



A Survey On The Level Of Physical Fitness For Grade 10 at SMKN 1 Buduran

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Abstract: Physical fitness is needed and becomes very important for the body when carrying out daily activities, if the body is fit then carrying out an activity will be easy. From the initial observations made at SMKN 1 Buduran there were several problems with the physical fitness of students, this can be seen from the students who tend to sit while learning sports. The purpose of this research is to find out how high grade 10 students' fitness is at school. This study uses a quantitative descriptive method. The population includes all 10th grade students at SMKN 1 Buduran, totaling 462 students. Samples were searched using simple random sampling technique consisting of 5 classes consisting of each major. This study used an instrument, namely the Progressive Aerobic Cardiovascular Endurance Run (PACER) test taken from the guidebook for the implementation of the Nusantara Student Fitness Test (TKPN). With the age category 15 years to 17 years. The results of the research conducted showed that there were no students who were in the good and very good categories, there were only 4 students in the moderate category, 9 students in the low category and 152 students in the very low category. The results showed that students were still classified as lacking in physical fitness. So more attention is needed from schools, especially PJOK teachers. It is hoped that the results of this study will be useful so that PJOK schools and teachers can pay more attention to the fitness condition of grade 10 students at SMKN 1 Buduran.

Keywords: Fitness; Learning; Student

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INTRODUCTION

Education is a very important factor in human life, because through education it is hoped that humans will be able to develop their knowledge, skills and creativity. Success in education depends on the learning process. Education is a process of changing the behavior of a person or group of people in order to mature humans through teaching and training efforts (Aziz, 2013) Education itself is divided into 2, namely non-academic and academic education, non-academic education itself has a meaning, namely learning about the arts and sports while academic means learning in the field of science. Education is very important to support children in the future. Children's learning success can be influenced by several factors. These factors can come from several aspects including individual factors, learning facilities, the environment, as well as teacher factors as educators. Individual factors will relate to attitudes, psychological abilities, physical, and interests of the child himself. Aspects related to the child's psychological and physical health is the level of the child. Children's health can be influenced by two influential and

important factors, namely nutritional adequacy and physical fitness status. If a child has good nutritional status and good physical fitness, it is possible that the child will be difficult to get sick or get sick, so that the child can take part in various learning activities well (Margiono, 2012).

Sport learning is mandatory learning in schools that has the goal of being fun while at the same time increasing children's fitness at school so that the quality of human resources will be better, sports learning also provides opportunities for students to learn directly and also practice the material provided by the teacher. Health is very important for survival. Therefore a person must maintain health regularly by exercising. There are five objectives in Physical Education, Sports and Health (PJOK), namely: 1. Doing physical activity requires learning self-skills. 2. Understand the interrelationship of roles to physical activity. 3. Play regular roles in a variety of physical activities. 4. Make physically fit. 5. Absorbing the value of contribution to a healthy lifestyle and physical activity itself. According to Gu et al., (2016) explained that PJOK has the goal of developing students who have the knowledge, skills, confidence, and a positive attitude to live an active life in a physical context. PJOK in the world of Education is used as an Education program listed in the national education curriculum, as one of the efforts to improve quality human resources. PJOK is one of the subjects that studies psychomotor movement material in students. The main goal of PJOK learning besides making the body healthy and strong, also has the goal of improving aspects of students' knowledge, attitudes, and skills through physical activity at school.

