

Survey of Physical Fitness Level of Students Class V Elementary School Mojosongo V Surakarta



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ABSTRACT: The purpose of this study was to find out how good the level of physical fitness of the fifth grade students of Mojosongo V Surakarta State Elementary School. This research is quantitative descriptive. The method used is a survey. The population in this study were all of the fifth grade students of Mojosongo V Surakarta State Elementary School. Sampling used a total sampling technique, namely of the fifth grade students of Mojosongo V Surakarta State Elementary School, totaling 28 students. Data collection techniques with tests and measurements. The test instrument used to measure the variables using the TKJI test were Sit ups, Vertical jumps, Pull Ups, 40 m Sprint Runs, 600 m Runs. The data analysis technique used quantitative descriptive statistics presented in the form of percentages. Based on the results of the study showed that as many as 2 students or 7.1% had a level of physical fitness in the "moderate" category, as many as 17 students or 60.7% had a level of physical fitness in the "less" category, and as many as 9 students or 32.1% have a level of physical fitness with the category of "very little". So it can be concluded that the majority of the physical fitness level of the fifth grade students of Mojosongo V Surakarta State Elementary School is included in the "Less" category.

KEYWORDS: Physical Fitness, Students, Elementary School

INTRODUCTION

Physical education, as an integral part of the overall education system (Adyanto et al., 2018). The goal is to achieve holistic development, namely balance, physical and mental harmony. It also focuses on improving physical fitness through physical activity, including motor skills, critical thinking skills, emotional stability, social skills, reasoning, and moral behavior (Setiawan et al., 2020). Physical education, especially movement experience, makes a dominant contribution to the growth and development of students as a whole, so that the view of human life that body and soul are not separated from each other can really be proven (Arifin, 2017).

Physical fitness plays an important role in a person's life. People who are in good physical condition are definitely more productive and can work effectively and efficiently (Hardiansyah & Syampurma, 2017). Where this ability describes the body's ability to function aerobically, the ability of the circulatory and respiratory systems to supply the necessary oxygen throughout the body, including the brain, which is the central organ for mind analysis (Abduh et al., 2020). The more often humans exercise, the more their health will be maintained (Rachman, 2011). Good physical fitness will also support a learning process and students' cognitive in other subjects. Students who have good physical conditions can do their jobs well (Zulki, 2016). Physical fitness and good physical condition increase students' learning abilities and motivation (Hakim et al., 2020). This means that the physical fitness of individuals affects their willingness and physical and mental capacity to cope with the workload (learning activities) of their daily efforts (Prasetio et al., 2018).

Early childhood is a golden period for the development of skills, physical activity and the development of motor skills needed for sports, in accordance with the development and motor skills of children (Dwijayanthi, 2020). The lack of activity provided is an obstacle to the growth process (Laela et al., 2019). To achieve the goals and benefits of exercise at an early age, we need to create a practical guide to share (Anwar & Jatmika, 2015).

Elementary school children aged 6-12 years, have stronger physical characteristics, personality and dynamism, are not dependent on their parents (Iwandana et al., 2021). Elementary school-age children are a period in which children experience many different changes in the process of growth and development that will affect the formation of children's character and personality (Adi et al., 2020). The school age stage becomes the basic experience of children, who are responsible for their own behavior in relationships with peers, parents, and others (Iwandana et al., 2018).

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Health is generally defined as being free from disease. Healthy means free from disease does not necessarily guarantee the child's ability to be able to survive in following lessons, think, and respond to lessons received in class or when studying at home. However, if students have physical fitness which is in the poor category, it is possible that they will not be able to follow/receive the learning load which is actually the task and material from the teacher. TKJI (Indonesian Physical Fitness Test) is a measuring tool for assessing the physical fitness of elementary school students (Anwar & Jatmika, 2015).

Based on the background, the researchers wanted to conduct research to determine the level of physical fitness of the fifth grade students of Mojosongo V Surakarta State Elementary School. It is hoped that the results of this study can be used as a reference for the teaching and learning process, especially physical education subjects.

METHOD

This research is quantitative descriptive. The method used is a survey. The population in this study were all fifth grade elementary school students at the fifth grade students of Mojosongo V Surakarta State Elementary School. Sampling used a total sampling technique, namely of the fifth grade students of Mojosongo V Surakarta State Elementary School, totaling 28 students. Data collection techniques with tests and measurements. The test instrument used to measure the variables using the TKJI test were Sit ups, Vertical jumps, Pull Ups, 40 m Sprint Runs, 600 m Runs. The data analysis technique used quantitative descriptive statistics presented in the form of percentages.

