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Survey Of Students' Physical Fitness Level Of Sma 13 Makassar

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Abstract
This research is a descriptive research type that uses a "descriptive" research design. This study aims to determine; how is the Physical Fitness Level of SMA 13 Makassar Students. The population is all SMA 13 Makassar Students. The sample used is 40 SMA 13 Makassar Students. The sampling technique is by simple random sampling. The results of the study showed that out of 40 student samples, 5 people (12.5%) were classified as good, 27 people (67.5%) were classified as moderate, 8 people (20%) were classified as poor, and no students were classified as very good and very poor. Thus, it can be concluded that the results of the physical fitness level test on SMA 13 Makassar students can be categorized as moderate.

Keywords: Physical Fitness Level, Students, Physical Fitness.

INTRODUCTION

In human life to start an activity must have good health so that they can work well and get maximum results. If humans have good health then in carrying out work activities, studying or other activities they will be more enthusiastic, not easily sleepy, not easily tired, so that the results obtained are better than someone who is not healthy. Generally human health includes physical fitness which includes health and skills that are interrelated with each other. Physical health includes heart and lung health (cardiorespiratory), strength, and explosive power while skills include speed, agility, balance, flexibility, reaction, accuracy, and coordination. Good physical fitness will help students in carrying out daily activities both at school and other activities. Students will not easily get sleepy, lethargic and weak if they have good physical fitness, and students do not get tired easily in carrying out daily activities. Physical fitness plays a role in learning activities, without the support of good physical fitness learning activities will be disrupted, because physical fitness is the ability of a person's body to carry out daily tasks without causing significant fatigue. All activities at school require good physical fitness, not only academic learning activities that require good physical fitness but extracurricular activities also require good physical fitness. (Subarjah, 2016) This is in line with the opinion of Muhammad Muhyi Faruq in (Setiawan, 2019) Achievements will not be obtained instantly, achievements are obtained through a long process starting from regular training, discipline, an unyielding spirit, participating in various competitions and also through various comprehensive training and mental readiness, achievements can be achieved. In an effort to maintain achievement, various elements are needed that can encourage the success of these efforts, one of the most important elements is physical fitness. To obtain good physical fitness, programmed training is needed, the purpose of extracurricular activities Based on the Decree of the Minister of Education and Culture No. 62 of 2014 concerning Extracurricular Activities in Elementary and Secondary Education Article 1, namely extracurricular activities are held with the aim of developing the potential, talents, interests,

abilities, personality, cooperation, and independence of students optimally in order to support the achievement of national education goals. (Najib et al., 2021) according to Djoko Pekik Irianto (Wani & Wea, 2021) the success of achieving fitness is largely determined by the quality of training which includes: training goals, selection of training models, use of training facilities and infrastructure, and more importantly the dosage or dose of training described in the FIT concept (frequency, Intensity, and Time). Frequency is the number of training units per week. To improve physical fitness, it needs to be done alternately, for example: Monday-Wednesday-Friday, while the other days are used to rest so that the body has the opportunity to recover (restore energy). Intensity is a quality that indicates the severity of the training called intensity. The intensity of the training depends on the type and purpose of the training. Time is the time or duration required for each training. To improve heart and lung fitness and weight loss, 20-60 minutes of training time are required.

With the 3 objectives of the concept, the level of physical fitness of a player can be maintained so that by maintaining the level of physical fitness, it will be able to support the success of efforts to maintain the achievements that have been achieved. However, with the density of school activities, both academic and non-academic, the training program in SMA 13 Makassar students is often sidelined. Students only have time to practice in extracurricular activities in a relatively short duration. So this reduces the duration of training needed in an effort to maintain the level of physical fitness through SMA 13 Makassar Students, namely, at least 2-3 times a week with a minimum duration of 60 minutes. According to Suharjana (2008: 28) the duration of good aerobic exercise is 20-60 minutes carried out continuously, involving large muscles.

By looking at the reality above, it will be difficult to maintain achievement if the level of physical fitness of students is not maintained. However, it needs to be proven, how good the level of physical fitness of students who participate in SMA 13 Makassar Students is. Therefore, the author wants to know this by conducting a measurement study on the level of physical fitness of students who are participating in SMA 13 Makassar.

