

The Relationship between Healthy Lifestyle and Physical Fitness in Extracurricular Sports Students

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Abstrak

Objective. The objectives of the study are to investigate the elements that impact the adoption of healthy lifestyle habits and levels of physical fitness among extracurricular students at SMP 6 Hassanudin Semarang. The research is focused on establishing the connection between healthy lifestyle habits and the level of physical fitness among students participating in extracurricular sports at SMP 6 Hassanudin Semarang.

Materials and Methods. The research methodology used in this study is correlational and quantitative in nature. The study's population comprised all extracurricular members of SMP 6 Hassanudin Semarang, totaling 30 students. Total sampling was used as the sampling technique, which means the entire population was included in the sample. A questionnaire was used for the assessment of a healthy lifestyle, while the Indonesian Physical Fitness Level exam (TKJI) was used for the evaluation of physical fitness. The analysis methods employed included descriptive analysis, precondition tests, and hypothesis testing.

Results. The scores for healthy lifestyle were as follows: 5 students scored very well, 17 students scored well, 6 students scored moderately, and 2 students scored poorly. In terms of physical fitness level, 7 students were classified as having a good level of fitness, 19 students as having a moderate level of fitness, and 4 students as having a poor level of fitness. The correlation coefficient (r) from the analysis is 0.649, which is higher than the critical value (r table) of 0.361, indicating a significant relationship between a healthy living pattern and the level of physical fitness.

Conclusion. The results of the study show a notable connection between maintaining a healthy way of life and the level of fitness among extracurricular students at Hasanudin 6 Middle School in Semarang. Students who lead an unhealthy lifestyle should integrate regular physical exercise and other activities into their daily schedule.

Keywords: Healthy Lifestyle, Physical Fitness, Extracurricular, Students

Introduction

Society is currently showing a growing interest in the concept of healthy living (Purnomo & Herwin, 2021). This is attributed to the rising prevalence of diseases resulting from poor behavior, such as a sedentary lifestyle, tobacco consumption, and the consumption of fast food (Jalil & Hakim, 2021). A healthy lifestyle is characterized by a harmonious combination of regular physical exercise, nutritious dietary habits, and the avoidance of detrimental health behaviors (Oktavia et al., 2022).

Implementing a healthy lifestyle in an educational setting is crucial, particularly for students, and should be done at the earliest opportunity (Liao et al., 2023). Adopting a healthy lifestyle throughout youth significantly enhances overall well-being and serves as a proactive strategy against any future ailments. Implementing student behaviors such as frequent exercise, consuming healthy food, and abstaining from drinking and smoking might lead to the attainment of good health (Putro, 2018).

The implementation of good conduct in adopting a healthy lifestyle among students directly affects their physical fitness. Engaging in regular physical activity can enhance endurance, boost muscle and bone strength, and lower the likelihood of developing conditions such as obesity, diabetes, and heart disease (Rahail et al., 2022). Consequently, students who embrace a healthy lifestyle will exhibit superior physical fitness compared to students who do not embrace a healthy lifestyle (Fahrizqi et al., 2020).

Incorporating a healthy lifestyle also affects physical education and sports in schools. Having a high level of physical fitness enhances kids' activity levels and facilitates their participation in school sports programs. Engaging in this activity will enhance both physical and cognitive abilities, while also improving student focus and learning efficiency (Muhajir, 2017).

In addition, extracurricular activities can serve as a method for enhancing pupils' physical fitness (Kuswoyo, 2019). Engaging in extracurricular sports activities allows kids to enhance their athletic skills and cultivate both their physical and mental capabilities. This will additionally assist students in cultivating beneficial lifestyle practices integrated into their everyday schedules (Herlan et al., 2021).

A study conducted by Abhinaya and Wahjuni (2022) demonstrates a positive association between adopting a healthy lifestyle and achieving physical fitness among students. Furthermore, Yanori's (2022) research supports the notion that there is a substantial correlation between students' physical fitness level and their adherence to good living habits. Previous

research has established a strong correlation between healthy lifestyle habits and the physical fitness levels of pupils.

In their study, Saputra et al (2023) asserted that a healthy lifestyle and physical fitness are two interrelated characteristics that mutually influence one another. Inculcating a wholesome lifestyle among students would enhance their physical well-being and positively influence their academic progress and personal growth. Educators must instruct students on the significance of maintaining a healthy lifestyle and enable them to implement it in their everyday routines (Rohmah & Muhammad, 2021). The objective of this research is to based on the given definition, student engagement in extracurricular sports serves as a driving force for students to attain a high level of physical fitness and desired academic outcomes.

