



The Effect of Physical Fitness Gymnastics on Improving Physical Fitness of Grade 5 Students of SDN 2 Kota Agung, Lahat Regency

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Abstract

The purpose of this study was to determine whether there is an effect of maumere gymnastics on improving physical fitness of grade 5 students of SD Negeri 2 Kota Agung Lahat Regency. This research method is an experimental research method. The population in this study is all grade 5 students of SD Negeri 2 Kota Agung Lahat Regency with a total of 28 students. The sampling method uses the Total Sampling technique. The test instrument uses a physical fitness test with test items: a) 40-meter sprint, b) 30-second body lift, c) 30-second sitting, d) upright jumping, and e) 600-meter run. From the calculation results it is known that the tcount is 5.27 The result is then consulted with a ttable of 1.77 ($\alpha = 0.05$). It shows that $tcount \geq ttable$, $5.27 \geq 1.77$ (significant). Based on these results, it can be stated that there is an influence of the maumere gymnastics method on physical fitness in grade V students of SD Negeri 2 Kota Agung Lahat Regency. Maumere gymnastics the average points obtained by students in doing physical fitness where previously it was 13.9 and after doing maumere gymnastics training got 17.73 this means that the maumere gymnastics training method is able to increase physical fitness by 21.6%. While the results of research on physical fitness gymnastics averaged the points obtained by students in doing physical fitness before 11.35 and after doing physical fitness gymnastics training got 15.35, this means that the physical fitness gymnastics training method was able to increase physical fitness by 26.05%



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INTRODUCTION

Sports according to the Law of the Republic of Indonesia (UURI) Number 3 of 2005 Article 4 which reads National sports aims to maintain and improve health and fitness, achievement, human quality, instill moral values and noble morals, sportsmanship, discipline, strengthen and foster national unity and unity, strengthen national resilience, and raise the dignity, dignity, and honor of the nation".

Physical education taught in schools has a very important role, which is to provide opportunities for students to be directly involved in various learning experiences through selected physical fitness, sports and health activities that are carried out systematically. The provision of learning experiences and physical exercises in sports, this is directed to foster better physical growth and psychological development, while forming good fitness (Sukendro & Santoso, 2019).

To foster or maintain physical fitness, one way is to do physical activity. The more physical activity carried out, the higher the level of physical fitness (Schif et al., 2019). Physical fitness is commonly known as a condition where a person can perform various main daily motion tasks optimally and efficiently as an effort to meet the needs of life without experiencing excessive fatigue and avoiding various risks of disease (Rewa et al., 2021).

Physical fitness is important so that it is expected that all students have good physical fitness, so that they can do physical activity for a relatively long time without significant fatigue so that they can enjoy the remaining free time (Armada & Manurizal, 2019). To have good physical fitness, you need to do sports activities, such as at school by

doing gymnastics to maintain physical fitness.

By maintaining physical activity by exercising regularly, maintaining nutritional intake and resting well, it will improve health and prevent the onset of diseases including heart disease, diabetes, obesity, injury etc. In addition to maintaining a healthy body, maintaining physical fitness can also reduce depression, stress, and increase self-confidence when doing daily activities (Majid, 2020). The type of exercise to achieve endurance with the most appropriate fitness is gymnastics exercises accompanied by strength exercises plus balance and stretching movements (Asmunandar et al., 2021).

Gymnastics is a series of physical activities that have proven to be very effective in the process of child growth and development (Robot et al., 2019). In addition, gymnastics aims to improve physical fitness, develop skills, and instill deliberately, carried out consciously and planned, systematically arranged with spiritual mental values. (Supriady & Schiff, 2021). The type of gymnastics that can be given is the Indonesian Child Healthy Gymnastics which is the namesake for physical fitness.

Physical fitness gymnastics is a gymnastics whose movements use all muscles, thus triggering the work of the heart and lungs, continuous body movements in body parts. Physical fitness gymnastics forms movements with one or two feet fixed on the floor and accompanied by music. For body fitness, aerobic exercise provides many benefits, including increasing heart endurance, lungs, strengthening body muscles, flexibility and burning calories (Listyasari & Wahidah, 2022).

