

# Impact Analysis of Physical Fitness Lifestyle: A Case Study of Students Class XI IPS 1 SMA Negeri 8 Kota Bengkulu

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Keywords: Lifestyle, Physical fitness

Abstract: This study aims to determine the impact of lifestyle on the physical fitness of students XI IPS 1 SMA Negeri 8 Kota Bengkulu. The type of this research was descriptive qualitative. Population and samples used in this research were all students of class XI IPS 1 SMA Negeri 8 Kota Bengkulu amounted to 35 people. The instrument used was a closed questionnaire and a 2,400-meter test run. Techniques of collecting the data research used questionnaires and tests. Data analysis technique used triangulation technique of data analysis and descriptive statistics (frequency tabulation). The results of research was divided into two criteria, namely 22 men and 13 women turned out the average skills in the impact of lifestyle on physical fitness in students and students of class XI IPS 1 SMA Negeri 8 Kota Bengkulu for men are categorized less or 12.29%, while women were mostly moderate or 16.38%. Conclusions could be drawn from the respondent's answer. Students and students XI IPS 1 SMA Negeri 8 Kota Bengkulu had good health and physical fitness that had not been met. The pattern of life of students and students has not got much understanding about the correct lifestyle of learning and physical fitness. Ideal sleep time was 7-8 hours better. If less than 7-8 hours, it will result bad life.

## 1 INTRODUCTION

Lifestyle is a part of the human secondary needs that could change depending on time or desire for someone to change his lifestyle. Lifestyle can be seen from the way they dress, customs, and others. Programmed lifestyle can help every individual in carrying out daily activities tailored to the age and the conditions in which we live. If lifestyle executed properly, it will certainly support the achievement of high labor productivity, which in turn increases the culture of discipline, because without good discipline, the pattern of life results will be difficult to achieve an optimal way. However, on the contrary, to those who have high discipline will certainly produce results as expected and body will remain healthy.

The pattern of life is basically a comprehensive program about health, physical fitness, nutrition and recreation as an effort to strike a balance between physical and mental activity. For example, sports activities that are carried out in a planned manner will not only establish the physical, intellectual, moral, morale and dedication of individuals, but also it will improve the quality of life of the perpetrators

as members of existing groups in society. In addition, the values contained in the sport also have a significant contribution to the development of character, fighting spirit and high achievement, so it can be a valuable asset in order to compete with other nations in the international forum (Suharto, et al., 2003: 1). Physical fitness is a person's ability to perform daily activities without experiencing significant fatigue and still have reserve energy left to perform other activities. Currently students are not getting special treatment, which focuses attention to the physical quality of the fit. Most of the physical education teachers just focus on the matter in the absence of treatment. However, the ancillary aspects of physical fitness is to achieve the maximum healthy lifestyle.

Based on preliminary observations on 24 January 2019 that researcher do in SMA Negeri 8 Kota Bengkulu, the students' knowledge is still lacking in the implementation of lifestyle. It can be seen from most of the students are still coming late to school, as a result of a pattern of irregular sleep. In addition, in terms of dress, it can be seen students woreless neat and hygiene clothes. Finally, in terms of the activities of students at school during a break, there

are some students who read in the library, while the other students go to the cafeteria. There were students playing basketball on the court, and there were also students who remained in the classroom.

Similarly, physical fitness is indispensable in supporting the success in student learning. One of the factors that negatively affect the students' attendance is being ill. In addition, lack of fitness can cause students lack of focus, lack of reasoning ability, comprehension and expression at learning activities.

## 2 THEORITICAL REVIEW

### 2.1 Lifestyle

According Lisnawati (2001: 75), lifestyle is everyday behavior patterns that lead to an effort to maintain the positive physical, mental, and social states. According to Broaddus, et al., (2019), it is important for students to maintain a physically active and healthy lifestyle. Physical activity as a part of one's life pattern is one of the physical education goals in schools. Having more fun and supportive activities can also increase the chances of long-term activity participation (Vazou, et al., 2019).

### 2.2 Physical Fitness Itself

Physical fitness is very important in supporting the activities in daily life, but the level of physical fitness of each person is different in accordance with the duties or professions. Physical fitness is a manifestation of physical fitness. According Suharjana (2013: 2), physical fitness means the physical condition of the type of work performed daily or, in other words, a match between the physical components of the task in meeting the demands of everyday life.

### 2.3 Characteristics of Children at School

Characteristics are related to a trait of a person to get to know someone's personality. Psychologists view high school students as individuals who are at the unclear stage of individual development process. This ambiguity happens in a transition period, i.e. from the childhood to the adult period. During this period, they undergo adolescence or puberty. Generally, they feel like an adult though their

psychology has not yet reached the level.

