



Physical activities for moral forming football athletes

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DOI: <https://doi.org/10.34142/HSR.2020.06.03.06>

Abstract

Aim: to determine the level of implementation of physical activity in the formation of moral football athletes.

Material and methods. The method used in this research is descriptive research, with a quantitative approach. The research instrument used interviews, observation and observation sheets, as well as documentation. The method used in this study is a descriptive method with survey research forms. The population in this study amounted to 16 athletes. This research uses a Likert scale.

Results. Based on the results of research and discussion of physical activities for moral forming football athletes, it can be concluded that: (1) Moral Knowing, it can be concluded into 4 categories, namely very good at 3.2%, good at 53.2%, enough for 39.2%, and less at 4.3%. The category difference between very good and good is 50%. Meanwhile, the moderate and insufficient categories had a difference of 34.9%. There is absolutely no or 0% lack for the category. (2) Moral Action can be concluded into 3 categories, namely very good at 26.9%, both 53.2% and 19.9% sufficient. Meanwhile, for the less and less category, it was 0%. (3) Moral Feeling can be concluded into 3 categories, namely very good at 41.4%, good at 48.4% and quite 10.2%. Meanwhile, for the category of less and less at 0%. So the results of this study can be concluded that to form a person's character through sports, one of which is through football. Then it can be seen in the results of the study that physical activity to shape the character of soccer athletes in Pontianak is in the good category. If athletes want to develop into professional athletes, they must be able to form good personal character.

Conclusions. Athletes must have morals that are formed when doing physical activities such as branching sports that is having knowledge about morals, having feelings about morals and having good moral habits. This can be demonstrated by carrying out physical activities according to the trainer's direction, having a special schedule to carry out physical activity, teamwork, self-knowledge, the spirit of fairplay competence, decision making, and an attitude of empathy.

Keywords: Physical Activity, Morality, Playing Soccer

Анотація

Ахмад Атік, Вівік Юнітанінгрум. Роль фізичних навантажень в моральному формуванні футболістів.

Мета: визначення рівня фізичних навантажень для формування коректної гри в футбол.

Матеріал і методи. В даному дослідженні використовувався метод описового дослідження з кількісним підходом. Як інструмент дослідження використовувалися інтерв'ю, спостереження і листи спостережень, а також документація. Метод, використаний в цьому дослідженні, є описовий метод з анкетними формами дослідження. Вибірка складала 16 спортсменів. У цьому дослідженні використовувалася шкала Лайкерта.

Результати. Грунтуючись на результатах дослідження та обговорення фізичних навантажень для морального розвитку футболістів, можна зробити висновок, що: (1) Моральне знання футболістів можна розділити на 4 категорії, а саме: «дуже добре» - 3,2%, «добре» - 53,2%, «досить» - 39,2% і «недостатньо» - 4,3%. Різниця в категоріях між категоріями «дуже добре» і «добре» становить 50%. Тим часом, між категорією «досить» і «недостатньо» різниця складала 34,9%. (2) Моральні дії можна розділити на 3 категорії, а саме: «дуже добре» - 26,9%, «досить» - 53,2% і «недостатньо» - 19,9%. (3) Моральне почуття можна розділити на 3 категорії: «дуже добре» - 41,4%, «добре» - 48,4% і «вельми непогано» - 10,2%. Отже, за результатами цього дослідження можна зробити висновок, що формувати характер людини можна за допомогою спорту, одним з яких є футбол. Виявлено також, що фізична активність, що формує характер футболістів в Понтіанак, є досить високою. Якщо спортсмени хочуть стати професійними спортсменами, вони повинні вміти формувати хороший особистий характер.

Висновки. У спортсменів повинна бути мораль, яка формується при виконанні фізичних вправ, таких як супутні види спорту, які пов'язані з розумінням моралі, почуттями до моралі і хорошими моральними звичками. Це можна продемонструвати, виконуючи фізичні вправи відповідно до вказівок тренера, маючи спеціальний графік для виконання фізичних вправ, командну роботу, самопізнання, дух компетентності в чесній грі, прийняття рішень і ставлення співчуття.

Ключові слова: фізична активність, мораль, гра у футбол

Аннотация

Ахмад Атик, Вивик Юнитанингрум. Роль физических нагрузок в нравственном формировании футболистов.

Цель: определение уровня физических нагрузок для формирования корректной игры в футбол.

Материал и методы. В данном исследовании использовался метод описательного исследования с количественным подходом. В качестве инструмента исследования использовались интервью, наблюдения и листы наблюдений, а также документация. Метод, использованный в этом исследовании, представляет собой описательный метод с анкетными формами исследования. Выборка составила 16 спортсменов. В этом исследовании использовалась шкала Лайкерта.

