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PREFACE

First of all, Let us praise The Almighty Allah SWT, who has given health and opportunities to all of us, so that today we can carry out the International Conference on Learning and Education (1st ICLE) STKIP PGRI Pacitan in 2022. Hopefully, this activity will provide blessings and benefits for all of us.

On this occasion, we would like to express our sincere gratitude to the speakers who are willing to share with us in this seminar. This seminar raised the theme "Demand for innovation and education connectivity". It is hoped that it can unravel the demands for innovation and educational connectivity, as well as disseminate various ideas, thoughts, and results of scientific research as well as empirical experiences related to these themes in order to make government programs successful with the jargon of independent learning. The output of this seminar will be published in the International Seminar Proceedings of STKIP PGRI Pacitan. This seminar will also be held regularly every year with an up-to-date theme and present competent speakers from within and outside the country.

We thank all of you for your participation, and we wish you all the best for participating. Thus, if there are things that are less pleasing, I sincerely apologize to all of you. May we always be given health and given ease in all our affairs.

Pacitan, 22 July 2022
Committee Chairman

ttd

SUGIYONO, M.Pd.

SPEECH FOR INTERNATIONAL CONFERENCE

Assalamu'alaikum Warahmatullah Wb.,
Blessings to all of us.

The Excellency:

1. The Governor of East Java, Hj. Khofifah Indar Parawangsa, in this case was represented by the Deputy Governor of East Java, Dr. Emil Elistianto Dardak, M.Sc
2. The Chairman of the PGRI of East Java Province, H. Teguh Sumarno, M.M.,
3. The Regent of Pacitan, Mr. Indrata Nur Bayuaji
4. Associate Professor Roger Chen (Department of English, Tzu Chi University Taiwan)
5. Associate Professor Dr. Anis Malik Thoha (UNISSA Brunei Darussalam)
6. The Chairman, and all Management of PPLPT STKIP PGRI Pacitan
7. Invited guests (Head of Education Office, Head of Branch Office, College Colleagues, Chancellor and Chairperson)
8. Vice Chairs, Heads of Study Programs, Heads of Bureaus, Heads of Institutions, Heads of Technical Services Units, and staff
9. Lecturers, presenters wherever you are,
10. Students, alumni and all seminar participants.

For a moment, let us praise and thank Allah SWT who has given His mercy, taufiq and inayah, so that we can be present virtually at the International Conference on Learning and Education (1ST ICLE). Let us give shalawat and greetings to the Prophet Muhammad SAW, hopefully one day we will get his intercession, amen.

Dear virtual guests,

First of all, I would like to welcome, virtually, to all ladies and gentlemen in the City of 1001 caves, the city where the 6th President Susilo Bambang Yudhoyono (SBY) was born. Pacitan is a city, which is very charming, comfortable, friendly, beautiful and scenic. This city is well worth it for anyone to visit.

This international seminar was very special, because the Deputy Governor, Chair of the PGRI of East Java Province, and the Regent of Pacitan were pleased to join us all online. On behalf of the leadership and the entire academic community of STKIP PGRI Pacitan, I would like to express my sincere and infinite gratitude. Their presence certainly confirms to all of us for their commitment, dedication and concern for the quality of education, including higher education. We would also like to thank all the resource persons who are willing to spend their time and thoughts in this forum. Moreover, we would also like to express our gratitude to all the committee members who made this event a success.

Dear Ladies and Gentlemen.

This international seminar is actually a series of activities on the 30th Anniversary of STKIP PGRI Pacitan. Carrying the theme "Demands for Educational Innovation and Connectivity". This theme emphasizes that this campus is very serious in improving institutional capacity, quality of graduates and preparing themselves to respond to the challenges of the times. We ask for prayers, blessings, support and assistance, ladies and gentlemen, especially to the Governor of East Java who was represented by the Deputy

Governor, The Chair of the PGRI of East Java Province and the Regent of Pacitan so that this Campus would be of higher quality, standing firm, and highly competitive.

