

Comparison of Physical Fitness Between Junior High Schools in Payakumbuh

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Abstract—The problem in this study is the comparison of the physical fitness level of grade IX students of SMP N 1 Payakumbuh with class IX students of SMP N 6 Payakumbuh. SMP N 1 Payakumbuh with class IX students of SMP N 6 Payakumbuh. The tool used for data collection is a skill test, then analyzed by statistic t-test technique manually. The results obtained from this study are as follows: 1) there is a comparison of the level of physical fitness of students of male students of class IX SMP N 1 Payakumbuh with male students of class IX SMP N 1 Payakumbuh. 2) there is a comparison of the level of physical fitness of students of female students of class IX SMP N 1 Payakumbuh with female students of class IX SMP N 1 Payakumbuh. 3) there is a comparison of the overall physical fitness level of grade IX students of SMP N 1 Payakumbuh with class IX students of SMP N 1 Payakumbuh.

Keywords—Comparison, Level of Student Physical Freshness

I. INTRODUCTION

Sport is an activity that is needed by everyone, with the exercise people get physical fitness, freshness thoughts and achievements in work so as to increase labor productivity [1]. Physical fitness is a translation of *physical Fitness* which dapatdiartikan as circumstances or physical condition that describes the physical ability, and can also be interpreted as a person's ability to perform a particular job quite well, without causing significant fatigue. Fitness is also a decisive factor in achievement. "for achieve high performance and of course there are factors that influence it. It is divided into two factors namely indogen or called from within the athlete's own and endogenous factors or influences from outside these athletes. Indogen factors such as the physical, technical, tactical, mental, talents, interests, motivation and more. While endogenous factors such as exercise programs, training methods, facilities and infrastructure, coaches, parents and others " [2].

[3] points out, physical fitness is the ability to work on a series of muscle groups in a long time to overload the circulatory and respiratory systems without causing it to stop working. Then [4] that "physical freshness is a physical kemampuan which could be the ability arobic and an arobic, diamana these capabilities can be trained through a planned

exercise program regularly and continuously". In line with this, according [2] "physical freshness that person's ability to perform daily duties with ease, without getting tired excessive to enjoy their spare time and for unexpected needs". Then, [6] "physical freshness merupakan mirror of the functional capability of the systems in the body that can realize a reel-katan quality of life in any physical activity". Then, "to run the routine as student/student then takes peak physical condition so that all activities can be followed by a maximum, both activities during school /college or activities outside" [7]

From the above opinion can be explained that physical fitness is a situation where a person can perform the activity or daily activities for a long time with full alertness without experiencing significant fatigue and still available energy to do the things that are urgent. This is because the body already has a good physical condition.

In addition, environmental factors can affect a person's level of physical fitness. More physical fitness focuses on physiological fitness: the body's ability to customize the functionality of the tools of his body in a physiological limit to the environmental conditions (altitude, humidity, temperature and sebagainya). Thus the geographical location is one factor that can distinguish between the physical fitness level 2 regions due to differences in climate and weather circumstances can distinguish the system of the heart and other organs. Then, [2] Aerobic durability is basic physic component which cannot separate from increasing and protecting

Observations conducted by researchers in the field there are some differences and similarities of both the IX grade students of SMPN 1 Payakumbuh and class IX students of SMPN 6 Payakumbuh. Persamaanyanya is both SMP both have sports teachers and second class IX student of class IX at this time together at the end of the school in this case is both class IX students equally busy with the preparation for the UN. So the class IX students focus on academic learning as compared to non-academic learning. Therefore, sometimes there are some students, especially the female students during the learning the sport has been too lazy to move it is because the students had entered the school at 06.00. so students are lazy because they have to wake up

earlier case. So students think better conserve energy for learning that will come after olahraga. adapun learning in SMPN 6 Payakumbuh sport instructional hours even reduced for significant learning yang masuk in the UN. For the difference lies in masuk sekolah hours and hours after school. School hours at SMPN 1 Payakumbuh for class IX varied ie on the day of Selasa and incoming ninth grade students Thursday at 06.00 and return fixed at the same time ie at 14:35. While in junior high school N 6 Payakumbuh entrance At 7:15 o'clock and there was an extra hour so students of class IX SMPN 6 Payakumbuh return at 15:30. School hours at SMPN 1 Payakumbuh for class IX varied ie on the day of Selasa and incoming ninth grade students Thursday at 06.00 and return fixed at the same time ie at 14:35. While in junior high school N 6 Payakumbuh entrance At 7:15 o'clock and there was an extra hour so students of class IX SMPN 6 Payakumbuh return at 15:30. School hours at SMPN 1 Payakumbuh for class IX varied ie on the day of Selasa and incoming ninth grade students Thursday at 06.00 and return fixed at the same time ie at 14:35. While in junior high school N 6 Payakumbuh entrance At 7:15 o'clock and there was an extra hour so students of class IX SMPN 6 Payakumbuh return at 15:30.

