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## SOCIALIZATION OF PHASE B FITNESS TEST MEASUREMENTS FOR INDONESIAN STUDENTS AT UPT SPF SD NEGERI PANNARA MAKASSAR

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**Abstract:** *This outreach activity aims to introduce the Phase B Indonesian Student Fitness Test (TKSI) which has not been carried out much for elementary school students. The subjects of this activity were students in grades 3 and 4 of UPT SPF at Pannara State Elementary School, Makassar, totaling 26 children. The test in TKSI Phase B includes 5 test items, namely the V Sit and Reach Test, Half Up Test, Hand-Eye Coordination Test, T-Test, and Around The World Test. The results of this socialization were 2 or 7.7% of students in the very good category, in the good category there were 23 or 88.5% of students and in the medium category only 1 student or 3.8%. So it can be categorized that the physical fitness level of students in grades 3 and 4 of UPT SPF SD Negeri Pannara Makassar is in the good category.*

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## INTRODUCTION

In the 21st century, learning requires educators and students to master technology well. Technology is an alternative and is the choice of many people to complete all their tasks, even light activities. This is the main cause of the decline in a person's physical fitness level. Related to this, the education sector cannot be separated from technological updates. All school assignments are always technology-based. This is where the role of Physical Education, Sports, and Health (PJOK) subjects is to improve and maintain students' fitness.

PJOK is a learning process designed by carrying out physical activities to improve knowledge, physical fitness, motor skills, and active, healthy, sportsmanship and emotional intelligence. Students have the opportunity to actively do this when learning PJOK and in their free time both at school and at home<sup>1</sup>. This is a form of implementing physical literacy so that Indonesian people are expected to be physically and spiritually healthy throughout their lives.

Improving physical fitness is one of the goals of PJOK learning, but several things must be developed, namely physical skills, movement skills, and mental and social skills.<sup>23</sup>. If

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<sup>1</sup> Mashud Mashud, "Analisis Masalah Guru Pjok Dalam Mewujudkan Tujuan Kebugaran Jasmani," *Multilateral Jurnal Pendidikan Jasmani dan Olahraga* 17, no. 2 (2019): 77–85.

<sup>2</sup> M. Yoga Dwi Risaldi, Reo Prasetyo Herpandika, and Budiman Agung Pratama, "Penerapan Tes Kebugaran Siswa Indonesia (TKSI) Di SDN Siwalan 1 Kabupaten Nganjuk," *SPRINTER: Jurnal Ilmu Olahraga* 4, no. 2 (2023): 224–232.

<sup>3</sup> Herlina Herlina and Maman Suherman, "Potensi Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan (Pjok)



students in Indonesia have strong bodies, then they can do all daily activities and sports well. Students who have good physical fitness will be able to carry out the learning process<sup>4</sup> well for a relatively long time stably and without feeling tired<sup>5</sup>. Thinking in learning activities will have an impact on students' physicality, so cardiovascular endurance is one of the physical components of physical fitness that must always be improved.<sup>6</sup> Long periods of learning require strong muscle work, a good and effective oxygen flow process can help muscle performance to produce greater power.<sup>7,8</sup>

This socialization was carried out in phase B at UPT SPF SD Negeri Pannara Makassar, which is one of the elementary schools in Makassar.

## METHOD

This socialization was carried out at the UPT SPF of Pannara State Elementary School, Makassar, with subjects as many as 26 elementary school students in grades 3 and 4. The coordinator of the research subjects was the PJOK teacher as well as the Head of the SPF UPT of Pannara State Elementary School, Makassar. As for the implementation of TKSI, students must be ensured that they are in good health. The test in TKSI Phase B includes 5 test items, namely the V Sit and Reach Test, Half Up Test, Hand-Eye Coordination Test, T-Test and Around the World Test. Before carrying out these five tests, students take data about their date of birth, height, and weight. body and Body Mass Index (BMI). The results of the overall data collection are 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 conclusions about the Phase B TKSI category. This socialization was carried out in order to introduce Phase B TKSI which was carried out on school days at 08.00 -10.00 WITA. This socialization was carried out using several methods, namely lecture and demonstration methods, and then assistance was provided in implementing TKSI Phase B.

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Di Tengah Pandemi Corona Virus Disease (Covid)-19 Di Sekolah Dasar," *Tadulako Journal Sport Sciences And Physical Education* 8, no. 1 (2020): 1–7, <http://jurnal.untad.ac.id/jurnal/index.php/PJKR/article/view/16186>.

