



## **Level of Elementary School Students' Physical Fitness**

**Arti Kurniaty Bangun<sup>1</sup>, Sri Syahputri<sup>2</sup>, Yoki Afriandy Rangkuti<sup>\*3</sup>**

<sup>1</sup>Primary School Teacher Education / Faculty of Teacher Training and Education, STKIP Al-Maksum, Kelurahan Kwala Bingai, Kab. Langkat, Province North Sumatra, 20812, Indonesia

<sup>2</sup>Physical Education/ Faculty of Teacher Training and Education, Samudra of University, road Kampus Meurandeh -Langsa Kota Langsa, Province Aceh, 24415, Indonesia

<sup>\*1</sup>Physical Education/ Faculty of Teacher Training and Education, Samudra of University, road Kampus Meurandeh -Langsa Kota Langsa, Province Aceh, 24415, Indonesia

### **Abstract**

The absence of data about the level of physical fitness of SD Negeri 054936 Wonorejo students is what inspired this study. The objective of this research was to determine how well the Class V students at SD Negeri 054936 Wonorejo Academic Year 2021/2022 were physically active. There is quantitative descriptive research in this study. A survey was the research method used. The Indonesian Physical Fitness Test (TKJI) for children ages 10 to 12 served as the study's primary data collection tool. Students in the fifth grade at SD Negeri 054936 Wonorejo for the 2021–2022 academic year made up the population of this study. 39 students were selected using the saturation sampling method to determine the sample. Quantitative descriptive analytical techniques using percentages are used in data analysis. Based on the results of the study on the physical fitness of fifth-graders at SD Negeri 054936 Wonorejo for the 2021–2022 Academic Year, there are three students in the excellent category with a percentage of 7.7%, six students in the good category with a percentage of 15.4%, ten students in the average category with a percentage of 25.6%, 17 students came into the less good category, with a percentage of 43.6%, while 3 students fell into the extremely unfortunate category, with a percentage of 7.7%. Therefore, it can be determined from this study that Class V students at SD Negeri 054936 Wonorejo fall into the less group for their level of physical fitness for the 2021–2022 Academic Year. These recommendations are made by the authors in light of the test results in this study: By restricting their use of Android phones, increasing their physical activity, and eating healthier foods, students can improve their physical fitness and become even better.

**Keywords:** *Test, for Physical Freshness in Indonesia, (TKJI)*

Correspondence author: Yoki Afriandy Rangkuti, Universitas Samudra  
Email: yokikenshi@unsam.ac.id



Jurnal Pendidikan Jasmani (JPJ) is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

---

## **INTRODUCTION**

At all educational levels, it is crucial to provide physical education to all students. Physical education not only teaches kids about physical activity but also how to live a healthy lifestyle. As a result, physical education influences and reinforces students' efforts to become more physically fit. According to Zulfikar and Mukson (2019), physical fitness can be defined as

a state in which the body is capable of performing its daily tasks correctly and effectively without experiencing significant fatigue. It also has the reserves necessary to handle unexpected emergencies and take advantage of free time with active recreation.

The amount of physical activity a person engages in and his lifestyle choices have a significant impact on his level of physical fitness. The most crucial element for any person to carry out daily activities is their physical status. Physical health condition and physical fitness are regarded to be strongly affiliated aspects of quality of life. Sadikin and Rangkuti (2022: 35) cite Husdarta as saying that "Physical education is the process of education through physical activity, games, or selected sports for educational reasons."

Based on the Infodatin Center for Data and Information of the Ministry of Health of the Republic of Indonesia (2015: 2) states that: "Physical fitness is the ability of a person's body to carry out daily work without causing significant fatigue." According to Sinuraya and Barus (2020: 24) "physical fitness is the body's ability to carry out physical activities without causing excessive fatigue". Sutrisno (in Kusuma, 2018: 22) argues that: "physical fitness is the ability and ability to do work or activities without experiencing excessive fatigue. A fit or fresh body is a body that has normal organs in a state of rest and movement or work that is able to support all activities in daily life without excessive fatigue (YS Santoso Giriwiyono, 2005: 2).

