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**PHYSICAL FITNESS MANAGEMENT
OF MADRASAH IBTIDAIYAH STUDENTS**

Wening Nugraheni¹, Syahra Andriyany^{2*}, Ahmad Alwi Nurudin³

^{1 2 3} Universitas Muhammadiyah Sukabumi, West Java, Indonesia

* Corresponding Author: svahraandriyany@gmail.com

Information

Abstract

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This study was conducted with the aim of assessing the level of physical fitness of MI Muhammadiyah Cipetir students. The type of research used is descriptive quantitative, and the method applied is survey. The population that became the focus of the research was all MI Muhammadiyah Cipetir students. The research sample consisted of 267 students, selected through the total sampling method. Data collection techniques were carried out through TKJI tests and measurements, including sit-ups, vertical jump, pull-ups, 40 meter sprints, and 600 meter runs. Data analysis used a percentage-based quantitative descriptive statistical approach. The results showed that students' physical fitness level could be categorized as "Excellent" in 2 students (0.75%), "Good" in 68 students (25.47%), "Moderate" in 117 students (43.82%), "Less" in 70 students (26.22%), and "Very Poor" in 10 students (3.75%). Thus, it can be concluded that the level of physical fitness of MI Muhammadiyah Cipetir students in general is in the "Moderate" category.

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INTRODUCTION

Education plays a crucial role in improving the quality of human resources, making its existence vital (Lubis & Nugroho, 2020). Currently, the Indonesian government shows considerable enthusiasm in supporting construction projects, including in the education sector. With a significant number of human population (HR), Indonesia ranks at the top. To create a highly competent and qualified workforce, the government needs to undertake robust, comprehensive and clear education reforms. This aims to ensure that the human resources produced have good competence, quality, knowledge and skills. The construction project is also closely related to the construction of sports schools (Alim et al., 2022). Through sports education, there are opportunities for the development of healthy and noble human beings (Yahya et al., 2023). It is hoped that this approach can produce individuals who have strong discipline, sportsmanship, and various other positive traits (Dewi & Rifki, 2020).

Physical education is an education in Indonesia that can affect the lives of these students because physical education has a unique role that is expected to improve students' health and fitness. According to Halim et al., (2023) physical education is a field that focuses on learning students about movement, sports, and physical activity in addition to instilling values such as discipline, teamwork, and team spirit, physical education aims to improve students' health, fitness, and motor skills. Everyone should have physical fitness. To achieve such a condition, of course, a healthy lifestyle is needed, such as exercising regularly every day, complying with the four healthy five perfect, and maintaining a regular diet. The balance between activity, rest, and a regular diet will definitely result in a state of physical fitness. According to Yudatama, (2021) good fitness is the key to carrying out daily tasks or physical activities over a relatively long period of time without fatigue which allows a person to continue to enjoy their leisure time. In addition, Wardani & Nurudin, (2020) state that physical fitness is an active and active level of health for someone who carries out their activities effectively. So from this understanding it can be concluded that physical fitness is an activity or physical activity that aims to maintain body fitness so that the body does not quickly feel significant fatigue.

Fitness has various components in it that can affect fitness. The following are components that can affect physical fitness according to Nugraheni, et al (2023) states that the various components of physical fitness are: (1) Strength is the ability of muscles to do work, such as moving body parts while running, walking, and lifting weights while moving. (2) Endurance is an individual's ability to use the heart, lungs, and circulatory system effectively and efficiently in an activity without experiencing significant fatigue. (3) Muscle power is a person's ability to use maximum energy released quickly. (4) Speed is a person's ability to make repeated movements in the shortest possible time (5) Flexibility is a person's ability to adapt to all activities by stretching the body widely. (6) Agility is a person's ability to switch places or move in a certain area from front to back, from left to right to the side. (7) Coordination is an individual's ability to unite a number of movements into one consistent movement pattern. (8) Balance is a state in which the elements or forces in a system are in a balanced proportion, so that they can control motion properly and correctly. (9) Accuracy is the individual's ability to direct movement freely towards a target. (10) Reaction is the ability to act immediately and quickly in response to stimuli produced by the senses.

Factors that affect physical fitness, according to Manurizal (2019) states that the elements that affect a person's physical fitness level, which distinguish them from each other, namely: (1) Food factors such as consuming foods that are high in carbohydrates can make the body's endurance in the best condition. and optimal. (2) The age factor is that as you get older, everything gets better because the function of the organs in the body will increase optimally. While in adulthood, there will be a loss of physical strength due to the destruction of many body tissues. (3) Healthy living habits such as regular sleep, eating healthy food, not smoking. (4) Environmental factors such as access to sports, air pollution are very influential. (5) Exercise and sports factors, namely regular exercise or exercise can improve physical fitness. (6) Technological

factors: with the existence of technology such as cellphones then increasingly sophisticated transportation tools will greatly affect physical fitness because when carrying out too much will make the body less mobile habits.

