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## SOCIALIZATION OF PHASE C INDONESIAN STUDENT FITNESS TEST (TES KEBUGARAN SISWA INDONESIA / TKSI)

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**Abstract:** *Student's physical fitness is one of the important things in supporting the implementation of learning at school. This Community Service is an outreach activity about the Indonesian Student Fitness Test (TKSI), which is still something new, so many Physical Education, Sports, and Health (PJOK) teachers do not yet understand it. Apart from socializing about TKSI, another aim is to determine the fitness level of elementary school (SD) students in grades 5 and 6. The method used is to explain how TKSI is implemented and demonstrate its implementation. The result of this service is that the average student's fitness is in the good category.*

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## INTRODUCTION

Education is a learning situation that allows students to actively develop their potential, including spiritual strength, self-discipline, character, intelligence, noble morals, and recognizing themselves, society, nation, and other people, trying to create a process. From a pragmatic point of view, education is not only defined as a process of transforming knowledge, skills, and values but must also be able to develop students' abilities to adapt to changes in different times. To achieve these educational goals, there must be synergy between all subjects according to the characteristics of each subject, including PJOK.

PJOK is a learning process through physical activity that aims to improve physical fitness, motor skills, knowledge, healthy and active living behavior, sportsmanship, and emotional intelligence. The learning environment is carefully designed to encourage growth and development in all areas of each student including physical, psychomotor, cognitive, and emotional growth<sup>1</sup>.

PJOK provides opportunities for students to engage in physical activity while at school, develop physical fitness, and apply physical fitness knowledge as a guide in carrying out a healthy and active lifestyle in their free time at home. Because this is a form of physical literacy practice, Indonesian people are expected to be physically and spiritually healthy throughout their lives.

Three main elements of physical education are at the core of implementing PJOK, namely, 1) Improving students' physical fitness and health, 2) Improving physical skills, and

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<sup>1</sup> Mashud Mashud, "Analysis of Corner Teacher Problems in Realizing Physical Fitness Goals," Multilateral Journal of Physical Education and Sports 17, no. 2 (2019): 77–85.



3) Increasing students' knowledge and attitudes toward the principles of movement and their application in real life. However, some classify it into four categories: (1) physical development, (2) motor skills development, (3) mental development, and (4) social development<sup>2</sup>.

As is known, PJOK aims to develop aspects such as physical fitness, motor skills, critical thinking skills, social skills, reasoning, emotional stability, moral behavior, and aspects of a healthy lifestyle. Physical fitness is one part of PJOK. Physical fitness is an important element in supporting students' daily activities. Physical fitness levels need to be measured accurately, using appropriate tests and measurements.

If Indonesian students have strong bodies, then they will be able to carry out various daily activities, such as studying full-time and getting enough exercise. Students with a high level of physical fitness can carry out the learning process consistently for a long time without experiencing significant fatigue<sup>34</sup>. For this reason, students need to have endurance, which is one component of physical fitness that can be maintained and improved in a program through PJOK<sup>5</sup>. A student's ability to participate in learning at school for a long period depends on ensuring strong muscle work with good and effective oxygen flow so that the muscles can function well and produce large amounts of energy<sup>67</sup>. Physical fitness is very important for children and elderly people, but the importance of physical fitness is still not well understood<sup>89</sup>.

Standard tests and measurements of physical fitness come in many variations and procedures based on characteristics. There are many physical fitness test options around the world, including the AAHPER Youth Fitness Test, Texas Youth Fitness, the South Carolina Test used in the US, NAPFA (The National Physical Fitness Award/Assessment) in Singapore, and Manitoba Physical Performance in Canada, Australian Student Fitness Test in Australia, and standardized ACSPFT for Asian countries.

