



Level of Physical Fitness of Class V Students of SD Negeri 178 Gegerkalong KPAD Bandung City

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Abstract

This research aims to explore the level of physical fitness at SD Negeri 178 Gegerkalong KPAD Bandung City, one of the partner schools of the PGSD Physical Education University of Indonesia. Researchers use purposive sampling, namely students aged 10-12 years consisting of 20 boys and 20 girls in class V. Quantitative descriptive methods were used in this research by describing the data in the form of numbers obtained through the physical fitness test (TKJI). The test components include running 40 meters, hanging bent elbows, lying down for 30 seconds, jumping upright, and running 600 meters. The researchers' findings showed that there were two people in the "Good" category (5%). In the "Medium" category, there were 17 people (42.5%). In the "Poor" category, there were 20 people (50%), and in the "Very Poor" category, there was one person (2.5%). It can be concluded that the 40 students aged 10-12 years, consisting of 20 boys and 20 girls at SD Negeri 178 Gegerkalong KPAD Bandung City, are in the poor category. Based on the data analysis, it can be concluded that the physical fitness level of students aged 10-12 years at SD Negeri 178 Gegerkalong KPAD Bandung City in 2023 is categorized as "Poor."

Keywords: Physical Fitness, SD Negeri 178 Gegerkalong KPAD, Physical Condition

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INTRODUCTION

A good level of physical fitness is required for every individual to live their daily life to produce something productive and beneficial for each participant (Monzera & Ulfah, 2022). Good physical fitness is evidenced when a person does physical activity without feeling significant fatigue and can still carry out other activities. Physical fitness can influence students' readiness to carry out tasks in daily life (Putra & Rosyida, 2021). Therefore, every human being, including students, needs to have a good level of physical fitness.

One of the reasons for a good level of physical fitness for students is obtained from learning activities in physical education (Darmawan, 2017). This subject aims to make students more

optimal in participating in learning at school through strategies that a physical education teacher can use to improve physical fitness in children, one of which can be started by modifying the physical education learning hours, which are generally 3 x 35 minutes for elementary school level. from one meeting to three meetings (Darmawan, 2017). Therefore, Physical Education is the right subject to increase students' physical fitness levels through the activities available in physical education learning.

Through physical education, students are expected to be able to gain various experiences to express their impressions of being fun, creative, innovative, skilled, improving and maintaining physical fitness, and understanding human movement. Physical fitness is essential for elementary school students (Ma'arif & Prasetyo, 2021). Students are given education as early as possible so that they are physically strong and have good physical fitness, so they can do their school work well without feeling excessively tired or lazy both in and outside of class. Increasing students' physical fitness will certainly only be achieved by relying on physical education and health programs at school. This is because to improve a student's physical fitness, the student must do physical activity or exercise at least three to five times a week with a duration of around 20 to 60 minutes for each physical activity (Mustakim & Baharuddin, 2019).

Based on the statement above, the Physical Education teacher at SD Negeri 178 Gegerkalong KPAD Bandung City provides lessons with various kinds of physical activity learning packaged in games so that it can increase the values of sportsmanship, honesty, cooperation, and the formation of healthy lifestyle habits (Arifin, 2017). This is because the implementation of physical education learning is not limited to conventional teaching in the classroom, which is in the form of theoretical studies. However, it can involve physical, mental, intellectual, emotional, and social elements, which are certainly needed in the future to form a superior person.

Based on the results of interviews with physical education teachers at the school. Physical education learning activities through game activities aim to make students' physical fitness optimal so they can carry out daily physical activities without feeling significant fatigue through the environment provided at the school (Sepriadi, 2017).

The surrounding environment as a place where students live can have a significant influence on maintaining and improving physical fitness. However, no data shows the level of physical fitness of students who take part in physical education lessons at the school. Therefore,

the author is interested in researching physical fitness levels at SD Negeri 178 Gegerkalong KPAD Bandung City.

METHOD

Quantitative research was used in this research because the type of data collected can be measured directly (Bacon-Shone, 2021). The data collected by researchers on this occasion was in the form of numbers or statistics as a step in describing the school's physical fitness level. This type of quantitative research uses a survey method with a sectional approach, which means data collection is carried out only once from research subjects (Abrori, 2020). This aims to see the level of physical fitness possessed by students at SD Negeri 178 Gegerkalong KPAD Bandung City.

