Profile of Physical Fitness Level of Students - High School Students in Trenggalek Regency Based on TKJI

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Abstract

The era of globalization was currently existing cultural shifts, in terms of communication, transportation and technology which have an impact on the lack of physical activity and sports activities of youth participants.. This study aims to determine the level of physical fitness of X (ten) grade high school students in the district of Trenggalek. Research uses a qualitative approach through a series of tests and measurements based on TKJI. The population of this study were all students of class X (ten) who had just entered the high school level. The study was conducted in 9 schools that had received recommendations and permits from the school with a total sample of 1,264 research students from public and private high schools. The results of research that have been done that the physical fitness level of students in the District of Trenggalek at the high school level of class X, 61% are in the category of Less inversely proportional to the level of fitness of students who are in the Medium category of 13% and good 1% based on TKJI. Whereas for the body mass index results 54% in the Normal level and 12-16% included in the category of Light and light skinny. The conclusion of this study is that there is a need for physical education learning that can maximize physical activity activities and sports activities of students in daily life.

How to Cite

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INTRODUCTION

Sports in the life of the Indonesian nation is part of the nation's achievements that grow and develop in line with the times. Therefore sports have a large share and is one of the media for the development of Indonesian people as a whole (Ma'arif, 2015).

While the main problem facing physical education today is the change in cultural values, from the culture of motion to a culture of silence. The cultural shift was triggered by the impact of economic globalization, communication and transportation technology so that children tend to eliminate physical activity in various activities. (Kurniawan, 2016)   Good physical fitness, can be achieved by doing regular exercise, is one of the factors needed to achieve high work productivity, because it is able to overcome the workload given to it. Physical fitness, or briefly called fitness, is a major factor for humans to be able to carry out their daily activities well. Measuring the level of fitness needs to be done for students, because efforts to improve and maintain physical fitness systematically will be easier to do through school. Improvement and maintenance especially for students must be strived so that they are always ready to carry out their activities without feeling tired. For students, physical fitness can improve learning achievement because with good fitness, they will be better prepared to receive lessons and will be healthy, fit and smart generations.

Previous research was conducted on STKIP PGRI Trenggalek students according to the results of research conducted it can be seen that 55% of female students are in the Medium category, while male students are 80% in the Lesser category. This may be because before the tests and measurements are carried out, they are not maximal or there is a sick person, thus affecting the power to carry out the test again. At the graduation rate given using the PAP method, all students of Health and Recreation Physical Education <60 with a percentage of 9% are declared not graduated with an average score of 55, while> 60 with a percentage of 86.6% are stated Pass with an average score of 77. Secara umum pendidikan jasmani sangat mempengaruhi kebugaran jasmani di tingkat anak-anak, akan tetapi saat menjelang dewasa persepsi mereka akan pendidikan jasmani mulai menurun (Frans C Trudeau and Roy J. Shephard ,2005:89-105). For this reason, we conducted a study to find out the level of health and fitness of students from an education level. We hold tests at the high school (SMA) level that have just entered the X (ten) class with the reason that this period is a period of growth, so that it affects the level of their health quite a lot. It is undeniable that the growth of hormonal levels at that time was very unstable, so that it could affect their weight and height. This condition is also related to nutritional status that can be known by the Body Mass Index (BMI).

METHODS

The use of methods that are in accordance with the objectives to be achieved is an absolute requirement required in a research process. In this study researchers used non-experimental research that is Evaluative. This research is a research that uses the procedure of collecting and analyzing data, aims to design, refine the results of the TKJI recommendations for physical and sports education teachers.

In accordance with this type of research, the main instruments are the TKJI data and the IMT data of the tenth grade (Ten) high school students in Trenggalek Regency. Equipped with assistive devices in the form of photo cameras, Field Survey Form Instruments, TKJI Test Assessment Forms, stopwatches, vertical jumps, pull-ups, body scales, height measuring instruments.

Collecting data in this study uses TKJI (Indonesian Physical Fitness Test) to determine the fitness level of students and also use BMI (Body Period Index) to determine the development of health and growth of students.

In this study there are two assessment methods, namely PAN and PAP. PAP is usually called criterion evaluation is a measurement that uses different references. In this measurement students are compressed with criteria that have been determined in advance in instructional goals, not with the appearance of other students. Researchers are more suitable to use PAP (Assessment Reference Reference) because researchers want students to get grades with their own abilities.   To determine the value of each sample the researcher uses the formula:

$$X = (Sa/St) \times 100$$

information:
  Sa: Score Raw
  St: Highest Score at
  X : Skor
  To Determine Graduation used
  To Determine Graduation used Formula:
  60% x 100 = 60

So the value of 60 and above is passed and the score below 60 is declared as not passing. The Research Procedure consists of 3 stages;

1.Location / Survey Mapping
- Search for information about the schools that will be used as research sites in Trenggalek Regency.
- Submit a letter of application to conduct test

and measurement research to the school
- Reconciliation with High School Physical Education teachers in Trenggalek Regency regarding tests and facilities and equipment needed during the study.
- Provide information to students regarding the schedule and activities of conducting test and measurement research

2. Test Preparation

Preparing equipment to be used during tests, height measuring instruments, scales, mattresses, Stop Watch, Vertical Jump, Test Assessment Instruments.