In Indonesia, the TKJI has been known and used for approximately 38 years with standard features and procedures. TKJI is considered too complicated because it must provide infrastructure for its implementation and its implementation must be completed within a predetermined time. After being revalidated, the TKSI (Indonesian Student Fitness

<sup>2</sup> M. Yoga Dwi Risaldi, Reo Prasetyo Herpandika, and Budiman Agung Pratama, "Implementation of the Indonesian Student Fitness Test (TKSI) at SDN Siwalan 1 Nganjuk Regency," *SPRINTER: Journal of Sports Science* 4, no. 2 (2023): 224–232.

<sup>3</sup> N Adijaya and LP Santosa, "Student Perceptions in Online Learning," *Wanastra* 10, no. 2 (2018): 550, <http://ejournal.bsi.ac.id/ejurnal/index.php/wanastra><http://ejournal.bsi.ac.id/ejurnal/index.php/wanastra>.

<sup>4</sup> Arisman et al., "Socialization of the Indonesian Student Fitness Test (TKSI) Bekasi City" 1, no. 1 (2023): 34–41.

<sup>5</sup> Daud Damsir, Muhamad Idris, and Rury Rizhardi, "Survey of Physical Fitness Levels in Junior High School Students," *Jolma* 1, no. 1 (2021): 41.

<sup>6</sup> Nurul Ihsan, Zulman, and Adriansyah, "Relationship of Leg Muscle Explosive Power and Aerobic Endurance with the Front Kick Ability of Pencak Silat Athletes at Pariaman Laut Sword College," *Journal of Sports Performance* 03, no. 1 (2018): 1–6.

<sup>7</sup> Dani Wardani and Alwi Nurudin, "The Effect of Muhammadiyah Gymnastics on the Physical Fitness of Junior High School Students. The Effect of Muhammadiyah Gymnastics on Physical Fitness of Junior High School Students" 2 (2020).

<sup>8</sup> Muhammad Muhyi et al., *Learning Through Movement: Smart, Cheerful Fitness Gymnastics with Character (BCCB Gymnastics)*, ed. Erang Risanto, 1st ed. (Yogyakarta: Andi Offset, 2016).

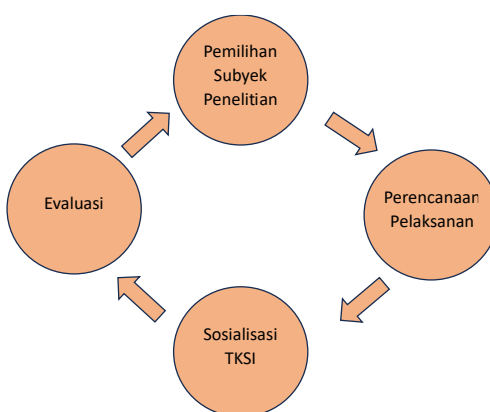
<sup>9</sup> Ahmad Hafas Rasyidi et al., "Efforts to Improve Health and Physical Fitness Through Sports at the Kedungdowo Village Hall, Arjasa Situbondo District," *J-ABDI: Journal of Community Service* 2, no. 11 (2023): 6979–6986.

Test) emerged.

Based on this, the service team felt it was necessary to socialize the implementation of TKSI in elementary schools first.

## METHOD

This community service was carried out at the Aroepala State Elementary School, Makassar with service subjects as many as 18 elementary school students in grades 5 and 6. The coordinator of the research subjects was the PJOK teacher. As for the implementation of TKSI, students must ensure that they are not sick. The test in TKJI Phase C includes 5 test items, namely the Child Ball Test, Tok Tok Ball Test, Move The Ball Test, Shuttle Run 8 x 10m Test, and 600 m Run Test. However, each student's height and weight are also calculated to get the Body Mass Index (BMI) results. The results of this implementation can be directly entered into the TKSI calculator which has been provided on the Ministry of Education and Culture's TKSI website, so that staff do not need to calculate manually to get a conclusion on the TKSI category.