United Indonesia Physical Fitness Gymnastics (SKJ) is a series of gymnastic movements that have been set to improve or maintain one's physical

fitness. The jam is Wening (Wardani & Nurudin, 2020) explained that Muhammadiyah fitness gymnastics is one of the gymnastics that can be used as one of the physical exercises to improve the degree of body fitness.

Increasing physical fitness in an effort to improve physique, is indeed an interesting problem. Although at first it often encounters dead ends and encounters various obstacles, it can eventually become directional. However, if the integration of physical fitness coaching can run well and there is a commitment from the government, it is not impossible that physical fitness coaching will succeed well (Rusli et al., 2022).

Based on the author's observation that the physical activity of students at State Elementary School 2 Kota Agung Lahat Regency when they do gymnastics activities students feel tired quickly when exercising in doing their activities, there are some students who often pant when doing sports activities, there are even some students who are caught sleepy when doing learning activities in the morning. When warming up before doing this, physical activity by circling the school field for 2-3 rounds, the students complained and were tired. In addition, there have also been no exercises used to improve fitness, especially for grade 5 students of SD Negeri 2 Kota Agung Lahat Regency.

Gymnastics has benefits for elementary school students including: improving the circulation of the human body, helping to launch the respiratory system, strengthening the muscles of the hands and feet (Damayanti & Hasibuan, 2021). In addition, gymnastics can not only improve physical fitness but also make the body condition healthier. So that students can do learning and play

activities without experiencing excessive fatigue (Dewi & Rifki, 2020).

With the problems that occur in SD Negeri 2 Kota Agung, research needs to be done to determine the effect of fitness gymnastics on student fitness. So the researcher will conduct a study entitled *The Effect of Physical Fitness Gymnastics on Improving Physical Fitness of Grade 5 Students of SD Negeri 2 Kota Agung Lahat Regency*.

METHODS

This research method is an experimental research method (Sugiyono, 2014). This study uses a type of experimental research because researchers want to conduct and see directly whether there is an effect of physical fitness gymnastics on improving physical fitness of grade 5 students of SD Negeri 2 Kota Agung Lahat Regency. The research site was carried out at State Elementary School 2 Kota Agung. The population in this study is all grade 5 students of SD Negeri 2 Kota Agung Lahat Regency with a total of 28 students. The sampling method uses the total sampling technique, then the sample of this study is all grade 5 students of SD Negeri 2 Kota Agung Lahat Regency with a total of 28 students. The data collection technique in this study used the Indonesian physical fitness test (Sepdanius et al., 2019). For grades 4, 5, and 6 ages 10 to 12 years: Test items: a) 40-meter sprint, b) Body lift, c) Lying down sitting 30 seconds, d) Jumping upright, and e) Running 600 meters. Data analysis techniques are 1) data normality test, 2) homogeneity test, and 3) hypothesis test.

RESULT

Maumere Gymnastics Method Pre-Test Data as an Experimental Class

From the results of the pre-test measurement of the maumere gymnastics method on physical fitness conducted on 14 grade V students of SD Negeri 2 Kota Agung Lahat Regency obtained the smallest score of 8 and the largest score of 15 with an average (mean) of 23.07.

