



Physical Fitness Profile of Grade VIII Students at MTs Al-Khairaat Pangi

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Abstract
<p>This study aimed to determine the physical fitness level of eighth-grade students at MTs Al-Khairaat Pangi and identify factors influencing it. A quantitative descriptive survey was conducted with 30 students as respondents. Data were collected using a physical fitness test (12-minute run, push-ups, sit-ups, and sit-and-reach), a physical activity and lifestyle questionnaire, and observations of school facilities and policies. The results showed that most students (56.7%) were in the moderate fitness category, followed by good (26.7%) and poor (16.6%). Many students reported low physical activity, prolonged gadget use, and unhealthy eating habits. School observations also indicated limited sports facilities and fitness programs that were not implemented optimally. In conclusion, students' physical fitness levels are influenced by daily physical activity, lifestyle behaviors, and a supportive school environment. It is recommended that schools strengthen physical education programs and improve sports facilities to better support students' physical fitness.</p>
<p>Keywords : Physical fitness; Grade VIII students; Fitness test; MTs Al-Khairaat Pangi.</p>

Introduction

Health and physical fitness are crucial aspects of the development of school-age children. Physical fitness not only impacts endurance and physical fitness, but also impacts



academic achievement and psychological well-being. Therefore, understanding students' physical fitness levels is essential to supporting optimal learning.

MTs Al-Khairaat Pangi, as a junior high school, has a responsibility to develop a physically and mentally healthy generation. The school curriculum focuses not only on academics but also on students' physical development through sports and extracurricular activities. However, in practice, various factors influence students' physical fitness levels, such as lifestyle, diet, frequency of physical activity, and social influences.

Several previous studies have shown that the physical fitness of students in Indonesia has declined due to lifestyle changes that are increasingly technology-driven and reduce physical activity. With the increasing use of electronic devices and changes in children's play patterns, physical activity is increasingly being replaced by more sedentary habits, such as playing games or watching television. This phenomenon is certainly a concern for schools and parents, who are working to ensure that students maintain a healthy lifestyle.

Furthermore, the school environment plays a role in shaping students' physical activity habits. The availability of sports facilities, school policies regarding physical activity, and teacher involvement in guiding students to participate in sports activities are factors that determine their physical fitness. Therefore, it is important to conduct a survey to determine the physical fitness level of eighth-grade students at MTs Al-Khairaat Pangi as a first step in evaluating the effectiveness of the sports program and finding appropriate solutions to improve students' physical health.

This study aims to determine the physical fitness levels of eighth-grade students at MTs Al-Khairaat Pangi through a systematic survey. The results are expected to provide recommendations for schools to improve their physical fitness programs and motivate students to be more active in sports activities. With accurate data on students' physical condition, schools can develop more appropriate policies to support student health development, ensuring they are not only academically intelligent but also physically healthy.

Materials and Methods

Study Participants.

This study used a quantitative descriptive survey method to determine the physical fitness levels of eighth-grade students at MTs Al-Khairaat Pangi. The survey was conducted using validated physical fitness measurement instruments and questionnaires to obtain information on physical activity patterns and other factors that may influence students' physical fitness.



The population in this study was all 30 eighth-grade students at MTs Al-Khairaat Pangi. The sampling technique was purposive sampling, which selects samples based on certain criteria relevant to the study. The samples used were eighth-grade students who actively participate in school sports activities as well as students who are less active in physical activities. The number of samples determined will be adjusted to the needs of statistical analysis, namely a minimum of 30 students from the total population.

1. Data Collection Method : Physical Fitness Test

Measurement of physical fitness levels is carried out using several standard parameters:

- Endurance test (12 minute run).
- Muscle strength test (push-ups and sit-ups in 30 seconds).
- Flexibility test (sit and reach test).
- Aerobic capacity test (VO2 max measurement using an appropriate method).

2. Questionnaire

The questionnaire was used to obtain data on students' physical activity patterns, lifestyle habits, and other factors that may influence their level of physical fitness.

