



IDENTIFICATION OF JASMANI PHYSICAL FITNESS THROUGH (TKJI) CHILDREN AGE 10-12 YEARS IN CLASS V STUDENTS OF SD INPRES BERTINGKAT KELAPA LIMA 1, 2 AND 3 KUPANG CITIES

Yudabbirul Arif

Physical Education, Health And Recreation Department, Faculty of Education and Teachers Training, Universitas Nusa Cendana, Kupang, Indonesia

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Abstract

The problem in this study is how the level of physical fitness through the Indonesian Physical Fitness Test (TKJI) in fifth-grade students of SD Lima Inpres Kelapa Lima 1, 2, and 3 Kupang City. The purpose of this study is the purpose of this study was to determine the identification of the level of physical fitness at the age of 10-12 years through the Indonesian Physical Fitness Test (TKJI) in fifth-grade students of SD Lima Negeri 5, 2 and 3 Levels in Kupang City. the type of research used in this study is descriptive as for the sample used in this study are elementary school students with five coconut levels I, II, and III in class V, amounting to 67 samples. Data collection is done by observation techniques and measurement tests and documentation of data collected and further processed using a descriptive statistical analysis technique that aims to determine the final conclusions of one study. The results of the research show that the Identification of Physical Fitness Levels (TKJI) for children aged 10-12 years in fifth-grade students of SD Lima Madras Graded 1, 2 and 3 Kupang City get the level of physical fitness of Indonesia (TKJI) children aged 10-12 years get improved the level of fitness is good with a 40m running presentation with an average score of 6.9881 in the good category, pull-ups are at a good level with an average score of 3.3333, sit-ups are at a good level with an average score of 16.00, vertical jumps are at a good level with an average score of 2.4929

INTRODUCTION

Physical education provides opportunities for students to be directly involved in a variety of learning experiences through physical, play, and sports activities that are carried out systematically, directed, and planned. Sport is a thing that can make humans physically and mentally healthy and have personality, discipline, high sportsmanship so that in the end human quality and integrity will be formed (Arif & Alexander, 2019). we can see that from the success of a teacher to get a quality human and character is how to educate and apply into everyday life in applying it through physical education itself.

Strength testing can be done safely and efficiently using various methods. The risk of injury for the athlete is minimal because he/she is not in the weight room lifting a maximum load (Reynaud, Cecile 2011: 12). As explained to carry out activities required maximum strength so that in carrying out physical activities can be more efficient, so the risk of injury can be minimized.

In addition to the 'technologies of fitness' (Pronger 2002), initially, a preserve of the middle classes, has been incorporated into a general orientation towards the maintenance of the physical body (Significantly, as Edwards In Ian Welland (2009: 12)). fitness training is something that needs to be done to maintain the condition of the body from the past, and all that requires techniques to do it for maximum results.

To learn a movement requires repetitive practice. Exercise is a factor that affects motor skills. If fatigue (of mind or body) is setting in by the twentieth, it is better to quit snatching, because you begin to fail in refining your technique. (Tsatsoulie, Pavel, and John Easy 2011: 85). According to Tsatsoulie to learn the movements needed

good body fitness too, so many reps were made to be able to master these movements.

The aerobic activity provides a Training Effect on Vital Capacity Stroke Volume and Cardiac Output (Chuck Krautblatt, 2018). We can understand that the form of exercises carried out has an impact on internal organs such as the capacity of the lungs, heart, and others.

Understand the basic terminology of human bioenergetics and metabolism related to exercise and training (Lynn et al., 2018). We can understand that the basis of human fitness and human metabolism is related to exercise and exercise.

Regular and continuous practice will benefit students' fitness levels. In a physical fitness workshop in 1984 in Jakarta, the Indonesian physical fitness test (TKJI) was agreed and determined to be an instrument that applies in Indonesia.

