

Implementation of Physical Fitness Instruments For primary School High Class Student's of Aceh District, Academic Year 2019/2020

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Abstract: Physical fitness is a person's ability to do daily activities without feeling exhausted. Few Elementary Schools in Central Aceh District do physical fitness tests, it is necessary to implement physical fitness instruments for high-grade elementary school students that can be used as a guide when carrying out physical fitness measurements. The purpose of this study was to determine the value of validity, reliability, objectivity, and percentage of physical fitness instruments for high school elementary schools in Central Aceh District, this study used quantitative analysis. The research sample and population consist of high school elementary school students from developed, less advanced, and inland regions in Central Aceh District totaling 600 students from 9 elementary schools. Data analysis techniques used validity, reliability, correlation of physical fitness test items analyzed by using the SPSS application, the results of the validity test of the Physical Fitness Test Instrument for Elementary School Students in High Class in Central Aceh District showed that the calculated value was greater than the table value, at a trust rate of 0.01. the result of count 0.764 is greater than r table 0.18. While the Physical Fitness Instrument for Elementary School Students of the Women's High Class obtained an r count of 0.660 greater than r table 0.148. Statistical reliability with a confidence level of 0.01. The reliability of male students is 0.741 and the reliability of female students is 0.759. Percentage of Physical Fitness of Elementary School Students in High Class in Central Aceh Regency, namely: Very Good Category (27%), Good category (47%), Medium (21%), Poor category (4%) and Very Poor category (1%). Thus it can be concluded, that the Physical Fitness of High School Elementary School Students in Central Aceh Regency Average is in the Good Category.

Keywords: Instrument Implementation, Physical Disturbances

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I. Introduction:

Physical fitness is a person's ability to carry out daily tasks without the complexity required and still requires reserve of energy to carry out other activities, this is in accordance with the understanding of physical fitness put forward by Sumosardjuno (1989: 56) namely: "The ability of a person to carry out his duties everyday easily without experiencing significant fatigue or burdens, Giri Widjojo (2012: 17) states "Physical fitness is a dynamic healthy degree of someone who becomes a basic physical ability to be able to carry out tasks that must be carried out, from the discussion above it can be illustrated that physical fitness is the ability to adapt bodily functions within physiological limits to environmental conditions or physical work efficiently without excessive fatigue.

Components of physical fitness are grouped into two types, namely: (1) Health-related components (Health-Related Fitness) include: muscle endurance, muscle tightness, flexibility, body composition, (2) Components related to strength (Related Skills) Includes: agility, balance, coordination, speed, energy / power, reaction time, the Physical focus of this research is Speed, muscle endurance, muscle strength, agility and endurance of the pulmonary heart. Implementation is the implementation of basic policy decisions, usually in the form of laws, but can also take the form of orders or important executive decisions or decisions of the judiciary. Implementation is the application of a research outcome. Related to this, Usman (2002) explained that an application must be planned. In other words in its application, application is not merely a form of activity, but must have a clear purpose. In addition to Usman, Winarno considers that application as an action that must be taken to achieve the goals previously determined.

High school primary students are students who are members of the social development characteristics of 9-12 years, at this time developing. The elementary school period as a final childhood that lasts, from the age of 6 years to about age 12, Characteristics elementary school students are at a concrete operational stage, at this stage the child develops logical thinking, is still very bound to perceptual facts, meaning that the child is able to think logically, but is still limited to concrete objects, and is able to carry out conservation. Starting with the intellectual and psychosocial development of elementary school students, this shows that they have their own characteristics, where in the process of thinking, they cannot be separated from the concrete world or factual matters, whereas the psychosocial development of elementary school age children still rests on the same principle in which they cannot be separated from things that can be observed, because they are already expected in the world of knowledge, Every child is in a better physical and mental change at the top level. Their behavior in improving social and nonsocial environments increases, Fourth grade children, have the ability to be considerate and have a higher cooperation, even among those who show Learning that is contrary to themselves is contrary to learning. Stages of intellectual development that children go through in operational 7-12 years, and formal operations aged 11 or 12 years and above.

