

ABSTRAK

Achdam Adzatsyah Luhur Yuanata. 2024. Analisis Kebugaran Jasmani Peserta Didik Sekolah Dasar Wilayah Kecamatan Takeran. Skripsi. Ilmu Keolahragaan. Fakultas Ilmu Kesehatan dan Sains. Universitas PGRI Madiun. Pembimbing: Drs. Lukas Susanto, M. Kes dan Ghon Lisdiantoro, S.Pd., M.Or.

Kebugaran jasmani merupakan indikator penting dalam menentukan kesehatan dan kualitas hidup seseorang, terutama pada masa perkembangan seperti usia sekolah dasar. Penelitian ini bertujuan untuk kebugaran jasmani merupakan indikator penting dalam menentukan kesehatan dan kualitas hidup seseorang, terutama pada masa perkembangan seperti usia sekolah dasar. Penelitian ini menggunakan desain deskriptif kuantitatif dengan teknik pengumpulan data melalui tes. Subyek dalam penelitian ini adalah peserta didik sd negeri jomblang, sd negeri kerik, dan sd negeri madigondo dengan total jumlah 112 siswa siswi yang sudah melakukan tes. Pengumpulan data dengan tes menggunakan instrumen Tes Kebugaran Pelajar Nusantara (TKPN) 2023 dari KEMENPORA. Teknik analisis data menggunakan statistik deskriptif kuantitatif. Hasil keseluruhan dari pengukuran Tes Indeks Massa Tubuh (IMT) di SD Negeri Wilayah Kecamatan Takeran, dalam kategori gizi kurang sebanyak 4 siswa atau 3,57%, kategori gizi baik sebanyak 77 siswa atau 68,75%, kategori Gizi Lebih sebanyak 15 siswa atau 13,39%, dan kategori obesitas sebanyak 16 siswa atau 14,29%. Hasil Keseluruhan tes *V Sit and Reach* dalam kategori Baik Sekali sebanyak 31 siswa atau 27,68%, kategori Baik sebanyak 50 siswa atau 44,64%, kategori Cukup sebanyak 15 siswa atau 13,39%, kategori Rendah sebanyak 10 siswa atau 8,93%, dan Sangat Rendah sebanyak 6 siswa atau 5,36%. Hasil keseluruhan Tes *Sit Up* dalam kategori Baik Sekali 0,00%, kategori Baik sebanyak 5 siswa atau 4,46%, Kategori Cukup sebanyak 22 siswa atau 19,64%, kategori Rendah sebanyak 48 siswa atau 42,86%, dan kategori Sangat Rendah sebanyak 37 siswa atau 33,04%. Hasil keseluruhan Tes *Squat thrust* dalam kategori Baik Sekali sebanyak 20 siswa atau 17,86%, kategori Baik sebanyak 33 siswa atau 29,46%, kategori Cukup sebanyak 21 siswa atau 18,75, kategori Rendah sebanyak 25 atau 22,32%, dan kategori Sangat Rendah sebanyak 13 siswa atau 11,61%. Hasil keseluruhan Tes *Pacer Test* dalam kategori Baik Sekali sebanyak 5 siswa atau 4,46%, kategori Baik sebanyak 5 siswa atau 4,46%, kategori Cukup sebanyak 7,14%, kategori Rendah sebanyak 48 atau 42,86%, dan kategori Sangat Rendah sebanyak 46 siswa atau 41,07%. Jadi hasil Pengukuran IMT keseluruhan di SD wilayah Kecamatan Takeran dalam kategori Gizi Baik dan Hasil Kebugaran TKPN dalam kategori 2 atau Rendah. Upaya meningkatkan kebugaran jasmani siswa dapat dilakukan dengan memodifikasi jam pelajaran PJOK dan peningkatan strategi guru penjas dalam merancang pembelajaran.

Kata Kunci : Kebugaran Jasmani, TKPN , IMT

ABSTRACT

Achdam Adzatsyah Luhur Yuanata. 2024. Analysis of Physical Fitness of Elementary School Students in Takeran District. Thesis. Sports Science. Faculty of Health Sciences and Sciences. PGRI University of Madiun. Supervisors: Drs. Lukas Susanto, M. Kes and Ghon Lisdiantoro, S.Pd., M.Or.

Physical fitness is an important indicator in determining a person's health and quality of life, especially during developmental periods such as elementary school age. This research aims to ensure that physical fitness is an important indicator in determining a person's health and quality of life, especially during developmental periods such as elementary school age. This study uses a quantitative descriptive design with data collection techniques through tests. The subjects in this study are students of Jomblang State Elementary School, Kerik State Elementary School, and Madigondo State Elementary School with a total of 112 students who have taken the test. Data collection by test using the 2023 Nusantara Student Fitness Test (TKPN) instrument from the Ministry of Youth and Sports. The data analysis technique uses quantitative descriptive statistics. The overall results of the measurement of the Body Mass Index Test (BMI) at the State Elementary School in Takeran District, in the undernutrition category as many as 4 students or 3.57%, the good nutrition category as many as 77 students or 68.75%, the overnutrition category as many as 15 students or 13.39%, and the obesity category as many as 16 students or 14.29%. The overall results of the V Sit and Reach test in the Very Good category were 31 students or 27.68%, the Good category was 50 students or 44.64%, the Fair category was 15 students or 13.39%, the Low category was 10 students or 8.93%, and the Very Low category was 6 students or 5.36%. The overall results of the Sit Up Test were in the Very Good category of 0.00%, the Good category was 5 students or 4.46%, the Moderate Category was 22 students or 19.64%, the Low category was 48 students or 42.86%, and the Very Low category was 37 students or 33.04%. The overall results of the Squat thrust Test in the Very Good category were 20 students or 17.86%, the Good category was 33 students or 29.46%, the Moderate category was 21 students or 18.75, the Low category was 25 or 22.32%, and the Very Low category was 13 students or 11.61%. The overall results of the *Pacer* Test in the Very Good category were 5 students or 4.46%, the Good category was 5 students or 4.46%, the Fair category was 7.14%, the Low category was 48 or 42.86%, and the Very Low category was 46 students or 41.07%. So the overall BMI results in the elementary school in the Takeran District area are in the Good Nutrition category and the TKPN Fitness Results are in the 1 or Low category. Efforts to improve students' physical fitness can be done by modifying PJOK lesson hours and improving the strategies of PJAS teachers in designing learning.

Keywords: Physical Fitness, TKPN, BMI