METHODS

This study is a descriptive study of students' physical fitness levels. The method used in this study is a survey. Data collection techniques with tests and measurements. The research (data collection) was carried out at the Football Field. The population of this study were all students. The data collection technique used purposive sampling, namely students aged 16 to 19 years.

The test consists of 5 test items.

a. 60-meter run, this test aims to measure a person's running speed.

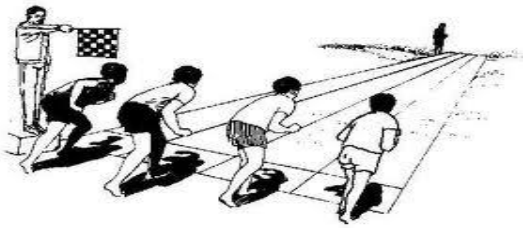

Figure 3.1 60-meter Start Position

b. Hanging Body Lift, this test aims to measure the strength and endurance of the arm and shoulder muscles.

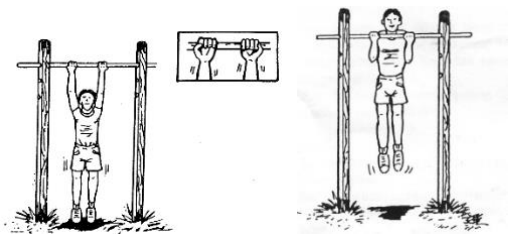

Figure 3.2 Hanging on a Single Crossbar

c. Sitting down for 60 seconds, this test aims to measure the strength and endurance of the abdominal muscles.

Figure 3.3 Starting Position Sitting Down

d. Upright Jump, this test aims to measure explosive power or explosive power.

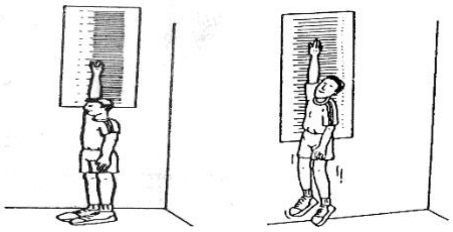

Figure 3.4 Vertical Jump Test Position

e. 1200 meter run, this test aims to measure cardiovascular endurance and breathing

Figure 3.5 Starting Position for 1200 meter Run

Data analysis techniques use quantitative descriptive with percentage. The achievements obtained by students who have taken the test are called raw results. The raw results obtained are still in different sizes and need to be replaced with the same size. In this case, the same unit of measurement is the value. After the raw results of each test item are changed into values by entering them into the Physical Fitness Test Value table.

Table 3.1 Physical Fitness Values for Male and Female Adolescents Aged 16-19 Years

60 meter run		Hanging body lift		Lying sitting 60 seconds		Vertical jump		1200 meter run		Score
Pa	**Pi**	**Pa**	**Pi**	**Pa**	**Pi**	**Pa**	**Pi**	**Pa**	**Pi**	
sd- 7.2 second	sd – 8.4 second	19 to the top	40 second to the top	41 to the top	29 to the top	73 cm to the top	50 cm to the top	Sd 3’14”	Sd 3’52”	5
7.3 – 8.3 second	8.5 – 9.8 second	14 – 18 second	20 – 39 second	30-40 time	20-28 time	60-72 cm	39-49 cm	3’15”- 4’25”	3’53”- 4’56”	4
8.4 – 9.6	9.9 – 11.4	09 – 13	08 – 19	21-29	10-19	50-59	31-38	4’26”-	4’57”-	3

second	second	second	second	time	time	cm	cm	5’12”	5’58”	
9.7 – 11.0 second	11.5 – 13.4 second	05 – 08 second	02 – 07 second	10-20 time	03-09 time	39-49 cm	23-30 cm	5’13”-6’33”	5’59”-7’23”	2
11.1 – dst	13.5 – dst	00 – 04 second	00 – 02 second	00-09 time	00-02 time	Dibawah 39 cm	Dibawah 23 cm	Dibawah 6’33”	Dibawah 7’23”	1

The results obtained in the study of physical fitness level tests consisting of 60-meter running, 60-second body lifting (pull up), 60-second sitting (sit up), vertical jump and 1200-meter running on students of SMA 13 Makassar. are poured into percentage form to obtain the frequency category of each variable obtained.

