



## Physical Fitness Levels of Students in Public Elementary School 8 Semende Darat Laut (Implementation of Physical Education in the New Normal Era)

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### Abstract

The purpose of the study was to determine the level of physical fitness of students at the public elementary school 8 Semende Darat Laut (SDN 8 SDL) in the implementation of physical education in the new normal era of Covid-19. This study used a quantitative descriptive research design with a one-shot case study approach. The population in this study were 95 students of public elementary school 8 Semende Darat Laut (SDN 8 SDL), and the sample in this study were 45 students who were in grade 4, 5 and 6. The research instrument used was the indicators of the Indonesian Physical Fitness Test (TKJI) including 40 meters running, hanging and bending elbows, lying down for 30 seconds, vertical jump, and 600 meters running. The results of the study showed that the level of physical fitness of SDN 8 SDL students for all classes was in a very low condition (VL) with the final TKJI score ranging from 5-9.

**Keywords:** Lie Down, Run, Jump, Students, Physical Fitness Level

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## **A. Introduction**

Physical education is a method of learning movement, exercise and other physical activities to support educational success. Integration between movement skills and physical education can provide growth and development for children (Dhedhy, 2016). The implementation of education in Indonesia has experienced a change in methods due to the Covid-19 pandemic outbreak, which was originally carried out face-to-face to online learning. This learning is an educational innovation to answer the challenge of the availability of varied learning resources. (Nakayama, Minoru; Yamamoto, Hiroh; Santiago, 2007). Indirectly, learning activities outside of school or at home would greatly affect the fitness level of students.

The condition of the Covid-19 pandemic was experienced by almost all schools in Indonesia, including the Public Elementary School 8 Semende Darat Laut, Muara Enim Regency, South Sumatra. Changes in learning patterns, especially in physical education (PE) subject, have a big impact on students, especially on the fitness level of students while undergoing online learning. From the various problems that arose in the context of implementing physical education learning during the Covid-19 pandemic, the most important

thing that became the solution was the performance of physical education teachers. The teachers as a facilitator must always be creative and able to find effective learning methods in achieving the desired goals. The effective, creative, and solutive learning methods presented by the teachers would be very useful in physical education teaching and learning activities, this method can be applied even in the future or the new normal era.

The level of physical fitness of students at all levels of education was greatly affected by the covid 19 pandemic. Several previous studies reported that the physical fitness level of students at Patuk 1 Public Middle School during the covid 19 pandemic as measured by the Harvard Step-Ups Test was in the poor category with frequency 26 students (28.8%), less with a frequency of 47 students (52.3%), enough 17 students (18.9%), good 0 students (0.9%), very good none (0%), extraordinary none (0%) (Pradana, 2022). In addition, the physical fitness level of Jatibandar 2 Elementary School students during the Covid-19 pandemic was on average in the moderate category as seen from the results of the 5 physical fitness test items including the 60 second Sit Up Test in the moderate category (45%). Sit and reach is known to be in the medium category (50%) (Ma'arif

and Prasetyo, 2021). The results of the calculation of the pull up modification are known to be in the moderate category (50%). After the covid 19 pandemic, it is hoped that the fitness condition of students will improve again with the implementation of face-to-face learning. Post-pandemic conditions to improve physical fitness are by doing various physical activities. Exercising or doing other physical activities can be a part of the support to improve the body's immune system which is needed by everyone, especially students during the Covid-19 pandemic as it is today (Pakaya et al., 2020). "Physical fitness activities that students can do consist of: 1) squats, 2) lunges, 3) calf raises, 4) bicep curls, 5) tricep extensions, 6) press-ups, 7) oblique twists, and 8) deadlifts. , these movements are carried out 12 repetitions x 3 sets for 4 weeks" (Lubis & Nugroho, 2020).

