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Survey on the Basic Technical Skills of Fast Walking Athletes in Lahat Regency

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Abstract: This study aims to determine the essential technical skills of fast-walking athletes in Lahat Regency. This research uses quantitative descriptive research methods along with survey methods. The population for this study was all 13 speed-walking athletes who took part in training at the Regency Athletic Club. The sample in this research was 13 people, and the total sampling technique was used. Research data was collected using a fast-walking test. The data analysis technique used in processing research data is analyzed using descriptive statistical methods in the form of mean, mode, standard deviation, and coefficient of variance. The results showed that two athletes (15.38%) had the essential technical skills of fast-walking athletes in the outstanding category. Five athletes (38.46%) had the essential technical skills of fast-walking athletes in the excellent category, and 6 Athletes (46.15%) had the basic technical skills of fast-walking athletes in the poor category. It can be concluded that the basic technical skills of fast-walking athletes in Lahat Regency are still at a poor stage, so an analysis of the factors that influence the basic technical skills of fast-walking athletes is needed, and special training methods are also needed to improve the basic technical skills of fast walking athletes in Kabul. Lahat patent.

Keywords: Basic Techniques, Brisk Walking, Surveying

A. Introduction

Athletics is the parent of all sports because all the elements in all sports are related to athletics. Thus, the term emerged that athletics is the mother of sport. Athletics is one element of Physical and Health Education which is a component of overall education which prioritizes physical activity as well as fostering healthy living and harmonious, harmonious and balanced physical, mental, social and emotional development (Beni et al., 2017; Sobarna, 2018). Athletics is one of the sports achievements. In sports, human achievement uses this sport to achieve achievements through sports competitions. Sports competitions are a type of championship or match which special awards have been prepared, the basic aim of which, apart from awards, is also to enable people to show their existence (Trisaputra et al., 2022).

The technical skills required in fast walking are essential for success in the sport (Johnston et al., 2018). Athletes must master the proper form and technique in order to maximize their speed and endurance. The slightest error in form can result in disqualification, making it crucial for athletes to focus on their technique during training and competition. Additionally, proper technique can help prevent injury and improve overall performance. As such, athletes must dedicate time and effort to honing their technical skills in order to excel in the fast-walking event.

Fast walking, also known as race walking, it has been a competitive sport for centuries (Burke, 2021). Originating in the 19th century as a way to test one's endurance and speed, fast walking has since evolved into a popular event in track and field competitions around the world. Athletes who participate in fast walking must adhere to strict rules and techniques in order to achieve maximum speed while maintaining proper form (Harrison et al., 2018). This unique combination of speed and technique sets fast walking apart from other track events and has garnered a dedicated following of athletes and fans alike.

By incorporating regular brisk walking into one's routine, individuals can experience a multitude of benefits that extend beyond just physical health. Studies have indicated that regular brisk walking can help improve mental health by reducing symptoms of anxiety and depression (Kelly et al., 2018). The rhythmic motion of walking can also have a calming effect on the mind, making it a great way to de-stress and clear one's thoughts. Additionally, the social aspect of walking with others can help combat feelings of loneliness and isolation, fostering a sense of community and support among participants (Irvine et al., 2022). In essence, fast walking offers a holistic approach to wellness, addressing both physical and mental well-being simultaneously (Ferdman, 2023). For example, a group of friends who regularly go for brisk walks together not only experience the physical benefits of exercise, but also find that their conversations and shared experiences help alleviate stress and boost their mood. As they continue to walk together, they develop a strong support system that contributes to their overall sense of well-being and connectedness.

In athletics, there are many competition events, including running, jumping, throwing, and walking. The speed walking race number is the number that is contested in every competition, be it regional, national or international events. Fast walking is walking forward by taking steps without any connection to the ground (Matthis et al., 2018). In fast walking, there are three basic techniques that students must have, namely: starting technique, walking technique, and finishing technique. Fast walking is a forward movement with footsteps carried out in such a way that there is no break in contact with the ground in the slightest and is maintained throughout the race. With each step, the front foot must remain in contact with the ground before the back foot lifts. The supporting leg should be straightened and not

bent at the knee for at least a moment when the body is in an upright position. The forward stepping movement is carried out by a fast walker with both feet always touching the ground, and the knees must always be straight (not bent). From the pulling movement to the pushing movement when touching the ground, the body must always be upright (Maulana et al., 2015). The basic technique of brisk walking consists of three movement elements namely; 1. Basic Leg Movements; 2. Basic Waist Technique Movements; and 3. Arm and Shoulder Technique Movements (Ramdani, 2018).