a. Frequency percentage of classification of 60-meter running data results

A description of the frequency percentage of the results of the 60-meter running test research obtained on students of SMA 13 Makassar can be seen in the following table 4.1:

Table 4.1 Frequency Percentage of 60-meter Running Test Result Data

Value	Frequency	Percentage (%)	Classification	Remarks
< 6,3”	0	0	Very well	5
6,4” – 6,9”	18	45	Good	4
7,0” – 7,7”	16	40	Currently	3
7,8” – 8,8”	6	15	Not enough	2
> 8,9”	0	0	Very less	1
Amount	40	100		

Source: 2019 results data

Meanwhile, in the form of a pie chart presentation of the results of the 60-meter running test obtained by students of SMA 13 Makassar. can be seen in the following graphic image:

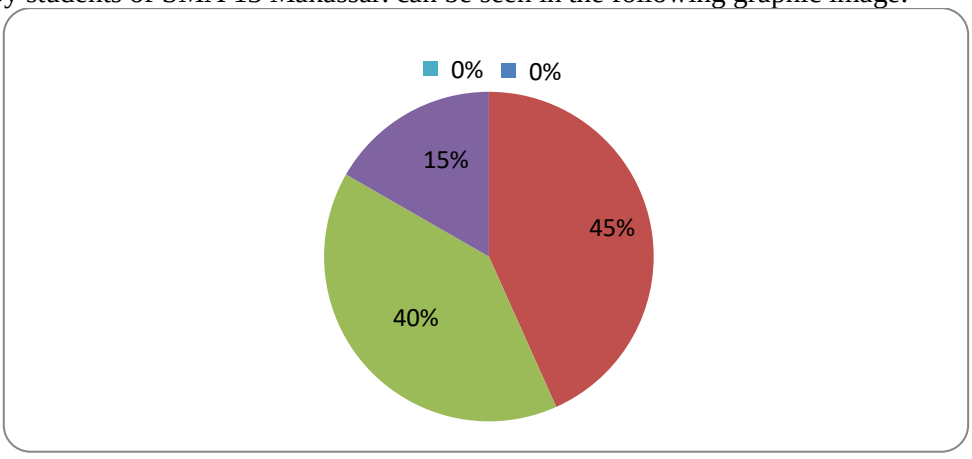

Figure 4.1 Percentage graph of 60 meter running test results

Based on the table and pie chart above about the results of the 60-meter running test obtained on students of SMA 13 Makassar, it appears that out of 40 student samples, 18 people (45%) had a good classification, 16 people (40%) had a moderate classification, 6 people (15%) had a poor classification, and no students had a very good or very poor classification. Thus, it can be concluded that the results of the 60-meter running test on students of SMA 13 Makassar can be categorized as moderate with an average value of 3.30 (descriptive data results).

b. Percentage frequency of classification of 60-second body lifting hanging data results (pull up)

A description of the percentage frequency of the results of the 60-second body lifting hanging test (pull up) obtained on students of SMA 13 Makassar can be seen in the following table:

Table 4.2 Percentage Frequency of 60-Second Body Lifting Hanging Test Results Data (Pull Up)

Value	Frequency	Percentage (%)	Classification	Remarks
< 51	0	0	Very well	5
50 – 31	0	0	Good	4
40 – 15	22	55	Currently	3
14 – 5	18	45	Not enough	2
> 4	0	0	Very less	1
Amount	40	100		

Source: 2019 results data

Meanwhile, in the form of a pie chart presentation of the results of the 60-second body lifting hanging test (pull up) obtained by students of SMA 13 Makassar. can be seen in the following graphic image:

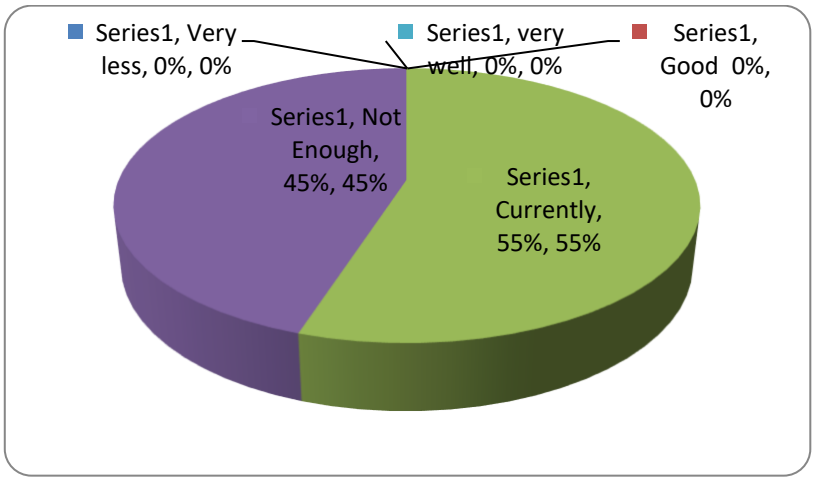

Figure 4.2 Percentage graph of results of the 60-second body lifting hanging test (pull up)

Based on the table and pie chart above about the results of the 60-second body lifting hanging test (pull up) obtained on students of SMA 13 Makassar, it appears that out of 40 student samples, 22 people (55%) had a moderate classification, 18 people (45%) had a poor classification, and no students were classified as very poor, good, or very good. Thus, it can be concluded that the results of the 60-second body lifting hanging test (pull up) on students of SMA 13 Makassar can be categorized as poor with an average value of 2.45 (descriptive data results).

c. Percentage frequency of classification of 60-second lying-sitting data results

A description of the percentage frequency of the results of the 60-second lying-sitting test (sit up) obtained on students of SMA 13 Makassar can be seen in the following table:

Table 4.3 Percentage Frequency of 60-second Lying-sitting Test Results Data (sit up)

Value	Frequency	Percentage (%)	Classification	Remarks
< 23	0	0	Very well	5
22 – 18	12	30	Good	4
17 – 12	28	70	Currently	3
11 – 4	0	0	Not enough	2
0 - 3	0	0	Very less	1
Amount	40	100		

Source: 2019 results data

Meanwhile, in the form of a pie chart presentation of the results of the 60-second sit-up test (sit up) obtained by students of SMA 13 Makassar. can be seen in the following graphic image:

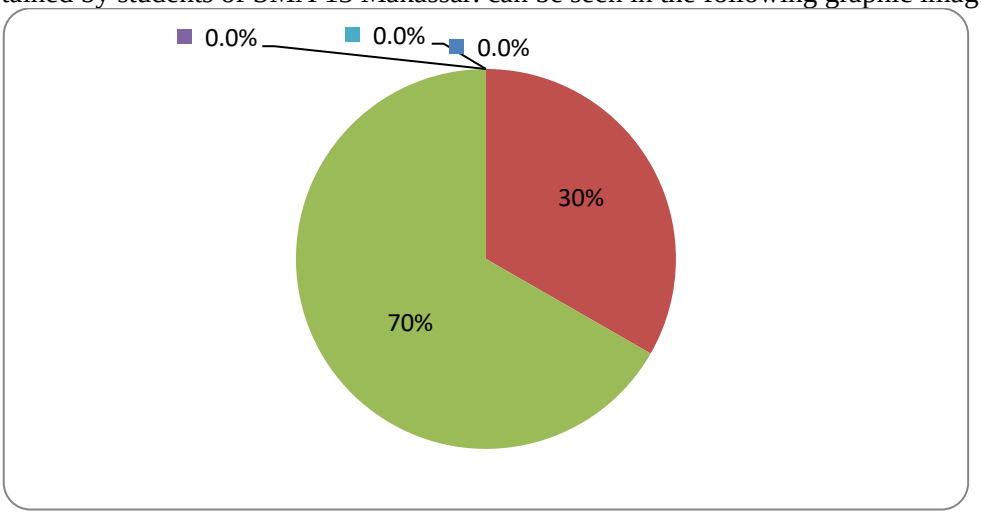

Figure 4.3 Percentage graph of the results of the 60-second sit-up test (sit up)

Based on the table and pie chart above about the results of the 60-second sit-up test (sit-up) obtained on students of SMA 13 Makassar, it appears that out of 40 student samples, 12 people (30%) were classified as good, 28 people (70%) were classified as moderate, and no students were classified as very good, poor, or very poor. Thus, it can be concluded that the results of the 60-second sit-up test (sit-up) on students of SMA 13 Makassar can be categorized as moderate with an average value of 3.30 (descriptive data results).

