

Analysis of the Physical Fitness of Students Victims of Bullying in High Schools and Vocational Schools in Lhoknga District 2022

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Abstract:

Background : Fitnessbody is the ability to carry out daily activities with enthusiasm and full awareness, which is carried out without significant fatigue. Bullying is a condition when someone repeatedly and deliberately says or intends to hurt another person who has difficulty defending or defending himself. This study aims to determine the Physical Fitness Level of High School/Vocational High School Students Victims of Bullying in Lhoknga District.

Materials and Methods: This type of research uses a quantitative approach with descriptive methods. The sampling technique used Purposive Sampling (Purposive or Judgmental Sampling) with a total of 38 people. Data collection used the Indonesian Physical Freshness test aged 13-15 and 16-19 years and the bully questionnaire, then the data values were processed by calculating the mean, TCR (Respondent Achievement Level), and percentages.

Results: Based on the results of data analysis, it was obtained that all students had an average Physical Fitness of ($x= 12.23$) all samples of 38 students (100%) were in the Less category, with Students aged 13-15 years of ($x= 2.05$) and Students aged 16-19 years ($x= 8.71$). While as many as 22 students (58%) are in the Low category. Bullying that occurred to 38 high school/vocational school students in Lhoknga Regency, 28 students experienced verbal bullying (73%), 38 students experienced physical bullying (100%), 21 students experienced social bullying (55%), and 16 students experienced bullying. form of cyber bullying (42%). If seen from the total number of bullying obtained against 38 students, as many as 6 students received 4 forms of bullying (16%), 17 students received 3 forms of bullying (45%), 13 students received 2 forms of bullying. (34%), and 2 students get 1 form of bullying (5%). While the physical fitness of students who are victims of bullying can be categorized as low and the level of bullying can be categorized as high.

Keywords: Physical Fitness, Bully

Date of Submission: 12-02-2023

Date of Acceptance: 24-02-2023

I. Introduction

In the Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System contained in chapter II Article 4 concerning the purpose of education it is stated that National Education aims to educate the life of the nation and develop the whole Indonesian human being, namely human beings who believe in and fear God Almighty. and virtuous. having noble character, having knowledge and skills, physically and mentally healthy, strong and independent personality as well as a sense of social and national responsibility.

One of the efforts to realize human beings who have knowledge, skills, physical and spiritual health is Physical Education (Physical Education).

Even though the law already exists, it does not mean that physical and health education, especially sports, has been implemented properly at all levels and types of education. In practice in schools, it turns out that there are many obstacles whose results are not optimal and proportional to what is expected, including the number and heterogeneity of students in each class, both their abilities and skills, their enjoyment, motivation, interests, their needs, and their gender.

In every physical activity a level of physical fitness is required which is supported by the physiology of the body which in turn will change physical fitness. A person's physical fitness is very important in improving human life. A student who has a fit body will be able to carry out all daily physical activities without any complaints of significant fatigue. Physical fitness literally means physical or bodily suitability. This shows the notion of physical fitness which is related to the ability and ability of the body to do work efficiently without experiencing significant fatigue as stated by Mooren and Volker (2008): "Physical fitness is the ability to carry out daily activities with full enthusiasm and awareness. , which is done without much fatigue, with more energy to be able to enjoy a good time and still have energy to spare for emergencies that may arise."

Physical fitness gives a person the ability to lead a productive life and be able to adapt to any physical activity. It can be seen that to be able to do a job requires a physical condition that is in accordance with the level of work. In general, physical fitness is divided into two major groups, namely health-related fitness and performance-related fitness. Physical fitness related to health consists of five components, namely: cardio-pulmonary endurance, muscle strength, muscular endurance, flexibility, and body composition. While physical fitness related to achievement consists of five components of health fitness plus six components, namely: coordination, balance, reaction time, agility, explosive power and speed.

The school is a community that is bigger than the family, and does not just provide lessons, but tries to organize education in accordance with developments so that students develop their potential in a satisfied and happy manner and have an integral personality. Having mental health can be identified with efficient characteristics, having clear life goals, having a healthy self-concept and high concentration, there is coordination between all potentials with efforts to have personality integrity and always have a calm mind.

