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SURVEY LEVEL OF UNDERSTANDING OF PHYSICAL ACTIVITY AND PHYSICAL ACTIVITY LEVEL AND ANTHROPOMETRIC STATUS

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Abstract Students of Physical Education Health and Recreation Faculty of teacher training and education are prepared to become competent educators in the field of sports. One of the skills competencies required is understanding and skills in measuring physical activity levels, understanding physical activity and anthropometry. The purpose of this study was to determine and understand the measurement of physical activity, understanding of physical activity and anthropometric status of students of Physical Education Health and Recreation FKIP. This study is *cross-sectional research* on students who administer the test and measurement of sports. Understanding of the level of physical activity measured by the test method, the level of physical activity was measured using a questionnaire GPAQ (*global Physical Activity Questionnaire*) and body type or somatotype was measured based on the *health Charter Manual*. Then the data is processed in a descriptive and correlation Person to determine the relationship between the level of understanding of physical activity, physical activity level and anthropometry using SPSS. The results showed that in all students who manage the course of sports tests and measurements have a good level of physical activity with a GPAQ score an average of 7248.13 ° 2420.5 METs. Correlation test showed positive correlation between the level of understanding of physical activity and physical activity level correlation $p < 0.05$.

Keywords: physical activity, physical activity level, anthropometry



INTRODUCTION

The success of athletes in the field of achievement is not only viewed from their skills and techniques but also from a good anatomical profile or anthropometric (Faqih et al., 2023). To obtain profil the anatomical profile is required a aktifitas physical activity that is appropriate and directed (Safiraputri & Widodo, 2021). as a prospective pendidik sports educator, students Jasmani of recreational Health Physical Education Programs need to have a good of understanding of measuring physical activity levels and anthropometric status. By having a good understanding of a sports educator can manage his students so that they have anthropometric.

Anthropometric is a part of anatomy that studies the measurement of the human body as well as the determination of a person's body type (Beno et al., 2022) anthropometry is a set of data related to a person's physical characteristics, such as body size and shape (Sajid et al., 2023) in the development of sports science anthropometric techniques develop to determine the status of anthropometry in the field of certain sports. In the Physical Education Health and Recreation

students are required to administer the test and measurement courses in which the understanding of anthropometry is also necessary for an understanding of the level of measurement of physical activity and anthropometric status are needed to carry out an evaluation on athletes in order to support the optimization of an athlete's achievements. Students are expected to be able to have the skills to carry out tasks with predetermined goals, but the skills themselves can be interpreted as goals and the ability to take action (Muhammad Firdaus et al., 2022). This level of understanding needs to be correlated with the implementation of efforts to increase physical activity balance. (Shelemo, 2023)

Physical activity is a movement performed by the muscles of the body and its supporting systems (Burhaein, 2017). Physical activity is an activity that causes an increase in energy needs by the body beyond resting energy. This physical activity is also called external activity, which is where the use of this energy or calories ini to perform physical activities, such as walking, running and exercising (Kusumo, 2020). physical activity requires different energy depending on the intensity and nature of

muscle work. Physical activity can improve functional ability and reduce oxygen needs. During physical activity muscles need energy outside of metabolism to move, the amount of energy depends on how heavy the work is done.

An athlete in general has a fairly high level of physical activity, physical activity measurement very important as a form of evaluation of exercise programs conducted (Sugihartono et al., 2021). Apart from having good technique and mental level, physical condition is also very much needed to support achievement (Ratnyono et al., 2022). This is the most basic component that athletes must have.

Various techniques can be used to measure a person's physical activity. The instruments in this study used questionnaires *Global Physical Activity Questionnaire* (GPAQ) (Zar'in & Arovah, 2021) The advantage of using this instrument is that it is fast in terms of time and cost and can be done en masse and has been validated by several countries including in Indonesia, but this instrument has a disadvantage in the questionnaire, which is dependent on the ability of the subject to recall habits in detail, besides that this questionnaire is

also difficult to conform qualitative physical activity information into quantitative data (for example, playing ball for 30 years). This minute is qualitative information) (Calories / training time is quantitative data). This conversion, therefore depends on activity factors and intensity factors called *Metabolic Equivalents (METs)*. Results of the analysis of physical activity levels according to (Stelmach, 2018) were classified into three groups, the first was high activity which reached 1500 METs/week to 3000METs, the second was moderate physical activity level which reached 600 METs/week and low physical activity that did not meet the criteria criteria of HE UP.