Based on the explanation about the background of the problems, the authors were interested in conducting research on the Physical Fitness Level of Students at Public Elementary School 8 Semende Darat Laut, Muara Enim Regency (Implementation of Physical Education in the New Normal Era).

This study aims to determine the level of physical fitness of Public Elementary School Semende 8 students in the

implementation of physical education in the new normal era of Covid-19.

## **B. Methods**

### **Research Methods**

This study used a quantitative descriptive research design with a one shot case study approach. According to (Sugiyono, 2017) quantitative method is a research method used to examine populations or samples. Data collection regarding the level of physical fitness was carried out with Indonesian Physical Fitness Test (Tes Kebugaran Jasmani Indonesia/TKJI) 2020.

### **Research Location and Period**

The research location was the place used to collect data about the implementation of Physical Education learning during the Covid-19 pandemic and the fitness level of students during the Covid-19 pandemic at Public Elementary School 8, Semende Darat Laut .

### **Population and Research Sample**

The population was the entire research object which consisted of real objects and has certain qualities and characteristics determined by the researchers to be studied and then drawn into conclusions (Sugiyono, 2009). The population in this study were all 95 students at Public Elementary School 8, Semende

Darat Laut.

The sample is part or representative of the population to be studied and is considered to represent the entire population (Notoatmodjo, 2005). The sample in this

study were 45 upper grade students (grade 4, 5, 6) of Public Elementary School 8, Semende Darat Laut. The distribution of research samples based on the gender is presented in Table 1 below.

**Table 1. The number of research samples based on the gender of the students**

No	Class	Number of Boys	Number of Girls	Total (people)
1	4	8	9	17
2	5	10	-	10
3	6	10	8	18

Source: Public Elementary School 8, Semende Darat Laut District.

Sampling in this study used purposive sampling, meaning that the sampling technique was subject to certain conditions, namely students in the upper grades of Public Elementary School 8, Semende Darat Laut, aged 10-12 years old.

### **Data Collection Methods**

The data in this study consisted of primary data and secondary data. The primary data was obtained from the results of measurements of the physical fitness test and the secondary data was the data of supporting activities at school. Test is a tool or procedure used in the framework of measurement and assessment according to Ismaryati (2006). Data collection was carried out referring to the instrument used to measure physical fitness, namely the Indonesian Physical Fitness Test (TKJI) for the category of elementary school students grade 4, 5 and 6 or ages 10 to 12 years

(Nurhasan, 2007: Sepdanius *et al*, 2019). Some of the data that were collected including 1) 40 meter run, 2) hanging and bending elbows, 3) lying down sit up for 30 seconds, 4) vertical jump and 5) 600 meter running.

Data collection methods in this research using tests and measurements. The tests and measurements were done to determine the level of physical fitness of students. After the data on the level of physical fitness was acquired then the data was grouped based on age, gender and class of the students.

### **Data Analysis Methods**

After the data were collected, the next step was to analyze so the conclusions could be drawn from the data. The data obtained from each sample was raw data, which transformed into scores then converted into a physical fitness table for

boys and girls from the values obtained then added up.

To classify the level of physical fitness, the total values were included in the physical fitness norms as shown in Table 2,

3 and 4. After obtaining the level of physical fitness of each student, then the percentage for each category were calculated.

**Table 2. Table of Indonesian Physical Fitness Test Scores for Boys Aged 10-12 Year Old**

40-meter running	Hanging and bending elbows	Lying down for 30 seconds	Vertical jump	600-meter running	Score
up to 6.3"	51" above	23 above	46 above	up to 2'09"	5
6.4"- 6.9"	31" – 50"	18 – 22	38 – 45	2'10" – 2'30"	4
7.0"- 7.7"	15" – 30"	12 – 17	31 – 37	2'31" – 2'45"	3
7.8"- 8.8"	5" – 14"	4 – 11	24 – 30	2'46" – 3'44"	2
8.9"- etc	4" - etc	0 - 3	23 - etc	3'45" - etc	1