The student period is a transition from childhood to adulthood where this period is a period of identity crisis or the search for self-identity. This period is usually felt as a difficult time, both for the students themselves and for their families, or their environment. Being in a transition period between childhood and adulthood makes the status of a student a little blurry, both for himself and for his environment. Characteristics of students who are in the process of finding identity also often cause problems for students. Increasing social threats, fast changing times and uncertainties in life require students to have resilience. One of the problems that is currently rife among students is bullying.

Bullying behavior from time to time continues to haunt Indonesian children. Cases of bullying often occur at the age of children and students and mostly occur in the school environment. Cases of bullying that are often encountered are cases of seniority or intimidation by more senior students towards their younger siblings, both physically and non-physically.

Bullying behavior if allowed to continue will have a negative impact on the physical and psychological condition of the child. The impact that can arise from bullying behavior is feeling depressed, physically ill, while the psychological impact is in the form of decreased self-esteem, feelings of shame, trauma, fear of school which is characterized by not wanting to go to school (school phobia), social fear (social phobia), even suicidal tendencies. self. Other research states that children as victims of bullying will experience psychological and physical disorders, experience loneliness more often, and have difficulty making friends, while children as bullies tend to have low scores (Dwipayanti&Komang, 2014 in Sufriani, Sari, 2017).).

Data from UNICEF Indonesia in 2016 states that 41 to 50 percent of students in Indonesia with an age range of 13 to 15 years have experienced cyberbullying (UNICEF Indonesia, 2017), besides data from UNESCO 2017 states that every year there are 246 million children and students who experience violence and bullying from various countries. Even data from the Indonesian Child Protection Commission (KPAI) states that from 2011 to 2017 around 26 thousand cases of bullying were found (KPAI, 2017). The results of a study by the National Consortium for the Development of Character Schools in 2014 stated that almost every school in Indonesia had cases of bullying, even though it was only verbal and psychological/mental bullying. Cases of seniors bullying juniors keep popping up. The statistics on child complaint cases in the education sector from January 2011 to August 2014 are described as follows: 2011 there were 61 cases, 2012 130 cases, 2013 91 cases, 2014 87 cases (Kemenpppa, 2016).

KPAI data quoted from the Aceh Journal National Network, the number of victims of child bullying at school since 2016 has reached 480 people, Victims of violence since 2016 perpetrators of violence have reached 655 children. according to KPAI, the problem of bullying needs to be addressed jointly by many parties, starting from parents, family, including teachers at school. Cases of bullying in the world of education will still occur throughout 2021. The Indonesian Child Protection Commission (KPAI) noted that throughout 2021 there were 17 cases involving students and educators. The KPAI Commissioner for

Education said the majority of these cases occurred at the elementary school level, reaching 25 cases or 67% of all cases (KPAI, 2021).

The impact caused by bullying is very wide in scope. Students who are victims of bullying are more at risk of experiencing various health problems, both physical and mental. Problems that are more often experienced by children who are victims of bullying include the emergence of various mental problems such as anxiety and sleep disturbances that can carry over into adulthood, physical health complaints such as headaches, stomach aches and muscle tension, feelings of discomfort. insecurity when in the school environment, reduces enthusiasm for learning and academic achievement (Zakiyah, Humaedi, Santoso, 2017).

According to Law no. 4 of 1950 concerning the basics of education article 9 that "Physical education which leads to harmony between body growth and mental development and is an effort to make the Indonesian nation a nation that is healthy and strong physically and spiritually, is given to all types of schools".

From the description above, physical education is related to the role of adjusting the physical load that occurs as a result of participating in certain selected physical activities, according to individual attention, abilities and needs. In accordance with the Law of the Republic of Indonesia Number 4 of 1995 concerning the National Education System that: "National education aims to educate the life of the nation and develop the whole human being, namely human beings who believe in and fear God Almighty, have noble character, have knowledge and skills, physically and mentally healthy, a solid and independent personality as well as a sense of social and national responsibility." Health and fitness issues are closely related.

The student period is a transition from childhood to adulthood where this period is a period of identity crisis or the search for self-identity. Students are able to adapt and have good physical fitness so that they can overcome stressful conditions if the individual makes an effective effort to overcome the problem. Based on the background above, the researcher is interested in conducting research entitled "**Analysis of the Physical Fitness of Students Victims of Bullying in High Schools and Vocational Schools in the Lhoknga District in 2022**".