The existence of optimal physical fitness can also provide support for students' learning and cognitive processes in other subjects (Abduh et al., 2020). A good level of physical fitness has a positive impact on students' learning ability and motivation (Hakim et al., 2020). This suggests that physical fitness at the primary school level has significant relevance to students' daily lives. Researchers' observations suggest that a culture of movement plays a crucial role in influencing students' fitness levels. Introducing physical activity early on, especially during the school years, can strengthen the culture of movement instilled in children. However, with the development of increasingly sophisticated technology, it is seen that the culture of movement in children is starting to be replaced, such as using motor vehicles to go to school, even though the distance can be reached on foot. The impact is an increase in obesity cases and a decrease in fitness levels among students (Setiawan et al., 2022).

The Indonesian Physical Fitness Test (TKJI) for age group 13-15 years is a physical fitness evaluation standard consisting of a series of test items. This standard is designed as a specific measuring tool to measure the level of physical fitness in the age range of 13-15 years. Therefore, the use of this standard is limited to that age group, and the classification of test results only applies to individuals in that age range. The Indonesian Physical Fitness Test for the age group 13-15 years includes several test items, including: 1) 50 meters running test, 2) pull-ups for 60 seconds, 3) sit-ups for 60 seconds, 4) vertical jump, and 5) 1000 meters running for boys and 800 meters for girls. It is important to note that all tests must be performed in a single time series without pause, and cannot be performed in stages. Thus, the results of this test provide a specific picture of the physical fitness of individuals in the age range of 13-15 years, and this standard cannot be used as a reference for different age groups (Arifandy et al., 2021). Researchers used the Indonesian Physical Fitness Test (TKJI) to measure the fitness of students at Madrasah Ibtidaiyah Muhammadiyah Cipetir.

METHODS

This research can be categorized as a type of quantitative descriptive research, where the method applied is the survey method. The study population included all students at MI Muhammadiyah Cipetir, while the study sample consisted of 267 students selected using the total sampling method. Data collection techniques were carried out through tests and measurements, such as sit-ups, vertical jump, pull-ups, 40-meter sprints, and 600-meter runs. To analyze the data, this study used a quantitative descriptive statistical approach by referring to percentages. In addition, there is a table of norms for assessing TKJI values for children aged 10-12 years.

Table 1. TKJI Score of Students Aged 10-12 Years (Boys)

Lari 40 Meter	Gantung Siku Tekuk	Baring Duduk 30 Detik	Loncat Tegak	Lari 600 Meter	Nilai
s.d. - 6,3"	51" keatas	23 keatas	46 keatas	s.d-2'09"	5
6.4"-6.9"	31"-50"	18-22	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"	5"-14"	4-11	24-30	2'46-3'44"	2
8.9"-dst	4"-ds	0-3	23-dst	3'45"-dst	1

(Source: (Faishal Arindra Yahya et al., 2023))

Table 1. TKJI Scores of Students Aged 10-12 Years (Girls)

Lari 30 Meter	Gantung Siku Tekuk	Baring Duduk 30 Detik	Loncat Tegak	Lari 600 Meter	Nilai
Sd-6.7"	40" keatas	20"keatas	42 keatas	s.d-2'32"	5
6.8"-7.5"	20"-39"	14-19	34-41	2'33"-2'54"	4
7.6"-8.3"	8"-19"	7-13	28-33	2'55"-3'28"	3
8.4"-9.6"	2"-7"	2-6	21-27	3'29-4'22"	2
9.7"-dst	0"-1"	0-1	20-dst	4'23"-dst	1

(Source: (Faishal Arindra Yahya et al., 2023))

Table 2. TKJI Norms

No.	Jumlah Nilai	Klasifikasi	Kategori
1	22-25	Baik Sekali	(BS)
2	18-21	Baik	(B)
3	14-17	Sedang	(S)
4	10-13	Kurang	(K)
5	5-9	Kurang Sekali	(KS)

RESULTS & DISCUSSIONS

Results

Based on the results of research conducted on MI Muhammadiyah Cipetir students about the level of physical fitness as measured by the Indonesian Physical Fitness Test (TKJI) instrument for ages 10-12 years which includes (1) Sit up, (2) Vertical Jump, (3) Pull up test, (4) 40 meter sprint, and (5) 600 meter running test obtained the following results:

Table 4. TKJI Result

Interval	Kategori	Frekuensi	Persentase (%)
22-25	Baik Sekali (BS)	2	0,75
18-21	Baik (B)	68	25,47
14-17	Sedang (S)	117	43,82
10-13	Kurang (K)	70	26,22
5-9	Kurang Sekali (KS)	10	3,75
	Jumlah	267	100

Source: Author

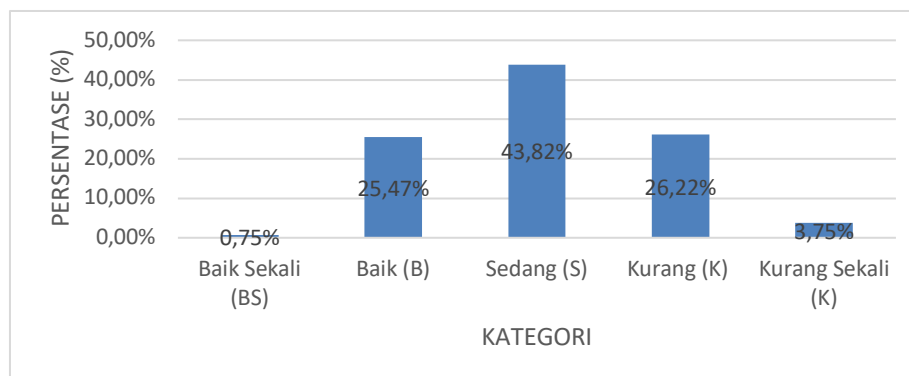


Figure 1. TKJI Result Chart

Source: Author

Discussions

Based on the results of the study, it shows that those who have a physical fitness level with the "Excellent" category are 2 students or 0.75%, the "Good" category, as many as 68 students or 25.47%, the "Moderate" category, as many as 117 students or 43.82%, the "Less" category, and as many as 70 students or 26.22%, and the "Very Poor" category as many as 10 students or 3.75%. So it can be concluded that the level of physical fitness of MI Muhammadiyah Cipetir students is included in the "Moderate" category. According to (Oktaviani & Wibowo, 2021), someone who has an optimal level of physical fitness can improve physical conditions, including the circulation system and heart function, muscle strength, flexibility, and other aspects. Individuals who have excellent physical condition are able to undergo activities without feeling fatigue, even after doing activities, they can return to active without constraints. They are also able to move freely without feeling fatigue or obstacles in carrying out daily activities. In addition, fit individuals have good control ability in coordinating body movements, and have sufficient cardiorespiratory endurance to do work that requires physical endurance and involves all parts of the body. Therefore, having optimal physical fitness provides a significant positive impact for students in the school environment.

According to Hukubun & Souisa (2019) good and regular nutrition has a positive impact on a person's fitness level. The findings of this study indicate that factors other than exercise also contribute to physical fitness, as explained in several studies. Therefore, this study can be used as an additional reference in the context of physical fitness. Optimal fitness will facilitate student success in the learning process, involving cognitive, psychomotor and affective dimensions. This is due to the fact that students who take good care of their physical health tend to have a healthy lifestyle (Destriana et al., 2022). One of the factors that contribute to good learning outcomes is health or fitness. Therefore, maintaining physical fitness is crucial for students. According to Riyanto (2020), the benefits obtained from physical activity to achieve student fitness at school are long-term and related to academic abilities. Students who are actively involved in physical activities tend to be better able to complete the tasks given by the teacher and contribute positively to improving their academic performance. Regular fitness-enhancing activities can improve blood circulation to the brain, ensuring nutrients and oxygen are channeled optimally so that the brain is ready for the learning process (Yulifri et al., 2023).

CONCLUSION

The results showed that students' physical fitness level can be categorized as "Excellent" as many as 2 students (0.75%), "Good" as many as 68 students (25.47%), "Moderate" as many as 117 students (43.82%), "Less" as many as 70 students (26.22%), and "Very Poor" as many as 10 students (3.75%). Thus, it can be concluded that the level of physical fitness of MI Muhammadiyah Cipetir students in general is in the "Moderate" category. The results of this study indicate that students of Madrasah Ibtidaiyah Muhammadiyah Cipetir have a level of physical fitness that tends to be in the moderate category. Given the importance of physical fitness, it is expected that students can routinely do physical activities to maintain their physical fitness level. For further research, it is expected to use a wider population and sample.

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