Результаты. Основываясь на результатах исследования и обсуждения физических нагрузок для морального развития футболистов, можно сделать вывод, что: (1) Моральное знание футболистов можно разделить на 4 категории, а именно: «очень хорошо» - 3,2%, «хорошо» - 53,2%, «достаточно» - 39,2% и «недостаточно» - 4,3%. Разница в категориях между категориями «очень хорошо» и «хорошо» составляет 50%. Между тем, между категорией «достаточно» и «недостаточно» разница составила 34,9%. (2) Моральные действия можно разделить на 3 категории, а именно: «очень хорошо» - 26,9%, «достаточно» - 53,2% и «недостаточно» - 19,9%. (3) Моральное чувство можно разделить на 3 категории: «очень хорошо» - 41,4%, «хорошо» - 48,4% и «весьма неплохо» - 10,2%. Итак, по результатам этого исследования можно сделать вывод, что формировать характер человека можно с помощью спорта, одним из которых является футбол. Выведено также, что физическая активность, формирующая характер футболистов в Понтіанак, является достаточно высокой. Если спортсмены хотят стать профессиональными спортсменами, они должны уметь формировать хороший личный характер.

Выводы. У спортсменов должна быть мораль, формируемая при выполнении физических упражнений, таких как сопутствующие виды спорта, которые связаны с пониманием морали, чувствами к морали и хорошими моральными привычками. Это можно продемонстрировать, выполняя физические упражнения в соответствии с указаниями тренера, имея специальный график для выполнения физических упражнений, командную работу, самопознание, дух компетентности в честной игре, принятие решений и отношение сочувствия.

Ключевые слова: физическая активность, нравственность, игра в футбол



Introduction

Physical activity according to WHO is "Physical activity is defined as any bodily movements produced by skeletal muscles that require energy expenditure" or can be interpreted as physical activity defined as body movements produced by skeletal muscles that require energy expenditure [1].

"Physical activity is bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure". Or it can be interpreted physical activity is the body's movements that are produced by contraction of skeletal muscles and which substantially increase energy expenditure [2].

Physical activity is any body movement caused by the work of skeletal muscles and increases energy expenditure and energy [3]. In general, physical activity is divided into 3 categories based on intensity and calorie amount used, namely: mild physical activity, moderate physical activity and strenuous physical activity. These activities include activities carried out at school, at work, activities in the family / household, activities during the trip and other activities undertaken to fill in spare time everyday.

Physical activity is a sport that has activities by moving the limbs so as to make the muscles and body skeleton move and will burn fat and reduce cholesterol in the body [4]. Physical activity is useful for maintaining blood flow and increasing brain power by facilitating metabolism and neurotransmitters so that it can also trigger changes in brain plasticity [5]. Physical activity is closely related to molecular cellular and neurochemical changes but in reality there are still many people who feel lazy to do the sport. Doing physical activity can reduce the calories in the body and can limit calorie intake and cause effective calorie reduction.

Sport does not in itself shape the character of those who participate in it. Especially if sports are reduced to just a win-lose issue, then what will manifest is the behavior of brutality, riots, dishonesty, and other a-moral behavior [6]. As a collection of moral values, it must be organized, constructed, and transformed into the basic structure of the reasoning of individuals who participate in it. Without that, it's hard to expect sports as an instrument to shape character. The basic philosophy of sports essentially includes play, physical education, sport, recreation, and dance [7]. Sports containing a competitive element involving adults require fair play. fair play contains elements; justice, honesty, responsibility, and peace. The meaning of

fair play is moral support as the basis for realizing the principles of sportsmanship and healthy behavior. In the words of Lan, that the spirit of sport is fair play [8]. The moral crisis in society is marked by, among others: loss of honesty, loss of responsibility, inability to think ahead, low discipline, crisis of cooperation, crisis of justice, and crisis of concern [9].

Football is a team game, each team consists of eleven players and one of them is the goal keeper who has the goal of scoring goals to win every game [10]. Football is a branch of game sports whose implementation is carried out by 2 teams or 2 teams with a long duration so that it requires both physical and psychological endurance players to be able to play well and concentrate in order to obtain victory [11].

Football is a popular sport in Indonesia and even throughout the world [12]. Almost all men, both children, adolescents, young people, parents have done soccer even though the purpose of doing this sport is different, some are just for recreation, to maintain fitness or just distribute hobbies or pleasure [13].

