

Effects of Physical Fitness and Principal Leadership on Physical Education Teacher Performance in the City of Ambon

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Abstract—The essence of the problem in this study is "How big is the influence of physical disability and Principal Leadership on the Performance of Physical Education Teachers?" The aim is to find out the effect of physical disability and Principal Leadership on Physical Education Teacher Performance. The hypothesis proposed (1) physical liability has a significant effect on the Physical Education Teacher Performance, (2) the principal's leadership has a significant effect on the Physical Education Teacher's performance, and (3) physical disability and the Principal's Leadership together significantly influence the Physical Education Teacher Performance. The research method is a survey method with a quantitative approach. Samples were taken from the entire population because the number is less than 100, amounting to 47 respondents. The instrument was in the form of a questionnaire with a Likert Scale, the analysis technique used was the Pearson Product Moment Correlation. The results of the study found that the influence of physical disasters and Principal Leadership together on Physical Education Teacher Performance.

Keywords: *physical, disability, performance, education, teacher*

I. INTRODUCTION

Teacher Performance The term performance is a translation from English, from the word performance. The word performance comes from the word to perform which means to display or implement. Performance means work performance, work performance, work performance or work results. In the Big Indonesian Dictionary, performance means something that is achieved, achievement shown, or work ability. Performance is the result of work achieved by a person or group of people in an organization, in accordance with the authority and responsibilities of each, in order to achieve organizational goals [1]. According to [2] Performance is the result of quality and quantity of work achieved by an employee in carrying out his duties according to the

responsibilities given to him. According to [1] dimensions or performance standards evaluated in the implementation of work include the volume of work, quality of work, ability to adapt and the ability and willingness to work together as disclosed: 1. Quantity of work: with regard to volume work that can be done by a teacher, 2. Quality of Work: Relating to accuracy, and completeness of the work. 3. Initiative: regarding the desire to progress, to be independent, to be responsible for his work. 4. Adaptability. regarding the teacher's ability to respond and adjust to changing circumstances. 5. Cooperation. regarding the ability and willingness to work together with leaders and fellow coworkers. Performance means what employees do or don't do [3].

[4] Physical witness: Striving for optimal physical quality of life, including obtaining critical levels of physical fitness test scores, and low risk of developing health problems. According to [5] physical fitness is a person's ability to carry out daily tasks easily, without feeling exhausted, and still have reserves of energy to enjoy his leisure time and for sudden needs. Physical fitness [6] explains that "physical fitness is more focused on physiological Fitness the body's ability to adjust its bodily functions within physiological limits to environmental conditions and physical work in an efficient way without experiencing excessive fatigue Physical Fitness is one of requirements in human life to refer to optimal health, namely physical, emotional, and mental as well as increasing work productivity. According to the Ministry of Education's Curriculum [7] Physical education is an educational process through providing learning experiences to students in the form of physical activities, sports and play, which are planned systematically, in order to stimulate its growth. [8] Physical fitness according to health organizations around the world are classified into two, namely: Healthy - is the physical and mental body free from all diseases. Fit - is the ability of a

person to carry out daily activities or activities to the maximum, and still have energy reserves without experiencing excessive fatigue. The depiction of a person's health level is not only a function of physical fitness, but physical fitness also has a function to measure someone to do activities every day. There are three things to consider in physical fitness, namely:

- Physical - has a relationship with muscle, bone and fat parts.
- Organ function - has a relationship with the effectiveness of the work of the heart system, blood vessels and lungs or respiratory system.
- Muscle Response - has a relationship with speed, flexibility, weakness, and muscle strength.

Physical fitness needed by each person is certainly different. This is because everyone's activities are not the same, [9] physical fitness will depend on the nature of the physical challenges they face. The leadership of the principal of the teacher is also one of the factors that can determine the performance of a teacher. Principals as leaders should be able to direct their subordinates to do or act to achieve the school's goals.

The problem of leadership always gives an interesting impression, because an organization will succeed or fail, one of which is determined by the quality of leadership. Leadership has been described by some experts as an act that influences others or subordinates to want to work together to achieve certain goals, to mean that Leadership is the process of influencing others to understand and agree with what needs to be done and how the task is done in a manner effective, and the process of facilitating individual and collective efforts to achieve shared goals, Edison [10].

