

The Relationship of Physical Freshness to Student's Learning Outcomes in 16 OKU Public Elementary Schools

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Abstract: The purpose of this study was to determine the level of physical freshness of students and student learning outcomes, as well as to determine the relationship between the level of physical freshness and the learning outcomes of students of State Elementary School 16 OKU. The population in this study was grade V students of State Elementary School 16 OKU with a sample of 30 students. The sampling technique used is random sampling. The data collection method uses a survey method with the Indonesian Physical Freshness Test (TKJI) method and documentation. Data from test results are processed using computerized SPSS system version 23. The results showed: 1) the level of physical freshness of grade V students of State Elementary School 16 OKU in the medium category. 2) Learning outcomes of grade V students of State Elementary School 16 OKU in the good category. 3) there is a significant positive relationship between the level of physical freshness and the learning outcomes of grade V students Public Elementary School 16 OKU. Students are expected to always maintain and improve their physical freshness as the main provision for the learning process.

Keywords: Elementary School, Learning Outcomes, Physical Freshness

A. Introduction

Law of the Republic of Indonesia No. 20 of 2003, concerning National Education (Law on Sisdiknas) which states that National Education aims to develop the potential of students. According to (Nurrita, 2018), education is an effort to prepare the younger generation to welcome and face the development of zaman in the era of globalization. So, education must be carried out as well as possible so as to produce quality education and improve the quality of human resources. Technological developments have an impact on the field of education. Through education, a person can determine his future starting from school. Many also believe that education and science are absolutely necessary to survive in the era of global competition that is happening in every nation. Education is not only obtained from school but from various sources including the social environment, family environment and from news media both print and electronic.

Education is the main vehicle for the development of the quality of human resources. With education, humans are increasingly aware of the importance of the thought process to determine the quality of their future. Physical education is part of overall education, aiming to develop aspects of physical freshness in sports and health that are planned systematically in order to achieve national education and aspects of a healthy lifestyle, the introduction of a clean environment through physical activities. Hermansah, (2020) states physical education is a learning process designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, and sportsmanship through physical activities.

However, formal education must still be obtained in a school environment which is an educational unit whose education and teaching system has been designed regularly to transmit knowledge to its students. Therefore, efforts to improve the quality of education need serious attention, especially in schools which are the foundation for all levels of education, because the basics of science, skills and behavior are given, so it needs to get careful attention and coaching by always improving its quality through a pattern of fostering excellence insights. School development cannot be separated from the development of existing education.

In general, activities in sports activities are a repetitive movement with varying intensity and duration. Every movement made in sports activities requires good physical fitness. The importance of maintaining physical fitness is not only the responsibility of a teacher, but students' awareness of their needs to get maximum achievement is very important. This is done as a control in the status of physical freshness conditions and evaluation materials in the learning process by physical education teachers.

Physical exercise is closely related to maintaining physical condition which is absolutely necessary for someone who wants to maintain and improve physical fitness. Good Physical freshness can be improved by paying attention to the factors needed for these activities such as endurance, strength, speed, and flexibility. Therefore, it is necessary to do physical activity in order to improve and develop physical fitness. Physical fitness or often called *physiological* fitness is a person's ability to perform daily tasks and work diligently and alertly without experiencing significant fatigue, and still have energy reserves to fill free time and face emergencies that are unexpected before.

Physical freshness is a manifestation of a person's functional loyalty to do a certain job with good or satisfactory results (Wirnantika, et al., 2017). While in general humans also need rest by sleeping to restore fitness or just rest the organs of the body after doing sports activities. In sleep conditions, the body carries out a recovery process to restore body stamina to be in optimal condition.

Physical freshness related to health is closely Related to work or fulfilling daily tasks in measuring physical fitness related to health, the most important thing is the measurement of cardiorespiratory endurance. Physical fitness related to non-health is the ability and ability of the body to make adjustments or adaptations to the physical load given to it without causing significant fatigue. Physical freshness is the ability to carry out daily activities without feeling excessive fatigue. A person's physical freshness is influenced by several factors, namely: genetics, gender, age, body composition, activity, and exercise.

Therefore, physical freshness is used as a health parameter and a measure of maximum aerobic strength and Cardiorespiratory freshness of a person (Gumantan & Fahrizqi, 2020; Mahfud, 2020; Fahrizqi et al., 2020). Meanwhile, according to (Nuryadi, 2018), physical freshness is part of the process of fostering physical condition. Physical condition is one of the main elements in coaching sports achievements. For this reason, good knowledge of coaching and physical condition training is needed. Physical activity that is carried out regularly will affect a person's physical freshness.

