

## Abstrak

Penelitian ini memiliki tujuan untuk mencari informasi secara jelas mengenai kondisi fisik dan mental bertanding atlet tinju Dragon Boxing Camp Surabaya di masa pandemi/new normal. Dari hasil perbandingan uji komponen kondisi fisik sebelum pandemi dan dimasa pandemi/new normal tersebut nantinya akan disimpulkan apakah selama pandemi mempengaruhi kondisi fisik terutama daya tahan dan mental bertanding. Komponen kondisi fisik yang akan diteliti meliputi : daya tahan. Sedangkan untuk mental bertanding meliputi: kecemasan, kegairahan, agresivitas, motivasi.

**Kata kunci :** Pandemi, Tinju, Kondisi Fisik, Daya tahan, Atlet Tinju Dragon Boxing Camp Surabaya

Penelitian ini merupakan penelitian yang menggunakan metode kuantitatif. Sample sekaligus menjadi responden adalah atlet tinju Dragon Boxing Camp Surabaya di tingkat amatir dengan jumlah sebanyak 4 atlet rata-rata usia 15 tahun keatas. Pengambilan data kondisi fisik menggunakan data hasil pengukuran yang sudah ada yang terlaksana pada sebelum pandemi dan di masa new normal, juga pengisian angket untuk mengetahui kondisi mental bertanding. Data kondisi fisik dari hasil tes yang meliputi lari 800m, 400m, 200m, 100m.

Dari perbandingan data kondisi fisik yang telah melalui pengujian terdapat perbedaan antara kondisi fisik sebelum pandemi dengan saat new normal pada atlet tinju Dragon Boxing Camp Surabaya. Peneliti memberikan penjelasan bahwa pandemi covid 19 telah membawa dampak pada kondisi fisik yang signifikan terhadap atlet tinju Dragon Boxing Camp Surabaya. Tetapi dari hasil analisis mental bertanding, pandemi covid 19 hingga saat new normal tidak berpengaruh pada mental bertanding terhadap atlet tinju Dragon Boxing Camp Surabaya.

## **Abstract**

*This study aims to find clear information about the physical and mental conditions of competing in the Dragon Boxing Camp Surabaya boxing athletes during the pandemic / new normal. From the comparison of the test components of the physical conditions before the pandemic and during the pandemic / new normal, it will be concluded whether during the pandemic it affects the physical condition, especially endurance and mental competition. The components of the physical condition to be studied include: endurance. Meanwhile, mental competition includes: anxiety, excitement, aggressiveness, motivation.*

**Keywords:** *Pandemic, Boxing, Physical Condition, Endurance, Dragon Boxing Camp Surabaya Boxing Athlete*

*This research is a research that uses quantitative methods. Sample as well as respondents were athletes at the Dragon Boxing Camp Surabaya at the amateur level with a total of 4 athletes with an average age of 15 years and over. Retrieval of physical condition data using existing measurement data that was carried out before the pandemic and in the new normal period, as well as filling out a questionnaire to determine the mental condition of competing. Physical condition data from the test results which include running 800m, 400m, 200m, 100m.*

*From the comparison of the physical condition data that has been tested, there is a difference between the physical condition before the pandemic and the new normal in the boxing athletes of Dragon Boxing Camp Surabaya. Researchers provide an explanation that the Covid 19 pandemic has had a significant impact on physical conditions for boxing athletes at Dragon Boxing Camp Surabaya. But from the results of mental analysis of competing, the Covid 19 pandemic until the time of new normal had no effect on mental competing against boxing athletes at Dragon Boxing Camp Surabaya.*