

**Jurnal SPORTIF: Jurnal Penelitian Pembelajaran is published three times a year in April, August, and December containing research papers in the field of sports. The focus and scope are educational sports, coaching sports, recreational sports, traditional sports, physical activity, sports biomechanics, sports pedagogy, sports physiology, and sports psychology.**

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## PREFACE

Our sincere gratitude is expressed to Almighty God. Without His will and strength, the editorial team may not be able to publish Jurnal SPORTIF: Journal penelitian dan pembelajaran Volume 8 Number 4 of the December 2022 edition online and in print. Starting in 2020, the editorial team has increased the frequency of publications that were originally published in May and November to be published in April, August, and December. In addition, the scope is also expanded, some of the scope of science added include physical activity, sports biomechanics, sports pedagogy, sports physiology, and sports psychology. Jurnal SPORTIF: Jurnal Penelitian Pembelajaran has been accredited by **SINTA 2** by the **Ministry of Research, Technology, and Higher Education of the Republic of Indonesia** as an achievement of peer-reviewed journals that have outstanding quality in management and publication. This recognition is published in Director Decree No. 10 / E / KPT / 2019 4 April 2019 which is valid until 2023.

Jurnal SPORTIF: Jurnal Penelitian Pembelajaran is a medium of information and dissemination for research results in the field of sports. Jurnal SPORTIF: Jurnal Penelitian Pembelajaran is expected to actively and continuously disseminate the results of research for the development of science and technology (IPTEK) in the field of sports in Indonesia. This edition features 10 articles. In the current edition, it is an honor to have the opportunity to publish 1 article by an author who comes from the Philippines. All articles have been reviewed through a rigorous review process by reviewers/interested partners.

We would like to express our appreciation and gratitude to the writers and reviewers. This edition comes with an index that loads after the preface page to help readers find the page. Hopefully JURNAL SPORTIF: Jurnal Penelitian Pembelajaran can be useful and able to improve the quality of research results for lecturers, teachers, researchers, students, and practitioners.

Kediri, 28 December 2022

*Editor in Chief*



M. Akbar Husein Allsabah M.Or.

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**THANK YOU**

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