Source: Ministry of National Education, Physical Quality Development Center Jakarta (2010)

**Table 3. Table of Indonesian Physical Fitness Test Scores for Girls Aged 10-12 Years Old**

40-meter running	Hanging and bending elbows	Lying down for 30 seconds	Vertical jump	600-meter running	Score
up to 6.7"	40" above	203 above	42 above	up to 2'32"	5
6.8" – 7.5"	20" – 39"	14 – 19	34 – 41	2'33" – 2'54"	4
7.6" – 8.3"	8" – 19"	7 – 13	28 – 33	2'55" – 3'28"	3
8.4" – 9.6"	2" – 7"	2 – 6	21 – 27	3'29" – 4'22"	2
9.7" - etc	0" – 1"	0 - 1	20 - etc	4'23" - etc	1

Source: Ministry of National Education, Physical Quality Development Center Jakarta (2010)

**Table 4. Indonesian Physical Fitness Test Norms**

No	Total Score	Classification	Abbreviation
1	22 – 25	Very Good	(VG)
2	18 – 21	Good	(G)
3	14 – 17	Moderate	(M)
4	10 – 13	Low	(L)
5	5 - 9	Very Low	(VL)

## **C. Result and Discussion**

### **Result**

#### **The Overview of Research Location**

The research was conducted in Public Elementary School 8 Semende Darat Laut (SDN 8 SDL) or precisely in Pagar Agung Village, Semende Darat Laut, Muara Enim Regency, South Sumatra Province, Indonesia. The land area of SDN 8 SDL is 3,500 m<sup>2</sup>. Based on the astronomical location, the research location is located at -3.3287 latitude and 104.1305 longitude. SDN 8 SDL founded in 1975 and has been carrying out teaching and learning activities for 47 years. Based on basic education data searches (DAPODIK) SDN 8 SDL is registered with NPSN 10645778 with a total of 11 teachers and education staff.

#### **Characteristics of the Research Sample**

The samples used as the object of this study were students in grade 4, 5 and 6 with total sample of 45 students consisted of 28 boys and 17 girls. The sample in this study, when were classified into age groups, was in the age range of 10-12 years old.

#### **Data Description**

The purpose of this study was to determine the level of physical fitness of male and female students in grade 4, 5 and 6 of SDN 8 SDL. This physical fitness test is measured using 5 test items consisting of, (1). 40 meters running, (2). Hanging and

bending elbows, (3). Lying down sit up for 30 seconds, (4). Vertical jump and (5). 600 meters running. The results of the data that have been obtained were entered into the norm value of physical fitness which then be used as a benchmark to determine the level of physical fitness of male and female students in grade 4, 5 and 6 of SDN 8 SDL aged 10-12 years old. **Data Analysis**

#### **Results**

The results of data analysis in this study are presented in the form of tables and pictures containing information on indicators of physical fitness. The data presented is indicator data for physical fitness tests for each class, namely grade 4, 5 and 6 for males and females besides that the data also be calculated for the frequency and percentage values and compared with the Indonesian physical fitness test scores for boys and girls age group 10-12 years. Data presented sequentially include (1). 40 meters running, (2). Hanging and bending elbows, (3). Lying down sit up for 30 seconds, (4). Vertical jump and (5).

600 meters running. Data as the results of measuring the physical fitness test indicators are presented in Table 5 below. Grade 5 male students produced an average of 29.25 seconds, with a standard deviation

of 1.71, a minimum value of 26.19 seconds, a maximum value of 31.39 seconds. Grade 6 male students produced an average of 27.49 seconds, with a standard deviation of 1.01, a minimum value of 26.19 seconds, a maximum value of 29.16 seconds and female students produced an average of 31.35 seconds, with a standard deviation of 1, 16, the minimum value is 30.17 seconds, the maximum value is 33.48 seconds.

