

Effect of Physical Activity Level and Physical Fitness Level on Motor Students MTs Negeri 1 Banyumas

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Abstract

The problem in this study is the low level of physical activity of students, as well as the level of physical fitness that students do not have. This research focuses on; (1) analyze and look for the influence of the student's level of physical activity and the student's physical fitness level on the student's motor level. This research is a mixed methods research. The subjects of this study were all students of MTs Negeri 1 Banyumas, using observation data collection techniques, questionnaires and documentation. Data analysis technique using anava statistic with significance $\alpha \leq 0.05$. The results showed: (1) Physical activity of MTs Negeri 1 Banyumas students in medium theories, with an average score of 2.36; (2) Physical fitness of students of MTs Negeri 1 Banyumas in good theories, with an average score of 18.5; (3) Motor skills of MTs Negeri 1 Banyumas students in good theories, with an average score of 20.21; (4) the influence of physical activity on the motor skills level of students of MTs Negeri 1 Banyumas F-count of $0.021 < 0.05$; (5) the influence of physical fitness level on the motor skill level of students of MTs Negeri 1 Banyumas, F-count of $0.021 < 0.05$; (6) the influence of physical activity of sports and physical fitness level on the motor level of students of MTs Negeri 1 Banyumas, F-count of $0.025 < 0.05$.

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INTRODUCTION

Exercise is an energetic muscular activity that shows as much mobility and ability as possible (Susanto, 2017). Sport as a scientific study, sports has three scientific dimensions, namely ontology, epistemology and axology, which have useful value if able to change behavior and point in a better direction. (Setiyawan, 2017). Exercise is useful to maintain and improve the quality of one's health (Aditia, 2015). Thus, olahraga is an important part of daily activities and is even a healthy physical and spiritual necessity (Fajar, 2017).

All forms of human activities always require physical support, so physical ability is the basic factor for every human activity (Giriwijoyo & Sidik, 2013).

Physical activity of exercise greatly affects a person's physical fitness, especially being able to contribute to the physical fitness component. But by adjusting to the age of a person (Okta, 2018). Each person performs physical activities, varies from individual to individual depending on individual lifestyle and other factors such as gender, age, occupation, and others (Mubarok, 2014). Physical activity is also the key to determining the use of energy and the basis for a balanced energy (Kristanti, 2012).

The application of physical activity for the achievement of physical fitness degrees carried out systematically and programmatically in the world of education is carried out through the kegiatan teaching and learning penjasorkes. Law No.3, Year 2005, on The National Sports System of Achievement, explained that penjasorkes is a learning process designed to improve physical fitness, develop motor skills, knowledge and active living behavior, and sportsmanship through physical activities. (Jauhari, 2015).

The learning process of penjasorkes through physical activities designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active life. sportsmanship, and emotional intelligence. Indirectly through teaching and learning activities penjasorkes, students have played an active role in systematic sports activities, regular and programmatic exercise, and well-planned can maintain, and even

used as a tool to improve the degree of health that appears at the level of physical fitness.

The ultimate goal to be achieved from penjasorkes is the physical fitness of students through teaching and learning activities. Soemoerdojo in (Okta, 2013). In addition, good physical fitness is needed in order for children to have physical, intellectual, and spiritual mental conditions to develop further according to their respective potentials (Mashud, 2018). Physical freshness is the body's ability to do a physical job that is done daily without giving rise to a physical work done daily without causing fatigue that is very berat (Anwar, 2015).

Indicator of the success of teaching and learning activities in schools can be measured through the development of students' potential and talents. This achievement is the result that students have achieved from an activity in the form of, changes in behavior experienced by students in an interaction with their environment (Nurrohimi, 2017).

Increasing motion skills through Penjasorkes can be defined as students' ability to master materials and thinking skills that cover all areas of learning (Suhendro, 2012).. Motor skills are an important side to children's lives because this is where children can express and actualize their potentials, talents, advantages, and talents (Sukadiyanto, 2014).

Motor ability is related to the quality of motion or how to perform movements. Elements of motor ability consist of strength, speed, durability, balance, flexibility, and coordination (Soebarna, 2017).

Stimulation that leads to the growth and development of children is the main concern, because optimal growth and development will have an impact on the optimal development of the brain, emotions, physical, and social (Yudanto, 2020).

The results of initial observations related to physical activity performed by students showed that most students performed low activities, these results showed that as many students had masalah with poor physical fitness. therefore, researchers are interested in researching about "The Influence of Physical Activity Level and Physical Fitness

Level on Motor Students of Grade VII MTs Negeri 1 Banyumas".

METHODS

This study is a correlational study, about the study to observe the relationship of two or more variables in the form of causal variables, where the level of physical activity of exercise (X1), physical fitness level (X2), and motor (Y). With this research population is all students of MTs Negeri 1 Banyumas, which amounts to 872 students.

Sampling technique used in this research is Purposive Sampling technique where to determine research samples with certain considerations that aim to make the data obtained later can be more representative. The samples in this study were class VII B, VIII C, IX A, VII E, VIII A and IX F

Data analysis techniques used in this research in the form of static analysis and non-statistical analysis. Statistical analysis is a scientific way to analyze, collect, compile, and present data in the form of figures to answer research hypotheses.

RESULTS AND DISCUSSIONS

The results of this study were obtained from 196 students from grade 7 to grade 9 in MTs Negeri 1 Banyumas who were the subject of research, with the results of the study:

The results of physical activity of students of MTs Negeri 1 Banyumas in medium theories, with details of 3 classes in high theories, 2 classes in medium theories and 1 class in low theories.

Physical fitness results of students of MTs Negeri 1 Banyumas in good theories, with details of 4 classes in good theories, 2 classes in medium theories.

