



The Role of Physical Education Teachers in Promoting the Importance of School Health Unit Activities in Public Elementary Schools in Pringgarata District in 2022

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Abstract

Objectives: School Health Unit activities play an important role in supporting students' health and safety in the school environment. However, several problems were still found in public elementary schools in Pringgarata District, including unclean bathrooms, unmanaged waste, uncontrolled snack consumption, limited medicines in the UKS room, and the improper use of the UKS room. This study aimed to examine the role of PJOK teachers in the implementation of School Health Unit activities in public elementary schools throughout Pringgarata District in 2022.

Materials and Methods: This study employed a descriptive quantitative design using a survey method. Data were collected through a questionnaire administered to PJOK teachers in public elementary schools in Pringgarata District, Central Lombok Regency. The population consisted of 24 teachers, all of whom were included in the study through total sampling. The data were analyzed using descriptive quantitative analysis in the form of percentages.

Results: The findings showed that the role of PJOK teachers in School Health Unit activities in public elementary schools throughout Pringgarata District in 2022 was generally classified in the sufficient category. Specifically, 0% of teachers were in the very high category, 8.3% in the high category, 75% in the sufficient category, 16.7% in the low category, and 0% in the very low category. These findings indicate that although PJOK teachers had contributed to the implementation of UKS activities, their role still needs to be strengthened to ensure more effective health support in schools.

Conclusions: The role of PJOK teachers in School Health Unit activities in public elementary schools in Pringgarata District was predominantly at a sufficient level. Strengthening teacher involvement in school health management is necessary to improve the quality and effectiveness of UKS implementation in supporting students' well-being and safety.

Keywords: Wall Shooting Training, BEEF Concept, Free-Throw Performance, Basketball, Extracurricular Students



INTRODUCTION

Background of the problem

Education is a crucial factor in human life. Education enables people to live a balanced life, grow and develop through knowledge that can transform their lives and lead to a decent standard of living. Education is a conscious and planned effort to create a learning environment and process that allows students to actively develop their potential to possess spiritual and religious strength, self-control, personality, intelligence, noble character, and the skills needed by themselves, society, the nation, and the state. Many government efforts aim to advance health through various programs. The government has strived to improve education, health, and enhance the nation's intelligence. Schools can support the creation of healthy students by implementing optimal health programs.

School health programs are public health initiatives implemented in schools, primarily targeting students and the surrounding community. The development and promotion of school health programs are integrated, conscious, planned, directed, and responsible educational and health efforts aimed at instilling, fostering, developing, and guiding students to appreciate, appreciate, and implement healthy living principles in their daily lives.

Based on observations, several students in public elementary schools throughout Pringgarata District have not yet implemented healthy lifestyles effectively. For example, toilets are not properly maintained, students dispose of trash inappropriately, and students choose snacks they like even though they are unhealthy.

The School Health Program (UKS) is a mandatory government program implemented in schools from kindergarten, elementary, junior high, and high school levels. The UKS program can be a means to increase health awareness among students at school and in the community. A healthy environment can be an example of awareness of healthy living behaviors. The UKS program can teach the importance of healthy living, about how to live a healthy life, how to maintain cleanliness, prevent disease, and provide first aid (P3K). The UKS program consists of three main activities called the UKS Trias which have several aspects: health education, health services, and fostering a healthy school environment. The existence of the School Health Program (UKS) is a mandatory government program



implemented in schools from kindergarten, elementary, junior high, and high school levels. The UKS program can be a means to increase health awareness among students at school and in the community.

In the implementation of school health efforts, physical education teachers have an important role besides other health workers, because physical education teachers have knowledge of health, anatomy, physiology, and so on. Physical education teachers have functions, duties and obligations that have a relationship with students and the school environment. With this knowledge, physical education teachers are expected to have a role and be directly involved in the implementation of UKS activities. The results of observations and observations that have been carried out are that the availability of equipment and medicines in the School Health Effort (UKS) room of Public Elementary Schools in Pringgarata District has not been met. The duty officers of the School Health Effort (UKS) room in Public Elementary Schools in Pringgarata District have not been running optimally and some students of Public Elementary Schools in Pringgarata District use the School Health Effort (UKS) room that is not in accordance with its function.

LITERATURE REVIEW

Definition of Physical Education Teacher

Teaching is a profession, a position that requires specialized skills and cannot be performed by just anyone outside of education. Teachers are individuals to be respected and imitated, meaning they possess authority worthy of imitation and emulation. Studies on educators cover several key areas, including the definition and designation of the term educator, educator competency, the position of educator, the nature of teacher duties and responsibilities, teacher professionalism, professional organizations, and teacher codes of ethics.

