

Physical Literacy First Student School (SMP) 2019 at City of Gorontalo

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Abstract

This study aims to look at the extent of physical literacy students junior high schools (SMP) as the city of Gorontalo. Subjects were students of Junior High School in the city of Gorontalo, amounting to 247 people consisting of 192 men and 55 women. Merdeka Stadium research location January 23 Gorontalo. The type of research is descriptive, evaluative research method. Namely research instruments; sprint test, pull-ups, sit-ups and jumping upright and medium run. Sprint is done to know the speed level of students within a certain distance. Pull up, to know the arm strength of students is realized through frequency lifting his own body. Sit up, is a test to determine the strength of the abdominal muscles students are characterized by frequency. Lencat upright is a test to determine the student's explosive power leg muscle by doing the highest jump. Running was a run that maintain the stability and accuracy of the current step being hurried to flee. Furthermore, the results showed that physical literacy junior high school students as the city of Gorontalo divided into 4 categories namely less, less and being as well as good. Category Less Once 16 people or 6.18%, less than 145 categories of persons or 58.70%, and the category were as many as 69 people or 27.94%, and the category of either 17 or 6.88%.

Keyword: *Literacy fisik junior high school students*

Background

As mandated by Law on National Education System Article 37 mandates that physical education, sports, and health is emphasized to encourage physical growth, psychic development, motor skills, knowledge and reasoning, appreciation of the values (mental attitude, emotional, sportsmanship, spiritual, and social) and habituation to a healthy lifestyle is geared to stimulate the growth and development of physical and psychological qualities are balanced.

Nature of physical education, sports, and health are given in schools to form a "human being educated physically (physically educated person)". National Standards for Physical Education (NASPE) as quoted by Michel W. Metzler (2005) describes this figure can meet the

standard requirements: (1) Demonstrate the ability to motor skills and movement patterns needed to display a variety of physical activity, (2) Demonstrate understanding of the concept of motion, principles, strategies, and tactics as they apply in the learning and performance of a variety of physical activities, (3) Participate regularly in physical activity, (4) to achieve and maintain improved health and degree of fitness (5) shows the personal and social responsibility in the form of respect for ourselves and others in an atmosphere of physical activity, and 6). Appreciate physical activity for health, enjoyment, challenge, self-expression and or social interaction.

Subjects of Physical Education, Sport and Health including group B subjects in the curriculum structure in 2013, the group of subjects whose content is developed by the center and equipped with local knowledge content developed by local governments. In the structure of the curriculum subject allocation PJOK 3 hours of lessons each week, in which the allocation of each class time learning hours are the minimum amounts that can be added according to the needs of learners. Curriculum Structure 2013, subject PJOK have contributed content to develop the competence of movement and a healthy lifestyle, and gives color to the nation's character education and habituation to a healthy lifestyle that is geared to stimulate the growth and development of physical and psychological qualities are balanced.

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To know one's physical development can be assessed through physical literacy. Whitehead, in Jacqueline Goodway (2018), says that physical literacy is a description of the physical fitness of a person or group of people. Literacy is a guarantee someone's physical activity. The higher the level of literacy physical person or a group of people getting better the productivity. , Lisa barner (2018) says that literacy Physical provide an opportunity for us to think about all the factors that help individuals to move: the physical, psychological, cognitive, and social. This means that if we want to create a productive human resource then that needs to be addressed is the level of one's physical literacy through sport.

In accordance with the explanation Freeman (2007) states that physical education using physical activity to produce an overall enhancement of the quality of the physical, mental, and emotional learners. Physical education treats every student as a unified whole, no longer regard the individual as the owner of a separate body and soul, so are considered may affect each other. Meanwhile, Marilyn M. Buck and colleagues (2007) translates physical education as the study, practice and appreciation for the art and science of human movement (human movement). Physical education is part of the overall educational process. The motion is in the nature and it is a basic feature of human existence as a living being. This means that human beings can be regarded as perfect as it can be running, jumping and throwing.

This study aims to determine the fitness level of junior high school students as the city of Gorontalo after following study physical education in school sports and health respectively. The results of this study will be used as guidance for the improvement of teaching climate especially learning sports physical education and health at each school. In addition the results of this study as well as a warning to teachers of sports to be more serious in performing the task. This is in line Arikunto opinion (2006) which says that the scope of the evaluative research include the curriculum, educators and learners.