II. Materials and methods

The research method is basically a scientific way to obtain data with specific goals and uses (Sugiyono, 2012: 1), whereas according to Arikunto (2010: 20-23), research methods are methods used by research in collecting research data. The approach in this study uses a quantitative approach. Because the data collected is based on information and information provided by the respondents, the data obtained will be analyzed by researchers based on units of numbers. The type of this research is descriptive research with the aim of measuring the skills possessed by individuals.

Study Design: Sports Education

Study Location : Jl. TeukuNyakArief No.441, City of Banda Aceh, Indonesia

Study Duration: January 2020 to December 2022

Sample size: 38 students

Subjects & selection method : The study population of 388 was taken from the bully questionnaire by Olweus which then obtained a sample of 38 students

Inclusion criteria: Bullied students

Exclusion criteria: Students who are not bullied

Procedure methodology :

After written consent was obtained, a well-designed questionnaire was used to collect student data through Purposive or Judgmental Sampling techniques, using the Bully Questionnaire (**Olweus Bully** /Victim Questionnaire (OBVQ)) distribution test to determine the sample Bully victim questionnaire including socio-demographic characteristics such as age, sex, height, school activity and lifestyle habits in the last 6 months.

Students practice with the Indonesian Physical Fitness test questions at the age of 13 to 19 years, at the age of 13-15 with 5 Items (50 Meter Run, 60 Seconds Pull Up, 60 Seconds Sit Up, Vertical Jump, 1000 Meters Boys and Girls 800 Meters Run) and Age 16-19 Years with 5 Items (60 Meter Run, 60 Second Pull Up, 60 Second Sit Up, Vertical Jump, Men's 1200 Meter Run and Women's 1000 Meter) provided by the researcher.

Statistic analysis

Data analysis uses calculating averages, calculating percentages, and Respondents' Achievement Levels

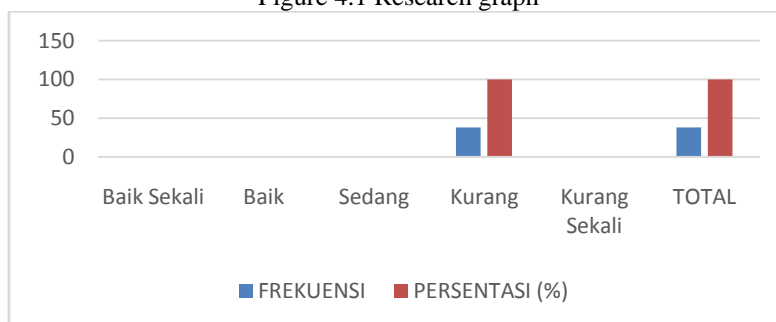
III. Results

This study was used to determine the fitness and mental health of high schools and vocational schools students who were victims of bullying in Lhoknga District. This research was conducted on Wednesday 29 September 2022, the research sample was 38 students from 3 schools, 25 students from SMKN1, 6 students from SMA2, 7 students from SMA1 throughout Lhoknga Regency. The following are the results of the study:

Indonesian Physical Fitness nAges 13-15 and 16-19 Years

Not	Name	Age	Gender	Classification	Category
1	2	3	4	5	6
1	MA	17	M	12	NOT ENOUGH
2	KH	16	M	13	NOT ENOUGH
3	FZ	17	M	12	NOT ENOUGH
4	MA	16	M	11	NOT ENOUGH
5	MI	17	M	12	NOT ENOUGH
6	BC	16	M	12	NOT ENOUGH
7	RS	16	M	11	NOT ENOUGH
8	MNM	16	M	13	NOT ENOUGH
9	RL	17	M	13	NOT ENOUGH
10	RA	16	M	12	NOT ENOUGH
11	SK	16	M	13	NOT ENOUGH
12	IF	15	M	11	NOT ENOUGH
13	MA	15	M	12	NOT ENOUGH
14	ZS	15	M	14	NOT ENOUGH
15	SU	15	F	12	NOT ENOUGH
16	FRZ	15	M	12	NOT ENOUGH
17	MMF	15	M	13	NOT ENOUGH
18	MF	15	M	12	NOT ENOUGH
19	RM	15	M	13	NOT ENOUGH
20	HNN	15	M	12	NOT ENOUGH
21	AIA	15	M	13	NOT ENOUGH
22	BP	15	M	11	NOT ENOUGH
23	RD	15	F	13	NOT ENOUGH
24	HNN	15	M	12	NOT ENOUGH
25	R	15	M	13	NOT ENOUGH
26	DA	15	M	10	NOT ENOUGH
27	TF	14	F	13	NOT ENOUGH
28	AF	15	M	14	NOT ENOUGH
29	MJ	14	M	13	NOT ENOUGH
30	RO	15	M	13	NOT ENOUGH
31	Y	14	M	9	NOT ENOUGH
32	KA	15	M	13	NOT ENOUGH
33	MRG	15	M	13	NOT ENOUGH
34	UR	15	F	13	NOT ENOUGH
35	MAG	15	M	13	NOT ENOUGH
36	AM	15	F	11	NOT ENOUGH
37	SA	14	M	12	NOT ENOUGH
38	A	14	F	11	NOT ENOUGH
Amount				465	
Average				12.23	NOT ENOUGH

