

Analysis of the Level of Knowledge and Physical Condition of the PSSI Askab Referee of Southwest Aceh Regency, Indonesia

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Abstract. Referees are part of the match apparatus and must understand all the rules related to football as mandatory knowledge to lead matches with measurable quality in making every decision. This research aims to: 1) find out the Level of Knowledge of the Referee Askab PSSI Southwest Aceh Regency in 2024, 2) find out the Level of Physical Condition of the Referee Askab PSSI Southwest Aceh Regency in 2024. This study uses a quantitative approach with a descriptive type of research. The population in the study was 20 people, and the entire population was used as a research sample, so this study is called a population study with details of C-1 license referees as many as three people, C-2 license referees as many as five people and C-3 license referees as many as 12 people. The data collection technique is done by distributing test questions directly to respondents related to referee knowledge data.

Meanwhile, the physical condition ability test was carried out by measuring the ability of the cardiopulmonary endurance test (Balke 15 minutes), speed ability (30-meter running test), and agility ability (T-Test). The results of the measurement of referee knowledge showed that the category was very good for two people (10%), the good category was for 13 people (65%), and the category was enough for five people (25%). Meanwhile, the level of physical condition related to the element of agility shows that 14 people are in the very good category (70%), four people are in the good category (20%), and two people are in the medium category (10%). The speed test results obtained the speed ability of the Aceh Southwest Askab referees, namely 20 people are in the good category (100%). Furthermore, the results of the cardiopulmonary endurance test of the Southwest Aceh assab referees were 20 people, or all of them were at the medium category level (100%). Based on the study results, it can be concluded that the average level of knowledge of the Askab PSSI Southwest Aceh referees is in the medium category, with a frequency of 13 people (65%). Meanwhile, for the ability of physical condition of each, namely agility is in the very good category of 14 people (70%), speed ability is in the good category (100%), and cardiopulmonary endurance ability is in the medium category as many as 20 people (100%).

Keywords: Analysis; Physical Condition; Referee.

INTRODUCTION

Football is a very popular sport by most people in Indonesia and also a game played by two teams, with each team numbering a minimum of seven players and a maximum of eleven players, whose main goal is to put the ball/score as many goals as

possible in the opponent's goal with predetermined rules. The characteristic of the football game itself is that it involves playing with a lot of movement, either with or without the ball, on a field measuring 75 meters x 110 meters. With the game's characteristics, each player must have excellent physical condition.

The referee is a leader on the field whose authority is absolute in enforcing the game rules in the match where he is assigned [1]. Every incident on the field must receive detailed supervision from the referee so that there is no wrong decision-making. The referee on the field also has a decisive role in the quality of a match and the comfort of a match to enjoy. Decision-making mistakes when officiating a match by a referee will tarnish the match. Not only will it tarnish the match, but sometimes if the referee makes a mistake, there will be several reactions from various circles, including players, coaches, officials, and supporters. Most of the reactions shown by these groups are emotional reactions.

The profile of a football referee must understand all the rules in the game of football, as knowledge must exist to lead with measurable quality in making every decision. Football has always experienced a very rapid development in every era. This can be seen from the development of technology in football, such as VAR, and from the game laws, where changes are made almost every year. In this case, a football referee must have a complete roll of the game or game rules.

The referee must actively move and run after the ball to make it easier for the referee to see and decide on an event. The referee must always be close or within a radius of 10 meters of the ball so that all events on the field can be seen and easily decided. Football referees who are on duty for 2x45 minutes (can increase in length if there is extra time) must be able to maintain their concentration and endurance in good physical condition.

Each referee's good physical condition will make him feel calmer in every decision, maintain concentration, and not hesitate. Referees must prepare their physical condition well before carrying out their duties, so that obstacles can be avoided when tired and not tight when on duty. Authors [7] stated that physical condition is one of the many requirements every referee needs to carry out their duties on the field.

Physical conditions generally include strength, speed, endurance, flexibility, and coordination. These physical conditions are adjusted to their respective sports branches. Especially for football referees, the more dominant components of physical condition are endurance and speed. The average football referee in a match travels a distance of 10.3 km. This is evidenced by the average Vo_{2max} of FIFA referees of 52.8 ± 6.23 ml [1].

Football refereeing requires various skills and abilities, including endurance, agility, speed, and a technical and tactical understanding of the game. All of these aspects will be taught and improved during specific training sessions, but officiating also entails a certain risk of injury (traumatic injury and of an overuse nature). Thus, an optimal training session should also include exercises to reduce the injury risk. Football referees require various skills and abilities, including endurance, agility, speed, and a technical and tactical understanding of the game. All these aspects and the parts, phenomena, and causalities of their relationships will be taught. Quantitative research systematically investigates a phenomenon by collecting measurable data using statistical, mathematical, or computational techniques. To obtain research data, the author used questionnaires and Physical Condition Tests to collect data.

METHOD

This research uses a quantitative approach, a systematic scientific research on parts and phenomena and the causality of relationships. The author [8] is a research method based on the philosophy of positivism used to research certain populations/samples. This research is included in the type of descriptive research, namely the study to determine facts with the right interpretation to recognise phenomena and to describe accurately.

The sample in this study is all referees under the auspices of the Southwest Aceh PSSI Askab, consisting of 20 people, 3 C-1 license referees, 5 C-2 license referees, and 12 C-3 license referees.