According to Sutarman (in Bafirman and Asep, 2019: 215) "The ability to lead a productive life and be able to adjust to any physical load (or acceptable physical stress) is provided by physical fitness (also known as complete fitness). The ability to complete everyday tasks with vigor and alertness without undue exhaustion and with sufficient energy to still enjoy free time and handle unexpected unforeseen situations, according to Sudiana (2014: 391), is considered physical health. In addition, Alamsyah et al. (2017: 77), "physical fitness is the ability to carry out everyday tasks or activity, adapt to physical loading without creating extreme exhaustion, and yet have energy reserves to enjoy leisure time or sudden work". Hidayat (2019), having a good level of physical fitness is the first step for elementary-age children to achieving further physical fitness. Good physical fitness will also have an impact on student learning activities because students who have good physical fitness status will be more enthusiastic about participating in the learning process and won't get tired easily while the learning process is taking

place. Learning activities are influenced by physical fitness; without it, learning activities will be interrupted, which will also have an impact on student learning results.

One of the primary schools with subpar facilities is Public Elementary School 054936 Wonorejo, particularly in terms of the infrastructure and facilities that support learning in physical education. Consequently, learning physical education goals still cannot be optimally attained. Additionally, because of how the Covid-19 pandemic has affected school schedules, physical education classes are only given once a week for a total of two 30-minute periods.

According to the objective of increasing physical fitness, there should ideally be 3 physical education classes each week, with a minimum of three to four sessions per week (Darmawan, 2017: 151). Additionally, the 2013 curriculum allocates 3x45 minutes each week for physical education classes to be conducted. Naturally, students' physical fitness won't increase because physical education classes are so short.

According to research findings at Public Elementary School 054936 Wonorejo, certain fifth-grade students have low physical abilities, are easily exhausted, and lack energy when participating in physical education learning activities. One of their traits is a low level of physical fitness, which is another hallmark of these students. This is in line with what Johnson (in Agus, 2012: 27) said: "Physical abilities that are below efficient, emotionally unstable, easily exhausted, and unable to overcome physical and emotional problems are characteristics of someone who has below standard physical fitness. Bafirman (2019: 223), a person with low physical fitness can perform daily duties, but only with difficulty, feeling tired and low on energy. From some of the aforementioned perspectives, it can be inferred that physical freshness can be defined as a person's body's capacity to perform everyday tasks without creating undue exhaustion while still having energy reserves to perform other activities and be disease-free.

Additionally, the researcher spoke with a number of students in interviews regarding their everyday activities. The majority of students reported that they used their Android phones more frequently to play games, access social media, and use Tik-Tok. Android gaming addiction has a negative impact on students' physical fitness since it makes students lazy about engaging in physical activities.

Based on the background information provided, the researcher was motivated to investigate the physical fitness of fifth grade students at SD Negeri 054936 Wonorejo in the hopes that the results of this investigation would be helpful to a number of parties in the future, particularly the students themselves as a means of assessing how well they could improve their physical fitness. Additionally, there has never been a physical fitness test performed on students at SD 054936 Wonorejo to identify their degree of physical fitness.

## **METHOD**

This study was carried out at SD Negeri 054936 Wonorejo, Langkat Regency, North Sumatra, on Jl. Kramat Jaya, Lama Village, Sei Lapan District. PJOK class time was used to conduct this study. This study is a quantitative descriptive study that rates the physical fitness of 5th at SD Negeri 054936 Wonorejo students in the categories of very good, good, medium, low, or very low. A survey technique was used for this research. Measurement assessments were utilized as the method of data collecting in this study.

The population in this study were all fifth grade students at SD Negeri 054936 Wonorejo for the 2021/2022 academic year with a total of 39 students consisting of 19 students in the VA class and 20 students in the VB class. Based on gender, there were 20 male students and 19 female students. Researchers used saturated sampling to choose the study's sample. "Saturation sampling is a sampling technique where all members of the population are used as samples," claims Sugiyono (2017: 85). When there are few samples, this is a normal practice. Thus, the study's sample is 39 students, the same number as the study's population overall.

The Indonesian Physical Fitness Test (TKJI) for children aged 10 to 12 who are in grade 5 was the instrument used in this study to evaluate the physical fitness of fifth grade students at SD Negeri 054936 Wonorejo. Since TKJI is a series of tests, each test item must be completed consecutively, continuously, and without disruption, paying close attention to how quickly you can go on to the next test item within the allotted three minutes. It is important to note that the TKJI test items are standard and cannot be modified (Agus and Sepriadi, 2021:129). A physical fitness exam can be used to determine one's level of physical fitness; the test used is the TKJI (Indonesian Physical Fitness test) (Nova,Hasnita and Kurinawan 2021:39)

Data analysis is the process of condensing collected information into a format that is simpler to read and understand. The research's data analysis method is descriptive quantitative. By converting the data results for each test item using the Indonesian Physical Freshness Test (TKJI) assessment table for children aged 10–12 years, the information that has been gathered from each of the test points that students have completed will be transformed into grades.

