

DEVELOPMENT OF PHYSICAL TRAINING PATTERNS AT HUSEIN SASTRANEGARA AIR FORCE BASE TO IMPROVE PHYSICAL FITNESS TO SUPPORT THE TASKS OF THE AIR FORCE

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Abstract

Physical training is a crucial element in preparing Indonesian Air Force personnel to face the high physical and mental demands of their duties. This article examines the development of physical training at Husein Sastranegara Air Base and its impact on improving the physical fitness of personnel. Through a qualitative approach, this study collected data from various sources, including in-depth interviews with physical trainers, personnel, and medical staff, as well as document analysis related to the physical training program. The study results indicate that the development of a structured and scientifically-based physical training program has a significant impact on the physical fitness of personnel. Programs that include cardiovascular, strength, agility, and flexibility exercises, tailored to the operational needs of the Indonesian Air Force, can enhance the overall physical performance of personnel. Moreover, active participation in these programs also contributes to reducing injury rates and improving mental health. The implications of these findings suggest that investment in facilities and resources for physical training, as well as the development of a comprehensive curriculum, are essential steps to support the Indonesian Air Force's mission. This article recommends increased budget allocation and attention to physical training as an integral part of human resource development strategies at Husein Sastranegara Air Base.

Keywords: *Physical Training, Physical Fitness, Indonesian Air Force, Husein Sastranegara Air Base, Physical Exercise Program.*

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INTRODUCTION

Physical fitness is an essential component in supporting operational readiness and the effectiveness of military personnel's duties. In the context of the Indonesian Air Force, optimal physical fitness is essential to face the physical and mental challenges faced in various operations and missions. Husein Sastranegara Air Base as one of the main air bases in Indonesia has a great responsibility in ensuring that its personnel have an adequate level of fitness. The need for high physical fitness is based on various task demands that require optimal stamina, strength, and physical endurance, because a comprehensive program can increase stamina and physical endurance which are very

much needed in military operations. (Anderson & Plecas, (2000). The training program must be structured and continuous. Prasetyo, (2018). A structured and consistent training program is essential to achieving optimal results and ensuring consistent progress. A structured training program allows you to set specific goals and create a clear plan to achieve them. Without structure, it is difficult to measure progress or determine next steps. With a structured plan, you can systematically monitor your progress and evaluate the effectiveness of your training. This allows you to adjust your program as needed and address any challenges that may arise. can include a proper warm-up, core exercises and cool-down. can help prevent injury by ensuring that your body adapts to the training gradually and safely. A good structure ensures that there is variety in your training, which is important to avoid boredom and to work different muscle groups. It can also help to avoid imbalances that can lead to injury. provides a framework and routine that makes it easier to stay motivated and disciplined. Without a clear plan, it is easier to get confused or lose focus.

The physical training program in its implementation is more focused on the process of developing overall physical condition, and is one of the main and most important factors that must be considered as an element needed in the training process to achieve goals. Its main function is to increase physiological functional potential and develop biomotor abilities to the highest degree. (Yudiana et al. 2018). Military operations that often require extra time and energy and difficult environmental conditions, require each personnel to always be in their best physical condition. Physical exercise can provide positive impacts in the form of health and endurance (Knapik et al. 2004). There is a need to continue to develop and update training methods to be more effective and in accordance with the demands of increasingly complex tasks. A structured training program, supported by adequate facilities and competent instructors, The best training program is if the implementation of the program is balanced with competent facilities and instructors. Suryadi (2017). This is the key to success in improving the physical fitness of personnel.

Good physical training not only improves physical abilities, but also has a positive impact on the mental health and morale of soldiers. In addition, regular physical exercise can also reduce the risk of injury and increase the body's resistance to disease. This study aims to identify effective physical training methods and develop training programs that are in accordance with operational needs at Husein Sastranegara Air Force Base. By improving the physical fitness of personnel, it is expected that they can carry out military tasks better and more efficiently, thus supporting the success of the Indonesian Air Force mission as a whole. Effective program implementation is expected to make a significant contribution to improving the quality of personnel physical fitness, which in turn will support the readiness and success of operational tasks. This study recommends increasing budget allocation and attention to physical training as an important part of the human resource development strategy at Husein Sastranegara Air Force Base and optimizing the program to improve personnel physical fitness so as to support operational readiness and other military tasks.

