

Fitness Level of Students Class 2022 Banyuwangi PGRI University

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Abstract

This study uses a descriptive quantitative method to evaluate the level of physical fitness of Physical Education, Health, and Recreation (PJKR) students of the 2022A class of PGRI Banyuwangi University, through a 12-minute running test. The sampling of the 12-minute running test was carried out by all of the research population, namely PJKR students Class of 2022A. The results showed that the physical fitness level of male students was in the poor category (38% poor, 23% good), while female students showed lower results with 44% in the very poor category. This study emphasizes the importance of physical fitness in supporting academic activities and the development of sports skills. A health program and regular exercise are needed to improve students' physical fitness so that they can live their daily lives more healthily and effectively.

Keywords: physical fitness, student, 12-minute running test

INTRODUCTION

Sport is an activity that aims to improve health, fitness and body abilities. In general, the definition of sport is one of a person's physical and psychological activities that is useful for maintaining and improving the quality of a person's health after exercising (Aditia, 2015). Sport is not just physical activity, but also a lifestyle that brings many benefits to physical and mental health.

Physical activity or exercise is one of the basic needs in daily life because it can increase the fitness needed to carry out tasks (Millah et al., 2018). By exercising regularly, we can improve body fitness, strengthen the immune system, and reduce the risk of various diseases. Physical fitness is a condition of a person who has the strength, ability, ability and endurance to do work efficiently without significant fatigue (Prastyawan & Pulungan, 2022).

Physical fitness is closely related to human activities doing work and moving. Physical fitness related to a person is an important aspect that must be really maintained and paid attention to. To maintain physical fitness, a person is required to always really pay attention to food intake and exercise regularly. By paying attention to these aspects, it is possible that the person's physical fitness can be maintained and can be useful in carrying out daily life activities (Marsanda & Kurniawan, 2023). Physical fitness is also a condition of a person's physical health to carry out daily activities efficiently without feeling excessively tired, and still having reserve energy to carry out other activities.

Sports students play an important role in various fields that include sports activities so that various efforts are made to maintain or improve physical fitness. For sports education students, physical fitness is an absolute requirement, because sports education students in lectures spend more time in

the field and use physical activity compared to theory in the classroom (Sinuraya & Barus, 2020).

Students who undergo sports education have a deeper involvement with this aspect of fitness, because fitness is not just a personal goal, but also becomes an inseparable part of their identity (Rahman, 2023). Therefore, physical fitness is an absolute factor that sports students must have. Physical fitness has an important role for students, especially sports students because it not only supports physical condition but is also the main basis for developing abilities and skills in the field of sports, but it does not rule out the possibility that all sports students also have a low level of physical fitness.

In the context of higher education, students' physical fitness is often an under-appreciated aspect despite its significant impact on academic performance, mental health, and overall quality of life. Students tend to face high academic pressure, lack of time for exercise, and unhealthy lifestyles due to the demands of study, social activities, and other activities. This situation can lead to decreased physical fitness which ultimately affects cognitive abilities, concentration, and learning productivity.

Conducting a student fitness survey is important to understand the current physical condition of students and the factors that influence it. The data from this survey can provide an overview of the needs and challenges faced by students related to physical fitness, and can help institutions in designing appropriate health and fitness programs. In addition, the results of the survey can raise awareness among students about the importance of maintaining fitness as part of a healthy lifestyle during college and beyond. By understanding the importance of fitness, we can maintain good physical fitness so that we can carry out activities effectively.

METHOD

This research method uses a descriptive quantitative method to obtain numerical data that describes the overall level of physical fitness. The data collection technique was carried out using a 12-minute running test, which was conducted at the Microteching Field of Universitas PGRI Banyuwangi on October 13, 2024. The population in this study were PJKR students of Class 2022A, Universitas PGRI Banyuwangi with a total of 30 students. The sampling of this study used a population technique sampling where all PJKR students of Class 2022A took the 12-minute running test (cooper test).

