

Available online at: <http://journal.unj.ac.id/unj/index.php/gjik>
Gladi: Jurnal Ilmu Keolahragaan 15 (04) 2024, 500-507
Permalink/DOI: <https://doi.org/10.21009/GJIK.154.07>

SURVEY OF PHYSICAL FITNESS LEVELS OF CLASS V AND VI STUDENTS OF JATIBATUR I STATE PRIMARY SCHOOL

Kukuh Yusuf Kurniawan¹, Eko Sudarmanto²

¹²FKIP, Universitas Muhammadiyah Surakarta
Jl. A. Yani, Pabelan, Kartasura, Sukoharjo, Jawa Tengah 57169 Indonesia

Corresponding author. Email : a810200034@student.ums.ac.id

(Submission Track: Received:01-07-2024, Final Revision: 29-12-2024, Available Online:31-12-2024)

Abstract Factors that influence physical fitness include lifestyle, diet, habits, training factors and many more. This research was motivated by the absence of data on the level of physical fitness of students at SD Negeri Jatibatur 1, Gemolong District, Sragen Regency. So this research aims to determine the level of physical fitness of students at SD Negeri Jatibatur 1, Gemolong District, Sragen Regency. The subjects in this research were 28 students in grades V and VI, consisting of 14 male students and 14 female students. The research method used in this research is a test survey method, using the Indonesian physical fitness test instrument. The Indonesian physical fitness test (TKJI) includes a 40 meter sprint, hanging bent elbows, lying down for 30 seconds, jumping upright and a long run of 600 meters. The data analysis technique in this research uses standard physical fitness norms from TKJI to measure students' physical fitness levels. The results of this study obtained a classification for the level of physical fitness of students class V and VI, most of which were in the medium category, 14 children (50%), the poor category, 9 children (32.1%), the good category, 4 children (14.3%), the 1 child (3.6%) is very poor, and 0 children (0%) are in the very good category. The conclusion of this research is that the level of physical fitness in class V and VI students at SD Negeri Jatibatur 1, Gemolong District, Sragen Regency is in the medium category. The researcher's suggestions for physical education teachers and schools are to improve and implement programs oriented towards fostering and improving students' physical fitness.

Keywords: survey; physical; fitness



INTRODUCTION

Education is basically every person's need in life. Likewise with physical education taught in schools. Physical education seeks to achieve educational goals through physical activity and fostering healthy living. Sport has an important role in human life, in the information and technology era, sport is developing into an economic and industrial commodity (Indarto, Subekti & Sudarmanto, 2018). Physical fitness is the forerunner of physical fitness in general, one aspect of a person is the state of their physical appearance (Subekti Nur, 2018). Physical fitness or often called physical fitness is a person's ability to carry out daily tasks and work diligently and alertly without experiencing significant fatigue, and still having energy reserves to fill free time and face unexpected emergencies. Physical fitness is an aspect that is important for every person to have (Nurhidayat, Triadi & Fathurrahman, 2020).

In the physical education learning process, teachers must be able to teach various basic movement skills, techniques and strategies for games and sports as well as the values of sportsmanship, honesty, cooperation and

the habit of adopting a healthy lifestyle. The implementation is not through conventional teaching in the classroom which is a theoretical study, but involves physical, mental, intellectual, emotional and social elements. Through physical education, students are expected to gain various experiences to express personal impressions that are fun, creative, innovative, skilled, improve and maintain physical fitness and understanding of human movement. According to Rusli Lutan (2001: 2), the aim of physical education is to understand the concept of physical fitness and physical activity to achieve a healthy state. The aim of physical education is to provide opportunities for children to learn various activities that foster and develop children's potential, both in physical, mental, social, emotional and moral aspects (Achmad Paturusi, 2012: 12).

A balanced diet and nutritional intake is very important to maintain and improve students' physical fitness levels. Proper nutrition not only provides the energy necessary for physical activity, but also ensures optimal growth and development. A balanced diet, which includes a healthy mix of carbohydrates, protein, healthy fats, vitamins, and

minerals, helps increase endurance. That way, students' bodies will be healthier and fitter to carry out daily activities as well as sports and physical education activities at school.

Stress management and adequate rest are very necessary to maintain optimal levels of physical fitness. Along with the demands of studying and extracurricular activities, students often face stress that can have a negative impact on their health. Effective stress management, such as relaxation techniques or exercise helps reduce tension and improve mental wellbeing, which in turn supports physical fitness. In addition, adequate rest is very important for the recovery of students' bodies and brains after activities. By maintaining a balance between studying, resting, and managing stress, students can maximize their academic potential and overall health.

The surrounding environment as a place to live has a significant influence on maintaining and improving physical fitness. Jatibatur 1 Gemolong State Elementary School is located in a rural area, precisely in Jatibatur village, Gemolong District, Sragen Regency. The geographical location of the village is a winding road, in a rural area and

there are still many plantation areas and rice fields. The school has many students who come every day to study. Children's economic levels also vary, because their parents work as farmers, traders and employees.