SMKN 1 Buduran is a favorite vocational school and is in great demand by the people in Buduran District, Sidoarjo Regency. There are several majors at the school including beauty, culinary, fashion, tourism service business, and hospitality. In addition, there are more female students at this school than male students so that students' interest in PJOK lessons is lower than interest in other subjects. PJOK learning is no longer the most popular subject, because vocational schools will be more demanding for their students. to hone skills in their respective majors so that subjects such as PJOK will not be too focused on by them. According to the PJOK teacher at SMKN 1 Buduran said that almost 2 years of doing online learning was the reason students were not enthusiastic about exercising, so students when doing PJOK learning easily felt tired. Everyone's physical fitness is different, meaning that the level of fitness between students is not the same, for that students must know their physical condition and physical fitness. Faizah, (2022) said that physical fitness is very important for a person, without good health and immunity everyone will find it difficult to carry out several activities. There are many factors that affect the level of physical fitness of students at SMKN 1 Buduran, including the many practical activities in each department which have different levels of difficulty and fatigue, and also the difference in gender is very influential, Bergier et al. (2018) explained that the fitness level of male students was significantly higher than that of female students. Given the importance of physical fitness for students, this should be of particular concern to PJOK teachers in learning, by learning sports at school to improve physical fitness. Many researchers and practitioners have suggested that conducting physical fitness tests can play a major role as an educational tool in fitness if done in the right way (Cvejic, 2020). On this basis, physical fitness is closely related to achievement in learning (Aprilianto & Fahrizqi, 2020)

During the implementation of the Freedom to Learn lectures or what is called Introduction to the School Environment (PLP) at SMKN 1 Buduran from August to November there were several problems found at the level of physical fitness of students. This was also reinforced when learning PJOK students experienced excessive fatigue

when warming up jogging at the beginning of learning which made it less than optimal when doing PJOK learning. According to the learning results obtained during PLP, there are many views that make students have a less level of physical fitness, including students dominated by women so that their fitness is not as good as men, the many practices carried out the previous day so that it makes students tired and also there is no seriousness of students when doing PJOK learning because there is still a lack of knowledge about the benefits of having good physical fitness. As well as from the results of observations and interviews with a PJOK teacher named Zainul Abidin S.Pd., M.Pd. on Monday April 5 2023 there was some information about the learning conditions after the Covid-19 pandemic where PJOK learning activities were very limited so that most students were used to the absence of sports activities. This has a huge impact on the world of formal school education so that learning at school must be replaced by online learning or studying at home online, thus students will experience a decrease in physical fitness and also experience a lack of movement.

The focus of the research is only on grade 10 students because grade 11 students are doing internships outside of school so there is no sports learning in grades 11 and 12 that is not required to do PJOK learning on the grounds that the independent curriculum is not required to do sports in grade 12 so they can focus on final exams. Seeing from the reality that is experienced, research will be carried out only on grade 10 students at SMKN 1 Buduran which aims to find out how much the fitness level of grade 10 students at SMKN 1 Buduran is. For now, there is still no research that has conducted research on the level of physical fitness in these schools. So it is hoped that they can find out how high the level of physical fitness is in detail and become input for Physical Education teachers at SMKN 1 Buduran to make future learning programs so that learning activities can run even better. Based on the description that has been explained, a study will be carried out entitled a survey of the level of physical fitness of grade 10 students at SMKN 1 Buduran.

METHOD

The research was conducted using a descriptive method and a quantitative approach. Research is conducted with the aim of describing or explaining a particular phenomenon or event. In its simplest form, descriptive research is defined as research using one variable. The population is all objects that will be studied and later called generalization (Maksum, 2018). Based on this study, the population used was all 10th grade students at SMKN 1 Buduran with a total of 462 students. For the sample, only one class was used from each department. This was determined based on observations and interviews with PJOK teachers at SMKN 1 Buduran. It was found that in order to know and represent all majors. In the research process, data collection techniques were provided by providing a test instrument, namely the pacer test to students who were the sample in the study. Likewise, when analyzing, you will use descriptive statistics, namely the average (mean), median, percentage, and so on using the SPSS 25 application.

RESULT AND DISCUSSION

Result

The population taken in this study were all 10th grade students of SMKN 1 Buduran with a total of 462 students. The sample selection technique is using random cluster sampling, namely random selection. Therefore, by taking one class sample from each department, the number of majors in SMKN 1 Buduran is 5 majors consisting of beauty, culinary, fashion, tourism service business, and hospitality majors. The test involves running continuously for 20 meters until a "beep" sound is heard. At the sound

of a "beep", examinees must run until they reach one end of the kun. Examinees are not allowed to delete or leave the account before the "beep" sound sounds. If any participant fails to reach the kun before the "beep" sound, he will be given a warning and keep running until the kun next and increase its speed in order to arrive at the next "beep". When a participant is twice late in reaching the kun, the kun that he reaches last will be the score obtained by that student.

