

Efforts To Improve Physical Fitness Through Slagball Games in Students of SD Negeri Petanggan Belitang Mulya, East Oku Regency

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Abstract: The purpose of this study was to determine the Physical Fitness Level of elementary school students through the Burnball/Slag ball Game. The population in this study were 40 students in grade V of SD Negeri Petanggan for the 2021/2023 school year. The sampling technique used is total sampling. For data analysis use the Action Research method with a percentage descriptive analysis pattern or percentage *correction*. To find out the initial condition of the sample, we held a preliminary test with the Bleef test instrument, which is to determine the level of freshness of the female students. From the results of the sample, students were then given slag ball game practice for 3 weeks in the first cycle and 3 weeks in the second cycle. After receiving treatment for 6 weeks, a test is held at the end of each cycle with the same test instrument. These results then processed with the analysis used is by percentage descriptive analysis or *percentage correction*. Based on data analysis on the initial test, it was obtained that it can be said that caste games can improve the physical fitness of elementary school age. From the results of this study, it is recommended that physical education teachers of SD Negeri Petanggan Oku Timur can use slag ball games to improve the physical freshness of their students.

Keywords: Elementary School, Slag Ball, Small Game, Physical Fitness

A. Introduction

Physical fitness is the dream of everyone from children to adults without exception, even often seen in the morning elderly people doing walking activities just to get their physical fitness (Balir et al., 2001). Physical fitness is closely related to human activities doing moving work. Physical fitness that humans need to move and do the work done. Physical activity in schools can improve student fitness which is done regularly and measurably. The importance of physical fitness for students, among others, can improve the ability of organs, social, emotional, sportsmanship, and competition spirit (Iskandar, 1999). Improving physical fitness for elementary school students is important to spur growth and development. Thus, it is necessary to conduct a physical fitness test for students that can be done at least once a semester, this is very useful for monitoring the level of physical fitness of students.

By having high physical freshness, students can carry out daily activities for a longer time than students who have a low level of physical fitness (Iskandar, 1999). One form of sports game that is interesting and can be followed by many students is the game of ball bakar or slag ball (Ministry of Education and Culture, 1995). Slagbal Game is a physical fitness improvement program that students like. Besides being easy to implement, it is also very interesting and fun even though the training load is a bit heavy, but it does not cause significant fatigue, because students do it with a feeling of pleasure.

The fundamental reason why researchers chose SD Negeri 1 Petanggan as a place of research is that SD Negeri 1 Petanggan does not yet have sports teaching staff or health teaching teachers. So far, SD Negeri 1 Petanggan student have received teaching materials from their respective homeroom teachers. So that the material given to students is not optimal and it is not yet known the extent of the physical fitness level of SD Negeri 1 Petanggan students.

Based on the above reasons, the researcher intends to provide slag ball game subject matter to 40 students of SD Negeri 1 Petanggan from March 2 to April 12, 2010, to find out whether small game practice, Slagbal can improve student fitness, then the author describes this study with the title, "Efforts to Improve Class V Physical Fitness through Slagbal Game Sports at SD Negeri 1 Petanggan Belitang, East OKU Regency."

B. Methods

Effort (Von Kriegstein, 2017) is a way that is done continuously to achieve something or a goal. Improving (Davenport et al., 1996) is a process that is carried out from less to better. Physical fitness (Corbin & Lindsey, 1997) is a person's ability to be able to do daily work efficiently without causing excessive fatigue so that they can still enjoy free time. Class V students are class V children as many as 40 children who are used as research objects. The game of Slagbal or burnt ball is a punch ball, equipment using tennis balls and wooden bats also uses a burning tool in the form of a square box, SD Negeri 1 Petanggan Belitang Mulya OKU Timur is the research location.

Sports Action Research Method (PTO) or often called action research (Iskandar, 2009). Where this research will be carried out cyclically in plan, action, observation, reflection, and revision. The location of this research is at SD Negeri 1 Petanggan Belitang, East OKU Regency. For approximately one month starting in February 2010 and ending in March 2010 or for two months because according to Harsono (1988) that the new training saw the progress of at least 1 to 2 months.

As subjects in the study were grade V students of SD Negeri 1 Petanggan even semester of the 2009-2010 academic year with a total of 40 students. The instrument used to obtain research data is a left test (multi-stage running) (Nurhasan, 2001).

Data is collected by direct observation of the teaching and learning process of grade V students of SD Negeri 1 Petanggan, then an initial test and test are held at the end of each cycle, to determine the progress or improvement from cycle to cycle. The techniques used in analyzing the collected data were carried out by looking for data sources in the study, namely students and teachers of Physical Education, Sports, and Health, with qualitative types obtained directly from observations and observations made by observers before and after actions in the form of learning activities (Arikunto, 2002). These data are analyzed using Descriptive Percentage analysis (%) with the formula:

$$P = \frac{f}{N} \times 100 \%$$

f: the frequency for which the percentage is being searched
 N: Number of Cases
 P: percentage number
 (Sudiyono, 2008)

C. Results and Discussion

This study, the data collection of this study was obtained through a fitness test using a test instrument, namely *the bleep test*. Before entering Cycle 1, first know the initial condition through an initial test. The data obtained are described as follows.

