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## Investigation of Physical Activity of Class IIA Prison Employees Kendal Regency

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### Abstract

This study aims to analyze the level of physical activity among male employees at the Class IIA Kendal District Correctional Institution to support the implementation of security and community service tasks. This study uses a descriptive quantitative approach with the instrument being the International Physical Activity Questionnaire (IPAQ) to measure the level of physical activity. The population and sample of the study consist of 30 male employees. The analysis results show that the majority of employees fall into the low physical activity category (46.67%). As many as 36.67% of employees have a moderate level of physical activity, and only 16.66% fall into the high physical activity category. These findings indicate that the majority of male employees have not yet reached an optimal level of physical activity to support job demands that require physical readiness, stamina, and body endurance. The low level of physical activity can negatively impact the work performance and long-term health of employees. Therefore, concrete efforts are needed to raise awareness of the importance of physical activity through structured, sustainable, and task-specific physical fitness programs.

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## INTRODUCTION

Correctional institutions serve as one of the elements of law enforcement and are an important part of the criminal justice system. In the execution of its duties and functions, the correctional facility is required to be in harmony with other subsystem elements and to become an inseparable unity. The unity built within the framework of law enforcement must be consistent, systematic, and interdependent among the police, prosecutor's office, correctional facilities, and courts.

Prisons, as an organizational unit, implement a correctional system that is then outlined in their duties and functions as regulated in Law Number 22 of 2022 concerning Corrections. In that regulation, it is stated that prisons carry out the tasks and functions of coaching, services, care, community engagement, protection, fulfillment of Human Rights (HAM), and security. The security function carried out in prisons is not only for the Inmates (WBP), but also includes ensuring the comfort of the wider community outside the prison (Aswar & Yasin, 2021).

The security functions carried out by the prison heavily depend on the fitness condition of the staff, ensuring a conducive environment and maintaining security and order (Codingest, n.d.). Lapas Kelas IIA Kendal is included in the Technical Implementation Unit (UPT) under the Ministry of Immigration and Corrections and also carries out correctional duties and functions in the legal jurisdiction of Kendal Regency.

Currently, Lapas Kelas IIA Kendal has 59 employees with the status of Civil Servants (PNS). In the selection

process, the prison's civil servants undergo a physical fitness test as one of the components being evaluated. The physical fitness test is conducted to measure a person's physical condition by the score fulfillment requirements. Kesamaptaan comes from the word samapta, which means readiness, or it can be interpreted that every officer must always be ready in all possibilities and conditions (Sujarwo, 2017). In other words, a prison officer is required to be in a state of readiness mentally, physically, and emotionally to face the dynamics and working conditions that can change at any moment.

The state of employee readiness is closely linked to their physical condition, which supports the body's ability to mitigate fatigue. One way to achieve optimal physical condition is by maximizing daily time to continue exercising within a busy schedule (Ujang Rohman, 2020). The awareness to exercise and maintain body health varies for each person, ranging from weight training, and cardio workouts, to consuming medications, which can then be referred to as a lifestyle. In addition to ensuring the body remains in prime condition, physical activity affects a person's fitness and health.

Physical activity can be carried out by meeting the requirements of intensity, frequency, duration, and type. Some research findings also show that a lack of physical activity and an irregular eating pattern are among the factors that can lead to lifestyle-related diseases (Romadhoni et al., 2022).

Intensity refers to how hard physical activity is performed, classified

as high, moderate, and low (MacIntosh et al., 2021). Frequency is the repetition performed by someone within 1 (one) week. Time means the duration required to perform physical activities, while type refers to the various kinds of physical activity exercises performed by an individual. Increasing physical activity for an individual must be done with the right strategy, referring to the level of daily activities, and balanced with supporting factors so that the target can be achieved (Salamah, 2019).

Besides being an important indicator in the selection of civil servants in the prison sector, physical fitness is the ability of a person to carry out daily activities without significant fatigue. The reality of work that disrupts physical activities. Therefore, the author is interested in conducting research titled "Investigation of Physical Activity of Male Employees at LAPAS Class IIA Kendal Regency". This research is conducted to determine the level of physical activity of male employees at LAPAS Class IIA Kendal Regency.

## METHODS

The method used in this research is quantitative descriptive, focusing on the in-depth experiences of subjects as reflected in the questionnaire results. Quantitative research is a research method used to study a specific population or sample (Sugiyono, 2019). The research uses a questionnaire distributed to respondents in the form of the International Physical Activity Questionnaire (IPAQ). The IPAQ is an instrument designed to measure the level of physical activity of individuals

internationally, available in two versions: short form and long form (Balboa-Castillo et al., 2023). This instrument aims to provide a general tool that can be used to obtain data on physical activity related to health. The population in this study consists of 30 male employees of Lapas Kelas IIA Kendal. The determination of the research sample chosen is total sampling, total sampling is a sampling technique where the entire population will be used as the sample (Sugiyono, 2019). Where the entire population of male employees, totaling 30, is used as the research sample.