Physical freshness is a need that must be met so that we can carry out daily life activities well, as effectively and efficiently as possible. Until finally it will be able to create a quality life as a human being. According to (Muhajir 2007) Physical freshness is the ability and ability of the body to adjust (adapt) the physical load given to it (from work done daily) without causing excessive fatigue, Physical freshness is a person's ability to carry out daily work lightly and easily without feeling significant fatigue and still have energy reserves to do other activities.

According to Zulki, (2016) physical freshness is the condition or ability of a person to carry out his daily activities or tasks easily without experiencing significant fatigue and still have residual or reserve energy to enjoy his leisure time for other needs. Physical freshness according to Sriwihajriyah, et al., (2012) is a series of physical characteristics possessed or achieved by a person related to the ability to perform physical activity. Related to physical freshness, having linearity is the level of a person's ability to carry out daily activities. According to Prasetio, et al., (2018) Physical fitness is one of the physical aspects of overall freshness (total fitness).

According to Mahfud & Yuliandra, (2020), physical freshness and exercise are related to the body mass index number used in classifying a person in his fitness category with normal weight, excess and deficiency, body mass index is closely related to physical fitness. Based on the level of physical freshness affects physical activity which is visible and affects the level of health and affects cognitive, emotional and sausage abilities. A and the freshness component itself have a very vital component, namely Vo2Max which means the greatest aerobic power processing ability owned by a

person where the component of the ability to receive oxygen in the heart, respiratory and hemohydro-lymphatic or transport O₂, CO₂ and nutrients at every minute reaches in the body's metabolism (Gumantan & Fahrizqi, 2020; Fahrizqi et al., 2020).

The components of physical freshness are broadly divided into 2, namely physical freshness related to skills (including: speed, muscle explosive power, dexterity, balance and coordination) and physical freshness related to health (including: muscle strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition). This is influenced by various things including age, sex, genetics, race, physical activity including exercise and hemoglobin levels (Utari, 2007). From some of the opinions above, researchers concluded that fit and healthy are two different things, where it can be classified that healthy people are not necessarily fit, but fit people are certainly healthy and able to carry out activities consciously without feeling significant fatigue.

If a person complains of obstacles such as difficulty sleeping, restless sleep, difficulty holding sleep, frequent awakenings in the middle of the night, and frequent early awakenings, it is likely that the person is disturbed by the quality of sleep. According to Sulistiyani, (2012) sleep quality is the ability of individuals to be able to stay asleep, not only reach the amount or duration of sleep. Sleep quality indicates an individual's ability to sleep and obtain the amount of rest that suits his needs. The quality of a person's sleep can be influenced by several factors, including environmental conditions, physical, activity, and lifestyle. Exercise habits are a form of physical activity that can affect a person's sleep.

The educational process consists of 3 basic elements, namely input-process-output. The input in question is students with various backgrounds. The process is a learning activity which includes giving and understanding the material by the teacher to students. Output is the result of studies that have been achieved including cognitive, affective and psychomotor. Among these three elements, it is the learning process that will determine whether or not the ability and learning outcomes of students are good. The success of the learning process will certainly be influenced by various factors both from the school environment, family or from the students themselves. Students as people who are learning and developing have their own uniqueness and character in the learning process. The uniqueness possessed makes students have different responses in understanding a lesson. Both in terms of attitude or learning style that supports the success of learning.

Student attitudes play a supporting role in achieving a learning goal. Attitudes are influenced by supporting or unsupportive feelings towards an object. There are many assumptions that there is a positive relationship between students' attitudes and learning outcomes. In other words, students who have a positive attitude towards

certain subjects tend to be more diligent in learning so as to achieve satisfactory results. And conversely, students who have a negative attitude towards the lesson, he will not be eager to learn so that the results are less satisfactory.

Every learning process is certainly expected by students to obtain good learning results. But in reality, the learning outcomes obtained by students are not always good and as expected. As a standard for whether or not learning outcomes are good on the basis of KKM which has been set as a benchmark for the success of the learning process. This must be a concern and evaluation material in the learning process. Student learning outcomes that are not good are one of the problems in education. Student learning outcomes show the ability and quality of students as an impact of the learning process they have gone through. Learning outcomes are actions and performances that contain and reflect the competence of learners who successfully use content, information, ideas and tools in learning. Therefore, learning outcomes can be defined as competencies and skills possessed by students after the learning period (Molstad & Karseth, 2016).

