

## The Level of Physical Fitness at SSB Citra Panciro Jaya

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### ABSTRACT

The purpose of the study is: To determine the level of physical fitness in football games at SSB Citra Panciro Jaya. The sample of this study was all football players at SSB Citra Panciro Jaya with a total of 30 students. The data collection method uses the test method. The data was analyzed using percentage descriptive analysis and analyzed with the help of SPSS program version 22. The results showed that: The level of physical fitness in SSB Citra Panciro Jaya was moderate with a percentage of 17 players (56.67%). Or the average TKJI score of 16.80 points which includes medium scores.

**Keyword:** level of physical fitness; Football

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### INTRODUCTION

Physical Education is an educational process that utilizes systematically planned physical activities aimed at developing and improving individuals organically, neuromuscularly, perceptually, cognitively, and emotionally within the framework of the national education system (Prakoso & Hartoto, 2015). Physical Education is a physical activity organized to be a medium for educational activities (Hardiansyah & Syampurma, 2017). Education is an activity that is a process to develop spiritual abilities and attitudes which include mental, intellectual, and even spiritual aspects (Sahudin Wibowo, 2017). Physical education treats the child as a whole, a total being, rather than simply thinking of him as someone with separate physical and mental qualities (Prasetio et al., 2017). Physical Education is a medium to encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of values (attitude-mental-emotional-spiritual-social) (Lengkana & Sofa, 2017) and habituation of a healthy lifestyle that boils down to stimulating balanced growth and development (Masakke & Prihatno, 2017). With Physical Education, students will get various expressions that are closely related to pleasant personal



impressions (Prasetyo et al., 2019) as well as various expressions that are creative, innovative, skilled, have physical fitness, healthy living habits and have knowledge and understanding of human movement (Ferdian et al., 2022). In the physical education learning process, teachers are expected to teach various basic movement skills (Sahabuddin et al., 2022), techniques and strategies for games and sports, internalization of values (sportsmanship, honesty, cooperation, etc.) and habituation of a healthy lifestyle (Bangun & Yunis, 2016). Its implementation is not through conventional teaching in the classroom which is a theoretical study, but involves physical, mental, intellectual, emotional and social elements (Irfan, 2019). Activities given in teaching must get a didactic-methodical touch, so that the activities carried out can achieve teaching objectives (Jayul & Irwanto, 2020).

The purpose of Physical Education includes laying a strong foundation of character through internalizing values in physical education (Putria et al., 2020), building a strong personality foundation, peace-loving attitude, social attitude and tolerance in the context of cultural, ethnic and religious pluralism, cultivate critical thinking skills through learning tasks (Komarudin & Prabowo, 2020). Physical Education, developing sportsmanship, honesty, discipline, responsibility, cooperation, confidence, and democracy through physical activities (Dhedhy, 2016), develop movement skills and technical skills and strategies for various games and sports, development activities, gymnastics, rhythmic activities, aquatic (water activities) and outdoor education, develop self-management skills in efforts to develop and maintain physical fitness and healthy lifestyles through various physical activities (Subakti, 2019), develop skills to maintain the safety of oneself and others, know and understand the concept of physical activity as information to achieve health (Taqwim et al., 2020), fitness and healthy lifestyle, and able to fill free time with recreative physical activities (Wijayanto et al., 2021).

Physical Education is held at every school level starting from Elementary School (SD), Junior High School (SMP), High School (SMA), Vocational High School (SMK), or equivalent schools (Bahtiar, 2022). The function of Physical Education includes several aspects, namely organic aspects, neuromuscular aspects, perceptual aspects, cognitive aspects, social aspects, and emotional aspects (Firmansyah, 2016). One of the functions of physical education through neuromuscular aspects is to develop sports skills, such as football, softball, volleyball, basketball, baseball, athletics, and tennis which include field tennis and table tennis, martial arts and so on (Setiawan & Wisnu, 2019).

Science has now developed very rapidly, thus encouraging public awareness of the importance of health and people know more about the importance of exercise for health (Rosli, 2019). In reality, there are four basic human goals for doing sports activities (Rohmansyah, 2017). First, those who engage in sports activities for recreational purposes. Secondly, those who engage in sports activities for education (Rozi et al., 2021). Third, those who engage in sports activities to achieve a certain level of physical fitness. Fourth, those who engage in certain sports activities to achieve optimal achievement (Bismar & Sahabuddin, 2019). Among the various goals and objectives of sports activities above, one of them is to achieve a level of physical fitness (Budi, 2021). This means that sports activities are not just to achieve certain achievements, but aim to maintain a healthy body or physical fitness of a person (Suganda et al., 2021).