RESEARCH METHODS

method is the method used in this research, by providing a description of several problems and efforts to overcome them based on observations, data collection, literature studies in an effort to analyze the optimization of physical fitness training for TNI AU soldiers to improve physical fitness in supporting the duties of the TNI Air Force. key elements in ensuring the validity and reliability of the results obtained. In the study on the development of physical training at Husein Sastranegara Air Force Base to improve physical fitness to support the duties of the TNI Air Force, the methods used include qualitative and quantitative approaches.

This approach provides a comprehensive picture of the effectiveness of existing physical training programs and allows for the development of programs that are more in line with operational needs. The data collection technique used in the preparation and writing of this taskap manuscript is a qualitative approach method with a review of theory and data collection techniques by collecting data from various literature books, manuals, laws and regulations, guidebooks and internet media related to the subject matter to be used as references.

Table 1. Basics of Organizing Physical Fitness

No	Base	About	note
1.	Implementation Instructions of the Indonesian Ministry of Defense Number Juklak 08/XII/2011	regarding the Implementation of Physical Fitness Tests for Civil Servants of the Ministry of Defense	
2.	TNI Commander Decree Number Kep/1388/XII/2018	Technical Instructions for Physical Fitness Tests for Prospective Indonesian National Army Soldiers	
3.	Decree of the Chief of Air Force Staff Number Kep/326/XI/2019 dated 26 November 2019	Technical Instructions for Physical Fitness Tests in the Indonesian National Army Air Force	
4.	Decree of the Chief of Air Force Staff Number Kep/1000/XII/2017	Indonesian Air Force Implementation Instructions Regarding Physical Training	
5	Decree of the Chief of Air Force Number Kep/718/XII/2013 dated 13 December 2013	TNI AU Technical Manual on Physical Training	

Source: Data Processed by Researchers 202 5

RESULTS AND DISCUSSION

1. Evaluation and Implementation of Physical Development Program

Based on the research results, the evaluation of the physical training program at Husein Sastranegara Air Force Base showed several aspects that need to be improved and enhanced. The current program has been able to provide a fairly good basis in terms of physical fitness, but there are several shortcomings that affect its effectiveness. For example, the frequency and intensity of training are not yet consistent, the lack of variation in the types of training, and the less than optimal use of available fitness facilities. In implementing the fitness program, there are several challenges faced by Husein Sastranegara Air Force Base. One of the main challenges is limited resources, both in terms of trained instructors and in terms of training facilities and equipment.

In addition, the busyness of TNI AU personnel in carrying out operational tasks often results in a lack of time available to follow a fitness program regularly. The success of the physical training program at Lanud Husein Sastranegara can be attributed to several key factors including intrinsic and extrinsic factors based on the results of the study, the researcher developed a basic concept in the development.

physical training in military institutions, in it is conceptualized as a two-story building, each has pillars and foundations that support it to remain sturdy. Regarding intrinsic factors as previously mentioned, in it there are several items consisting of the personal intuition of each soldier who becomes the pillars of strength in the development concept, including goal setting (*goals*), motivation, mentality, discipline and consistency, in contrast to extrinsic factors having three types of pillars that support the roof and upper building, facilities, training programs, and experience (*experience*) are three important factors in the strength of the concept in order to achieve the goal. All of these factors have clear and directed continuity, the training program will not be maximized if the facilities are limited, so the facilities have a role in supporting activities, in order for training to be maximized, various facilities are needed. However, it is more perfect if it is added with various training experiences, *clinical coaching*, participating in various scientific development events, as a form of effort to find *updates* on existing scientific renewal.