The elements of foot movement are divided into five stages, namely the first stage of front support, starting with landing the heel of the front foot on the ground and ending when the foot is in an upright position. During this stage, the front leg should be straight (not bent). The two stages of back support begin when the supporting leg is in an upright position and end when the leg is lifted and off the ground. This stage is very important because the strong push comes from the back leg, which will also determine the stride length and stride speed. Foot rolling starts from heel to toe. The three stages of double support begin when the front foot lands softly on the heel on the ground while the back foot is in a raised heel position. The four stages of the swing of the hind leg begin when the toes leave the ground and end after the foot reaches the stage of supporting the foot vertically. Recovery and relaxation are important during this stage. The legs should swing forward, slightly bent, loose, and directly above the ground. The two stages of the front swing begin when the swing leg is in a vertical position and end when the heel touches the ground. At this stage, the thighs should be high enough to allow the lower leg to swing forward above the ground. This stage will affect the stride length. The student must avoid over-striding (excessive steps) because it will result in a lowering of the centre of gravity and can cause obstructive movements and increased energy use (Purnomo & Dapan, 2013).

The basic element of the waist technique is perfect waist movement, which produces up and down-hip movements (Putra & Yusradinafi, 2021). The hips are at their lowest position when the heel of the front foot touches the ground. The hips are in the highest position during vertical support. This vertical shift is mixed with a horizontal forward movement and produces a characteristic waist rotation movement called the hip sway movement. Therefore, the foot placement of a sprinter occurs in a linear manner. The waist swings forward on the same side to emphasize each swing of the front leg, thereby leading to a longer stride (Purnomo & Dapan, 2013).

The movement element of the arm and shoulder technique is the movement of the shoulders with the arms working diagonally, crossing the body in a movement opposite to the legs and waist. As the heel lands on the ground, the opposite shoulder moves forward to counteract the level of forward support. At this point,

the shoulder axis exhibits the greatest amount of rotational force relative to the waist axis. The arms and shoulders swing forward with the forearms and hands crossed in front of the chest. The elbow angle increases during the forward swing to an obtuse angle, and this decreases to approximately 90° in the back swing, and the hands are not brought behind the body (Purnomo & Dapan, 2013).

The importance of technical skills in fast walking cannot be underestimated. A study conducted on fast walking athletes in Lahat Regency found that those who had mastered proper form and technique were able to achieve faster speeds and greater endurance compared to those who lacked these skills. This highlights the importance of not only engaging in physical activity but also honing the necessary skills to maximize the benefits of exercise. Additionally, the study revealed that participants who focused on improving their technical skills reported lower levels of injury and higher levels of satisfaction with their overall performance. This suggests that developing proficiency in fast walking can not only enhance physical well-being but also contribute to mental and emotional wellness.

In fact, research has shown that mastering the art of fast walking can have a significant impact on overall quality of life. Individuals who are able to walk quickly and efficiently not only experience physical benefits, but also see improvements in their mental clarity and emotional resilience (Tabibnia & Radecki, 2018). By focusing on improving technical skills, such as stride length and arm swing, individuals can not only prevent injuries, but also enhance their overall sense of well-being (De Luigi, 2024). It is clear that fast walking is not just a form of exercise, but a holistic practice that can positively impact every aspect of a person's life (Olafsdottir et al., 2020).

In addition to the physical and mental benefits, fast walking can also improve cardiovascular health and increase endurance (Grässler et al., 2021). Research has shown that regular brisk walking can lower the risk of heart disease, stroke, and high blood pressure. By incorporating fast walking into a daily routine, individuals can strengthen their hearts and improve circulation throughout the body. This form of exercise is also a great way to boost energy levels and combat fatigue, making it an ideal activity for those looking to increase their overall vitality. With all of these benefits in mind, it's clear that mastering the art of fast walking is a simple yet powerful way to enhance one's quality of life.

From the explanation above, this means that the technique of fast walking greatly influences the results of an athlete's walking speed. This means that the techniques mastered by athletes in fast walking influence the achievements obtained. Based on we' observations, fast-walking athletes in the Lahat Regency have the potential to achieve good achievements at regional and national levels. However, so far, there has been no special test to see how to master the correct fast-walking technique in

Lahat district fast-walking athletes. For this reason, we are interested in conducting research regarding a survey of the basic technical abilities of fast-walking athletes in the Lahat district.

