

Physical Fitness Level of Students State Police School (SPN) Selopamiro in 2021



Syifa'a Sannishara¹, Hedi Ardiyanto Hermawan²

^{1,2}Departement of Physical Education, Faculty of Sport and Health Science Universitas Negeri Yogyakarta, Yogyakarta, DIY, 55281, Indonesia

ABSTRACT: The objective of this research is to determine (1) the correlation between sleeping patterns and physical fitness of the women's basketball extracurricular participants. (2) the relationship between physical activity and physical fitness of female basketball extracurricular participants. (3) the relationship between sleep patterns and physical activity with the physical fitness of female basketball extracurricular members of SMA Negeri 2 Klaten (Klaten 2 High School). The type of this research was a descriptive quantitative study. The method used the correlation method. The data analysis technique to test the hypothesis used Pearson's product moment correlation technique and multiple correlation analysis. The results of this study indicate that (1) there is a positive and significant correlation between sleeping patterns and physical fitness, as shown by the calculated r value is greater than r table at $0.388 > 0.339$. (2) There is a positive and significant correlation between physical activities and physical fitness, with the calculated r -value is greater than the r table at $0.425 > 0.339$. (3) There is a positive and significant correlation between sleeping patterns and physical activities toward physical fitness, with the calculated F value is greater than the F table at $6.190 > 3.295$.

KEYWORDS: Sleeping patterns, physical activity, physical fitness of female extracurricular members.

I. INTRODUCTION

Prospective members of the Indonesian National Police are part of a selection programme for recruitment of members carried out at various stages, the Indonesian National Police is a state instrument that plays a role in upholding the law to provide protection, protection and service to the community according to (Law Number 2 of 2002).

The behaviour of members of the Indonesian National Police is now one of the examples that should be emulated by the general public. In life, members of the Indonesian National Police must be in the midst of the community and provide a sense of security to the community. Not only is it enough to carry out their duties, but members of the Indonesian National Police also have an important role in social life in their environment. This situation shows that as a member must be able to be a good example and give examples to the community so that the selection must also get the right and qualified members. Members of the Indonesian National Police can be honourably discharged if they reach the retirement age limit, special considerations for the interests of the service, do not meet the physical and spiritual requirements.

Members of the Indonesian National Police have a difficult task in maintaining and maintaining security in the territory of the Republic of Indonesia. To become a good member of the Indonesian National Police, members must have good supporting and basic factors. One of them is that members have an excellent level of physical fitness to be able to carry out their daily duties. In the selection process, prospective members of the Indonesian National Police also get a test that is used to determine the level of physical fitness. This stage is one of the factors determining graduation for prospective members of the Indonesian National Police.

Physical fitness is related to every individual because physical fitness can affect a person's physical condition. To maintain physical fitness, one must regularly exercise and obtain good food intake. By maintaining physical fitness, a person can have a good level of physical fitness, the better the level of physical fitness, the activities carried out will feel light, otherwise if the level of physical fitness is poor, the activities carried out feel heavy. Berutu (2018) states that physical fitness is a crucial thing in daily life. Physical fitness is when you can do physical activities without experiencing excessive fatigue, and have a lower risk of developing chronic diseases.

Basketball is one of the sports that is popular among all groups, both young and adult. Herawati in Muhajir (2007) states that basketball is a team game consisting of 5 people from each team. This sport is very popular because in addition to maintaining

Physical Fitness Level of Students State Police School (SPN) Selopamioro in 2021

health conditions and physical fitness, this sport is an option to refresh the mind from daily work because the game is very fun and can educate someone to learn the value of life through this basketball game. Basketball games are included in the material taught in physical education, sports and health subjects, but with the amount of material and limited time in the subject this material cannot be fully conveyed, so basketball games are added to extracurricular activities at school. Extracurricular activities have a purpose as a forum for each student to develop students' interests and talents outside of school hours organised by educators and / or educators who have the ability and authority at school. Many students of SMA Negeri 2 Klaten have an interest in participating in extracurricular basketball activities at school. The SMA Negeri 2 Klaten extracurricular ball team has very good achievements in the city and outside the city. Over time, the achievements of the SMA Negeri 2 Klaten basketball extracurricular team, especially the women's team, have decreased, several inter-school championships in the district, the SMA Negeri 2 Klaten basketball women's team cannot show their best performance. This decline in achievement is influenced by the physical fitness factor of students who are easily tired when doing training and when playing matches or championships, one of these factors makes it difficult for the SMA Negeri 2 Klaten women's basketball team to excel again, because they cannot perform physical activities optimally due to fatigue. Students are also lacking in maintaining daily sleep patterns because they often sleep late at night to do schoolwork, which makes them not have enough rest time, and lack of movement or daily physical activity and extracurricular training schedules that are only done once a week. The author raises this issue in research with the aim of knowing whether sleep patterns and physical activity can affect physical fitness related to health, especially female participants in the basketball extracurricular of SMA Negeri 2 Klaten.