## RESULT

After the questionnaire results are obtained, they are then converted into MET (Metabolic Equivalent of Task)-minutes per week. Metabolic Equivalent of Task is a unit used to measure the amount of energy expended by the body during physical activity. The classification for each level of MET value is divided into 3 (three) categories: a score of less than 600 MET-minutes/week for low activity, a score of 600 MET-minutes/week or more for moderate activity, and a score of more than 3000 MET-minutes/week for high activity. The results of the data processing for the physical activities of the Class IIA Kendal Correctional Institution employees are as follows:

**Tabel 1.** The level of physical activity of Class IIA Kendal Correctional Institution employees

No	Level of physical activity	number of people	Percentage (%)
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1	Low	14	46.67
2	Currently	11	36.67
3	High	5	16.66
Total		30	100.00

The data results show that there are 3 (three) levels of physical activity performed by the employees of the Class IIA Kendal Correctional Institution. The first level of physical activity is low physical activity with a percentage of 14 people (46.67%), followed by moderate activity with a percentage of 11 people (36.67%), and employees with high activity have a percentage of 5 employees (16.66%).

**Tabel 2.**

	Ranks	
	N	Mean Rank
Walking(MET-Min/Week)	11	17,09
	11	15,86
	8	12,81
	30	
ModeratePhysicalActivities (MET-Min/Week)	11	19,09
	11	15,64
	8	10,38
	30	
VigorousPhysicalActivities (MET-Min/Week)	11	21,50
	11	13,55
	8	9,94
	30	

In the table, it can be seen that there are no significant differences in low physical activity across each age group. For moderate physical activity, the differences in each age group are not very significant. Whereas in heavy physical activities, there are significant differences in each age group.

## DISCUSSION

The survey conducted on the employees of the Class IIA Kendal Correctional Institution shows varying levels of physical activity among all respondents. Based on **Table 3**, it was found that the majority of employees at the Class IIA Kendal Correctional Institution generally fall into the low category with a percentage of (46.67%) to moderate with a percentage of (36.67%). Whereas only 5 respondents (16.66%) out of the total 30 employees have a high level of physical activity. The findings in **Table 1**. contradict previous research and theories regarding the physical activity conditions of correctional facility staff. According to previous studies, it is stated that correctional facility employees must have a high level of physical fitness, which will support work productivity and enable them to better handle conflicts that may arise at any time in the correctional facility (Balboa-Castillo et al., 2023). The differences in findings from surveys and previous studies can be influenced by several intrinsic or extrinsic factors. According to (Djoletoe & Tabong, 2025), irregular work shifts and excessive workloads are factors that influence the low physical activity of correctional institution staff. Meanwhile, according to (SCHULTZ & RICCIARDELI, 2024A), the low physical health or physical activity of correctional institution staff is caused by a lack of consistent fitness training and organizational support. However, another study states that a lack of self-awareness regarding the

importance of physical fitness is the main factor leading to the low physical activity levels of correctional institution staff (BERGIER & WOJCIECHOWSKI, 2018). A low level of physical activity certainly has tangible impacts, such as declining physical health and increased disease risk, potential stress or poor mental health, decreased productivity at work, greater susceptibility to injuries and accidents while working, and overall affecting the security and safety of correctional institutions (BIERIE, 2012; LOCKIE ET AL., 2021; SCHULTZ & RICCIARDELI, 2024B). A large number of Class IIA Kendal prison employees (46.67%) engage in physical activities, whether through weight training or cardiovascular exercises. Both types of exercises are beneficial for muscle and joint strength, as well as for improving heart, lung, and blood circulation health, making the body more efficient in performing all physical activities continuously, whether at moderate or high intensity, so that the body does not easily feel fatigued. The combination of weight training and cardiovascular exercise is essential for every individual in all professions, closely related to productivity in life (Torun, 2024). Currently, the world of work is faced with the need to complete tasks quickly and efficiently (Bajić et al., 2023). In addition to being influenced by talent and interest, the need for task execution in the security of Correctional Institutions requires physical fitness aspects that align with individual productivity and will

significantly impact individual performance (Bakdiyanto, 2020).

Kendal Class IIA Correctional Institution currently has a conducive security and order condition, but with the psychological dynamics of the inmates that can change at any time, it requires a high level of vigilance from each of its staff. One of the security functions carried out by the Kendal Class IIA Penitentiary requires optimal conditions for each of its staff. This is because in terms of security, their duties involve monitoring, surveillance systems, and patrols that are conducted periodically. The entire execution of security duties will be easier to carry out if supported by excellent readiness and physical fitness. Physical readiness is essential in facing various situations due to the demands for quick reactions, management of different scenarios, and reduction of injury risks (Bajić et al., 2023). Physical fitness also contributes to increased alertness and endurance, ensuring that security is maintained throughout the execution of tasks. Physical fitness has several advantages, including:

- a. improvement in efficiency and performance;
- b. improvement in response to emergency conditions; and
- c. better stress management and mental health conditions;

The physical fitness condition of a person through exercise is closely linked to health investment in the future. The condition of an employee with long working hours sometimes neglects the importance of exercise as one aspect of

maintaining and improving physical health. The lack of physical activity will affect the increase in body fat levels (Dewi et al, 2015). Thus, it will lead to various health risks and affect the productivity of employees in their old age. Therefore, it is important for all employees of the Class IIA Kendal Correctional Institution to continuously raise awareness about exercising through various physical activities. In addition to awareness, all employees are also expected to have a motivational drive that will positively impact not only their work but also their overall lives.

## CONCLUSION

This research reveals that the level of physical activity among the employees of Class IIA Kendal Prison varies. However, this study reveals that the majority of Class IIA Kendal prison staff fall short in their weekly physical activity, as they are categorized within the low-moderate range. This is in stark contrast to previous studies which state that the physical activity level of prison staff should be high, due to job demands that require a fit and prime physical condition. A good level of physical activity not only supports employee work productivity but also prevents injuries to employees or threats to the safety and security of Kendal Class IIA Prison. Regular and consistent physical activity can be a solution.

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