Ladies and gentlemen, in virtual space wherever you are,
We hope that this international seminar can be a medium for transfer of knowledge and transfer of value for lecturers, teachers, education staff, students and the wider community who are engaged in education. The various knowledge gained later, hopefully can be a provision to face the changes and demands of life in this era.
Welcome and congratulations on attending the seminar, hopefully you will be enlightened. That's all we have to say, for all our mistakes, we ask for forgiveness. To conclude this speech, we ask the Regent of Pacitan and the Deputy Governor of East Java to give a speech. Waallahu muafiq ila aqwamitthariq, wassalamu'alaikum warahmatullahi wabarakatuh.
Wassalamualaikum wr. wb.

Pacitan, 22 July 2022
Chairman,

signed

Dr. Mukodi, M.S.I.

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SURVEY ON OXYGEN SATURATION OF VOLLEYBALL ATHLETES

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ABSTRACT: This study aimed to find out and examine the oxygen saturation level of volleyball athletes after carrying out a match. The design of this study uses a quantitative description with a survey method for volleyball athletes. The research data used were tests and measurements using the Oximeter Fingertip Pulse instrument (a tool used to determine oxygen saturation). The research subjects used volleyball athletes in the Tegalrejo District, Yogyakarta City male category in the IV DANDIM CUP championship. The population in this study was 16 athletes. The data analysis technique used was descriptive percentage with five types: severe hypoxemia, moderate hypoxemia, mild hypoxemia, and normal ranges. The results of the research analysis illustrate that the level of oxygen saturation of volleyball athletes after carrying out a match, there are 0 athletes (0%) who experience severe hypoxemia, 0 athletes (0%) who experience moderate hypoxemia, 0 athletes (0%) who experience mild hypoxemia, 0 athletes (0%) experienced normal range oxygen saturation and 14 athletes (100%) experienced normal oxygen saturation.

Keywords: Saturation, Oxygen, Volleyball.

Introduction

In the era of the COVID-19 pandemic that occurred in this century, it affected various aspects of life. Sports in general and Volleyball, in particular, are one of the activities affected by the COVID-19 pandemic. To enliven sports activities, especially Volleyball, the Yogyakarta City government, in this case through the Dandim (Military District Commander), Yogyakarta City has held a volleyball championship between sub-districts and agencies throughout the city of Yogyakarta. This championship is a regular championship that was vacuued in 2019 and 2021. In 2022, the Yogyakarta City Dandim Volleyball Championship enters its 4th event. To animate this volleyball championship, the regulations may use three athletes outside the city of Yogyakarta but must still be in the same team. Province of the Special Region of Yogyakarta.

Tegalrejo District is located in the Yogyakarta City area, which is obligated to participate in the volleyball championship held by the Yogyakarta City Military District Commander in 2021. In the volleyball championship organized by the Yogyakarta City Military District Commander in 2021, Tegalrejo District fielded two male and female teams. Women's team. Tegalrejo District sent 14 athletes with different and varied age levels and physical conditions to the men's volleyball team. The 14 athletes consisted of 4 Outside Hitters, 3 Opposite Hitters, 3 Quicker athletes, 2 Setters and two libero athletes.

The level of training and different ages of male volleyball athletes in the Tegalrejo District will affect their physical condition. In addition, the performance of the athlete's appearance will also have an effect when the competition is held in a marathon. Therefore, the physical fitness of each athlete will vary according to the level of training possessed by the individual athletes themselves. The physical endurance of athletes is also related to cardiorespiratory endurance, both aerobically and anaerobically. Cardiorespiratory endurance related to aerobics needs oxygen in the glycolysis process of the body's muscles. In anaerobic cardiorespiratory endurance, the process does not require oxygen due to dependence on energy stored in the body. In volleyball competition

activities, athletes will use aerobic endurance more than anaerobic endurance because each athlete competing will require a lot of oxygen to increase the athlete's lung cardiorespiratory.

Concerning aerobic cardiorespiratory endurance, volleyball athletes who carry out this competition are directly proportional to the oxygen demand in the body, where haemoglobin in the blood is bound by oxygen in the arteries, interpreted as oxygen saturation. Therefore, each athlete's oxygen saturation level greatly affects the quality of athletes in carrying out volleyball matches, namely aerobic cardiorespiratory endurance. The aerobic cardiorespiratory endurance of the athlete's body will be maximized if the oxygen saturation is also maximally met. The oxygen saturation level of all male volleyball athletes who compete in the volleyball championship organized by the Dandim (Military District Commander) Yogyakarta City in 2021 is average.