Based on the data in Table 5 above about the results of the initial test conducted by researchers on students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency as a whole, the average student is only able to do *a brief* test close to level 4 if confirmed with the criteria fitness level, then the average student in the initial test has a fitness level at fewer criteria.

Based on the data in the initial test, it was obtained that 50% of the students had a level of physical fitness that was less than once, then 37% of the students had a level of physical fitness that was lacking, and the remaining 13% of the number of students had a sufficient level of physical fitness. As for the level of physical fitness classified as medium and good criteria, there is not a single student. In this initial test, the overall average (3.9) students occupied level 4, which level is located in the range of numbers 4-5, and the range of numbers is classified as fewer criteria, in

other words, the level of physical fitness of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency in the initial test is classified as fewer criteria.

Based on data on the end of cycle 1 test, it was obtained that 3% of the number of students had a level of physical fitness that was less than once, then 40% of the number of students had a level of physical fitness that was less, 42% of the number of students had a sufficient level of physical fitness, and the remaining 15% of the number of students had a moderate level of physical fitness. As for the level of physical fitness classified as good criteria, there is not a single student. In the final test of cycle 1, the overall average of students is (5.4) close to level 6, which level is located between the range of numbers 4 – 5 and the range of numbers 6 – 7 but the range of numbers is close to level 6 and is classified as sufficient criteria, in other words, the level of physical fitness of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency at the end of cycle 1 test is classified as sufficient criteria.

Based on the data on the end of cycle 1 test, 0% or none of the students have a level of physical fitness that is less than once, then 25% of the number of students have a level of physical fitness, 35% of the number of students have a sufficient level of physical fitness, 35% of the number of students have a moderate level of physical fitness, and the remaining 5% of the number of students have a good level of physical fitness. In this cycle 2 test, the overall average of students is (6.2) close to level 7, in other words, the physical fitness level of students of SD Negeri 1 Petanggan Belitang, East OKU Regency at the end of cycle 2 test is classified as medium criteria.

If we compare the three tests clearly, we can see that there has been an increase in the physical fitness level of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency from the initial test at level 4 with a VO2Max prediction of 29.5 (Ml/Kg/Minute) with a fitness level of Less, then at the end of cycle 1 test increased at level 6 with a VO2Max prediction of 36.4 (Ml/Kg/Minute) with a sufficient fitness level, and finally at the end of cycle 2 test increased again at level 7 with a VO2Max prediction of 39.9 (Ml/Kg/Minute) with a moderate fitness level and at the end of cycle 2 test there were 35% of the total students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency classified as sufficient creteria, the level of physical fitness, then 35% of the number of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency classified as criteria, medium level of physical fitness and 5% of the number of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency is classified as a good criteria, the level of physical fitness. This percentage when added up to 75% of the number of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency is classified as criteria, the level of physical fitness, and the remaining 25% of the number of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency is classified secretariat lacking physical fitness level.

Based on the description above, it can be said that slag ball games can improve the Physical Fitness of Class V Students at SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency.

D. Conclusion

Based on the results of research that have been conducted by researchers on Efforts to Improve Class V Physical Fitness through Slagbal Game Sports at SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency, it can be concluded as follows.

In the initial test, the fitness level of student's criteria less once by 50%, criteria less by 37%, and criteria enough by 13%, the average student was at level four with a predicted VO2Max of 29.5 (Ml/Kg/Minute) with a fitness level of **Less**.

In the cycle 1 test after being given slag ball game material, the student's fitness level, criteria less once decreased to 3%, criteria less increased by 40%, criteria moderately increased by 42%, and criteria moderately increased by 15%, the average student was at level six with a VO2Max prediction of 36.4 (Ml/Kg/Minute) with a sufficient fitness level.

In the cycle 2 test after being given slag ball game material, the fitness level of less once criteria students decreased to 0%, fewer criteria decreased to 25%, criteria moderately decreased by 35%, medium criteria increased by 35%, and for good criteria increased by 5% on, the average student was at level seven with a VO2Max prediction of 39.9 (Ml/Kg/Minute) with a moderate fitness level.

From the preliminary test result data, cycle 1 test, and cycle 2 test it is clear that there has been an increase of three levels. From this improvement, it can be said that the slag ball game can improve the physical fitness (Hellison, 2010) of students of SD Negeri 1 Petanggan Belitang Mulya, East OKU Regency.

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