

Review of Junior High School Students Physical Fitness

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Abstract—Problems in this study stem from the addiction of students to technological advances such as the smartphone that makes many students become lazy to move and are happy only to play games, PlayStations, and social media. With the formulation of the problem seen from how well the level of physical fitness of students. The purpose of this study was to determine the level of physical fitness of students of SMP Negeri 26 Sijunjung, Kamang Baru Subdistrict, Sijunjung District. Type of descriptive research. The total population for the study of all students enrolled in SMP Negeri 26 Sijunjung totaling 119 people. Sampling was used with stratified random sampling, which was 20% of the samples in Sijunjung 26 Public Middle Schools. The test used is the Indonesian Physical Health Test (TKJI) for boys and girls aged 13 to 15 years. The results showed that by 20% in the medium category, 70% in the less category, and 10% in the less category. For female students, SMP Negeri 26 Sijunjung 26.67% were in the moderate category, 60% less, and 13.33% less.

Keywords—Health, physical fitness, students

I. INTRODUCTION

Physical fitness is the body's ability to perform and carry out daily activities efficiently and without experiencing significant fatigue and body still has a good backup power for emergencies as well as to enjoy his free time with active recreation. Physical fitness is the picture quality that exceeds the body functions according Syafruddin kesehatan. Oleh standards for physical fitness gained through physical activity exceeds the usual activities for health. Physical fitness is given meaning as an aspect of quality of life is closely connected with the state of positive physical health status. "One of the goals of the health check is to: To increase heart endurance and breathing, improve heart endurance and breathing, the chosen exercise must last a long time, such as long distance running, long distance swimming, cross country or cross country running, fartlek, interval training, or any form of exercise that forces our bodies to work for long periods of time" [1]. Physical fitness is the main essence or the forerunner of general fitness.

The role of physical fitness is very important for students which can be seen when students have a good physical fitness, it will be able to help these students in the face of the learning process with passion without feeling tired and exhausted. Conversely, when the low physical fitness of students they feel no passion and no concentration in the face of learning, because they are easily tired, lethargic and tired.

How to improve "the physical fitness that can be done with some practice as follows; (1) By way of jogging; (2) exercise heart lung endurance; (3) Exercise strength; (4) Exercise flexibility; (5) Exercise body composition.

According to irianto for jogging can for 20 minutes 3-5 times a week. This exercise should be carried out continuously with a rest time not too long" [2]. Factors affecting physical health such as age, gender, genetics, diet, living habits, health, physical activity, and nutrition.

On the field, researchers found the activity of students of SMP Negeri 26 Sijunjung when going to and from school students in the school are on average nearly a motorbike, after school they are at home playing smartphone, playstation. Researchers noticed that many students terbuang time with the smartphone than moving play and physical activity, almost every day and a full day of student play smartphone just to play games, or just part of it on social media that make them reluctant to move and physical activity. The phenomenon of student activity and will certainly affect the physical freshness.

With phenomena and activities of students who do these students in their daily activities and a wide range of backgrounds circumstances, both in terms of socio-economic as well as activities of daily living that can affect physical health. To the researchers felt the need and interest to research Siswaya physical fitness to be able to see an overview of the physical fitness of students of SMP Negeri 26 Sijunjung District of New Kamang Sijunjung.

II. RESEARCH METHODS

This type of research used in this research is descriptive with the aim to describe a state at the time of the study. "Descriptive research is research that tried to describe the occurrence of a phenomenon in the present or in other words, a study of the actual problems as the time of the study" [3]. Place of research and data collection is in SMP 26 Sijunjung subdistrict New Kamang Sijunjung. The population for this study is all students of SMP Negeri 26 Sijunjung subdistrict New Kamang Sijunjung enrolled in the academic year 2018/2019 as many as 119 people.

Techniques to collect data of physical fitness of students of SMPN 26 Sijunjung this is to use the physical fitness test Indonesia for 13-15 year olds that consists of:

1. Sprinting 50 meters.

Quick run 500 meter intended to measure students running speed. Tests carried out on a straight track, flat, not slippery, and is 50 meters.

Exercising their trajectory of this test is, the attitude of the beginning of the movement, the movement (ready, ready, start), the measurement time. The results of the test run is based on the runners a distance of 50 meters in seconds.

2. Tests Hanging

The purpose of this test ketahanan weeks to measure the strength and arm muscles and shoulder muscles of

king the test. To test this suspension, the movement performed by boys and girls are different.

a. Hanging shrugged to son.

Attitude starters for male students, standing under a single beam, both hands holding on single bolt shoulder width apart. To handle the palms facing area of the head position. Students are required to perform motion lift the body by bending your arms so that your chin is above the crossbar or single, then back to the initial attitude. Movement counted once and is done for 60 seconds without stopping. Movement is considered failed and are not counted when the time shifting weight, the student movement mengayung, chin does not touch a single beam, and on-time starters back kesikap arms are not straight.

b. Hanging elbow bend for the princess.