There are physical activities in the Kupang Lima Five, 1, 2, and 3 Elementary Inpres Elementary Schools in their daily lives, of course, involving students and students. Popular physical activities are playing football, playing volleyball, and playing badminton. The role of students in the activities at the Ina Kelapa Lima Elementary School 1, 2, and 3, we can see that students do a lot of physical activities in their daily activities so that we can expect the motoric abilities of students and students to continue to develop. In developing the motoric abilities of students and students at school, a process is needed under the characteristics of children in general. But in reality, the development of students and students is not yet fully good.

According to Muhajir (2007: 2), physical fitness is the ability and ability of the body to make adjustments (adaptation) to the physical liberation given to it (from work done daily) without causing excessive fatigue. Every person needs good physical fitness so

that he can carry out his work effectively and efficiently without experiencing significant fatigue. According to Djoko Pekik Irianto (2004: 42) referred to fitness is physical fitness (Physical Fitness) which is "The ability of someone to do their daily work efficiently without excessive fatigue so that they can still enjoy their free time".

Kuntzieman Charles T, in Hairy (2004: 117) said that physical fitness is the ability to carry out daily tasks diligently, without experiencing significant exhaustion, and by using enough energy. Physical fitness (Physical Fitness) is a physical aspect of total freshness (Total Fitness) Physical fitness provides someone with the ability to do daily productive work without fatigue and still has reserves of energy to enjoy his free time well or to do sudden work. Certain training patterns can improve fitness elements and also increase muscle development (Arif, Boleng, Maria, et al., 2019). It is said that the correct training patterns can improve the fitness component and also improve muscle development, for that a teacher or trainer must know how he trains whether it is suitable or not for the fitness development of students or athletes themselves.

According to Morehouse and Miller in Nurhasan, (2008: 6.22), physical fitness is part of total fitness. In total fitness there are several components, namely:

- a. Anatomy of fitness
- b. Physiological fitness (physical fitness)
- c. The body's ability to adjust functions

Individual physical fitness for every human being is useful in carrying out daily activities. Of course, physical fitness functions to develop confidence in physical and brain activity for everyone without experiencing significant distress and exhaustion.

The benefits of physical fitness according to Muhajir (2007: 2), namely:

- a. Strengthen joints and ligaments.

- b. Improve heart and lung endurance
- c. Strengthen skeletal muscle.
- d. Reducing blood pressure
- e. Reducing body fat
- f. Reducing sugar levels
- g. Reducing coronary heart disease

Strength is the basic ability of the component base conditions because strength is the driving force of every physical activity (Arif, Boleng, Babang, et al., 2019). It can be understood that one component of physical fitness, namely strength is the driving force for every physical activity, and all of that affects the fitness of a student himself.

Physical fitness is needed to show how the condition of physical activity, as well as functioning in developing the skills and abilities of each person who serves to enhance work power. In increasing physical fitness and freshness many physical activities are carried out regularly. H.Y.S. Santosa Giriwijoyo and Didik Zafar Sidik, (2013: 71-72), said that with regular practice can function:

- a. Have a bigger and stronger heart.
- b. More and stronger muscle mass.
- c. Less fat tissue.
- d. Stronger bones and more flexible joints

According to Nurhasan (2008: 6.20-6.21), the function of physical fitness in relation to learning activities can be observed through the results of physical fitness tests so that it can be known about:

- a. The physical ability of students
- b. Status of student state conditions
- c. See the physical development of students
- d. As input in providing Physical Education values
- e. As a material to provide guidance to students in an effort to improve their fitness
- f. A physical condition that is fit will have a positive influence on physical activity and quality of performance.

Physical fitness has different levels in each individual. Every physical activity requires a level of physical fitness that is supported by a healthy body. In physical fitness, the concept of learning that develops is related to the quality of the functional abilities of organs in carrying out the tasks and functions of motion in life and each task has a level of demand on each individual. Physical fitness for elementary school children is the main principle in the goal of physical education, which is to prioritize the participation of all students and educational efforts to establish active life-long habits.