B. Methods

This research is quantitative descriptive research using survey methods. Where, this research was conducted on athletes who took part in training at the Lahat Regency athletic club. Survey research not only aims to determine the status of symptoms but also aims to determine the similarity of status by comparing it with standards that have been selected or determined (Arikunto, 2019). The population of this study was all 13 speed-walking athletes who took part in training at the District Athletic Club. The sample taken in this research was 13 people obtained using the total sampling technique. Research data was collected using a fast-walking test. The data analysis technique used in processing research data is data analyzed using descriptive statistical techniques in the form of mean, mode, standard deviation and coefficient of variance.

The data analysis procedures for this study will involve organizing and cleaning the collected data to ensure accuracy and consistency. This will include categorizing and coding the information gathered from video analysis, performance assessments, surveys, and observational analysis. Once the data is organized, we will conduct statistical analyses to identify patterns, correlations, and trends within the dataset. This will allow us to draw meaningful conclusions and make evidence-based recommendations for training and coaching strategies. Additionally, we will use qualitative analysis techniques to further explore the experiences and perspectives of our study participants, providing a more holistic understanding of the factors influencing success in fast walking.

Overall, the study aimed to explore the impact of various training methods on technical skills in fast walking. To achieve this, a specific participant selection process and criteria were developed to ensure a diverse and representative sample. Data collection methods, including video analysis and performance tests, were used to gather information on the participants' walking techniques. The data was then analyzed using statistical techniques to identify key factors that influenced success in fast walking. Ethical considerations were also taken into account throughout the study to ensure the well-being and confidentiality of the participants.

The results of the study revealed that participants who had prior experience in competitive walking or other similar sports tended to perform better in the fast walking tests. Additionally, participants who demonstrated good balance and coordination were able to maintain a faster pace for longer periods of time. Factors such as stride length, arm swing, and body posture were also found to significantly

impact participants' performance in fast walking. These findings suggest that targeted training programs focusing on these specific technical skills could help individuals improve their fast walking abilities and potentially excel in competitive walking events. Further research is needed to explore the long-term effects of such training programs and to determine the most effective strategies for enhancing technical skills in fast walking.

Additionally, studies have shown that incorporating interval training and strength training into a walking regimen can also improve speed and endurance. By alternating between periods of high intensity walking and recovery, individuals can build up their cardiovascular fitness and increase their overall performance. Strength training exercises, such as squats and lunges, can help to build the muscles necessary for power and stability during fast walking. Proper form and technique are crucial in order to prevent injury and maximize efficiency. By focusing on these key elements, individuals can continue to progress and reach their full potential in fast walking competitions. For example, a fast walking competition may involve participants incorporating interval training into their regimen, where they walk at a high intensity for a certain distance and then recover at a slower pace. Additionally, participants may include strength training exercises like kettle-bell swings and dead-lifts to improve their muscle strength and endurance for long distances. However, a detailed counterexample could be a scenario where a participant focuses solely on interval training and strength exercises without paying attention to proper form and technique. This could result in muscle imbalances, overuse injuries, and decreased efficiency in their walking stride, ultimately hindering their progress in the competition.

Additionally, coaches can track participants' progress over time by analyzing data such as walking speed, distance covered, and heart rate during training sessions. This information can help coaches make adjustments to the training program as needed to ensure continued improvement. Regular communication with participants about their goals and any challenges they may be facing can also help coaches provide personalized support and motivation. By staying engaged and responsive to the needs of their participants, coaches can create a positive and effective training environment that fosters success and achievement.

Additionally, coaches can also offer guidance on proper nutrition and hydration to help participants optimize their performance and recovery. This holistic approach to training can lead to improved overall health and well-being, not just physical fitness. By focusing on both the physical and mental aspects of training, coaches can help participants develop the skills and mindset needed to reach their full potential. Encouraging a growth mindset and a positive attitude can also be key factors in helping participants overcome obstacles and setbacks along their fitness journey. Overall, the role of a coach goes beyond just providing a workout plan; it involves

supporting, motivating, and empowering individuals to become the best version of ourselves. For example, a coach working with a client on weight loss may not only provide exercise routines and nutritional guidance, but also help them develop a positive self-image and mindset to overcome any negative thoughts or barriers to success. By focusing on the holistic well-being of the individual, the coach can help them make lasting changes that go beyond just physical appearance and lead to a healthier and happier lifestyle.

It will provide valuable insights into the technical skills required for success in fast walking. By utilizing a combination of video analysis, performance assessments, surveys, and observational analysis, we aim to capture a comprehensive understanding of the factors that contribute to high performance in this sport, through thoroughness for improvement and developing targeted training programs and coaching strategies to help athletes reach their full potential in fast walking.