Female student standing under a single beam, both hands holding on single bolt shoulder width apart. Grip palms facing toward the head.

3. **Baring sit 60 seconds (sit ups).**

The purpose of this test is to measure the strength and resilience of the abdominal muscles. Attitude beginning with students were instructed to lie supine on the floor or tunpu, knees bent at an angle 90° , Both hands with fingers alternately corresponding images are placed at the back of the head. One of the other students holding or pressing the ankle so that the foot is not raised.

Movement to start the movement and dilanjutkan Oleg Figure 8 with a given cue "YES" to move students to take a stand to sit up on his elbows touching the thighs, then back to the beginning of the attitude. This move is done repeatedly quickly without a break for 60 seconds. The results are recorded and counted money is the amount of movement that can be done lying sit perfectly.

4. **Skip upright.**

The purpose of this test dilakukan limb to measure power in a vertical direction. Students stand up against the wall, arms raised straight up, hands in the paste on the board of scale, thus leaving raihanjari former students. Students taking the prefix with knees bent posture and arms swung back. Students are required to jump as high as possible while tapping the board with the hand closest to cause scars. This test is performed three times without a break or interrupted by other students. The result is a difference in the achievement springboard, which stood upright.

5. **Middle distance running.**

This test aims to measure the durability of the heart, circulatory and respiratory. Middle distance running is done by grouping based on sex at different distances. For male students who do distance running 100 meters and for a female student with a distance of 800m. First attitude of students standing behind the starting line. On cue "READY" students take a stand start up, ready to run. On cue "YES" students ran to the finish line, a distance of 1000 meters for male students and 800 meters for women students. Decision time is done from the time the flag was raised to the right runners at the finish line. Result recorded is the time achieved by the runners in minutes and seconds.

"The tools necessary for its implementation are as follows: 1) Running run straight, flat, flat, non-slip, 2) Stopwatch, 3) Start Flag, 4) Piles, 5) No. Dada, 6) Cross Single, 7) Board scaled to jump up, 8) Powdered

Limestone, 9) Eraser, 10) Form Tests, 11) Pluit, 12) Stationery, and 3 assistants taking the test. Data analysis techniques used frequency distribution / use descriptive statistical frequency tabulation" [4].

$$P = \frac{f}{N} \times 100\%$$

Information:

P = Percentage of the required result

f = Frequency of each

N = number of respondents

III. RESULT AND DISCUSSION

Results of the research is a picture of the physical fitness level of students of SMPN 26 Sijunjung 2018/2019 school year. Based on the distribution in table 3 it can be seen that there is no male students who have excellent physical fitness and good. 2 students have physical fitness medium category (20%), 7 people have less physical health (70%), and one person has a physical fitness least once (10%).

frequency Distribution Of Physical Fitness Level Of Students

No	Class Interval	Fa	Fr
1	22 – 25	0	-
2	18 – 21	0	-
3	14 – 17	2	20%
4	10 – 13	7	70%
5	5 – 9	1	10%
Amount		10	100%

Frequency Distribution Of Physical Fitness Level

No	Class Interval	Fr	Frekuensi Relatif
1	22 – 25	0	-
2	18 – 21	0	-
3	14 – 17	4	26,67%
4	10 – 13	9	60%
5	5 – 9	2	13,33%
Amount		15	100%

From the data processing of data obtained in the physical fitness level of female student SMP Negeri 26 Sijunjung by 20% in both categories, and 70% of students are still in the category of less, and 10% in the poor category yet. The average level of physical fitness male student SMP Negeri 26 Sijunjung 11.8 that is classified in the category of Less (K). Data physical fitness level female student at SMPN 26 Sijunjung, it can be seen that 26.67% students of SMP Negeri 26 Sijunjung middle category, 60% in the poor category and 13,33% in less category yet. No students

the both categories, and good. The average value of physical fitness level female student SMP Negeri 26 Sijunjung is 11.8 which is classified in the category of Less (K).

There is still a lack of physical fitness level Negeri26 Sijunjung junior high school students is also influenced by the lack of regular physical activity performed by students of SMP Negeri 26 Sijunjung. One factor is influenced by the rapidly increasing technological developments such as vehicles. As a result, people will prefer riding than on foot. Besides the influence of the smartphone against students also affect the freshness of the constitution, how not, almost every time the students home after school only played a smartphone that includes content with social media applications like facebook, instagram, whatsapp, youtube, as well as games such as mobile legend and so on which resulted in them quiet and not move.

IV. CONCLUSION

Based on the research that has been done on the level of physical fitness in students of SMPN 26 Sijunjung knowable physical fitness level with an average value of 11.8 poor category (K).

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