The benefits of exercise have actually been increasingly recognized by most people. This is proven by the increasing number of people who carry out sports activities individually or in groups, both in the open (schools, campuses, roads, stadiums, forest areas) or in enclosed spaces such as in sports associations, fitness centers, and studios. gymnastics. In general, the benefits of sports activities are to foster and maintain physical health and fitness.

A physical fitness test is an instrument to measure the physical fitness of students and students. Indonesian TKJI or physical fitness test for 10-12 years old consists of running 40 meters, pulling up, lying down for 30 seconds, pulling up, and running 600 meters. Indonesian Physical Fitness Test (TKJI) Ministry of National Education (2010: 6), which includes:

- a. For children aged 6-9 years, with 30m running test material, hanging elbows bent, lying sitting for 30 seconds, jumping upright, running 600m.
- b. For children aged 10-12 years, the test material includes: 40m running, hanging elbows bent, lying sitting for 30 seconds, jumping upright, running 600m.
- c. For children aged 13-15 years, the test material includes: running 50m, hanging body

lift for 60 seconds, lying sitting 60 seconds, upright jumping, running 1000 m for men, and 800m for girls.

- d. For children aged 16-19 years, including running 60m, hanging up for 60 seconds, lying sitting for 60 seconds, jumping upright, running 1200m for men and 1000 m for girls.

According to Siti Rahayu, quoted by Mardiyono (2013: 21), the characteristics of elementary school-age children are seen from physical and psychomotor development. We can understand that the teacher must understand the characteristics of the child, because each student, especially in elementary school, has another difference. This is where the roles and functions and responsibilities of teachers in primary schools, in addition to teaching also pay attention to the diversity of student characteristics.

The Indonesian Physical Fitness Test (TKJI) is a series of tests, therefore all test items must be carried out sequentially, continuously and uninterruptedly by paying attention to the speed of moving test items to the next test items in 3 minutes. It should be understood that the test items in TKJI are standard and should not be reversed, in the order of the tests.

METHODS

A. Research Methods

The method can generally be interpreted as a scientific way to obtain data with specific purposes and uses, Sugiono (2008). The method used in this research is quantitative research. Quantitative research methods are research methods based on the philosophy of positivism that is used to examine populations or specific samples. The method used in this study is a survey method with data techniques is a test technique.

B. Types of Research

This type of research used in research is quantitative research.

C. Research Instruments

Table 1. TKJI grades for students aged 10-12 years

Nilai	Lari 40 Meter	Gantung Tubuh	Barin Guduk 60detik	Loncat Tegak K	Lari 600 Meter
5	S.D .- 6.7"	16 Ke Atas	38 Keatas	60 Ke Atas	S.D .- 3'04"
4	6.8" - 7.6"	11 - 15	28 - 37	53 - 65	3'05" - 3'53"
3	7.7" - 8.7"	6 - 10	19 - 27	42 - 52	3'54" - 4'46
2	8.8" - 10.3"	2 - 5	8 - 18	31 - 41	4'47" - 6'04"
1	10." - Dst	0 - 1	0 - 7	S.D - 30	6'05" - Dst

Table 2. TKJI norms for students aged 10-12 years male / female

NO.	JUMLAH NILAI	KLASIFIKASI
1.	22 – 25	Baik Sekali (BS)
2.	18 – 21	Baik (B)
3.	14 – 17	Sedang (S)
4.	10 – 13	Kurang (K)
5.	5 – 9	Kurang Sekali (KS)

D. Data Collection Techniques

Data collection techniques used for this study are as follows:

1. Observation, which requires the full presence of the researcher, and therefore also social and emotional relations need to be established between the researcher and the observed agent. Researchers were also assisted by two research members.
2. Observation, At this stage the researcher observes the symptoms that occur and find problems that are found in the study location

3. Tests, tests conducted are tests of athletic athletes' physical abilities.

E. Data Analysis Techniques

To draw the right conclusion must go through data analysis. Data analysis is a method obtained from tests and data collection. In a study, the data obtained must be scientific, reliable, accurate, relevant, and about what is becoming this research. Scientific ways are prepared to collect data by analyzing research data in the form of numbers with statistics. Statistical data analysis methods will be able to provide work efficiency and effectiveness because it can make the data more concise, while the technique used to obtain research data is descriptive statistics with percentage descriptive analysis methods.

