Profile of Physical Fitness Level in Class X Students of SMA Pembangunan V Yapis Waena

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Abstract. This study aims to describe the profile of physical fitness level in grade X students at SMA Pembangunan V Yapis Waena. The research was conducted with a quantitative descriptive approach, collecting data from 21 grade X students selected by simple randomization, consisting of 11 male students and 10 female students. Data on physical fitness was collected through fitness tests which included running tests, jumping tests, push-up tests, and sit-ups. The research data were analyzed by quantitative descriptive statistical analysis with the percentage formula. The results showed that the level of physical fitness of class X students at Pembangunan V Yapis Waena High School varied. A total of 11 students (52.38%) have a physical fitness level at a moderate level. Found 7 students (33.33%) have a physical fitness level at a good level. There were 3 students (14.28%) had a physical fitness level at a poor level. The distribution profile of physical fitness levels shows that the majority of class X students have good fitness levels, but there are still some students who have low fitness levels. This shows the importance of efforts to increase student participation in physical activities and sports at school. Based on the results of this study, it is recommended that schools make further efforts to increase student participation in physical activities and sports. Interesting and diverse sports programs can be designed to encourage students to be more physically active and maintain their health.

Keywords: profile, physical fitness, grade X students, SMA Pembangunan V Yapis Waena.

1. INTRODUCTION

Physical Education is a form of learning that involves physical activities, games, in order to achieve educational goals through sports [1]-[2]. Physical Education subjects have the same level of importance as other subjects [3]-[4]. In addition to affecting cognitive aspects, Physical Education also affects affective and psychomotor aspects [5]. Through Physical Education, the physical, mental, and emotional development of each individual can experience positive changes through physical activity [6]. Physical education has an important role in the learning system that plays a role in developing and improving the quality of individuals in Indonesia [7].

Physical fitness refers to the condition in which a person has or achieves the ability to perform physical activities [8]. Physical fitness has a strong link with health, where a person can undergo physical activities without feeling excessive fatigue. By maintaining physical fitness throughout life, the risk of developing chronic diseases at an early age can be reduced [9]. A person who has good physical fitness is able to carry out daily physical activities with enthusiasm, has a low risk of health problems, and can enjoy sports and various other activities [10].

Currently, there is a problem in terms of physical fitness, especially in high school students, who experience a decrease in physical fitness levels. The decline is a negative impact of the rapid advancement of technology. Many students who should be participating in physical activities, such as playing soccer, volleyball, badminton, or moving outside the environment, prefer to play games with mobile media, play stations, and so on. In addition, many students who used to walk to school are now using motorized vehicles, even though the distance from home to school is very close. This causes...
students to be less physically active, which in turn has an impact on their appearance and health. One of the indications is that they feel tired easily, and many students are less motivated to carry out activities, and especially in learning physical education at school. This fact is one of the main reasons for the decline in physical fitness levels.

At the school level, directing physical abilities can be carried out through learning stages. A teacher must have more capacity to carry out the stages of learning, and therefore, the teacher must have a significant impact on the stages and learning gains of students [11]-[12]-[13]. Educators have a role in providing, motivating, and guiding in optimizing students' learning process, including the development of physical activity abilities [14]-[15]. With effective teaching skills and approaches, teachers can positively influence students' learning outcomes in terms of their physical ability development [16].

As a leader in learning, educators are obliged to create a comfortable learning environment so that students are interested in participating in learning [17]-[18]-[19]-[20]. The results of preliminary observations at SMA Pembangunan V Yapis Waena, found that students lack enthusiasm in participating in learning and have never had an Indonesian Physical Fitness Test measurement. In addition, some students were seen yawning when the teacher delivered learning material. This condition will have an impact on student learning outcomes.

Thus, it is necessary to check the fitness level of CLASS X students at SMA Pembangunan V Yapis Waena. Therefore, the purpose of this research is to describe the profile of the level of physical fitness in class X students at SMA Pembangunan V Yapis Waena.