Materials and Methods

Study Participants.

The target group for this research consists of students from Hasanuddin 6 Middle School in Semarang who actively participate in extracurricular activities, specifically silat, volleyball, and futsal. The total number of students in this population is 30, with 15 students involved in silat, 6 students in volleyball, and 9 students in futsal. The sampling technique employs total sampling, as it utilizes the entire population as the sample. The research sample consisted of 30 students who participated in extracurricular sports at Hasanuddin 6 Middle School in Semarang.

Study organization.

The research employed two types of tools, specifically surveys and test instruments. The questionnaire for assessing healthy lifestyle patterns has been developed by considering several indications. The supplied questionnaire pertains to the relevant indications of a healthy lifestyle. were, several statement items were derived from these indicators and were disseminated to the research population. The evaluation of questionnaire responses use a Likert scale ranging from 1 to 4. In 2010, the Ministry of National Education introduced two physical fitness test instruments (TKJI) with a reliability rating of 0.959. The fitness tests employed in this study encompassed the running test, push-up test, supine test, vertical jump, and 1000-meter run for students.

Statistical analysis.

An exhaustive elucidation of the diverse methodologies of mathematical statistics and their respective objectives is necessary. The objective is to provide a thorough explanation of the practical implementation of mathematical-statistical methods, encompassing subjects such as probability distributions, hypothesis testing, regression analysis, and multivariate analysis. The objective of this analysis is to enable readers to get a comprehensive comprehension of the

statistical methodologies employed in the analysis of data across several domains, including business, science, and social sciences.

Data analysis involves assessing the accuracy and validity of the data. The analysis employed encompasses descriptive analysis, which involves computing the proportion of research data, the minimum and maximum scores, and the average, median, and mode. The analysis of prerequisite tests includes conducting a normalization test, a linearity test, and a hypothesis test along with a correlation test. The normality test is employed to assess the normal distribution of the data, utilizing the Kolmogorov-Smirnov test approach in this particular study. The second test for linearity is the Anova test, which is used to ascertain the presence of a linear relationship between the independent and dependent variables. Ultimately, experiment to determine if there is a correlation between the independent and dependent variables. The data analysis in this research exclusively employs the SPSS version 25 software.

Results

Data was collected and a description was prepared based on measurements taken on February 20, 2024.

Table 1. Student Healthy Lifestyle Data

No.	Interval	Category	F	%
1	>135	Very good	5	16,67
2	128 – 134	Good	17	56,67
3	121 – 127	Medium	6	20
4	114 – 120	Poor	0	0
5	<113	Very Poor	2	6,67
Total			30	100,01

The lowest score achieved in the dataset was 102, while the highest score reached was 147. The average score for the dataset was calculated to be 130.0667. The mean value of the scores was 131, indicating the central tendency of the data, and the mode value, representing the most frequently occurring score, was determined to be 132.

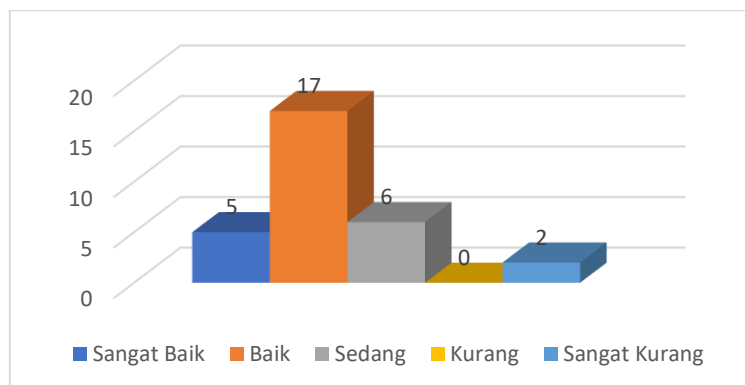


Figure 1. Extracurricular Student Healthy Lifestyle Category

The graphic illustrates the healthy lifestyle habits of extracurricular sports students at Hasanuddin 6 Middle School in Semarang. Out of the total number of students, 17 fall into the good group. Physical fitness level is assessed using multiple tests, which are subsequently consolidated into a single dataset. The provided information consists of physical fitness data.