Table. 1. Measurement results of all grade 10

Class	N	Number of samples	Means
Fashion	33	743	22.51
Beauty	35	779	22.25
Cullinary art	36	773	21.74
hospitality	36	949	26.36
Tourism Service Business	33	700	21.21
AMOUNT	173	3944	22.79

Table. 2. statistical results of all 10th grade

statistics	results
Number of samples	173
Means	22.79
Median	21
Mode	17
std. Deviation	10.35
Maximum	64
Minimum	7

Based on the results of the endurance test measurements using the pacer test and processed using the SPSS application, it produces data with a description of the average value (mean) 22.79, the median value (median) 21.0000, mode 17.00 and the highest result is obtained by a student named Muchammad Chabiballah with a total of 64 returns. While the lowest result was obtained by a student named Eka Agustina with a total of 7 returns. From the results of the data obtained when conducting the research there were only 4 students who got the sufficient category, 9 students had the low category and the remaining 159 students had the very low category. With the display of data distributed on the pie chart as follows:

Table. 3. percentage of all 10th graders

NO	Category	Amount	Percentage (%)
1	Very good	0	0%
2	Pretty good	0	0%.
3	Enough	4	2,31%
4	Low	9	5,20%
5	Very low	159	92,49%
	Amount	173	100%

The research that has been carried out is only limited to finding out how the condition of physical fitness is in class 10 di SMKN.1 Buduran students. The physical

condition in this study only focused on the components of endurance in sports or endurance. By conducting a pacer test on grade 10 students with an average result of 22.79 Returns. Based on the norm category, the average return obtained by grade 10 students at SMKN 1 Buduran is included in the "very low" category, so students need to further improve their physical fitness.

It can be explained based on the classification of physical fitness assessment categories in this study that the more the number of returns students get, the better the physical condition of these students, whereas on the contrary, if the lower the number of returns students can get, the worse the level of physical fitness they have. the student.

There are several problems encountered in the field when conducting this research, such as students who are not disciplined in coming to do PJOK learning, there are still students who do not take part in PJOK learning for reasons of illness or permission so they cannot take part in this research and there are also factors that influence the research results. The things that have been done include the differences in student body posture and weight, hot temperatures when carrying out field tests and student enthusiasm in carrying out research tests.

Discussion

The research conducted on the physical fitness levels of grade 10 students at SMKN 1 Buduran indicates a concerning trend, with an average feedback score of 22.79 suggesting very poor physical fitness. This aligns with broader findings in similar studies, highlighting a significant issue in student fitness levels across various educational institutions. A study on junior secondary school students revealed that 36.87% had low physical fitness, indicating a trend consistent with the findings at SMKN 1 Buduran.

Research shows that physical fitness levels are often unsatisfactory due to inadequate physical education focus, with many programs emphasizing knowledge over fitness activities (Apriyano et al., 2020). Factors such as lack of physical activity, unhealthy diets, and insufficient rest have been identified as contributors to poor fitness levels (Rahmawan et al., 2024). The decline in physical activity is noted to worsen with higher educational levels, suggesting that as student progress, their fitness levels may deteriorate (Sulistiono, 2014). Implementing regular sports activities and educational programs on healthy eating can enhance students' physical fitness (Rahmawan et al., 2024).

Tailored fitness regimens based on individual assessments could also be beneficial, as highlighted by machine learning approaches in fitness training (Tingting Zhao, 2024). While the findings indicate a pressing need for intervention, it is essential to consider that some students may still exhibit varying levels of fitness, suggesting that targeted programs could yield positive outcomes for those at risk of poor health.

CONCLUSION

Based on research conducted on May 15-19 2023, the results were obtained in the form of the amount of feedback that had been carried out by students of SMKN 1 Buduran with an average of 22.79 feedback received by all students. In general, it can be concluded that the level of physical fitness of grade 10 students at SMKN 1 Buduran is in very poor physical fitness.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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