Figure 4.1 Research graph



Based on Figure 4.1, it can be seen the results of the Indonesian Physical Fitness Test Aged 16-19 Years Old Students Victims of Bully high schools and vocational schools in Lhoknga District through the Indonesian

Physical Fitness Test 13-15 Years with 5 Items (50 Meter Running, 60 Seconds Pull Up, 60 Seconds Sit Up , Vertical Jump, Men's 1000 Meters and Women's 800 Meters) and 16-19 Years with 5 Items (60 Meters Run, 60 Seconds Pull Up, 60 Seconds Sit Up, Vertical Jump, Men's 1200 Meters Run and Women's 1000 Meters) are categorized as Less 100%.

Forms of Bully Experienced by high schools and vocational schools Victims in Lhoknga District

Not	Name	Characteristics			From Bully				Total Bullying
		Gender	Age	school	Verbal	physical	Social	Cyber	
1	2	3	4	5	6	7	8	9	10
1	LF	M	15	SMK1	✓	✓	✓	-	3
2	MIS	M	15	SMK1	✓	✓	✓	✓	4
3	ZS	M	15	SMK1	✓	✓	✓	✓	4
4	MAC	M	17	SMK1	✓	✓	✓	-	3
5	KH	M	16	SMK1	-	✓	✓	-	2
6	FZ	M	17	SMK1	✓	✓	✓	✓	4
7	SU	F	15	SMK1	✓	✓	-	-	2
8	FRZ	M	15	SMK1	✓	✓	-	✓	3
9	MMF	M	15	SMK1	-	✓	✓	✓	3
10	MF	M	15	SMK1	✓	✓	✓	✓	4
11	RM	M	15	SMK1	✓	✓	✓	-	3
12	HNM	M	15	SMK1	✓	✓	-	-	2
13	MA	M	16	SMK1	✓	✓	-	-	2
14	MI	M	17	SMK1	✓	✓	✓	-	3
15	BC	M	16	SMK1	-	✓	✓	✓	3
16	AIA	M	15	SMK1	✓	✓	-	✓	3
17	BP	M	15	SMK1	✓	✓	✓	-	3
18	RD	F	15	SMK1	✓	✓	✓	✓	4
19	RS	M	16	SMK1	-	✓	✓	-	2
20	HNN	M	15	SMK1	-	✓	-	-	1
21	MNM	M	16	SMK1	✓	✓	-	✓	3
22	R	M	15	SMK1	✓	✓	-	-	2
23	RL	M	17	SMK1	✓	✓	-	-	2
24	DA	M	15	SMK1	-	✓	-	-	1
25	TF	F	14	SMK1	-	✓	✓	-	2
26	AF	M	15	SMA2	✓	✓	✓	-	3
27	RA	M	16	SMA2	✓	✓	-	-	2
28	MJ	M	14	SMA2	✓	✓	✓	✓	4
29	RO	M	15	SMA2	✓	✓	-	-	2
30	SK	M	16	SMA2	✓	✓	-	-	2
31	Y	M	14	SMA2	✓	✓	✓	-	3
32	KA	M	15	SMA1	-	✓	-	✓	2
33	MRG	M	15	SMA1	-	✓	-	✓	2
34	UR	F	15	SMA1	✓	✓	✓	✓	4
35	MAG	M	15	SMA1	✓	✓	-	✓	3
36	AM	F	15	SMA1	-	✓	✓	✓	3
37	SA	M	14	SMA1	✓	✓	✓	-	3
38	A	F	14	SMA1	✓	✓	-	-	2
					28	38	21	16	