Population and Sample

This study's population was all SD Negeri 178 Gegerkalong KPAD Bandung City students in the 2023/2024 academic year. Then, the research sample is determined using the technique of purposive sampling, or sampling is carried out based on the characteristics determined by the researcher and carrying out physical education learning (Janah & Kumaat, 2017). Based on the observations, 40 children at the school, consisting of 20 boys and 20 girls aged 10-12 years, are taking Physical Education lessons. Therefore, seeing that the number of samples used as research subjects was less than 100, the researchers took 40 children to be sampled for this research (Nugraha et al., 2021).

Data Collection Techniques

Four research colleagues assisted in data collection. Data was taken using the TKJI test instrument for ages 10-12 years, including running 40 meters, hanging bent elbows, lying down for 30 seconds, jumping upright, and running 600 meters. This instrument is a measuring tool to determine the level of physical fitness that was agreed upon at the 1984 Physical Fitness Workshop (Nugraha & Pudjijuniarto, 2019).

Data Analysis

The data analysis technique in this research uses descriptive statistical techniques, which means that researchers will only describe students' test results and classify them into predetermined categories (Arisman & Agun Guntara, 2021). The category determined is the physical fitness level of children aged 10-12 years at SD Negeri 178 Gegerkalong KPAD Bandung City by the instrument table from TKJ.

Table 1. Indonesian Physical Fitness Test Scores for Boys Aged 10-12 Years

Run 40 Meters	Hanging Elbow Bent	Lie down and sit for 30 seconds	Upright Jump	Run 600 Meters	Mark
0 – 6.3"	51" and above	19 and above	46 and above	0 – 2'09"	5
6.4" – 6.9"	31" – 50"	18 – 12	38 – 45	2'10" – 2'30"	4
7.0" – 7.7"	15" – 30"	12 – 17	31 – 37	2'31" – 2'45"	3
7.8" – 8.8"	05" – 14"	04 – 11	24 – 30	2'46" – 3'44"	2
8.9" – dst	4" – dst	0 – 03	23 – dst	3'45" – dst	1

Table 2. Indonesian Physical Fitness Test Scores for Girls Aged 10-12 Years

Run 40 Meters	Hanging Elbow Bent	Lie down and sit for 30 seconds	Upright Jump	Run 600 Meters	Mark
0 – 6.7"	40" and above	20" and above	42" and above	0 – 2.32"	5
6.8" – 7.5"	20" – 39"	14 – 19	34 – 41	2.33" – 2.54"	4
7.5" – 8.3"	08" – 19"	07 – 13	28 – 33	2.55" – 3.28"	3
8.4" – 9.6"	02" – 07"	02 – 06	21 – 27	3.29" – 4.22"	2
9.7" – dst	0"- 0.1"	0 – 01	20 dst	4.23" – dst	1

Table 3. Indonesian Physical Fitness Test Norms for Boys and Girls Ages 10-12 Years

Value	Total Value	Classification
A	22 – 25	Very Good
B	18 – 21	Good
C	14 – 17	Medium
D	10 – 13	Poor
E	05 – 09	Very Poor

Then, the data from each subject, consisting of the overall test score, will be processed using SPSS. This aims to speed up data processing and obtain accurate data. Data analysis was carried out by transferring all test result data into SPSS. Then, the researcher conducted the descriptive analysis and determined frequencies in the SPSS application (Wahyuni, 2020)

RESULTS AND DISCUSSION

Result

Based on physical fitness test results, data was obtained using the Indonesian Physical Fitness Level test instrument, which includes 5 test items: running 40 meters for men and women, Hanging Elbow Bent, Lying Sitting, Upright Jumping, and Running 600 meters. Then, the data was analyzed and classified according to class and gender using SPSS to obtain the following results.

Table 4. Summary of TKJI Test Results for Boys Aged 10-12 Years at State Elementary School 178 Gegerkalong KPAD Bandung City

	Category	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Poor	1	5.0	5.0	5.0
	Poor	10	50.0	50.0	55.0
	Medium	7	35.0	35.0	90.0
	Good	2	10.0	10.0	100.0
	Total	20	100.0	100.0	

Based on data from the results of physical fitness tests carried out by 20 boys aged 10-12 years at SD Negeri 178 Gegerkalong KPAD Bandung City. It is known that in the "Good" category, there are two people (10%). There are seven people in the "Medium" category (35%). In the "Poor" category, there were ten people (50%), and in the "Very Poor" category, there was one person (5%). The following is a Histogram of the TKJI Putra test results that the son has carried out.

