

The Analysis Of Physical Fitness And Socio-Economic Of Parents, A Research On Early Grades Students In Babah Krueng State Elementary School, Beutong District, Nagan Raya Regency, Aceh Province

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Abstract

Physical activity is one of the basic needs of humans to maintain a proper physical and health condition in every situation. This research aims to analyze the physical fitness and socio-economic of parents (A Research on Early Grades Students in Babah Krueng State Elementary School, Beutong District Nagan Raya Regency). This research utilized a descriptive quantitative and qualitative approach and the population and sample of the research was 74 students. The instruments used are physical fitness tests and interviews. Based on the results of the research on the analysis on the physical fitness test of early grades in Babah Krueng State Elementary School, Beutong District, Nagan Raya Regency with sample accounted for 74 students, the student's physical fitness is as follows: (1) 28 students are in Very Good category with a percentage of 37.83%, (2) 42 students are in Good category with a percentage level of 56.75%, (3) 4 students are in Moderate category with a percentage level of 5.40%. The average value of 21 is in a Good category. The level of physical fitness based on parents' education level are as follows: (1) In the category of parents with a bachelor's education, there are 13 people in the Very Good category (2) and 10 people in the Good category. In the category of parents with a High School education, there are 15 people in the Very Good category (2) and 25 people in the Good category, and (3) 4 people in the Moderate category. In the category of parents with Middle School education level, there are 7 people in the Good category. The Analysis of Physical Fitness Based on Parent's Occupation, (1) In the category of Civil Servant, there are 5 people in the Very Good category (2) and 5 people are in the Good category. In the category of Private Employee, there are 10 people in the Very Good category (2) 5 people in the Good category, and (3) 1 person in the Moderate category. In the category of Farmers and Merchants, there are 12 people in the Very Good category (2) 33 people in the Good category, and (3) 3 people in the Moderate category. The analysis of the physical fitness based on parents' transportation type shows the results as follows: (1) In the category of Car, there is 1 person in the Very Good category (2) 1 person in the Good category. In the category of Motorbike, there are 8 people in the Very Good category (2) 8 people in the Good category, and (3) 3 people in the Moderate category. In the category of bicycle, there are 6 people in the Very Good category, (2) 13 people in the Good category. In the category of pedestrian (no transportation type), there are 13 people in the Very Good category (2) 20 people in the Good category, and (3) 1 person in the Moderate category.

Keywords: *Physical Fitness and Socio-Economic of Parents*

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I. Background

The existence of sports today has been highly appreciated among the community. Sport has been integrated into harmony with the dynamic movement of social processes that take place so rapidly towards the formation of a value or norm order which is increasingly believed to be meaningful in making a constructive contribution to the improvement of human dignity. Sport is no longer viewed as a means for physical health, but more broadly than that, the sports area has been in all aspects of human life.

In subsequent developments, the physical movement activity of sports has expanded its usefulness to penetrate all areas of aspects of human life, starting from the function of using leisure time, the function of health and physical fitness, recreational functions, political functions, culture, social functions, to ritual functions. Such a phenomenon implies that the activities carried out by humans in the same type and form, it turns out that the motives of the actors vary, depending on the kind of needs and goals to be achieved through the media of the movement activity.

In modern life, humans are inseparable from education. The rapid development of education is driven by the ability or human condition that is getting better. Based on the formulation in the Law on the National Education System No. 20 of 2003 (Chapter I Article I), what is meant by education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have spiritual strength, religion, self-control, personality, intelligence, noble character, and skills needed by himself, society, nation, and state.

Humans always want to look excellent in the sense of being able to perform daily routine tasks without experiencing significant fatigue. It is undeniable that the development of an increasingly advanced era will certainly have an impact on human life. Either it is a positive impact or a negative impact. Advances in Science and Technology is one of the progress of the times that will more or less have a negative impact on human life. The impact in question is a decrease in the level of one's physical fitness. The shift in lifestyle from a lot of work that is done dynamically to being rarely done is allegedly the cause of the decline in a person's physical fitness status due to advances in Science and Technology. Someone with good physical fitness will be able to carry out daily activities for a relatively long time when compared to someone who has a low level of physical fitness.

