

# Survey of Physical Freshness on Boy Students Class 10 Department of IPS 2 at Ma Ma'arif NU Kepung Academic Year 2021/2022

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**Abstract:** Sahrul Ihza Mahendra, 2022 "Survey on the Level of Physical Fitness for Male Students in Class X Social Studies Department 2 at MA Ma'arif NU Kepung Academic Year 2021/2022". Thesis, Department of Physical Education, Health and Recreation, Faculty of Sports Science, University of Kahuripan Kediri. Supervisor I; Imam Sugeng, S.Pd., M.Pd and supervisor II; Susilaturochman Hendra Koestanto S.Pd., M.Pd. The purpose of this study was to determine the level of physical fitness of male students in class X majoring in Social Sciences 2 at MA Ma'arif NU Kepung. This type of research is descriptive quantitative. The population in this study were male students of class X majoring in Social Studies 2 at MA Ma'arif NU Kepung aged 15-18 years consisting of 16 male students. The sampling technique used is total sampling. So that the sample in this study was all male students of class X majoring in Social Studies 2 at MA Ma'arif NU Kepung aged 15-18 years consisting of 16 male students. Based on the results of the calculation, it can be concluded that the level of physical fitness of the male students of class X majoring in Social Studies 2 at MA Ma'arif NU Kepung is classified as good.

**Keywords:** survey, physical fitness

## 1. INTRODUCTION

Sports activity is an activity carried out by a person to maintain endurance and health. Because of the importance of sports activities in human life, sports education has been taught and included as a subject in schools. It is intended that someone is used to doing sports activities from an early age. So it is not surprising that sports activities are needed by someone in their daily life. Sports activities are always related to body movements. Body movements involve the entire human physiologic system. As a result of these exercises and sports activities result in physiological changes in the body. The higher the sports activities carried out, the 2013 curriculum (K-13), subjects Physical education has a lot of material that can be taught, one of which is athletic material. Athletics trains muscle work to have agility and speed. Studying athletics can provide many benefits for students because, at school age, children are still in the process of growth and development, so it is very good to do positive activities such as exercising in athletics. One of the sports included in athletics is sprinting. Arsyad (2013: 10) said that learning media are everything that can be used to convey messages or information in the teaching and learning process.

Physical fitness related to a person is an important aspect that must be maintained and considered. To maintain physical fitness, a person is required to always pay attention to food intake and exercise regularly. By paying attention to these aspects, it is possible that the person's physical fitness can be maintained and can be useful in daily activities. Physical fitness is the ability possessed by a person in carrying out physical activities effectively and efficiently without causing

significant fatigue. The higher the level of fitness that a person has, the easier it will be for that person to carry out activities. On the other hand, if one has a physical fitness level

Based on the results of observations made at MA Ma'arif NU Kepung, it was found that many young men still did not pay attention to the importance of doing sports activities. This could result in poor physical fitness of teenagers, and make teenagers easily tired when carrying out daily activities. This is probably caused by the lack of time that teenagers have in doing physical activity and their lack of understanding of how important it is to maintain physical fitness for themselves.

## 2. METHOD

The research method used in this research. This type of research is a quantitative descriptive study. The population in this study were male students in class X majoring in Social Studies 2 at MA Ma'arif NU Kepung for the 2021/2022 academic year. The sampling technique used is total sampling.

## 3. RESULT DISCUSSION

In the TKJI test, there are several test items, and each test item it becomes a combination or a series of tests. Each test item also has its characteristics, meaning that each test item aims to find out certain elements of physical fitness. For example, in TKJI ages 13-15 which were used as instruments in this study, the test items were as follows: 50-meter running test to determine the testee's speed, hanging lift test to determine arm muscle strength and endurance, sit-up test to determine strength and power. hold the abdominal muscles, the vertical jump test to determine the explosive power of the leg

muscles, and the 1000-meter run test to determine the cardiopulmonary endurance ability.

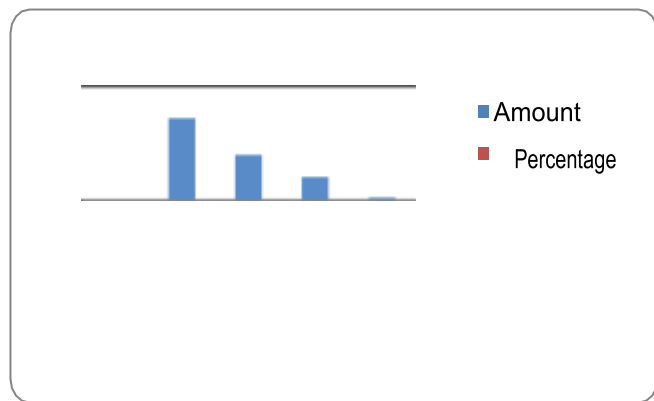
The following is a table describing the results of the TKJI test assessment, both the number of students per classification and percentage:

**Table 1:** Summary of Descriptive Statistical Calculations of Freshness Tests for Class X Students, Social Studies Department 2 at MA Ma'arif NU Kepung Year 2021/2022

NO	Recapitulation	Amount	Percentage
1	Very well	0	0.00%
2	Good	10	53.73%
3	Currently	3	29.85%
4	Not enough	2	14.93%
5	Once less	1	1.49%
Total		16	100%

(Source: TKJI Descriptive Statistics Calculation)

From the table above, the results of the TKJI are presented as a whole for class X students of the Social Sciences Department 2 MA Ma'arif NU Kepung. The following is the presentation of the data in the form of a diagram, the results of TKJI:



(Source: TKJI Descriptive Statistics Calculation)

#### 4. CONCLUSION

The results of the survey on the level of physical fitness in male students of class X majoring in Social Studies 2 at MA Ma'arif NU Kepung for the 2021/2022 academic year "is good. This fact shows that the results of the physical fitness test conducted at MA Ma'arif NU Kepung in 2021/2022 also received a good category. In the process of determining it cannot be directly assigned a good category. However, the data must be processed first. In the calculation of statistical data, the results of the TKJI test obtained the following results: the classification of "excellent" is 0 which is 0%, good classification is 10 students, namely 53.73%, moderate classification is 3 students, which is is 29.85%, poor classification is 2 students with a percentage of 14.93%. While

the classification is less than 1 student with a percentage of 1.49%. Then if we put it in the formula proposed by Muhammad Ali (193:148), it can be determined that the category in this study is to have good results because the percentage of results that have good results is 53.73% while in the formula if it is in the category 52%-68 % is getting good category.

This is inseparable from the physical abilities of class X students majoring in Social Studies 2 at MA Ma'arif NU Kepung. Physical fitness or good physical condition is an element of supporting any physical activity, especially in sports activities. According to Muhajir (2004: 2), physical fitness is the ability and ability of the body to make adjustments (adaptations) to the physical liberation given to it (from daily work) without causing excessive fatigue. Everyone needs good physical fitness so that he can carry out his work effectively and efficiently without experiencing significant fatigue. The task of movement in sports activities also requires effective and efficient movement so that it can save energy and the endurance that a person has will last longer. Therefore, in the TKJI test, the category of good results was proven.

It can be concluded that the level of physical fitness, including speed, strength, muscle explosive power, and endurance of the male students of class X majoring in Social Studies 2 at MA Ma'arif NU Kepung in 2021/2022 is a good category.

#### 5. REFERENCES

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