

# Study of the Achievement of Physical Fitness, Study Results and Student Background in Improving the Status of the PE Department

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**Abstract**—The purpose of this study was to determine the level of physical fitness of students to support lectures and how the achievement of student learning outcomes. Student background in improving the status of the PE department, is a quantitative study with a survey method. The results of the physical fitness level of the 2015 PE students were 2.05% in the excellent category, 4.79% in the good category, 19.18% in the moderate category, 58.90% in the less category and 15.07% in the very poor category. The results of student study results can be explained that the average acquisition of PE student achievement index up to 5th semester reaches 3.31 (GOOD ONCE). In detail, the average achievement of individuals can be found that the achievement index below the value of 3.00 or less from the good category of 2.06%, and which is categorized as excellent there are 93.84%, and which can reach the excellent category of 4.11%. The results of the education background of parents of students who graduated from elementary school were 18.49%, graduated from junior high school 13.01%, graduated from senior high school 37.67%, and those who graduated diploma, bachelor and master degree as much as 35.62%. The work background of parents of students can be explained who work as employees 43.15%, entrepreneurs as much as 45.21%, and as farmers as much as 11.64%. The conclusions in this study are that the level of physical fitness of PE students in class 2015 is LESS, and for the achievement of the 2015 PE student learning outcomes seen from the average student achievement index is 3.31 or with a GOOD ONCE qualification. It is recommended in an effort to improve student learning achievement, the PJKR Department needs to provide support and motivation to students to always improve physical fitness, in order to be able to support lecture activities and other activities that can support success in learning.

**Keywords:** *physical fitness; student study results; PE Department*

## I. INTRODUCTION

Quality assurance in each educational institution is one of the main reinforcement elements in order to improve the quality of education undertaken. In the Government Regulation of the Republic of Indonesia NO. 4 of 2014 concerning the Implementation of Higher Education and Management of Higher Education mentioned in article 14 of the regulation, that regulations concerning study programs and

Higher Education programs in the types of professional and specialist education include at least; (1) National Higher Education Standards; (2) procedures for opening and closing; (3) procedures for collaborating; and (4) quality assurance. The accountability of higher education can be seen from two parts, namely financial accountability and accountability in terms of performance [1].

As a higher education institution, Universitas Negeri Semarang (UNNES) has a high commitment in providing services and facilitation for students to be able to improve their quality both in academic and non-academic fields. The PE department in UNNES has one mission to improve human resources professionals in the fields of Physical Education, Health and Recreation. In the academic field, student lectures are facilitated by various infrastructure facilities to support fluency in the learning process, besides being equipped with various facilities to be able to access sources of information and knowledge to support their lectures.

PE Department of UNNES has special characteristics, in addition to the theoretical courses that must be taken, there are also many practical or motor subjects that require adequate and excellent student physical abilities. For this reason, the physical fitness ability of students is demanded to support the practical classes that must be taken throughout the semester. In many cases that students cannot get maximum results in their study grades in each semester, due to the inability of students to attend and complete practical courses, which are caused by not being supported by sufficient physical fitness.

A person's physical fitness can be achieved properly influenced by many factors, routine and programmed training in addition, other factors is adequate nutrition and rest. The issue of student nutritional adequacy is strongly influenced by the ability to provide the expected nutrition, of course this requires financial adequacy support that can anticipate it, so in this case for students who are limited in their economic life can be ensured that the problem of nutritional adequacy is far from expectations. Besides that, for adequate resting factors, it also depends on the feasibility of student residence, both in terms of comfort and health or not, the environment in which

the student lives. In this case it can be assumed that the conditions of comfort and failure of student residence are strongly influenced by the level of economic ability of the student concerned to reach a decent place of residence.

The issue of the level of physical fitness of PJKR students is suspected to influence the results of student studies. Besides that, the level of physical fitness of students is also influenced by nutritional factors and adequate rest and it all depends on the status of the economic condition of the students. Thus if the two things have an impact on causes and effects, it is feared that it will affect the average accumulation of student achievement indexes and the length of time students graduate, which in turn will have an impact on efforts to accelerate PJKR student graduation.

Based on the above background, the formulation of the problem in this study are: a) how far the level of physical fitness of students to support lectures? B) how are student learning outcomes to support the achievement of the average accumulation of study program achievement indexes and acceleration of student graduation?

