

## **The Negative Effect of Gadget on Students' Physical Fitness**

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**Abstract:** Many school students still need attention regarding physical activity, either when participating in learning PJOK or other physical activities, a decrease in the level of physical activity of students is observed. This research is descriptive quantitative research. The population in this study was 40 people. The sample in this research was 40 people. Based on the results of the study, it can be seen that the results of the study are visible. The conclusion of this study shows that the rate of use of gadgets in the frequent category is 70.00% and vice versa, the level of physical in the category is well dominated by the fitness of children. this shows that if the use of Gadgets is more controlled and redirected to physical activities that children like, this will further improve children's physical fitness in performing various activities. Gadgets can be addictive in children, so parents and teachers should focus on providing control over children so that the use of gadgets/smartphones can be reduced so as not to affect the child's social activities, including sports. although in this case, aids are not the main factor hindering children in sports activities.

**Keywords:** Gadget, Negative Impact of Aids, Physical Fitness

### **A. Introduction**

The development of physical condition through sports is the basis for improving physical fitness so that they can properly engage in activities (Cavill et al., 2001; Eime et al., 2013). Anyone with good physical fitness will avoid the possibility of injury during physical activity or more difficult sports. Lack of endurance, joint mobility, muscle strength, speed and agility are the main causes of sports injuries. As an educational institution, the school tries to explore the creative potential of students in order to achieve optimal abilities in accordance with the capabilities of each individual (Apriana et al, 2019; Wagner, 2010).

One of the efforts of the subject curriculum is Sports Education, Health, and Sports, the aim of which is to improve the quality of human life, both physically and spiritually (Martin, & McCullagh, 2011; Yoda et al., 2021). Physical education is basically an integral part of the education system as a whole, aiming to develop

aspects of health, physical openness, critical thinking skills, emotional stability, social skills, and reasoning from moral action through physical activity and sports (Bailey et al., 2009). According to Hardiman (2008) physical education is an educational process through the provision of learning experiences to students in the form of physical activities, playing, and sports that are planned systematically to stimulate physical growth and development, motor skills, thinking skills, emotional, social, and moral. Humans in learning certainly do a lot of activities that are more dominant in motion so that physical education is also part of the learning process through motion (Hoffman, 2009). The provision of learning experiences is directed to fostering, as well as forming a healthy and active lifestyle throughout life. The experience is carried out in stages, planned and sustainable in order to increase a positive attitude for oneself as a performer, and appreciate the benefits of physical activity for improving one's quality of life. Meanwhile, there are other opinions that say that physical education is an educational process that utilizes systematically planned physical activity with the aim of developing individual qualities cognitively, understanding, neuromuscular, and emotionally in order to improve the quality of national education (Hasbullah et al., 2021).

The use of gadgets that are not in place and out of control will have a negative impact on the body. One of the indirect effects is a decrease in fitness level due to a decrease in fitness components and a decrease in physical activity. The convenience and sophistication of gadgets causes users to fall asleep and become lazy to move, including exercising.

Sport is a physical activity that is performed in a planned manner for various purposes, including health, fitness, recreation, education and achievement. Exercise is a great way to keep your body healthy and fit. When implemented in schools, sports activities are carried out systematically and programmed through *Penjasorkes* teaching and learning, since one of the main goals of learning physical education is to improve the physical fitness of students.

Fitness for students has a strong impact on academic achievements, with suitable physical conditions, students can they follow the learning process well. Students generally have different fitness levels. They don't pay attention to the food they eat, the physical activity and rest that support their fitness.

The level of physical fitness is an effort to improve the patient's ability to live independently in society and train patients to get used to performing daily activities (Billinger et al., 2014). one factor independence it is the need and good health. Importance sport and activity figure it is for to develop or improve the process of

good coordination and fitness exercise you can to give Profit and influential to health and luck in a way general.

Based on observations in the field, it shows that there are still many school students who still need attention in terms of activity both in PJOK learning and in other physical activities, the level of student physical activity is decreasing. This can be seen from the fact that many students go to school by car, even though the distance from home to school is not too far. Only a few students go to school on foot. sports facilities are lacking, sports extracurricular activities at school are less desirable, physical activity is not enough only at school, students must also do physical activity outside of school. However, a lot of students' time is wasted with activities playing gadgets, watching television, and playing PlayStation, or also playing applications in gadgets. Physical activities that can improve physical fitness such as exercising by playing soccer, volleyball, and traditional games are very rarely carried out by students, taking into account the problems above, the authors conducted research on the negative impact of gadgets on the physical fitness of students at SMA Negeri 14 OKU.