II. METHOD

This type of research is descriptive research in this case describing the level of physical fitness of SPN Selopamioro students in 2021. The method used in this research is the survey method by collecting data (one or two variables) from members of the population to determine the status of the population at the time of implementation. Descriptive research is a method aimed at describing existing phenomena, which occur at this time or in the past (Furchan, A. 2004; 54). As for data collection techniques, this research uses measurement tests.

The research was conducted on the green field of SPN Selopamioro in December 2021. The population in this study used SPN Selopamioro students in 2021, totalling 194 people. Data collection techniques with The method used in this study is the survey method by collecting data (one or two variables) from members of the population to determine the status of the population at the time of implementation.

The data analysis technique uses descriptive analysis or descriptive statistics. The data obtained from each test is then converted into the norm of each test item which is expressed in numerical form, so it is called quantitative data. The steps of data analysis in the study are as follows: the rough data of the measurement results of each physical fitness component consisting of 5 test items, then the rough data is converted into a t-score value, according to the table in the Police Headquarters Binjas guidebook (2004: 43).

III. RESEARCH RESULT

Based on the results of research conducted on 20 November 2021. This research involved 194 SPN Selopamioro students. The research results are as follows:

Table 1. Categorization of Fitness Level A

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	0	0,00
2	Good	61-80	97	50,00
3	Medium	41-60	97	50,00
4	Less	31-40	0	0,00
5	Very Less	0-30	0	0,00
Total			194	100

The table above shows that fitness A in the form of a 12-minute running test is moderate with an average consideration of 60.82. The level of fitness A in the form of a 12-minute running test which is categorised as excellent is 0 people or 0%, good is 97 people or 50.00%, moderate is 97 people or 50.00%, less is 0 people or 0% and very less is 0 people or 0%.

Physical Fitness Level of Students State Police School (SPN) Selopamiro in 2021

Table 2. Categorization of Pull-Up Level

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	21	10,82
2	Good	61-80	48	24,74
3	Medium	41-60	98	50,52
4	Less	31-40	27	13,92
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that pull-ups are moderate with an average consideration of 57.7. The level of pull ups categorized as excellent was 21 people or 10.82%, good was 48 people or 24.74%, moderate was 98 people or 50.620%, poor was 27 people or 13.92%, and very poor were 0 people or 0%.

Table 3. Categorization of Sit-Up Level

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	190	97,94
2	Good	61-80	4	2,06
3	Medium	41-60	0	0,00
4	Less	31-40	0	0,00
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that sit-ups are very good with an average consideration of 99. The level of sit ups categorized as excellent was 190 people or 97.94%, good was 4 people or 2.06%, moderate was 0 people or 0%, poor was 0 people or 0%, and very poor was 0 people or 0%.

Table 4. Categorization of Push-Up Level

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	193	99,48
2	Good	61-80	1	0,52
3	Medium	41-60	0	0,00
4	Less	31-40	0	0,00
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that push-ups are very good with an average consideration of 99.1. The level of push-ups categorized as excellent was 193 people or 99.48%, good was 1 person or 0.52%, moderate was 0 people or 0%, poor was 0 people or 0%, and very poor was 0 people or 0%.

Table 5. Hypothesis Correlation Test

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	52	26,80
2	Good	61-80	109	56,19
3	Medium	41-60	31	15,98
4	Less	31-40	2	1,03
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that the shuttle run is good with an average consideration of 74. The level of shuttle run which is categorized as excellent is 52 people or 26.80%, good is 109 people or 56.19%, moderate is 31 people or 15.98%, less is 2 people or 1.03%, and very less is 0 people or 0%.

Physical Fitness Level of Students State Police School (SPN) Selopamioro in 2021

Table 6. Categorisation of Fitness Level B

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	119	61,34
2	Good	61-80	75	38,66
3	Medium	41-60	0	0,00
4	Less	31-40	0	0,00
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that B's fitness is very good with an average consideration of 82.38. The level of fitness B which is categorized as excellent is 119 people or 61.34%, good is 75 people or 38.66%, moderate is 0 people or 0.00%, less is 0 people or 0%, and very less is 0 people or 0%.

Table 7. Regression Analysis Results

Number	Frequency	Intervals	Frequency	Percentage
1	Very Good	81-100	8	4,12
2	Good	61-80	182	93,81
3	Medium	41-60	4	2,06
4	Less	31-40	0	0,00
5	Very Less	0-30	0	0,00
Total			194	100

From the table above, it can be seen that physical fitness is good with an average consideration of 71.60. The level of physical fitness which is categorized as excellent is 8 people or 4.12%, good is 182 people or 93.81%, moderate is 4 people or 2.06%, less is 0 people or 0%, and very less is 0 people or 0%.