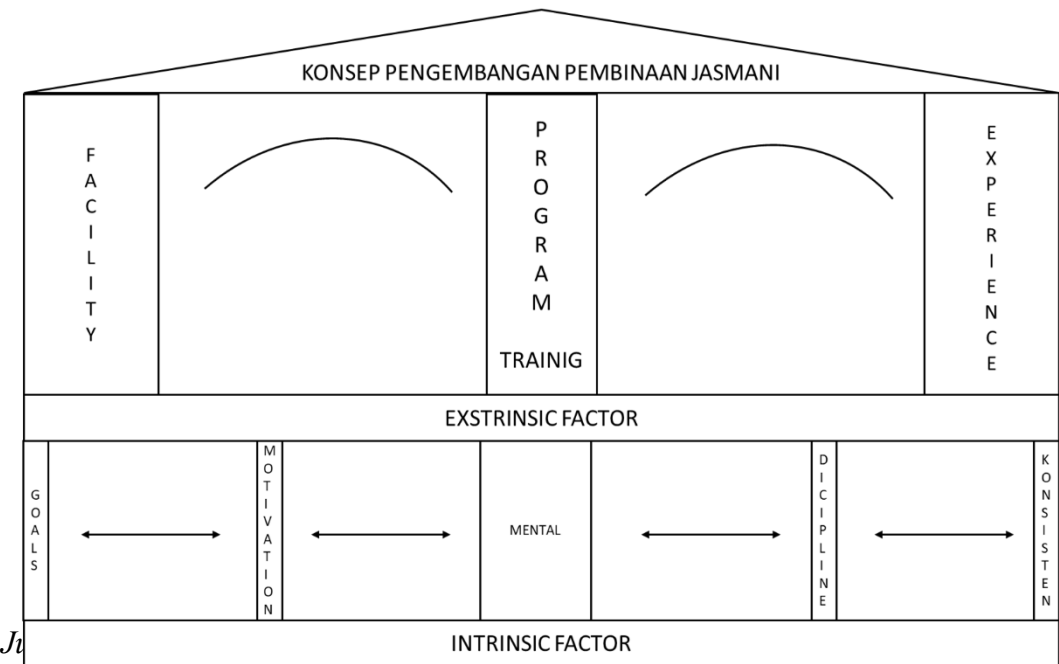


Figure 1 Concept of Physical Development in Military Institutions

Source: Data Processed by Researchers 2025

There are two specific approaches in the results of this study, namely the Structured and Planned Approach. This program is designed based on an analysis of the physical and mental needs of soldiers with a structured approach and based on performance evaluation. Each exercise is adjusted to international military fitness standards, ensuring that personnel get training that suits their needs. Variation in Exercise is also important to ensure overall improvement in various aspects, especially physical fitness, in addition to being able to reduce the level of boredom in Exercise for a soldier. also helps maintain the motivation and interest of personnel in following the program.

2. The Influence of Physical Fitness on Operational Performance

The results of the study showed that there was a positive correlation between the level of physical fitness and the operational performance of TNI AU personnel. Personnel with a good level of fitness tend to have higher physical endurance, better ability to work under stressful conditions, and lower levels of fatigue. Personnel with a good level of fitness are better prepared to face emergency situations and military operations. They have the ability to survive in demanding physical conditions and are able to perform tasks with optimal endurance. This shows that effective physical training is very important to support the operational tasks of the TNI AU.

3. Physical Fitness Program Improvement Strategy

This study also identified several strategies that can be implemented to improve the effectiveness of physical fitness programs at Husein Sastranegara Air Force Base. Some of these strategies include:

- a) Increased Training Frequency and Intensity. Establish a more consistent training schedule with varying intensity to prevent boredom and increase personnel motivation.

