



The Effectiveness of Student Gymnastics in 2022 on Improving Physical Fitness

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Abstract

Physical fitness can be obtained through proper, systematic, and not excessive physical exercise. One of the sports activities in supporting physical fitness is the SKJ Student 2022 exercise. Physical fitness can be obtained through proper, systematic, and not excessive physical exercise. One of the sports activities in supporting physical fitness is the SKJ Student 2022 exercise. The purpose of this study was to determine Effectiveness of Student Gymnastics in 2022 on Improving Physical Fitness. This type of research uses experimental research. The population in this study were all students of the Sports Education Study Program at Bina Darma University Palembang, totaling 44 people. The instruments in this study were the Indonesian Physical Fitness Test (TKJI), namely; 1) 60 meter sprint, 2) 60 second elbow hanging test, 3) 60 second lying seat, 4) upright jump, and 5) 1000 meter run. The results showed that the 2022 student physical fitness exercise was effective in improving the physical fitness of students of the Bina Darma University Sports Education Study Program Palembang, with an average value before (pre-test) physical fitness exercise training was 12.89, while the average value after (post-test) student physical fitness exercise training 2022 was 16.02.



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INTRODUCTION

Physical fitness plays an important role in life, having a good level of physical fitness will certainly have high productivity so that it can work effectively and efficiently. Where students in this case are students, if they have good fitness it is believed that they will have good endurance and concentration in learning. Physical fitness is a set of consciously chosen movements to the rhythm of music, chosen also to create specific conditions of rhythm, composition and duration, as well as to improve the body's adaptation to exhausting exercise (Cenza et al., 2023). Physical fitness is the condition of a person's body, which has an important role in daily activities or activities. Every individual needs to have an ideal level of physical fitness. It is adjusted to the demands of tasks and activities in everyday life. Physical fitness according to (Mukholid, 2004) is the ability and ability to carry out activities or work, increasing work power without experiencing excessive fatigue. Good physical fitness is the basic capital for a person to carry out physical activity or daily work efficiently for a relatively long time without significant fatigue so that they can still enjoy their free time. In other words, physical fitness is the main capital to carry out daily activities without experiencing significant fatigue, so that students can be more enthusiastic about improving their learning achievements. Physical fitness really needs to be improved because it can prevent various health problems such as heart disease, fatigue, and reduce work efficiency and productivity. Physical fitness can be improved through regular and measurable exercise or training (Sujoko & Saputra, 2021).

Physical fitness can be obtained through proper, systematic, and not

excessive physical exercise. Fitness activities are a component of physical fitness which is a component of national education designed to educate people to grow healthy both physically and mentally (Sinuraya et al., 2022). One of the sports activities in supporting physical fitness is the 2022 Student SKJ exercise created by the Ministry of Youth and Sports in Jakarta, which reflects the desire and determination to gain health and fitness, as well as reflecting the desire to preserve the unity and integrity of the Indonesian nation through sports activities. SKJ Student 2022 is easy to do anytime and anywhere. With easy and systematic movements, interesting music and a duration of ± 6 minutes. Physical Fitness Gymnastics (SKJ) is one type of rhythmic exercise that can be done during the physical education learning process (Rozi & Lutfiah, 2022). SKJ gymnastics can also be interpreted as a series of systematically arranged gymnastic movements designed to improve or maintain health and fitness (Ahmad, 2022). The benefits of SKJ gymnastics for physical health, make the body actively move with simple movements and can also help burn calories.

The elements contained in the 2022 student physical fitness gymnastics include flexibility, flexibility, continuity, and accuracy of the beat of the music. The rhythm of music is very important in doing gymnastics, as explained by (Chiata & Ying, 2012) who said that, "Music plays an important role for sports events such as rhythmic gymnastics, synchronized swimming, skating and so forth". From some of these elements it is expected that there is an influence on the components of physical fitness. This is in line with the results of research conducted by (Arifin, 2018) explaining that physical fitness exercises carried out 3 times a week have increased physical fitness in 5th grade students at MIN

Donomulyo Malang Regency. Furthermore (Dewi & Rifki, 2020) explains that physical fitness gymnastics (SKJ) is a sport that is done consciously and deliberately with the hope of improving physical fitness by utilizing the skills that everyone has.