District and corner of the city so that the knowledge and desire to hone the skills he has also lacking. In terms of achievement SMPN 6 Payakumbuh left of SMPN 1 Payakumbuh, and in terms of motor activity of students is certainly equal to SMPN 1 Payakumbuh just not directed to achievement, and to the knowledge of parents of students is less, because the parents a lot of work as farmers, so time to pay attention to their children's school activities just a little and sometimes no, because when they disibukian to farm to find nafka, and of course there are some students whose parents have atu took fatherly attention to their children's school activities. If for nutrition for the temporal researchers looked not good because not many students who bring lunch, and maybe snack at random.

So the problem of this research is that, not knowing physical fitness of the students Kels IX SMPN 1 Payakumbuh with class IX students of SMPN 6 Payakumbuh, besides considering both class IX students of today are busy with the preparation for the UNBK and UN so both students of class IX one of them visits of factors affecting physical fitness itself namely environmental factors, which both schools have a different environment, as it has been in the mentioned researchers above. And of course, apart from environmental factors there are still other factors that researchers feel is a problem in this research.

II. RESEARCH METHODS

This research pertained to research ex post facto. population in this study is an entire class IX siwas Payakumbuh berjumlah SMPN 1 327 pupils and students of class IX SMPN 6 Payakumbuh amounting to 149 with a total of 476 students there. In this study used a

sampling technique is a technique pengambilan purposiv sample with specific pertimbangan, to be sampled is graders IX.SMPN 1 Payakumbuh and graders IX.SMPN 6 Payakumbuh

The data collection is done by testing for students who used the sample population. Before the test the students are first collected and given a briefing on procedures for the tests (attached) implementation of this test that tests Physical Freshness Indonesia for 13-15 year olds, To process the data on physical fitness level differences between students of SMPN 1 and SMPN 6 Payakumbuh Payakumbuh done by using 't' test.

III. RESULT AND DISCUSSION

1. Men's physical fitness level class IX student SMP Negeri 1 Payakumbuh

Of the 15 respondents turned out to be forgeries 8 respondents (53.33%) categorized as good, as many as 6 people responnden (40%) included in the medium category, as many as 1 respondents (6.67%) including category less, whereas both once and lacking absolutely nothing , For more details can be seen in the graph below:

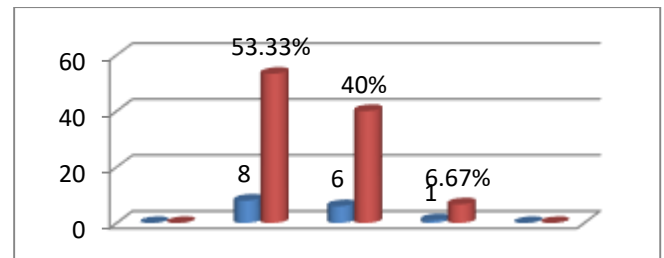


Figure 1. Distribution of the frequency of men's physical fitness level class IX student of SMPN 1 Payakumbuh.

2. Physical fitness level male students of SMPN 6 Payakumbuh.

Of the 13 respondents turned out to be as much as 2 respondents (15:38%) including both categories, a total of five respondents (38.46%) medium category, a total of five respondents (38.46%) belongs to the category of less, as many as 1 respondents (7.69%) including category less so, both categories do not exist. For more details can be seen in the graph below:

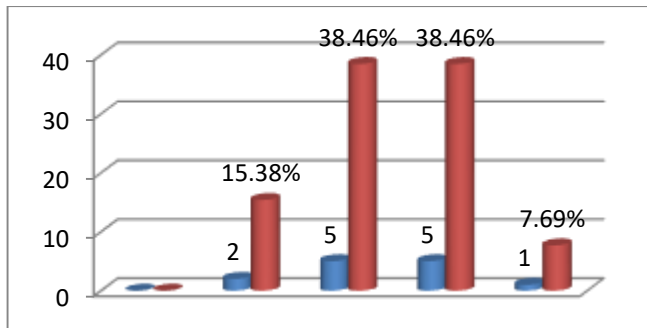


Figure 2: The frequency distribution of men's fitness level jamani class IX student of SMPN 6 Payakumbuh

3. Physical fitness level female student of class IX SMP Negeri 1 Payakumbuh

Of the 20 respondents turned out to be forgeries 11 respondents (55%) including category is, as many as 9 people responnden (45%) included in the category of less, while excellent, good and less nonexistent. For more details can be seen in the graph below:

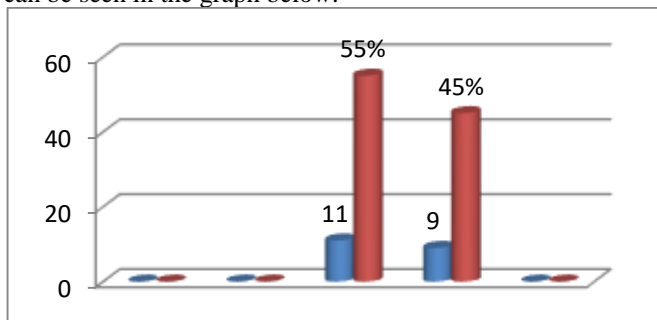


Figure 3. Distribution of the frequency of physical fitness level female student of class IX SMPN 1 Payakumbuh.

4. Physical fitness level female student of SMPN 6 Payakumbuh.

Of the 11 respondents turned out to be as much as 1 respondents (9.09%) including category is, by 7 respondents (63.64%) belongs to the category of less, as many as three respondents (27.27%) including category less so, the category excellent and good categories do not exist. For more details can be seen in the graph below:

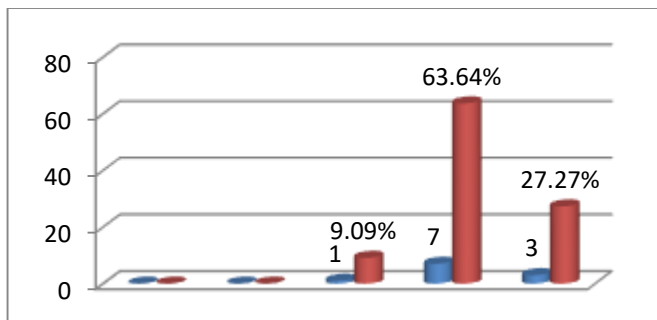


Figure 4: The frequency distribution of the level of freshness jamani female student of class IX SMPN 6 Payakumbuh

DISCUSSION

1. Physical Freshness IX Grade Students of SMPN 1 Payakumbuh.

Physical fitness level class IX students of SMPN 1 Payakumbuh better than physical fitness level class IX students of SMP N 6 Payakumbuh. This was shown, among other things, where the means and parasarana at SMPN 1 Payakumbuh inadequate, but in terms of student achievement and teacher at SMPN 1 Payakumbuh is in position 1 in Payakumbuh than class IX students of SMP N 6 Payakumbuh.

2. Physical fitness class IX students of SMP N 6 Payakumbuh

Physical fitness level students of SMP N 6 Payakumbuh not as good as the level of physical fitness of students of SMP N 1 Payakumbuh. Many things can cause, among other things, facilities and infrastructure in SMPN 6 Payakumbuh is sufficient, but students are less able to take advantage of the completeness of facilities and infrastructure that exist, because there is the mind of the student is important meraka play and exercise so do not pay attention to the usefulness of infrastructures which is actually.

IV. CONCLUSION

Based on data analysis and discussion, it can be concluded that the level of physical fitness class IX students of SMP N 1 Payakumbuh with class IX SMP N 6 Payakumbuh different, It is obtained after the data is collected, evaluated and summed and compared with the norm of physical fitness test to determine the classification (excellent, good, average, less, less so).

The results of the analysis concludes that the level of physical fitness class IX students of SMP N 1 Payakumbuh norms of physical fitness tests were categorized Indonesia while physical fitness level class IX students of SMP N 6 Payakumbuh categorized less. This is influenced by several factors: the state of the environment, economic conditions, the motion activity and environmental health.

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