Sports coaching and development is an effort to improve the quality of Indonesian people in the context of physical improvement (Hammado & Amahoru, 2019). Early coaching is a process that allows maximum results to be obtained (Arifin, 2017). In football physical fitness and basic soccer movements are two interrelated components, many SSB clubs assume that through physical training given is enough (Alvian & Syafii, 2020), without having to know the physical fitness level of the players' football (Subekhi & Kusuma, 2021). The

purpose of training is to face the match. When approaching the match, the physical fitness of the players must be in top condition (Sahabuddin et al., 2020) To show a good game, so that you can compete optimally (Erni, 2017). If a coach wants to monitor the physical fitness of football from an early age, the coach can know the profile of each player and can also design the next training program to prepare for the match (Hammado et al., 2020), because the purpose of sports for children is to cultivate ideals, divide children's interest in becoming a champion when they grow up (Larung, 2021). Most trainers pay little attention to physical fitness exercises and tend to lead directly to technical exercises (Sudirman et al., 2022), even though a person's physical condition affects the movement of the performer so that the results of the exercise obtained are less than optimal (Wijaya, 2021).

Physical fitness is divided into two, namely aerobic and anaerobic fitness. Aerobic fitness is influenced by anaerobic heredity in the process of fulfilling energy without the form of oxygen. Physical fitness includes several components, which are grouped in two aspects, as follows: a. Physical fitness related to health 1) strength, 2) flexibility, 3) body composition, and 4) endurance, b. Physical fitness-related skills 1) speed, 2) power, 3) agility, 4) balance and, 5) coordination. While the factors that affect physical fitness are: heredity, exercise, gender, age, body fat, activity, smoking habits, and, other factors such as body temperature & nutrition.

## METHODS

This research is a quantitative descriptive research Burhan Buggin (2006), states that quantitative research with a descriptive format aims to explain and summarize various conditions, various situations, or various variables that arise in the community that is the object of research based on what happened. The variables in this study are independent, namely the level of physical fitness in the Football Game at SSB Citra Panciro Jaya. Physical fitness is the ability of SSB Citra Panciro Jaya students. In carrying out the Indonesian Physical Fitness Test aged 16-19 years consists of 5 test items, namely (1) running 60 meters, (2) hanging bent elbows, (3) lying down sitting for 60 seconds, (4) body lifting, and (5) running 1200 meters (Kemendiknas, 2010). This study used the survey method, the data collection technique using tests and measurements using physical fitness tests. Physical Fitness Test (TKJI) in 2010 is a form of instrument to measure the level of physical fitness. The population in this study was SSB Citra Panciro Jaya students totalling 60 people. The research sample was SSB Citra Panciro Jaya students aged 16-19 years whose number of students was 30 people. This study used survey methods and data collection techniques using the Indonesian Physical Fitness Test aged 16-19 years. According to the Ministry of National Education Guidelines (2010), the process of implementing TKJI is as follows:

**Table 1.**

Table of Indonesian Physical Fitness Values for Children Aged 16-19 Years Putra

Value	60-meter run (speed)	Pull Up (Endurance arm muscles)	Sit Up (abdominal muscle endurance)	Vertical Jump (Leg muscle endurance)	1200 Meter Run (Cardiovascular endurance)	Value
5	s. d - 8.4"	41" – up	28" and above	50 and above	up to – 3.52"	5
4	8,5" – 9,8"	22" – 40"	20 – 28	39 – 49	3,53" – 4,56"	4
3	9,9" – 11,4"	10" – 21"	10 – 19	31 – 38	4,52" – 5, 58"	3
2	11,5" – 13,4"	3" – 9"	3 – 9	23 – 30	5, 59" – 7, 23"	2
1	13.5"- etc	0 - 2	0 - 2	22 etc	7, 24" etc	1

**Table 2.**  
 Table of Physical Fitness Test Norms

No	Number of Values	Physical Fitness Classification
1	22 – 25	Very Good (BS)
2	18 – 21	Good (B)
3	14 – 17	Medium (S)
4	10 – 13	Less (K)
5	05 – 09	Less Once (KS)