FORM OF VARIATION OF TRAINING MODELS



PUSH UP & DIPS



LEG REISES & V -SIT UP

- b) Instructor Training and Development. Improving instructor competency through training and certification so they can provide more effective training guidance.
- c) Leveraging Technology. Using fitness apps and fitness monitoring devices to monitor progress and provide timely feedback to personnel.
- d) Collaboration with Fitness Centers. Forming a partnership with a fitness center or professional fitness institution to provide additional facilities and training programs.
- e) Gradual, directed, and structured implementation of the Concept of Physical Fitness in the Military.

IMPLEMENTATION IN A GRADUAL, DIRECTED MANNER AND STRUCTURED



DYNAMIC HEATING



Development Of Physical Training Patterns At Husein Sastranegara Air Force Base To Improve Physical Fitness To Support The Tasks Of The Air Force

LEADER RUN



The discussion in this article highlights the long-term impact of effective physical training on Indonesian Air Force personnel. In addition to improving operational performance, a good fitness program also contributes to long-term health, reducing the risk of injury, and improving the mental well-being of personnel. This in turn can reduce health care costs and increase overall productivity. Several policy recommendations are suggested to support the development of physical training at Husein Sastranegara Air Force Base:

- a) Establishing Fitness Standards. Develop and implement physical fitness standards that must be achieved by all personnel, with regular evaluations to ensure these standards are met.
- b) Investment in Facilities. Increase investment in fitness facilities and equipment to ensure that all personnel have adequate access to physical exercise.
- c) Integrating Fitness into Operational Schedule. Integrating fitness programs into personnel's daily operational schedules so that fitness becomes an integral part of their duties.
- d) **Physical Fitness Enhancement** is a structured exercise program that helps improve personnel's muscular strength, endurance, flexibility, and aerobic capacity. This enables personnel to perform physical tasks more efficiently and reduces the risk of injury.
- e) Applying, through introduction to various military units, the Concept of Physical Fitness in the Military as the main guideline in improving the quality of the Internal Military, especially in the field of physical fitness.

CONCLUSION

Based on the results of the research that has been conducted, several main conclusions can be drawn. Primarily in the Concept of Physical Fitness Development in the military must be introduced, applied and implemented gradually, directed and structured to improve the quality of human resources within the military because the physical fitness of TNI Air Force personnel at Husein Sastranegara Air Force Base plays a very important role in supporting various operational tasks carried out. Prime physical condition has been proven to increase endurance, mental resilience, and the ability of soldiers to adapt to stressful situations, which are often faced in the context of military duties. Furthermore, the physical training program currently implemented at Husein Sastranegara Air Force Base has good effectiveness in improving the physical fitness of personnel. However, the findings of this study also show that there is still room for further development. Such as the need for adjustments to more personalized training programs, increasing training intensity based on individual needs, and integrating technology into physical training programs to monitor and optimize training progress. Third, this study identified several challenges faced in implementing physical training programs, including limited facilities and resources, as well as variations in personnel motivation and commitment. Addressing these challenges requires a more holistic approach, including providing adequate facilities, improving the quality of instructors, and providing continuous motivation to personnel.

Overall, this study concludes that the development of structured and well-planned physical training at Husein Sastranegara Air Force Base is the key to improving the physical fitness of personnel, which in turn will support operational readiness and the success of the Indonesian Air Force's tasks. This development is not only important for physical fitness, but also to build the mentality and ability of soldiers in facing various demanding situations. Thus, this study provides a strong foundation for further development of the physical training program at Husein Sastranegara Air Force Base. The results of this study are expected to be used as a reference in formulating physical training policies and strategies in the Indonesian Air Force environment as a whole, so that it can support the achievement of optimal and sustainable operational readiness. Although this study has made a significant contribution to understanding the development of physical training at Husein Sastranegara Air Force Base to improve the physical fitness of personnel, there are still many areas that have not been fully answered or require further exploration.

This study has identified several key factors that influence the effectiveness of physical training programs in a military context, but the complex dynamics and other variables may not have been fully captured by this study. Therefore, recommendations for further research are essential to broaden the scope of knowledge and deepen our understanding of how physical fitness can be further optimized to support the operational readiness of the Indonesian Air Force.

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