

**The Effectiveness of Physical Education on the Mental Health of Grade VI  
Students at Sukasari Public Elementary School****Rd Satriyaning Jagad Martadikusumah<sup>1✉</sup>, Yudha M Saputra<sup>2</sup>, Muhammad Nur Alif<sup>3</sup>**Department of Physical Education Elementary School Teacher Education, University of Education,  
Indonesia<sup>123</sup>**Article History**

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**Keywords:**Mental Health;  
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Based on observations during the pre-research conducted by researchers on Wednesday, January 31, 2024 at Sukasari State Elementary School, not a few grade VI students complained about their worries about the results of the report card, worried that they could not meet the standard grades desired by parents. In addition, they are also worried about the national exam which will determine their graduation. Based on this, the researcher assumes that grade VI students are very vulnerable to mental health disorders. This study has tested the effectiveness of physical education on mental health in grade VI elementary school students. This study uses a mental health level measurement instrument based on the concept of mental health developed by Keyes and Lopes, mental health consists of two dimensions, namely psychological wellbeing and social wellbeing. In the results of spss calculations using descriptive statistical tests, normality tests, one sampel t tests. From this study it can be concluded that physical education is effective on the mental health of grade VI elementary school students at Sukasari State Elementary School. Because the results of the significance value (2 tailed)  $0.00 < 0.05$   $H_1$  is accepted. The results of this study determine that physical education variables have a significant effect on mental health.

**How to Cite**

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## INTRODUCTION

In the Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System contained in CHAPTER II Article 4 concerning the objectives of education, it is stated that National Education aims at developing the whole Indonesian human being, namely a human being who believes and is devoted to God Almighty and has noble character, has knowledge and skills, physical and spiritual health, On the Systematics of the academic scientific articles in the English Journal of Physical Education, Sport, Health, a stable and independent personality and a sense of community and national responsibility.

Education is a process in improving behavior, as a means to increase knowledge and life experience so that students become more mature in thought and behavior (Rizky Asrul Ananda et al., 2022). Education is a conscious and well-planned effort, not just a routine activity without purpose and careful planning. Especially in schools, education has an important role in educating the nation's life. Its implementation should not be underestimated (Ali Mustadi, et al. 2020). Various educational efforts are expected to form quality Indonesian human resources, namely a diverse, tolerant and cooperative society. However, reality shows otherwise. Anarchist acts, social conflicts, and moral problems often occur in various sectors of community life. (Darmayanti & Wibowo, 2014).

In an effort to build quality Indonesian human resources, good mental health is required. Mental health includes the health of all aspects of a person's development, both physical and psychological. It also involves the ability to cope with stress, adjust, relate to others, and make the right decisions (Fakhriani, 2019). Based on this, mental health is a condition in which individuals achieve well-being that is seen from their ability to realize their potential, cope with life pressures in various situations, work productively and effectively, and contribute to the community. Good mental health also includes the ability to maintain healthy relationships, adapt to change, and face life's challenges with a positive attitude. As such, mental health is an important foundation for optimal quality of life and achievement of life goals (Hansen, 2023). Mental disorders can be defined as abnormal behavior or behavior that deviates from the norms prevailing in society, both in thoughts, feelings, and actions. Stress, depression, and alcoholism are included in mental disorders due to deviations. From this description, it can be concluded that mental disorders

have a key point in the form of decreased mental function which has an impact on unnatural behavior (Ariadi, 2019).

One of the things that often causes mental health problems is stress. According to (Palupi, 2020) Stress is vulnerable to students, especially children and adolescents, who are in an unstable stage of physical and psychological development. Stress that occurs in an educational environment is called academic stress. Academic stress is the tension experienced by students related to their learning activities. This stressful condition can cause behavioral changes in students, such as decreased interest and effectiveness in learning, decreased energy, a tendency to express a cynical view of others, feelings of anger, disappointment, frustration, confusion, despair, and weakened responsibility. Academic stress can also have a negative impact on students' mental and physical well-being, so it is important to manage it well so as not to hinder the learning process and personal development. (Deti et al., 2021). According to (Palupi, 2020) also, academic stress is a condition in which students experience physical, mental, or emotional disturbances due to a mismatch between the demands of the school environment and the resources they have, so they feel overwhelmed by the existing pressures and demands. Academic stress in students often arises when expectations for academic achievement are not in accordance with existing standards.