Checking physical fitness can use a physical fitness test using the Balke Test method or Test Walk-Jog 15 minutes, Multistage Fitness Test (MFT), Harvard Test or test continue down bench, test Fitness Physically 2.4 km run, test Fitness physically 12-minute run and Test Fitness Physical Indonesia (TKJI, *Tes Kesegaran Jasmani Indonesia*). inside study this researcher select use Test Fitness Physical Indonesia (TKJI, *Tes Kesegaran Jasmani Indonesia*), because test this have test subjects with the battery test format they comprise from to run fast (sprint), vis elbow bending (pull-ups), lying down, sitting (abdominals), jump upright (vertical jump) and to run distance medium efficient For to know fitness physically participant to learn, to start from speed, power muscle, strength stand muscle, strength stand heart, strength stand lungs and vessels blood participant educate with the norm valuation Test Fitness Indonesian Physical Education (TKJI) from 16 to 18 years old.

Based on the above background, there is a need for research on the negative impact of gadgets on the physical fitness of students at SMA Negeri 14 OKU.

## **B. Methods**

This research is descriptive quantitative research (Bloomfield & Fisher, 2019; Holton & Burnett, 2005; Stone et al., 2008), namely a study that only describes the condition of the facility using survey methods, while the data collection technique uses non-test. The population in this research is the students of SMA Negeri 14 OKU, with a total sample of 40 students used in this study, using guidelines, questionnaires Likert scale questionnaires are used to measure the attitudes, opinions and perceptions of a

person or group of people about social phenomena. The purpose of using the survey instrument is to reveal the results of the students' activities. and the physical fitness instrument used in this study was the Indonesian Physical Fitness Test (TKJI) for 10-12 years. The TKJI series consists of 5 test tasks, namely (1) run 40 meters, (2) bend elbows, (3) lie down for 30 seconds, (4) jump straight, and (5) run 600 meters. The data analysis technique used in this study used the percentage descriptive analysis technique to analyze the questionnaires, where the percentage results of the distribution of the questionnaire will give meaning to the responses collected. Percentage Result here is Then you can pull something conclusion approximately level use of student aids.

$$P = \frac{X_i}{X_{max}} \times 100 \%$$

Description:

P = percentage the results questionnaire

X<sub>i</sub> = amount the answer acquisition result the author whole sample

X<sub>max</sub> = amount the answer result maximum the author whole sample

The above formula it is method for counting percent from the results the answers they have given; therefore, will you can be known mark percent from questionnaire.

### C. Results and Discussion

The table below shows student activity in using gadgets:

**Table 1. Activity Use Accessories**

No	Category	Number of students	Percent
1.	Very Rare	-	-
2.	rarely	2	5.00 %
3.	often	28	70.00 %
4.	Very Often	10	25.00 %
		40	100%

Sports activities for students can be seen in the following table:

**Table 2. Sports activities for students**

No	Category	Amount a student	Percent
1.	A lot Not enough	-	-
2.	Not enough	1	2.5 %
3.	Good	25	62.5 %
4.	A lot Good	14	35, 0 %
		40	100%

The results this explain this on activity use Accessories in category high activity use Sami widgets in activity daily a student moment this Already to become ordinariness, Utility with easy given parents to his son with reason so make it easier in communications and study a student. Great use of widgets on circles school students, because activity the media social and current online games with easy accessed and continuously Here are updates that do a student more curious (Watkins, 2009; Starko, 2021). Parent awareness for to do control in using the gadget against school students become control factors great use of widgets tall on circles school students.

Sports activities for middle and upper-level students are shown in the active category, with that there are extracurricular activities from school and sports activities such as futsal, martial arts, athletic clubs and badminton (Yu, 2012). From this study, you can conclude that the main factor hindering sports activity is excessive use of gadgets. In addition, excessive use of gadgets can make a child not interested enough to communicate with the environment or play with friends so that it interferes with the child's own development process.

#### **D. Conclusion**

Level Widget usage turned on category often that is 70.00 % and quite the opposite level fitness physically a child dominant on category ok matter this to show if using the widget can more control Again and redirected on activity desired figure a child therefore will more increase fitness a child in to do different activity. Gadgets can give influence dependent on a child so that to become focus parents and teachers to give control children, so using gadgets/smartphones is easy so no minus influence activity social a child including sports. although in matter This is not a gadget factor the main one in to obstruct activity sport a child.

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