The data collection technique used is the Cooper Test normative table which will be a reference for determining the level of physical fitness based on the distance traveled in 12 minutes. The following is the Cooper Test normative table according to (Ummah, 2019);

Table 1. Male Cooper test norms

Category	20-29 years old	30-39 years old	40-49 years old	>50 years old
Very good	>2800 m	>2600 m	>2500 m	>2400 m
Good	2400-2800 m	2300-2700 m	2100-2500 m	2000-2400 m
Enough	2200-2399 m	1900-2299 m	1700-2099 m	1600-1999 m

not enough	1600-2199 m	1500-1999 m	1400-1699 m	1300-159 m
very less	<1600 m	<1500 m	<1400 m	<1300 m

Table 2. Female Cooper test norms

Category	20-29 years old	30-39 years old	40-49 years old	>50 years old
Very Good	>2700 m	>2500 m	>2300 m	>2200 m
Good	2200-2700 m	2000-2500 m	1900-2300 m	1700-2200 m
Enough	1800-2199 m	1700-1999 m	1500-1899 m	1400-1699 m
not enough	1500-1799 m	1400-1699 m	1200-1499 m	1100-1399 m
very less	<1500 m	<1400 m	<1200 m	<1100 m

RESULT

From the results of this test, the distance traveled for 12 minutes will be compared with the standard that is appropriate for the age and gender of the participant, the results will be categorized into several levels of fitness according to the normative provisions of the 12-minute running test (Cooper test).

In general, the further the distance traveled in 12 minutes, the better a person's physical fitness level. The following is data based on the 12-minute running test for male and female students of the 2022 batch of Universitas PGRI Banyuwangi based on the normative cooper test. The following is a table of the fitness test results of students of the 2022 batch of Universitas PGRI Banyuwangi.

Table 3. Results of the 12-minute running test for male students of the 2022

12 Minute Run Test Results for Men			
No	Name	Skor	Criteria
1	Agl	1.910 m	Not enough
2	Frd	2.400 m	Good
3	Dvs	2.020 m	Not enough
4	Hsn	2.236m	Enough
5	Gry	2.556 m	Good
6	Tms	2.443 m	Good
7	Fbr	2.037 m	Enough
8	lhm	2.100 m	Enough
9	Nco	1.961 m	Not enough
10	lqb	2.017 m	Not enough
11	Nvl	1.735 m	Not enough
12	Bma	2.250m	Enough
13	Snd	1.949 m	Not enough
14	Kgs Adm	2.214 m	Enough
15	Zdn	2.105 m	Not enough
16	Wna	2.570 m	Good
17	And	2.690 m	Good
18	Alv	2.200 m	Enough
19	Rhn	2.230 m	Enough

20	Ifn	1.438 m	very less
21	Wnu	2.045 m	Not enough

Based on the data from the 12-minute running test of the 2022 PJKR students, it shows that the level of physical fitness of the students with a good percentage of 23%, sufficient 33%, lacking 38%, and only 1% of students are very lacking, so it can be concluded that the results of the survey on the level of physical fitness of the 2022A male students are in the lacking category. Therefore, it is necessary to have training in the ability to increase endurance and physical fitness to maintain good and optimal body health.

Table 4. Results of the 12-minute Running Test for Female Students of the 2022 Class

Women's 12 Minute Run Test Results			
No	Name	Skor	Criteria
1	Agl	1.530 m	Not enough
2	Rsk	1.466 m	very less
3	Elv	1.360 m	very less
4	Dnd	1.627 m	Not enough
5	Lsi	1.359 m	very less
6	Bls	1.809 m	Enough
7	Erk	1.808 m	Enough
8	Trs	1.860 m	Enough
9	Elr	1.576 m	very less

According to the results of the 12-minute running test of PJKR students from the 2022A batch, the physical fitness level of 9 female students was 22% of students in the poor criteria, 44% of students in the very poor criteria, and 33% of students in the sufficient criteria. With the results of the 12-minute running test data collection, the entire percentage of female students entered the very poor category, which means that female students from the 2022A batch have a low level of physical fitness, so good training is needed to improve physical fitness to maintain good body health.

From the overall results of the 12-minute running test of PJKR students of class 2022A, if referring to the normative cooper test, the percentage is still far from the good category and some are still very far from the poor category. Therefore, there needs to be good habits or training to continue to improve the physical fitness of a sports student. With the results of the survey of the physical fitness level of PJKR students of class 2022A, overall to enter one of the certain sports, the fitness level category is still lacking, because in every sport an athlete must have a very good level of physical fitness, especially running which greatly affects endurance.

DISCUSSION

This research on the fitness level survey of the 2022 batch of students at Universitas PGRI Banyuwangi shows that the level of physical fitness of students varies and not all have optimal physical condition. These results indicate that not all students have a high level of fitness even though they may

appear generally healthy. This can be influenced by several factors, such as lack of physical activity, unhealthy lifestyles, or academic activities that reduce time for exercise. As stated by (Pranata, 2022) which says "A person's physical fitness is greatly influenced by sports activities and these activities also play a direct role in the composition of fitness". However, even though their fitness levels vary, not all students are expected to have physical fitness like an athlete.