Student Learning Outcomes are achievements achieved by students academically through exams and assignments, actively asking and answering questions that support the acquisition of these learning outcomes. In academic circles, it is often thought that educational success is not determined by student grades listed on report cards or diplomas, but for the measure of success in the cognitive field can be known through the learning outcomes of a student. According to Sumantri, (2015), Learning is a relatively permanent change in behavior and results from past experiences or from purposeful or planned learning. According to Jihad, (2013), Learning is an activity carried out by each individual in the entire educational process to obtain behavioral changes in the form of knowledge, skills and attitudes. Learning is a process activity and is a very fundamental element in the implementation of the type and level of education. The same is said by Aritonang, (2008), learning is a mental or psychic activity, which takes place in active interaction with the environment that produces changes in knowledge, understanding, skills, values, and attitudes.

According to Thobroni, (2016) learning outcomes are patterns of actions, values, understandings, attitudes, appreciation and skills. Student learning outcomes obtained through education will be able to compete in various community life activities. The current state of competition requires qualified human resources, namely skilled human resources. According to Nurrita, (2018), learning outcomes are the learning outcomes of an individual interacting actively and positively with their environment. The same is also stated by Sanjaya, (2010), Learning outcomes are abilities obtained by individuals after the learning process takes place, which can provide changes in the good practice of knowledge, male understanding, attitudes and skills of students so that they become better than before.

According to Imansyah, et al., (2022), learning materials are the contents of teaching materials that will be delivered to students in the learning process. Meanwhile, when viewed from students, teaching materials are materials that must be mastered by students in achieving competency standards and basic competencies, which will be evaluated for absorption using assessment instruments compiled based on indicators of achievement of learning outcomes.

Based on observations so far in State Elementary School 16 OKU, Students still have many shortcomings in terms of following the learning process at school, including there are still many students who have not maximized in following the learning taught by physical education teachers. This is due to many things, including the possibility of students having a poor level of physical freshness, because most students of State Elementary School 16 OKU in participating in learning complain of being easily tired and bored, so that what happens in the field students cannot follow the learning process optimally. This will certainly affect learning outcomes in schools.

Based on the explanation above, researchers hope that this study can later improve learning outcomes by knowing the level of physical freshness of students of State Elementary School 16 OKU. Based on these expectations and facts, in this study researchers will discuss, The Relationship of Physical Freshness to Student's Learning Outcomes in 16 OKU Public Elementary Schools.

B. Methods

Research Sites

This research was conducted at State Elementary School 16 OKU located in East Baturaja sub-district, Ogan Komering Ulu Regency, South Sumatra Province.

Types of Research

The method used in this study is a survey test. The survey is part of a descriptive study that aims to find the position or status, phenomenon (symptoms) and find status similarities by comparing the standards that have been determined by (Arikunto, 2016). In general, research methods are defined as scientific ways to obtain data with specific purposes and uses. There are four keywords that need to be considered, namely, scientific methods, data, goals, and certain uses. The scientific way means that research is based on scientific characteristics, namely rational, empirical, and systematic. Data means that the data obtained through the study is empirical data that has certain criteria, namely valid (degree of accuracy). There are three kinds of research objectives, namely discovery, evidence, and development. Its usefulness is to understand, solve and anticipate problems.

According to Arikunto, (2016), variables are symptoms that vary and become the object of research. Meanwhile, according to Sugiyono, (2015), a variable is an attribute or trait or value of people, objects or activities that have certain variations set by researchers to be studied and conclusions drawn. In this study there are two variables, namely independent variables and dependent variables. An independent variable is a variable that affects or causes its change or the emergence of a dependent variable. In this study, the independent variable is physical freshness. While the dependent variable is a variable that is influenced by the presence of an independent variable, so the learning outcomes of students of State Elementary School 16 OKU are bound variables in this study.

Population

According to Sugiyono, (2015) said that: "population is a generalization consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions". The population referred to in this study is all male students of grade V of State Elementary School 16 OKU.

Sample

According to Darmadi, (2013) the sample is a portion of the population that is used as an object / subject of research. While Sugiyono, (2015) samples are part of the number and characteristics possessed by the population. So, it can be concluded that the sample is a part of individuals obtained from the population, which is expected to be representative of the entire population. The sampling technique used in this study was random sampling. So, the sample in question is the male students of grade V of State Elementary School 16 OKU totaling 30 students.

Data Collection Techniques

The data collection method is a way to obtain correct information so that it can be accounted for. Data collection techniques are carried out using tests. Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better, in the sense that they are more careful, complete and systematic so that they are easier to process.

Data collection is carried out to obtain empirical data as material to test the correctness of the hypothesis. In this study, the method used in collecting data was a method in the form of an Indonesian physical freshness test (TKJI) which measured the level of physical freshness of grade V students of SD Negeri 16 OKU. Instruments in this test include a 40-meter run, a 30-second hanging body lift, and documentation methods to determine the learning outcomes achieved by students.

