

Physical Fitness and Learning Achievement Pesantren and Non Pesantren Students at SMK Takhasus Plus Al Mardiyah Kendal in 2020

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Article Info

History Articles
Received:
31 March 2021
Accepted:
25 April 2021
Published:
30 June 2021

Keywords:
Physical fitness,
learning achievement,
pesantren, non-
pesantren.

Abstract

Two groups of pesantren and non-pesantren students at SMK Takhasus Plus Al Mardiyah Kendal raised concerns about differences in physical fitness and learning achievement between these groups. So it is required an identification on physical fitness and student achievement at two groups students and it is also required to identify interaction between physical fitness and learning achievement students. The research method used quantitative. The subjects in this study were 85 students of SMK Takhasus Plus Al Mardiyah Kendal, and it used purposive sampling technique. The research instrument was physical fitness test data and learning achievement. The data analysis technique used different tests. The results of the analysis show that there were differences in the physical fitness of the two groups of students, but there was no difference in the level of student achievement, and it was known that the level of physical fitness was able to affect the learning achievement of pesantren and non-pesantren students. The advice given is that students should pay more attention to their physical fitness by doing various physical activities that can support teaching and learning activities, it should be able to provide more portions for pesantren students in terms of physical exercise to improve children's physical fitness.

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INTRODUCTION

Physical education is one of the educational programs listed in the national education curriculum, as an effort to increase quality human resources. Jabar (2010) and Saputra (2008) reveals that physical education in the school curriculum is a unique subject, physical education is a physical activity and or certain sports that are carried out through the learning process or teacher guidance in an effort to achieve educational goals.

Academic achievement is defined as a measure of knowledge obtained from education in the form of knowledge achieved and skills developed in various subjects in schools which are usually determined by test scores and grades given by teachers, or both (Izzaty et al, 2017). Academic achievement will be formed through a process of change that can occur from simple to complex things (Nuryanto and Sofyan, 2015).

Education that combines schools and pesantren (Integrated Schools) is seen as a solution for parents and students in overcoming the challenges of the times, both in academic and non-academic aspects (Maslihah, 2011). However, a problem arises that students who attend pesantren schools do not always succeed in attending pesantren-based education. This is because students face new situations, environments, and demands that make students experience various problems, especially in environmental adaptation which have an impact on their academic achievement.

One of the educational institutions that runs an integrated education system (public schools and pesantren) is SMK Takhasus Plus Al Mardiyah Kendal. The curriculum used is a combination of the Islamic Boarding School Curriculum and the National Education Curriculum, including Physical Education subjects. The results of observations on March 5, 2020, it was found that students at SMK Takhasus Plus Al Mardiyah Kendal consisted of students who were students in the pesantren at the educational institution (pesantren students), and students who did not participate in Islamic boarding school activities at the educational

institution (non-pesantren students). Both groups of students participate in educational activities at SMK equally. However, for pesantren students who spend all their activities in the pesantren and schools, it is possible that these students will experience boredom and boredom. So that raises concerns about the physical fitness of students from the pesantren student group. On the other hand, there is a question, that different educational cultures and supported by available facilities and infrastructure, whether the level of physical fitness and student achievement in high school at these pesantren-based educational institutions will be better than non-Islamic boarding schools.

The purpose of this study was to analyze differences in the level of physical fitness of students of SMK Takhasus Plus Al Mardiyah Kendal from Islamic boarding schools and non-Islamic boarding schools in 2020, differences in learning achievement of students of SMK Takhasus Plus Al Mardiyah Kendal from Islamic and non-Islamic boarding schools in 2020, and interaction between physical fitness and learning achievement students of SMK Takhasus Plus Al Mardiyah Kendal in 2020.

METHOD

This study uses a quantitative approach. The sample collection method used purposive sampling method so that a sample of 85 (eighty five) students was obtained. The data needed is data on students' physical fitness and student achievement data of SMK Takhasus Plus Al Mardiyah Kendal which is obtained from the value of education results for one semester, namely through report card scores.

Quantitative data analysis was used in this study to prove the two groups using a different test (T-test) with a probability value of less than 5% (0.05). The variables used were physical fitness, academic achievement, pesantren students, and non- pesantren students.