According to Sumardianto, healthy living skills education involves habituation in maintaining physical, mental and social health. The motto "Mens sana in corpore sano" from the Romans emphasizes that a healthy body is considered a prerequisite for becoming a perfect human being, indicating that physical and mental health are interrelated in achieving optimal life balance. (Sumardianto, 2000, as cited in (Wicaksana & Rachman, 2018). Related to education and mental health certainly has a very close relationship, education must be able to improve the mental health status of students. The preparation of good educators is key in maintaining the mental health of students in each school. Teachers have a dominant role in the mental health of their students, more specifically physical education teachers who must be able to provide optimal fitness for students both physically and mentally in order to support the mental and emotional health of students. Based on this, physical activity has an important role in maintaining adolescents' mental health and even improving it. A good school physical activity program can have a positive impact on students' mental health, given that most

of their time is spent in the school environment. (Chaeroni et al., 2021)

Based on observations during pre-research conducted by researchers on Wednesday, January 31, 2024 at Sukasari State Elementary School, not a few grade VI students complained about their worries about the results of report cards, worried that they could not meet the standard grades desired by parents. In addition, they are also worried about the national exam which will determine their graduation. There was also anxiety about competition at school, fearing that they would lose out to their smart friends. In addition, there is also another aspect that makes them anxious in grade VI, namely the demand to continue to enter the favorite school of the choice of the parents of these students themselves.

Based on the explanation above and the results of pre-research observations made by researchers, the researchers assume that students of Sukasari State Elementary School are prone to mental health problems. One way to overcome mental health problems is by exercising. However, not everyone likes to exercise, even just taking a moment to take the time to move. move body. Sports learning at school is considered to be a solution to maximize the body movements of students who are vulnerable to mental health problems.

**METHODS**

The subjects in this study were students of class VI Sukasari State Elementary School in Situraja District, Sumedang Regency, totaling 27 people. The subjects of this study have an average age in the range of 10 to 12 years. Which is where they are individuals who are in the early adolescent stage. According to Meeus and Deković, they suggested that early adolescents experience an identity crisis where they try to discover who they are and how they place themselves in the world. Uncertainty about identity can lead to psychological instability. This can be a risk factor for their mental.

In this study, researchers used an instrument to measure the level of mental health, which was developed based on the concept of mental health proposed by (Lopez, 2014), the concept suggests that mental health consists of two dimensions, namely the dimensions of psychological wellbeing and the dimensions of social wellbeing. The psychological well-being dimension is measured through self acceptance, Purpose in life, Environmental Mastery, Autonomy, and Positive relation with others. Meanwhile, the social

wellbeing dimension includes social acceptance, social actualization, social coherence, and social integration. The reliability test results of the mental health measurement instrument showed an  $\alpha$  value of 0.745. Details regarding the mental health measurement grid can be found in the following table thatNprovided.

Variables	Indicator	Descriptor	Item
Mental Health	Psychological Wellbeing	Self acceptance	7,8,15
		Purpose in life	12,13,14
		Environmental Mastery	4,5,6
		Autonomy	1,2,3
		Positive relation with others	9,10,11
	Social Welfare	Personal growth	16,17
		Social integration	2.6.11
		Social acceptance	3,10,14
		Social contribution	4.7.15
		Social actualization	5,9,13
		Social coherence	1,8,12
<b>Total</b>		<b>33</b>	

**RESULTS AND DISCUSSION**

This research was conducted at Sukasari State Elementary School in Situraja District, Sumedang Regency. The samples used in this study were all grade VI students totaling 27 students. Before the research was carried out, the researcher conducted a pre-research observation which was conducted on Wednesday, January 31, 2024. Then for the research time this was carried out on March 21, 2024, with one meeting. To test the effectiveness of physical education on the mental health of grade VI elementary school students at Sukasari State Elementary School, researchers used descriptive statistical tests, normality tests, and one sample t tests. In this study researchers used an instrument to measure the level of mental health, which was developed from the mental health construct proposed by Keyes and Lopes, the concept states that mental health consists of two dimensions, namely the dimension of psychological wellbeing (psychology wellbeing) and also social wellbeing (social wellbeing).

In the measurement instrument the psychological wellbeing dimension is indicated by self acceptance, Purpose in life, Environmental Mastery, Autonomy, Positive relation with others. then for the social wellbeing dimension includes; social acceptance, Social actualization, Social coherent, Social integration. The results of reliability testing on mental health instruments obtained  $\alpha$  of 0.745.

In Babbie's *The Practice of Social Research*, descriptive statistics are described as a method for summarizing and describing data numerically or graphically. Babbie emphasizes the importance of descriptive statistics as a first step in the research process. analyzing the data, which helps researchers understand the nature of the data they have. Techniques such as calculating the mean, median, mode, and standard deviation are used to provide a comprehensive picture of the distribution of the data (Williams & Babbie, 1976).

Based on descriptive statistical tests, mental health on psychological well-being indicators with a total sample of 27 students gets a minimum value of 44, a maximum value of 85, an average of 89.37, Std. Deviation 10.348 and variance 107.088. Then mental health for social welfare indicators with a total sample of 27 students gets a minimum value of 36, for the maximum value of 75, average 57.37, std. Deviation 9.728 and variance 94.627.