Table 1. Table of TKJI Values for Children aged 10-12 years Boys

Score	Run 40 meters sprint	Pull up	Sit ups 30 Seconds	Vertical Jump	Run 600 Meters	Score
5	s.d 6.3''	51'' keatas	23 Keatas	46 Keatas	s.d-2'09''	5
4	6.4''-6.9''	31''-50''	18-22	38-45	2'10''-2'30''	4
3	7.0''-7.7''	15''-30''	12-17	31-37	2'31''-2'45''	3
2	7.8''-8.8''	5''-14''	4-11	24-30	2'46''-3'44''	2
1	8.9''-dst	0''-4''	0-3	0-23	3'45''-dst	1

Table 2. Table of TKJI Values for Girls Age 10-12 years

Score	Run 40 meters sprint	Pull up	Sit ups 30 Seconds	Vertical Jump	Run 600 Meters	Score
5	s.d 6.7''	40'' keatas	20 keatas	42 keatas	s.d-2'32''	5
4	6.8''-7.5''	20''-39''	14-19	34-41	2'33''-2'54''	4
3	7.6''-8.3''	8''-19''	7-13	28-33	2'55''-3'28''	3
2	8.4''-8.6''	2''-7''	2-6	21-27	3'29''-4'22''	2
1	8.7''-dst	0''-1''	0-1	0-20	4'23''-dst	1

Table 3 Table of Indonesian Physical Fitness Test Norms (TKJI)

Number	Total Value	Classification
1.	13 – 14	Very Good
2.	11 – 12	Good
3.	9 – 10	Medium
4.	7 – 8	Less
5.	5 – 6	Less once

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RESULTS AND DISCUSSION

Based on the results of research conducted on the fifth grade students of Mojosongo V Surakarta State Elementary School. about the level of physical fitness as measured by the Indonesian Physical Fitness Test (TKJI) instrument for ages 10-12 years which includes: (1) Sit ups, (2) Vertical Jump, (3) Pull up test, (4) 40 M sprint run, and (5) 600 meter running test. Descriptive Statistics research on the level of physical fitness of fifth grade students at SD Negeri Mojongsongo, the results obtained are as follows:

Table 4. The results of the TKJI test

Interval	Category	Frequency	Percentage (%)
22-25	Very Good	0	0
18-21	Good	0	0
14-17	Medium	2	7,1
10-13	Less	17	60,7
5-9	Less once	9	32,1
AMOUNT		28	100

The table above shows the level of physical fitness of the fifth grade students of SD Mojosongo V Surakarta. A total of 0 students or 0% have a level of physical fitness in the "very good" category, 0 students or 0% have a physical fitness level in the "good" category, as many as 2 students or 7.1% have a physical fitness level in the category "medium", as many as 17 students or 60.7% had a level of physical fitness in the "less" category, and as many as 9 students or 32.1% had a physical fitness level in the "very less" category. Then it was obtained that the level of physical fitness of the fifth grade students of Mojosongo V Surakarta State Elementary School was included in the "Less" category.

Physical education teachers play an important role in achieving physical fitness in their students (Prasetio et al., 2018). By teaching students about physical fitness and providing physical fitness exercises to students. In addition, getting enough nutrition will keep the body stable, which will help maintain physical fitness, and energy will be sufficient to keep the body healthy and fit (Hambali et al., 2019).

Increasing physical fitness in the school environment, especially elementary schools, needs to be fostered to support the achievement of an optimal teaching and learning process, because if students have good physical fitness, they will be able to carry out their learning obligations well as well. With good physical health, children can carry out their daily activities well, such as playing with their peers (Pamungkas & Dwiyoogo, 2020). In order to be able to take lessons and concentrate on subjects, an elementary school student not only needs to be healthy, but also physically fit (Iwandana, 2013).

This kind of freshness can be obtained through physical activity that is programmed systematically and regularly (Iwandana et al., 2022). Extracurricular provides very important additional skills that are not obtained in other subjects, such as mental attitude and dedication to the profession in the future, besides that it has a very positive effect on their physical fitness and fitness. Extracurricular aims to improve physical fitness, will be very helpful in the process of improving the degree of physical fitness of students if it can be implemented in schools. Students with a good level of physical fitness will be able to carry out their learning activities smoothly. Students will not get tired easily so it will be easy to accept the subject matter given by the teacher. This will facilitate the implementation of the teaching and learning process in schools. Physical fitness can be owned by students with a variety of efforts. One of them is by doing regular physical activity. In addition, it must also be supported by consuming nutritious food to meet the nutritional needs of the body.

CONCLUSION

Based on the results of the study, it can be concluded that the majority of the physical fitness level of the fifth grade students of Mojosongo V Surakarta State Elementary School is included in the "Less" category with a total of 17 children.

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