**Table 1. TKJI Assessment Classification for boys between the ages of 10 and 12**

<b>value</b>	<b>sprint 40 meter</b>	<b>Hanging Elbows Bending</b>	<b>Lying Sitting 30 seconds</b>	<b>Jumping Upright</b>	<b>Running 600 meters</b>
5	SD-6.3 seconds	51 seconds and above	23 and above	46 cm and above	SD 2'09"
4	6.4-6.9 seconds	31-51 seconds	18-22 times	38-45 cm	2'10"-2'30"
3	7.0-7.7 seconds	15-30 seconds	12-17 times	31-37 cm	2'31"-2'45 "
2	7.8-8.8 seconds	05-14 seconds	04-11 times	24-30 cm	2'46"-3'44"
1	8.9-etc	00-04 seconds	00-03 times	Under 24 cm	Under 3'44"

(Source: Sepdanius et al., 2019: 55-57)

**Table 2. Classification of the TKJI Assessment for girls between the ages of 10 and 12**

<b>Value</b>	<b>sprint Running 40 meter</b>	<b>Elbows Bending</b>	<b>Lying Sitting 30 seconds</b>	<b>Jumping Upright</b>	<b>Running 600 meters</b>
5	SD-6.7 seconds	40 seconds and above	20 and above	42 cm and above	SD 2'32"

4	6.8-7.5 seconds	20-39 seconds	14-19 times	34-41 cm	2'33"-2'54"
3	7.6-8.3 seconds	08-19 seconds	07-13 times	28 -33 cm	2'55"-3'28"
2	8.4-9.6 seconds 02-07	seconds	02-06 times	21-27 cm	3'29"-4'22"
1	9.7-etc	00-01 seconds	00-01 times	Under 21 cm	Under 4'22"

(Source: Sepdanius et al., 2019: 55-57)

The results of the total of the scores for the five test items are then used to categorize the students' levels of physical fitness using the TKJI norm table.

**Table 3. Indonesian Physical Freshness Test Norms**

No.	Total Grade	Classification	Category
1	22-25	Very good	BS
2	18-21	Good	B
3	14-17	Moderate	S
4	10-13	Low	K
5	05-09	Very low	KS

(Source: Sepdanius et al., 2019:59)

According to Sudijono (in Fikri, 2018: 81), the fifth grade students at SD Negeri 054936 Wonorejo use the following formula to measure their percentage (%) level of physical fitness:

$$P = x \ 100\%$$

Description:

P = Percent.

F = Frequency (score obtained)

N = Samples Per Number

The percentage can be classified as high or low depending on the outcomes of data processing, as follows (Sudjana in Hasnita et al., 2021: 45):

- 1) Very high category if it receives an evaluation between 80% and 100%
- 2) If it receives a score of 60% to 79%, high category.
- 3) Moderate category if the score falls between 40% and 59%
- 4) Low category if the score falls between 20% and 39%
- 5) Very low category if it has a rating of less than 19%

## RESULTS AND DISCUSSION

The Results After being summed up, the data from the five test items' scores is included in the category of physical fitness status. The following table shows the results of the data on the level of physical fitness of fifth grade students at public elementary school 054936 Wonorejo for the 2021–2022 academic year:

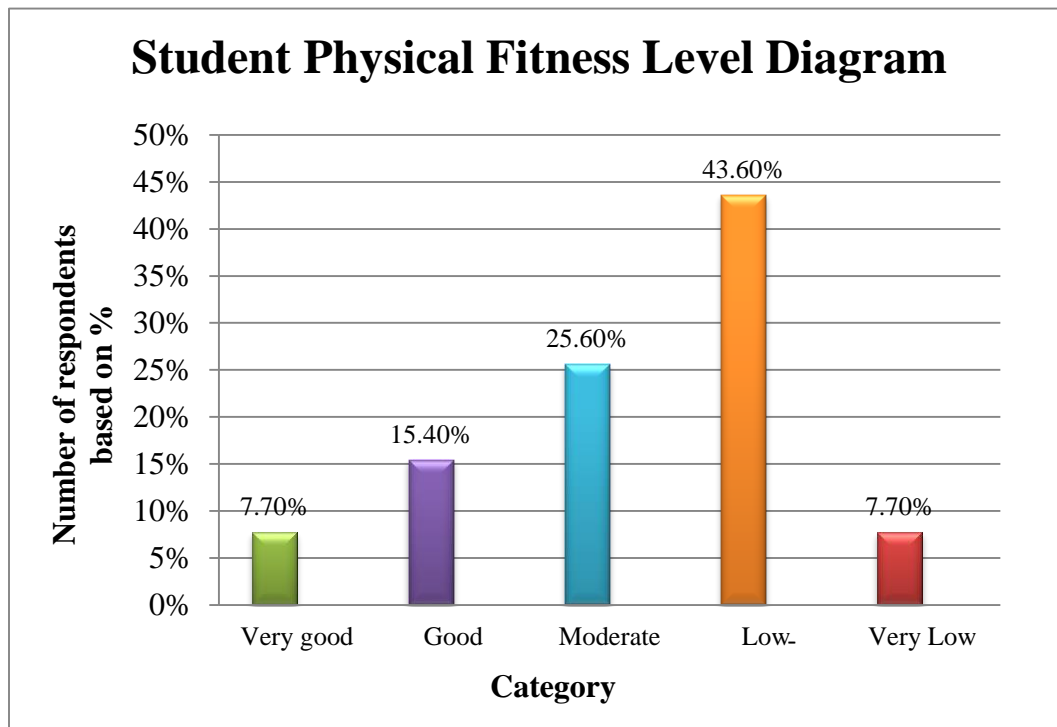
**Table 4. Student Frequency Distribution for TKJI Class V at SD Negeri 054936 Wonorejo for the Academic Year 2021–2022**

No	Interval	Klasifikasi	Frekuensi	Persentase
1.	22-25	Very good	3	7,7 %
2.	18-21	Good	6	15,4 %
3.	14-17	Moderate	10	25,6 %
4.	10-13	Low	17	43,6 %
5.	05-09	Very low	3	7,7 %
Amount			39	100 %

Based on table, it shows that the level of physical fitness of fifth grade students at SD Negeri 054936 Wonorejo for the 2021/2022 academic year is categorized based on the norms of the Indonesian Physical Fitness Test (TKJI) as follows: 3 students are in very good category with

a percentage of 7.7%, in the good category were 6 students with a percentage of 15.4%, in the medium category were 10 students with a percentage of 25.6%, in the less category were 17 students with a percentage of 43.6%, and in the very low category were 3 students with a percentage of 7.7%.

The results of the physical fitness level of fifth grade students at SD Negeri 054936 Wonorejo for the 2021/2022 academic year can be seen in the following diagram:



**Figure 1.** shows the physical freshness level for Grade V students at SD Negeri 054936 Wonorejo during the academic year 2021–2022.

From figure 1 above, it was made to make it easier to see the percentage of physical fitness level of fifth grade students at SD Negeri 054936 Wonorejo for the 2021/2022 academic year categorized based on the norms of the Indonesian Physical Fitness Test (TKJI), namely as follows: for the very good category a percentage of 7 is obtained, 70% in the very low percentage category, for the good category, they get a percentage of 15.40% in the very low percentage category, for the medium category they get a percentage of 25.60% in the low percentage category, for the low category they get a percentage of 43.60% with moderate percentage category, and for the very less category, a percentage of 7.70% is obtained with a very low percentage category.

Based on the results of a study on the physical fitness of 5th at SD Negeri 054936 Wonorejo for the 2021–2022 academic year, a total of 39 students, it can be seen that the percentage of 5th who fall into the very good category for physical fitness is 3, or 7.7%, the good category includes up to six students, or 15.4%, the medium category includes ten students, or 25.6%, the less category includes seventeen students, or 43.6%. Accordingly, the findings of the study and the calculations reveal that the majority of 5th have "low" levels of physical fitness. Based on results from the Indonesian Physical Freshness Test (TKJI), which was performed by researchers to collect data on the level of physical fitness of fifth grade students at SD Negeri 054936 Wonorejo for the 2021–2022 academic year, the results on the 40-meter running test drop into the less category, the hanging elbow test falls into the moderate category, the 30-second lying down test falls into the moderate category, and the upright jump test falls into the moderate category.

According to the results of the overall discussion, there are a number of reasons why fifth graders at SD Negeri 054936 Wonorejo may have varying levels of physical fitness, including:

### 1. Student Motor Skills

It was observed during the study years that some students found it challenging to complete the test because they could not comprehend the movements of each item. As a result, the movements made by the students during the test are not in accordance with the test implementation guidelines, which eventually has an impact on the outcomes of the students' physical fitness test. Because students are not used to physical movements, this misconception emerges.