RESULTS AND DISCUSSION

Based on the results of the researcher's analysis of the findings of the above research, it was found that the development of the coaching pattern was as follows:

Referee Knowledge Test, Askab PSSI Southwest Aceh Regency. It can be seen in the Very Good category with a frequency of 2 and a percentage of 10%, the good category with a frequency of 13 and a percentage of 65%, the moderate category with a frequency of 5 and a percentage of 25%, the poor category with a frequency of 0 and a percentage of 0%. So it can be seen in the average test results obtained in the good category, with a frequency of 13 and a percentage of 65%.

Physical Condition Test of the Referee, Askab PSSI Southwest Aceh Regency. The number of frequencies and percentages after being entered into the percentage formula with the number of categories is very good with a frequency of 14 and a percentage of 70%, a good category with a frequency of 4 and a percentage of 20%, a medium category with a frequency of 2 and a percentage of 10%, a category of less with a frequency of 0 and a percentage of 0%. So it can be concluded that the average agility physical condition obtained a very good result with a percentage of 70%. Graph 4.2 further clarifies the percentage of the agility level.

Very Good category with zero frequency and 0% percentage, Good category with 20 frequency and 100% percentage, Moderate category with zero frequency and 0% percentage, Poor category with zero frequency and 0% percentage. So it can be seen that the physical condition of the speed (30 Meter Run) on average obtained a good category with a frequency of 20 and a percentage of 100%.

Seen in the very good category with a frequency of 0 and a percentage of 0%, the good category with a frequency of 0 and a percentage of 0%, the medium category with a frequency of 20 and a percentage of 100%, the category of less with a frequency of 0 and a percentage of 0%, the category of less with a frequency of 0 and a percentage of 0%. So it can be seen in the physical condition of cardiopulmonary endurance (Balke Test), on average, obtained a moderate category with a frequency of 20 and a percentage of 100%.

The knowledge test results are one of the main indicators of a person's ability to carry out activities according to existing regulations, because understanding the regulations is very important in leading a match for a referee. Referees who do not know the match regulations cannot lead the match correctly and successfully. Referees who know will influence the actions taken. Education does not influence A referee's knowledge because knowledge can also be obtained from experience. Still, the level of education also determines whether it is easy for a person to absorb and understand the information received, which is then understood. According to [5], "understanding of the rules or regulations of the match by a football referee is a level of ability that expects a referee to understand the meaning or concept, situation and facts that exist and occur in carrying out their duties.

The referee in officiating a match must stand on the line of truth, not deviate from the line set in the

football game rules, even if there is an intervention, criticism, or process carried out by the player when the referee decides a match. Referees and assistant referees must know the rules of the game that have been set, so that the objectivity of a referee can be maintained. A referee's low knowledge of the game's rules can affect his integrity in determining a foul. A referee must have high cognitive abilities regarding the football game rules.

Likewise, the level of physical condition must be a serious concern and must be possessed by a referee in leading every match by draining all his energy and mind. One of the physical elements is agility, which is the movements in daily activities where changes in body position are made quickly and done simultaneously to lead the match and adjust attention to the ball. Agility is the ability to change the direction and position of the body or its parts quickly and precisely [2]. Furthermore, the author [6] says that agility is the ability of a person to change positions in the area. Of course, someone who can change from one different position at high speed with good coordination, means that agility is quite good. Many training models are used to gain agility, such as zig-zag running, shuttle running, and going up and down stairs.

Another physical element is the speed of a referee's movement, which greatly determines the dexterity and accuracy of the referee in observing every movement. When a violation occurs, he is very close to the ball. To create good leadership in a match, a referee must have the underlying components for achieving good results, including speed and endurance ability, mastery of the game's rules, and mentality. The referee assigned to officiate the match in the competition/tournament should master the game's rules and have good physical condition. With good physical condition, he is always close to the game (near the ball), so he can see all the happenings on the field. Therefore, the referee must have excellent speed and endurance to lead the match. Without excellent physical condition, referees will find it difficult to carry out their duties on the field [3]. The referee is physically and technically leading a match (how to run, hold the whistle, give a yellow or red card and other referee signals), and mentally.

Cardiopulmonary endurance is the main element of physical conditioning and is important in supporting other elements. Cardiorespiratory endurance or endurance of the heart and lungs is the

ability of the heart (circulatory system) and lungs (respiratory system) to function optimally when carrying out daily activities for a long time without experiencing significant fatigue [4]. The referee must have good cardiopulmonary ability. So he could lead the match for 2 x 45 minutes at normal times. By having good cardiopulmonary ability, a referee can move throughout the match and play an important role in their decisions to support their knowledge.

CONCLUSIONS

Based on the results of the research and having received a comprehensive discussion, several conclusions can be formulated as follows:

The level of knowledge of the referee Askab PSSI Southwest Aceh is in the good category with a percentage of 65%, which greatly impacts the referee's ability to determine the right degree of knowledge.

The level of physical condition of each dominant element needed by the referee when leading was

obtained under the agility ability was in the very good category (70%), while the speed ability was in the good category (100%) and the cardiopulmonary endurance ability was in the medium category (100%). Therefore, it still needs to be improved to support the ability to make every decision.

Based on the results of the research and conclusions, several suggestions can be formulated as follows:

1) The Southwest Aceh PSSI Askab referees continue to improve their knowledge and skills optimally, they will be more perfect in every decision when leading the match.

2) The Southwest Aceh PSSI Askab conducts regular evaluations of the knowledge and physical condition of referees and plans to refresh knowledge and physical conditions for referees continuously.

3) Askab PSSI Southwest Aceh must upgrade its knowledge through coaching clinics and physical conditioning training.

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