**Figure 1. Flow of Implementation of Community Service**

## RESULT

This community service is carried out in the context of TKSI phase C socialization which takes place on school days at 08.00 -10.00 WITA. This socialization is carried out using several methods, namely lecture and demonstration methods, and then assistance is provided in implementing TKSI Phase C properly and correctly so that students carry out all test items well and correctly. It is hoped that all subjects will continue to do sports so that their physical fitness will be maintained and that students will remain active in participating in all their daily activities.

The subjects in this service participated in the activities very well, students paid attention and followed the theory and practice presented well. This can be seen in the enthusiasm of the participants following the theoretical and practical material. One of the findings in the field is that students are not familiar with TKSI, especially about the phases of TKSI. The needs analysis found at the beginning of socialization explains the TKSI test in terms of theory and practice.

From the TKSI Phase C measurement results, descriptive statistical results were obtained which can be seen in the table below

**Table. 1 Descriptive Statistics TKSI Phase C Results**



	N	Range	Min	Max	Mean	Std. Deviation	Var
TKSI results	18	8.00	15.00	23.00	18.89	2.11	4.46

Table 1 shows descriptive statistics of TKSI Phase C results in Aroepala State Elementary School, Makassar with a total of 18 students serving subjects, range 8.00, minimum score 15.00, maximum score 23.00, mean 18.89, standard deviation 2.11, variance 4.46.

**Table 2. Frequency Distribution of Phase C TKSI**

Intervals	Category	Frequency	%
20.00 – 25.00	Very well	6	33.33
15.00 – 19.99	Good	12	66.67
10.00 – 14.99	Currently	0	0
5.00 – 9.99	Not enough	0	0
0.00 – 4.99	Very less	0	0
<b>Total</b>		18	100.00

Table 2 depicts the frequency distribution of Phase C TKSI results at Aroepala State Elementary School, Makassar which is in the very good category is 6 students or 33.33%, and in the good category is 12 students or 66.67%.

## DISCUSSION

Based on the results of the TKSI Phase C socialization carried out on Aroepala Makassar Elementary School students using five physical fitness test items, it can be seen that the student's physical fitness level is in a good category, by looking at the final TKSI results.

Several factors can improve students' physical fitness conditions, one of which is the environmental factor where they live. Physical fitness is an important element for students to be physically strong and have good physical fitness, so they can do school work well<sup>10</sup>.

Students with good physical fitness will not experience fatigue quickly, so this condition can support them in carrying out physical activities. Having a good body condition will support learning activities so that students will remain enthusiastic about participating in learning. The research results stated that there was a relationship between physical fitness and students' concentration levels<sup>11</sup>.

Physical fitness is very necessary for everyone because it is closely related to daily activities. Physical fitness is defined as a person's ability to carry out a series of daily activities without experiencing significant fatigue. Judging from the definition above, more than 60% of students have a good level of physical fitness, which has a big impact on daily activities. One very prominent impact on children's activities is during the learning process. Each individual's excellent physical fitness will help increase concentration by approximately

<sup>10</sup> Ibid.

<sup>11</sup> Aprillia Krissanthy, Febi Kurniawan, and Citra Resita, "The Relationship between Physical Fitness and Student's Concentration Level at SMA 9 Bekasi Correlation between Physical Fitness and Student's Concentration Level of SMA Negeri 9 Bekasi," *Journal of Sports Literacy* 1, no. 1 (2020): 77–81, <https://journal.unsika.ac.id/index.php/JLO>.



30%<sup>12</sup>.

Every student must still improve their physical fitness considering the importance of physical fitness for the quality of human life. It can influence students' way of thinking, increase knowledge, and develop students' insight which is realized in the form of optimal learning achievement<sup>13</sup>.

## CONCLUSION

Based on the results of community service regarding the socialization of TKSI in this phase, it was found that there were still many students who did not know about TKSI. This is normal because TKSI is a new test and measurement tool released by the Ministry of Education and Culture in 2022, which is part of a series of Healthy School Campaign activities.

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