

Original Article Research

Physical Fitness Survey of Grade VI Students of Public Elementary School 2 Kebumen for the 2022/2023 School Year

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Abstract

The purpose of this study was to determine the physical fitness of grade VI students of Elementary School 2 Kebumen. The method used is quantitative descriptive research with survey methods. The subjects in this study were 23 grade VI students of SD Negeri 2 Kebumen, consisting of 13 students and 10 students. The sampling method uses the total sampling method. Nusantara Student Fitness Test 2022 is a series of TKPN tests consisting of five tests, namely: (1) Body Mass Index Test The purpose of this test is to determine the status of body mass (2) V Sit Reach Test This test aims to measure the flexibility of the back muscles and hamstrings. (3) Sit Up 60s this test aims to measure the strength and endurance of the abdominal muscles. (4) Squat Thrust 30 seconds, Squat thrust is a combination movement of changing body position from standing position, squatting then push up position and back standing. The goal is to measure the endurance ability of strength, body control, balance, coordination and agility. and (5) Pacer Test, the Progressive Aerobic Cardiovascular Endurance Run (PACER) Test is a progressive aerobic cardiovascular endurance test using alternating cardiovascular endurance at a distance of 20 meters with step speed increasing every minute following a predetermined rhythm. Based on the results of research and discussion, the researchers concluded that the physical fitness level of grade 6 students of State Elementary School 2 Kebumen as measured by TKPN 2022 obtained an average result of 23 students having a "Very Good" physical fitness level.

Keywords: Physical Fitness, Surveys, Students.

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1. INTRODUCTION

Sport is a necessity for humans in life, so that their physical and healthy degrees are well maintained, the role of sports in supporting the creation of human energy sources that have good physical quality is no doubt (Prasetyo, 2015). All European countries are aware of the importance of physical education in schools according to (Holzweg et al., 2013). Increasing body health is synonymous with increasing physical fitness, where in a healthy body will certainly affect the creation of mental health, therefore in order to become a complete human being outwardly, physical and spiritual health must be owned by each individual, in order to live a balanced life and walk with the expected life goals (Wirnantika et al., 2017).

Physical fitness is the ability of a person's body to carry out daily tasks and work diligently and vigilantly without experiencing significant fatigue, and still have energy reserves to fill free time and face unexpected emergencies before (Munir et al., 2022). Or in other words, physical fitness is a person's ability to carry out daily activities easily without feeling tired and still have energy reserves to enjoy leisure time or for activities that can be used at any time (Fitrian et al., 2023). Thus, physical fitness is a manifestation of a person's functional loyalty to do a certain job with good or satisfactory results (Wirnantika et al., 2017). Physical fitness of students at school can be obtained from intracurricular and extracurricular activities (Asmara et al., 2023).

Carrying out human daily activities as living things requires a fit body condition because if someone has a fit body, a job will be obtained with maximum results (Munir et al., 2021). There are various ways that a person must do to get physical fitness, including regulating diet, namely by choosing foods that contain many nutrients, then getting enough rest if someone lacks rest has a very large effect on his mental and physical appearance, and routine sports activities by doing regular exercise will increase the efficiency of body functions all of it is done with the aim of improve physical fitness (Bafirman et al., 2023) (Ramadan et al., 2023). Physical fitness is needed by humans, because these factors greatly support the results of the activities we do (Pahlavi & Munir, 2023). Therefore, physical fitness related to a student is an important aspect that must be maintained (Hirwana et al., 2023). To maintain their fitness, students are required to be able to regulate their lifestyle by regularly exercising or avoiding foods that are not in accordance with their bodies, so that students will have the level of physical fitness they want to have so that they can maximize their minds and energy for school activities (Putra et al., 2022).

Physical fitness will lead students to physical, mental and emotional readiness, psychological and physical maturity, and deliver children to the spirit of learning and practicing so that the expected learning achievements will be achieved (Munir et al., 2023). Physical Education, Sports, and Health (PJOK) is an educational process through physical activities, which aims to achieve and is overall covering psychomotor, cognitive, and effective (Oktaviani & Wibowo, 2021). Physical fitness must be instilled early from basic education, both at home and at school to stay awake. Because Physical Fitness Behavior is a habit and condition that must be done diligently and hard effort (Wirnantika et al., 2017).