### 2. Gendered

Boys typically have higher physical fitness levels than girls after puberty, but before puberty, they are typically almost equally fit. Based on the study's findings, more male students than female students were able to complete assessments successfully. Size disparities can contribute to the disparity in physical fitness between men and women.

### 3. Nutrition

In general, students don't give much thought to whether the food is nutritious or not when they eat foods or snacks like meatballs or dumplings, fried or fatty cuisine, quick noodles, etc. that are served by vendors near schools. However, some kids bring their own meals from home. Students' eating and drinking habits can have an impact on their physical well-being. Therefore, it is important for students to have a healthy diet in order to maintain their physical health and abilities.

#### 4. An Android phone gaming addiction

Today's children use their Android phones more frequently than they perform physical activities due to the rapid advancement of technology, such as opening social media, playing games, using Tik-Tok, and other apps like these. Android gaming addiction has a negative impact on students' physical fitness since it makes them lethargic about engaging in physical activities.

#### 5. Weight

At the time of the study, it was observed that students who were overweight found it difficult to complete examinations; as a result, the test scores achieved by these students were rather low, in contrast to students who had an ideal body weight.

#### 6. Health

Condition Students who are healthy can perform physical tasks with confidence and vigor, but students who are less healthy will have difficulty performing them and will appear frail. Fikri's theory (2018: 78) claims that "several elements affect physical fitness, such as: daily physical activity and sporting activities, healthy food, and rapid technology improvements." These factors are in line with that idea. The following elements also affect physical fitness, according to Perry (in Darmawan, 2017: 146): age, gender, somatotype or body shape, state of health, nutrition, body weight, sleep or rest, and physical exercise. Additionally, it is reported that children only study Physical Education, Sports and health (PJOK), with a weekly limit of two 30-minute sessions. Of course, this won't help students' physical fitness. to improve physical fitness, at least one person participates in scheduled, routine sports activities three times each week. Students must be aware of and understand their own physical fitness levels for this

subject. Students who are physically healthy can participate more actively in classroom activities and other activities, producing excellent and extremely gratifying results.

## **CONCLUSION**

The level of physical fitness of fifth grade students at SD Negeri 054936 Wonorejo for the 2021–2022 academic year has been measured using the Indonesian Physical Fitness Test (TKJI) for children aged 10–12 years. Based on the results of the research above and the discussion that has been presented, it can be concluded from the research above that 3 students were included in the very good category with a percentage (7.7%), 6 students who were included in the good category with a percentage (15.4%), 10 students who were included in the medium category with a percentage (25.6%), 17 students who fall into the poor category with a percentage (43.6%), and It can be determined from this study that fifth graders at SD Negeri 054936 Wonorejo fall into the less group for their level of physical fitness for the 2021–2022 academic year.

## **ACKNOWLEDGMENT**

Thank you to SD NEGERI 054936 WONOREJO, Langkat Regency, allowed us to collect data so that this research might be successful. and STKIP AL Maksum Langkat, the institution where I lecture.

## **REFERENCES**

- Agus, A. 2012. *Olahraga Kebugaran Jasmani*. Padang : SUKABINA Press.
- Agus, A., dan Sepriadi. 2021. *Manajemen Kebugaran*. Padang : SUKABINA Press.
- Alamsyah, Devy Amalia Nurul Hestiningsih, R., & Saraswati, L. D. (2017). "aktor-Faktor Yang Berhubungan Dengan Kebugaran Jasmani Pada Remaja Siswa Kelas XI Smk Negeri 11 Semarang. *Jurnal Kesehatan Masyarakat*, 5(3), 77–86.
- Aminarni dan Masri'an. 2017. *Penjasorkes untuk SD/MI Kelas V (Rev.ed)*, Jakarta: Erlangga.
- Amir, Nyak. 2010. *Pengukuran dan Evaluasi Kinerja Olahraga*. Banda Aceh: Syiah Kuala University Press.
- Bafirman dan Wahyuni, A. S. 2019. *Pembentukan Kondisi Fisik*. Depok : PT Raja Grafindo

Persada.