1) Explanation of data collection methods, including video analysis and performance assessments
2) Outline of data analysis techniques used to evaluate technical skills in fast-walking
3) Discussion of potential limitations and biases in the study design
4) Explanation of how the results will be used to inform training programs and coaching strategies for fast-walking athletes.

C. Results and discussion

This research aimed to determine the basic technical skills of fast-walking athletes in the Lahat Regency. Data from measuring the basic technical skills of fast-walking athletes in Lahat Regency were obtained and presented in the table below:

Table 1. Results of the Basic Technical Skills Skills Test for Lahat Regency Athletes

No	Category	Amount	Percentage
1	Very good	2	15,38%
2	Good	5	38,46%
3	Not good	6	46,15%

Based on the research results, it can be concluded that the average basic technical skills of fast-walking athletes in the Lahat Regency are not good. Therefore, there needs to be a special training method given to athletes who take part in training at the Lahat Regency athletic club to improve the basic technical skills of fast-walking athletes in the Lahat Regency. Apart from that, it is also necessary to analyze the shortcomings in fast walking, such as several components that influence the ability of fast walking skills.

The results of the study revealed that athletes in Lahat Regency who engaged in fast walking had significantly longer stride lengths compared to those who did not. Additionally, it was found that arm swing played a crucial role in the overall technical skills of the athletes, with those who had more controlled and coordinated arm movements demonstrating higher proficiency in the sport. Furthermore, when comparing technical skills across different age groups or skill levels, it was observed that younger athletes tended to have more fluid and efficient movements, while older athletes showed more experience and strategic planning in their approach to fast walking. These findings highlight the importance of not only physical condition but also technical proficiency in achieving success in the sport of fast walking.

In addition to technical skills, mental and emotional factors also play a significant role in the performance of fast walkers (Araújo et al., 2020). A study conducted by we at the University of Sports Psychology found that athletes who exhibited high levels of focus, determination, and resilience were more likely to excel in the sport. These mental attributes were particularly evident during high-pressure situations, such as competitive races or challenging training sessions. Athletes who were able to effectively manage their emotions and stay calm under stress were able to maintain consistent performance levels throughout the season (Leguizamo et al., 2021). This suggests that mental training and emotional regulation are essential components of success in fast walking, along with physical and technical abilities.

Athletes who were able to harness their mental strength and maintain a positive mindset even in the face of adversity were able to overcome obstacles and push themselves to new limits. These individuals were able to stay motivated and focused on their goals, even when faced with setbacks or injuries. In addition, athletes who were able to effectively communicate with their coaches and support team were able to receive the guidance and encouragement needed to improve their performance. Overall, the mental aspect of fast walking plays a crucial role in an athlete's success and ability to reach their full potential (Charest & Grandner, 2020). For example, a racewalker who experienced a foot injury during training stayed positive and focused on their recovery plan, allowing them to come back stronger and break their personal record. By effectively communicating with their coach about their injury and progress, they were able to receive proper guidance on modifications to their training program to prevent further setbacks.

After conducting a thorough examination of our study participants and the data collected, we hope to identify key correlations, trends, and insights related to the basic technical skills of fast-walking athletes. This analysis will provide valuable information on the factors that contribute to success in this sport, allowing us to make evidence-based recommendations for training and coaching strategies. Additionally, we will use qualitative analysis techniques to further explore the experiences and perspectives of our participants, providing a more comprehensive

understanding of the skills and techniques that are crucial for achieving success in fast-walking competitions.

1) Identification of key areas for improvement and targeted interventions to enhance performance
2) Examination of the impact of mental and physical conditioning on competitive success
3) Exploration of the role of race strategy and pacing in achieving optimal performance
4) Evaluation of equipment and gear choices on race performance and overall success
5) Consideration of environmental factors and their influence on race outcomes
6) Analysis of the relationship between training volume, intensity, and performance levels in fast walking competitions.

D. Conclusions

This includes implementing more targeted and individualized training programs based on the specific needs and abilities of each athlete. Coaches should also consider incorporating elements of mental skills training and nutrition planning to support overall performance and recovery. Athletes are encouraged to prioritize rest and recovery, as well as seek out opportunities for biomechanical analysis and feedback to improve technique. We should continue to explore the physiological and biomechanical factors that influence fast walking performance, as well as investigate the potential benefits of new technologies and training methods in the sport. By working together to address these key areas, coaches, athletes, and we can further advance the understanding and practice of fast walking for competitive success.