Sekolah Dasar Negeri 2 Kebumen is located on Jl. Veteran No 06 Kebumen District, Kebumen Regency. Sekolah SD Negeri 2 Kebumen is located in an urban area. Therefore, it is an interesting condition to study the level of physical fitness of elementary school students. To

determine the level of physical freshness of grade VI students of SD Negeri 2 Kebumen, it is necessary to conduct an objective study. The object of research was all grade VI students at SD Negeri 2 Kebumen in Kebumen Regency.

2. METHOD

This research is a type of classroom action research, where this research model uses a research model with a quantitative descriptive design with survey methods using test and measurement instruments using: 1) BMI Test, 2) V Sit Reach Test, 3) Sit Up, 4) Squad Trust, and 5) PACER Test.

2.1 Participants

The participants in this study were all grade 6 students of SD Negeri 2 Kebumen for the 2022/2023 school year. The sample in this study is grade 6 students of SD Negeri 2 Kebumen for the 2022/2023 school year. The technique used in sampling is to use the total sampling method technique (Arikunto, 2013; Fraenkel et al., 2012). That is, sampling is based on the entire population being sampled (Fraenkel et al., 2012). This sampling is based on subjects that are easy to find, making it easier to collect data, and the specified number is met, so that the number of samples obtained is 23 samples with a division of 10 men and 13 women.

2.2 Research Design

This research is a quantitative descriptive research (Fraenkel et al., 2012). The method used in this study is a survey (Fraenkel et al., 2012). Survey is an information collection technique carried out by compiling a list of questions asked by respondents in the form of a sample population. In survey research, researchers examine the characteristics of causal relationships between variables without intervention. This study uses a quantitative descriptive method, namely by describing the fitness level of grade 6 students of SD Negeri 2 Kebumen for the 2022/2023 school year whose data was taken through the Nusantara Student Fitness Test and then included in the test norms.

2.3 Instruments

Instruments are important measuring instruments used in measuring something that will be measured precisely and consistently (Burhaein et al., 2022; Fraenkel et al., 2012). In this study, researchers used the Nusantara Student Fitness Test (TKPN) to collect data. The test was conducted to determine the fitness level of grade 6 students of SD Negeri 2 Kebumen for the 2022/2023 school year. The test results are then presented in a descriptive description.

The instrument in this physical fitness level measurement test research will use TKPN in 2022 (Rusdiana et al., 2022). This test was chosen because this is the latest physical fitness measurement test instrument for the 2022 edition (Rusdiana et al., 2022) and applies to all regions of Indonesia. In addition, this test is relatively easy to do with instruments that have been tested for validity and reliability so that it is suitable for use for research data collection. The Indonesian physical fitness test issued by (Rusdiana et al., 2022) and issued by the Assistant Deputy for Sports Education Management, Deputy for Sports Culture, Ministry of Youth and Youth of the Republic of Indonesia has been agreed and determined to be an instrument that applies throughout Indonesia.

This study used a series of crime scenes as for the series of tests used in collecting this

research data with the following test items: (1) Body Mass Index Test (2) V Sit Reach Test, (3) Sit Up 60s (4) Squat Thrust 30s, (5) Progressive Aerobic Cardiovascular Endurance Run Test (PACER Test) (Rusdiana et al., 2022).

2.4 Procedures

To obtain relevant and accurate data, responsible data measuring devices and measuring instruments or research instruments are needed. Research instruments are research tools used at the time of research using a method (Fraenkel et al., 2012). This research instrument uses TKPN 2022 (Rusdiana et al., 2022) which will be observed and recorded directly by researchers. The series of tests used in collecting this research data with test items are as follows:

- 1) Body Mass Index test, measuring students' height and weight and then calculated with a predetermined formula and then entered into the criteria;
- 2) V Sit Reach Test, participants sit with their legs open \pm 30 cm then straighten their hands and body forward as far as the participant can do;
- 3) Sit Up 60s, participants perform a lie down test sitting perfectly for 60 seconds then calculated how many repetitions can be done;
- 4) Squat Thrust 30 seconds, Squat thrust is a combination movement of changing body position from a standing position, squatting then a push up position and back standing. Participants perform the movement for 30 seconds and then calculate how many repetitions can be done;
- 5) Pacer Test, Progressive Aerobic Cardiovascular Endurance Run (PACER) Test is a progressive aerobic cardiovascular endurance test using a back-and-forth run at a distance of 20 meters with stride speed increasing every minute following a predetermined rhythm. This test is also known as a modification of the beep test or bleep test (Rusdiana et al., 2022).