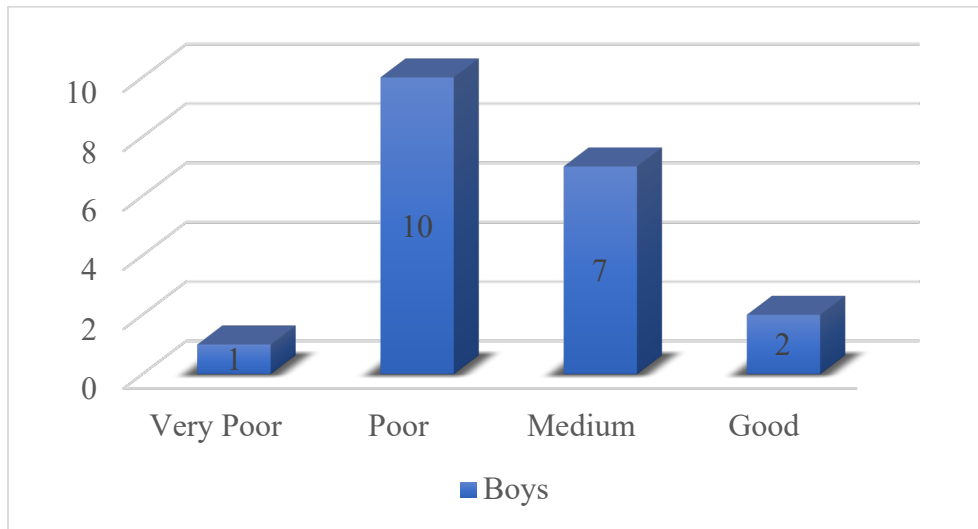


Figure 1. TKJI Test Results Diagram for Boys Aged 10-12 Years at SD Negeri 178 Gegerkalong KPAD Bandung City

Next, researchers processed data on the results of physical fitness tests carried out by girls aged 10-12 at SD Negeri 178 Gegerkalong KPAD Bandung City. The following are the results of the TKJI Putri test that has been carried out.

Table 5. Summary of TKJI Test Results for Girls Aged 10-12 Years at State Elementary School 178 Gegerkalong KPAD Bandung City

	Category	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Poor	0	0	0	0
	Poor	10	50.0	50.0	50.0
	Medium	10	50.0	50.0	100.0
	Good	0	0	0	
	Total	20	100.0	100.0	

Based on the results of physical fitness tests on 20 girls aged 10-12 years at SD Negeri 178 Gegerkalong KPAD Bandung City. It is known that as many as ten people (50%) are in the "Medium" category, and as many as ten people (50%) are in the "Poor" category. Below, the researcher shows a histogram of the TKJI test results for girls aged 10 to 12 at SD Negeri 178 Gegerkalong KPAD, Bandung City.

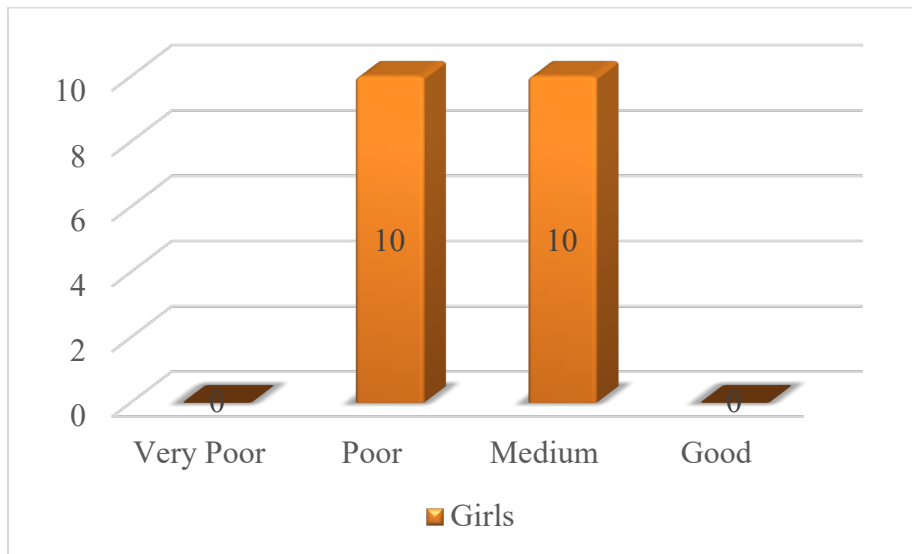


Figure 2. TKJI Test Results Diagram for Girls Aged 10-12 Years at SD Negeri 178 Gegerkalong KPAD Bandung City

Furthermore, when the TKJI test results for children aged 10-12 years at SD Negeri 178 Gegerkalong KPAD Bandung City are combined, the results of the data analysis can be seen in Table 6.