Observation

3. Observations were conducted by observing school sports facilities and school policies in supporting student physical activity.

Data analysis

Conducting data processing using descriptive statistical techniques, analyzing the relationship between physical fitness and influencing factors, such as physical activity patterns and school policies, compiling research reports and providing recommendations based on the findings.

Results

The population in this study were all 30 students of class VIII MTs Al-Khairaat Pangi. All students became respondents in the physical fitness survey activity . The number of samples used was 30 students consisting of 15 boys and 15 girls, selected purposively based on their activeness in school sports activities. This section provides a detailed explanation of the research findings.

<ul style="list-style-type: none">• No	<ul style="list-style-type: none">• Freshness Test	<ul style="list-style-type: none">• Average Score	<ul style="list-style-type: none">• Dominant Category
<ul style="list-style-type: none">• 1	<ul style="list-style-type: none">• 12 Minute Run (meters)	<ul style="list-style-type: none">• 1450 m	<ul style="list-style-type: none">• Currently



<div>• No</div>	<div>• Freshness Test</div>	<div>• Average Score</div>	<div>• Dominant Category</div>
<div>• 2</div>	<div>• 30 Second Push-Ups</div>	<div>• 18 times</div>	<div>• Good</div>
<div>• 3</div>	<div>• 30-Second Sit-Ups</div>	<div>• 20 times</div>	<div>• Currently</div>
<div>• 4</div>	<div>• Sit and Reach (cm)</div>	<div>• 22 cm</div>	<div>• Not enough</div>

Table 1. Physical Fitness Test

The overall results showed that 56.7% of students were in the “moderate” category, 26.7% in the “good” category, and 16.6% in the “poor” category.

Student Physical Activity and Lifestyle Questionnaire

The following is a summary of the questionnaire results:

- Frequency of exercise >3 times/week: 40% of students
- Duration of playing gadgets >4 hours/day: 70% of students
- Consuming fast food >3x/week: 50% of students
- Sleep <7 hours/day: 33% of students

These findings indicate that although some students are quite physically active, their lifestyles do not fully support optimal physical fitness.

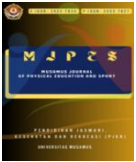
Observation of School Facilities and Policies

The results of the observations show:

- Sports facilities are limited to one multi-purpose field without fitness equipment.
- The exercise schedule is only 1 time per week.
- There is no structured routine or extracurricular fitness program.

Discussion

Survey results show that the majority of students have a "moderate" level of physical fitness. This indicates that students still have good physical capacity, but have not yet reached optimal levels.



Lifestyle factors such as excessive gadget use and fast food consumption impact physical fitness. This is supported by research by Caspersen et al. (2000) and Tremblay et al. (2011) that found that unhealthy lifestyles reduce physical fitness.

Limited facilities and the lack of regular sports programs in schools are also significant obstacles. This aligns with Dollman et al.'s (2005) opinion that the school environment plays a crucial role in shaping students' physical habits.

These findings also support the hypothesis that:

- Students with regular physical activity have better fitness levels.
- A healthy lifestyle contributes to physical fitness.
- School facilities and support influence students' physical achievements.

Conclusions



Based on the results of research conducted on class VIII students at MTs Al-Khairaat Pangi, it can be concluded that:

1. The general level of physical fitness of students is in the moderate category, with some students showing good performance in muscle strength tests (push-ups), but still lacking in flexibility.
2. Students' lifestyles tend to be unhealthy, characterized by prolonged gadget use, insufficient sleep, and frequent fast food consumption. These factors contribute to declining physical fitness levels.
3. School sports facilities are still limited, and sports activities are not optimally structured. This results in minimal student involvement in routine and systematic physical activity.
4. There is a relationship between physical activity, lifestyle, and the condition of school facilities and students' physical fitness levels. Students who are active in sports and have a healthy lifestyle tend to have better physical fitness.

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Tab le 1. Musamus University Merauke Student Data

No	Name	ID	Class



Figure 1. MJPES cover