

## Review of Physical Fitness of Grade V Students at SD Negeri 2 East Gorom SBT Regency

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### Abstract

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This study aims to determine the level of physical fitness of fifth grade students at SD Negeri 2 East Gorom, SBT District. Physical fitness is an important element that is very influential in the PJOK learning process, this is in line with the notion of physical fitness according to Hidayat in Suhartoyo 2019, Physical fitness does not only have a good influence on the development of affective aspects in students, but with good physical fitness will also be able to give effect to learning outcomes. Students who have a high level of physical fitness will also get high academic achievement results. The design of this study uses a non-experimental research type through a *descriptive quantitative*, aims to collect data using the TKJI test. This research was carried out at SD Negeri 2 Gorom Timur, SBT District with a total population of 20 students and a total sample of 20 students. Sampling was carried out using the Random Sampling technique, the data analysis technique used the Presentation Formula. The results of the research conducted showed that the Physical Fitness of Class V Students at SD Negeri 2 Gorom Timur Kab SBT there were 0% (0 samples) had very good physical fitness, 11% (11 samples), had good physical fitness, 5% (5 sample) had moderate physical fitness, 4% (4 samples) had moderate physical fitness, and 0% (0 samples) had very poor physical fitness

**Keywords:** Physical Fitness of Class V Elementary School Students

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## INTRODUCTION

Education is a human development process that lasts a lifetime (Nuriawati, 2014). Education has pedagogical advice, therefore education is incomplete without physical education because movement is a feature of life, therefore humans, although increasing movement as a feature of life, are important through physical education activities.

Physical education is basically an integral part of the overall education system (Sesfa'o, 2018). Therefore, the implementation of physical education must be directed at achieving this goal. The purpose of physical education is not only to develop the physical realm but also to develop aspects of health, physical fitness, critical thinking skills, stability, emotional reasoning, moral action through physical and sports activities.

Physical education has a very important role in intensifying the implementation of education as a process of human development that lasts a lifetime (Sesfa'o, 2018). The provision of learning experiences is directed at fostering a healthy and active lifestyle throughout life.



Physical education provides opportunities for students to be directly involved in various learning experiences through physical activities, playing and exercising which are carried out in a systematic, directed and planned manner (Sesfa'o, 2018). The learning provision is directed to foster, while at the same time forming a healthy and active lifestyle throughout life. Through physical education students can gain various experiences to express personal impressions that are fun, creative, innovative, skilled, and improve physical fitness.

According to Nurrochmah (in Arief 2021) states that physical fitness is a person's ability to carry out various proper physical activities without experiencing excessive fatigue. means. In physical education, sports and health, physical fitness learning is used by teachers to determine the fitness of students, of course with full physical activity it makes students bored, tired and less interested in learning.

Physical fitness is very important so that it is hoped that all students will have good fitness, so that they can carry out relatively long physical activities without significant fatigue so that they can enjoy the remaining free time. In other words, good physical fitness will affect student activities where students will be more enthusiastic about participating in learning. In line with the various theories above relating to physical fitness, there are several fundamental cases that researchers encountered before in fifth grade students at SD Negeri 2 Gorom Timur Kab. SBT where students at the school look passive in learning, especially indor or practical learning. "The causes in some of the fundamental cases that researchers have encountered, (1). the lack of students' ability to understand the material because the specification teacher is not a PJOK teacher, (2). The PJOK material given to students is only theory in class, (3). Practical material is given only during UTS and UAS, because of that the students look tired quickly and are less able to demonstrate the movements taught by the teacher. The researcher hopes that with this research, the government will pay more attention to education in the 3T areas, especially PJOK teachers who are still lacking in these schools.

I as a researcher have the assumption that the factors that cause students' lack of ability to carry out the movements taught by the teacher when practicing. So the researchers tried to examine this case with the research title "A review of the physical fitness of fifth grade students at SD Negeri 2 Gorom Timur Kab SBT.