2.5 Data Analysis

The data analysis used in this study used quantitative descriptive statistics with percentages. Calculations in data analysis produce a percentage of achievement which is then interpreted with numbers. The collected data was converted into a grade table at TKPN 2022, to assess achievement and each test item was then analyzed using a percentage descriptive norm table to determine the classification of physical fitness levels.

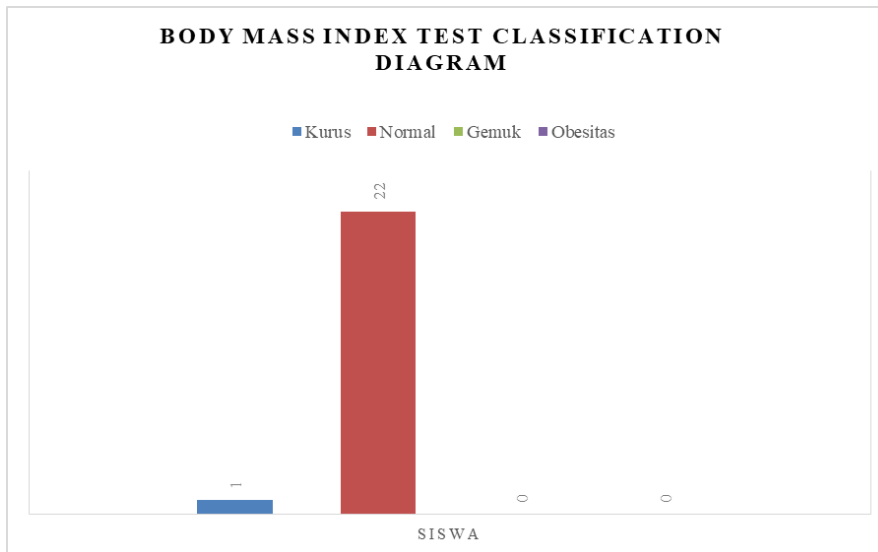
3. RESULTS

Based on the data from the physical fitness test data of high grade students of SD Negeri 2 Kebumen which was carried out in the collection of this research data using the Nusantara Student Physical Fitness Test at the time of the study, then the data can be tabulated in the following table. The tabulation of the measurement data is as follows.

Table 1.*Results and Classification of Student Body Mass Index*

No	Initial Name	Gender	Body Mass Index	
			Value	Classification
1.	AWH	L	16.67	Usual
2.	AA	P	18.33	Usual
3.	AIA	L	37.50	Obesity
4.	BSA	P	19.17	Usual
5.	BSM	L	16.67	Usual
6.	DTS	L	16.67	Usual
7.	DASI	P	15.83	Usual
8.	DF	L	20.83	Usual
9.	EO	L	15.83	Usual
10.	EA	P	20.83	Usual
11.	FZ	P	15.83	Usual
12.	FS	P	15.83	Usual
13.	LAS	P	20.83	Usual
14.	MHP	L	15.83	Usual
15.	MRA	P	20.00	Usual
16.	MR	P	20.83	Usual
17.	MYP	L	16.67	Usual
18.	NA	P	16.67	Usual
19.	NAM	L	16.67	Usual
20.	NAAW	P	15.00	Usual
21.	NAAV	L	15.83	Usual
22.	QAA	P	22.50	Usual
23.	SA	P	20.83	Usual
AVERAGE			18.77	USUAL