Tabel 1 Data Konversi Pre-Test Senam maumere

Name	L/P	Physical fitness test					Σ
		sprint 40m	Body lift	Lying down sitting 30 seconds	Jump upright	Run 600 m	
L1	L	3	3	3	3	3	15
L2	L	3	3	3	3	3	15
L3	L	3	3	3	3	3	15
L4	L	2	3	3	2	3	13
L5	L	2	3	3	3	3	14
L6	L	2	3	3	2	3	13
L7	L	2	2	3	2	2	11
L8	L	2	3	3	3	2	13
L9	L	3	3	3	3	3	15
L10	L	3	3	3	2	3	14
L11	L	3	3	3	3	3	15
Jumlah							153
Average							13.9091
Greatest Value							15
Smallest Value							11

Based on the pre-test data of the maumere gymnastics method on physical fitness that has been obtained, after going through calculations, the percentage of physical fitness pre-test scores can be obtained as follows:

Table 2 Pre-Test Frequency Distribution Maumere Gymnastics Method

No	Class Interval	Frequency	Percentage
1	11-11,8	1	9%
2	11,9-12,7	0	0%
3	12,8-13,6	3	27%
4	13,7-14,5	2	18%
5	14,6-15,4	5	46%
	Jumlah	11	100%

Variable distribution of pre-test maumere gymnastics method on physical fitness. It was concluded that grade V students of SD Negeri 2 Kota Agung Lahat Regency showed that there was 1 student (7%) having categories 8-9 and 4 students (29%)

having categories 10-11 and 4 students (29%) having categories 12-13, and 5 students (35%) having categories 14-15.

Presentation of Post-Test Conversion Data Maumere Gymnastics as an Experimental Class

From the results of the pre-test measurement of the maumere gymnastics method on physical fitness conducted on 14 grade V students of SD Negeri 2 Kota Agung Lahat Regency obtained the smallest score of 14 and the largest score of 22 with an average (mean) of 33.73. For more details can be seen in the frequency distribution below:

Table 3 Maumere Gymnastics Post-Test Results Data

Name	L/P	Physical fitness test					Σ
		sprint 40m	Body lift	Lying down sitting 30 seconds	Jump upright	Run 600 m	
L1	L	4	4	4	5	3	20
L2	L	4	4	4	4	4	20
L3	L	4	2	3	4	4	17
L4	L	4	4	4	3	3	18
L5	L	4	4	4	5	5	22
L6	L	3	3	3	3	3	15
L7	L	2	3	3	3	2	13
L8	L	3	3	3	3	2	14
L9	L	4	3	4	4	4	19
L10	L	4	2	3	2	4	15
L11	L	5	4	4	5	4	22
Jumlah							195
Average							17.73
Greatest Value							22
Smallest Value							13

Based on the post-test data of the maumere gymnastics method on physical fitness that has been obtained, after going through calculations, the percentage of physical fitness post-test values can be obtained as follows::

Table 4 Post-Test Frequency Distribution of Maumere Gymnastics

No	Class Interval	Frequency	Percentage
1	13-14	2	18%
2	15-16	2	18%
3	17-18	2	18%
4	19-20	3	28%
5	21-22	2	18%
	Jumlah	11	100%

Distribution of post-test method variables to physical fitness. It was concluded that grade V students of SD Negeri 2 Kota Agung Lahat Regency showed that there were 2 students (14%) having categories 13-14 and 2 students (14%) having categories 15-16

and 4 students (30%) having categories 17-18 and 3 students (21%) having categories 19-20 and 3 students (21%) having categories 21-22.

Presentation of Pre-Test Data Physical Fitness Gymnastics as a Control Class

From the results of the pre-test measurement of physical fitness gymnastics on physical fitness conducted on 17 grade V students of SD Negeri 2 Kota Agung Lahat Regency obtained the smallest score of 8 and the largest score of 15 with an average (mean) of 23.07.

Table 5 Pre-Test Conversion Data Physical fitness gymnastics

Name	L/P	Physical fitness test					Σ
		sprint 40m	Body lift	Lying down sitting 30 seconds	Jump upright	Run 600 m	
P1	P	1	2	2	1	2	8
P2	P	1	2	3	1	2	9
P3	P	2	3	3	2	2	12
P4	P	2	2	3	2	2	11
P5	P	2	2	3	2	2	11
P6	P	2	3	3	2	2	12
P7	P	2	2	3	2	1	10
P8	P	2	2	3	2	2	11
P9	P	1	3	3	1	2	10
P10	P	1	2	3	2	1	9
P11	P	2	2	3	2	2	11
P12	P	2	2	3	3	1	11
P13	P	3	3	3	3	3	15
P14	P	3	3	2	3	2	13
P15	P	3	3	2	3	3	14
P16	P	2	3	3	3	2	13
P17	P	3	2	3	3	2	13
Jumlah							193
Average							11.35
Greatest Value							15
Smallest Value							8

