



## **Identification Of Physical Fitness Through Senam Anak Indonesia Hebat Among Junior High School Students In Abepura District**

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### **Abstract**

The post-COVID-19 pandemic significantly altered students' pre-pandemic physical activity habits. The presence of poorly managed technology has led to a decline in post-pandemic physical activity. Students now tend to be more active in online gaming technology, resulting in a significant lack of physical activity that impacts physical fitness. An effort to shift the virtual world from the real world is to incorporate the 7 habits of great Indonesian children. Researchers will examine the impact of the implementation of the great Indonesian children's gymnastics program on the physical fitness of Indonesian children. The purpose of this study was to determine the physical fitness level of junior high school students in Abepura District. This study will describe the physical fitness level of Indonesian children, and is part of the descriptive method. Descriptive research aims to describe and test established hypotheses. YPK Diaspora Junior High School Kotaraja has no students with physical fitness below the safe zone. The physical fitness of YPK Diaspora Junior High School students is mostly in the safe zone, with 27 students in the sufficient category and 3 students in the good category. The physical fitness of students at SMP N 4 Jayapura is above the safe zone. This is clearly evident in the physical fitness measurement results, where 19 students were in the Good category and 11 students were in the Very Good category. The physical fitness of students at SMP Al Ihsan was 12 students in the Poor category and 18 students in the Fair category. The physical fitness of students at SMP YPPK Santo Paulus was above the safe zone, with 15 students in the Good category and 15 students in the Very Good category. The physical fitness of SMP Advent students was 22 students in the safe zone and 8 students were above the safe zone. Differences in physical fitness levels occurred across schools. Based on data obtained, SMP Al Ihsan's physical fitness results were in the red zone. This poor fitness was caused by insufficient physical activity. During the even semester, the researchers observed a lack of physical activity at SMP Al Ihsan. This is because physical activity is restricted for a full month during the even semester due to the Ramadan fasting month of 1445 H.

**Keywords:** *Physical Fitness, Gymnastics, Senam anak indonesia hebat.*

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## **INTRODUCTION**

The journey of the new Indonesian government under President Prabowo Subianto has just begun. His latest program for the next five years will be his priority during his tenure. At the beginning of his leadership, he had eight goals, or what he called "asa cita" (aspirations) (Kristantyo Wisnubroto, 2024). One of these eight goals is in the field of education, namely strengthening human resource development.

Human resource development is expected to be achieved through good physical fitness. To be able to carry out activities, good physical fitness is required. Physical fitness relates to the human body's ability to perform numerous activities without experiencing significant fatigue. To achieve this level, a person needs to develop a habit of continuous and routine physical activity (Fynmore, 1902).

This routine and sustained physical activity automatically records the body in muscle memory, making the muscles more resilient to the reactions (Teixeira Diogo S., 2024). Organized physical activity, part of the government program, is the "7 Habits of Great Indonesian Children," one of which is the "Great Indonesian Children's Gymnastics." This gymnastics program is mandatory for all Indonesian children wherever they are, carried out before learning activities begin.

The habituation outlined in the Joint Circular Letter of the Three Ministers Number 1 of 2025, Letter Number 800.2.1/225/SJ, requires superior human resources to strengthen the Indonesian Golden Era 2045 (Minister of Primary and Secondary Education of the Republic of Indonesia, 2025). Character education is fostered through habituation in educational units. Every school is required to hold the "Great Indonesian Children's Gymnastics" program at least twice a week. This circular letter has received a positive response from all schools at all levels throughout the region, including Papua Province.

The Jayapura City Education Office launched the "Indonesian Children's Gymnastics" program in January. It requires all schools in Jayapura City to conduct the "Great Indonesian Children's Gymnastics" program at least twice a week before class. The approximately 10-minute exercise is time-efficient and effective to avoid overexertion and boredom for students. The accompanying music is composed by Dwiki Dharmawan (Prastiwi, 2024).

A cohesive movement was also created by Dr. Sugito Adiwarsito, M.Pd., Or and Abdullah, M.Pd so that it is very appropriate to the character of all students in this era (Neng Nurcahyati Sinulingga, 2024). The habit of physical activity carried out for 10 minutes at school cannot be the main goal to achieve the desired level of fitness, but through the 7 habits of great Indonesian children carried out from home to school, this will become a pioneer of broader student physical activity.

