GAMBARAN *AGILITY* PADA ATLET SEPAK BOLA PERSITA TANGERANG

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Abstrak

Latar Belakang: *Agility* menjadi salah satu komponen kunci dalam kualitas performa pemain karena mempengaruhi kualitas kinerja pemain, memungkinkan perubahan arah yang cepat, penghindaran lawan, dan kontrol bola. **Tujuan Penelitian:** Untuk mengetahui gambaran tingkat *agility* pada atlet sepak bola Persita Tangerang berdasarkan karakteristik usia, tinggi badan, berat badan, indeks massa tubuh, gaya hidup, dan posisi pemain. **Metode Penelitian:** Deskriptif kuantitatif digunakan dalam penelitian ini dengan teknik pengambilan data menggunakan pengukuran *Illinois Agility Test,* pengukuran tinggi badan, berat badan, dan karakteristik gaya hidup dengan *Fantastic Lifestyle Questionnaire*. Dengan jumlah sampel sebanyak 28 atlet sepak bola Persita Tangerang. **Hasil Penelitian:** Mayoritas atlet memiliki kemampuan *agility* dengan kategori rata-rata/*average*. Distribusi terbanyak berada pada atlet di rentang usia remaja (15 – 19 tahun) dengan presentase 67.9%, rentang tinggi badan 170 – 174 cm dengan presentase 28.6%, rentang berat badan 60 – 64 kg dengan presentase 25%, indeks massa tubuh kategori normal dengan presentase 82.1%, gaya hidup kategori sangat baik dengan presentase 60.7%, dan pada posisi *defender* dengan presentase 32.1%. **Kesimpulan:** Secara keseluruhan, karakteristik usia, tinggi badan, berat badan, indeks massa tubuh, gaya hidup, dan posisi pemain berpengaruh terhadap performa *agility* atlet. Maka penting untuk memperhatikan faktor-faktor tersebut dalam program pelatihan dan pembinaan atlet.

Kata Kunci: *Agility*; *Illinois Agility Test*; Sepak Bola

THE OVERVIEW OF AGILITY IN PERSITA TANGERANG FOOTBALL ATHLETES

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Abstract

Background: Agility plays a big role in player's performance because it lets them quickly change direction, avoid opponents, and control the ball. **Research purpose:** To assess the agility of Persita Tangerang football athletes in relation to their age, height, weight, body mass index, lifestyle factors, and players position. **Methods:** This research applies a quantitative descriptive design, utilizing data gathering methodologies based on the Illinois Agility Test assessment, measurement of height, weight, and lifestyle characteristics with the Fantastic Lifestyle Questionnaire. With a sample size of 28 Persita Tangerang football athletes. **Results:** The majority of athletes have agility skills in the average category. The largest distribution was in athletes in the teenage age range (15 - 19 years) with a percentage of 67.9%, a height range of 170 - 174 cm with a percentage of 28.6%, a weight range of 60 - 64 kg with a percentage of 25%, a normal body mass index category with a percentage of 82.1%, a very good lifestyle category with a percentage of 60.7%, and in the defender position with a percentage of 32.1%. **Conclusion:** Overall, the characteristics of age, height, weight, body mass index, lifestyle, and players position had an effect on athletes' agility performance. Therefore, it is essential to take these elements consideration in training programs and athlete coaching.

Keywords: Agility; Football; Illinois Agility Test