Volleyball

The Indonesian people have known Volleyball since 1928, which was brought by a teacher from the Netherlands who taught in schools in Indonesia. From the 2nd PON until now, Volleyball has been one of the official sports that is competed. On January 22, 1955, the All-Indonesian Volleyball Association (PBVSI) and WY Latumenten were officially established as the formators for compiling the board (Herry Koesyanto, 2003: 7). Volleyball is a competitive sport that is played by two different groups of teams in a field that is limited by a net. This volleyball sport can be played by children, adults and people with disabilities using modified volleyball games. Some of the benefits of Volleyball include; (1) cooperation, (2) movement speed, (3) high jump to overcome the ball over the net, and creativity.

Physical Resistance

In the science of coaching, the physical component is the basis of training before technical, tactical, and mental training. An athlete with the good physical condition will improve the circulatory system work of the heart or cardiorespiratory endurance. Indirectly someone who has excellent cardiorespiratory physical endurance can also increase oxygen saturation. In Volleyball, physical endurance has a vital role in the training system and the implementation of matches. Therefore, a physical exercise program must be adjusted and planned carefully, especially for cardiorespiratory endurance. A volleyball athlete must be able to train physically to be optimal in the match to achieve maximum achievement. According to Harsono (1988), the benefits of good physical condition exercise, namely: (1) There is an increase in the ability of the circulatory system and the work of the heart, (2) There is an increase in strength, flexibility, stamina and other components of physical condition, (3) There is an increased movement better, (4) There will be a faster recovery in the organs of the body after exercise, (5) There is a rapid response from the body's organism.

Oxygen Saturation

According to Guyton and Hall (2012), the percentage of haemoglobin bound to oxygen is called haemoglobin saturation. This is in line with Kozier (2011), who revealed that oxygen saturation is defined as a measure of how much per cent oxygen is carried by haemoglobin. It was concluded that oxygen saturation is the percentage of haemoglobin that has oxygen binding in arteries under normal conditions of 95% to 100%. Saturation levels below 95% and decreasing indicate that the tissues in the human body are not getting sufficient oxygen supply, also referred to as a symptom of decreased oxygen saturation. This decrease in oxygen saturation is known as cyanosis. Signs of cyanosis or decreased oxygen saturation can be marked, among others; anxious face, abnormal breathing and shortness of breath. In addition to the above symptoms, there are other symptoms of decreased oxygen saturation, namely; There are bluish signs on the nail bed, skin, ear lobe, under the tongue and facial area (Kozier, 2011).

A continuous decrease in oxygen saturation is also interpreted as hypoxemia; if it worsens, it will become hypoxia. According to Smelter and Bare (2002), hypoxemia is a state of the body that has decreased saturation below average and then hypoxia can occur, which is described by

the body as unable to perform its metabolic functions properly due to oxygen insufficiency in the tissues. Low levels of oxygen in the body will result in the body not being able to carry out its tasks properly, which will result in impaired function of cells and tissues throughout the body. This hypoxic state can lead to tissue and cell death in the body due to an unmet oxygen supply.

How to measure the body's oxygen saturation, can use the fingertip pulse oximeter. This tool monitors changes in oxygen saturation in the body. Using the fingertip pulse oximeter is by pinching your finger on this tool; the device will automatically read the body's oxygen saturation level with an infrared sensor.

Research methods

The method in this research is descriptive quantitative with a survey technique. The research data was collected using tests and measurements using an Oximeter fingertip pulse instrument. Research data analysis using descriptive statistical analysis is then described in the form of percentages. The variable of this research is the level of saturation of volleyball athletes. The research subjects were male volleyball athletes from Tegalrejo District who competed in the 4th Dandim (Military District Commander) Championship in Yogyakarta in 2021. The population in this study amounted to 14 male volleyball athletes from Tegalrejo District.

