

# The Impact of Full Day School Policy on Female Students Physical Fitness Level: A Study Comparative

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**Abstract**— The aimed of this study compared physical fitness of female students in schools that implemented a Full Day School (FDS) and regular school policy. Proportionate Purposive Random Sampling (n=119) was selected in this study. Subjects were perceived performance level of physical fitness used Indonesian Physical Fitness Tests 2010 version. The data were analyzed using One Way Anova. Results showed that the value of with a significance level of 0.023 less than 0.05. There were physical fitness differences between female students in FDS and regular school.

**Keywords**— *Physical Fitness, Full Day School, Female Student*

## I. INTRODUCTION

Changes that occur very quickly in this globalization era require humans who have high competitiveness and integrity. To realize this, we need nation's cadres who are ready to compete at the world level without leaving the character of the Indonesian people. Perpres Number 87 Year 2017 concerning Strengthening Character Education. Article 1 states that the strengthening of Character Education, hereinafter referred to as PPK, is an educational movement under the responsibility of the education unit to strengthen the character of students through the harmonization of the process of heart, taste, thought, and sports with the involvement and cooperation between education units, families, and the community as part of the Gerakan Nasional Revolusi Mental (GNRM).

One very effective alternative to improving the quality of optimal education and for the creation of the nation's future is to apply LHS (Full Day School) as a public school that integrates the public school model by integrating the nation's character intensively, by giving additional time specifically for deepening character through religious activities and other types of characters [1].

In providing reinforcement of character education, schools generally provide additional hours allocated after the Dhuhur prayer to Asr prayer. This is what makes the community equate an understanding of FDS and the full day school system are considered the same. The school that returns until the afternoon is known as a full day school. There are several schools in improving the quality of education by implementing regular schools [2].

In Malang, the total number of public and private junior high schools is 133. There are 24 public schools and 109 private schools. While currently based on observations (2018 data) there are 27 public schools that implement FDS, and 9 schools that carry out regular schools. Physical education is one of the subjects that uses physical activity to achieve educational goals. In junior high school physical education subjects carried out for 3x40 minutes, meaning that in schools students only do physical activities for 120 minutes in study time at school with a total of 1,600 minutes in 1 week. It is suspected that students who implemented the FDS program had less physical activity, because in one day of learning they sat down to take part in learning for 8 hours . With a break that is only 2x15 minutes. While students who implement regular school programs, as explained that regular schools are schools that implement a learning system starting in the morning until noon [3]. Allegedly more physical activity, because it only follows learning for 6 hours [4].

The differences in physical fitness of junior high school students who carry out the FDS program with those who carry out regular school programs is expected to help institutions find alternative solutions in choosing curriculum structure that is the reference in their respective schools. The purpose of this study was to determine the differences in physical fitness of FDS students with regular junior high school students in Malang City.

## II. METHOD

The study design uses a non-experimental ex-post facto survey. This research is comparative causal research. In the implementation, researchers will compare data relating to the causes and consequences of regular school and FDS implementation in terms of physical fitness level. The variables studied were the dependent variable, physical fitness, while the independent variables were FDS students and regular junior high school students in Malang.

The population in this study were all junior high school students in the city of Malang. This study took a sample using the Disproportionate Random Sampling technique. In Malang, the total number of public and private junior high schools (SMP) is 139 schools. 32 public schools and 107 private

schools. So there are 40 students as samples from LHS and there are 20 samples from regular schools.

The research instruments used were test and non-test instruments. The Test Instrument uses the 2010 TKJI test to measure the level of physical fitness. And non-test instruments in the form of observation and documentation.

Data analysis uses the One Way Anava technique. The requirements for using the test must have requirements which are the normality test and homogeneity test. The normality test is done by the Kolgomorov-Smirnov test. Homogeneity test is done using Levene's Test. The data analysis procedure was continued using the SPSS statistical application version 23.0  $\alpha = 0.05$ .

### III. RESULTS

Normality test results of physical fitness tests obtained a significant value of fitness of students who attend school using the FDS policy of 0.200, and students who go to school using regular school policies of 0.200. Because the significant level obtained is  $> 0.05$ , it can be concluded that the physical fitness data for students who go to school using the FDS policy and students who use regular school policies are normally distributed.

Homogeneity test results of physical fitness and motor ability data obtained a significant value of physical fitness of female students of 0.050. Because the significant level obtained  $> 0.05$ , it can be concluded that the fitness data is said to be homogeneous.

TABLE I. ANAVA TEST OF FEMALE PHYSICAL FITNESS

	<i>Sum</i>	<i>of</i>		<i>Mean</i>		
	<i>Squares</i>		<i>df</i>	<i>Square</i>	<i>F</i>	<i>Sig.</i>
<i>Between</i>						
	359.736		1	359.736	4.458	.039
<i>Groups</i>						
<i>Within Groups</i>	4680.355		58	80.696		
<i>Total</i>	5040.091		59			

Based on table 1 ANAVA test results for physical fitness showed a significance value of 0.039. This value is smaller ( $<$ ) than the significance level of 0.05 which means that the alternative hypothesis is accepted. So there is a statistically significant difference in the average physical fitness between students attending FDS and students attending regular schools.

### IV. DISCUSSION

The results of physical fitness tests for students in class VII and class VIII from each school and for the age group 13-15 years there are 5 items of physical fitness tests, namely: (1) Running 50 meters; (2) Hang the Elbow Bend; (3) Lying down for 30 seconds; (4) Upright Skip; (5) Run for 800 Meters.

The results of data analysis of students who go to school using regular school policies and students who go to school using FDS policies tend to be greater in the good category, this is natural because students who go to school use regular

school policies with opportunities for wide time utilization not necessarily right. Otherwise schools that use the FDS policy have advantages including, namely, the optimization of the use of time [5]. So even though students who attend school use the FDS policy when they are at school starting at 07.00 WIB until 15.00 WIB students are more busy spending activities with the principle of time optimization. That is one of the reasons why students who go to school using FDS policies in the medium category have a higher percentage than students who go to school using regular school policies. Between schools that use FDS policies and schools that use regular policies there are significant differences [6].

Between students who attend school using the FDS policy and students who attend school using regular school policies, irregular things occur, meaning that not all categories in each school have the same power. The factors that affect a woman's physical fitness are they experience menstruation and some have osteoporosis. So, there is no order in his fitness condition [7].

The results of the analysis of normality tests on physical fitness tests and motor skills obtained significance of 0.200 with a significance level  $< 0.05$ . So, the physical fitness data is normally distributed. So that researchers can continue to analyze data using homogeneity tests.

Homogeneity test analysis results on the physical fitness test 0.050 with a significance level  $> 0.05$ , it can be concluded that the data is homogeneous distribution.

This is a requirement for researchers to continue analyzing data using hypothesis testing using the One-Way Anava test technique. Anava test analysis results showed an F value of 4,458 with a significance value of 0.039 from a significance level of  $< 0.05$ , which means that there are significant differences in the level of physical fitness for students who go to school using the FDS policy and students who go to school using regular school policies.

### V. CONCLUSION

There is a significant difference in the fitness of students who attend school using the FDS policy and students who attend school using regular school policies. There is a significant difference in the results of physical fitness tests for 7th and 8th grade students who use the FDS policy and those who use the regular school policy in Malang.

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