Educational experts agree, one of the relevant leadership methods applied in the context of education decentralization is a leadership style that is able to direct teachers and staff to achieve school goals. School organizations need leaders who have leadership styles that prioritize providing opportunities that encourage all elements or elements of the school (teachers, students, staff / staff, parents of students, surrounding communities and others) to work on the basis of a virtuous value system, so all elements in the school are willing to participate actively optimally in achieving the vision and mission of the school. [11] Namely the quality of physical education teachers in several schools in general is inadequate, they are less able to carry out their duties professionally'. Due to the teacher-centered learning process, this subject has se:

- lack of development and variety of holistic learning activities,
- lack of understanding of the impact of physical fitness and a healthy lifestyle,
- lack of teacher experience integrating physical education activities with other fields,
- lack of development of affective aspects so that they are unable to develop children's social skills, cooperation, and enjoyment of physical education.
- the lack of providing assistance to children to understand the emotions they feel when doing physical education activities,

- lack of teacher's ability to carry out teaching tasks is too difficult which causes them to get bored, or frustrated
- lack of active learning time.

The phenomenon that develops in the field, there are still Physical Education teachers who have low performance, have not been creative and innovative in carrying out their duties even in preparing their administration many still use the 'copy-paste' method. In addition, it is also identified, sometimes teachers are not present in carrying out the task.

This is caused by several factors, among others, school leadership that has not been able to encourage maximum teacher performance. In addition, work demands and environmental stress cause work stress. In terms of motivation, most teachers who have received certification allowances are used for consumptive needs rather than for needs that can improve or help their performance such as computers / notebooks, knowledge. This condition is due to the ability of teachers who are still not in accordance with their fields.

II. RESEARCH METHODS

The design of this research is associative research [12]. The operationalization of the variables are: 1. Physical Education Teacher Performance (Y), i.e. what the teacher does and how to do it. The indicators used are work quality, work quantity, initiative, adaptability, and cooperation. 2. Physical Fitness to improve the ability of people or workers to have optimal work productivity, it is necessary to have workers who have high physical fitness, so that they are able to overcome the workload given to them (x1) 3. Principal leadership (X2), namely the way a leader (the principal) influences the behavior of the teacher, so they are willing to work together and work productively to achieve organizational goals.

The indicators used are capacity, achievement, responsibility, participation, status, and situation. The population in this study [13]. Are all civil servant teachers and non-permanent teachers teaching in Ambon City High School totaling 100 teachers with a sample of 45 teachers taken based on the cluster sampling area [14]. The data used is the Cross Section [12] in 2013 sourced from respondents. Data collection techniques used a closed questionnaire. The results of data acquisition have been tested and passed the validity test because all items have a calculated value product product moment table. The data also passed the normality test because all variables had a Cronbach's Alpha value > 0.05, that is physical diversity (0.0532), Principal Leadership (0.0520), and teacher performance in the relationship between simple regression equation models was $= 101.809 + 0.551 X1$.

TABLE I. SUMMARY OF DESCRIPTIVE STATISTICS

	Physical Education Teacher Performance	Physical Fitness	Principal's Leadership
Average	129,38	50,02	123,91
Standard Error	1,44	1,49	0,90
Median	129	52	124
Modus	128	52	125
Standart Deviation	9,63	10,00	6,04

Variance	92,8313	100,0677	36,5374
Range	41	35	23
Lowest	106	32	111
The Highest	147	67	134
Total Score	5822	2251	5576
Sample Size	45	45	45

III. DISCUSSION OF RESEARCH RESULT

Processing this data the author uses statistical formulas from [15] In accordance with the formulation of the problem, the hypothesis and the number of variables to be investigated, the data processing technique to be used is the correlation technique with paired scores and multiple correlations. In accordance [15] hat the correlation is "the relationship between one variable with another variable". Before the data processing technique is carried out, testing the analysis requirements is first performed as follows:

A. Requirements Analysis

The use of parametric statistics works with the assumption that the data of each research variable to be analyzed forms a normal distribution. The process of testing the requirements analysis in this study is a requirement that must be met so that the use of regression techniques that are included in the parametric statistical group can be applied for the purposes of hypothesis testing.

Requirements for path analysis are the estimation between exogenous variables and endogenous variables which are linear in nature, thus the requirements applicable to regression analysis also apply to the path analysis requirements. The requirements that must be met in the path analysis are that the study sample comes from a normally distributed population, the regression equation must be meaningful and linear, and the relationship between the variables in the model must be significant. In this regard, before testing the model, testing of the applicable requirements in the path analysis is carried out first. 1. Normality Test.