Physical fitness is very important for a human being, so everything that supports a good level of physical fitness is sought to be applied since early childhood. Therefore, the Government requires the inclusion of physical education subjects at the education level from Elementary School, Junior High School, and High School. According to the physical education curriculum, physical education is an integral part of overall education that is able to develop a child or individual as a whole in the sense that it includes physical, intellectual, emotional, and moral-spiritual aspects which in the learning process prioritizes physical activity and habituation of a healthy lifestyle. One of the goals of physical education is to improve physical fitness. With good physical fitness, students can participate in learning optimally and in the end will improve the quality of human resources. A good level of fitness is an initial capital for elementary school-aged children to achieve further physical fitness. Good physical fitness will affect student learning activities because students with good fitness status will be more enthusiastic in participating in the learning process. Good physical fitness or good physical condition will enhance the willingness and ability to learn. This means that a person's physical fitness status affects the readiness and physical and mental ability to accept the workload (learning activities) which are the student's daily obligations.

Monitoring physical fitness status is very important because it is an evaluation tool for students to improve their physical fitness. For teachers, it is also very important to improve and improve the physical learning process and as a basis for assessing the success of the physical education learning process in schools. Elementary schools are educational institutions that are spread even to remote areas. Physical education in elementary schools must really get intensive attention, this needs to be done because elementary school-age children are a period of growth and development. Physical education can also form a healthy lifestyle, with an awareness that children will determine the attitude that physical activity is a basic need in life and will continue to be carried out throughout life.

The advance of the world will also be followed by human life in various aspects of life activity both physically and mentally. All aspects of activities in this life involve both physical and psychological elements. The stable physical condition can affect every activity carried out. One of the factors that support this condition is the level of physical fitness. Physical fitness is a physical condition that is related to the ability to perform activities or work optimally and efficiently. Babah Krueng State Elementary School is located in Abah Krung Village in the Beutong District area which is located on the slopes of the mountains and it can be said that Babah Krung Village is geographically a border area of Kuta Bate Village. Physical education learning at the Babah Krueng Elementary School is carried out according to its natural conditions. Babah Krueng State Elementary School only has a yard with a size of 15X6 meters and is bordered by a highway so that students are less free to move. Physical education learning at the Babah Krueng State Elementary School for early grades is carried out once a week.

In participating in physical education learning, it is often seen that students are less enthusiastic and some children ask for permission to rest during lessons. The facilities and infrastructure used in physical education learning are also incomplete, with a lack of facilities and infrastructure for the physical learning process. Before going to school, only a few children are used to having breakfast and most of them don't eat before going to school. Health is a very precious gift from God. Health is not everything, but everything is meaningless without health. According to Rusli Lutan and Sumardianto (2000:13), *Healthomania* is a term that shows a passion for striving to achieve an adequate level of health, including through exercise. Misunderstandings also occur among a few members of the public who think that sports activities by themselves can promote health outcomes, so it is not uncommon for these activities to have fatal consequences for the actors concerned because sports are not carried out according to training or health rules.

Physical activity is basically a need for every human being in his life so that his physical condition and health are maintained properly. However, where today requires humans to spend more time working. From this understanding, it can be concluded that socioeconomic status is the status or position in a community group. Socio-economic status conditions by type of work and type of parental position in society based on the amount of income, education, and ownership of valuables by parents hope to be affected by this social status. Under these conditions, sport becomes something that is rarely done and can only be done in spare time. The differences in the socio-economic level of parents physically affect the facilities provided by parents or guardians to students. A more real difference is given when students' parents are able to organize and provide everything. Based on the above problems, it is interesting to conduct research at Babah Krueng Elementary School with the title “**Analysis of Physical Fitness and Socio-Economic of Parents, A Research on Early Grades Students in Babah Krueng State Elementary School, Beutong District Nagan Raya Regency**”

II. Research Procedure

Research design in research is defined as a process of collecting and analyzing research data. Basically, a research design is a measurement tool model as follows:

1. Run Test/Sprint of 30 meter

Sprint aims to measure the speed, the distance for the sprint for both male and female students is similar which is 30 meters. The evaluation can be seen in Table 2 below.

Table 3.4 Assessment of Indonesian Physical Fitness Test (TKJI) 30 Meters Run for Children aged 6-9 Years

NO	MALE	FEMALE	VALUE
1	sd- 5.5 seconds	sd- 5.8 seconds	5
2	5.6 – 6.1 seconds	5.9 – 6.6 seconds	4
3	6.2 – 6.9 seconds	6.7 – 7.8 seconds	3
4	7.0 – 8.6 seconds	7.9 – 9.2 seconds	2
5	8.7 seconds – etc.	9.3 seconds –etc.	1

Source: Ministry of National Education (2010:30)

2. Pull-Up Test

Pull-up aims to measure the strength of the arm and shoulder muscles, the assessment for pull-up can be seen in Table 3 below.

