

Correlation of Physical Fitness and Learning Methods to Learning Outcomes of Islamic Boarding School

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Abstract

Physical fitness is the ability of a human's body to adjust to physical activities without causing excessive fatigue with the applied learning methods in Islamic schools in order to achieve a maximum learning outcome. The research with a title: "Correlation of Physical Fitness and Learning Methods to Learning Outcomes of Islamic Boarding School students of SMP Islam IbnuKhalidun Banda Aceh". This research aims to determine the correlation of physical fitness to Islamic boarding school learning method and outcomes on students of SMP Islam IbnuKhalidun Banda Aceh. The approaches utilize in this research is a quantitative approach with a descriptive research. The population of this research were 155 students of SMP Islam IbnuKhalidun Banda Aceh. The sample was taken 15% of the total population, amounting to 23 people with a random sampling technique. The instrument used in this study was a 2.4 km running physical fitness test with a learning method using a questionnaire, learning outcomes of Islamic boarding schools with report cards. The results of the research are as follows: (1) there is a positive and significant relationship between physical fitness and learning outcomes of Islamic boarding schools ($r = 0.54$), (2) there is a positive and significant relationship between learning methods and the Islamic boarding school learning outcomes ($r = 0.52$) and (3) there is a positive and significant correlation between physical fitness and learning methods on Islamic boarding school learning outcomes of ($R_{Y.X_1X_2} = 0,59$). The results of hypothesis testing show that $F_{count} = 2.69 \geq F_{table} = 1.72$. therefore, physical fitness and learning method has a significant correlation on Islamic boarding school learning outcomes.

Keywords: *physical fitness, learning outcomes and Islamic learning outcomes.*

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I. Background

Health is one of the precious gifts from God. Health is not everything, but everything is meaningless without health. According to Lutan (2000:13), healthomania is a term that shows the tendency of efforts to achieve an adequate degree of health, including through exercise. There is also a misunderstanding among the few people who think that exercise by itself can improve health so that it is not uncommon for this activity to have fatal consequences for the perpetrator concerned because sports are not carried out in accordance with training or health principles. During the era of Prophet Muhammad PBUH, sports and exercise has been suggested by him as narrated in a hadith by Muslim: Prophet Muhammad PBUH said "A strong moslem is better and favored by Allah than a weak moslem, and there is goodness in both". (Adnan ath-Tharsyah, 2005:5).Sports in Islam are highly recommended because it includes various kind of movements such as: 1) strength. 2) speed. 3) agility. 4) balance. 5) durability. 6) coordination. 7) flexibility. 8) stamina. And 9) relaxation.It is for this reason that the prophet supports a sport that can gather physical strength as another war force that can equip people to prepare them for jihad in the path of Allah SWT. In this case, the Prophet Muhammad SAW is a good role model for us because he used to get used to various types of sports, such as running.

It was narrated from Aisyahr.a., that she was with the Prophet PBUH on a trip then she competed with the Prophet PBUH, then Aisyah's running speed was followed up. However, when she was fat, she competed again with him, then Aisyah won, then the prophet said, "this is called the race." Besides, the prophet PBUH also did archery and horse riding (Adnan ath-Tharsyah, 2005: 5). Several hadiths and verses of the Quran on

matters relating to the sport of the word of Allah SWT, namely “On this day I have perfected for you your religion, and have bestowed upon you My bounty in full measure, and have been pleased to assign for you Islam as your religion” (Al-Maidah:3). Islam suggests its believer to be strong and healthy in both spiritually and physically.