Source: Primary Data

Figure.1.*Body Mass Index Test Classification Diagram*

Note: The figure demonstrates the result data

Table 2.*Student V-Sit Reach Test Results and Classification*

No	Initial Name	Gender	V-Sit Reach Test	
			Value	Classification
1.	AWH	L	7.2	Good
2.	AA	P	6.5	Low
3.	AIA	L	1.6	Low
4.	BSA	P	6.0	Low
5.	BSM	L	7.3	Good
6.	DTS	L	7.9	Good
7.	DASI	P	12	Good
8.	DF	L	6.7	Good
9.	EO	L	8.3	Good
10.	EA	P	7.5	Low
11.	FZ	P	12	Good
12.	FS	P	10.5	Good
13.	LAS	P	7.5	Low

14.	MHP	L	6.2	Good
15.	MRA	P	12.5	Good
16.	MR	P	6.6	Low
17.	MYP	L	6.0	Good
18.	NA	P	8.1	Enough
19.	NAM	L	12.0	Very Good
20.	NAAW	P	5.7	Rendah
21.	NAAV	L	9.2	Very Good
22.	QAA	P	11	Good
23.	SA	P	7.9	Enough
AVERAGE			8.10	GOOD

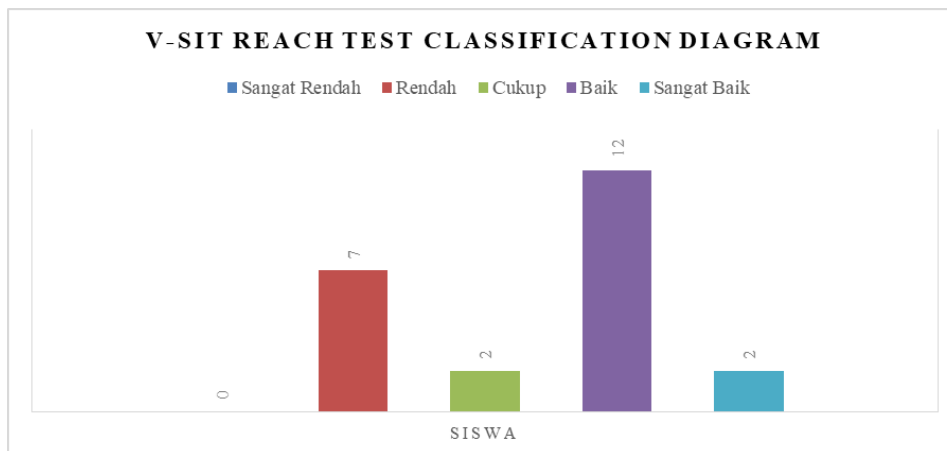
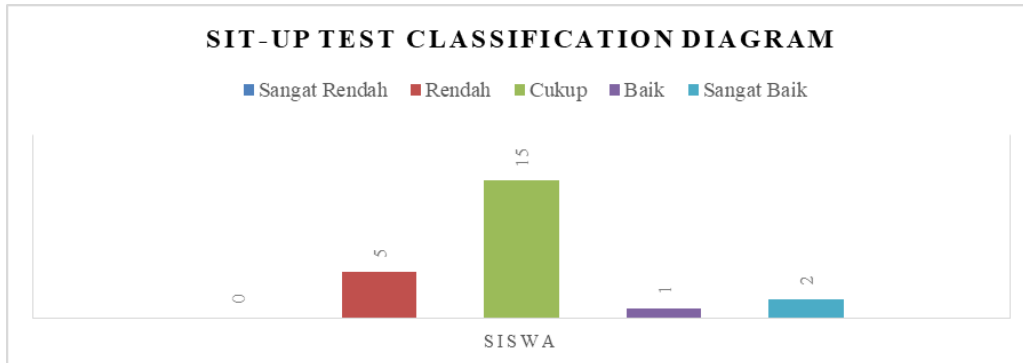
Figure.2.*V-Sit Reach Test Classification Diagram*