The main goal of physical fitness for students is to maintain overall body health in order to support daily activities, including academic activities, without easily feeling tired or susceptible to disease. As stated by Sudibjo et al., (2021) that "Physical fitness is an important benchmark for human health in every age group". Having a good level of physical fitness is not the main goal of sports students in becoming an athlete, but it is important for overall well-being, because to become an athlete you must have a prime physical condition or physical fitness referring to the statement (Rahmah et al., 2020) said that achievement is influenced by physical fitness, Prime physical fitness is needed for sports with a fast tempo and lasts a long time.

Physical fitness tests are not only for athletes, but are also important for students or ordinary individuals. Having a good level of fitness is an important aspect in maintaining health, reducing the risk of disease, and increasing daily productivity. Physical health and fitness have a major impact on personal productivity in an ever-changing and digitally connected work environment (Daniel Agung Syawang et al., 2024). Physical fitness tests not only help students understand their physical condition, but also help in strengthening a student's vitality and mentality. According to (Putranto & Efendi, 2024) said that Physical fitness is a key element of holistic well-being. It's not just about having a strong or physically attractive body, but also about having optimal endurance, vitality, and mental health. For students, fitness tests can be a reference in developing a healthy lifestyle, such as determining exercise patterns and physical activities that suit their needs. Overall, physical fitness tests help students to live healthier and more balanced lives, in line with the statement (Priono & Lestari, 2024) which states that physical fitness has factors that one of them is to support the results of the activities we do, so physical fitness is very important for humans. By knowing the level of physical fitness of students, it can encourage them to be active and maintain their health, even though they are not oriented to become athletes.

However, when there are students who want to focus on becoming an athlete and improve their physical fitness more intensively, they can choose one of the sports (cabor) that suits their interests and physical abilities, such as futsal, volleyball, basketball, or athletics. If all students of the 2022A batch of Universitas PGRI Banyuwangi are directed to become volleyball athletes, they are still lacking in physical fitness and need to train intensively again, because in volleyball, fitness levels are very necessary. As stated by (Afandi & Sistiasih, 2023) that training aimed at improving physical fitness is very necessary because physical fitness is the basis for volleyball athletes to be able to carry out training and matches optimally. But it is possible that students of the 2022A batch of Universitas PGRI Banyuwangi can become volleyball athletes.

In volleyball, fitness tests such as the 12-minute run help measure a player's cardiovascular endurance. According to (Primasari & Widodo, 2021)

states that to find out the level of our VO₂max (Maximum Oxygen Volume) ability, it can be measured through several stages of tests such as a 2.4 km run test, a 15-minute balke run, and a 12-minute run and a multi-stage fitness test or commonly called a bleep test. If it is not a direct measure of volleyball playing ability, the level of fitness reflected in the results of this test can be an indicator of endurance that supports player performance on the field, in line with the statement (Wibowo, 2016) To achieve peak performance, an athlete must have good physical fitness and concentration, besides that it will also be helped if the athlete has a well-organized and balanced lifestyle. Therefore, the 12-minute run test is useful as part of a fitness training program for volleyball players as well. However, this test should be supplemented with other volleyball-specific exercises, such as agility, strength, and coordination exercises, so that players get more comprehensive training.

Although the 2022A batch of students at Universitas PGRI Banyuwangi are not directed to become volleyball athletes, the 12-minute run test has many important benefits for them. This test helps improve cardiovascular endurance, which is very useful in everyday life to maintain heart and lung health. In addition, by doing this run test, students can evaluate their level of physical fitness, get used to being active, and develop discipline and the ability to manage stamina, which can have a positive impact on both physical and non-physical activities. Good physical fitness can also support their academic activities, help reduce stress, improve concentration, and build a healthy lifestyle that is beneficial in the long term.

CONCLUSION

From the results of the study, it can be concluded that the physical fitness of students of Class 2022A Universitas PGRI Banyuwangi is stated to be in the less category. Therefore, to get good physical fitness results, physical exercise with regular exercise and a healthy diet is needed. With the survey research, the level of physical fitness of students can provide a better understanding of the challenges faced and help design appropriate health programs, so that students can carry out daily activities effectively and healthily.

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