

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

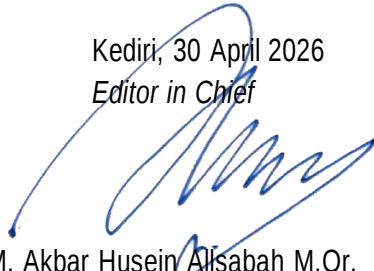
Our sincere gratitude is expressed to Almighty God. Without His will and strength, the editorial team may not be able to publish Jurnal SPORTIF: Jurnal penelitian dan pembelajaran Volume 12 Number 1 of the April 2026 edition online and in print. Starting in 2020, the editorial team has increased the 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 2026

Editor in Chief



M. Akbar Husein Alisabah M.Or.

Jurnal SPORTIF: Jurnal Penelitian Pembelajaran HAS BEEN INDEXED BY:



TABLE OF CONTENTS

The association of perceived stress and physical activity levels with sleep quality among sports science students.	212 - 230
Maylvie, Gustiana Mega Anggita, Neni Widiasmoro, Zahrah Zakiya Ahda https://doi.org/10.29407/js_unpgri.v12i2.28322	
Effectiveness of a sports energy e-module in hybrid learning for physical education students.	231 – 249
Hendra Mashuri, Peby Gunarto, Luh Ita Mahendrayani, Taufik Rahman, M. Adam Mappaompo https://doi.org/10.29407/js_unpgri.v12i27831	
Effects of interval training on cardiovascular endurance and heart rate recovery in competitive male adolescent soccer players.	250 – 263
Fahrial Amiq, Prayogi Dwina Angga, Adi Wijayanto, Andryas Yuniarto, Muhammad Yanuar Rizky. https://doi.org/10.29407/js_unpgri.v12i2.28638	
Integrating robotic ball launchers in table tennis: An analytical approach to stroke performance	264 – 283
Ibnu Fatkhru Royana, Danang Aji Setyawan, Dikna Zidhan Salman Alfarisi. https://doi.org/10.29407/js_unpgri.v12i2.28428	
Augmented reality for badminton education: Development and evaluation of a learning application	284 – 303
Novri Gazali, Ahmad Rahmadani, Romi Cendra, M. Fransazeli Makorohim, Syed Kamaruzaman Syed Ali. https://doi.org/10.29407/js_unpgri.v12i2.28826	
Arm muscle power, eye-hand coordination, and psychological distress predict jab-straight punch frequency.	304 - 323
Edy Dharma Putra Duhe , I Kadek Suardika, Suprianto Kadir, Meri Haryani, Safri Irawan. https://doi.org/10.29407/js_unpgri.v12i2.28773	
Football training intensity and learning concentration: Roles of fatigue and sleep quality	324 – 344
Gesang Hidayatullah, Vega Candra Dinata, Nanang Indriarsa. https://doi.org/10.29407/js_unpgri.v12i2.28375	
Department of Physical Education and Health, Faculty of Sports, Universitas Sebelas Maret, Surakarta, Indonesia.	345 – 367
Khalil Junan Difa, Febriani Fajar Ekawati, Sugiyanto.	

https://doi.org/10.29407/js_unpgri.v12i2.29029

Longitudinal changes in motor competence and social behavior during a progressive traditional-games program

368 - 385

Zihan Novita Sari, Siti Nurrochmah, Lokananta Teguh Hari Wiguno.

https://doi.org/10.29407/js_unpgri.v12i2.29330

Effects of game-based swimming instruction on swimming skills and swimming-related self-confidence

386 - 407

Ricardo Valentino Latuheru, Sahabuddin, Ikadarny.

https://doi.org/10.29407/js_unpgri.v12i2.29390

Students' Motor Skill Changes Following the Sport Education Model.

408 – 426

Wawan Syafutra, Muhammad Suhdy

https://doi.org/10.29407/js_unpgri.v12i2.28490

Physical fitness and learning achievement among students with mild intellectual disabilities

427 – 444

Nugroho Susanto, Ridho Bahtra, Farjana Akter Bobby.

https://doi.org/10.29407/js_unpgri.v12i2.29081

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