Table 3.*Student Sit Up Test Classification Results*

No	Initial Name	Gender	Tes Sit-Up	
			Value	Classification
1.	AWH	L	58	Very Good
2.	AA	P	32	Enough
3.	AIA	L	35	Enough
4.	BSA	P	28	Rendah
5.	BSM	L	38	Enough
6.	DTS	L	48	Good
7.	DASI	P	30	Rendah
8.	DF	L	34	Enough
9.	EO	L	42	Enough
10.	EA	P	34	Enough
11.	FZ	P	40	Enough
12.	FS	P	36	Enough
13.	LAS	P	30	Rendah
14.	MHP	L	38	Enough
15.	MRA	P	31	Enough
16.	MR	P	30	Rendah
17.	MYP	L	58	Very Good
18.	NA	P	30	Low
19.	NAM	L	35	Enough
20.	NAAW	P	35	Enough
21.	NAAV	L	40	Enough
22.	QAA	P	30	Low
23.	SA	P	38	Enough
AVERAGE			36.96	ENOUGH

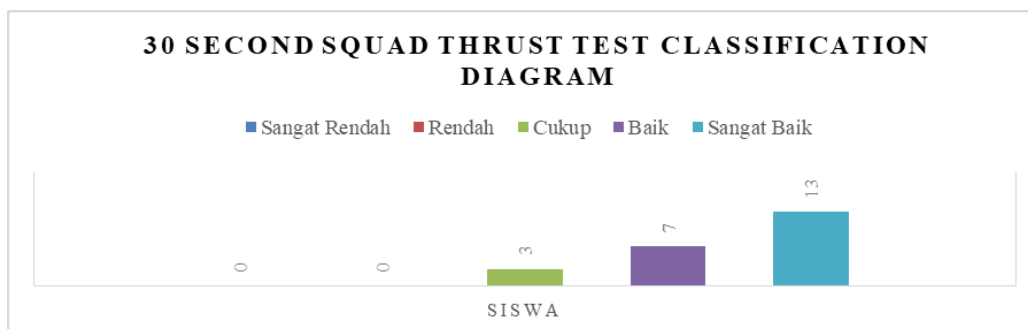
Figure.3.*Sit UP Test Classification Diagram***Table 4.***Results and Classification of the 30-Second Squat Thrust Test*

No	Initial Name	Gender	30 Second Squat Thrust Test	
			Many	Classification
1.	AWH	L	19	Very Good
2.	AA	P	14	Good
3.	AIA	L	12	Enough
4.	BSA	P	10	Enough
5.	BSM	L	16	Very Good
6.	DTS	L	18	Very Good
7.	DASI	P	12	Very Good
8.	DF	L	11	Enough
9.	EO	L	15	Good
10.	EA	P	14	Very Good
11.	FZ	P	13	Very Good
12.	FS	P	12	Very Good
13.	LAS	P	11	Good
14.	MHP	L	14	Good
15.	MRA	P	18	Very Good
16.	MR	P	14	Very Good

17.	MYP	L	18	Very Good
18.	NA	P	12	Very Good
19.	NAM	L	15	Good
20.	NAAW	P	13	Very Good
21.	NAAV	L	15	Good
22.	QAA	P	12	Very Good
23.	SA	P	11	Good
AVERAGE			13.87	GOOD

Figure.4.

30 Second Squat Thrust Test Classification Diagram

**Table 5.**

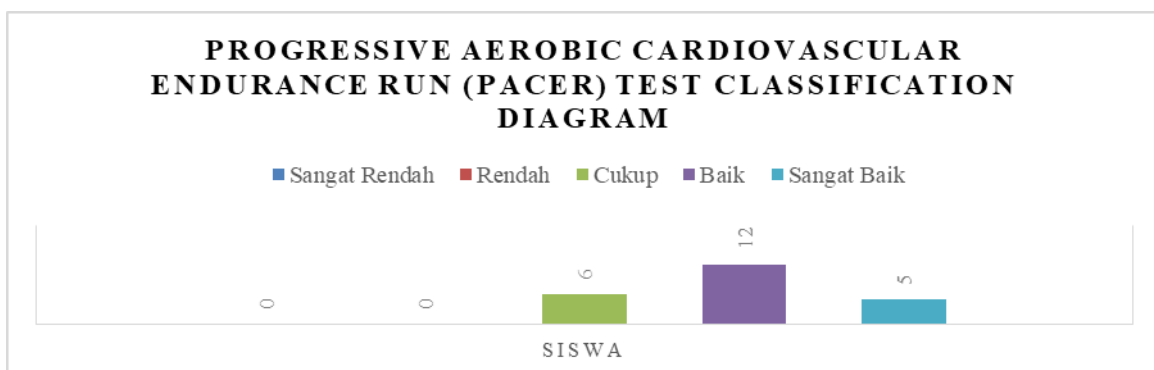
Results and Classification of Students' Progressive Aerobic Cardiovascular Endurance Run (PACER) Test