Table 6. Frequency Distribution of TKJI Test Results Ages 10-12 Years at SD Negeri 178 Gegerkalong KPAD Bandung City

	Category	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Poor	1	2.5	2.5	2.5
	Poor	20	50.0	50.0	52.5
	Medium	17	42.5	42.5	95.0
	Good	2	5.0	5.0	100.0
	Total	40	100.0	100.0	2.5

Based on the data analysis that has been carried out, the TKJI test result data is in the "Good" category as many as 2 people (5%), in the "Medium" category many as 17 people (42.5%), in the "Poor" category as many as 20 people (50%), and the "Very Poor" category was 1 person (2.5%). Below, the researcher presents the overall TKJI results data in the form of a histogram which can be seen in Figure 3.

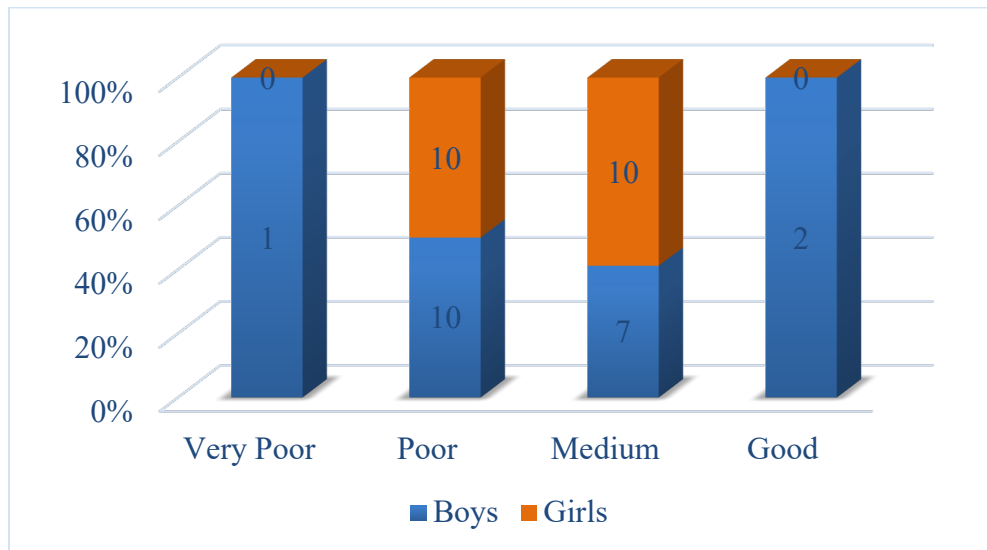


Figure 3. Histogram of TKJI Test Categories Ages 10-12 Years at SD Negeri 178 Gegerkalong KPAD Bandung City

A person's ability to carry out daily physical activities without feeling excessive fatigue and still having the energy to carry out other activities is physical fitness that every individual, including students, needs to have (Pratamalloh et al., 2023). An educational process that can utilize physical activity to change an individual's perspective and increase physical growth, mental strengthening, and reasonable emotional control is an educational process that exists in Physical Education learning (Agus & Bambang, 2021).

The educational process provided by schools at SD Negeri 178 Gegerkalong KPAD Bandung City with various kinds of physical activity learning packaged in games still cannot be optimized. This is because the physical activities carried out through physical education lessons are carried out once a week, so not all students can improve their physical fitness.

CONCLUSION

Based on data processing from the TKJI test results that have been carried out, it is known that students aged 10-12 years who take physical education lessons at SD Negeri 178 Gegerkalong KPAD Bandung City through various kinds of physical activity learning packaged in games have a level of physical fitness in the poor category with a percentage of 50%. Based on data processing from the TKJI test results that have been carried out, it is known that students aged 10-12 years who take physical education lessons at SD Negeri 178 Gegerkalong KPAD Bandung City through various kinds of physical activity learning packaged in games have a level of physical fitness in the low category with a percentage of 50%.

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Thank you to the lecturers at the Universitas Pendidikan Indonesia and SD Negeri 178 Gegerkalong Kota Bandung for allowing us to collect data so that this research could run well. Based on the conclusions of this research, there are several suggestions that researchers can give to this research. It is hoped that the school can review the management of activities that can increase physical activity, such as extracurricular activities at school, to increase the level of physical fitness possessed by each student. It is hoped that PJOK teachers at these schools can design alternative activities to increase student's physical fitness levels, which can be done by adding additional hours for continuous exercise so that students' physical fitness levels can increase.

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