Football is a team sport, therefore in addition to the technical abilities of a soccer player must be able to work together with other players in a soccer team [14]. Teamwork is a soccer game that must be fulfilled by every team that wants to win. So cooperation is absolutely essential in the game of football [15].

Individualistic, selfish, and self-winning attitudes are things that we often encounter around us today [16]. This is a social problem that does not only occur in adults, but many also occur among students. To prevent social problems from becoming more widespread among students, it is necessary to instill character education in the school environment and in the family environment [17]. Formation of children's character in the school environment can be done in various ways, for example by example, intervention, habituation and reinforcement which if done consistently will be able to strengthen the positive character of children [18]. Therefore, this study aims to determine the physical activity that forms football.

Material and methods

The method used in this research is descriptive. The form of this research is survey research. The population used in this study was soccer athletes in Pontianak. The research sample consisted of 16 athletes. This research uses a Likert scale.



Table 1

Weighting of the Questionnaire Answers

Number	Information	Positive Score	Negative Score
1	Very well	5	1
2	Well	4	2
3	Enough	3	3
4	Not good	2	4
5	Very Poor	1	5

The activities carried out in analyzing and processing data are as follows:

1. Editing is checking all data collected.
2. Tabulation
3. Categorizing the value obtained on a predetermined scale.
4. Present the data that has been calculated by the formula.

$$Dp = \frac{n}{N} \times 100\%$$

Dp = descriptive percentage

n = number of values obtained

N = the sum total of values

5. Summarizing the results of research, so that a description of physical activity in moral formation is obtained.

Results

1. Validity Test

Before testing the instrument, the statement items totaled 45 items. But after testing from the table above there are 9 invalid statement items because r count (r_{xy}) is less than r table (0.144), namely items no, 12, 15, 17, 23, 25, 27, 28, 37, and 40. So that 9 statement items were excluded from further data analysis. So, the number of statement items remains 36 items. The 36 valid statement items can be seen in the table 2 below:

Table 2

Instrument Testing Results					
Statement Number	r _{xy} (data reliability level)	Information	Statement Number	(data reliability level)	Information
1	0.466**	Valid	24	0.381**	Valid
2	0.454**	Valid	25	0.056	Invalid
3	0.456**	Valid	26	0.156*	Valid
4	0.417**	Valid	27	0.057	Invalid
5	0.338**	Valid	28	-0.043	Invalid
6	0.272**	Valid	29	0.492**	Valid
7	0.289**	Valid	30	0.493**	Valid
8	0.369**	Valid	31	0.498**	Valid
9	0.478**	Valid	32	-0.186	Valid
10	0.499**	Valid	33	0.429**	Valid
11	0.367**	Valid	34	0.505**	Valid
12	0.011	Invalid	35	0.374**	Valid
13	0.299**	Valid	36	0.586**	Valid
14	0.374**	Valid	37	-0.086	Invalid
15	-0.079	Invalid	38	0.353**	Valid
16	0.461**	Valid	39	-0.153	Valid
17	0.009	Invalid	40	0.009	Invalid
18	0.400**	Valid	41	0.466**	Valid
19	0.419**	Valid	42	0.519**	Valid
20	0.525**	Valid	43	0.547**	Valid
21	0.345**	Valid	44	-0.210	Valid
22	0.505**	Valid	45	0.440**	Valid



23 -0.038 Invalid

Table 3

Instrument Validity Calculation Results

Statement Number	ry (data reliability level)	Statement Number	ry (data reliability level)
1	0.466**	22	0.505**
2	0.454**	24	0.381**
3	0.456**	26	0.156*
4	0.417**	29	0.492**
5	0.338**	30	0.493**
6	0.272**	31	0.498**
7	0.289**	32	-0.186
8	0.369**	33	0.429**
9	0.478**	34	0.505**
10	0.499**	35	0.374**
11	0.367**	36	0.586**
13	0.299**	38	0.353**
14	0.374**	39	-0.153
16	0.461**	41	0.466**
18	0.400**	42	0.519**
19	0.419**	43	0.547**
20	0.525**	44	-0.210
21	0.345**	45	0.440**

The calculations are entered into the formula:

$$r_{xy} = \frac{N \sum XY - (\sum X) \cdot (\sum Y)}{\sqrt{[N \sum X^2 - (\sum X)^2] \cdot [N \sum Y^2 - (\sum Y)^2]}}$$

Where:

r_{xy} : level of data reliability

N : Number of samples

X : Test

Y : re-test

For the calculation of the above instruments using mathematical software, namely SPSS version 22. The preparation of the questionnaire instrument refers to Thomas Lickona as table 4:

Table 4

Instrument Grid

Variable	Dimension	Indicator	Question Number	Number of Questions
Moral	Moral Knowing	Moral Knowledge	1,2,3,4,5,6,7,8,9,10,24, 25,26,27,28	15
	Moral Action	Moral Implementation	11,12,13,14,15,16,17,29,30,31	10
	Moral Feeling	Moral Feelings	18,19,20,21,22,23,32,33,34,35,36	11
Total				36



2. Reliability Test

The calculation of the reliability coefficient uses the Alpha Coefficient formula, as follows:

$$r_{tt} = \frac{k}{k-1} \left(1 - \frac{\text{varians korbutir tes}}{\text{varians kortes}} \right)$$

squared

Information:

r_{tt} = Alpha Coefficient

k = Number of questions

varian = Standard deviation

Table 5

Output Reliability SPSS version 22

Reliability Statistics	
Cronbach's Alpha	N of Items
0,829	36

From the output image above, it is known that the Alpha value is 0.829. The calculation of the reliability coefficient in this study uses the mathematics software SPSS version 22.

3. Descriptive Moral Knowing Data

Based on the data from the research that has been carried out, it can be seen in table 6 regarding Moral Knowledge, namely:

Table 6

Categories of Moral Knowledge

Total score	Classification	Percentage
63,4 - 75	Very well	3,2%
51,3 - 63,3	Well	53,2%
39,2 - 51,2	Enough	39,3%
27,1 - 39,1	Not good	4,3%
15 - 27	Very Poor	0%

The results from table 5 of research on Moral Knowledge, it can be classified into belong to 4 categories, namely very good at 3.2%, good at 53.2%, enough at 39.3%, and less at 4.3%. The category difference between very good and good is 50%. Meanwhile, the moderate and insufficient

categories had a difference of 6.4%. There is absolutely no or 0% lack for the category.

4. Descriptive Moral Action Data

The data obtained can be seen in table 7 below:

Table 7

Moral Implementation

Total score	Classification	Percentage
42,4 - 50	Very well	26,9%
34,3 - 42,3	Well	53,2%
26,2 - 34,2	Enough	19,9%
18,1 - 26,1	Not good	0%
10 - 18	Very Poor	0%

Based on the results of the data obtained regarding Moral Action from table 6, it can be classified into 3 categories namely very good at 26.9%, both 53.2% and 19.9% sufficient. Meanwhile, for the less and less category, it was 0%.

5. Descriptive Moral Feeling Data

The data obtained can be seen in table 8:

Table 8

Moral Feelings

Total score	Classification	Percentage
46,6 - 55	Very well	41,4%
37,7 – 46,5	Well	48,4%
28,8 – 37,6	Enough	10,2%
19,9 – 28,7	Not good	0%
11 – 19,8	Very Poor	0%

Discussion

Based on the data obtained regarding Moral Feelings it can be classified into 3 categories, namely very good at 41.4%, both 48.4% and quite 10.2%. Meanwhile, for the category of less and less at 0%.

According to [19] morals are divided into 3, namely moral knowing, moral feeling, and moral action. Can be explained as below:

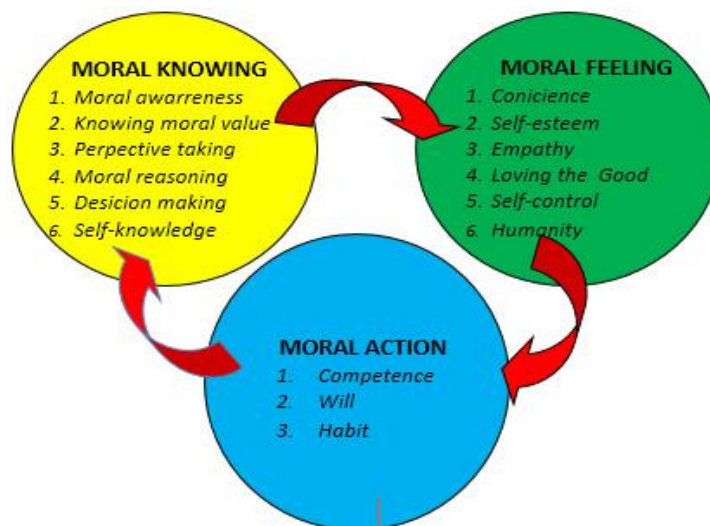


Fig. 1. Moral [19]

Meanwhile, according to [20] there are 3 levels of personal moral development, namely level 1 pre-conventional, level 2 conventional, and level 3

post-conventional (principled). As explained in the picture below:



Fig. 2. Moral Development [20]



Physical activity in moral formation for athletes is very important to be carried out because it is a demand for ongoing life together, orderly and orderly for a progress and changes towards a better direction. Physical activity is one of the factors that can help in the formation of morals and become a trigger in improving good habits [21].