Apart from that, children's activities at school and outside school are also different, with this situation the level of physical fitness of children varies greatly. This is proven when physical education is taught at school. There are some children who have only been doing activities for a while and are already tired and complaining, but there are also children who can still take part in learning at school until the set school hours without experiencing fatigue or drowsiness. According to Sunarto et al (2013: 4) every individual has traits and characteristics or innate characteristics (heredity) and characteristics obtained from environmental influences. According to Rusli Lutan (2000: 2) the aim of physical fitness is that the physical education program is comprehensive, because it includes not only physical aspects but also other aspects which include intellectual, emotional, social and moral aspects with the aim that in the future the young person will become someone who

believes in self, disciplined, healthy, fit, and live happily.

Based on the results of observations carried out at SD Negeri Jatibatur 1, it was found that many students still did not pay enough attention to the importance of doing sports activities. This could result in teenagers' poor physical fitness and make them easily tired when carrying out daily activities. This is possibly caused by the lack of time that teenagers have to do physical activities and the lack of understanding by teenagers about how important it is for them to maintain physical fitness. Apart from that, physical fitness tests have never been carried out on students at SD Negeri Jatibatur 1 Gemolong.

Therefore, the researcher tried to measure the level of physical fitness of teenagers using the Indonesian Physical Fitness Test (TKJI) instrument and hoped that the method used by this researcher would be able to answer the problems that occur among teenagers, especially students in grades V and VI of SD Negeri Jatibatur 1. With these problems, the researcher will conduct research on "Physical Fitness Level Survey of Class V and VI Students of

Jatibatur 1 State Elementary School, Gemolong District, Sragen Regency".

METHOD

This research is a type of quantitative research with a descriptive approach. The population in this study were students at SD Negeri Jatibatur 1, Gemolong subdistrict, Sragen district, totaling 74 students. The sample used in this research was all students in grades V and VI of SD Negeri Jatibatur 1 Gemolong, totaling 28 students. The sampling technique in this research used the purposive sampling method.

The technique in this research uses test and measurement instruments using the Indonesian Physical Fitness Test (TKJI). The Indonesian physical fitness test (TKJI) is a benchmark for measuring the level of physical fitness in the form of a series of test items which is one of the benchmarks for determining a child's level of physical fitness which is classified according to the child's age.

The Indonesian physical fitness test or what is usually called TKJI is divided into 4 groups of test instruments which are differentiated according to age groups, namely: Indonesian physical fitness test (TKJI) aged 6-9 years, Indonesian physical fitness test (TKJI)

10-12 years old, test Indonesian physical fitness (TKJI) aged 13-15 years, and Indonesian physical fitness test (TKJI) aged 16-19 years. The Indonesian physical fitness test (TKJI) consists of several series of tests, namely sprinting, sitting down (sit ups), hanging bent elbows test, vertical jump and long distance running. The aim of this test is to determine the level of physical fitness in class V and VI students at SD Negeri Jatibatur 1 Gemolong Sragen. In this study, the researcher chose TKJI as the instrument for obtaining data. In this study, researchers used the Indonesian physical fitness test instrument (TKJI) aged 10-12 years with several series of tests which include:

1. Run 40 meters
2. Hang bent elbows
3. Lie down and sit for 30 seconds
4. Jump upright
5. Run 600 meters

Data analysis uses descriptive quantitative with percentages to determine the level of physical fitness in accordance with Indonesian physical fitness test norms aged 10-12 years. Rough results which are still different units of measurement need to be replaced with the same units of measurement. The replacement unit of

measurement is “value”. The rough results of each test item are converted into a value, the next step is adding up the values of the five test items. The summed results become the basis for determining the classification of a child's physical fitness using the Indonesian Physical Fitness Norms.

The data obtained was then analyzed using percentage analysis. Once the basic physical fitness level of each test participant is known, you will be able to find the percentage for each category using the percentage formula. Therefore, the formula used in the data analysis technique uses the percentage formula according to Anas Sudijono (2008: 43) as follows:

$$P = \frac{f}{N} \times 100 \%$$

Information:

P: Percentage sought

F : Frequency

N: Number of Individuals

RESULT AND DISCUSSION

This research aims to determine the level of physical fitness of students in classes V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency. The physical fitness test uses the TKJI test with 5 measurement test

items, namely running 40 meters, hanging bent elbows, sitting down for 30 seconds (sit ups), jumping upright (vertical jump) and running 600 meters.

The results of the research for each measurement test obtained the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency. In this study, a description of the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency as a whole can be seen in the table below:

Table 1. Description of physical fitness level

Classification	Intervals	Frequency	Percent
Very Well	22-25	0	0,00%
Good	18-21	4	14,3%
Currently	14-17	14	50,0%
Not Enough	10-13	9	32,1%
Very Little	5-9	1	3,6%
Total		28	100%

When displayed in graphic form, it can be seen in the image below:

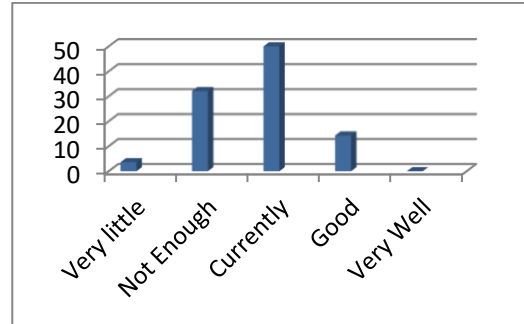


Figure 1. Physical fitness level diagram

Based on the table and picture above, it is known that the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency, is mostly in the Medium category, 14 children (50%), followed by the Poor category, 9 children (32.1%), category 4 children (14.3%) were good, 1 child was in the Very Poor category (3.6%), and none were in the Very Good category. These results can be concluded that the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency is Medium.