An educator is any person who intentionally influences others to achieve a higher level of humanity (Sutari, 1994: 34). Expert opinion states that an educator is a person who is responsible for implementing education, is a person who is responsible for implementing education with the target of students (Tirtarahardja & La Sulo, 1994: 52). An educator is a person who intentionally helps others to achieve maturity. In the school environment, they are usually called teachers. Teachers are educators who are in the school environment. Law number 14 of 2005 concerning teachers and lecturers states that teachers are professional educators with the main task of educating, teaching, guiding, directing,



training, assessing, and evaluating students in early childhood education through formal education, elementary education, and secondary education.

Understanding UKS

According to Notoatmodjo (2012: 131) UKS is all efforts made to improve the health of school-age children in every path, type and level of education starting from TK/RA to SMA/SMK/MA/MAK. In the book published by the Esensi Team (2012: 2) explains that UKS is part of the health program for school-age children, the school-age children in question are children aged 6-21 years. In accordance with their growth and development process, school-age children are divided into two groups, namely pre-teens (6-9 years), and adolescents (10-19 years).

According to the Decree of the Minister of Health No. 828/MENKES/SK/IX/2008, UKS is an integrated, cross-program and cross-sector effort to improve healthy living skills and subsequently shape healthy living behaviors in school-age children. The schools in question include various levels and types of education, namely kindergarten, elementary school, junior high school/Islamic junior high school, senior high school/vocational high school, and religious education pathways such as Islamic boarding schools.

According to Martianto (2005: 1), UKS is a health service effort in schools that aims to handle students who experience minor accidents (first aid efforts for accidents/P3K), provide basic health services for students during school (providing immunizations), monitor the growth and nutritional status of students.

According to Selvia (2009:1) UKS is an educational and health effort that is implemented in an integrated, conscious, planned, directed and responsible manner in instilling, growing, developing and guiding to internalize, enjoy and implement the principles of healthy living in the daily lives of students. The implementation of UKS is strengthened by Law Number 23 of 1992 article 45 concerning Health which states that "School Health" is organized to improve the ability of healthy living of students in a healthy living environment so that students can learn, grow and develop harmoniously and optimally.



Based on the description above, it can be concluded that UKS is an effort to improve healthy living skills and health services for students, school residents and community members.

RESEARCH METHODS

Research Design

This research is a quantitative descriptive study. According to Sugiyono (2016: 7), it is called a quantitative method because the research data is in the form of numbers and the analysis uses statistics. Furthermore, Sugiyono (2016: 35) explains that descriptive research is research that does not compare the variables with other samples and seeks the relationship between the variables. The method used in this study was a survey method and a questionnaire as an instrument.

Population and Sample

Population is a generalization area consisting of objects/subjects that have certain quantities and characteristics determined by the researcher to be studied and then conclusions drawn (Sugiyono, 2016: 80). Population according to Suharsimi (2002: 108) is the entire research subject. The population referred to in this study is all PJOK teachers of Public Elementary Schools in Pringgarata District, totaling 24 people. Data collection in this study was by taking the total population (total sampling).

Research Instruments

The instrument or tool used in this study was a closed questionnaire. Arikunto (2006:195) states that a questionnaire is a series of questions used to obtain sample information in the sense of personal reports, or things that are known. The questionnaire in this study is a questionnaire presented in such a way that respondents only need to put a checklist (✓) in the appropriate column or place, with the questionnaire directly using a graded scale. Scoring is used using a modified Likert scale with four alternative answers, namely, presented in Table 3.2 as follows:

Table 3.2 Alternative Questionnaire Answers.

Alternative Answers	Item	
	Positive	Negative
Always (SL)	4	1
Frequently (SR)	3	2
Sometimes (KD)	2	3
Never (TP)	1	4



The instrument in this study was adopted from the research of Dwi Indra Kusuma (2016) which has been validated by experts and the instrument has also been tested to determine the validity and reliability of the instrument. Based on the results of the trial, it shows that of the 40 items, all items are valid ($r \text{ count} > r \text{ table } 0.329$, and the reliability of the instrument is 0.928. To prove again whether the instrument is valid and reliable I tested the instrument again in a Public Elementary School located in Pringgarata District.

Data collection technique

Data collection is a mandatory activity for any research. Accurate data collection will yield the necessary data, as the data collection method is an operational tool. Data collection was conducted by distributing questionnaires to all physical education (PJOK) teachers in public elementary schools in Pringgarata District, Central Lombok Regency. The mechanism is as follows:

- a. Researchers searched for data on PJOK teachers in public elementary schools throughout Pringgarata District, Central Lombok Regency in 2020.
- b. Researchers distributed questionnaires to respondents by visiting each school.
- c. Next, the researcher collected the questionnaires filled out by all teachers and transcribed the results of filling out the questionnaires.
- d. After obtaining research data, the researcher drew conclusions and suggestions.

Data Analysis Techniques

Data analysis activities include grouping data based on variables and respondent types, tabulating data based on variables from all respondents, presenting data from each variable studied, and performing calculations to answer the problem formulation. The data statistics in this study used parametric inferential data statistics. Parametric statistics are used to test population parameters through statistics, or to test population size through sample data (Sugiyono, 2016: 149).