Until now, character education is still a major topic in student problems [22]. A good character education will be able to print quality human resources (HR) and have a strong positive character. If the positive character of the child has been formed, then they already have a mature stock when they go directly and socialize in the community and can balance the current development of science and technology (science and technology) that is developing very quickly. Children can filter their knowledge to produce human resources that are beneficial to society .

There are many types of games that can be used as a means to shape and strengthen the child's character. One of them is a soccer game [23]. This game is done in groups so that it requires discipline, honesty and solid teamwork in order to successfully defeat the opponent. Through this game, the teacher can instill the character of honesty, discipline and cooperation in children. For example, when there is a soccer game students do actions that reflect bad characters such as cheating to tackle other students aggressively so as to cause injury to the players concerned [24]. Another example students tend to be undisciplined and ignore friends when the game takes place so that cooperation is not established properly and leads to defeat [25]

In other research results [24], namely: increasingly the norm in football to kick the ball out of play when a player is, or appears to be, inadvertently injured. Kicking the ball out of play in football represents a particular instantiation of a generally understood fair play norm, the voluntary suspension of play (VSP). In the philosophical literature, support for the VSP norm is provided by [12] who claims that his interpretivist account of sport is helpful for evaluating complex moral issues in sport in general and issues related to injury in football in particular. This paper examines whether Russell's interpretivist-backed account of autonomy can adequately inform football players as to the nuanced and ambiguous moral considerations that arise in relation to the VSP norm. The paper goes on to identify the highly complex dynamic circumstances football players need to consider in order to better discharge their moral responsibilities when faced with inadvertent injuries.

Suggested that children's involvement in football and other sports can help build their

character positively. This is demonstrated in the form of working together with others for the same purpose, including responding to defeat and victory, and can foster positive characters such as courage, humility, patience, and perseverance. Children need to be encouraged to commit to sports as moral practices, which means that they will play as they should be played, not in immoral ways or with negative characters.

When the formation of this character has been done consistently and successfully, we will be able to see changes in the child. The hope is that these children will not only show positive behavior during football games, but they will also show positive behavior in daily life, as well as show that they are capable of upholding the values of society in society.

Based on the results of research and discussion of physical activities for moral forming football athletes, it can be concluded that: (1) Moral Knowing, it can be concluded into 4 categories, namely very good at 3.2%, good at 53.2%, enough for 39.2%, and less at 4.3%. The category difference between very good and good is 50%. Meanwhile, the moderate and insufficient categories had a difference of 34.9%. There is absolutely no or 0% lack for the category. (2) Moral Action can be concluded into 3 categories, namely very good at 26.9%, both 53.2% and 19.9% sufficient. Meanwhile, for the less and less category, it was 0%. (3) Moral Feeling can be concluded into 3 categories, namely very good at 41.4%, good at 48.4% and quite 10.2%. Meanwhile, for the category of less and less at 0%.

Conclusion

Based on the results of research and discussion of physical activities for moral forming football athletes, it can be concluded that:

1. Moral Knowing, it can be concluded into 4 categories, namely very good at 3.2%, good at 53.2%, enough for 39.2%, and less at 4.3%. The category difference between very good and good is 50%. Meanwhile, the moderate and insufficient categories had a difference of 34.9%. There is absolutely no or 0% lack for the category.

2. Moral Action can be concluded into 3 categories, namely very good at 26.9%, both 53.2% and 19.9% sufficient. Meanwhile, for the less and less category, it was 0%.

3. Moral Feeling can be concluded into 3 categories, namely very good at 41.4%, good at 48.4% and quite 10.2%. Meanwhile, for the category of less and less at 0%.

So the results of this study can be concluded that to form a person's character through sports, one of which is through football. Then it can be seen in



the results of the study that physical activity to shape the character of soccer athletes in Pontianak is in the good category.

Athletes must have morals that are formed when doing physical activities such as branching sports that is having knowledge about morals, having feelings about morals and having good moral habits. This can be demonstrated by carrying out physical activities according to the trainer's direction, having a special schedule to carry out physical activity,

teamwork, self-knowledge, the spirit of fairplay competence, decision making, and an attitude of empathy.

Conflict of interest

The authors report that there is no conflict of interest.

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східний район Понтіанак, місто Понтіанак, Західний
Калімантан, Індонезія

Received: 11.08.2020

Принята в редакцію 11.08.2020