Method

The method used in this study is an evaluative method. According to Borg and Gall (2003) evaluation is the process of making judgments about the benefits, value, or balance of educational programs. The evaluation usually begins with a person needs to take decisions on policy, management, or a political strategy. Evaluation activities are designed to generate data on value, service, or the value of educational phenomena. Evaluative research is basically used to examine the success of a program included in the scope of education.

The study involved 247 junior high school students as the city of Gorontalo divided two groups, 192 men and 55 women aged 13-15 years, spread in 20 School. At this stage the child / student seeks increasingly want to know who she is by comparing themselves with peers. If the process without guidance, the child will tend to be difficult to adapt to its environment. For that schools have a responsibility to mitigate them.

The data collection technique is to test the fitness level of each individual with the kind of test that tests sprint, test pull-ups, sit-ups test, vertical jump test and run medium.

Results

The results showed that all students who entered the study shows that different physical literacy with different values. In general, the results menunjukkan that students who become motorcycle research is at 4 different categories namely;less, less and being as well as good. Category Less Once 16 people or 6.18%, less than 145 categories of people or 58.70% and kategori were as many as 69 people or 27.94%, and the category of either 17 or 6.88%.

Discussion

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As if hinting that the different categories of students who entered the study had physical literacy different. Some are born with physical literacy least once, some are born with physical literacy are less and some are born with moderate physical literacy, and there are born with good physical literacy.

Physical literacy junior high school students as the city of Gorontalo at once much less category 16 people or 6.18%, are students who have physical literacy rate is very low compared other students. In general, students who fall into this category have no ideal weight. This happens because they are tied by gadgets both at school and at home so more quietly in the classroom during recess and silent in his bedroom while at home rather than move. Another habit that contributed to their physical literacy rate is indulgence snacking while playing games and so on.

Jacqueline Goodway (2018) says that there are three factors that contribute menyebabkan namely the lack of children's playground, school is very sedentary (TV, Game and DVD) as well as an increase in high-fat foods and fast. As a result of their weight go up eventually lazy to move. This means that students who fall into this category more effort needs to be aligned with other students with a high fitness category. Baker & Côté, (2006); Ericsson and colleagues (2003) suggested that students aged 7-12 so dipahami that exercise at that age is very good for development and growth. Relative to the Lisa Barnett, (2018)., Recommends children should focus more on sports games because that's where they can socialize freely.

Physical literacy Junior High School students as the city of Gorontalo with less category as 145 people or 58.70%, indicates that junior high school students as the city of Gorontalo saving potential unfavorable for themselves, the school and the government.

Students who fall into this category is very variable in both weight and habits. In terms of weight loss is almost no difference between men and women. Meanwhile, from the habit of snacking women more often than men. Both of these factors greatly influence the level of student activity in which they are more silent room because keasikan gaming and status so that forgot to move. This habit continued until at schools where at rest they choose to stay in class than out of the classroom and play like the other students. This is contrary to what was said RusliLutan (2000) that the child through physical activity geared towards learning resulting in a change of behavior concerning the physical aspect of Intellectual, emotional, social, and moral.

Physical literacy junior high school students as the city of Gorontalo by category were as many as 69 people or 27.94%, is the second highest number of presentations over the percentage amount of the other categories. Medium category indicates that the level of physical literacy junior high school students as the city of Gorontalo are at tarap average. In other words, the level of physical literacy junior high school students as the city of Gorontalo gives hope that learning in school began to improve. Thus it can be ensured that future generations will emerge healthy and can eventually be accomplished as stated by Moh.UzerUsman, 1993).

Physical literacy junior high school students as the city of Gorontalo with both categories were 17, or 6.88%, proving that the junior high school students as the city of Gorontalo few have qualified physical literacy levels. This means increasing the number of hours of study and application of professional education of teachers began to give good results. Though only few in number but at least it gives no sign of any improvement of learning outcomes sport if done properly. SumadiSuryabrata (2007) argues that the development of literacy physical person affected by factors originating from within the learner (internal) that psychological factors and physiological while the factors that come from outside the learner (external) that is a factor factors non-social and social factors. This means that students with good category shows that they enjoy the sport as a whole or in other words they are aware that with physical exercise will increase the literacy rate.

Conclusion

Physical literacy in middle school first in Gorontalo middle category and proved that the level of literacy junior secondary students in the city of Gorontalo are at a scale of less well

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