the **hanging and bending elbows** indicator for grade 4 male students produced an average of 2.88 seconds, with a standard deviation of 0.83, the minimum value is 2 seconds, the maximum value is 4 seconds and the female students produced an average of 1, 22 seconds, with a standard deviation of 0.44, the minimum value is 1 second, the maximum value is 2 seconds. Grade 5 male students produced an average of 2.50 seconds, with a standard deviation of 1.08, the minimum value is 1 second, the maximum value is 4 seconds. Grade 6 male students produced an average of 5.90 seconds, with a standard deviation of 1.52, a minimum value of 3 seconds, a maximum value of 8 seconds and female students produced an average of 1.75 seconds, with a standard deviation of 0.89, a minimum value 1 second, maximum value is 3 seconds.

the **lying down sit up for 30 seconds**

indicator for grade 4 male students produced an average of 12.38 seconds, with a standard deviation of 2.45, the minimum value is 12 times, the maximum value is 8 times and the female students results in an average of 6 .44 seconds, with a standard deviation of 5.75, the minimum value is 1 time, the maximum value is 16 times. Grade 5 male students produced an average of 13.40 seconds, with a standard deviation of 4.12, the minimum value is 6 times, the maximum value is 18 times. Grade 6 male students produced an average of 14.90 seconds, with a standard deviation of 3.14, a minimum value of 10 times, a maximum value of 19 times and female students produced an average of 9.00 seconds, with a standard deviation of 4.84, a minimum value 1, maximum value 15 times.

For the **vertical jump** indicator for grade 4 male students produced an average of 35.25 seconds, with a standard deviation of 2.82, the minimum value is 30 cm, the maximum value is 38 cm and the female students produced an average of 22.44 seconds, with a standard deviation of 12.96, the minimum value is 9 cm, the maximum value is 40 cm. deviation of 7.38, minimum value of 20 cm maximum value of 40 cm. Grade 6 male students produce an average of 31.90 seconds, with a standard deviation of 5.90, a minimum value of 25 cm, a

maximum value of 42 cm and female students produced an average of 29.88 seconds, with a standard deviation of 9.25, a minimum value 10 cm, the maximum value is 39 cm.

The **600 meters Running** indicator for grade 4 male students produces an average of 5.68 seconds, with a standard deviation of 0.51, the minimum value is 5.12 seconds, the maximum value is 6.45 seconds and the female students produced an average of 8.05 seconds, with a standard deviation of 0.59, the minimum value is 7.23 seconds, the maximum value is 8.56 seconds. Grade 5 male students produced an average of 3.97 seconds, with a standard deviation of 0.39, a minimum value of 3.44

seconds, a maximum value of 4.55 seconds. Grade 6 male students produced an average of 3.16 seconds, with a standard deviation of 0.55, a minimum value of 2.48 seconds, a maximum value of 4.33 seconds and female students produced an average of 6.32 seconds, with a standard deviation of 0.17, the minimum value is 6.12 seconds, the maximum value is 6.59 seconds

### **Indonesian Physical Fitness Test/TKJI Final Results**

TKJI final results are presented by class, namely grade 4 males (Table 6), grade 4 females (Table 7), grade 5 (Table 8), grade 6 males (Table 9) and grade 6 females (Table 10).

**Table 5. Tabulation of data on the results of measuring physical fitness indicators for male and female students in grade 4, 5 and 6 at SDN 8 Semende Darat Laut**

Grade (gender)	Student ID Number	Student Initials	Parameters				
			40 meters running	Hanging and bending elbows	Lying down sit up 30 seconds	Vertical Jump	600 meters running
4 (Males)	1	AA	32.26	2	12	32	5.59
	2	AFW	29.28	3	13	35	5.2
	3	IA	27.25	3	12	30	6.13
	4	MFS	32.46	3	15	37	6.18
	5	MOD	33.19	2	12	37	6.45
	6	MES	26.53	4	18	38	5.12
	7	P	25.4	2	17	36	5.24
	8	MA	26.4	4	16	37	5.5
4 (Females)	1	CM	35.68	1	3	19	7.32
	2	DF	33.76	1	16	38	8.42
	3	GA	33.43	1	2	32	8.37
	4	EG	33.78	1	9	32	7.26
	5	NM	33.4	1	1	12	8.39
	6	SA	33.48	2	15	40	8.46



