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The Review of Endurance of Junior Tennis Athletes in Pekanbaru

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ABSTRACT
The problem in this study was to get tired too quickly during a match due to a lack of physical training in endurance. The purpose of this study was to find out how the level of endurance in the Pekanbaru junior men's tennis athletes. The population in this study werePekanbaru tennis court athletes, which numbered 5 people. The sampling technique is the entire population *(total sampling)*. The instrument used in this study was a *bleep test* and atest*300 METER run*. The data obtained were analyzed using percentage descriptive statistical techniques. Based on the results of research and data processing using statistical research procedures, it can be concluded that from the 300 meter run test there was an average value of 52.51 in the categories of 49.90-55.29 in the poor category and the bleep test with an average value of 42,012 there are in the category of values 33.80-42.50 in the medium category.

Keywords: *Durability*

1. INTRODUCTION

Tennis is a sport that is usually played between two players or between two pairs of two players each. Each player uses a racket to hit a rubber ball. This sport was played by amateurs in the 1960s. But in the 1970s and 1980s this sport was very popular in both the United States and England where it invited millions of spectators to watch matches such as the United States Open and Wimbledon. [1] The tennis court was discovered in 1973 by a villageman in England named Major Walter Clopton Wingfield. Tennis is one of the Olympic sports and is played at all levels of society at all ages. Modern tennis games come from Birmingham, England at the end of the 19th century as "grass tennis" which has a close connection to various fields/grass games as well as for real old-fashioned tennis games. But along with the development of the era of tennis tennis was played on concrete fields, clay, grass, and synthesis fields (Jim Brown).

In tennis, it takes a strong physical, where athletes must be able to survive in the game with a long time to win a match. Through stretching exercises, the athlete avoids injury and increases muscle stretch strength, so that athletes can reach a ball that is placed wide, which was never affordable. The physical conditions that are most needed in tennis are durability, speed of agility, and flexibility to support mastering the techniques that will be performed in the game. To do every move in tennis is very necessary physical conditions that are very prime, such as service, forehand, backhand, volley and smash. It is said that muscle endurance is the ability of the muscles to make repeated contractions without fatigue. While cardiorespiratory endurance is the ability of the entire body to carry out activities for long periods of time without fatigue [2].

Based on the experience and observations that I have done for junior high school tennis juniors, there are still many who get tired quickly when competing due to the lack of exercise in physical endurance conditions to keep the competition therefore researchers are interested in doing research in order to do better in the future. For this reason, the author needs to conduct a study that examines the field of tennis sports entitled "Review of Endurance in Junior Athletes in the Men's Tennis Field in Pekanbaru".

2. RESEARCH METHODS

This research is descriptive research, where researchers only to the extent of knowing the description of an object, according to [2] descriptive research is research that only describes the state or status of a phenomenon. In this descriptive study, researchers used the observation method as a tool to obtain data. Observation is an observation activity that includes the activity of paying attention to an object by using all sensory devices [3]. In this study there is a review of the durability of Pekanbaru's junior male athletes.

Based on the hypothesis proposed, the researcher aims to determine the endurance level of Pekanbaru junior men's tennis athletes, the analysis used is descriptive analysis using percentage descriptive statistics [4]. The data obtained is quantitative in the form of calculation figures. The numbers obtained are summed and conclusions are drawn so that the percentage results are obtained [5].

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3. RESULTS

3.1 Anerobic Endurance (run 300 meters)

Measurement of anaerobic endurance with 300 meter test on 5 samples obtained the best score 47.53, lowest score 57.27 and an average of 52.51, from the data from the results of this test a frequency distribution table can be made as follows:

Table 1. Distribution of anaerobic endurance (run 300 meters)

No	Class interval	Absolute Frequency	Relative Frequency
1	31.80-38.95	0	0 %
2	38.96-44.59	0	0 %
3	44.60-49.89	1	20
4	49.90-55.29	3	60
5	55.30-60.59	1	20 %
		5	100 %

Based on the frequency distribution table above from 5 samples, it turns out that there is 1 sample (20%) having endurance results of 44.60-49.89 with a moderate category, then there are 3 samples (60%) having endurance 49.90-55.29 with less categories, and there is 1 sample (20%) have a resistance of 55.30 - 60.59 with very few categories.

3.2 Aerobic Endurance (Bleep Test)

Measurements of aerobic endurance were carried out by bleep test on 5 samples, obtained the best score 49.3, lowest score 39.9, mean (41.06), from the data from this test the frequency distribution table can be made as follows:

Table 2. Variable Frequency Distribution Aerobic Endurance.

No	Interval class	Absolute Frequency (Fa)	Frequency (Fr)
1	>51,6	0	0 %
2	42,60-51,50	2	40 %
3	33,80-42,50	3	60 %
4	25,00-33,70	0	0 %
5	<25,00	0	0 %
Value		5	100%

Based on the frequency distribution table above from 5 samples, it turns out that 2 samples (40%) have endurance results with a range of values of 42.60-51.50 in the category good, and 3 samples (60%) have resistance results with a range of 33.80-42.50 in the medium category.

4. DISCUSSION

Based on the 300 meter run frequency distribution table from 5 samples, it turns out that there is 1 sample (20%) having endurance results of 44.60 - 49.89 with a moderate category, then there are 3 samples (60%) having durability 49.90-55.29 with categories less, and there is 1 sample (20%) having a resistance of 55.30 - 60.59 with very little category.

Based on the bleep test frequency distribution table of 5 samples, it turns out that 2 samples (40%) had resistance results with a range of values of 42.60-51.50 in the good category, and 3 samples (60%) had endurance results. range 33.80-42.50 in the medium category.

After two tests, 300 meters of running and bleep tests, only 1 person got a good category, that is having good motivation with the training process and seriousness in taking the exercise so that he got the best category in Pekanbaru's junior men's field tennis branch. Whereas 4 sample people get enough category due to fatigue quickly when running so that the endurance test does not get maximum results. So it is expected for Pekanbaru junior male athletes to be able to maintain and increase endurance so they can get maximum achievements.

5. CONCLUSION

Based on the physical condition regarding the durability of Pekanbaru junior male athletes, there were two tests, namely 300 meters running and bleep tests, obtaining scores in the medium category, only 1 person, then there were 3 people with less endurance, and there was 1 person with very little category. While the bleep test 1 person has the power in the medium category, then there are 3 people have endurance with less category, and there is 1 person has a resistance with very little category. It can be concluded from the 300 meter run test that there is an average value of 52.51 in the categories of 49.90-55.29 in the less category and the bleep test has an average value of 42.012 in the category of 33.80-42.50 in the medium category.

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