The data used in compiling the regression model must meet the assumption that the data comes from normally distributed populations. The normality assumption basically states that in a regression model it must be normally distributed. The assumption test in this study was carried out by testing the normality of data from the six error estimation of the research regression to be analyzed. From the test results on the research sample used to draw conclusions that whether the observed population has a normal distribution or not. For normality testing, the Lilliefors test is used. In this test, the first error (sample) is arranged in the order of values, then determined the standard number (Zi), the frequency S (Zi), and the lowest frequency F (Zi), then the difference between the lowest frequency and the real frequency is determined at each error value. The maximum absolute price of the difference is referred to as Lhitung. The Lhitung value is then compared with the Ltable for the real level = 0.05. Proposed hypothesis as follows:

- H0: Data comes from normally distributed populations
- H1: Data are not from normally distributed populations

If Lhitung < Ltable, then the estimated error Y data for X comes from the normal distribution population, conversely, if Lhitung > Ltable, the estimated Y error data for X is not from the normal distribution population.

From the results of normality test calculations (complete calculations in appendix 5), the following results are obtained:

- Test for Normality of Estimated Y Regression Error over X1. From the calculation results obtained Lhitung value = 0.0532 this value is smaller than the value of Ltable (n = 45; = 0.05) of 0.132. Since Lhitung is smaller than Ltable, the distribution of Physical Education teacher performance data on physical fitness comes from a normally distributed population.
- Test for Normality of Estimated Regression Y over X2. From the calculation results obtained Lhitung value = 0.0520 this value is smaller than the value of Ltable (n = 45; = 0.05) of 0.132. Considering that Lhitung is smaller than Ltable, the distribution of Physical Education teacher performance data on the leadership of school principals comes from the normally distributed population.

TABLE II. DIRECT EFFECTS BETWEEN VARIABLES

No.	Direct Influence	Path coefficient	dk	t _{hitung}	t _{table} = 0,05
1.	X ₁ terhadap Y	0,326	41	3,006 **	2,02
2.	X ₂ terhadap Y	0,333	41	3,073 **	2,02
3.	X ₃ terhadap Y	0,355	41	3,137 **	2,02
6.	X ₁ terhadap X ₂	0,301	43	2,071 **	2,02

** = sangat signifikan (t_{hitung} > t_{tabel})

- Positive Direct Effect of Physical Fitness (X1) on Physical Education Teacher Performance (Y). The results of the first hypothesis analysis produced findings that physical fitness had a direct positive effect on the performance of Physical Education teachers. Based on these findings it can be concluded that the Physical Education teacher performance is directly affected positively by physical fitness. Increased physical fitness will result in an increase in Physical Education teacher performance. The results of this study are in line with the opinions of several experts including.
- Positive Direct Effect of Principal Leadership (X2) on Physical Education Teacher Performance (Y). The results of the second hypothesis analysis produced findings that the principal's leadership had a direct positive effect on the performance of Physical Education teachers. Based on these findings it can be concluded that the performance of Physical Education teachers is directly affected positively by the leadership of the principal. Increasing the principal's leadership will lead to an increase in the performance of Physical Education teachers.
- Positive Direct Effect of Physical Fitness (X1) on Principal Leadership (X2). The results of the sixth hypothesis analysis provide findings that physical fitness has a direct positive effect on the principal's leadership. Based on these

findings it can be concluded that the principal's leadership is directly affected positively by physical fitness. Increased physical fitness will result in an increase in principal leadership. The results of this study are in line with the opinions of several experts including.

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TABLE III. ANAVA FOR TEST OF SIGNIFICANCE AND LINEARITY OF REGRESSION EQUATIONS $= 101,809 + 0,551X_1$

Sumber Varians	dk	JK	RJK	F _{hitung}	F _{tabel} = 0,05
Total	45	757322			
Koefisien (a)	1	753237,42			
Regresi (b/a)	1	1337,39	1337,39	20,933**	4,07
Residu	43	2747,19	63,89		
Tuna Cocok	21	1172,14	55,82	0,780 ^{ns}	2,06
Galat	22	1575,05	71,59		

Keterangan:

** : Regresi sangat signifikan ($F_{hitung} > F_{tabel}$)

^{ns} : Regresi berbentuk linear ($F_{hitung} < F_{tabel}$)

dk : Derajat kebebasan

JK : Jumlah kudrat

RJK : Rata-rata jumlah kuadrat

Regression equation $= 101.809 + 0.551 X_1$, for the significance test obtained $F_{count} 20.933$ greater than F_{table} (0.05; 1: 43) 4.07 at $\alpha = 0.05$. Because $F_{count} > F_{table}$, the regression equation is declared significant. For the linearity test, the F_{count} is 0.780 smaller than the F_{table} (0.05; 21: 22) of 2.06 at $\alpha = 0.05$. Because $F_{count} < F_{table}$, the estimated point distribution forming a linear line is acceptable.

IV. CONCLUSIONS

Conclusions Based on the results of the research that has been done, it can be concluded that the results of this study have a significant influence on the diversity of the leadership and leadership of the school, on the performance of the education teacher at Jasamani in State High Schools in Ambon Ambon City.

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