Data analysis was performed using three activities that occurred simultaneously, namely data reduction, data presentation, and concluding.

RESULT

Result

Table 3, Descriptive Statistics Data on TKI Test Results for SDI Multilevel Coconut Lima

	Mini N	Maxi mu	Sum	Mea	Std. Deviasi	Varian
lari 40 M	21	4.52	9.65	125.65	9.81	1.3809
pul up	21	1.00	16.00	171.08	142.3	3.9406
sit up	21	6.00	20.00	272.01	295.3	4.3985
lari 600 m	21	12.73	25.38	401.71	133.1	3.1001
vertikal jump	21	230.0	275.05	119.6	9.7565	95.19
Valid N (listwise)	21					

Tabel 4. Data on SDI TKI 5-storey coconut test results II Descriptive Statistics

	N	Min	Max	Sum	Mean	Std. Deviation	Variance
lari 40 m	21	4.24	9.22	146.75	6.9881	1.13985	1.299
pul up	21	1.00	8.00	70.00	3.3333	3.200	4.033
sit up	21	5.00	30.00	336.00	16.0000	6.47302	41.900
vertical jump	21	22.00	29.00	523.50	24.929	16.927	288.214
lari 600m	21	15.67	21.93	393.60	18.742	21.959	3.808
Valid N (listwise)	21						

Tabel 5. Data of TKI TKI Test Results in Kelapa Five Level III Descriptive Statistics

	N	Min	Max	Sum	Mean	Std. Deviation	Variance
lari 40 M	24	5.66	8.34	166.55	6.9396	.6979	.4876
pul up	24	1.00	8.00	53.00	2.2083	1.7180	2.95593
sit up	24	6.00	28.00	397.00	16.5417	5.2254	27.30318
lari 600 m	24	11.79	27.37	452.89	18.8704	3.16507	10.018
vertical jump	24	23.00	27.00	617.00	25.708	11.972	143.433
Valid N (listwise)	24						

DISCUSSION

This study has the aim to find out what is the physical fitness level of students from 10-12 years old SDI Beringkat in the Kelapa Lima I school in Kupang City. Based on the results of the analysis showed that the SDI Tier Five I city of Kupang city with an average value for running 40m = 6,9881, pul up = 3.3333, sit up = 16.0000 vertical jump = 2.4929 9524 running 600m 18.7429. Based on the results of the analysis shows that the SDI Berangkara Lima

II city Kupang with an average value for running 40m = 6.9396, pul up = 2.2083, sit-ups = 16.5417 vertical jump = 2.4708 9524 running 600m 18.8904, the average value for SDI Berangkara III III Kupang city with an average value for running 40m = 5.9814, pul up = 8.1429, sit up = 12.9524 running 600m 19.1300 vertical jumps = 1.2681, then based on the values above SDI five coconut levels I, II and III are at the Good level.

CONCLUSION

Based on the results of data analysis, research descriptions, as well as from testing research results, and discussion of results, conclusions can be drawn, namely:

1. Based on the results of the study the researchers analyzed the results of the test from SDI Bertingkat kelapa lima I to reach the excellent category totaling 5 students can good category totaling 11 students with moderate categories 2 students less than 5 students categories,
2. SDI Bertingkat kelapa Lima II Kupang city with a very good category there are 17 good categories 7 students
3. SDI Bertingkat kelapa Lima III Kupang city with very good categories 5 students in good category 4 students in medium category 4 students in less category 4 students in category very poor 2 students
4. Based on the results of research and analysis at SDI Terraced coconut I, II and III Barada in the healthy or good category

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