Quantitative data, in the form of numbers resulting from calculations or measurements, will be processed and categorized into five categories: very high, high, medium, low, and very low. The percentage formula is then used to find the percentage of each category. The following is a percentage formula quoted from Sudijono's book (2012:43).

Table 3.5 Assessment Categories.



No.	Interval Formula	Category
1.	$X \geq M + 1.5 \text{ SD}$	Very high
2.	$M + 0.5 \text{ SD} \leq X < M + 1.5 \text{ SD}$	Tall
3.	$M - 0.5 \text{ SD} \leq X < M + 0.5 \text{ SD}$	Enough
4.	$M - 0.5 \text{ SD} \leq X < M - 0.5 \text{ S}$	Not enough
5.	$X < M - 1.5 \text{ SD}$	Very less

Information :

X = Score

SD = Standard Deviation

M = Average Value (*mean*)

RESEARCH RESULTS AND DISCUSSION

Research result

The results of the study are intended to describe data on the high role of Physical Education, Sports and Health (PJOK) teachers in School Health Efforts (UKS) activities in Public Elementary Schools in Pringgarata District in 2022. The questionnaire that will be used to collect data from PJOK teachers who teach in Public Elementary Schools in Pringgarata District uses a 38-item questionnaire, in the questionnaire there are 3 factors namely health education factors, health service factors and healthy school environment development factors. Health education factors include indicators of instilling healthy living habits among students. Health service factors include indicators of supervising and checking student hygiene, observing student behavioral abnormalities, conducting first aid and minor treatment, recognizing signs of infectious diseases. Healthy environment development factors include indicators of supervising and checking the school environment.



Discussion

This study aims to determine the role of PJOK teachers in School Health Business Activities in Public Elementary Schools throughout Pringgarata District in 2022, which were revealed in a questionnaire consisting of 38 items, in six question indicators, namely (1) healthy living habits, (2) supervision and inspection cleanliness participant educate, (3) supervision And inspection school environmental cleanliness, (4) first aid for minor medical treatment, (5) getting to know signs of infectious diseases, and (6) observing behavioral abnormalities in participants education. Based on the research results, it shows that the role of PJOK teachers in Activity Business Health School in Elementary School Country throughout the sub-district Pringgarata 2022 in the “Sufficient” category. In detail, the most high, namely sufficient, as many as 18 teachers or 75%, then in the category Tall as much as 2 Teacher or as big as 8.3%, And on category Not enough as many as 4 Teacher or 16.7%, Very category Tall and Very Not enough 0%. This means that the role of teachers has not yet fully played a role in this matter. implementation not quite enough he answered. Teacher not enough capable arrange time In terms of school health efforts, health services are not yet fully running optimally, not yet fully maintaining all UKS facilities besides That, UKS programs not yet implemented with maximum.

Based on the results of the analysis, it shows that the indicator of observing students' behavioral disorders has the highest average compared to other indicators, this shows that the indicator of observing students' behavioral disorders is the indicator that most influences the role of PJOK teachers in School Health Effort Activities in Public Elementary Schools throughout Pringgarata District in 2022. This means that the role of teachers is quite good in observing behavioral disorders carried out by students, for example, teachers provide direction about the dangers of smoking for health to students, teachers always reprimand if there are students who scribble on school walls, teachers will advise if there are students who are late to school, teachers always explain the dangers of littering, and urge students to avoid promiscuity.

CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of data analysis and discussion, it can be concluded that the role of physical education teachers in School Health Effort Activities in Public Elementary Schools throughout



Pringgarata District in 2022 is in the category of "Very High" at 0% (0 teachers), "High" at 8.3% (2 teachers), "Sufficient" at 75% (18 teachers), "Less" at 16.7% (4 teachers), and "Very Less" at 0% (0 teachers). So the Role of Physical Education Teachers in School Health Effort Activities (UKS) in Public Elementary Schools throughout Pringgarata District, Central Lombok Regency is in the category of "Sufficient" at 75% (18 teachers). This means that the role of teachers has not fully played a role in terms of implementation not quite enough he answered. Teacher not enough capable arrange time in terms of school health efforts. Health services are not yet fully running optimally, not yet fully maintaining all UKS facilities. Besides That, UKS programs not yet implemented with maximum.

Suggestion

There are several suggestions that need to be conveyed in relation to the results of this study, including:

1. In order to develop deeper research on the role of PJOK teachers in School Health Business Activities in Public Elementary Schools throughout Pringgarata District in 2022.
2. In order to conduct research on the role of PJOK teachers in School Health Business Activities in Public Elementary Schools throughout Pringgarata District in 2022 using other methods.
3. Carry out more supervision during data collection so that the resulting data is more objective.

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