RESULT AND DISCUSSION

The level of physical fitness is good if it exceeds a value of 80, moderate if it has a value of 60-80, less if it exceeds a value of 40-60 and is poor if it is a value of 20-40. Based on the average value of the level of physical fitness, the level of physical fitness of non-islamic boarding school students shows a value of 82.95 which is in the good category. Meanwhile, the physical

fitness level of pesantren students shows an average score of 77.64 which is in the moderate or sufficient category. There is a difference between the physical fitness level of the students of SMK Takhasus Plus Al Mardiyah Kendal from pesantren and non- pesantren, where the physical fitness level of the students of SMK Takhasus Plus Al Mardiyah Kendal from non-pesantren is better than the physical fitness levels of the pesantren students.

Table 1. Descriptive Physical Fitness

Group students	N	Min.	Max	Mean	Std. Dev.
Non pesantren	21	81.00	85.00	82.952	1.395
Pesantren	64	70.00	85.00	77.641	4.708

The results in table 2. show that the significance value of 0.000 which is smaller than 0.05 indicates that there is a difference between the physical fitness levels of the students of SMK Takhasus Plus Al Mardiyah Kendal from

pesantren and non-pesantren, where the positive value (21,340) indicates the level of physical fitness. Non-pesantren students are better than the physical fitness level of pesantren students.

Table 2. Differences in Physical Fitness Levels of Pesantren Students and Non- Pesantren

Physical Fitness	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	21.340	.000	5.079	83	.000	5.31176	1.04593	3.23145	7.39206
Equal variances not assumed			8.015	82,600	.000	5.31176	.66269	3.99360	6.62991

The results of the research in Table 2 prove that there is a difference in the physical fitness level of the students of SMK Takhasus Plus Al Mardiyah Kendal from pesantren and non-pesantren, where the physical fitness level of the students of SMK Takhasus Plus Al Mardiyah Kendal from non-pesantren is better than the fitness level. physical students of SMK Takhasus Plus Al Mardiyah Kendal from pesantren. This condition is in accordance with

the results of Bangun and Zaluku's research (2019) which states that the level of physical fitness of students living in pesantren is in the poor category. Physical fitness reflects the state of physical ability which can adapt the functions of the organs of the body to certain physical tasks or to environmental conditions that must be handled in an efficient manner.

Agus and Mudzakir's research (2020) also states that there are differences in the level of

physical fitness of students in Islamic boarding schools and regular schools where students at Islamic boarding schools have less fitness than regular schools. The physical fitness of a student is motivated by activities carried out by these students outside of school activities. Students who are also santri (pesantren students) are thought to have different levels of fitness from students in general. Kusminto and Wibowo's research (2015) shows that there are differences in the level of physical fitness of students who live at home and those who live in Islamic boarding schools. This is because of the structured and systematic activities carried out in the pesantren. Meanwhile, students who are not santri (non-Islamic boarding school students) are students whose activities after learning to teach at school have fewer activities so they have more time to rest. This can happen because non-pesantren students are freer to do all physical activities, so that with this freer physical activity, their physical fitness level will also be better.

Learning achievement is defined as a measure of the knowledge obtained from formal education and shown through test scores (Lawrence & Vimala, 2012). From the research results, it is known that the descriptive statistical value of learning achievement for students of SMK Takhasus Plus Al Mardiyah Kendal is as follows:

Table 3. Descriptive Learning Achievement

Group	N	Min	Max	Mean	Std. Dev
Non Pesantren	21	69.00	88.00	77.667	3.526
Pesantren	64	68.00	83.00	74.062	3.681

The learning achievement of non-pesantren students in Table 3. shows a value of 77.66 which is in the good category. Meanwhile, the learning achievement of pesantren students showed an average score of 74.06 which was in the moderate or sufficient category. There is no difference between the learning achievement of pesantren students and non pesantren students of SMK Takhasus Plus Al Mardiyah Kendal. Although the learning achievement of students of SMK Takhasus Plus Al Mardiyah Kendal who non pesantren was better than the achievement of pesantren students, but statistically there was no significant difference between the two groups of respondents.

The difference between the learning achievement of students of SMK Takhasus Plus Al Mardiyah Kendal from pesantren and non-pesantren when analyzed using a difference test (T test) with a significance value of 0.05. The results of the different tests for the in learning achievement of the students in SMK Takhasus Plus Al Mardiyah Kendal are as follows:

Table 4. Differences in Learning Achievement of Pesantren Students and Non- Pesantren Students

Learning achievement	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	2.046	.156	3.932	83	.000	3.604	.91652	1.781	5.427
Equal variances not assumed			4.020	35.425	.000	3.604	.89655	1.785	5.423

The results in Table 4. indicate that with a significance value of 0.156 which is greater than 0.05, it indicates that there is no different between the learning achievement of pesantren students and non pesantren students of SMK

Takhasus Plus Al Mardiyah Kendal, where the positive value (2.046) indicates that although The learning achievement of non- pesantren was better than the achievement of pesantren students, but statistically there was no significant

difference between the two groups of respondents.