<sup>4</sup> N Adijaya and L P Santosa, "Persepsi Mahasiswa Dalam Pembelajaran Online," *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>5</sup> Arisman et al., "Sosialisasi Tes Kebugaran Siswa Indonesia (TKSI) Kota Bekasi" 1, no. 1 (2023): 34–41.

<sup>6</sup> Daud Damsir, Muhamad Idris, and Rury Rizhardi, "Survei Tingkat Kebugaran Jasmani Pada Siswa Sekolah Menengah Pertama," *Jolma* 1, no. 1 (2021): 41.

<sup>7</sup> Nurul Ihsan, Zulman, and Adriansyah, "Hubungan Daya Ledak Otot Tungkai Dan Dayatahan Aerobik Dengan Kemampuan Tendangan Depan Atlet Pencak Silat Perguruan Pedang Laut Pariaman," *Jurnal Performa Olahraga* 03, no. 1 (2018): 1–6.

<sup>8</sup> Rio Wardhani, "Pengaruh Kekuatan Otot Terhadap Kecepatan Renang Gaya Bebas Club Renang Bintang Khatulistiwa Pontianak," *Spj: Sport Pedagogy Journal* 1, no. 1 (2022): 103–109.

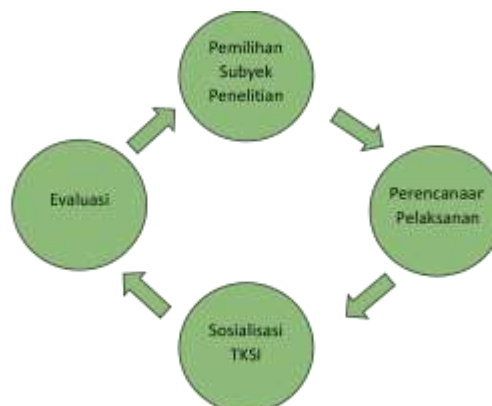


Figure 1. Flow of Implementation of Phase B TKSI Measurement Socialization

## RESULT

The subjects in this socialization participated in the activities well from start to finish, students also paid attention and followed the theory and practice that was presented well. This can be seen from the high enthusiasm of students in taking the test. The findings in the field were that all students were not familiar with TKSI, especially about the phases of TKSI. The needs analysis found at the beginning of socialization provides an explanation of the TKSI phase B test, both theory and practice.

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

**Table 1 Descriptive Statistics TKSI Phase B Results**

	N	Min	Max	Mean	SD
TKSI Result	26	16	20	18	1.23

Table 1 shows descriptive statistics of TKSI Phase B results UPT SPF Pannara State Elementary School Makassar with a total of 26 students as subjects, a minimum value of 16, a maximum value of 20, a mean of 18, and a standard deviation of 1.23, variance 4.46.

**Table 2. Gender Frequency Distribution of TKSI Phase B**

Gender	Frequency	%
Man	15	57.7
Woman	11	42.3
<b>Total</b>	<b>26</b>	<b>100</b>

Table 2 shows the number of subjects based on gender: 15 men or 57.7% of students and 11 women or 42.3% of students.

**Table 3. Frequency Distribution of Phase B TKSI Categories**

Intervals	Category	Frequency	%
20.00 – 25.00	Very well	2	7.7
15.00 – 19.99	Good	23	88.5
10.00 – 14.99	Currently	1	3.8
5.00 – 9.99	Not enough	0	0
0.00 – 4.99	Very less	0	0
<b>Total</b>		<b>26</b>	<b>100.00</b>

Table 3 depicts the frequency distribution of Phase B TKSI results at UPT SPF Pannara State Elementary School Makassar, There are 2 students in the excellent category, or 7.7%, in



the good category there are 23 students, or 88.5%, and in the moderate category only 1 student or 3.8%.

## DISCUSSION

Results of TKSI Phase B socialization carried out UPT SPF Pannara State Elementary School Makassar By using five physical fitness test items, it can be seen that the student's physical fitness level is in the good category, by looking at the results of the TKSI test carried out. This result cannot be separated from the physical education learning carried out at school. However, students' physical fitness must be tested periodically, to motivate students during the PJOK learning process. The learning carried out can help in monitoring students' physical fitness every day according to the program that has been set by the teacher<sup>9</sup>.