Based on the physical fitness gymnastics pre-test data on physical fitness that has been obtained, after going through calculations, the percentage of physical fitness pre-test scores can be obtained as follows::

Table 6 Frequency Distribution of Pre-Test Physical fitness gymnastics

No	Class Interval	Frequency	Percentage
1	9-10	3	18%
2	11-12	7	41%
3	13-14	5	29%
4	15-16	2	12%
	Jumlah	17	100%

Variable distribution of physical fitness gymnastics pre-test to physical fitness. It was concluded that grade V students of SD Negeri 2 Kota Agung Lahat Regency showed that there were 2 students (14%) having categories 9-10 and 4 students (29%) having categories 11-12 and 5 students (36%) having categories 13-14, and 3 students (21%) having categories 15-16.

Presentation of Post-Test Conversion Data Physical fitness gymnastics as a control class

From the results of post-test measurements of physical fitness gymnastics on physical fitness conducted on 14 grade V students of SD Negeri 2 Kota Agung Lahat Regency obtained the smallest score of 19 and the largest score of 19 with an average (mean) of 26.33.

Table 7 Post-Test Data Physical fitness gymnastics

Name	L/P	Physical fitness test					Σ
		sprint 40m	Body lift	Lying down sitting 30 seconds	Jump upright	Run 600 m	
P1	P	2	3	4	3	2	14
P2	P	2	2	3	2	2	11
P3	P	3	3	4	3	2	15
P4	P	3	2	3	3	2	13
P5	P	2	2	3	2	2	11
P6	P	3	3	5	4	2	17
P7	P	4	3	4	4	2	17
P8	P	2	3	4	3	2	14
P9	P	2	4	4	2	3	15
P10	P	9	2	3	2	1	17
P11	P	3	3	4	4	4	18
P12	P	2	2	3	3	1	11
P13	P	4	3	4	4	3	18
P14	P	3	3	3	4	2	15
P15	P	5	4	4	5	3	21
P16	P	2	3	3	4	2	14
P17	P	4	3	5	4	4	20
Jumlah							261
Average							15.35
Greatest Value							21
Smallest Value							11

Based on the pre-test data of physical fitness gymnastics on physical fitness that has been obtained, after going through calculations, the percentage of physical fitness post-test values can be obtained as follows:

Table 8 Post-Test Frequency Distribution of Physical Fitness Gymnastics

No	Class Interval	Frequency	Percentage
1	11-12,5	3	17%
2	13-14,5	4	24%
3	15-16,5	3	17%

No	Class Interval	Frequency	Percentage
4	17-18,5	5	30%
5	19-21,5	2	12%
	Jumlah	17	100%

Distribution of post-test variables of physical fitness gymnastics to physical fitness. It was concluded that grade V students of SD Negeri 2 Kota Agung Lahat Regency showed that there were 3 students (21%) having categories 11-12 and 4 students (29%) having categories 13-14 and 3 students (21%) having categories 15-16 and 3 students (21%) having categories 17-18 and 1 student (8%) having categories 19-20.

Data Normality Test

Table 9 Physical Fitness Data Normality Test

Variable	K _{hitung}	K _m	Information
Pre-test maumere gymnastics method on physical fitness	-1,577	-1 → +1	Abnormal
Post-test maumere gymnastics method on physical fitness	-0,18	-1 → +1	Normal
Pre-test physical fitness gymnastics on physical fitness	-0.61	-1 → +1	Normal
Post-test of physical fitness gymnastics on physical fitness	0.25	-1 → +1	Normal

The conclusion from the table above is from the pre-test data of the maumere gymnastics method on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency the distribution of data is declared abnormal. From the post-test data of the maumere gymnastics method on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency, the distribution of data was declared normal. From the pre-test data of physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency, the distribution of data was declared normal. From the post-test data of physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency, the distribution of data was declared normal.