The results of this study are in line with the results of research by Wardani et al. (2015) which states that there is no difference between regular students and pesantren students. Longer and free time does not mean that a student is able to make better use of his time, so it does not affect his learning achievement compared to pesantren students. Based on the results of research by Faruk et al. (2014) and Maslihah (2011), the learning achievement of students does not directly correlate with where students

live, whether they are in the pesantren or at home because learning achievement is an accumulation of learning outcomes carried out by students. This can also happen because a person naturally has the desire to get better results so he puts in an effort.

Analysis of the interaction between physical fitness and learning achievement of SMK Takhasus Plus Al Mardiyah Kendal carried out by a correlation test at the 5% significance level, the following are the results of the analysis in Table 5.

Table 5. Correlation Test Results of Physical Fitness and Learning Achievement

Correlations		Learning achievement	Physical fitness
Learning achievement	Pearson Correlation	1	.282 **
	Sig. (2-tailed)		.009
	N	85	85
Physical fitness	Pearson Correlation	.282 **	1
	Sig. (2-tailed)	.009	
	N	85	85

** . Correlation is significant at the 0.01 level (2-tailed).

The results of the research in Table 5, show a significance value of 0.009 which is smaller than 0.05 and a positive Pearson correlation value of 0.282 which means that there is a relationship between the level of physical fitness and the learning achievement of students of SMK Takhasus Plus Al Mardiyah Kendal from pesantren. and non- pesantren. Based on the correlation coefficient interval, this value indicates a weak positive relationship between the level of physical fitness and student achievement. These results indicate that an increase in the level of physical fitness will be able to improve student achievement.

These results are in accordance with the research conducted by Hidayat and Hartati (2015), in which there is a relationship between the level of physical fitness and student academic achievement, namely that increased physical fitness will be able to increase student academic achievement. Learning achievement is a measure of knowledge obtained from

education in the form of knowledge achieved and skills developed in various subjects in schools which are usually determined by test scores or by grades given by the teacher, or both. As in the students of SMK Takhasus plus Al Mardiyah Kendal, there are differences in activities after teaching and learning activities between pesantren students and non-pesantren students.

Silitonga and Verawati (2019) state that physical fitness has a positive relationship with academic achievement. Lack of physical fitness will cause the brain to experience decreased performance, such as fatigue and drowsiness. Thus, when carrying out the teaching and learning process, children will be lazy and cause they are not serious in following the lesson. From this, of course, the learning achievement will also be less. Therefore, learning achievement is also supported by good physical fitness. The results of research by Rosyid and Hidayat (2016) also state that physical fitness

has a positive relationship with moderate strength on student academic achievement. This shows that students can achieve good academic achievements if supported by good physical fitness.

The physical fitness of a student is motivated by activities carried out by these students outside of school activities. Students who are also santri are suspected of having different levels of fitness from students in general. This is because of the structured and systematic activities carried out in the pesantren. Meanwhile, non-santri students are students who after school activities have fewer activities so they have more time to rest.

CONCLUSION

Based on the research results, it can be concluded as follows: 1) There are differences in the level of physical fitness of the pesantren students and non pesantren students of SMK Takhasus Plus Al Mardiyah Kendal. The level of physical fitness of the non pesantren students of SMK Takhasus Plus Al Mardiyah Kendal was better than those of the pesantren students. 2) There is no difference in the learning achievement of pesantren students and non pesantren students of SMK Takhasus Plus Al Mardiyah Kendal. 3) The results of the analysis explained that there was a positive interaction between the level of physical fitness and student achievement. This means that an increase in the level of physical fitness will be able to improve the learning achievement of pesantren students an non pesantren students of SMK Takhasus Plus Al Mardiyah Kendal. Based on the conclusions of the research results, the authors propose the following suggestions is students should pay more attention to their physical fitness by doing various physical activities that can support teaching and learning activities, and for SMK Takhasus Plus Al Mardiyah Kendal, it should be able to provide more portions for pesantren students in terms of physical exercise to improve children's physical fitness.

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