## 3 RESEARCH METHODS

Based on the issues to be addressed in this study, the type of this study was descriptive qualitative research method. As noted by Mahmud (2011: 100), "descriptive study is a study which sought to examine the problem systematically and accurately about the facts." The study was conducted in the city of Bengkulu, Bengkulu University using the stadium for the implementation of the test of physical fitness. The study was conducted in the second semester of the academic year 2018/2019. The population and sample in this study were all students of class XI IPS 1 SMA Negeri 8 Kota Bengkulu, amounting to 35 people.

According Sugiyono (2012: 142), questionnaire is a data collection technique in which participants/respondents fill out the question, and once filled completely, it returns to the researchers. This research used the closed questionnaire. Closed questionnaire expects respondent's to give brief answers by selecting one answer to every question that has been provided, so that the respondents are free to choose the answers according to their respective characteristics.

According Asril (2010: 4), test is one of the tools or procedures are required to collect the data OF a person, or object through the measurement and certain rules. In this study, the test was aerobic run test 2,400 meters (Method Cooper).

#### Questionnaire

The type of questionnaire used in this study was a closed questionnaire, where researchers set up a lattice question in accordance with the formulation of the above problems. 2,400 meter run test aimed at measuring the capability and capacity of physical work.

To analyse the data, triangulation and descriptive statistics (frequency tabulation) were used. Triangulation is defined as data collection techniques that combine various data collection techniques and data sources that already existed. Descriptive statistics (frequency tabulation) is done by describing the observations obtained from measurements (tests) of the pattern of life and physical fitness.

## 4 RESULTS AND DISCUSSION

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question item No. 1, 15 respondents answered (e) exercising in the mornings, 14 students who answered (d) exercising in the afternoons, 6 students who answered (c) exercising during the day, whereas no one who answered the answer (b) exercising in the mornings and evenings, and (a) exercising in the evening. After being asked of the willingness of respondents to fill out a questionnaire, the students filled out the questionnaires. Then, a questionnaire has been filled reassembled for subsequent data processing with data analysis.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question item No. 1, 4 respondents answered (b) rarely, 6 students answered (d) often, 20 students answered (e) always, whereas 5 students answered (c) sometimes.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question item No. 3, 24 respondents answered (e) always, 8 students answered (d) often, 3 students answered (c) sometimes, while no one answered (b) rarely, and (a) never.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question item No. 4, 10 respondents answered (e) always, 15 students answered (d) often, 15 students answered (c) sometimes, 4 students answered (a) never, while no one answered (b) rarely there.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 5, 10 students answered (e) always, 20 students answered (d) often, 5 students answered (c) sometimes while no one answered (b) rarely, and (a) never.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in the item question number 6, 5 students answered (e) always, 15 students answered (d) often, 3 students answered (c) sometimes, while 10 students answered (b) rarely, 2 students gave the answer (a) never.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on an item to question 7, 5 respondents answered (e) 7-8 hours a day, 10 students answered (d) 5-6 hours per day, 15 students answered (c) 4-5 hours per day, while 5 students answered (b) 3-4 hours per day, and no one answered (a) 2-3 hours a day.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question

item No. 8, no respondents answered (e) never, 5 students answered (d) rarely, 10 students answered (c) sometimes, while 20 students answered (b) often, and no one answered (a) is always there.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness in question item No. 9, no respondents answered (e) never and (d) rarely, 5 students answered (c) sometimes, 10 students answered (b) often, and 20 students answered (a) always.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 10, 20 students answered (e) very influential, 10 students answered (d) effect, 5 students answered (c) Mediocre, while no one answered (b) has no effect, and (a) is not an effect.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 11, 20 students answered (e) of muscle strength, flexibility, endurance and agility, 10 students answered (d) coordination, body composition, reaction speed and strength, 10 students answered (d) coordination, body composition, reaction speed and strength, 5 students answered (c) agility and balance, while no one answered (b) muscle strength flexibility, and (a) enough muscular endurance.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 12, no respondents answered (e) is always, 5 students answered (d) often, 20 students answered (c) rarely, 10 students answered (b) never, no one answered (a) was never.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 13, 3 respondents answered (e) has a lot of know, 8 students answered (d) sufficient, 22 students answered (c) only slightly, 2 students answered (b) do not know, while no one answered (a) was not aware.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 14, 15 respondents answered (e) to the hospital, 15 students answered (d) health centers, no one answered (c) taking traditional medicine and (a) go to a shaman, while 5 students answered (b) sufficient alternative treatments.