Table 2. Physical Fitness Level Data

No.	Interval	Category	F	%
1	22 – 25	Very good	0	0
2	18 – 21	Good	7	23,33
3	14 – 17	Currently	19	63,33
4	10 – 13	Not enough	4	13,33
5	5 - 9	Very less	0	0
Total			30	100,01

The data in the table shows that the lowest value is 10, the highest value is 21, the average is 15.8, the middle value is 15, and the most frequently occurring value is 16.

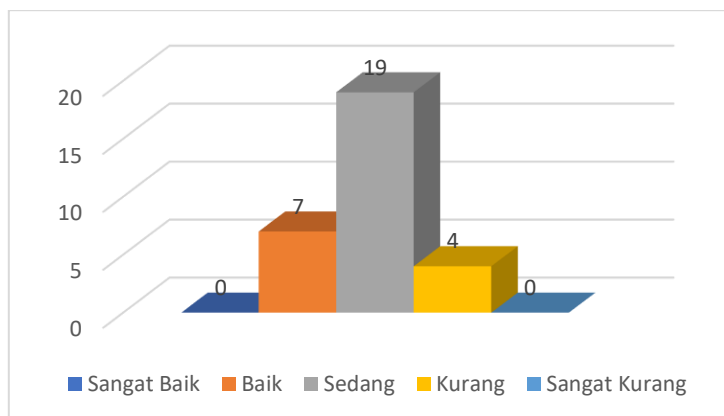


Figure 2. Extracurricular Student Physical Fitness Level Category

According to the diagram, the majority of extracurricular sports students at Hasanuddin 6 Middle School in Semarang have a moderate level of physical fitness, with a total of 19 kids. This indicates that a significant portion of the students participating in extracurricular sports at the school are maintaining a moderate level of physical fitness.

Table 3. Normality test

Data	Significant Value	Description
Extracurricular student data	0,200	Normal

The results of the normality test show that the data about the healthy living and physical fitness levels of extracurricular students at Hasanuddin 6 Semarang Junior High School fall within the normal range.

Table 4. Linearity Test

Data	Devian Linearity Value	Description
Extracurricular student data	0,111	Linear

The results of the linearity test show a significant linear relationship between the healthy lifestyle data and the physical fitness levels of extracurricular students at Hasanuddin 6 Semarang Junior High School. The significance value of 0.111 is higher than the threshold of 0.05.

Table 5. Hypothesis testing

Data	r table	r count	Description
Healthy Lifestyle – Physical Fitness Level	0,361	0,649	Related *significant

The results of hypothesis testing on the data regarding healthy lifestyles and physical fitness levels of extracurricular students at Hasanuddin 6 Middle School, Semarang, indicate a value of 0.649, which is greater than the critical value of 0.361. This suggests that there is a statistically significant relationship between the healthy lifestyle variable and the physical fitness variable.

Discussion

The data analysis and hypothesis testing indicate a strong correlation between a healthy lifestyle and the degree of physical fitness among students at SMP 6 Hasanudin Semarang. Both a healthy lifestyle and exercise are mutually dependent and mutually influential. Adopting a healthy lifestyle among students will enhance their physical well-being and also influence their academic performance and personal growth (Wibisana et al., 2022). Teachers have a crucial role in instructing students on the significance of maintaining a healthy lifestyle and assisting them in implementing it into their everyday habits. Adhering to good behavior when adopting a healthy lifestyle will directly affect the physical fitness levels of students.

Engaging in regular exercise can enhance endurance, boost bone and muscle mass, and lower the likelihood of developing ailments such as obesity, heart disease, and diabetes (Wibisana, 2020). Therefore, students who embrace a healthy lifestyle experience superior health compared to those who have a lack of physical activity. Engaging in a lifestyle that promotes good health also influences the acquisition of knowledge in Physical Education and Health (PJOK). Students who are in good physical shape are more likely to be active and will find it simpler to participate in school sports programs. Engaging in this activity will enhance

both physical and cognitive abilities, while also improving pupils' focus and academic performance.

Conclusions

The research findings indicated a strong correlation between adopting a healthy lifestyle and the degree of physical fitness among students at Hasanuddin 6 Semarang. It was found that the typical student lifestyle was classified as good, while the average student's physical fitness level was classified as medium. Teachers and parents recognize that there is a direct correlation between good lifestyle habits and physical fitness. Therefore, they prioritize promoting healthy habits in children to enhance their physical fitness. Students with an unhealthy lifestyle should effectively regulate their lifestyle by engaging in frequent exercise or other physical activity.

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