Physical fitness of students in high schools in Aceh Besar District has been measured appropriately according to the character of students such as age, class, school level because the physical abilities of each child differ greatly according to their level and daily activities can affect the level of physical fitness. Research conducted at the high school grade class in large Aceh district produced four test instruments, namely: 1) 30 meter running test, 2) body stretching lying test for 60 seconds, 3) sitting test reaching forward, 4) bupagon test or running for distance 720 meters on a four square running track using the media of the ball and basket to reduce boredom while running, and the results of the analysis of the data analysis of physical fitness instruments in the high school grade schools in large Aceh District have objectivity values of 0.01 (99%) for men and 0.01 (99%) for girls, this study received high objectivity results. Physical fitness that has been tested on students in high schools in Aceh Besar District with good results, using modifiers of speed, agility, strength, flexibility and endurance. Expectations from the instrument researchers that were implemented and tested for appropriateness of the tool also received a good percentage of results, therefore this physical fitness instrument has been created or modified by Dr. Sukardi Putra, and M. Kes can be patented and can be applied in every school and district anywhere. Based on the explanation above, the author wants a study entitled "Implementation of Physical Fitness Instruments for Elementary School Students in Middle Aceh District, 2019/2020 Academic Year.

II. Research Methods

This type of research is compiled with the agreement that is prepared to entrust the answers to the complexities that exist in a valid, objective and economic research, fast and precise and appropriate as well as the workforce that is carried out according to the desired objectives. Research included in the quantitative descriptive research is to find out the relationship or comparison, the research method used is comparative, therefore this research is included in the type of descriptive research. In accordance with the name of the type of research, descriptive research is marked by an effort to find out the condition of something, whether it is in the form of a situation or condition, the quality or quality of one's performance, or the relationship between the two conditions in the form of a comparison. Based on the results of the comparison it can be concluded whether the instrument created is feasible or not used in other regions. The research method used in this study is a comparative method or testing tools that have been developed or created by Dr. Sukardi Putra, M.Kes in Aceh Besar district. The study was used to test the physical fitness instruments of high grade elementary school students on a large scale, then look for validity, reliability, objectivity and percentage of the instrument.

Population in the research on the application of the physical fitness test instrument is high school elementary school students aged 9 to 12 years in elementary schools in Central Aceh District. The technique of taking samples in this study uses random sampling meaning the samples are taken randomly from groups or grades 4, 5, 6 in each group or school used as research samples. In this study the subjects in the preparation of Physical Fitness Instruments were high school elementary school students in Central Aceh District totaling 600 large groups consisting of grades 4, 5, 6. Students were drawn from each group with the detailed table below:

Table 3.1 Sample of a High Class Elementary School in Central Aceh

The Origin of The School		Area	Total Sample		Total
			Males	Females	
Primary School, Lut Tawar District	SDN 3 lut Tawar	Advanced	22	35	57
	SDN 4 Lut Tawar		58	58	116
	SDN 6 Lut Tawar		38	48	86
Primary School, Bintang District	SDN 3 Bintang	Less Advanced	49	53	102
	SDN 8 Bintang		31	26	57
	SDN 9 Bintang		19	9	28
Primary School,	SDN 3 Ketol	Isolated	13	23	36

Ketol District	SDN 4 Ketol		32	38	70
	SDN 7 Kutepanang		29	19	48
Total			301	299	600

III. Research Result

The research on the implementation of physical fitness instruments for high school elementary school students was carried out by applying the physical fitness instruments for high grade elementary school students, the application stage as well as testing the physical fitness instruments for high school elementary school students. The initial step undertaken in this study was expert validation of the design of the physical fitness test instrument for high-grade elementary school students. To produce the best instruments.