## II. MATERIALS AND METHODS

This research is a quantitative study with a survey method. The reason researchers use a quantitative argues about the general nature of quantitative research, including: (a) clarity of elements: objectives, subjects, data sources are solid, and detailed from the start, (b) can use samples , (c) clarity of research design, and (d) data analysis is carried out after all data has been collected. There are still other factors that influence the choice of research approaches, namely: the time and funds available, and the interests of researchers. The things raised by Arikunto are the background for the quantitative approach chosen in this study. However, even so, on the one hand, researchers combine with a qualitative approach, given that there are several aspects that need to be strengthened through this approach [2]

The variables in this study the variables used are the level of physical fitness and the results of the 6th semester PJKR student study in the academic year 2017/2018. The location of this research is in the PJKR Study Program. PJKR Study Program is one of the study programs in the Faculty of Sports Science which has A accreditation value and is currently being prepared to be proposed to join Asean University Network Quality Assurance (AUN-QA), along with 4 other Study Programs at UNNES. As a Study Program that must maintain accreditation A qualifications, acceleration is needed in various aspects, one of which is the acceleration of student graduation to shorten for a long time. The subjects in this study were semester 6 PJKR students in the 2017/2018 academic year who were active students and estimated as many as 250 students.

The data needed in this study are primary data in the form of physical fitness test results, namely through a 2.4 km run test and student study data up to semester 5. The research instrument used to obtain data is to use the value of student

academic achievement. obtained from student study data from semester 1 to 5 which will be obtained through data from study results in Sikadu Unnes. The level of physical fitness of students can be taken by measuring the endurance of the heart and lungs can be done by running a test run as far as 2.4 km.

## III. RESULTS AND DISCUSSION

The results of the 2015 physical fitness level of PJKR students show as in the table below.

TABLE I. Percentage Table of Achievement of Student Physical Freshness

BS		B		S		K		KS		Jumlah	
Σ	%	Σ	%	Σ	%	Σ	%	Σ	%	Σ	%
3	2.05	7	4.79	28	19.18	86	58.90	22	15.07	146	100

From the table above, it can be explained that the level of physical fitness of the 2015 PJKR students is that there are 3 students or 2.05% in the excellent classification, there are 7 students or 4.79% in the good classification, there are 28 students or 19.18% in moderate classification, there are 86 students or 58.90% in the classification are lacking and there are 22 students or 15.07% in the classification less.

The results of the overall student study results can be explained that the average achievement seen from the acquisition of PJKR student achievement index up to semester V reaches a value of 3.31. The achievement of the average value is included in the excellent category, but when viewed from individual achievements, it can be found that the PJKR student achievement index below the value of 3.00 or less from the good category is 3 students (2.06%), and the category is very good there were 137 students (93.84%), and those who could reach the excellent category were only 6 students (4.11%).

The overall results of the education background of students' parents, who graduated from elementary school (SD) were 27 people (18.49%), graduated from junior high school 19 people (13.01%), graduated from high school as many as 55 people (37.67%), and 52 people graduated from D3 / SI / S2 (35.62%). The work background of students' parents can be explained as follows: working as an employee / Army / Police Officer as many as 63 people (43.15%), entrepreneurs as many as 66 people (45.21%), and as farmers as many as 17 people (11.64 %).

Through this study, it can be seen that the description of the physical fitness level of the 2015 PJKR students is dominated by a less category of 58.90%, the rest is 19.18% in the moderate category, 15.07% in the category is very poor, 4.79 in the good category and 2.05 % very good category. From the description above shows that most PJKR students in the class of 2015 have less physical fitness level, this condition can be interpreted that the level of physical fitness

as one of the important factors to support daily activities is not well owned by the 2015 PJKR students.

Daily student activities in addition to routine community life activities, which are more important than that is to conduct lecture activities both in theory and practice in the field and complete lecture assignments. PJKR students in addition to attending lectures in the classroom, they also have to take many practical courses conducted outside the room or in the field, whose notes require excellent physical and energy skills. To support the high activity of students, it requires a level of physical fitness that is adequate, so that with good physical fitness support will support all activities and lecture activities, which in turn can also support the achievement of maximum student learning outcomes. Conversely, if the physical fitness of students is lacking, it will not be able to optimally support high physical activity, so that the achievement of activities cannot be maximized, which in turn can also affect student learning outcomes.