Good physical fitness will support students in carrying out daily physical activities so that they do not easily experience fatigue. Good physical condition will make students enthusiastic about participating in all learning activities at school<sup>10</sup>. Learning is a process of change for the better, one of which is by improving the body's functional abilities and physical qualities which will affect a person's psychology, and at school this is found in PJOK lessons.<sup>11</sup>. The better a person's physical fitness, the better their daily physical activity will be. This also applies to vice versa. Physical fitness cannot be improved just like that, to achieve it requires effort by carrying out regular and planned physical activity<sup>12</sup>.

Physical fitness is important so that students have a strong physique<sup>13</sup> which will indirectly increase concentration, which will support doing school work well<sup>14</sup><sup>15</sup><sup>16</sup>. Physical fitness can also influence students' mindsets increase knowledge and develop insight in the form of maximum learning achievement<sup>17</sup>. PJOK is one of the most dominant subjects in increasing physical activity which has an impact not only on physical fitness but also on affective and cognitive aspects.<sup>18</sup>.

<sup>9</sup> Putra Aprilian Trisnata, Yulingga Nanda Hanief, and Ruruh Andayani Bekt, "Studi Hasil Tes Kebugaran Jasmani Siswa Kelas Atas Di Sekolah Dasar Negeri 03 Talang, Tulungagung Tahun Ajaran 2019," *Jurnal Literasi Olahraga* 1, no. 1 (2020): 46–50.

<sup>10</sup> Aprillia Krissanthy, Febi Kurniawan, and Citra Resita, "Hubungan Kebugaran Jasmani Dengan Tingkat Konsentrasi Siswa Di SMA 9 Bekasi Correlation between Physical Fitness and Student's Concentration Level of SMA Negeri 9 Bekasi," *Jurnal Literasi Olahraga* 1, no. 1 (2020): 77–81, <https://journal.unsika.ac.id/index.php/JLO>.

<sup>11</sup> Ibnu Darmawan, "Upaya Meningkatkan Kebugaran Jasmani Siswa Melalui Penjas," *Jip* 7, no. 2 (2019): 143–154, <http://ejournal.unikama.ac.id/index.php/jrnspirasi>.

<sup>12</sup> M. Yoga Dwi Risaldi, Reo Prasetyo Herpandika, and Budiman Agung Pratama, "Penerapan Tes Kebugaran Siswa Indonesia (TKSI) Di SDN Siwalan 1 Kabupaten Nganjuk."

<sup>13</sup> Ahmad Hafas Rasyidi et al., "Upaya Peningkatan Kesehatan Dan Kebugaran Jasmani Melalui Olahraga Di Balai Desa Kedungdowo Kecamatan Arjasa Situbondo," *J-ABDI: Jurnal Pengabdian kepada Masyarakat* 2, no. 11 (2023): 6979–6986.

<sup>14</sup> Damsir, Idris, and Rizhardi, "Survei Tingkat Kebugaran Jasmani Pada Siswa Sekolah Menengah Pertama."

<sup>15</sup> Krissanthy, Kurniawan, and Resita, "Hubungan Kebugaran Jasmani Dengan Tingkat Konsentrasi Siswa Di SMA 9 Bekasi Correlation between Physical Fitness and Student's Concentration Level of SMA Negeri 9 Bekasi."

<sup>16</sup> Sepriadi, Sefri Hardiansyah, and Hilmainur Syampurma, "Perbedaan Tingkat Kesegaran Jasmani Berdasarkan Status Gizi," *Media Ilmu Keolahragaan Indonesia* 7, no. 1 (2017): 27.

<sup>17</sup> Wahyu Mitra Ardika and Pardijono, "Hubungan Tingkat Kebugaran Jasmani Siswa Terhadap Hasil Belajar Pendidikan Jasmani, Olahraga Dan Kesehatan Di Sekolah," *Jurnal Pendidikan Olahraga dan Kesehatan* 3, no. 2 (2015): 581–585.

<sup>18</sup> Sarah Aulia Septihana et al., "Tinjauan Kebugaran Jasmani Siswa Sekolah Dasar Negeri 29 Batang Anai," *Jurnal JPDO* 6, no. 7 (2023): 82–89.



In this activity, more than 80% of students' physical fitness is in good condition. From this, it is hoped that the physical activities carried out by students, both school and out-of-school activities, can be carried out well and also have a good impact on the quality of health.

## CONCLUSION

The conclusion from this activity was that 88.5% of the subject's Phase B UPT SPF Pannara State Elementary School is in a good category. So, in general, it is hoped that students can participate in all series of activities related to activities well, and it is also hoped that PJOK teachers will maintain learning that can improve physical fitness well.

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