

# The Evaluation of the Physical Fitness Test for Female Junior High School Students

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**Abstract-**The human will be energetic in doing daily life activities as the impact practicing sport consistently and consequently. Practicing sport instills moral values, noble character, sportivity, discipline, avoid discrimination such religion discrimination, tribe, difference social status, and other form of discrimination. The purpose of this research was to find out the Physicalal fitness level of female students of Sukamakmur 1 Junior High School. This research was a descriptive research. The population was female students of Sukamakmur 1 Junior High School. The sample was the female students of VIII Grade which was 30 people. The data collection technique was by using Aceh Physicalal Fitness Testing or well known as tes *Kebugaran Jasmani Aceh (TKJA)*, such as; 1) the speed test (run 40 meter), 2) the strength endurance test (push up), 3) Flexibility test (sit and reach), 4) Power (jump forward one leg). 5) cardiovascular Endurance test (bufagon run 800 meter). The data analysis technique was by calculating the average score and its percentage. The result of this research indicated that in the push-up test, more than half of the female students were having good category, while in the ‘Sit and reach’ were in lacking category.

**Keyword-***Evaluation, Physical Fitness, Students, Junior High School*

## I. INTRODUCTION

The national development goals of education sector is to educate the people’s life and to improve the quality of Indonesian who are religious, righteous, and having noble character as well as mastering the science, technology, and art to create the society which is modern, fair prosperous and civilized based on Pancasila and 1945 constitution. Nowadays, as the refining efforts are made, the problems in education sectors are unavoidable and popping up. The recent problems are the pro and contra about the National examination application, moreover with the fraud practices which are done both by students and teachers and occur in every region and in every education level. The improvement of education is not as hoped. This gap is caused by many factors, such the limited funding, and Indonesia’s geographical constraints as a very wide country with thousands islands, but the communication devices are inadequate.

Education through and of Physical activities” which means that the Physical, Sport and Health education is basically part of the integral system of the whole education system [1]. Therefore, the application of the Physical, Sport and Health education must be directed in order to pursue its

goal. The goal of the Physical, Sport, and Health education should not only focus on the development of the Physical domain, but also to develop the aspects such as; health, the Physical fitness, the critical thinking skill, emotional stability, social engagement skill, noble morality through the Physical and sport activities. The Physical, Sport and Health education is the medium in promoting the development of the motoric, Physical ability, knowledge and reasoning, the appreciation of values (attitude-way of thinking-emotional-spiritual-and social), as well as habituate the healthy lifestyle which stimulates the balanced development and growth. According Paturusi, the essence of Physical, Sport and Health education is defined as “the education process that utilizes Physical activities and sports to obtain the holistic change in individual quality, whether Physically, mentally, and emotionally.” The challenge is that how to integrate the fitness program to the curriculum of Physical education system, and how to ensure that the students will continue practicing those activities in their daily life.

The basic concept of Physical, Sport and Health education and its effective teaching models must be understood by them who are willing to teach this subject. The Physical, Sport and Health education is every effort or activities which aim for the development of body building, Physical fitness, Physical activities, and (skill development). The Physical fitness of someone can be measured quantitatively. The components which are measurable are cardiovascular endurance, the muscle power, the muscle flexibility, the muscle endurance, and the body composition. Someone’s score or his/her Physical endurance can be measured through some tests which are related to those components by using some methods and instruments based on the goal of the tests. At the end, the higher the students’ Physical fitness level, the higher the spirit of the students in studying. Therefore, the goal of the education will be reached, even though the factors will be various. The Physical fitness is categorized into three, 1) static fitness, is someone’s condition which is free from disease or called healthy; 2) dynamic fitness, is someone’s skill to work efficiently which is not required specific skill, for example, walking, running, jumping and lifting up; 3) motoric fitness, is someone’s skill to work efficiently with the specific skill required [2].

Based on the knowledge above, the researcher hoped being able to develop the testing devices of the Physical fitness which suitable for Junior high school students level or for 13-15 years old teenager, based on the problems faced all

this time. This research objective was to find out the level of Physical fitness of the female students at Junior High School 1 Sukamakmur.

The Physical fitness is a primer necessity in doing daily activities. A fit person means dynamically healthy. Dynamic health will support all Physical and psychological activities. Dynamic health will influence someone's work and providing positive impact toward his/her productivity in working and learning [4].

Every person must have the dynamic health standard. It is useless if someone's body only being healthy when he/she takes rest or when he/she sleeps, no more than that. Human's life needs the support of dynamic health in some levels [3]. Physical fitness components which related to health consists of: 1) the cardio respiration endurance, 2) the muscle power, 3) the muscle endurance, 4) flexibility, and the body composition [10].

Some factors which influence the Physical fitness, such as: 1) the regularity of exercise with high intensity, 2) genetic factors, and 3) the nutrient sufficiency [7]. However, someone's Physical fitness can be influenced by some factors: practical, biological, psychological, environment, Physical, and motivational factors [5]. Exercises involving large muscle groups in dynamic movement for periods of twenty minutes or longer, three or more times weekly, at an intensity requiring 60 per cent or more of an individual's cardio respiratory capacity [9]

Physical, Sport and Health education is an integral part of education system. It is inseparable part of education program. Physical, Sport, and Health education is an educational process as an effort to reach educational goal, and it has potency to improve the Physical activities of all children [11].

## II. METHOD

This research was a descriptive qualitative research. The descriptive is the research that attempt to explain and elaborate a phenomenon, event, incident which is occurred presently [11]. Thus, descriptive research is a detailed and deeper process of researching and elaborating the event which focus its attention on the problems. Through the descriptive research, the researcher attempted to elucidate how the cause of an event was and how it was ongoing.