Data homogeneity test

The calculation results show that $F_{\text{calculate}}$ is 1.6. The results were then consulted in the F_{table} at a significance level of 0.05 based on the degree of freedom ($dk = k-1 = 1$) which is 3.59. Based on these results, and after consultation with F_{table} it is known that $F_{\text{calculate}} < F_{\text{table}} = 1.6 < 3.59 =$ homogeneous. It was understood that the research data included pre-test and post-test methods of maumere gymnastics and physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency in a homogeneous state.

Maumere Gymnastics Exercise T-Test Test

From the calculation results it is known that the t_{count} is 5.27 The result is then consulted with a t_{table} of 1.77 ($\alpha =$

0.05) It shows that the $t_{count} \geq t_{table}$, $5.27 \geq 1.77$ (significant). Based on these results, it can be stated that there is an influence of the maumere gymnastics method on physical fitness in grade V students of SD Negeri 2 Kota Agung Lahat Regency.

T-Test Physical fitness gymnastics test

From the calculation results, it is known that the t_{count} is 5.57. The results were then consulted with a t_{table} of 1.77 ($\alpha = 0.05$) It showed that the $t_{count} \geq t_{table}$, $5.57 \geq 1.77$ (significant). Based on these results, it can be stated that there is an influence of physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency.

Discussion

Referring to the results of calculations and analysis of research data, it can be seen that there is an influence using the maumere gymnastics method and physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency. From the calculation results, it is known that the t_{count} is 5.57. The results were then consulted with a t_{table} of 1.77 ($\alpha = 0.05$) It showed that the $t_{count} \geq t_{table}$, $5.57 \geq 1.77$ (significant). Based on these results, it can be stated that there is an influence of physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency. The increase in physical fitness gymnastics averaged the points obtained by students in doing physical fitness before 11.35 and after doing physical fitness gymnastics training got 15.35, this means that the physical fitness gymnastics training method was able to increase physical fitness by 26.05%.

The results of this study are in line with those carried out by (Yudatama & Saleh, 2021) that Muhammadiyah fitness exercises have an influence on the physical fitness of grade 5 students of SD Negeri Bunut Kota Sukabumi. After data analysis using statistical calculations of the T test of two different samples, it was known that t_{count} was 5.547 and t_{table} 1.86. This shows that $t_{count} > t_{table}$ so that it can be concluded that Muhammadiyah fitness exercises affect the physical fitness of grade 5 students of SD Negeri Bunut Kota Sukabumi.

Other studies were also conducted by (Oktavani & Meirony, 2017) that SKJ 2008 gymnastics had a significant effect on improving the physical fitness of students of State Elementary School 20 Alang Laweh South Padang, Padang City. It is important to understand by related agencies to understand the benefits of gymnastics, as described in the previous chapter, it can be illustrated how important gymnastics activities are in improving physical fitness.

CONCLUSION

Based on the results of research analysis and discussion, several things can be concluded in accordance with the problems in this study. From the calculation results, it is known that the t_{count} is 5.57. The results were then consulted with a t_{table} of 1.77 ($\alpha = 0.05$) It showed that the $t_{count} \geq t_{table}$, $5.57 \geq 1.77$ (significant). Based on these results, it can be stated that there is an influence of physical fitness gymnastics on the physical fitness of grade V students of SD Negeri 2 Kota Agung Lahat Regency. The increase in physical fitness gymnastics averaged the points obtained by students in doing physical fitness before 11.35 and after doing physical

fitness gymnastics training got 15.35, this means that the physical fitness gymnastics training method was able to increase physical fitness by 26.05%.

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