A person's physical fitness can be influenced by a person's daily physical activity and lifestyle. The results above mean that the majority of students have sufficient activities to support children's physical fitness. Elementary students are students who are active in activities, thus student

activity at school and outside school indirectly increases physical fitness, which is in line with increasing physical fitness. then his physical fitness will increase. The amount of physical activity you do every day will improve your physical fitness. In order to achieve good physical fitness, there needs to be activities that must be carried out to improve students' physical fitness, for example doing sports activities regularly.

CONCLUSION

Based on the results of the research and discussion regarding the survey of the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency, the researcher can draw the conclusion that the physical fitness level of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency is mostly in the moderate category there were 14 children (50%), followed by the Poor category with 9 children (32.1%), the Good category with 4 children (14.3%), the Very Poor category with 1 child (3.6%), and no some are in the Very Good category. These results can be concluded that the physical fitness level

of students in grades V and VI of SD Negeri Jatibatur 1, Gemolong District, Sragen Regency is Medium.

SUGGESTION

Based on the conclusions, the suggestions that can be concluded by researchers are as follows:

1. For students who still have less or less physical fitness, they should improve it further through regular exercise.
2. Students should get used to a healthy lifestyle by eating nutritious food and maintaining a clean environment to support the achievement of physical fitness.
3. Teachers should always control the physical fitness level of their students, so that those who are lacking can be improved.
4. Parents of students are expected to play an active role in maintaining and improving their children's physical fitness. By providing examples and inviting children to do sports activities so that children get used to physical activity.

REFERENCES

- Indarto, P., Subekti, N., & Sudarmanto, E. (2018). Pengukuran Tingkat Minat dengan Bakat Mahasiswa Pendidikan Olahraga Universitas

- Muhammadiyah Surakarta. *JSES: Journal of Sport and Exercise Science*, 1(2), 57-61.
- Nurhidayat, N., Triadi, C., & Fathurrahman, F. (2020). Tingkat Prestasi Akademik Ditinjau Dari Kebugaran Jasmani (Vo₂ Max) Mahasiswa. *Jurnal Porkes*, 3(1), 26-30.
- Jariono, G., Subekti, N., Indarto, P., Hendarto, S., Nugroho, H., & Fachrezzy, F. (2020). Analisis kondisi fisik menggunakan software Kinovea pada atlet taekwondo Dojang Mahameru Surakarta. *Transformasi: Jurnal Pengabdian Masyarakat*, 16(2), 133-144.
- Subekti, N. (2018). Tingkat Kebugaran Fisik Dasar Mahasiswa Pendidikan Olahraga Fkip Ums Angkatan Pertama Tahun 2017. *Juara*, 4(2), 267713.
- Faqih, A., & Hartati, S. C. (2017). Survei Tingkat Kebugaran Jasmani Siswa Kelas IV dan V Sekolah Dasar Se-Gugus Selatan Kecamatan Plumpang Kabupaten Tuban. *Jurnal Pendidikan Olahraga dan Kesehatan*, 5(3), 385-390.
- Sari, D. N. (2020). Tinjauan kebugaran jasmani siswa sekolah dasar. *Jurnal Sporta Sainika*, 5(2), 133-138.
- Oktaviani, N. A., & Wibowo, S. (2021). Survei tingkat kebugaran jasmani siswa smp negeri di Madiun. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 9(1), 7-18.
- Arifandy, A., Hariyanto, E., & Wahyudi, U. (2021). Survei tingkat kebugaran jasmani siswa SMP. *Sport Science and Health*, 3(5), 218-234.
- Sari, D. A., & Nurrochmah, S. (2019). Survei tingkat kebugaran jasmani di sekolah menengah pertama. *Sport Science and Health*, 1(2), 132-138.
- Damsir, D., Idris, M., & Rizhardi, R. (2021). Survei Tingkat Kebugaran Jasmani Pada Siswa Sekolah Menengah Pertama. *JOLMA*, 1(1), 41-53.
- Rachman, G. F. N., & Nasution, J. (2017). Survei Tingkat Kebugaran Jasmani Siswa Cerdas Istimewa Angkatan Tahun 2014 dan Angkatan Tahun 2015 SMA Negeri 1 Krian. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 5(1), 44-48.
- Fenanlampir, A., & Faruq, M. M. (2015). Tes & Pengukuran Dalam Olahraga. Yogyakarta: CV Andi Offset.