

ABSTRAK

TINGKAT KEBUGARAN JASMANI PADA SISWA KELAS VII SMP KRISTEN 2 MOLLO UTARA

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Latar belakang: Salah satu cara seseorang dapat mencapai tingkat kebugaran jasmani yang optimal ialah dengan melakukan sebuah aktivitas fisik secara teratur. melalui Tes Kebugaran Pelajar Nusantara (TKPN).

Tujuan penelitian: untuk mengetahui Tingkat Kebugaran Jasmani Pada Siswa Kelas VII SMP Kristen 2 Mollo Utara

Metode penelitian: Penelitian ini menggunakan pendekatan kuantitatif. Jenis penelitian menggunakan teknik analisis data deskriptif kuantitatif presentase sesuai dengan norma TKPN.

Hasil dan pembahasan: Populasi dalam penelitian ini terdiri dari 30 siswa Namun, yang dijadikan sampel hanya sebanyak 15 orang siswa, di antaranya Laki-laki: 7 siswa (46,7%), Perempuan: 8 siswa (53,3%). Hasil tes IMT menunjukkan bahwa sebagian besar siswa (86,7%) berada dalam kategori gizi baik, 6,7% berkategori gizi kurang, dan 6,7% berkategori gizi lebih. Tidak ada siswa yang tergolong obesitas. Pada aspek kelentukan (*V-Sit and Reach*), 13% siswa berkategori sangat baik, 40% baik, 7% cukup, serta masing-masing 20% berada pada kategori rendah dan sangat rendah. Pada item kekuatan otot perut (*Sit-up*), 7% siswa menunjukkan kategori baik, 73% cukup, dan 20% rendah. Pada tes kelincaran dan kekuatan otot tungkai (*Squat Thrust*), sebanyak 13% siswa berkategori sangat baik, 53% baik, dan 33% cukup. Tidak ada siswa yang tergolong rendah atau sangat rendah pada item ini. Namun, pada aspek daya tahan kardiovaskular (PACER), seluruh siswa (100%) menunjukkan hasil sangat rendah.

Simpulan: Hasil tes kebugaran jasmani terhadap 15 siswa menunjukkan variasi tingkat kemampuan fisik. Kelenturan dan kelincaran sebagian besar siswa tergolong baik, sedangkan kekuatan otot perut berada pada kategori cukup dengan sebagian siswa berkategori rendah. Aspek yang paling lemah adalah daya tahan kardiovaskular, di mana seluruh siswa berada dalam kategori sangat rendah.

Kata kunci: Kebugaran, Jasmani, TKPN

ABSTRACT

RELATIONSHIP BETWEEN TEACHER COMPETENCE AND STUDENTS LEARNING OUTCOME IN PHYSICAL EDUCATION, SPORT, AND HEALTH

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Background: One way to achieve optimal physical fitness is through regular physical activity, such as the Nusantara Student Fitness Test (TKPN).

Research objective: determine the level of physical fitness in grade VII students SMP Kristen 2 Mollo Utara.

Research method: This study uses a quantitative approach. The research type uses descriptive quantitative percentage data analysis techniques in accordance with TKPN norms.

Result and discussion: The population in this study consisted of 30 students. However, only 15 students were sampled, including 7 male students (46.7%), 8 female students (53.3%). The BMI test results showed that most students (86.7%) were in the good nutrition category, 6.7% were in the undernutrition category, and 6.7% were in the overnutrition category. No students were classified as obese. In the flexibility aspect (V-Sit and Reach), 13% of students were in the very good category, 40% were in the good category, 7% were in the sufficient category, and 20% were in the low and very low categories, respectively. In the abdominal muscle strength item (Sit-up), 7% of students showed a good category, 73% were in the sufficient category, and 20% were in the low category. In the agility and leg muscle strength test (Squat Thrust), 13% of students were in the very good category, 53% were in the good category, and 33% were in the sufficient category. No students were classified as low or very low in this item. However, in the aspect of cardiovascular endurance (PACER), all students (100%) showed very low results.

Conclusion: The results of a physical fitness test on 15 students showed varying levels of physical ability. Most students' flexibility and agility were considered good, while abdominal muscle strength was in the fair category, with some students in the low category. The weakest aspect was cardiovascular endurance, with all students in the very low category.

Keyword: Fitness, Physical, TKPN