SKJ exercise benefits physical health, makes the body move actively with simple movements and can also help burn calories. Other benefits based on opinion in addition to a stable health condition, physical fitness training will also make the body feel fresher when doing activities. Another opinion on the website (Halodoc.com, 2022) states that "Physical fitness gymnastics (SKJ) is a type of aerobic exercise that has a variety of health benefits. For example, it makes sleep better, improves mood, and controls weight." Furthermore (Oktariyana et al., 2020) explained that, the degree of physical fitness of a person greatly determines his physical ability to carry out his daily tasks. The higher a person's physical fitness, the higher their physical work ability. In other words, the results of his work are more productive if his physical fitness is increasing. However, the facts in the field based on the results of observations made found several problems including; in the development of the times and current technological advances that cause low student awareness of the importance of physical fitness, 80% of students spend their time with activities only playing android handphones. Students do not take advantage of their activities to exercise, so what happens is a decrease in physical condition that is prone to health problems due to lack of physical fitness. This is as said by (Darmawan, 2017) who said that physical fitness must be owned by every human being to carry out daily activities so as not to be attacked by disease.

Thus, to prove whether there is an increase in the physical fitness of students of the Bina Darma University Palembang Sports Education Study Program after being given the 2022 student physical fitness exercise, it is necessary to conduct research so that it can be scientifically proven. This study only focused on the effectiveness of the 2022 student physical fitness exercise (SKJ) on improving the physical fitness of students of the Bina Darma University Palembang Sports Education Study Program.

METHODS

This study aims to test the effectiveness of the 2022 Student Physical Fitness (SKJ) exercise on improving the physical fitness of Bina Darma University Palembang Sports Education Study Program students. This study uses a type of quantitative research with experimental methods, with a research design using a one group pretest-posttest design (Kusumawati, 2015). The population in this study were all students of the Sports Education study program at Bina Darma University Palembang, totaling 44 people. The instrument used in this study was the Indonesian physical fitness test (TKJI) for children aged 16-19 years consisting of 5 items, namely: 1) 60-meter sprint, 2) 60-second elbow hanging test, 3) 60-second sit-up, 4) upright jump and 5) 1000-meter run (Widiastuti, 2011). Data analysis technique using t-test.

RESULT

The results of the description of the data variables of the 2022 student physical fitness gymnastics training on increasing the physical fitness of students of the bina darma university sports education study program can be presented in the following table:

Table 1. Calculation of Descriptive Statistical Data

	N	Minimum	Maximal	Mean	Std Deviation
Pretest	44	10	16	12,89	1,40
Posttest	44	14	22	16,02	1,59

Based on the table above, the mean or average increase in physical fitness before the 2022 student physical fitness exercise (pretest) is 12.89. The value of physical fitness before with a maximum value of 16 and a minimum value of 10. While the mean or average physical fitness after training with physical fitness exercises 2022 students

(posttest) amounted to 16.02 with the results of a maximum value of 22 and a minimum value of 14. Standard deviation of increased physical fitness before training physical fitness exercises 2022 students (pre test) is 1.40. The standard deviation of the increase in physical fitness after physical fitness training 2018 (post test) is 1.59.

Classification of Student Pretest and Posttest Physical Fitness Test Results

Table 2. Pretest Classification Results

Jumlah	Presentase	Kategori
16 orang	63,64 %	Sedang ((S)
28 orang	36,36 %	Kurang ((K)
Jumlah	100 %	-

Based on the table, it can be seen that the level of physical fitness of students before doing physical fitness gymnastics (SKJ) training for 2022

students is 28 people in the less category (K), 16 people in the moderate category (S).

Table 3. Posttest Classification Results

Jumlah	Presentasi	Kategori
1 orang	2,27 %	Baik sekali (BS)
4 orang	9,09 %	Baik (B)
39 orang	88,64 %	Sedang (S)

Based on the table, it can be seen that the level of physical fitness of students after doing physical fitness exercises (SKJ) for 2022 students is 1 person in the excellent category (BS), 4 people are good (B), while 39 people are in the moderate category (S).