Derajat Hipokseミア berdasarkan Nilai PaO2 dan SaO2

Derajat Hipokseミア	PaO2 (mmHg)	SaO2 (%)
Normal	97-100	95-97
Kisaran normal	>79	>94
Hipokseミア ringan	60-79	90-94
Hipokseミア sedang	40-59	75-89
Hipokseミア berat	<40	<75

Results and Discussion

After conducting research and having research data then analyzed using descriptive statistics in the form of percentages. The data were obtained from the measurement of the saturation level of volleyball athletes in Tegalrejo District who took part in the 4th Dandim (Military District Commander) Yogyakarta City Championship in 2021 using an Oximeter fingertip pulse.

Table 1: Research Data

Number	Age (Years)	Saturation Rate (%)
1	23	97
2	25	97
3	25	96
4	27	97
5	28	95
6	30	95
7	30	95
8	35	96

Number	Age (Years)	Saturation Rate (%)
9	38	96
10	38	97
11	39	97
12	40	96
13	41	96
14	41	97

Table 2. Distribution of Research Frequency

No	Category	Frequency	Relative Frequency
1	Normal	14	100%
2	Normal Range	0	0%
3	Mild Hypoxemia	0	0%
4	Moderate Hypoxemia	0	0%
5	Severe Hypoxemia	0	0%
Amount		14	100.00%

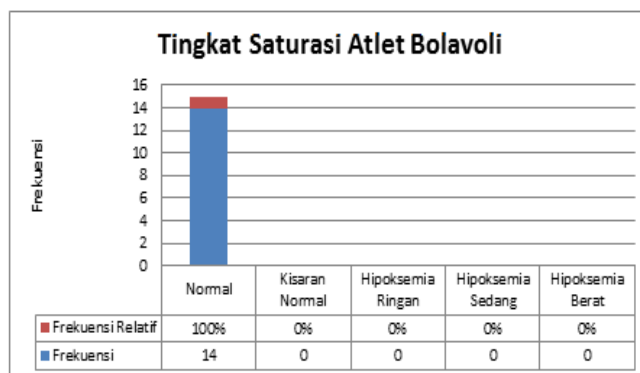


Figure 1. Research Histogram

From the research data on the frequency distribution and histogram above, it was found that the oxygen saturation level of the male volleyball athletes in Tegalrejo District was 100% in the normal category with 14 athletes, 0% in the normal range category, mild hypoxemia, moderate hypoxemia, severe hypoxemia with 0 athletes. Kozier (2011) revealed that oxygen saturation is defined as a measure of how much per cent oxygen is carried by haemoglobin. Oxygen saturation is the percentage of haemoglobin that has oxygen binding in the arteries under normal conditions of 95% to 100%. Oxygen saturation in the body affects the cardiorespiratory endurance of athletes. The oxygen saturation level possessed by each athlete will affect the appearance and cardiorespiratory physical endurance of volleyball athletes carrying out matches. The biological activity of each male volleyball athlete in Tegalrejo District is different, especially regarding the age difference between the athletes. Physical conditions in Volleyball include both aerobic and anaerobic cardiorespiratory endurance. In this volleyball match, the physical aerobics of every volleyball athlete is widely used. This will affect the oxygen saturation level of each athlete. In preparation for the 4th DANDIM Cup volleyball championship, all male volleyball athletes from

Tegalrejo District have prepared well for physical, technical, tactical and mental exercises. From this study, the saturation level of male volleyball athletes in Tegalrejo District may be in normal condition after carrying out the 4th DANDIM Cup volleyball match in Yogyakarta City.

Conclusion

From the research that has been carried out, it is concluded that the oxygen saturation level of male volleyball athletes in Tegalrejo District is 100% in the normal category with a total of 14 athletes, 0% in the normal range category, mild hypoxemia, moderate hypoxemia, severe hypoxemia with 0 athletes. Therefore, the oxygen saturation of male volleyball athletes in Tegalrejo District is normal. This study implies that data on the oxygen saturation level of male volleyball athletes in Tegalrejo District who participated in the competition and the results of this study were taken into consideration by both coaches and athletes in improving physical exercise programs related to the physical condition of aerobic and anaerobic cardiorespiratory endurance related to oxygen saturation. The limitations of this study include; Researchers cannot control the biological activity of athletes outside of research activities, and data collection is only limited to male volleyball athletes in Tegalrejo District.

Suggestion

Suggestions from this research include; conducting a more comprehensive study with more subjects and research population, and develop oxygen saturation studies by increasing the research variables.

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