

Analysis of the Physical Fitness Level of Elementary School Students in terms of Participation in Activities Extracurricular

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Abstract. The fitness level of students who take part in extracurricular sports at Elementary Scholl YPK Kuprik, which is the background of this research, is not known. The formulation of the question is: What is the fitness level of YPK Kuprik Elementary School students? This research is quantitative descriptive research with a survey technique. The sample used students in grades IV, V, and VI who took part in extracurricular activities such as volleyball, futsal, and athletics as many as 46 students. The research instrument used the Indonesian Physical Fitness Test (TKJI), namely the 40-meter running test, hanging elbows, lying down, jumping upright, and running 600 meters. The data analysis technique used percentage analysis with TKJI standards. The results of this study are as follows: (1) Student fitness in moderate volleyball extracurricular, (2) Student fitness in moderate futsal extracurricular, and (3) the level of student fitness in athletic extracurricular is moderate.

Keywords: Physical fitness, Extracurricular, Sports

1 Introduction

Physical education is an integral part of education and is closely related to the emotional, cognitive and psychological well-being of children as the foundation of children's lives [1]. As a means of learning mobility, physical education is an important factor in supporting one's academic success. The need for movement in life is also the goal of physical education. Motor skills are integrated into physical education, into programs, education, among which can provide growth and development of children [2].

Physical Education as a tool for movement learning is handled and supervised by a teacher as a moderator. Programmed, measurable, and regular planning optimizes children's growth and development. Besides that, the contribution of physical education also has a positive impact on physical fitness, motor skills, knowledge and healthy living behavior, sports attitudes, inherent emotional intelligence [3].

This, it can be understood that physical education is part of an educational program planned by teachers who become cheerleaders with the aim of developing physical fitness, motor skills, and life behavior. healthy, emotional intelligence attached to sportsmanship. Good planning is said to produce quality learning. Learning quality physical education at the school level is one of the expectations of the community to be able to improve children's physical fitness and improve various skills in the fields of sports and physical education.

As explained earlier, physical education enables physical development. Physical fitness is one indicator of academic success in gymnastics. Fitness is a human need to maintain health and quality of life [4]. The ability of a person's body to adapt to the burden of daily activities without causing a physically significant level of fatigue [5].

Physical condition can also be used as an indicator of a person's state of health. Because if you are in good condition, the percentage of healthy people will be higher. That is, people can accept daily or regular loads so that they can do other activities without fatigue. Within 24 hours, humans move to meet the needs of life from daily routines. people can accept daily or regular loads so that they can do other activities without fatigue.

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With their physical development, children will definitely be ready for daily activities at school and at home.

Good physical condition will also optimize the function of receiving external stimuli from the organs in the child's body. Because fitness consists of several components, namely muscle endurance, cardiovascular endurance, muscle strength, agility, flexibility, balance, speed of movement and reaction, coordination and body

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composition [6]. from an early age, even at elementary school age. With regular and structured exercise, children's fitness will increase. Because physical fitness is also formed from the conditions and habits of children in carrying out daily activities. This has an impact on children with low fitness levels and will be hampered in the learning process which leads to less than optimal academic achievement [7]. For this reason, special attention must be paid to physical education and extracurricular activities in child's physical development.

School is one of the educational institutions that organizes physical education learning with the aim of improving physical fitness. Given the importance of physical fitness for students, this should be a special concern for PJOK teachers in learning, in line with research conducted by [8]. In addition to academics, physical development is also supported through extracurricular activities [9]. Thanks to the extracurricular development of physical fitness, it is possible to carry out activities in the form of sports. Extracurricular activities aim to develop children's potential to become creative, disciplined, responsible and ethical human beings in physical development, physical education and health [10].

The extracurricular program at Elementary Scholl YPK Kuprik includes various extracurricular activities. Although in general the extracurricular activities at Elementary Scholl YPK Kuprik are scouts, Elementary Scholl YPK Kuprik has additional extracurricular activities, namely: volleyball, futsal and athletics. The extracurricular activities were responded to enthusiastically by the students, with transplant extracurricular activities continuing. This is what underlies the researchers to test the fitness at Elementary Scholl YPK Kuprik, because it has extracurricular activities that are different from scouts. Researchers tried to test the level of fitness for grades IV, V, and VI of Elementary Scholl YPK Kuprik in terms of extracurricular involvement. In addition, there is no data on the physical condition of the students of Elementary Scholl YPK Kuprik, meaning that the teacher does not assess the physical condition of the students. This is due to the lack of knowledge of physical education teachers in conducting physical fitness tests in Indonesia. So that through this research it is hoped that it can provide information and knowledge about fitness which is very important for children's growth and development.