Table 3.4. Assessment of Indonesian Physical Fitness Test (TKJI) of Children Aged 6-9 Years

NO	MALE	FEMALE	VALUE
1	Above 40 seconds	Above 33 seconds	5
2	22 – 39 seconds	18 – 32 seconds	4
3	9 – 21 seconds	9 – 17 seconds	3
4	3 – 8 seconds	3 – 8 seconds	2
5	0 - 2 seconds	0 - 2 seconds	1

Source: Ministry of National Education (2010:30)

3. Sit-Up of 30 Seconds

Sit-up aims to measure the strength and endurance of the abdominal muscles. The children age group of 6-9 years perform sit-ups for 30 seconds with the assessment criteria, as follows:

Table 3.6 Sit-up for Children of Indonesian Physical Fitness Test (TKJI) Age 6-9 Years Old

NO	MALE	FEMALE	VALUE
1	Above 17	Above 17	5
2	13 – 16	11 – 14	4
3	7 – 12	4 – 10	3
4	2 – 6	2 – 3	2
5	0 – 1	0 - 1	1

Source: Ministry of National Education (2010:30)

4. Vertical Jump

This test aims to measure the explosive power of the leg muscles, the assessment can be seen in Table 5 below:

Table 3.7 Vertical Jump of Indonesian Physical Fitness Test (TKJI) for Children Age 6-9 Years

NO	MALE	FEMALE	VALUE
1	Above 38	Above 38	5
2	30 – 37	29 – 37	4
3	22 – 29	22 – 28	3
4	13 – 21	13 – 21	2
5	Under 13	Under 13	1

Source: Ministry of National Education (2010:30)

5. Run Test of 600 Meters

A moderate distance run test is conducted to determine the endurance of the lungs, heart, and blood vessels, at the age of 6-9 years the distance used is 600 meters with the following assessment conditions:

Table 3.8 Assessment for Running 600 meters Indonesian Physical Fitness Test (TKJI) Children Age 6-9 Years

NO	MALE	FEMALE	VALUE
1	sd- 2'39"	sd- 2'53"	5
2	2'40"- 3'00"	2'54"- 3'23"	4
3	3'01"- 3'45" seconds	3'24"- 4'08" seconds	3
4	3'46"- 4'48" seconds	4'00"- 5'30" seconds	2
5	4'49"- etc.	5'04"- etc.	1

Source: Ministry of National Education (2010:30)

To determine the classification of physical fitness levels, the Indonesian Physical Fitness Test (TKJI) norms are used, in the following table:

Table 3.10 Classification of Physical Fitness Levels for Children Age 6-9 Years

NO	Total Value	Classification
1	22-25	Very Good
2	18-21	Good
3	14-17	Moderate
4	10-13	Less
5	5-9	Very Less

Source: Ministry of National Education. Center for Physical Quality Development (2003: 25)

6. Interviews

a. Socio-Economic

The instruments for the variable of parents' socio-economic compiles of several indicators, as follows: (1) Education level (Mother/Father), (2) Occupation type (Mother/Father), (3) Total income, (4) Transportation mode, (5) allowance, (6) House location, (7) Ownership of household goods or assets. The interview questions are developed based on these indicators.

The object is the whole research subject, Suharsimi Arikunto (1998: 115). The objects used in this study were early-grade elementary school students. The objects in this study were early-grade elementary school students of Beutong District, Nagan Raya Regency based on the educational background of their parents. The entire population is 80 children.

The research subject is the problem to be investigated in the research. According to Sugiyono (2009), an object is an attribute of people, objects, or activities that have certain variations that are set by researchers to be studied. The subject is part or representative of the subject to be studied (Suharsimi, Arikunto 2010: 131). In this case, the researcher uses purposive sampling. Purposive sampling is a technique for determining the subject with certain considerations (Sugiyono, 2009). In this case, the researcher decided to study students in Grade I, II, and II as samples from Male Students and Grade II and III as a sample from Female students which accounted for 74 students.

