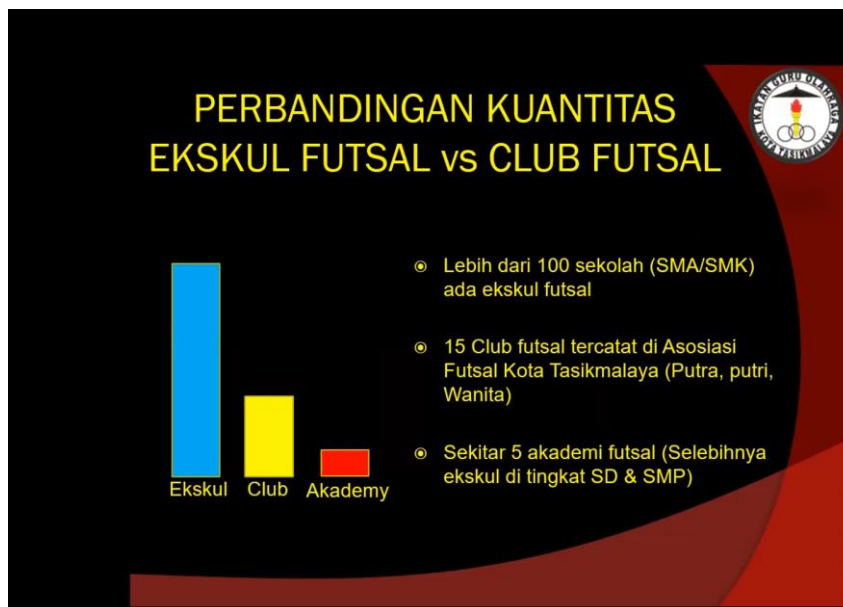


Figure 2. Comparison of Futsal Association Quantity
Source: The presentation of The Chief of IGORA Tasikmalaya, 2021