The normality test is described as an important step in performing statistical data analysis. The normality test is used to check whether the data is normally distributed, which is important because many inferential statistical methods assume a normal distribution of the data. Data needs to know whether the distribution is normal or not because it will affect the type of statistics used in processing the data (Nuryadi et al., 2017). The following is the hypothesis used:

$H_0$ = Normally distributed data

$H_1$ = Data is not normally distributed

To calculate this normality test using the Lilliefors Test because the data is not presented in the form of intervals or discrete data (Sundayana, 2014). This calculation uses SPSS Statistics 26 through the Shapiro-Wilk Normality Test. Criteria The test uses the significance level ( $\alpha = 0.05$ ), namely  $H_0$  is accepted if Sig. > 0.05 and  $H_0$  is rejected if Sig. < 0.05.

Based on the normality test, it can be seen that the normality test results are used to test the normality of the data. Based on the table above, it is found that  $0.258 > 0.05$  states that the data is normally distributed. So it can be concluded that

the data tested using the Shapiro-Wilk normality test is normally distributed.

The one-sample t-test is a statistical technique used to test whether the mean of a sample of one population is significantly different from a known or expected mean. It is often used to test hypotheses about whether the sample mean is equal to, greater than, or less than the expected mean. The One-Sample T Test, psychological well-being and mental well-being get Sig. (2 tailed) 0.00 so that  $H_1$  is accepted and  $H_0$  is rejected based on the following hypothesis:

1)  $H_0$ = Physical education is not effective on mental health of grade VI elementary school students at Elementary School Negeri Sukasari.

2)  $H_1$ = Physical education is effective on mental health of grade VI primary school students at Elementary School Negeri Sukasari.

Basis for decision making:

1) If the significance value (2 tailed)

> 0.05 then  $H_0$  is accepted and  $H_1$  is rejected.

2) If the significance value (2 tailed)

< 0.05 then  $H_0$  is rejected and  $H_1$  is accepted.

Thus, it can be concluded that physical education is effective on health mental of grade VI primary school students at Elementary School Sukasari. Because the result of the significance value (2 tailed)  $0.00 < 0.05$   $H_1$  is accepted. These results determine that physical education variables have a significant effect on mental health.

Mental health is a state of well-being in individuals where they can develop their potentials, cope with stress normally, perform social functions well, and work productively. Therefore, mental health is not only defined as the absence or absence of physical illness (Wahyuni & Bariyyah, 2019).

There are several things that affect the high and low levels of mental health of students at school, one of which is academic stress. Based on the hypothesis, this study aims to examine the influence between physical education and mental health. The results of the analysis in this study show that physical education is able to be a predictor of high and low mental health in class VI students of Elementary School Sukasari, Situraja District, Sumedang Regency. So that the research hypothesis which states that physical education affects mental health is accepted.

The results of this study are reinforced by the statement of the physical education teacher at Elementary School Sukasari who has a special approach to students who have mental health problems in his class. During an interview session that coincided at Elementary School Su-

kasari with Mr. Riski Surya as a sports teacher stated “yes, of course there are some children who identify as having mental health problems here. Therefore, I as a sports teacher here have several strategies to overcome it. The method I use is by taking a personal approach during class time, being a good listener, adjusting activities, providing moral support, then providing flexibility to students, by providing alternative choices that allow them to remain involved, such as the role of referee, or supporting their friends. then the importance of Patience and Appreciation. Remember that every child has a unique experience, and the process of supporting a child with mental health issues may take time and patience. Appreciating small progress and providing positive encouragement will help the child feel supported and accepted”. Concluding our interview session with advice for teachers who are dealing with students with mental health disorders, she said “When you work with students who have mental health disorders, it is important to understand and acknowledge their special needs. Open communication and empathy are key to building positive relationships. Provide a structured and consistent environment, adapt sports activities according to their abilities, and don’t hesitate to involve parents or mental health professionals if needed. Remember to stay calm and believe in your student’s ability to grow and develop. With the right support, you can help them reach their full potential in a safe and supportive sports environment.” So said Mr. Riski Surya as a sports teacher at Elementary School Sukasari

Research conducted by (Alzaeem et al., 2010) shows that students who experience mental health disorders, such as stress, tend to experience decreased productivity, difficulty concentrating, limitations in the ability to remember information, influence on decision-making, and impairment in overall health. That is why there is a need for teachers who have the ability to pay extra attention and support these students individually. Teachers must understand that mental health disorders can affect various aspects of a student’s life, including academic performance and overall well-being. With better awareness and appropriate engagement strategies, teachers can help create an inclusive and supportive environment for all learners, including those with stress or mental health disorders. A teacher must consist of people who can be responsible, teachers have a role to instill values and attitudes in students so that they have good personalities by giving good examples to their students and if there is an educator who gives a negative example it will have an impact

and have a negative impact on the psychological development of students.

## CONCLUSION

The results of this study indicate that physical education has an influence on mental health in grade VI students at Elementary School Sukasari. Thus it can be said that the results of this study corroborate the results of previous studies which state that physical education has a contribution (effective) to mental health of students. Teachers have a dominant role in the mental health of their students, more specifically physical education teachers who must be able to provide optimal fitness for students both physically and mentally in order to support the mental and emotional health of students.

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