Data Analysis Techniques

The research design or research design used in this study is the Path Analysis research design. It will be necessary to test the requirements analysis. The test requirements in question include: (1) normality tests using the Lilliefors test; and (2) Linearity test using regression.

C. Results And Discussion

This study is intended to determine the relationship between the level of physical freshness and learning outcomes in grade V male students of State Elementary School 16 OKU in 2023. Measurement of the level of physical freshness using the Indonesian Physical Freshness Test (TKJI) measurement test for ages 10-12 years. This test consists of 3 items, namely a 40-meter running test, a 30-second body lift hanging test, while the learning results use semester 1 report cards.

Based on the research above, it can be seen that the level of physical fitness of class V male students at SD Negeri 16 OKU is 0% having a very low level of physical fitness, 3.33% is in the less category, 63.33% is in the medium category, 33.33 % is in the good category, 0% is in the very good category. In general, the physical fitness level of fifth grade male students at SD Negeri 16 OKU in 2023 is moderate.

Based on the 40-meter running research above, it can be seen that the results of the 40-meter test for male students in class V of SD Negeri 16 OKU are 0% having a very low level of physical fitness, 0% being in the less category, 33.33% being in the moderate category, 56, 7% fall into the good category, 10% fall into the very good category. In general, the results of the 40-meter run test for male students of class V at SD Negeri 16 OKU in 2023 were good.

Based on the research on hanging body lift above, it can be seen that the results of the hanging test for male students of class V, 16 OKU Public Elementary School, were 23.33% having a very low level of physical fitness, 63.33% falling into the less category, 13.33% falling into moderate category, 0% is in the good category, 0% is in the very good category. In general, the results of the hanging tests for male students of class V at SD Negeri 16 OKU in 2023 were lacking.

In essence, physical fitness is the functional ability of the body's organs to carry out activities with full vigilance and with satisfactory results without significant fatigue and still have reserve energy for future activities that may occupy one's attention. Physical fitness is one of the physical potentials that everyone has to increase work productivity. For students, physical fitness is one of the factors that influence physical readiness before receiving lessons at school, so that later with good physical fitness,

students can receive lessons provided by the school optimally. One of the benefits of physical fitness for students is to increase their willingness and ability to learn. With good physical fitness, it is hoped that students will have a high level of concentration in getting the lessons delivered by the teachers.

The quality of individual intellectual intelligence is seen as the main factor influencing individual success in achieving learning success. However, individual learning success is not only determined by high intellectual intelligence but also determined by various factors. Factors that influence learning are divided into two groups, namely internal and external factors. These internal factors or internal conditions include physical conditions, such as the health of organs, psychological conditions, such as intellectual and emotional abilities, and social conditions, such as the ability to socialize with the environment. While external factors include variations and levels of difficulty of learning materials (stimulus) that are learned (responded to), learning places, climate, environmental conditions, and community learning culture will affect readiness, processes, and learning outcomes. Internal factors which include a person's physical condition have an important role in determining the success of learning. A person's learning process will be disrupted if he is in an unhealthy condition, gets tired quickly, lacks enthusiasm, is easily dizzy, drowsy, or has disturbances in the function of sensory devices and other organs.

From the explanation above, it can be concluded that physical fitness is one of the factors that influence student learning outcomes. The level of physical fitness of students has an important role, especially in following the process of learning activities. Physical fitness plays an important role in enhancing the will and ability to learn, so that with good physical fitness it can support the creation of good learning outcomes as well. Based on this conclusion, it is important for students to pay attention to and improve their physical fitness. It is intended that students have the main capital to carry out daily activities without experiencing significant fatigue, so that they are more eager to improve their learning achievement.

D. Conclusion

Based on the description and data from the results of research and discussion, the researcher can draw conclusions 1) the level of physical fitness of class V male students at Public Elementary School 16 OKU in 2023 was in the poor category by 1 respondent or 3.33%, 19 respondents or 63.33% in the moderate category and 10 respondents or 33.33% in the good category researched. Most of the physical fitness levels of class V male students at SD Negeri 16 OKU in 2023 were in the moderate category, with 19 respondents or 63.33%. With these results it shows that the level of physical fitness of class V male students of SD Negeri 16 OKU in 2023 is in the medium category; 2) the learning outcomes of fifth grade male students at Public Elementary School 16 OKU

in 2023 were in the good category as many as 30 respondents or 100% of the 30 students studied. With these results, it shows that the level of learning outcomes for male students in class V of SD Negeri 16 OKU in 2023 is in the good category; 3) the results of the study showed that there was a relationship between the level of physical fitness and the learning outcomes of male students in class V of SD Negeri 16 OKU in 2023, this is shown by the high value of r , which is 0.620.

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