1. Validation Analysis of Physical Fitness Instruments

According to Sugiharto (2006), validity is related to measuring what should be measured. Validity test is a test used to show the extent to which the measuring instrument used in measuring what is measured. The test results of the Validation Analysis of Physical Fitness Instruments for Elementary Schools of High Class Men in Central Aceh District by using the results validation test are as follows: 30 meter running component, r count = 0.822 while r table = 0.181. Thus there is a significant relationship running 30 meters at a significant level of 0.01%. Or 99%, this shows the 30-meter run test item is declared Valid.

The elbow bend lift body test component obtained r count = 0.687 while r table = 0.181. Thus the elbow bend lift body instrument was declared significant 0.01% or 99% this indicates the elbow buckling lift body item was declared valid. In the sitting component, it was obtained that the count = 0.731 while the table = 0.181. Thus the sitting test instrument reaches stated 0.01 or 99% significant, this shows the item of the sitting test instrument reaches is declared valid, while the pulmonary endurance test instrument items are counted = 0.759 and table = 0.181. Thus the pulmonary endurance test instrument was declared valid.

Based on the test results of Validation Analysis Instruments Physical Fitness Elementary School for High School Class Females in Central Aceh District using the validation test results as follows: component run 30 meters, r count = 0.687 while r table = 0.148 Thus there is a significant relationship running 30 meters at a significant level 0, 01% or 99%, this shows the 30 meter test run item is declared Valid. The elbow bend lift body test component obtained r count = 0.545 while r table = 0.148. Thus the elbow bend lift body instrument was declared significant 0.01% or 99% this indicates the elbow buckling lift body item was declared valid. In the sitting component, it was obtained the count = 0.681 while the table = 0.148. Thus the sitting test instrument reaches stated 0.01 or 99% significant, this indicates the item of the sitting test instrument reaches stated Valid, while the pulmonary heart endurance test item is counted = 0.727 and table = 0.148. Thus the instrument of the pulmonary endurance test was declared Valid. 2. Physical Fitness Instrument Reliability Test Reliability comes from the word reliability. Sugiharto (2006) states that reliability refers to an understanding that the instruments used in research to obtain information used can be trusted as data collection tools and are able to reveal the real information in the field. Based on the results of reliability testing for elementary schools in the middle Aceh district using the test of retest with the following results: the statistical reliability of the male .741 with a significant .000, while the statistical reliability of the female .759 with a significant .000. Can be concluded that the reliability test for high school grade elementary school students in Aceh are considered to be reliably due to the results obtained greater than 0.6.

3. Test Standard Deviation of Physical Fitness Instruments

Table 4.1.4 Average scores and standard deviations of physical fitness instruments for Males Takengon's High Class students in Central Aceh District

No	Item Test	N	Minimum	Maximum	Mean	Std. Deviation
1	Run 30 meter male	271	1.00	5.00	3.7749	1.08059
2	Lift the Body Elbow Bend Male	271	1.00	5.00	3.3985	.99062
3	Sit Reach Out Male	271	1.00	5.00	3.6531	1.06004
4	Endurance Male	271	1.00	5.00	4.1070	.98863

Table 4.1.5 Average Scores and Standard Deviation of Physical Fitness Instruments for Females Takengon's High Class Students in Central Aceh District

No	Item Test	N	Minimum	Maximum	Mean	Std. Deviation
1	Run 30 meter Female	329	1.00	5.00	3.7447	1.09120
2	Lift The Body elbow Bend Female	329	1.00	5.00	3.3465	.98231
3	Sit Reach Out Female	329	1.00	5.00	3.6292	1.05165
4	Endurance Female	329	1.00	5.00	3.9909	1.03737

Based on the table above it can be seen the results of the average value and standard deviations for the total sample of Takengon high school elementary school totaling 600 students, with details of 329 female students and 271 male students.