**Table 2** above, can be seen the category of physical fitness which consists of 5 categories of physical fitness, namely the category of physical fitness is very good, good, medium, less, and less once. To get the magnitude of the relative frequency (percentage), it is found using the following formula:

$$P = F : N \times 100\%$$

Data analysis uses quantitative descriptive percentages to determine the level of physical fitness following the norms of the Indonesian Physical Fitness Test aged 16-19 years. rough yield; The data or achievement of each test item achieved by the child who has taken the test is called a rough result. The level of physical fitness of children cannot be assessed directly based on the achievements that have been achieved because the units used by each test are not the same, namely (1) For running and hanging test items, the elbow bends using units of time measurement (minutes and seconds), (2) For lying down test items, sitting uses a unit of measurement of the number of movement tests (number of times, and (3) For upright jumping test items using distance units (centimeters). Test scores; Rough results that still use different units of measure need to be replaced with the same unit of measure. The replacement unit of measure is the value (tables 1 and 2). After the rough results, each test item is converted into the value of the five test items. The summation results are the basis for determining the classification of children's physical fitness using Indonesian physical fitness norms.

## RESULTS AND DISCUSSION

### Result

#### Descriptive Analysis of Physical Fitness Level in SSB Citra Panciro Jaya

Descriptive analysis (overview) of SSB Citra Panciro Jaya Physical Fitness Analysis data can be seen in the summary of descriptive analysis results listed in **Table 3** below:

**Table 3.**  
 Recapitulation of TKJI Test at SSB Citra Panciro Jaya

Statistics	60 m Run	Pull Up	Sit Up	Vertical Jump	1200 m Run	TKJI
N	30	30	30	30	30	30
Mean	16.47	5.96	41.40	33.60	6.10	16.80
Median	6.70	5	41.50	34.50	6.09	17
Mode	6.49a	2.	36	35	4.55	18
SDV	25.51	3.69	7.55	9.61	0.96	1.51
Variance	651.19	13.62	57.14	92.38	0.92	2.30
Range	80.88	13	33	45	3.47	7
Minimum	6.12	2	27	12	4.55	13
Maximum	87	15	60	57	8.02	20
Sum	494.20	179	1242	1008	183.29	504

The results **of Table 3** above, can be stated in the data description of each test variable as follows:

1. SSB Citra Panciro Jaya's 60-meter sprint data obtained a mean value of 16.47, a median of 6.70, mode 6.49, Std. Deviation value 25.51, variance value 651.19, range value 80.88, minimum value 6.12, maximum value 87, and sum value 494.20.
2. 60-second pull-up data SSB Citra Panciro Jaya obtained a mean value of 5.96, median 5, mode 2, Std. Deviation value 3.69, variance value 13.62, range value 13, minimum value 2, maximum value 15, and sum value 179.
3. 60-second sit-up data SSB Citra Panciro Jaya obtained a mean value of 41.40, median 41.50, mode 36, Std. Deviation value of 7.55, variance value of 57.14, range value of 33, minimum value of 27, maximum value of 60, and sum value of 1242.
4. SSB Citra Panciro Jaya vertical jump data obtained a mean value of 33.60, median 34.50, mode 35, Std. Deviation value of 9.61, variance value of 92.38, range value of 45, minimum value of 12, maximum value of 57, and sum value of 1008.
5. Data running 1200 meters SSB Citra Panciro Jaya, obtained mean value 6.10, median 6.09, mode 4.55 Std. Deviation value of 0.96, variance value of 0.92, range value of 3.47, minimum value of 4.55, maximum value of 8.02, and sum value of 183.29.
6. Data from TKJI SSB Citra Panciro Jaya obtained a mean value of 16.80, median 17, mode 18, Std. Deviation value of 1.51, variance value of 2.30, range value of 7, minimum value of 13, maximum value of 20, and sum value of 504.

**Percentage Results of Each Physical Fitness Test Variable SSB Citra Panciro Jaya**

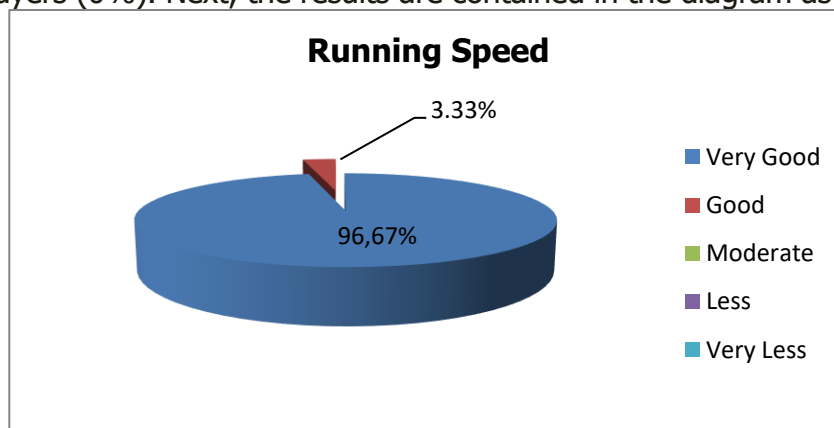
The following is the percentage of test results for each variable of the SSB Citra Panciro Jaya physical fitness test