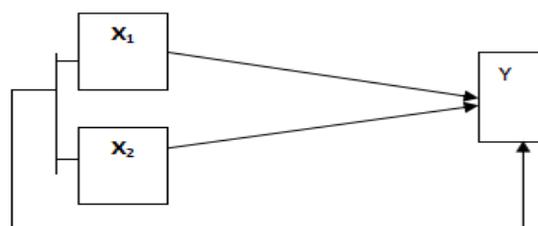
Physical fitness comprises of several components as stated by Lutan (2000:66), “physical fitness components consist of physical fitness related to health, which contains four main elements, namely: muscle strength, muscle endurance, aerobic endurance, and flexibility, as well as physical fitness related to performance, which contains elements: coordination, agility, speed, and balance. Physical activity is a basic need for every human being to maintain his physical condition and health. However, the current era requires humans to spend more time working and studying. Under these conditions, exercise becomes something that is rarely done, and can only be done in spare time. Therefore, the need for health is a very important and valuable thing in human life today. SlametSukardi, a special olympic sports instructor, states that whenever a sport is performed, health factor should always be taken into consideration. One way is to check blood pressure. When the pulse is racing fast, ones should stop his sports activities or simply have a short break before continuing the sports activities whether the sports were performed at night or in the morning. According to Slamet, sports are better performed in the morning because the body is ready as it has already rest at night. However, human intends to keep a healthy body and sports is one of the ways to keep a healthy body is by performing sports. Each human activity requires physical support, and physical fitness is inseparable with daily live because physical fitness is a crucial factor in daily activities. In term of physical fitness meaning, physical fitness is a person's ability to carry out his daily tasks without experiencing significant fatigue. In addition, they still have energy reserves to enjoy leisure time and for urgent needs”.

Likewise, fitness is very influential with learning patterns in Islamic boarding school because it requires adequate fitness to be able to provide good stamina when carrying out activities at the Islamic boarding school or at school, for example how students prepare to study, studying, perform independent studying activities, their learning methods, and how to take the exam. The quality of the learning method will determine the quality of the learning outcomes obtained. A good way of learning will produce good quality, must have good motivation and fitness, both intrinsic motivation and extrinsic motivation, so that the possibility of errors in theoretical and practical learning can be reduced hence these students are able to do the task well. By having good fitness, both theoretical and practical learning results can be satisfying, on the other hand, with poor fitness, the learning results are not satisfactory. The factor of poor learning methods is the reason why there are still many students who are actually smart but only get worse performance than students who are actually less intelligent but are able to achieve high achievement because they have good learning methods. The method of learning that is often used in studying books and *nawu* is memorizing method. The students will go to a room and learn the books and *nawu* in mosques. What happens in the learning method is that the good thinking narrative is due to poor physical fitness in the students which makes learning in the Islamic boarding school experience a decrease in learning outcomes.

According to AipSyarifudin et al (Santoso 2009:3), Physical education is a process through physical activity, which is systematically designed and structured to stimulate growth and development, and to improve physical abilities and skills. Sport is any activity carried out to train the human body to be healthier and stronger, both physically and spiritually. Intelligence and character formation, in the problems faced at IbnuKhaldun Islamic Junior High School, do sports once a week because of the many activities carried out in the dormitory and at school as well as positive values and results for students in order to achieve educational goals. In addition, according to Arma (in Guntur 2009:15), physical education is an integral part of the whole education that performed using physical activities aiming to develop an individual by both organic, neuro muscular, intellectual and emotional.

II. Research Method

A descriptive research is a research that focuses on current problems, while the analysis technique used to answer the problem is a correlational analysis technique. Arikunto (1991:27) stated that “in a correlational research, a researcher selects individuals who have variations of matters being investigated, all members of the group selected as research subjects are measured regarding the type of variable being investigated, then calculated to determine the correlation.



Where: X_1 = the relationship of Physical Fitness with (Y) learning outcomes
 X_2 = The relationship between Islamic boarding school learning methods and (Y) learning outcomes
Y = the relationship of physical fitness (X_1) with learning methods (X_2) and learning outcomes (Y)

The sample is part of the research population. According to Sugiyono (2017:215) sample is part of research population being studied. It is in accordance with Arikunto (2010:174) which stated that sample is a part or representative of the population under study, namely the technique of determining the sample by the researcher based on certain criteria or considerations. Similarly, it is also in accordance with Sugiyono (2019:218) that total sampling is a data collection technique with certain consideration.

In this research, the data collection technique was conducted by directly involving students of Islamic Junior High School IbnuKhalidun as the research samples, hereby the tests will be used, namely:

- (1) Physical Fitness, Measurement of physical fitness can be performed using a 2.4 km running test
- (2) Learning method, using a direct questionnaire, where a list of questions is answered directly by the students as respondents to be answered properly.
- (3) Islamic boarding school learning outcomes. the grades are given to the students by teachers.

The above research framework form is a reference for researchers to be carried out in this research process, namely physical fitness, learning methods, and learning outcomes.