Method

This research variable uses a single variable, namely physical fitness as the dependent variable. This study uses a survey method with an experimental research approach. The test used in this study is the Indonesian Physical Test (TKJI) with validity criteria for men of 0.884 for women, 0.897 and a confidence value of 0.911 and for women of 0.942 (Country). The TKJI prediction is a form of several tests that will describe the child's physical condition by conducting tests: (1) 40 meter running test, (2) hanging elbow, (3) lying position, (4) standing jump, and (5) 600 running meters. The time of the research is the mid-event semester of the 2021 academic year. The research was carried out for 3 days at YPK KUPRIK Elementary School Class IV, Class V

and Class VI with a total of 46 students. The sampling technique used the total sample with the reason that the sample was included in the subgroup of less than 100. In addition, the data obtained was interpreted through a table with the evaluation of the test results converted to a table from TKJI.

2 Results and Discussion

After conducting research by carrying out the Indonesian physical fitness test, the research variables obtained research data. Then the results of the study are presented in the following table:

Table 1. Volleyball Extracurricular TKJI Results

No	Interval	Category	Frequency	Percentage
1	22-25	Very Well	0	0%
2	18-21	Good	2	12,5%
3	14-17	Currently	14	87,5%
4	10-13	Not enough	0	0%
5	5-9	Not Much	0	0%
Total			16	100%

Table 1 shows the highest frequency in the medium standard with 14 students at the 87.5% level. Thus, it can be concluded that the fitness level of the volleyball extracurricular participants is moderate.

Table 2. Futsal Extracurricular TKJI Results

No	Interval	Category	Frequency	Percentage
1	22-25	Very Well	0	0%
2	18-21	Good	3	15%
3	14-17	Currently	17	85%
4	10-13	Not enough	0	0%
5	5-9	Not Much	0	0%
Total			20	100%

Table 2 shows the highest frequency in the medium standard with a total of 17 students at the 85% level. Therefore, it can be concluded that the physical fitness of the futsal extracurricular participants is in the moderate category.

Table 3. Athletics Extracurricular TKJI Results

No.	Interval	Category	Frequency	Percentage
1	22-25	Very well	0	0%
2	18-21	Good	2	20%
3	14-17	Currently	8	80%
4	10-13	Not enough	0	0%
5	5-9	Not much	0	0%
Jumlah			10	100%

Table 3 shows the highest frequency in the medium standard with a total of 8 students for the 80% level. Thus, it can be concluded that the fitness level of the

athletic extracurricular participants is in the moderate category.

Physical fitness is one of the components of the body that is used as an indicator to assess whether the body is fit or not. Good physical fitness is considered as the basic capital for children to be able to live daily life with enthusiasm and without feeling tired. From the results of the study, it is known that the physical condition of the children is included in the YPK Kuprik Elementary School group. Weaknesses observed in extracurricular activities are moderate. This is reinforced by the problems that researchers encountered with observation. The gap between expectations and reality is highlighted in the results of this study.

Children's habits at school, especially walking and cycling, do not improve their physical fitness. In fact, children behave less enthusiastically in carrying out the learning process. Children often feel tired and sleepy during the learning process. According to the researcher's hypothesis, the physical supporting factors of children are not only felt from the children's school habits. However, fitness must be seen from the totality of children's activities in daily life. It is possible that children who cycle or walk are less physically active in daily life.

Judging from the academic results, almost all students who take part in extracurricular activities are at a moderate level of fitness. In fact, students who participate in extracurricular activities are actually more physically active than students who do not participate in extracurricular activities. However, according to the results of the study, the students were not physically fit, but only on average. Factors that affect the physical child is different. However, what can be seen and explained from the results of this study is that children's daily lives at home tend to be passive in moving. This is due to the influence of children's playing habits, ease of movement and nutrition, which can also affect physical fitness.

Clarity is also reflected in student activities during school breaks. Children tend to be more passive in their activities and prefer canteens and classroom conversations. Break time is rarely used to play in the school yard, playing traditional games, running, playing ball is also rarely found in schools. As a result, the child's activity is reduced. This can affect the physical condition. Food factors also affect physical health, because in terms of food, students are currently very diverse and diverse and most of them belong to the fast food group. Fast food affects children's fitness because it will affect their nutrition. Furthermore, students participate in extracurricular activities that they are not fully mastered.

Students tend to be pressured by their parents to participate in extracurricular activities at school. This can affect the child's boredom and disinterest in extracurricular activities. Therefore, in extracurricular activities, children are not enthusiastic and lazy to participate in extracurricular activities. Thus, the physical development of children will not develop with extracurricular activities. Physical fitness is needed in schools to support the successful completion of the

learning process in a day. Good physical fitness is expected to provide good quality learning to children by not feeling tired and energetic in the learning process. Referring to the learning outcomes, make an assessment document so that educators, especially PE teachers at YPK Kuprik Elementary School, pay more attention to the physical health of children.

3 Conclusion

Based on the results and discussion above, it can be concluded that the fourth, fifth and sixth grade students of Elementary Scholl YPK Kuprik who take extracurricular activities have a moderate level of physical fitness. This is due to outside participation in extracurricular factors. So, it can be concluded that the level of physical fitness of the fourth, fifth and sixth graders of Elementary Scholl YPK Kuprik in terms of extracurricular activities is in the moderate category

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