d. Percentage frequency of vertical jump data classification results

A description of the percentage frequency of the vertical jump test results obtained on students of SMA 13 Makassar can be seen in the following table:

Table 4.4 Percentage Frequency of Vertical Jump Test Results Data

Value	Frequency	Percentage (%)	Classification	Remarks
< 46	0	0	Very well	5
45 – 38	4	10	Good	4
37 – 31	12	30	Currently	3
40 – 24	24	60	Not enough	2
> 23	0	0	Very less	1
Jumlah	40	100		

Source: 2019 results data

Meanwhile, in the form of a pie chart presentation of the results of the vertical jump test obtained by students of SMA 13 Makassar. can be seen in the following graphic image:

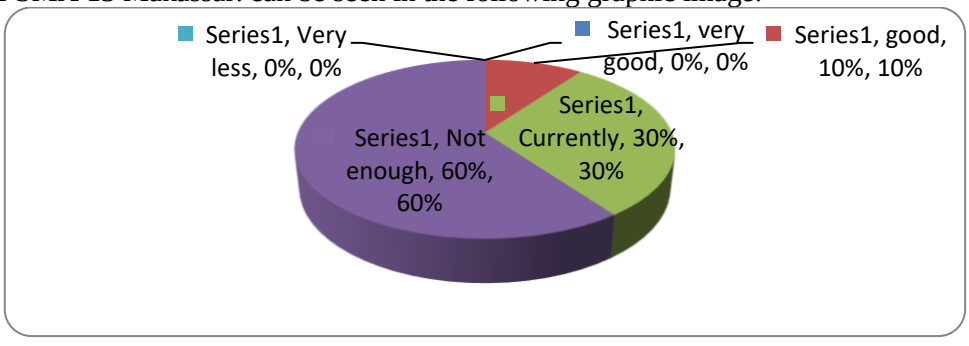

Figure 4.4 Percentage graph of vertical jump test results

The results of the hypothesis test are that the level of physical fitness of students at SMA Negeri 3 Pangkep is included in the moderate category. If the results of this study are associated with the

theory and underlying framework of thought, then basically the results of this study support and strengthen the theory and results of previous studies, that good facilities and infrastructure help and influence the Level of Physical Fitness, where the results of the physical fitness level test obtained by SMA Negeri 3 Pangkep students, it appears that out of 40 student samples, 5 people (12.5%) have a good classification, 27 people (67.5%) have a moderate classification, 8 people (20%) have a poor classification, and no students have a very good or very poor classification. Thus, it can be concluded that the results of the physical fitness level test in SMA Negeri 3 Pangkep students can be categorized as moderate with an average score of 14.88 (descriptive data results).

The results of the students' physical fitness test are in the moderate category, with these results suspected to be influenced by several factors. The factors that influence the level of physical fitness of these students include:

a. Students lack physical activity outside of school hours.

After school, most students help their parents work because of economic factors, also because their own children are lazy at home and do not want to participate in sports in their village. They only watch TV or sit on the side of the road while chatting with their friends in the afternoon. Also because at home and at school there is a lack of adequate facilities and infrastructure. Extracurricular sports activities do not run as well as they should.

b. Insufficient food and nutrition

Parents' knowledge is still lacking about nutrition problems, in serving food for the family that is important to be full so that students' physical fitness is disturbed and they are less enthusiastic in participating in sports lessons or other activities.

c. Irregular rest and meals

Because students are not regular in taking breaks and eating breakfast, they often experience fatigue when taking physical education lessons, so they are easily attacked by disease.

d. Unhealthy living habits and environment

Habits in carrying out daily activities that are less supervised by parents in maintaining personal health such as bathing, brushing teeth, and so on are less concerned about cleanliness, as well as a less clean living environment. Many students are influenced by a less good social environment such as smoking and drinking alcohol so that it will affect their physical fitness.

CONCLUSSION

Based on the results of the study and its discussion, the results of the study showed that out of 40 student samples, 5 people (12.5%) had a good classification, 27 people (67.5%) had a moderate classification, 8 people (20%) had a poor classification, and no students had a very good or very poor classification. Thus, it can be concluded that the results of the physical fitness level test on students of SMA 13 Makassar can be categorized as moderate.

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