Based on the results of the percentage of elementary school students in the male high class 271 students, namely: 84 male students in the excellent category (31%), 119 male students in the Good category (44%), 49 male students in the Medium category (18%), 13 male students with the less category (5%) and 6 male students with the Very Poor category (2%). Thus it can be concluded, that the physical condition of high school primary school students of Central Aceh Regency is in the **Good** Category.

Based on the results of the percentage of female high school elementary school students, 329 students were: 80 female students with a very good category (24%), 162 female students with a Good category (49%), 74 female students with a Medium category (23%), 11 female students with the less category (3%) and 2 female students with the Very Poor category (1%). Thus it can be concluded, that the physical condition of high school primary school students in Central Aceh Regency is in the **Good** Category.

Based on the results of the percentage charts of high school elementary school students in Central Aceh Regency with 600 students: 168 students in the excellent category (27%), 281 students in the Good category (47%), 123 students in the Medium category (21%), 24 students in the poor category (4%) and 8 students in the Very Poor category (1%). Thus it can be concluded, that the physical condition of high school elementary school students in Central Aceh Regency is in the **Good** Category.

Physical Fitness Test Assessment forFemales Student in High Class Primary School

Item test	Very Good	Good	Enough	Less	Very Less
Score	5	4	3	2	1
Run 30 Meter	X<5.57	5,57-6,19	6.20-6.82	6.82-7.44	X>7.44
Lift The Body	X>41.89	30.03-41.89	18.17-30.02	18.17-6.31	X<6.31
Sit Reach Out	X>14.69	14,69-11.07	7.45-11.07	3.82-7.45	X<3.82
Endurance	X<4,52	4.52-5.22	5.22-6.02	6.02-7.00	X>7.00

Physical Fitness Test Assessment for Elementary High School Men.

Item test	Very Good	Good	Enough	Less	Very Less
Score	5	4	3	2	1
Run 30 Meter	X<4.98	4.99-5.22	5.35-6.06	6.06-6.60	X>6.60
Lift The Body	X>49.80	36.71-49.80	23.62-36.70	10.53-23.61	X<23.61
Sit Reach Out	X>15.25	11.28-15-25	7.31-11.27	3.34-7.30	X<7.30
Endurance	X<4.16	4.16-5.07	5.07-5.39	5.39-6.00	X>6.00

Physical Fitness Classification of High School Elementary Students

Score	Category
17-20	Excellent
14-16	Good
10-13	Enough
7-9	Less
4-6	Very Less

IV. Conclusion

Based on the results of research conducted on students in each elementary school in Central Aceh Regency in 2019, it can be concluded that many students want to know that all instruments applied by students feel joy during the process of ongoing research activities and get the results of the test of the Physical Fitness Instruments of Elementary School Students. The height of male is obtained by r count0.764 greater than r table 0.18. While physical fitness instruments for female high school elementary school students obtained r count 0.660 greater than r table 0.148.

The statistical test results of physical fitness instruments for male high school elementary school students obtained 0.741 greater than 0.181, while the statistical reliability of physical fitness instruments for female high school elementary school students 0.759 was greater than 0.148 male students. Test reliability of high school elementary school students Central Aceh district stated reliability because the results obtained are greater than 0.6.

Objectivity Test Implementation of Physical Fitness Instruments for high-grade elementary school students in Aceh Tengah Regency on a large scale gets objective results in the Good category.

Percentage of Physical Fitness Level of High School Elementary Students in Central Aceh Regency namely: in the very good category (27%), the Good category (47%), Medium (21%), the poor category (4%) and the Very Poor category (1%). Thus it can be concluded, that the physical condition of high school elementary school students in Aceh Tengah District Average is in the Good Category.

The hypothesis submitted is accepted by the truth. So physical fitness instruments that have been modified or designed by Dr. Sukardi Putra, M.Kes after being used in Central Aceh District has good validity, reliability and objectivity values.

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