Based on the table above, using a questionnaire (**Olweus Bully /Victim Questionnaire (OBVQ)**) of 38 high schools and vocational schools students in Lhoknga District, 28 students received verbal bullying (73%), 38 students received physical bullying (100%), 21 students received social bullying (55%), and 16 students get a form of cyber bullying (42%). If seen from the total number of bullying obtained against 38 students, as many as 6 students received 4 forms of bullying (16%), 17 students received 3 forms of bullying (45%), 13 students received 3 forms of bullying (45%).students received 2 forms of bullying (34%), and 2 students received 1 form of bullying (5%). When viewed from the number of types of bullying experienced, students experienced more 3 types of bullying. The biggest source of bullying comes from some female friends as well as some male friends. According to the researchers' assumptions, this could be due to the power possessed by the perpetrators, if they were together they would be stronger and have greater power to oppress the victims.

In this study, the researchers aimed to examine the effect of physical fitness on students who were victims of bullying by using independent variables from representatives of each student in each SMP/SMK in

Lhoknga District. In this study, researchers involved 38 students through distributing questionnaires that the researchers had prepared. Data obtained through questionnaires distributed to all bullying students proved to be reliable and valid from a total of 20 statements, where the questionnaire (Attach page 106) has been validated and reliable by previous researchers so researchers do not need to do trials. questionnaire

Based on the results of research and data processing Analysis of the Physical Fitness of Students Victims of Bullying in high schools and vocational schools in the Lhoknga District, in participating in the activities in the test to collect research data, which was carried out by conducting tests on students, the answers to the research statement were obtained. After conducting the research it was proven that the processing of the Physical Fitness Analysis of Students Victims of Bullying in High Schools/Vocational Schools throughout Lhoknga Regency (1) Physical Fitness Test for Students Victims of Bully at SMAs/Vocational Schools throughout Lhoknga Regency, all students are in the less category with a percentage level of 100% with an average value of 12.23 .

From the results of this study, it was found that 38 students were victims of bullying where the majority experienced bullying for less than 6 months. The types of bullying obtained from the research were verbal bullying, physical bullying, electronic/cyberbullying and social bullying. Most of the bullying in this study was physical bullying where physical bullying was obtained such as slapping, hitting, damaging and shouting at victims who were unable to fight back because of their weak physique.

Physical Fitness of Students Victims of Bullying at high schools and vocational schools in Lhoknga District

Based on the results of the data analysis carried out, it was found that the physical fitness of students who experienced bullying at high schools and vocational schools Lhoknga District, all students were in the less category. There are 5 items according to physical fitness using the TKJI test for children aged 3-15 and 16-19 years, out of 5 items students who experience bullying show a poor classification in each item. Bully can affect students' physical fitness. When students become victims of bullying, their mental health is disturbed so that it affects the physical victim. When the victim experiences unpleasant things from his friends at school, the victim tends to focus on negative thoughts. The tendency towards negative things can make these students not have the desire to do something positive like playing sports. The results of research on the impact of bullying are in line with Wiyani's opinion in NabillaSuciDarmaJelita (2021) that the effects of bullying can experience various kinds of disorders which include low psychological well-being where the victim will feel uncomfortable, afraid, low self-esteem, and poor social adjustment is worthless where newspapers feel afraid to go to school and don't even want to go to school, withdraw from society, decreased academic performance because it is difficult to concentrate on studying, and even want to commit suicide.

High schools and vocational schools students who are victims of bullying are teenagers where adolescence is a period in human life where the age limit and role are often not very clear. Adolescence is often seen as a transitional period, where children no longer want to be treated by children, but seen from their physical growth they cannot be considered adults. At this time adolescents are easily influenced by the environment and the result will be disappointment and suffering.

Easily influenced by the environment causes many students to become victims of bullying, as a result bully victims will feel oppressed and continue to focus on negative things. In reality, victims of bullying will find it difficult to get out of their feelings of sadness and disappointment, therefore victims of bullying need support and help from the people around them. From the analysis of the data above, all victims of bullying experience a lack of fitness, meaning that none of the victims of bullying tries to release their negative energy by exercising. This shows that there is still a lack of understanding in the surrounding community about the relationship between sports and the stress felt by victims of bullying. Stress is a person's emotional inability to deal with threats faced by humans mentally, physically, emotionally and spiritually, which in the future can affect the physical and spiritual health of humans. Normal stress is a natural reaction in the body that is beneficial, because stress will increase a person's ability to overcome difficulties or burdens of life. However, if stress is on the verge of individual endurance, it will cause an imbalance between the physical and psychological aspects of the bully victim.