Grade (gender)	Student ID Number	Student Initials	Parameters				
			40 meters running	Hanging and bending elbows	Lying down sit up 30 seconds	Vertical Jump	600 meters running
5 (Males)	7	UMA	33.79	1	5	10	7.23
	8	SA	33.8	2	1	10	8.42
	9	RM	33.76	1	6	9	8.56
	1	AS	31.39	3	8	36	4.32
	2	ARS	31.17	2	11	32	3.59
	3	KN	30.53	2	12	33	4.12
	4	MRS	30.16	1	6	20	3.50
	5	RAF	29.38	1	16	37	4.15
	6	WES	29.48	4	18	36	3.64
	7	JP	29.16	3	17	20	4.23
6 (Males)	8	FE	27.46	4	17	23	4.18
	9	TZ	26.19	3	16	27	3.44
	10	RA	27.55	2	13	40	4.55
	1	AQA	27	6	16	40	3.32
	2	GA	28.54	7	19	25	4.33
	3	IA	28.46	4	13	32	3.47
	4	RAS	26.32	7	18	30	2.58
	5	KJ	29.16	6	17	33	3.32
	6	MNKA	27.23	8	12	25	2.56
	7	MKA	28.12	6	17	35	3.1
6 (Females)	8	OA	27.08	5	11	42	3.06
	9	SP	26.19	3	10	31	3.39
	10	S	26.8	7	16	26	2.48
	1	AAR	30.58	2	13	30	6.31
	2	BY	31.21	2	10	25	6.12
	3	TA	30.18	3	1	39	6.27
	4	DA	31.19	1	15	38	6.59
	5	LNO	33.48	3	12	30	6.3
6	NS	30.17	1	10	32	6.54	
7	PM	31.42	1	3	35	6.3	
8	PSA	32.54	1	8	10	6.12	

Table 6. Final TKJI Results of SDN 8 Semende Darat Laut, Grade 4 Male

Student Number	Student Initials	Score	Norms
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1	AA	9	Very Low (VL)
2	AFW	9	Very Low (VL)
3	IA	8	Very Low (VL)
4	MFS	9	Very Low (VL)
5	MOD	9	Very Low (VL)
6	MES	11	Low (L)
7	P	9	Very Low (VL)
8	MA	9	Very Low (VL)
<b>Average</b>		<b>9.13</b>	<b>Very Low (VL)</b>

**Table 7. Final TKJI Results of SDN 8 Semende Darat Laut, Grade 4 Females**

Student Number	Student Initials	Score	Norms
1	CM	6	Very Low (VL)
2	DF	11	Low (L)
3	EG	8	Very Low (VL)
4	GA	9	Very Low (VL)
5	NM	5	Very Low (VL)
6	SA	11	Low (L)
7	UMA	6	Very Low (VL)
8	SA	5	Very Low (VL)
9	RM	6	Very Low (VL)
<b>Average</b>		<b>7.44</b>	<b>Very Low (VL)</b>

**Table 8. Final TKJI Results of SDN 8 Semende Darat Laut, Grade 5 Males**

Student Number	Student Initials	Score	Norms
1	AS	9	Very Low (VL)
2	ARS	8	Very Low (VL)
3	KN	6	Very Low (VL)
4	MRS	6	Very Low (VL)
5	RAF	9	Very Low (VL)
6	WES	10	Low (L)
7	JP	7	Very Low (VL)
8	FE	7	Very Low (VL)
9	TZ	9	Very Low (VL)
10	RA	10	Low (L)