This research also used qualitative approach in which the researcher utilized the data to be analyzed based on the expert theories as the explanation foundation to find out the conclusion. The research procedure in which resulting the observable descriptive data as written and spoken data [12]. Build upon the existing empirical data and refer to the

scientific theories, the researcher analyzed and measured the athlete's Physical fitness so that the real result was gained.

Population is the entirety of the research object, whether it is human, plants, data phenomena, events as the data source which has its own characteristics. The population is the totality of the research subject [13]. The population in a research is firstly appointed, before the research's sample and object are decided. Based on the characteristics and attitude of its member, the population could be differentiated into two, those are heterogenic and homogeny population. The population of this research was a homogeny one which focuses on the whole students of Junior High School 1 Sukamakmur whose age was around 13-15 years old.

Sample is the representative of a population as the research object, and it is taken from some particular techniques, so it reflects the whole population without conducting the test or examining the whole member of the population. Noor (2011:148) explained that the sampling process is the process of selecting the adequate element of a population. The sample of this research was the female students from VIII grade, numbered 30 students.

The sampling technique of this research was purposive sampling, the technique that is based on particular purpose or consideration. Purposive sampling is the sampling technique used by researchers who has specific consideration in deciding the sample [13]. The data collection techniques of this research were; Speed test (running 40 meter), The strength endurance test (push up) , Flexibility test (sit and reach), Power (jump forward one leg), Cardiovascular test (bufagon running 800 meter)

Those five tests were designed by previous researchers. So, in this research the researcher would like to test again to develop where it is needed. The data analysis techniques of this research were by measuring the average score and looking out the percentage so that the whole result would be obtained. The result of each item of the test would be described.

## III. RESULT AND DISSCUSION

The data which collected from the test were analyzed by measuring the average and percentage score. The test items that are measured were: Speed test (running 40 meter), the strength endurance test (push up), flexibility test (sit and reach), Power (jump forward one leg), and Cardiovascular test (bufagon running 800 meter). The result of the data analysis could be studied in the graphic below:

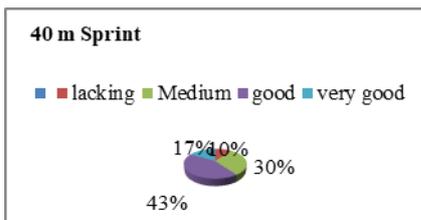


Fig 1: Running 40 meter for female students.

Based on the above data, it could be understood that the result of the running 40 meter test for female students, there were 3 students or 16,6% were in very good category, 13 students or 43,3% good category, 9 students or 30 % medium category, and 3 female or 10% poor category. The result showed that for running 40 meter skill, the students were at the good category.

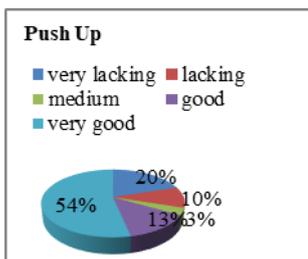


Fig 2: Push up for female students.

Based on the data, it was discovered that in the push up test; 16 students or 53,3% were at very good category, 4 students or 13,3% good category, 1 student or 3,3% medium category, 3 students or 10% poor category and 6 students or 20% very poor category. The result showed that for the push up test, the students were at the very good category.

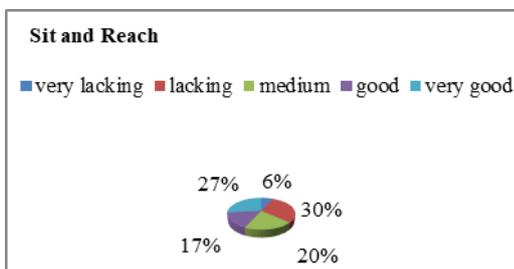


Fig 3: Sit and Reach.

The data above mentioned figured out that in the Sit and Reach test, there were 8 students or 26,6% at very good category, 5 students or 16,6% at good category, 6 students or 20% at medium category, 9 students or 30% at poor category and 2 students or 6,6% very poor category. The result indicated that in the Sit and Reach test, the students were at the poor category.

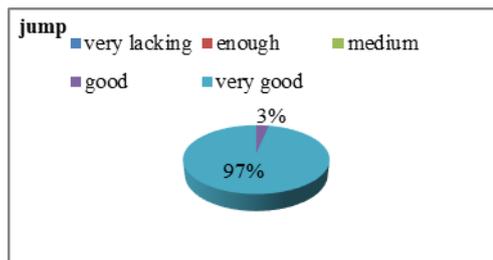


Fig 4: Vertical Jump Test.

The data figured out the result of Power (jump forward one leg). test for female students, there were 29 students or 96,6% at the very good category, 1 student or 3,3% at good category. The result showed that in this skill, the students were at the very good category.

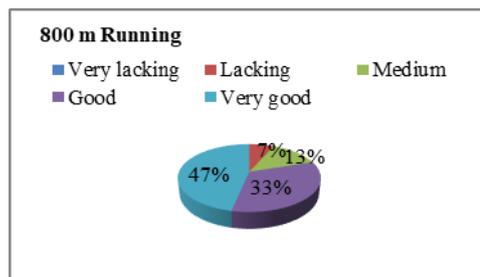


Fig 5: Bufagon Running 800 meter.

The data figured out that in the Bufagon Running 800 meter, there were 14 students 14 or 46,6% at the very good category, 10 students or 33,3% at good category, 4 students or 13,3% at medium category, and 2 students or 6,6% at very lacking category. The result showed that in Bufagon Running test, the students were at very good category.

#### IV. CONCLUSION

The result showed that the female students were at very good category for push up item test, while for sit and reach test they were at lacking category. From the test result and analysis, it could be concluded that the students score were varied which means the students' Physical fitness were various.

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