3. TKJI Test Implementation
-Sit Up Test
- Pull Up Test
-Vertical Jump Test
-Running 1200 and 1000 m run tests
-Implementation of a 50 m Sprint test).

RESULTS AND DISCUSSION

Results and discussion of this research (1) time of research utilizing physical education classes that have received permission from the school, (2) The duration of data collection is quite long from the field survey until data collection in schools is an average of 8 hours per day which is carried out for 3 months up to data processing (3) from the survey results that there are schools that meet the standard implementation of tests and there are which is not, for and the number of test participants consists of 1,264 students from 9 schools who have obtained permission, and (4) the following data that has been taken in this study will be explained from the **Table 1-6**.

Table 1. Physical Fitness Level Students of SMAN 1 Tugu

Category	Fitness	
	Total	%
Very less	8	13
Less	42	67
Average	0	0
Good	0	0
Very good	0	0
Absent	13	21

Table 2. The index of the body of students SMAN 1 Tugu

Category	IMT	
	Total	%
Skinny	8	13
Thin	7	11
Normal	30	48
Chubby	5	8
Very fat	0	0
Not active	13	21

What can be understood from the results of the data above is that for the physical fitness level of students can be said to be very less about 67% with a total of 42 students from a total of 63 students in class X. For IMT can be said to be good with an average of 48% Normal.

Table 3. Physical Fitness Level of Students of SMA 2 Karangan

Category	Fitness	
	Total	%
Very less	1	1
Less	57	63
Average	20	22
Good	4	4
Very good	0	0
Absent	9	10

Tabel 4. The index of the body of students SMAN 2 Karangan

Category	IMT	
	Total	%
Skinny	4	4
Thin	14	15
Normal	56	62
Chubby	6	7
Very fat	2	2
Not active	9	10

SMAN 2 Karangan shows that there are differences in data from several existing schools, it is known that the level of fitness is 22% and is good at 4%, although there are few but shows that there is a good change in the level of fitness at this school and is directly proportional to the BMI of 62% Normal.

Compared to these two schools, only between SMAN 1 Tugu and SMAN 2 Were far different in terms of their physical fitness and body index, when viewed in terms of geography, these two schools are in the same highlands or urban areas.

This study was not focused on the two schools alone, of the seven other schools the geographical location was not the same from the highlands, lowlands to coastal areas. If viewed from the geographical point of view, the level of physical fitness and body mass index are different and not the same. This happens because the physical activity done is not the same in each school, some schools in fact are more non-academic than
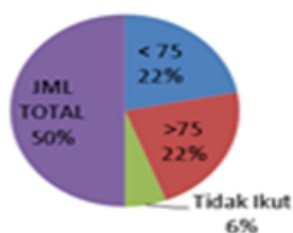
their academic activities. This is shown in **Table 5&6** below.

Table 5. Physical Fitness Level of all students

Category	Fitness	
	Total	%
Very less	166	166
Less	778	778
Average	166	166
Good	16	16
Very good	0	0
Absent	148	148

Tabel 6. The index of the body of all students

Category	IMT	
	Total	%
Skinny	149	12
Thin	204	16
Normal	686	54
Chubby	49	4
Very fat	25	2
Not active	152	12

Picture 1. KKM values of students as a whole.

All of the data presented above that the physical fitness level of students in the District of Trenggalek at the high school level of class X, 61% are in the category of inversely proportional to the level of fitness of students who are in the medium category of 13% and good 1% and can be known from the Test Results Indonesia's Physical Fitness Level.

These results can be supported from several studies related to physical fitness Physical fitness has a function to support the ability and ability of each human being, which is useful in enhancing work productivity (Anon, 1971 a Anon 1991).

This means that the higher the status of one's physical fitness, the higher the work power of that person. This is in accordance with the results of research conducted on industries in America, which concluded that employees who were given physical fitness training programs turned out to be fresh workers who had high pesformance, productive in work, have a positive attitude towards fellow workers, less absent and more creative.

All of the percentages of the results of the Indonesian physical fitness test, when viewed from the criteria of completeness that has been determined, then for the minimal criteria students are balanced. KKM 75 of physical body minimum 22% and KKM> 75 by 2.

CONCLUSION

Based on the results of the Physical Fitness Test and Body Mass Index data, this advice needs to be understood by Physical Education teachers in schools to improve fitness, nutrition and KKM Assessment is well achieved for students.

Ideal category: Maintained, Perform daily activities as usual, Keep your body fitness by doing sports activities according to their respective hobbies, Set your diet according to 4 healthy 5 perfect, Avoid consuming alcoholic beverages, illegal drugs, free sex and cigarettes.

Skinny category : Increase the consumption of foods and drinks that contain fat in accordance with a healthy 4 diet 5 perfect, Do sports activities according to each hobby as a balance and fitness, adequate rest and reduce excessive activity, Avoid sleeping late at night (staying up late) , fruits containing sugar, Keep exercising lightly at least 3 times a week, Avoid consuming alcoholic beverages, illegal drugs, free sex, and cigarettes.

Healthy mild / thin categories : Consume more foods and drinks that contain carbohydrates and proteins, for example: rice, potatoes, eggs, shrimp. Do sports activities according to your hobbies as balance and fitness, adequate rest and reduce excessive activity, consumption of fruits that contain sugar, keep light exercise at least 3 times a week.

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