METHOD

This study is a *cross-sectional observation study* on 30 students who took the test and measurement of exercise courses in the program of Physical Education Health and Recreation studies FKIP UKK. On the subject of this study is the measurement of the level of physical activity understanding of the level of physical activity and anthropometric status. Assessment of the level of understanding by metode test methods. The results were

evaluated based on the grid answers to produce a score in the form of percentage of understanding with a score of 0% to skor100% score. Physical activity levels were measured by activity measurement questionnaires from GPAQ *Global Physical Activity Questionnaire*. data on the level of understanding and the level aktivitas of physical activity and anthropometric were processed descriptively and correlated using correlation analysis to see the relationship between the level of understanding and the of physical activity, and anthropometric status with the SPSS program

RESULT AND DISCUSSION

This research was conducted one class Jasmani of Health and Recreation Physical Education Study Program Rekreasi (PJKR) that manages the test and Sports measurement courses Olahraga. from the class, there were 30 students consisting of 17 women and 13 men. The class was given material on the of physical activity, anthropometric status, as well as the of energy adequacy and its measurement. At each meeting session a test is given to determine the understanding of the material that has been presented.

Measurements on the level of physical activity were carried out using the GPAQ questionnaire and obtained hasilan average result of 7248.13 ° 2420.58 METs with skor the lowest score of 3800.00 METs and skor the highest score of 11800, METs shown in Figure 1.

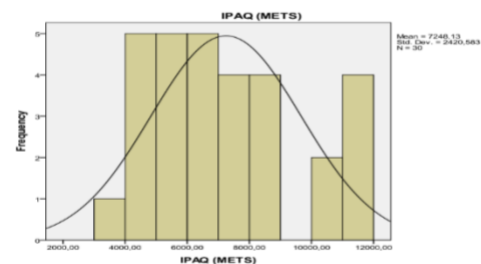


Figure 1. Physical activity Level

After being given the material onthe of physical activity a measurement was made of the level of understanding of the material that had been presented the results were known that the students ' understanding of the level of physical activity obtained average score of 70.83 ° 10.09 with the lowest score of 50% and the highest score of 85% shown in Figure 2.

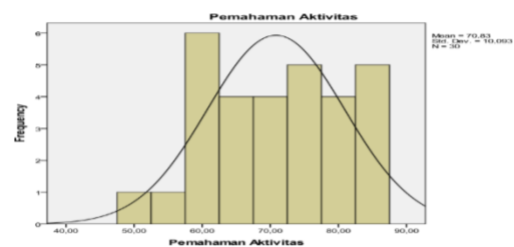


Figure 2. Understanding aktivitas physical activity

The correlation between the of physical activity and understanding of physical activity shows that there is a positive relationship between the understanding of physical activity with the of physical activity where the higher the understanding of physical activity, the higher the level of physical activity of students, this is evidenced by correlation analysis which shows angka sebesar 0,902 a number of 0.902 means that there is a positive correlation between the understanding of physical activity and the of physical activity.

Students Jasmani of Health and Recreation Physical Education Rekreasi (PJKR) are required to understand and be able to measure the of physical fitness, of physical activity, type of body shape or somatotype are expected to be able to manage their students in order to have optimal anthropometric. It is known that the success of an athlete must be supported by good anthropometric status (Nanda Aghni Ridwan et al., 2023) as well as teacher motivation, the encouragement given to students' positive behavior can make students happy and motivated so that they try to repeat it again and make it better than

their previous achievements. (Eka et al., 2022).

CONCLUSION

From the results obtained, it can be concluded that the students Jasmani of who administer the kuliah test and measurement courses of FKIP UKK have a good understanding of physical activity and of physical activity, but in this case, efforts are still needed to improve students' skills in applying the knowledge yang gained into a practical activity.

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