The Anxiety & Depression Association of America (ADAA) says that when stress takes over the mind and "irritates" the nerves in the brain, the rest of the body feels the effects too. On the other hand, exercise and other physical activity will produce endorphins (substances in the brain that function as natural pain relievers). For this reason, exercise is considered to have good benefits for mental health, such as stress and feelings of anxiety. Not only that, a number of scientists have found that exercise such as aerobics can reduce stress levels experienced by a person.

According to Art Kramer, Ph.D., professor of psychology and senior fellow at Northeastern University's Center for Cognitive and Brain Health, all scientists agree that physical exercise has the ability to change a person's mood through a dramatic effect on the brain. The proof is the brain chemicals that are produced. Apart

from endorphins, it turns out that physical activity can also produce serotonin and dopamine; which is a mood enhancing substance.

Researchers also saw that the number of students who were victims of bullying had an impact on their self-confidence. This is in accordance with the habits of bully victims who do not exercise. Even though self-esteem or self-confidence comes from the physical changes in the body that are felt after exercising. These three chemical compounds in the long term can change the structure and function of the brain. It is hoped that you regularly exercise for one hour a day with a duration of 3 times a week. The changes that will occur in the brain are new neurons in the hippocampus—the brain region associated with memory, learning, and emotion.

Victims of bullying never think about meeting their own needs such as physical health, it will be very difficult for victims of bullying to rise from the bad influences of the surrounding environment. For this reason, all elements must be more sensitive and sensitive to the presence of victims of bullying. So that schools that become places of learning can be even safer for students. Help victims of bullying with protection and exercise therapy to restore physical and psychological well-being.

Forms of Bully by Bully Victim Students at High School/Vocational School in Lhoknga District

Based on the results of the data analysis conducted, it was found that 38 students were victims of bullying where the majority experienced bullying for less than 6 months. The types of bullying obtained from the research were verbal bullying, physical bullying, electronic/cyberbullying and social bullying. Most of the bullying in this study was physical bullying where verbal bullying was obtained such as slapping, hitting, damaging and shouting at victims who were unable to fight back because of their weak physique. Of the 38 high schools and vocational schools students in Lhoknga District, 28 students received verbal bullying (73%), 38 students received physical bullying (100%), 21 students received social bullying (55%), and 16 students received cyber bullying. (42%). If seen from the total number of bullying obtained against 38 students, as many as 6 students received 4 forms of bullying (16%), 17 students received 3 forms of bullying (45%), 13 students received 2 forms of bullying. (34%), and 2 students get 1 form of bullying (5%). When viewed from the number of types of bullying experienced, students experienced more 3 types of bullying. The biggest source of bullying comes from some female friends as well as some male friends. According to the researchers' assumptions, this could be due to the power possessed by the perpetrators, if they are together they will be stronger and have greater power to oppress the victims.

Efforts to prevent and deal with bullying need to be intervened by the perpetrators first, this is because bullies tend to involve more than one person to commit acts of bullying, thus making bullying cases continue to increase because more and more individuals become perpetrators. Bullying needs special attention from all levels of society, this is because most acts of bullying that occur in the school environment can have an impact on the mental health of students at school.

Attention from the teacher at school is very important for children to avoid bullying behavior by instilling a sense of mutual love among friends, not discriminating against ethnicity, race, or caste because basically all human beings are the same. The role of parents is also very much needed by educating children at home and giving sufficient attention.

IV. Conclusion

After the researchers conducted a study on the Analysis of Physical Fitness of High School/Vocational High School Students Victims of Bullying in Lhoknga District. research results will be described as follows:

1. The Physical Fitness Level of Students Victims of Bullying in high schools and vocational schools in Lhoknga Regency as many as 38 people are in the Less classification (100%) so that the impact is less confident and not interested in doing sports activities.
2. The form that occurred in 38 students who were victims of bullying at high schools and vocational schools in the Lhoknga sub-district, as many as 6 people or (16%) got 4 forms of bullying, 17 people or (45%) got 3 forms of bullying, 13 people or (34%) got 2 form of bullying, and 2 people or (5%) get 1 form of bullying. The number of types of bullying experienced by respondents experienced more than 3 types of bullying. This is because the power possessed by the perpetrators when they are together will be stronger and have greater power to oppress the victims.

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