**60 Meter Sprint (speed).**

**Table 4.**  
 Recapitulation of the 60-meter sprint SSB Citra Panciro Jaya

No	Value	Frequency	Percent	Classification
1	S.d-8.4	29	96.67%	Very good
2	8.5-9.8	1	3.33%	Good
3	9.9-11.4	0	0%	Keep
4	11.5-13.4	0	0%	Less
5	13.5-etc.	0	0%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 4** above, it can be seen that the percentage of data results of the 60-meter sprint SSB Citra Panciro Jaya with a sample of 30 players (100%), which has a very good classification of 29 players (96.67%), a good classification of 1 player (3.33%), a medium classification of 0 players (0%), a classification of less than 0 players (0%), and a classification of less than 0 players (0%). Next, the results are contained in the diagram as follows:



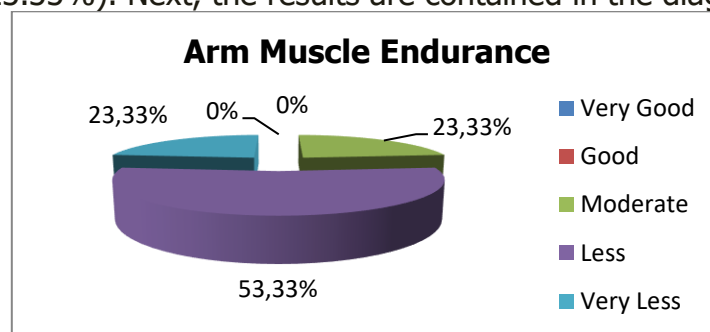
**Figure 1.**  
 Percentage chart of 60-meter sprint SSB Citra Panciro Jaya

**Pull Up (Arm Muscle Endurance).**

**Table 5.**  
 Recapitulation of 60-Second Body Lift SSB Citra Panciro Jaya

No	Value	Frequency	Percent	Classification
1	41 and above	0	0%	Very good
2	22-40	0	0%	Good
3	10-21	7	23.33%	Keep
4	3-9	16	53.33%	Less
5	0-2	7	23.33%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 5** above, it can be seen that the percentage of SSB Citra Panciro Jaya data results, with a sample of 30 players (100%), which has a good classification of none (0%), a good classification of none (0%), a medium classification of 7 players (23.33%), a classification of less than 16 players (53.33%), and a classification of less than once as many as 7 players (23.33%). Next, the results are contained in the diagram as follows:



**Figure 2.**

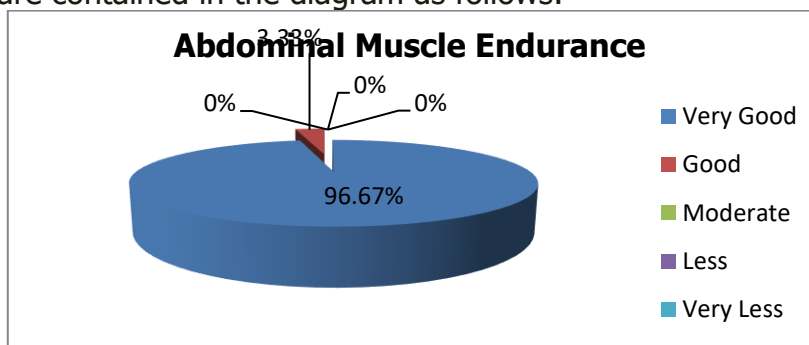
60 Second Body Pull Up diagram SSB Citra Panciro Jaya

**Sit Up (Endurance of Abdominal Muscles ).**

**Table 6.**  
 Recapitulation of Lying Down Sitting 60 Seconds SSB Citra Panciro Jaya

No	Value	Frequency	Percent	Classification
1	28 and up	29	96.67%	Very good
2	20-28	1	3.33%	Good
3	10-19	0	0%	Keep
4	3-9	0	0%	Less
5	0-2	0	0%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 6** above, it can be seen that the percentage of SSB Citra Panciro Jaya data results with a sample of 30 players (100%), which has a very good classification of 29 players (96.67%), a good classification of 1 player (3.33%), a medium classification of none (0%), a less classification of none (0%), and a classification of less than once none (0%). Next, the results are contained in the diagram as follows:



**Figure 3.**

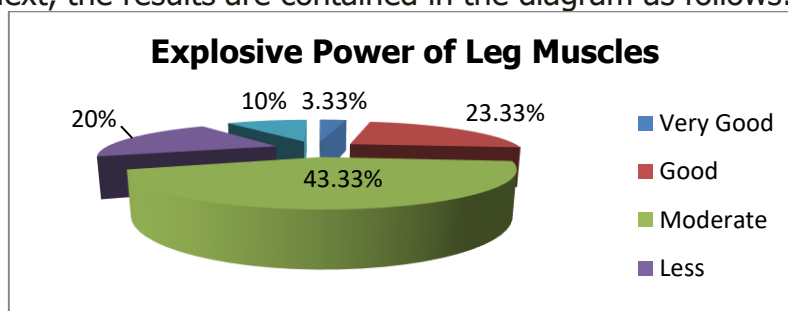
Sit Up 60 Second SSB Citra Panciro Jaya

### Vertical Jump (Leg Explosive Power).

**Table 7.**  
 Recapitulation of SSB Citra Panciro Jaya Upright Jump

No	Value	Frequency	Percent	Classification
1	50 and above	1	3.33%	Very good
2	39-49	7	23.33%	Good
3	31-38	13	43.33%	Keep
4	23-30	6	20%	Less
5	22 ff.	3	10%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 7** above, it can be seen that the percentage of SSB Citra Panciro Jaya results, with a sample of 30 players (100%), who have a very good classification is 1 player (3.33%), a good classification of 7 players (23.33%), a medium classification of 13 players (43.33%), a classification of less than 6 players (20%), and a classification of less than 3 players (10%). Next, the results are contained in the diagram as follows:



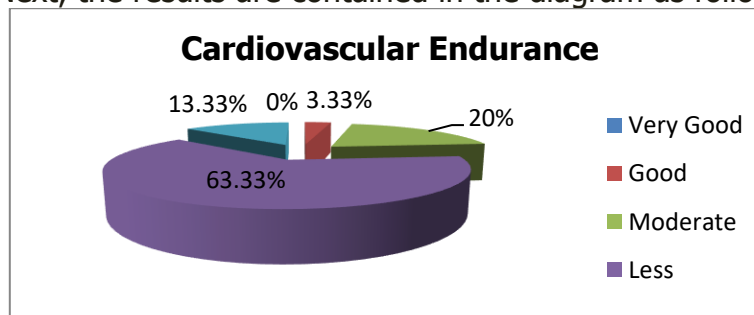
**Figure 4.**  
 SSB Citra Panciro Jaya Upright Jump Diagram

### 1200 Meter Run ( cardiovascular endurance ).

**Table 8.**  
 Recapitulation of SSB Citra Panciro Jaya 1200 meter Run

No	Value	Frequency	Percent	Classification
1	S.d-3.52	0	0%	Very good
2	3.53-4.56	1	3.33%	Good
3	4.57-5.58	6	20%	Keep
4	5.59-7.23	19	63.33%	Less
5	7.24	4	13.33%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 8** above, it can be seen that the percentage of SSB Citra Panciro Jaya data results, with a sample of 30 players (100%), which has a good classification of no one (0%), a good classification of 1 player (3.33%), a medium classification of 6 players (20%), a classification of less than 19 players (63.33%), and a classification of less than 4 players (13.33%). Next, the results are contained in the diagram as follows:



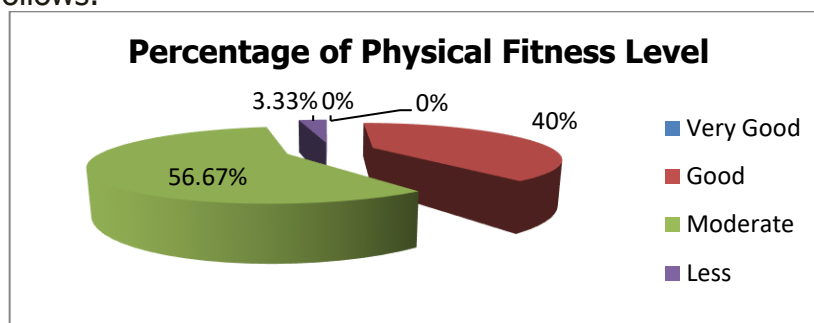
**Figure 5.**  
 SSB Citra Panciro Jaya 1200 meter Running Diagram

