

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

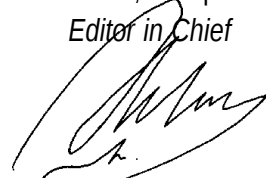
Our sincere gratitude is expressed to Almighty God. Without His will and strength, the editorial team may not be able to publish Jurnal SPORTIF: Jurnal penelitian dan pembelajaran Volume 10 Number 3 of the December 2024 edition online and in print. Starting in 2020, the editorial team has increased the 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. 72/E/KPT/2024, dated April 1, 2024 which is valid until 2027.

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 12 articles in the current edition. 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, 30 April 2025

Editor in Chief



M. Akbar Husein Allsabab M.Or.

Jurnal SPORTIF: Jurnal Penelitian Pembelajaran
HAS BEEN INDEXED BY:



TABLE OF CONTENTS

Regular exercise has a beneficial effect on increasing aerobic capacity in army students	1 - 17
Pranata Aji Kusuma, Slamet Riyadi, Selfi Handayani	
https://doi.org/10.29407/js_unpgri.v11i1.23935	
Integrating traditional games with teaching games for understanding to stimulating game understanding among elementary students	18 - 31
Uray Gustian, Baiq Satrianingsih, Intan Primayanti	
https://doi.org/10.29407/js_unpgri.v11i1.22370	
The Impact of HIIT type II on endurance optimization in young amateur futsal players	32 - 49
Surya Rezeki Sitompul, Ika Yulianingsih, Muhammad Naufal Fajriansyah	
https://doi.org/10.29407/js_unpgri.v11i1.24780	
The emotional maturity overview of male football athletes	50 - 63
Yanuaricus Ricardus Natal, Yunita Victoria Natal, Andreas Johanis Lumba, Yohanes Bayo Ola Tapo	
https://doi.org/10.29407/js_unpgri.v11i1.23989	
Exploring the interest of early teenagers in futsal extracurricular participation	64 - 80
Qorry Armen Gemaël, Zihan Novita Sari	
https://doi.org/10.29407/js_unpgri.v11i1.25108	
The effectiveness of Tabata water training in increasing 50-meter freestyle swimming speed	81 - 98
Wing Prasetya Kurniawan, Tomoliyus Tomoliyus, Tri Hadi Karyono	
https://doi.org/10.29407/js_unpgri.v11i1.25126	
Mapping the global landscape of mental toughness research: Trends, contributions, and key themes (2014-2024)	99 - 120
Noor Akhmad, Maulidin Maulidin, Fadli Zainuddin	
https://doi.org/10.29407/js_unpgri.v11i1.24799	
Body composition and physical fitness characteristics of Indonesian elite pencak silat competitors	121 - 137
Haris Nugroho, Satria Yudi Gontara, Gatot Jariono, Ronny Saifullah	
https://doi.org/10.29407/js_unpgri.v11i1.25213	

- Exploring the development of paragliding sport tourism: A comparative case study in Bali and Central Java** 138 - 152
 Nur Afifah Indriyani, Agus Kristiyanto, Slamet Riyadi
https://doi.org/10.29407/js_unpgri.v11i1.25034
- Sports values and social support: A correlational study** 153 - 167
 Shofie Amalia Vega, Amung Ma'mun, Nuryadi Nuryadi, Syarifatunnisa Syarifatunnisa, Anira Anira
https://doi.org/10.29407/js_unpgri.v11i1.25009
- Evaluation of senior high school teacher competence for physical education, sport, and health as skill in performing tasks** 168 - 184
 Haris Fauzi, Akhmad Sobarna, Muchamad Muchamad, Heni Yuli Handayani, Septyaningrum Putri Purwoto
https://doi.org/10.29407/js_unpgri.v11i1.25059
- Development of tourism village as sports tourism based on wisdom local for improving the local community economy** 185 - 201
 Rabwan Satriawan, Ewan Irawan, Ainun Fitriani, Ermawan Santoso, Slamet Santoso
https://doi.org/10.29407/js_unpgri.v11i1.24802

WRITING GUIDELINES