The post-COVID-19 pandemic significantly altered students' physical activity habits before the pandemic (Indriati, 2023). The presence of poorly managed technology has led to a decline in students' physical activity after the pandemic (Rio Wakhid, 2024). Students currently tend to be more active in online gaming technology, resulting in a significant lack of physical activity, which impacts physical fitness.

An effort to shift the virtual world from the real world is to implement the 7 habits of great Indonesian children. Researchers will examine the impact of the 7 habits of great Indonesian children on the physical fitness of Indonesian children. Therefore, the researchers formulated the research title "Identifying Physical Fitness Through the 7 Habits of Great Indonesian Children in Junior High School Students in Abepura District." Therefore, the research question to be addressed is: "What is the level of physical fitness of junior high school students in Abepura District after participating in the 7 Habits of Great Indonesian Children?"

The purpose of this research is to determine the physical fitness levels of junior high school students in Abepura District. Theoretical and practical benefits of this research are: Theoretically, it will be useful in developing the importance of physical fitness in learning and providing input for the government in evaluating programs implemented in Abepura District. Practically, students will be motivated to improve their fitness, which will provide teachers with input to optimize learning, and schools will improve the quality of learning.

## **METHOD**

The research conducted by the researcher was conducted at the junior high school level. At the beginning of the administration, this program had only just been announced by the government. Empirical data was needed to illustrate the results of the implementation of the "Great Indonesian Children's Gymnastics" program. This research can serve as a reference for developing physical education instruction in schools. Furthermore, it can provide information for the government to evaluate the program's implementation.

The population in this study was 7th-grade junior high school students in Abepura District for the 2025/2026 academic year, with a total population of 300. The sampling technique used was random sampling or stratified sampling. Therefore, the researcher used a sample of 30 students from each school.

This study addresses the problem formulation outlined in the introduction by explaining quantitative data obtained through physical fitness tests. This study will describe the physical fitness level of Indonesian children, a method used in descriptive research. According to Sukardi (2003:157), descriptive research aims to describe and test established hypotheses (Sukardi, 2003).

The description of the physical fitness level of Indonesian children is based on tests and measurements, the instruments of which were developed by the Ministry of Youth and Sports, including Body Mass Index (BMI) and the following tests: VSit and Reach, 60-Second Sit-Up,

30-Second Squat Thrust, and Pacer Test (KEMENPORA, 2022). Data from these tests and measurements will then be identified through data processing using percentages:

$$P = \frac{\sum fi}{n} \times 100\%$$

Where:

P = Percentage

$\sum fi$  = Number of students

N = Total

The results of the identified percentages will then be classified according to predetermined physical fitness level norms.

**Table 1.** Physical Fitness Standards (Kemenpora, 2022)

Achievement Results	Category
> 4	Very Good
3 – 3,9	Good
2 – 2,9	Fair
1 – 1,9	Poor
<1	Very Poor

## RESULTS AND DISCUSSION

### Result

The results of the data obtained from SMP YPK Diaspora Kotaraja, SMP N 4 Jayapura, SMP Al Ihsan Yapis Kotaraja, SMP YPPK Santo Paulus and SMP Advent Abepura. The students who were studied were 150 students. As the purpose of this study was to explain the results of physical fitness after the gymnastics of the great Indonesian children. The following table shows the results of physical fitness data from each school that has been measured.

**Table 2.** Frequency Table of Physical Fitness of 5 Schools

Category	Achievement Results	SMP YPK Diaspora	SMP N 4 Jayapura	SMP Al Ihsan Yapis	SMP YPPK Santo Paulus	SMP Advent
Very Poor	< 1	0	0	0	0	0
Poor	1 – 1,9	0	0	12	0	0
Fair	2 – 2,9	27	0	18	0	22
Good	3 – 3,9	3	19	0	15	8
Very Good	> 4	0	11	0	15	0
Total		30	30	30	30	30

## **Discussion**

Based on the data in the table above, researchers divided physical fitness levels into three levels: the red zone, the yellow zone, and the green zone. The red zone indicates fitness levels that are considered poor or below (Wakhid., 2024). The yellow zone represents fitness levels that are in the middle or safe zone. The red zone indicates physical fitness that is at the upper limit of the safe zone. At SMP YPK Diaspora Kotaraja, no students were found to be physically fit below the safe zone. The physical fitness of SMP YPK Diaspora students was mostly in the safe zone, with 27 students in the sufficient category and 3 students in the good category.