## Recapitulation of Physical Fitness Level (TKJI)

**Table 9.**  
 Recapitulation of TKJI SSB Citra Panciro Jaya

No	Value	Frequency	Percent	Classification
1	22-25	0	0%	Very good
2	18-21	12	40%	Good
3	14-17	17	56.67%	Keep
4	10-13	1	3.33%	Less
5	5-9	0	0%	Less Than Once
<b>Sum</b>		<b>30</b>	<b>100%</b>	

Based on **Table 9** above, it can be found that the percentage of TKJI SSB Citra Panciro Jaya, with a sample of 30 players (100%), which has a good classification of 12 players (40%), a medium classification of 17 players (56.67%), a classification of less than 1 player (3.33%), and a classification of less than once none (0%). Next, the results are contained in the diagram as follows:



**Figure 6.**  
 Recapitulation of TKJI SSB Citra Panciro Jaya

### Discussion Speed.

The percentage of data results of the 60-meter sprint SSB Citra Panciro Jaya with a sample of 30 players (100%), which has a very good classification of 29 players (96.67%), a good classification of 1 player (3.33%), a medium classification of 0 players (0%), a classification of less than 0 players (0%), and a classification of less than 0 players (0%).

### Endurance of arm muscles.

The percentage of SSB Citra Panciro Jaya data results, with a sample of 30 players (100%), which has a good classification of none (0%), a good classification of none (0%), a medium classification of 7 players (23.33%), a classification of less than 16 players (53.33%), and a classification of less than once as many as 7 players (23.33%).

### Endurance of the abdominal muscles.

The percentage of SSB Citra Panciro Jaya data results with a sample of 30 players (100%), which has a very good classification of 29 players (96.67%), a good classification of 1 player (3.33%), a medium classification of none (0%), a less classification of none (0%), and a classification of less than once none (0%).

### The explosive power of leg muscles.

The percentage of SSB Citra Panciro Jaya results, with a sample of 30 players (100%), which has a very good classification is 1 player (3.33%), a good classification of 7 players (23.33%), a medium classification of 13 players (43.33%), a classification of less than 6 players (20%), and a classification of less than 3 players (10%).

### Cardiovascular endurance.

The percentage of SSB Citra Panciro Jaya results with a sample of 30 players (100%), which has a good classification of no one (0%), a good classification of 1 player (3.33%), a

medium classification of 6 players (20%), a classification of less than 19 players (63.33%), and a classification of less than 4 players (13.33%).

Based on the explanation above, it can be known the percentage of the physical fitness level of SSB Citra Panciro Jaya, with a sample of 30 players (100%), which has a good classification of 12 players (40%), a medium classification of 17 players (56.67%), a classification of less than 1 player (3.33%), and a classification of less than one (0%)

Based on the presentation of the results of the analysis above, the physical fitness of SSB Citra Panciro Jaya, as a whole, only meets the criteria, namely good, medium and less. Based on the results of the data analysis that has been carried out, the criteria for SSB Citra Panciro Jaya are medium. The cause of physical fitness experienced by the player cannot be separated from factors that affect physical fitness including nutritious food, adequate rest and regular exercise, healthy living habits and environmental factors (*Dangsina Moeloek*, 1984). It has been explained earlier that the allocation of sports time is very minimal during the teaching and learning process at school which allows the physical fitness of players to decrease, but that is not one of the factors but several factors of physical fitness affect each other with other factors. If players exercise regularly then unhealthy food and not enough rest then players who have physical fitness may not necessarily improve and vice versa adequate rest and nutritious food but do not exercise regularly then physical fitness can also decrease. One of the other factors that causes the category of physical fitness of players is because the player has a less level of aerobic sports activity, especially those who are not active in extracurricular activities, unlike players who are trained and active in extracurricular activities, the player can provide a higher activity, so that it will affect physical fitness with moderate criteria. Seeing this, coaches and coaches need to improve the ability of Physical Fitness Level optimally. That is by providing the right Physical Fitness Level training for each component of the Physical Fitness Level which is still relatively lacking. In addition, training must also be directed and measurable, there needs to be an evaluation carried out through tests, to develop the physical abilities of SSB Citra Panciro Jaya Participants.

## CONCLUSION

Based on the results of research with 30 samples, the level of physical fitness at SSB Citra Panciro Jaya was moderate with a percentage of 17 players (56.67%).

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