Based on the results of the questionnaire on the impact of lifestyle on physical fitness on item Question no 15, no respondents answered (e) is always there (a) was never was not there, and (d) often is not there, 30 students answered (c) rarely, while 5 students answered (b) never =. (Obtained from the sum of the answer a, b, c, d, and e) the

results of the percentage that answered (e) is, the result of the percentage who answered (d) is, the result of the percentage who answered (c), the percentage who answered (b) was 0% while that answer (a) is.

Table 1: Impact Analysis of Physical Fitness Lifestyle Result 1

Norma research	absolute frequency	Frequency relative%	category
≥ 15:31	2	9.09%	SK
12:11 to 15:30	7	31.81%	K
10:49 to 12:10	10	45.51%	S
09:41 to 10:48	2	9.09%	B
08:37 to 09:40	1	4.50%	BS
≤ 8:37	-	-	-

It can be concluded that out of 22 male students, a total of 2 students (9.09%) in the category of time taken ≥ 15.31, a total of 7 students (31.81%) in the category of time it took 12:11 to 15:30, as many as 10 siswa (45.51%) in the category of time it took 10.49 - 12:10, a total of 2 students (9.09%) in the category pursued 09:41 to 10:48, as many as 1 students (4.50%) in the category of the that of 13 female students, a total of 3 students (22.07%) in the category of time taken 16.55- 18:30, a total of 8 students (61.54%) in the category of time taken 14.31-16.54, as much as 2 students (15.39%) in the category of time it took 12:30 to 14:30.

Table 2: Impact Analysis of Physical Fitness Lifestyle Result 2

Norma research	absolute frequency	Frequency relative%	category
≥ 18:31	-	-	SK
16:55 to 18:30	3	23.07%	K
14:31 to 16:54	8	61.54%	S
12:30 to 14:30	2	15.39%	B
11:50 to 12:29	-	-	BS
≤ 11:50	-	-	BS

Based on the description of the data and the processed data on the "Impact Analysis Lifestyle Against Physical Fitness (Case Study On Student Schoolgirl Class XI IPS 1 SMA Negeri 8 Kota Bengkulu)", it can be argued answers of formulation of the problem that has been asked before, namely, "How can the impact of pattern life of the physical fitness of the students of class XI IPS 1 SMA Negeri 8 Kota Bengkulu?" with regard to the impact of lifestyle. For more details of the answer can be described as follows

According Lisnawati (2001: 75), the lifestyle is everyday behavior patterns that lead to an effort to maintain the physical, mental, and social are in a positive state. Of the respondents who pointed out that the item no one more answer (e) exercising in the morning with a percentage of 42.86%, respondents in item No. 2 more questions answered (e) always with a percentage of 57.14%, respondents on item No. 3 more answered (e) always with a percentage of 68.57%, respondents in item No. 4 more questions answered (c) sometimes with a percentage of 42.86%, respondents in the item no 5 more many answer (d) often with a percentage of 57.14%, respondents in item No. 6 more questions answered (d) often with presentse 42.86% whereas in both categories are 2 boys and 2 female students with a percentage of 9.09% and 15.39%, whereas in the good category once only male students is 1 with a percentage of 1.50%. Based on data obtained from sample number 35 is divided into two categories of criteria: 22 men and 13 women, apparently of grouping two criteria can average time taken on a test aerobic run 2400 meters of male students is 12, 29 minutes so that it can be categorized less, while in the can the average time in the travel in aerobic test run 2400 meters perempuan students yitu 16.08 minutes so it can be considered moderate.

## 5 CONCLUSIONS

From the questionnaire results seen from the family environment, school environment, community, knowledge utilization and daily behavior can lead good results. The results of a test run 2,400 m obtained the results for male students took 12:29 minutes seen from frequency table in the category of less, while the female student took 16:38 minutes seen from a frequency table with category. Male students have physical fitness is less due to the lack of implementation of lifestyle in their daily activities, whereas the female students have physical fitness because they already started to implement a

good lifestyle in everyday life.

After doing some research, the author gives suggestions as follows: The need for more understanding about healthy lifestyle on physical fitness for male and female students in class XI IPS 1 SMA Negeri 8 Kota Bengkulu that can be applied in various aspects of family life, school, and community. Healthy lifestyles for male and female students in class XI IPS 1 SMA Negeri 8 Kota Bengkulu need to be considered as a state of sleep until late at night, maintaining the cleanliness of the body properly, proper diet, regular exercise in order to gain support for physical fitness.

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