The physical fitness of SMP N 4 Jayapura students was above the safe zone, as clearly evidenced by the physical fitness measurement results, with 19 students in the good category and 11 students in the very good category. At SMP Al Ikhsan, 12 students were found to be physically fit and 18 students in the sufficient category. The physical fitness of students at SMP YPPK Santo Paulus was above the safe zone. A total of 15 students are in the Good category and 15 students are in the Very Good category.

The physical fitness of Adventist Junior High School students was 22 in the safe zone, and 8 students were above the safe zone. Differences in physical fitness levels occurred across schools. Based on data obtained, Al Ihsan Junior High School's physical fitness results were in the red zone. This poor fitness was caused by insufficient physical activity. During the even semester, researchers observed a significant lack of physical activity at Al Ihsan Junior High School. This was because physical activity was restricted for a full month during the even semester due to the Ramadan fasting month of 1445 H.

The restriction on physical activity was implemented because the school is an Islamic school. All students fasted, thus reducing the regular healthy Indonesian children's gymnastics activities throughout the semester, as students did not participate in the entire month, including practical physical education lessons in the field. Schools with good and excellent levels of physical fitness were SMP N 4 Jayapura and SMP YPPK Santo Paulus, both public schools that regularly hold healthy Indonesian children's gymnastics twice a week.

Meanwhile, schools that only held the Great Indonesian Children's Gymnastics once a week had their physical fitness levels in the adequate category. These schools were YPK Diaspora Middle School and Adventist Middle School. According to Ida Bagus, the more physical activity a person does, the better their physical fitness will be. When humans engage in physical activity, it involves all their organs and muscles (Rio Wakhid, 2024). This behavior,

which is repeated and progressive, will result in good muscle endurance, thus impacting their physical fitness. The following is a data diagram of the students' physical fitness results:

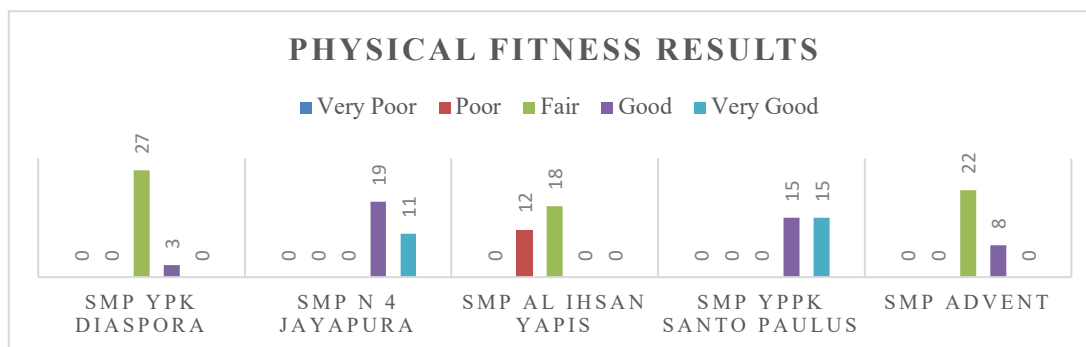


Figure 1. Physical Fitness Results

## CONCLUSION

Based on the results of physical fitness measurements of junior high school students in Muara Tami District, it was found that 27 students of YPK Diaspora Junior High School were in the sufficient category and 3 students were in the good category. 19 students of SMP N 4 Jayapura were in the good category and 11 students were in the very good category. 12 students of Al Ihsan Yapis Junior High School were in the less category and 18 students were in the sufficient category. 15 students of YPPK Santo Paulus Junior High School were in the good category and 15 students were in the very good category. 22 students of Advent Junior High School were in the sufficient category and 8 were in the very good category.

## ACKNOWLEDGMENT

The researcher would like to express her gratitude to Cenderawasih University for its moral and material support, which made this research possible. Researcher would also like to thank the Research Institute for Research and Community Service (LPPM) of Cenderawasih University. Researcher hopes that this research will be beneficial to science and advance Cenderawasih University. Researcher hopes that she will be given another opportunity to conduct research in the following year.

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