2. METHOD

This research uses a quantitative descriptive approach. The population of this study were all grade X students at Pembangunan V Yapis Waena High School. From this population, a sample of 21 grade X students will be randomly selected. The sample was selected by using a list of student names from the school and randomly drawing. The main variable studied was the students' physical fitness level, which included several sub-variables of fitness test results, such as the running test, jumping test, push-up test, and sit-up test. The research instrument used was a physical fitness test that included a running test, jumping test, push-up test, and sit-up test. Data collection begins with giving students an explanation of the purpose and procedure of the fitness test. Fitness tests are carried out on students using instruments that have been prepared.

Data from the fitness test results will be analyzed using descriptive statistical methods such as mean, median, and percentile to describe the profile of the physical fitness level of class X students at SMA Pembangunan V Yapis Waena. The results of data analysis will be presented in the form of relevant tables or graphs to provide an overview of the profile of the physical fitness level of grade X students at SMA Pembangunan V Yapis Waena. Thus, this study is expected to provide useful information about the level of physical fitness of students in the school and can be the basis for designing sports programs and physical activities that are more appropriate in improving student fitness.

3. RESULT AND DISCUSSION

This study aims to analyze the profile of physical fitness level in class X students of SMA Pembangunan V Yapis Waena. After completing data collection, data analysis is then carried out to make data interpretation. The distribution of physical fitness levels of SMA Pembangunan V Yapis Waena is as follows.

<table>
<thead>
<tr>
<th>Number</th>
<th>Total Value</th>
<th>Classification</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>22 – 25</td>
<td>Excellent</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>2</td>
<td>18 – 21</td>
<td>Good</td>
<td>7</td>
<td>33.33%</td>
</tr>
<tr>
<td>3</td>
<td>14 – 17</td>
<td>Medium</td>
<td>11</td>
<td>52.38%</td>
</tr>
<tr>
<td>4</td>
<td>10 – 13</td>
<td>Less</td>
<td>3</td>
<td>14.28%</td>
</tr>
<tr>
<td>5</td>
<td>5 – 9</td>
<td>Less than Once</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>21</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 1. Distribution of physical fitness level of Class X SMA Pembangunan V Yapis Waena
In table 1 above, the variation of physical fitness of students in class X of SMA Pembangunan V Yapis Waena is shown. It was found that most students were in the "Moderate" category, with a percentage of 52.38%. However, it should be noted that no students scored "Excellent" or "Deficient" on this assessment, indicating that certain score ranges may not be achieved by some students. The "Good" category had a percentage of 33.33%, while the "Less" category had a percentage of 14.28%. Therefore, the results from this table can serve as a guideline for educational institutions to understand how the distribution of scores in a particular class or subject and pay more attention to students who are in the "Less" category to help them improve their academic performance.

From this study, there were 5 items of physical fitness measured, such as sprinting 60 meters, long distance running 1200 meters for male students and 1000 meters for female students, hanging elbow lift, lying down, and jumping tagak. This component is used to assess the level of physical fitness of class X students of SMA Pembangunan V Yapis Waena. Based on the data obtained, students are generally at a moderate level, with no one entering the excellent level. In terms of physical condition, there needs to be more serious attention and improvement from educators. The Indonesian Physical Fitness Test is used to see the level of physical fitness of students, but many students are not serious and optimal when doing the test. In addition, some students may excel in some components but be weak in others, hence the lack of excellent scores. The level of proficiency of the students was also a factor that affected their scores, whether they were poor or average.

4. CONCLUSION

From the data analysis and the results of the calculations carried out from this study, it can be concluded that the level of physical fitness is at a good level with a total of 7 students with a percentage of 33.33%, students who have a moderate level of physical fitness are 11 students with a percentage of 52.38%, students who have a physical fitness level of less as many as 3 students with a percentage of 14.28%. from the results of the data obtained prove that the level of physical fitness of students at SMA Pembangunan V Yapis Waena is in the moderate category.

5. REFERENCES

Author declaration

Author contributions and responsibilities
The authors made major contributions to the conception and design of the study. The authors took responsibility for data analysis, interpretation and discussion of results. The authors read and approved the final manuscript.

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All data is available from the author.

Competing interests
The authors declare no competing interests.

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