- Burhaein, E. (2017). Aktivitas Fisik Olahraga untuk Pertumbuhan dan Perkembangan Siswa SD. *Indonesian Journal of Primary Education*, 1(1), 51–58.
- Bustaman. (2012). Perbandingan Kesegaran Jasmani Antara Siswa SMP Negeri 1 dengan Siswa SMP Negeri 2 Banda Aceh. *Mentari*, 15(2), 212–229.
- Darmawan, I. (2017). Upaya Meningkatkan Kebugaran Jasmani Siswa Melalui Penjas. *JIP*, 7(2), 143–154.
- Fikri, A. (2018). Studi Tentang Tingkat Kesegaran Jasmani Mahasiswa Penjaskes STKIP-PGRI Lubuklinggau. *Jurnal Gelanggang Olahraga*, 1(2), 74–83.
- Giriwijoyo dan Dikdik, Z. S. (2010). Konsep dan Cara Penilaian Kebugaran Jasmani Menurut Sudut Pandang Ilmu Faal Olahraga. *Jurnal Kepelatihan Olahraga*, 2(1).
- Hasnita, A., Nova, A., dan Rizkeikurniwan. (2021). Survei Tingkat Kebugaran Jasmani Siswa Pesisir Di Kuala Langsa Dengan Siswa Di Daerah Kota Di Kota Langsa. *Jurnal Olahraga Rekreasi Samudra (JORS)*, 4(1), 37–48.
- Hayati, F., Neviyarni, dan Irdamurni. (2021). "Karakteristik Perkembangan Siswa Sekolah Dasar : Sebuah Kajian Literatur". *Jurnal Pendidikan Tambusai*, 5(1), 1809–1815.
- Hidayat, S. (2019). Kesegaran Jasmani Siswa 10-12 Tahun Se-Kota Gorontalo. *Jambura Journal of Sports Coaching*, 1(1), 12–21.
- Infodatin Pusat Data dan Informasi Kementrian Kesehatan RI. (2015). *Pembinaan Kesehatan Olahraga Indonesia*. 1–8.
- Kusuma, A. S. (2018). *Tingkat Kesegaran Jasmani Siswa Kelas V Di Sd Negeri 1 Bancar Tahun Ajaran 2017/2018*. Universitas Negeri Yogyakarta.
- Nurhasan. 2002. *Tes Pengukuran dalam Pendidikan Jasmani*, Jakarta : Direktorat Jenderal Olahraga, Depdiknas.
- Nova, A., Hasnita, A., & Kurniawan, R. (2021). Survei Tingkat Kebugaran Jasmani Siswa Pesisir Di Kuala Langsa Dengan Siswa Di Daerah Kota Di Kota Langsa. *Jurnal Olahraga Rekreasi Samudra*, 4(1), 37-48.
- Pasaribu, A. M. N. 2020. *Tes dan Pengukuran Olahraga*. Banten : Yayasan Pendidikan dan Sosial Indonesia Maju (YPSIM).

- Sari, D. N. (2020). Tinjauan Kebugaran Jasmani Siswa Sekolah Dasar. *Jurnal Sporta Saintika*, 5(2), 133–138.
- Sadikin, A., & Rangkuti, Y. A. (2022). Persepsi Kepala Sekolah Terhadap Kinerja Guru Pendidikan Jasmani Tingkat Sekolah Dasar Di Gugus Cut Mutia Kota Langsa. *Jurnal Olahraga Rekreasi Samudra*, 5(2), 32-38.
- Sepdanius, E., Rifki, M. S., dan Komaini, A. 2019. *Tes dan Pengukuran Olahraga*. Depok : PT RajaGrafindo Persada.
- Sinuraya, J. F., dan Barus, J. B. N. B. (2020). "Tingkat Kebugaran Jasmani Mahasiswa Pendidikan Olahraga Tahun Akademik 2019/2020 Universitas Quality Berastagi". *Jurnal Ilmiah Pendidikan Jasmani*, 4(1), 23–32.
- Sudiana, I. K. (2014). "Peran Kebugaran Jasmani bagi Tubuh". *Seminar Nasional FMIPA UNDIKSHA IV*, 389–398.
- Sugiyono. 2018. *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*, Bandung : alfabeta.
- Utama, B. (2011). Pembentukan Karakter Anak Melalui Aktivitas Bermain Dalam Pendidikan Jasmani". *Jurnal Pendidikan Jasmani Indonesia*, 8(1),1-9.
- Zulfikar dan Mukson. (2019). Survey Tingkat Kesegaran Jasmani Pada Siswa Sekolah Dasar". *Jurnal Olympica*, 1(2), 33–39.