The results of motor skills of students of MTs Negeri 1 Banyumas in good theories, with details of 4 classes in good theories, 1 class in medium theories and 1 class in low theories.

The results of motor skills of students of MTs Negeri 1 Banyumas in good theories, with details of 4 classes in good theories, 1 class in medium theories and 1 class in low theories.

The results of the hypothetical test of the influence of each variable will be explained as follows:

The Effect of Physical Activity on Students' Motor Skills.

The results of the study influenced students' physical activity on students' motor skills by R-Square value of 0.771. The score means that students' physical activity affects students' motor skills by 77.1%, while 22.9% is the result of students' motor skills influenced by other variables.

The results showed that the significance value of F-calculate < 0.05, meaning H0: rejected and Ha: accepted. Thus, the hypothesis reads that there is an influence of physical activity of sports on the motor skills of students of Mts Negeri 1 Banyumas.

Physical activity is one of the basic functions of human life to walk somewhere to where you want to be. According to WHO physical activity isabody movement produced skeletal muscle that requires energy.

Table 1. Research Results of MTs Negeri 1 Banyumas Students

Class	Physical Activity			Fitness			Motor		
	\bar{X}	Mo	Category	\bar{X}	Mo	Category	\bar{X}	Mo	Category
7B	2,55	3	High	18	20	High	21,63	24	High
7C	1,48	1	Low	16,72	17	Moderate	15,44	15	Less
8A	2,76	3	High	18,28	18	High	21,75	21	High
8C	2,24	2	Moderate	19,5	20	High	19,81	19	Moderate
9A	2,38	2	Moderate	16,44	16	Moderate	20,5	21	High
9B	2,76	3	High	18,28	20	High	22,13	23	High
\bar{X}	2,36	2,33	Moderate	17,87	18,50	High	20,21	20,50	High

Source: Research Result Processed 2020

Physical activity can be grouped by type and intensity (Inspiration, 2020)

Daily activities carried out by students, both in school and outside the school indirectly also affect the level of rough motor movement ability owned by the student. Thus, there needs to be an activity that can facilitate students to perform a physical activity that contributes to motor improvement.

Sepdanius (2020) explains that in general every activity of human life is inseparable from motion. Humans perform motion activities according to their own abilities.. In this life motion is needed by every human being to do activities, mastery of motion will help us become skilled human beings in the life to come so that a better life can be achieved. This is very important because physical activity is a basic element that students must have in carrying out their daily activities. Students who have good physical and motor activities, can do their daily duties well. On the contrary, students who have poor motor, it will be difficult to do physical activity well.

Effect of Physical Fitness Level on Student Motor Skill Level

The results showed that the influence of students' fitness jamani on motor skills of students with an R-Square score of 0.514. The score means that students' fitness affects students' motor skills by 51.4%, while 48.6% is the result of students' motor skills influenced by other variables.

The results showed that the significance value of F-calculate < 0.05 , meaning H₀: rejected and H_a: accepted. Thus, the hypothesis reads that there is an influence of physical fitness on the motor skills of students of Mts Negeri 1 Banyumas in 2020.

Physical fitness is the ability and ability of the body to adapt to the physical liberation given to it (from the work done daily) without causing excessive fatigue. Everyone needs good physical fitness, in order to carry out their work effectively and efficiently without experiencing any significant fatigue. The physical fitness component is related to the skills in which there are several elements of physical condition. If the elements of physical fitness are in good condition,

then his motor ability is also good. This is because motor ability always involves the physical elements that are in it.

Motor ability is the quality of individual motion results in performing motion, high motion that is not a sports motion or motion in sports or the maturity of the appearance of motor skills. The higher a person's motor ability, it is possible that his working power will be higher and vice versa. Therefore the ability to move can be seen as a success in performing the task of motion skills.

The main function of motor ability is to develop the ability and ability of each individual that is useful to increase the power of work. By having a high motor ability, of course individuals have a foundation to master the task of special motor skills. By knowing the status of motor ability, it is expected that students and teachers provide appropriate activities to students so that students can develop their abilities or at least reduce their weaknesses. So the more often children experience motion activities, elements of motor ability will be trained and will increase maturity in performing motor activities.

Effect of Physical Activity Sports And Physical Fitness Level On Student Motor Level.

The results showed that the influence of students' physical activity and fitness jamani on motor skills of students with an R-Square score of 0.814. The score means that students' physical activity and fitness affect students' motor skills by 81.4%, while 18.6% is the result of students' motor skills influenced by other variables.

The results showed that the significance value of F-calculate < 0.05 , meaning H₀: rejected and H_a: accepted. Thus, the hypothesis reads that there is an influence of physical activity and physical fitness on the motor skills of students of Mts Negeri 1 Banyumas in 2020.

One indicator of the success of teaching and learning activities in schools can be measured through the development of students' potential and talents. This achievement is the result that students have achieved from an activity in the form of, changes in behavior experienced by students in an interaction with their environment (Nurrohim, 2017).

Physical fitness level, physical activity and motor ability are components that are interconnected with each other. Physical fitness levels are formed from various exercises or physical activities undertaken, and play an important role to support motor skills through various forms of physical activity. The physical fitness component associated with the skills in it there are several elements of physical activity. If the elements of physical fitness are in good condition, then his motor skills are also good (Kurniawan, 2016).

Semakin a lot of physical activity done by a person, the better the physical fitness and body movements, this is caused by doing physical activity and exercise will improve the body's ability to consume oxygen to themaximum, it will automatically affect his physical fitness.

CONCLUSION

Based on the results of the research and the results of the analysis that has been carried out, researchers concluded that each varibel in this study is interconnected and influential with each other. This can be proven by the test result of F-count test significance that is not more than 0.05.

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