III. Results

The analysis of physical fitness and socio-economic of parents (A Research on Early Grades Students in Babah Krueng State Elementary School, Beutong District Nagan Raya Regency), is as follows: (1) 28 students are in the Very Good category with a percentage level of 37.83%, (2) 42 students are in the Good category with a percentage level of 56.75%, and in the Moderate category at 5.40%. The level of physical fitness based on parent's education levels are, (1) 13 students are in the Very Good category with the parents' education level of bachelor's degree, (2) and 10 students are in the Good category. In the category of High School level, there are 15 students in the Very Good category, (2) 25 students are in the Good category, and (3) 4 students are in the Moderate category. In the parent's education of Junior High School level, there are 7 students in the Good category. In terms of physical fitness in the parent's occupation category, (1) there are 5 students in the Very Good category with parent's occupation as a civil servant, (2) 5 students in the Good category. In the category of private employees, there are 10 students in the Very Good category, (2) 5 students in the Good category, and (3) 1 student in the Moderate category. In the category of farmers and merchants, there are 12 students in the Very Good category (2) 33 students in the Good category, and (3) 3 students in the Moderate category. The level of physical fitness in terms of parents' transportation mode, (1) 1 student is in the Very Good category with the parents' transportation is a car (2) 1 person in the Good category. In the category of motorcycle, there are 8 students in the Very Good category (2) 8 students in the Good category, and (3) 3 students in the Moderate category. In the category of bicycle, there are 6 students in the Very Good category, (2) 13 students in the Good category. In the category of pedestrian (no vehicle), there are 13 students in the Very Good category, (2) 20 students in the Good category, and (3) 1 student in the Moderate category.

The level of physical fitness based on the parent's income, (1) 1 student is in the Very Good category with the parents' income of Rp.10.000.000. In the income category of Rp.5.000.000, there are 5 students in the Very Good category (2) 7 students are in the Good category. In the income category of >Rp.2000.000, there are 14 students in the Very Good category, (2) 22 students in the Good category, and (3) 3 students are in the Moderate category. In the income category of <Rp.2.000.000, there are 8 students in the Very Good category, (2) 13 students in the Good category, and (3) 1 student in the Moderate category.

IV. Conclusions

Based on the result of the study on The Analysis of Physical Fitness and Socio-Economic Of Parents (A Research on Early Grades Students in Babah Krueng State Elementary School, Beutong District Nagan Raya Regency), it can be concluded as follows:

1. The physical fitness level of the early-grade elementary school students in the Babah Raya State Elementary School, Beutong District, Nagan Raya Regency with sample of 74 early-grade students are as follows: (1) 28 students are in the Very Good category with the percentage of 37.83%, (2) 42 students in the Good category with the percentage of 56.75%, and (3) 4 students are in the Moderate category with the percentage of 5.40%.

2. Based on the parents' education level, the physical fitness level of students is (1) in the category of parents with bachelor's degrees, there are 13 students in the Very Good category (2) 10 students in the Good category. In the category of parents with Senior High School degrees, there are 15 students in the Very Good category (2) 25 students in the Good category, and (3) 4 students in the Moderate category. In the category of parents with Junior High School degrees, there are 7 students in the Good category.

3. Based on the type of parents' occupation, the level of physical fitness of the students is (1) In the category of parents' occupation as Civil Servant, there are 5 students in the Very Good category (2) 5 students in the Good category. In the parent's occupation as Private Employee category, there are 10 students in the Very Good category, (2) 5 students in the Good category, and (3) 1 student in the Moderate category. In the parent's occupation as Farmers and Merchants, there are 12 students in the Very Good category, (2) 33 students in the Good category, and (3) 3 students in the moderate category.

4. Based on the transportation mode of the parents' category, the level of physical fitness of students is (1) in the category of car transportation type, there is 1 student in the Very Good category (2) 1 student in the Good category. In the category of motorbike transportation type, there are 8 students in the Very Good category (2) 8 students in the Good category, and (3) 3 students in the Moderate category. In the category of bicycle transportation type, there are 6 students in the Very Good category, (2) 13 students in the Good category. In the category of pedestrian (no vehicle) category, there are 13 students in the Very Good category (2) 20 students in the Good category, and (3) 1 student in the Moderate category.

5. Based on parents' income, the levels of physical fitness of students are, (1) in the category of income Rp.10.000.000, there is 1 student in the Very Good category. In the category of income Rp.5.000.000, there are 5 students in the Very Good category, (2) 7 students in the Good category. In the category of income >Rp.2.000.000, there are 14 students in the Very Good category, (2) 22 students in the Good category, and (3) 3

students in the Moderate category. In the category of income <Rp.2.000.000, there are 8 students in the Very Good category, (2) 13 students in the Good category, and (3) 1 student in the Moderate category.

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