No	Initial Name	Gender	PACER Test	
			Number of Rounds	Classification
1.	AWH	L	70	Good
2.	AA	P	34	Good
3.	AIA	L	60	Enough
4.	BSA	P	31	Good
5.	BSM	L	50	Enough
6.	DTS	L	58	Enough
7.	DASI	P	34	Good

8.	DF	L	50	Enough
9.	EO	L	60	Enough
10.	EA	P	51	Very Good
11.	FZ	P	50	Very Good
12.	FS	P	40	Good
13.	LAS	P	37	Good
14.	MHP	L	50	Enough
15.	MRA	P	40	Good
16.	MR	P	37	Good
17.	MYP	L	70	Good
18.	NA	P	48	Very Good
19.	NAM	L	68	Good
20.	NAAW	P	50	Very Good
21.	NAAV	L	64	Good
22.	QAA	P	50	Very Good
23.	SA	P	37	Good
AVERAGE			49.52	GOOD

Figure.5.

Progressive Aerobic Cardiovascular Endurance Run (PACER) Test Classification Diagram



4. DISCUSSIONS

The fitness level of Grade 6 students of State Elementary School 2 Kebumen is certainly influenced by several factors such as physical activity, economy, diet, rest and environment. In this study, the physical fitness level of grade 6 students of State Elementary School 2 Kebumen

had a range of very good, good, sufficient, low and very low categories.

The physical fitness level of Grade 6 students of Sekolah Dasar Negeri 2 Kebumen on the Body Mass Index test mostly has the "Normal" category, V-Sit Reach mostly has the "Good" category, Sit UP mostly has the "Enough" category, the Squat thrust test mostly has the "good" category and the PACER test mostly has the "good" category. Based on the average value of 27.11 which was then entered into the calculation formula, it resulted in a value of 8.93 physical fitness levels of grade 6 students of State Elementary School 2 Kebumen in the "Very Good" category.

The level of physical fitness is certainly very important to support student performance both in terms of techniques, strategies and determining tactics, therefore teachers need to pay attention to physical conditions, especially those that support students' physical fitness. Many students turned out that after the pandemic period was over they rarely exercised and often played mobile phones so that their health was not maintained. Therefore, sports are needed that can be adapted to some of these problems, which of course are not only in terms of teachers but also from the students themselves.

The factors that affect physical fitness tests are, lack of rest time, obtained information, many students are lacking in getting hours of sleep, while sleeping hours before doing the test is very influential in determining a person's fitness level. So this will affect the physical fitness level test of the students themselves.

5. CONCLUSIONS

Based on the results of research and discussion, researchers concluded that the physical fitness level of Grade 6 students at State Elementary School 2 Kebumen on the Body Mass Index test mostly has the "Normal" category, V-Sit Reach mostly has the "Good" category, Sit UP mostly has the "Enough" category, the Squat thrust test mostly has the "good" category and the PACER test mostly has the "good" category. Based on the average value of 27.11 which was then entered into the calculation formula, it resulted in a value of 8.93 physical fitness levels of grade 6 students at State Elementary School 2 Kebumen in the "Very Good" category.

The results of the data above can be concluded that the level of physical fitness of Grade 6 students at State Elementary School 2 Kebumen is included in the Very Good category, this result is a satisfactory result. Therefore, it is necessary to maintain these results, activities that are in accordance with the characteristics of students to be able to maintain and improve students' physical fitness. From the data above, the relationship of these findings to learning can be known to what extent the physical fitness level of grade 6 students of SDN 2 Kebumen based on the 2022 TKPN test and identify things that still need to be improved. This research can be used by teachers to find solutions to the difficulties experienced by students in improving physical fitness.

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