III. RESULTS

Based on the above calculations, it is obtained $F_{count} = 2.69$ at the significant level $\alpha = 0.05$ and $n = 23$, then $dk = n - k - 1$ or $dk = 23 - 2 - 1 = 20$ so that that $F^{table} = 0.444$, hence $F_{count} \geq F_{table}$ or $2.69 \geq 1.72$. Therefore, H_0 is rejected. This means that it is significant between the Physical Fitness (X_1) and Learning Methods (X_2) variables on Islamic Boarding School Learning Outcomes (Y). Consequently, the hypothesis stated in section I of this research, that is “there is a significant correlation between Physical Fitness (X_1) and Learning Methods (X_2) on Dayah Learning Outcomes (Y) in Islamic Junior High School Students IbnuKhalidun Banda Aceh”, is correct.

IV. DISCUSSION

- There is a correlation between physical fitness and the Islamic boarding school learning method for Islamic junior high school students IbnuKhalidun. According to Djoko (2000:2), fitness is one’s ability to perform daily work efficiently without causing excessive fatigue so that he can still enjoy his spare time. According to Nana (2005:76) the method used by the teacher in making relationships with students during teaching section, based on Hidayat (2010:7) physical fitness is the ability of a person to carry out daily tasks with enthusiasm without feeling excessively tired. This is in accordance with the meaning of physical fitness stated by Physiologist that is physical fitness is a quantitative expression of a person's physical condition. Physical freshness is an important thing in everyday life. Physical fitness is declared good if a person has good aerobic capacity. Aerobic capacity is a condition that describes a person's level of effectiveness.
- There is a correlation between physical fitness and learning methods in Islamic junior high school students IbnuKhalidun, according to Ahmadi (1997: 52) the learning method is a knowledge of the teaching methods used by the teacher or instructor, according to Joko (1997: 34) learning is an effort or activity that aims to make changes within a person including knowledge. Slameto (1995: 82) states that: “Learning is a habit or learning method that affects learning, including; reviewing lesson materials, reading and notes taking, concentrating, doing assignments, and how to manage study time.”
- There is a relationship between physical fitness and learning methods with Islamic boarding school learning outcomes for students of IbnuKhalidun Islamic Junior High School. Learning is a process of behavior change which is expressed in the form of mastery and assessment in attitudes and knowledge. Salamun in Sudrajat (2009: 7) stated that learning outcomes are a different way to achieve different learning outcomes under different conditions. Mudjiono (2006: 3-4) also states that learning outcomes are

the result of an interaction of learning and teaching actions. From the teacher's side, the teaching act ends with a process of evaluating learning outcomes. From the student's point of view, learning outcomes represent the end of teaching from the learning process.

V. CONCLUSION AND RECOMMENDATION

CONCLUSION

Based on the results of data calculations and hypothesis testing and discussion of research results, the conclusions of this study is as follows:

1. There is a significant relationship between physical fitness (X1) and Islamic boarding school learning outcomes, with r count of 0.54 while r table is 0.44, and the calculation is influenced by a contribution of 31.36 by physical fitness.
2. There is a significant relationship between the learning method (X2) and the Islamic boarding school learning outcomes, with r count of 0.52 while r table is 0.44 then the calculation is influenced by the contribution of 28.09 by the learning method.
3. There is a significant relationship between physical fitness (X1) and learning methods (X2) with Islamic boarding school learning (Y) with r count of 0.59. while r table is 0.44, then the calculation is influenced by the contribution of physical fitness, learning methods and learning outcomes of 21.16.

Recommendations

Based on the description of the conclusions and implications of the research, the following suggestions will be made to improve the quality of physical fitness for students of IbnuKhalidun Islamic Junior High School as follows:

1. In improving physical fitness results, the teacher must pay attention to the activities carried out by students. These observations can be done by doing sports activities in the afternoon to see the fitness of students in following learning methods.
2. The councils of teachers, to improve contemporary fitness, they must always be physically guarded by doing sports activities in the afternoon, they should also pay attention to the theory of the importance of exercise to improve physical fitness.
3. Students of Islamic Junior High School IbnuKhalidun in maintaining physical fitness must focus more on sports activities in order to achieve better fitness.
4. The results of this study can be used as a reference basis for developing research in other places that have problems or conditions similar to the research model.

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