DISCUSSION

Based on the results of research on the level of physical fitness of SPN Selopamioro students in 2021, it was found that the level of physical fitness was good with an average consideration of 71.60. The level of physical fitness which is categorized as excellent is 8 people or 4.12%, good is 182 people or 93.81%, moderate is 4 people or 2.06%, less is 0 people or 0%, and very less is 0 people or 0%. The results of this study indicate that SPN Selopamioro students in 2021 have a good level of fitness. This is indicated by the results of several physical fitness tests consisting of fitness A and fitness B.

The results of the fitness test A obtained the result that fitness A in the form of a 12-minute running test is moderate with an average consideration of 60.82. Meanwhile, the results of the B fitness test showed that B fitness was very good with an average consideration of 82.38. These results indicate that the results of fitness A have a moderate category because the training process to obtain good results must go through a program that requires a maximum time process. The educational process of SPN Selopamioro students certainly has a good educational process by covering various aspects needed by the work unit later.

According to Abdoellah (1994: 139), the way to obtain physical fitness is by running a continuous activity programme, consuming good nutritious food, resting, paying attention to sleep, relaxing, and maintaining adequate health. In line with the education process, SPN Selopamioro students have gone through a well-programmed education process. There are many activities and activities carried out by students. This will support the level of physical fitness of students well. The education programme not only prioritises physical activities but also pays attention to the physical needs of students as a whole. This situation will certainly contribute to students in their self-development. This situation is slightly different from the ability to push up and sit up.

Students' physical fitness in the ability to push up and sit up shows very good results. This shows that the ability to do push ups and sit ups can be done by students at SPN Selopamioro well. This situation is supported by an education programme that includes physical activity. Where the ability to push up and sit up has a progress that is easier for students to do. Muscle strength is easier to improve than endurance and speed. This is clearly seen in the research results which show that the ability to run 12 minutes is categorised as moderate, pull up is categorised as moderate, shuttle run is categorised as moderate and the ability to push up and sit up is categorised as excellent.

This situation shows that the ability of physical fitness for SPN Selopamioro students can be more easily improved through educational programs. As stated by Muhajir (2007: 57), physical fitness is the ability and capability of the body to make

Physical Fitness Level of Students State Police School (SPN) Selopamioro in 2021

adjustments (adaptation) to the physical differentiation given to it (from the work it does daily) without causing excessive fatigue. This shows that the SPN Selopamioro student education programme is conducted to provide adaptation for students in carrying out their duties later after graduation. The existence of better changes in the level of physical fitness of these students is a requirement to become a good member of the National Police.

IV. CONCLUSIONS

Conclusion

Based on the results of the research and discussion that has been presented, it can be concluded that the level of physical fitness of SPN Selopamioro students in 2021 is good with an average consideration of 71.60. The level of physical fitness of SPN Selopamioro students in 2021 who are categorized as excellent is 8 people or 4.12%, good is 182 people or 93.81%, moderate is 4 people or 2.06%, less is 0 people or 0% and very less is 0 people or 0%.

Suggestions

SPN Selopamioro students in 2021 are expected to continue to maintain and improve their physical fitness to be able to carry out their duties properly.

The results of the study are expected to be a reference for improvement and evaluation of the education program that has been carried out.

REFERENCES

- 1) Akurinto, S. (2002). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: PT. Aneka Cipta
- 2) Binjas Mabas Polri. (2007). *Pedoman Administrasi Ujian Kesamaptaan Jasmani dan Beladiri Polri Bagi Pegawai Negeri Pada Polri*. Jakarta: Mabas Polri
- 3) Furchan, A. (2004) *Pengantar Penelitian dalam Pendidikan*, (Yogyakarta: Pustaka Pelajar Offset), hlm. 54.
- 4) Kepala Kepolisian Negara Republik Indonesia. (2002). *Undang-Undang Nomor 2 Tahun 2002 tentang Kepolisian Negara Republik Indonesia*
- 5) Muhajir. (2007). *Pendidikan Jasmani Olahraga dan Kesehatan untuk SMA Kelas X*. Jakarta: Erlanga
- 6) Pemerintah Negara Republik Indonesia. (2003). *Pemberhentian Anggota Polri*
- 7) Suryanto. (1999). *Pentingnya Kesegaran Jasmani Bagi Siswa*. *Olahraga Majalah Ilmiah*: Halaman 77
- 8) Susanto, Ermawan. (2008). *Memperkenalkan Aktivitas Kebugaran Jasmani Sejak Dini*. *Universitas Negeri Yogyakarta Jurnal Pendidikan Jasmani Indonesia Volume 5, Nomor 1, April 2006*
- 9) Wahjoedi. (2001). *Landasan Evaluasi Pendidikan Jasmani*. Jakarta: Raja Grafindo Persada



There is an Open Access article, distributed under the term of the Creative Commons Attribution – Non Commercial 4.0 International (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits remixing, adapting and building upon the work for non-commercial use, provided the original work is properly cited.