The elements which are the core components in physical fitness include: a) muscle strength; b) muscle endurance; and c) cardio-vascular endurance. The elements contained in physical fitness include: strength, muscle endurance, cardiovascular endurance and flexibility. Based on the theory, it is clear that the components of physical freshness are absolutely essential to be possessed by students at a certain level to support daily activities, especially for the smooth running of lectures and the tasks performed. The level of physical fitness of a person can be influenced by various factors, including factors such as age, sex, food, cigarettes, rest, and sports activities [3]

Based on the results of the low level of physical fitness of the 2015 PJKR students, it is suspected that other than psychological factors when carrying out physical fitness tests or inaccurate time in taking test data. Another guess is that the results of the low level of physical fitness of students can be due to other factors, such as lack of student rest due to the density of lectures and supporting activities of lectures, besides the important factor is nutrition / food intake, remembering the average The student does not yet have awareness and still considers that the regularity and balance of nutritional intake is something that is less important to note, however, other cases are found among students why nutritional intake is not sufficient, because there are elements of savings due to financial constraints, so Forcing students choose to consume foods that are of cheap importance which are certainly not nutritious, or which are important for satiety / quantity without considering their nutritional adequacy.

Talking about student financial issues is certainly inseparable from the extent of the family / parents' background that finances and supplies funds to support their lives. From the results of this study, parents' backgrounds found that the educational background and work of parents of students can be explained that the educational background of parents of elementary school students is 18.49%, graduating from junior high school (SMP) 13.01 %, graduating from Senior High

School (SMA / SMK) as much as 37.67%, and those who passed D3 / SI / S2 were 35.62%. Other data about the work background of students' parents found that parents worked as employees / Army (TNI) / Police officer (POLRI) /Civil Servant (PNS) as much as 43.15%, entrepreneurs as much as 45.21%, and as farmers as much as 11.64%.

Many opinions say that one's educational background will at least greatly affect the status of a person in the community and will even have an impact on the rewards that are received both socially and the position in his work which in turn will have an impact on the economic level in the family. The opinions above are even though not one hundred percent correct, but at least in a relationship from many aspects to each other are interrelated and influence.

From the background data of the students' parents above, it shows that the majority of PJKR students in the class of 2015 have 64.38% of their education graduated from elementary, middle and high school and 35.62% graduated from college. For the background of the work of the parents there are 56.85% background of entrepreneurs and farmers, for parents who are employees / Army (TNI) / Police officer (POLRI) /Civil Servant (PNS) as much as 43.15%. The data in general can illustrate that the average PJKR student class of 2015 is dominated by parents who have an elementary, middle and high school education background, while most of them are from the work of entrepreneurs and farmers.

The above conditions do not necessarily describe absolutely and ensure that the 2015 PJKR students' parents with their education levels are not high and jobs that are less "established" will result in a family economy below the poverty line, but in many opinions that aspects of education and background someone's work will greatly correlate with one's economic condition. Even so, it can be assumed that the condition of poor families or living in mediocre economic conditions will also be limited in supplying their children with funds that must live independently of their families, as well as 2015 PJKR students who must carry out their activities on campus to carry out high activity activities that must be followed. Whether we realize it or not because of the economic conditions that are not excessive, of course students will have an impact on important aspects of their lives, one of which is fulfilling adequate nutritional needs.

However, if viewed from the results of learning outcomes by looking at the average PJKR student achievement index in 2015 is not directly proportional to the condition of the physical fitness and background aspects of parents. The average PJKR student achievement index for 2015 reaches 3.31 or above the GOOD value. This shows that the low level of physical fitness of students and the background of parents who are not educated is high, as well as the average work background of farmers and self-employed parents, does not make their children loose in learning but can actually achieve achievements in learning outcomes.

#### IV. CONCLUSION

From the results of the research and discussion it can be concluded that the level of physical fitness of the 2015 PJKR majors is LESS. In detail, the spread is that there are 3 students or 2.05% in the excellent classification, there are 7 students or 4.79% in the good classification, there are 28 students or 19.18% in the middle classification, there are 86 students or 58.90 % in the classification is lacking and there are 22 students or 15.07% in the classification less.

From the achievement side of the 2015 PJKR student learning outcomes seen from the average student achievement index is 3.31 or with a GOOD qualification ONCE. With the above average good scores, it indicates that students have the initial capital to be able to graduate on time and in turn will contribute positively to the acceleration of graduation at the study program level.

For the PJKR Department in an effort to improve student learning achievement, it is necessary to provide support and motivation to students to always improve physical fitness, in order to support lecture activities and other activities that can support success in their learning.

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