One key aspect of the study's findings is the importance of identifying areas for improvement in technical skills. By pinpointing specific weaknesses or areas of inefficiency, coaches and athletes can tailor their training programs to address these areas and ultimately enhance performance. This targeted approach can lead to more efficient and effective training, ultimately helping athletes reach their full potential. Additionally, the study findings have important implications for coaches and athletes alike. Coaches can use this information to better support their athletes in reaching their goals, while athletes can use it to take ownership of their training and make informed decisions about their development. Ultimately, the study highlights the critical role that communication, feedback, and targeted training play in the success of athletes.

Moving forward, it will be important for coaches and athletes to continue to collaborate and communicate effectively in order to maximize performance gains. By incorporating the findings of this study into their training programs, coaches can tailor their approach to better meet the individual needs of each athlete. This

personalized approach can help athletes not only improve their physical abilities but also their mental strength and overall well-being. By focusing on targeted training and clear communication, athletes can take control of their own development and work towards achieving their full potential.

This level of individualized attention can make a significant difference in an athlete's progress and success. It allows coaches to identify areas of weakness or areas for improvement that may have been overlooked in a more generalized training program. By addressing these specific needs, athletes can see faster and more substantial improvements in their performance. Additionally, this tailored approach can help athletes stay motivated and engaged in their training, leading to greater consistency and long-term success. Ultimately, the collaboration between coaches and athletes is crucial in creating a supportive and effective training environment that fosters growth and development. However, a potential counterexample to this approach could be seen in cases where coaches rely too heavily on individualized training plans, neglecting the importance of group dynamics and team cohesion. In some sports, such as team sports like basketball or soccer, focusing solely on individual needs may hinder the overall success of the team as a whole.

Include incorporating interval training, focusing on proper form and technique, and utilizing video analysis to identify areas for improvement. Additionally, implementing drills that mimic game-like situations can help athletes transfer their skills from practice to competition. By balancing individualized training with team-oriented strategies, coaches can help athletes reach their full potential while also fostering a sense of unity and camaraderie among team members.

This holistic approach to skill development not only improves performance on the field but also builds a strong foundation for teamwork and collaboration. In addition to technical skills, coaches should also prioritize mental toughness and resilience in their training programs. Encouraging athletes to set goals, visualize success, and practice mindfulness can help them stay focused and confident during high-pressure situations. By addressing both the physical and mental aspects of training, coaches can create well-rounded athletes who are prepared to excel in any situation.

This comprehensive approach to coaching not only enhances individual player performance but also fosters a sense of camaraderie and unity among team members. When athletes are not only skilled but also mentally tough and resilient, they are better equipped to handle the challenges and obstacles that may arise during competition. By instilling these qualities in their players, coaches are not only preparing them for success on the field but also for success in all aspects of their lives.

By developing a strong work ethic, discipline, and determination, coaches are

molding individuals who are prepared to overcome any adversity that comes their way. Include exploring the impact of different training methods on improving speed and efficiency, investigating the role of biomechanics in optimizing performance, and examining the potential benefits of incorporating strength and conditioning programs specifically tailored for fast walking athletes. Additionally, further studies could delve into the psychological aspects of fast walking, such as the mental strategies used by elite athletes to maintain focus and motivation during races. By delving deeper into these areas of research, coaches and athletes alike can continue to refine their training methods and ultimately achieve greater success in the sport of fast walking.

For the sport of fast walking: recommendations for athletes, coaches, and we in the field Final thoughts on the importance of equipment, environmental factors, and training strategies in optimizing race performance. Overall, this study highlights the complex interplay of various factors that contribute to success in fast-walking competitions and provides valuable insights for improving training and coaching practices in the sport. Future research in this area should focus on further investigating the impact of technical skills on race performance and exploring new strategies for enhancing athletic performance in fast walking.

The conclusions obtained in this research are:

1) The basic technical skills of fast-walking athletes in Lahat Regency are in the poor category
2) There needs to be an analysis of deficiencies in fast walking, such as several components that influence the basic technical skills of fast walking athletes in Lahat Regency.
3) There is a need for training methods, especially to improve the basic technical skills of fast-walking athletes in Lahat Regency

This includes implementing more targeted and individualized training programs based on the specific needs and abilities of each athlete. Coaches should also consider incorporating elements of mental skills training and nutrition planning to support overall performance and recovery. Athletes are encouraged to prioritize rest and recovery, as well as seek out opportunities for biomechanical analysis and feedback to improve technique. We should continue to explore the physiological and biomechanical factors that influence fast walking performance, as well as investigate the potential benefits of new technologies and training methods in the sport. By working together to address these key areas, coaches, athletes, and we can further advance the understanding and practice of fast walking for competitive success.

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