## **LITERATUR REVIEW**

### **The Essence**

Fitness Physical fitness is a condition in which the body shows a healthy condition physically and mentally while carrying out daily activities or work involving very heavy physical abilities without having to experience significant fatigue and is able to recover energy before the next task comes, as well still have the remaining energy to fill spare time. (Moh & Tomaso, 2020).

Fitness has several terms that are often used, namely fitness, freshness, and opportunity. Of the various terms that are often used, in essence, they have the same meaning, which includes physical and spiritual fitness. According to Ruslin Lutan (in Adi, 2010) physical fitness is divided into two, namely:

1. Physical fitness (health) consists of aerobic endurance, muscle strength, muscle endurance, and flexibility/flexibility.

2. Physical fitness (consisting of power/explosiveness, reaction time, coordination, balance, speed, and agility/agility).

Physical fitness (related to health) is a person's ability to perform physical tasks that require strength, endurance and flexibility Rusli Lutan ( in Adi, 2010).

According to Widiastuti (in Irsanty, 2019) states that physical fitness is part of the translation of the word *physical fitness* which can be interpreted as a physical condition that can describe a person's physical ability to do a job well enough, without certain fatigue. Therefore it can be concluded that physical fitness is the physical ability of a person to carry out physical activities without experiencing fatigue.

According to Lumintuarso (in Armade & Manurizal, 2019) suggests that fitness or physical fitness is an individual's ability to face daily tasks without significant fatigue. ” Based on the opinion in a From this it can be concluded that a fit physical condition will affect one's endurance in carrying out its activities. Logically, a healthy and fit body will have a higher level of ability to carry out its work tasks.

According to Syahara (in Armade & Manurizal, 2019) which states that physical fitness is "as the body's ability to carry out physical and psychological activities without suffering from extreme fatigue and still has the energy for other physical activities in filling up spare time".

According to Nurhasan et al (in Ramadhana & Prihanto, 2016) physical fitness is the ability of a person's body to perform work tasks without causing significant fatigue, so that the body still has energy reserves to cope with the additional workload.

According to Budi (in Suhartoyo, 2019) explains that physical fitness is an important aspect of the psychomotor domain, which is based on the development of the biological abilities of the body's organs. His concentration is more on the issue of increasing the efficiency of the body's physiological functions with all its aspects as a system (eg the circulatory system, respiratory system, metabolic system, etc.).

Physical fitness not only has a good influence on the development of affective aspects in students, but good physical fitness will also be able to have an influence on learning outcomes. Students who have a high level of physical fitness will also get high academic achievement results Hidayat (in Suhartoyo, 2019).

According to Mikdar (in Paryanto & Wati, 2013) physical fitness is the ability of a person's body to carry out daily tasks and work without causing significant fatigue, so that the body still has reserves of energy to cope with the additional workload.

(According to Level, 2016), Physical fitness is a form of description of a person's existence both physically and psychologically in each of his activities, a person's physical condition can be defined by various factors of physical fitness which include elements of endurance, muscle strength, muscle explosive power, and speed. Physical fitness is the condition of a person's body that has an important role in daily activities or activities, each individual needs to have an

ideal level of physical fitness because it is in accordance with the demands of the tasks in their respective lives.

(According to Level, 2016), Physical fitness is the ability of a person's body to perform daily work tasks without causing significant fatigue. To be able to achieve excellent physical fitness, a person needs to do physical exercise that involves components of physical fitness with the right training methods. Physical fitness is closely related to health and skills. Health-related physical fitness includes: (1) *cardiovascular* or *cardiovascular fitness* (2) muscle strength fitness or *strength fitness* (3) body balance fitness or *body composition* or *body weight fitness* (4) *flexibility fitness*.

## **RESEARCH METHODOLOGY**

### **Research Design**

The type of research used in this research is non-experimental research using a descriptive quantitative approach. Descriptive research is research that obtains facts from existing symptoms (SEPTIAN NOSA, 2013). So tests and measurements are used in this descriptive quantitative research. To collect data, tests must be carried out.

### **Place and time of research**

This research takes place at SD Negeri 2 East Gorom KAB SBT and will be carried out for 1 month, after the proposal seminar.