Average		8.10	Very Low (VL)
<b>Table 9. Final TKJI Results of SDN 8 Semende Darat Laut, Grade 6 Males</b>			
Student Number	Student Initials	Score	Norms
1	AQA	12	Low (L)
2	GA	8	Very Low (VL)
3	IA	10	Low (L)
4	RAS	11	Low (L)
5	KJ	11	Low (L)
6	MNKA	10	Low (L)
7	MKA	11	Low (L)
8	OA	11	Low (L)
9	SP	10	Low (L)
10	S	10	Low (L)
<b>Average</b>		<b>10.4</b>	<b>Low (L)</b>

**Table 10. Final TKJI Results of SDN 8 Semende Darat Laut, Grade 6 Females**

Student Number	Student Initials	Score	Norms
1	AAR	8	Very Low (VL)
2	BY	11	Low (L)
3	TA	8	Very Low (VL)
4	DA	10	Low (L)
5	LNO	8	Very Low (VL)
6	NS	10	Low (L)
7	PM	6	Very Low
8	PSA	6	Very Low
<b>Average</b>		<b>8.38</b>	<b>Very Low (VL)</b>

## Discussion

The discussion describes the results of Physical activity is an activity that is needed by every human being because it is very closely related to their physical condition and health. This activity aims to keep the body healthy and in good condition (Noprian., Zulrafl., & Kamarudin, 2020). Someone's body is said to be healthy if he has a fit physical condition after carrying out various activities (Solikha & Muhammad, 2022).

Physical fitness is ability of a person to perform physical tasks optimally and still be able to carry out other additional physical activities without causing excessive fatigue (Syarifuddin & Kartika, 2022).

The implementation of education in Indonesia is carried out directly or face to face with students by the teacher as a facilitator. However, in recent years the implementation of education in Indonesia has experienced a change in method due to the COVID-19 pandemic outbreak. On

March 24, 2020 the Minister of Education and Culture of the Republic of Indonesia issued Circular Number 4 of 2020 concerning the implementation of education policies during the emergency spread of COVID-19. The learning process is carried out at home through online/distance learning which aims to break the chain of transmission of COVID-19. One of the subjects that also experienced a change in method was physical education, sports, and health (PESH).

The learning process in PSEH subject is usually associated with face-to-face learning that is fun and enjoyable (Budi *et al.*, 2019; Kusnandar *et al.*, 2021; Nur *et al.*, 2020). During the emergency period of the spread of Covid-19, PSEH learning is carried out remotely or online, teachers must also be prepared to modify teaching materials and innovate to maximize online learning. Learning modification is a solution if the physicaleducation learning process is not supported (Setawan *et al.*, 2020; Widowati & Decheline, 2020). The Covid-19 pandemic is not only being felt by people in urban areas, but also in rural areas experiencing the same impact. This is also felt by schools in public elementary schools in the District of Semende Darat Laut (SDL) Muara Enim Regency, South Sumatra. One of the public elementary

schools that experience students fitness problems is SDN 8 SDL. Physical education learning cannot be carried out in accordance with the lesson plan, many students complain because there are too many assignments from the teachers, and parents have difficulty accompanying children's learning activities, so that it directly affects the fitness level of students.

Based on the results of the research that has been carried out and presented in the tables above, it can be seen that different results were obtained for each grade on all indicators of physical fitness tested. Based on the results of measurements and calculations of the physical fitness of students in grade 4, 5 and 6 of SDN 8 Semende Darat Laut who were into the 10-12 years old group, it shows that students in grade 4 and 5 both males and females also grade 6 female students on average had very low physical fitness. Meanwhile, the grade 6 students at SDN 8 Semende Darat Laut on average had low physical fitness.