Data Normality Test

The data normality test carried out is the Kolmogorov-Sminarnov test using SPSS. The following is a table of data normality test results:

Table 4. Normality Test Based on Pretest and Posttest Data

Pretest		Posttest	
N		44	44
Normal Parameters ^{a,b}	Mean	12.89	16.02
	Std. Deviation	1.401	1.592
Most Extreme Differences	Absolute	.191	.172
	Positive	.191	.172
	Negative	-.150	-.124
Kolmogorov-Smirnov Z		1.267	1.138
Asymp. Sig. (2-tailed)		.081	.150

Based on the table above, the value of the kolmogorov-smirnov test results for the value of data before training with physical fitness exercises (SKJ) 2022 students is 1.267 with a probability (0.081) > 0.05, which means that the data is normally distributed. Meanwhile, after training with physical fitness exercises

(SKJ) 2022 students obtained a value of 1.138 with a probability (0.150) > 0.05, which means that the data is also normally distributed. Based on this analysis, it shows that the four data are normally distributed, so parametric statistics can be used for further hypothesis testing.

Table 5. The results of data analysis after the t-test can be obtained as in the following table:

Paired differences					T	Df		
Mean	Std. Deviation	Std. Error Mean	95% confidence Interval of the difference	Lower	Upper			
Pair 1	Pretest-posttest	3.136	2.455	.370	3.883	2.390	8.474	43

Based on the table above, the t-test value is 8.474 with a significance value of 0.000. The result of the calculation of the significance value obtained is 0.000 less than 0.05. Thus it can be concluded that Ha is accepted and H0 is rejected, the hypothesis is accepted, meaning that there is an effect of student physical fitness exercises on increasing physical fitness in students of the Bina Darma University Palembang Sports Education Study Program.

DISCUSSION

The results of the 2022 Student Physical Fitness Effectiveness Study (SKJ) on increasing the physical fitness of Bina Darma University of Palembang physical education students before and after training increased from an average of 12.89 to 16.02. These results indicate that (SKJ) Students 2022 is one form of fitness-enhancing exercise because the movement continuously involves many large muscles with sufficient load to stimulate the heart, lungs and blood

vessels and the volume of each exercise. The muscle is not too high so it is enough to improve physical fitness. The impact of physical fitness reflects that everyone has a different physical form, to be able to perform other non-everyday work activities in a particular job requires a minimum level of physical fitness.

In line with the results of the study, (Jaya et al., 2018) revealed that the exercises carried out to improve physical fitness in students are carried out repeatedly coupled with directed and regular volume and duration, so that in its implementation it can have a higher effect on children's physical fitness, so that the exercises carried out are very effective and experience a very rapid increase in physical fitness. In addition (Arfanda & Asyhari, 2019) explain that, physical fitness not only includes physical but mental, emotional, and social aspects really need to be developed through fitness activities. Physical fitness is a person's ability to effectively fulfill the safety requirements of daily life without fatigue and energy for other activities and recreational activities (Rumpoko et al., 2022). Furthermore (Saputri et al., 2020) explained that, one of the interesting efforts in doing physical activity is doing physical fitness exercises for at least 30 minutes so that the benefits are felt for the body. From some of these opinions, it is clear that physical fitness is a form of human physical endurance in carrying out various forms of activities in everyday life, without causing significant fatigue. Thus, there is still energy left that can be used for spontaneous activities, which someone who has a low level of fitness cannot do.

Doing physical fitness exercises in addition to increasing physical fitness can also contribute to increasing endurance, coordination of movements,

so that students experience increased fitness (Soraya et al., 2019). The results of physical fitness exercises include increasing muscle strength, balance and agility (Lismana & Suwarni, 2021). Physical fitness exercises are carried out with the help of music, which is done to arouse interest in movement in students with the aim of increasing a person's physical fitness to perform daily tasks without fatigue and energy reserves. (Listyasari & Wahidah, 2022). Exercise in order to improve physical fitness can be done several times, with the right volume and duration that is targeted and regular, so that its implementation can further affect physical fitness, so that the exercises performed are very effective and experience a very rapid improvement in physical condition (Jaya et al., 2018). Physical activity, such as physical fitness exercise, is known to have significant benefits for physical and mental health (R.V.Luepker et al., 1996), (Boissona et al., 2021). A similar opinion according to (Kondamudi et al., 2021) and (DeFina et al., 2015) which states that "The health benefits of physical activity and high physical fitness are recognized, and regular physical activity improves physical fitness".

CONCLUSION

Based on the results of the above research, it can be concluded that H_a is accepted and H_0 is rejected so that the hypothesis is accepted, meaning that the 2022 student physical fitness exercise is effective in increasing the physical fitness of students of the Bina Darma University Palembang Sports Education Study Program, with an average the value before (pretest) physical fitness exercise training is 12.89, while the average value after (post test) student physical fitness exercise training 2022 is 16.02.

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