### **Population and Sample**

#### **1. Research population**

According to Suharsimi Arikunto (in Ibrahim, 2013) the population is the entire research subject. Sugiyono (in Kusnadi, 2016) population is defined as a generalization area consisting of: objects/subjects that have certain qualities and characteristics that are determined by researchers to be studied and then drawn conclusions. In accordance with this opinion, the population in this study were Grade V students at SD Negeri 2 Gorom Timur KAB SBT, totaling 20 students in total.

## **RESULTS AND DISCUSSION**

Based on the results of the research that has been done, the results of the research are presented in the form of data presentation that is in accordance with the results of previous measurements. This research was carried out because of the samples that were used as respondents to collect data about Running 30-40 Meters, Hanging Elbows, Lying Sitting, Jumping Upright, Long Running 600 Meters.

**10-12 years**

Name	sprint 30	Lift	Lie	.	sec	.	sec
sit	30	body	30	down	aged	.	m
,Rumatela	23	10	20	7	30	90	Less
Irma	35	8	17	6	38	104	Moderate
Rumodar							
Firda	33	10	14	6	22	85	Less
Rahakbau							
Safa Kilkoda	39	12	20	8	26	105	Moderate
Rumatela	29	8	17	6	18	78	Less
Rumodar	26	8	Safira	Nunung	12	73	Less

### 10-12 years

Name	m.	Lift	sit	sec	Run	.	Lie
sec	body	40	30	down	30	aged	.
,Kubalai	77	6	24	7	60	174	Good
Sahaka	92	6	24	9	65	196	Good
Kairoty							
Argam	83	8	24	10	52	177	Good
Derlen							
Tamim	81	8	21	6	49	165	Good
Abas							
Madoa							
Afrizal	43	8	17	8	54	130	Medium
Madoa							
Rahakbau	96	6	Abdulrahman	9	63	198	Good
Abdul	86	4	24	7	42	163	Good
Mukti							
Rumatela							
Imam	98	3	21	8	37	167	Good
Sait							
Rumatela							
Sahrul	98	8	28	7	59	200	Good
Kilwouw							
Ismail	90	6	21	8	68	193	Good
Madoa							
Samat	96	8	28	9	51	192	OK
Keliobas							
Dude	96	4	21	7	48	196	OK
Kairoty							

## DISCUSSION

This study aims to determine the level of physical fitness of fifth grade students at SD Negeri 2 SBT totaling 20 students. Based on the analysis, it shows that the physical fitness level of fifth grade students at SD Negeri 2 SBT is in the

very good category, 0 people, 11 people good, 5 people, 4 people less and 0 people very bad. physical fitness test items easily without excessive fatigue with points 198-221 which are already listed in the classification of physical fitness test norms (Widiastuti, 2015), while those included in the very poor category are with standard points 65-103 from the five fitness test items physical.

Thus the percentage of the physical fitness test of fifth grade students at SD Negeri 2 SBT is included in the good category. This also makes the body mass of class V SD Negeri 2 SBT students lighter than female students, because women have more fat and less muscle mass in women's bodies.

In detail, there are 5 students in the moderate category and 4 students in the less category or 11 students in the good category. It can be concluded that the fifth grade students at SD Negeri 2 SBT have a good level of physical fitness.

## **CONCLUSIONS AND RECOMMENDATIONS**

### **Conclusions**

From the description in chapter IV it is known that the fitness level of the fifth grade students at SD Negeri 2 SBT is in the good category. In detail, it can be described that the level of physical fitness of fifth grade students at SD Negeri 2 SBT SBT is 0% (0 samples) has very good physical fitness, 11% (11 samples) has good physical fitness, 5% (5 samples ) had moderate physical fitness, 4% (4 samples) had moderate physical fitness, and 0% (0 samples) had very poor physical fitness. this shows that the level of physical fitness is in the good category.

### **Suggestions**

Based on the conclusions above, the authors suggest:

1. So that in the Physical Education learning process 2 SBT public elementary school teachers need to pay attention to factors that can affect students' physical fitness
2. To improve the physical fitness of fifth grade elementary school students, the teacher must often do indor/practice learning so that the physical fitness of students becomes very good

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