The Covid-19 pandemic has had a major impact on the physical fitness of students at SDN 8 Semende Darat Laut. The imposition of restrictions on community activities or better known as large-scale social restrictions (PSBB) according to the Indonesian government policy since the beginning of 2021 to deal with the Covid-19 pandemic in Indonesia is

very influential in the process of organizing learning activities in schools. The impact of Covid-19 on the implementation of physical learning in schools, among others, is that the implementation of learning activities is constrained, the teachers and students learning methods only carry out online learning with various limitations (Kristiyanti, 2021). The behavior of students is also affected by the many online learning activities set by the government, visible behavior includes inactive behavior and a tendency towards a sedentary lifestyle among students.

The results of this study are the proof that the pandemic situation can directly affect the fitness level of students, especially at SDN 8 SDL. The results of this research are of course a serious concern for physical education, sport, and health teachers in the Semende Darat Laut sub-district, especially at SDN 8 Semende Darat Laut so that physical education, sport, and health learning can be modified with more creative methods in order to improve students fitness levels.

The low fitness level of students in the results of this study is thought to be caused by several factors, one of which is environmental factors. Environmental factors as a place to live have a significant impact on maintaining and increasing the physical fitness of students (Ma'arif &

Prasetyo, 2021). In addition, factors that affect physical fitness as stated by Kusuma Afandi (Jannah, 2018), including:

Age, during the growth period, someone's physical fitness will be better because at this age the organs in the body work properly. Compared to the age of adulthood, many tissues in the body begin to experience a decrease in their work function resulting in a decrease in physical fitness.

Consumption of nutrients, consuming foods that contain lots of high carbohydrates will make a good immune system. Gender during the growth period, young females usually have physical fitness faster than males, but after this period, males physical fitness will increase more rapidly.

Based on the description of the data above, it further emphasizes that schools need to think about strategic steps to increase the physical activity of students when at school or when students return to their respective homes, for example encouraging students to take part in extracurricular activities at sports clubs around them through an emphasis on giving homework, the hope is that students can be more physically active to the maximum with the goal of achieving student fitness. Besides that, physical fitness will be directly related to student learning

motivation. As reported by Mon *et al.*, (2017) that physical fitness and learning motivation together contribute to learning outcomes which are marked by obtaining F-value ( $42.948 > F\text{-table } (3.35)$ ), then the relation could be seen deeply through multiple correlation obtained,  $r = 0.873 > r\text{ table} = 0.361$ , and contributed to the participants in the Special Sports Class of SMP Negeri 1 Bukittinggi city by 76.04%.

There are many things that can be done by teachers in order to improve the physical fitness of students, one of which is by carrying out game activities in teaching and learning activities (Apriani *et al.*, 2021). In addition, teachers are required to stay updated in finding learning methods that can be carried out online and teachers are advised to further improve their mastery of technology and mastery of delivering material so that the application of online learning can be carried out better (Rojali *et al.*, 2021).

#### **D. Conclusion**

Based on the results of the physical fitness level of students in grade 4, 5 and 6 of SDN 8 Semende Darat Laut, the average physical fitness level is very low for male and female students. These results have been adjusted to Indonesian physical fitness standards in the 10-12 years old group. The results can be seen from the TKJI results as follows: male students in grade 4, 5 and 6 of SDN 8,

Semende Darat Laut District obtained average result of 9 in the very low category and second, female students in grade 4, 5 and 6 physical fitness level of SDN 8 Semende Darat Laut, obtaining an average result of 8 with very low category.

After knowing the level of physical fitness of students in grade 4, 5 and 6 at SDN 8 Semende Darat Laut District, several suggestions were successfully summarized including:

It is necessary for physical education, sport, and health teachers to use guidelines and measurements of the Indonesian physical fitness test (TKJI) issued by the Ministry of National Education in 2010 according to age groups to be able to determine the level of physical fitness in elementary school students. The need for support from the school and parents of students to control and limit the use of gadgets and other electronic devices in order to improve student fitness.

#### **D. Acknowledgments**

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#### **E. Conflict of Interest**

“no conflict of interest”

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