

# The Influence of Scouting Extracurricular Activities on the Physical Fitness of Students at SMA Negeri 1 Gunungsitoli in 2025

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# The Influence of Scouting Extracurricular Activities on the Physical Fitness of Students at SMA Negeri 1 Gunungsitoli in 2025

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## Abstract.

### Background

The results of the initial observation (pretest) indicated that students' physical fitness before entering extracurricular activities was considered low, with 71% of the 35 students rated as "Poor" and 29% as "Moderate". This research is expected to provide a clearer picture of how scouting activities can contribute to improving physical fitness and encourage schools and other educational institutions to further develop physical-based extracurricular activities to support students' overall health and development.

### Objectives

This study aims to determine the influence of scouting extracurricular activities on the physical fitness of students at SMA Negeri 1 Gunungsitoli in 2025.

### Methods

The research employed an experimental method with a one-group pre-test and post-test design. The study was conducted over 17 sessions involving 35 student participants. Data collection instruments included physical fitness tests administered before and after the treatment.

### Results

The results showed an increase in the average physical fitness scores from 6.3 (pre-test) to 15 (post-test), with standard deviations of 1.291 and 1.285, respectively. Normality testing using the Liliefors test indicated that the data were normally distributed, and the homogeneity test showed that the data had homogeneous variance. Hypothesis testing using a paired t-test resulted in a t-value of 4.587, while the critical t-value at a significance level of 0.05 with 34 degrees of freedom was 1.691. Since the calculated t-value exceeded the critical t-value,  $H_0$  was rejected and  $H_1$  accepted.

### Conclusion

It can thus be concluded that scouting extracurricular activities have a significant influence on improving students' physical fitness. Scouting activities are proven to be effective as a physical training medium that supports students' overall health and fitness.

**Keywords:** Scouting, Physical Fitness, Extracurricular.

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## INTRODUCTION

Scouting is an extracurricular activity organized in schools to develop students' potential in various aspects, such as leadership, discipline, cooperation, and physical and mental abilities. This activity is based on basic principles that prioritize character building, moral strengthening, and the development of a positive social spirit among students. In Indonesia, Pramuka is a scouting organization that aims to educate young people to become independent, responsible, and environmentally conscious individuals.

Scouting extracurricular activities include a number of physical activities, such as camping, hiking, and sports. These activities not only teach students technical or survival skills but also serve as a means to improve their physical fitness. For example, camping activities, which often involve camping, long walks (hiking), and other physical activities, directly contribute to improving students' stamina, endurance, and physical strength. In addition, group activities in scouting also encourage students to work together to overcome existing physical challenges, which in turn can affect their physical and mental development. Scouting, with its various physical activities, is believed to provide benefits to students' physical fitness, especially for those who regularly participate in these activities. Involvement in scouting activities can be an effective alternative to address the problem of physical inactivity among adolescents. As an activity oriented towards character building, scouting not only focuses on mental and character development, but also plays a significant role in improving students' health and physical fitness.

Physical fitness is a physical condition that allows an individual to perform various daily activities efficiently without feeling excessive fatigue. Good physical fitness not only supports physical health but also positively impacts students' academic, mental, and social performance. In the educational context, students' physical fitness is a crucial factor influencing their physical and psychological development. Various factors, such as diet, adequate rest, and regular physical activity, play a key role in improving physical fitness. Unfortunately, most students in Indonesia, including those in certain regions, tend to be physically inactive, which results in low levels of physical fitness.

Physical fitness provides significant benefits to students, both physically, mentally, and socially. Physically, maintaining physical fitness helps students maintain good health, increases endurance, and reduces the risk of diseases such as obesity, diabetes, and heart problems. Furthermore, regular physical activity can improve sleep quality, which supports recovery and enhances concentration during learning. Mentally, physical fitness can reduce stress and anxiety levels, as exercise stimulates the production of endorphins, which act as natural stress relievers. This contributes to improved mood and students' ability to cope with academic pressure. Physical fitness also plays a role in boosting self-confidence, as students who feel healthy and fit tend to be more confident in social interactions and facing challenges. Furthermore, through physical activity, students also learn about discipline, teamwork, and responsibility, which shape their character and make them better individuals. Overall, physical fitness not only improves students' quality of life physically but also supports their mental and social development.

Although many theories explain the benefits of scouting in improving physical fitness, there is still limited research directly linking extracurricular scouting activities to changes in students' physical fitness. Therefore, it is important to conduct research that can explain whether scouting activities have a significant impact on students' physical fitness. This study aims to identify the relationship between scouting activities and improving students' physical fitness, focusing on students at SMA Negeri 1 Gunungsitoli in 2025.

SMA Negeri 1 Gunungsitoli is a high school located in the city of Gunungsitoli, Nias Regency, North Sumatra. As a school committed to producing high-achieving young people, SMA Negeri 1 Gunungsitoli provides a variety of quality educational programs and facilities that support students' academic and non-academic development. In addition to focusing on classroom learning, the school also offers a variety of extracurricular activities, including scouting, sports, arts, and various other clubs, to support the development of students' skills and character. With competent teaching staff and a conducive learning environment, SMA Negeri 1 Gunungsitoli plays a vital role in shaping intelligent, skilled, and character-driven students, ready to face the challenges of the global world.

## METHOD

### Research Design

This study used a quantitative approach with an experimental design. This study aimed to analyze the effect of extracurricular scouting activities on the physical fitness of students at SMA Negeri 1 Gunungsitoli. This experimental design was chosen because it could provide more objective data on the effect of scouting activities on physical fitness, using pre-tests and post-tests to compare physical fitness conditions before and after students participated in extracurricular activities.

### Participant

The research was conducted on the grounds of SMA Negeri 1 Gunungsitoli, located at Jalan Pendidikan No. 3, Ilir Village, Gunungsitoli District, Gunungsitoli City, North Sumatra. The population in this study was all students participating in extracurricular scouting activities. Because the population was less than 100, the sample in this study was all 35 students participating in extracurricular scouting activities (total sampling), consisting of 15 girls and 20 boys.

### Data Analysis

The data obtained from the pre-test and post-test results were analyzed using statistical calculations such as t-tests, normality tests, and homogeneity tests. The proposed statistical hypotheses are as follows:

- Ha is accepted and Ho is rejected. If  $t\text{-test} < t\text{-table}$ , there is a significant effect of scouting extracurricular activities on the physical fitness of students at SMA Negeri 1 Gunungsitoli in 2025.
- Ha is accepted and Ho is rejected. If  $t\text{-test} > t\text{-table}$ , there is no significant effect of scouting extracurricular activities on the physical fitness of students at SMA Negeri 1 Gunungsitoli in 2025.

## RESULTS AND DISCUSSION

### Results

The test and measurement results presented in this data set represent the findings of a 17-meeting research study. Conducted to verify the hypothesis, the test and measurement results, processed using statistical formulas, demonstrate the following data description:

Table 1. Pre-Test and Post-Test Results

Data Description	Physical Fitness	
	Pre-test	Post-test
Range	10-15	12-17
Mean	13	15
Standard Deviation	1,291	1,285
Difference	1,288	
Standard Deviation of Difference	0,004	
T-test	-6,587	
T-table	1,691	

From the pre-test results on students' physical fitness, the range obtained was between 10-15 with an average of 13 and a standard deviation of 1.291. From the post-test results, the range obtained was between 12-17 with an average of 15 and a standard deviation of 1.285. From the average pre-test and post-test, the difference value obtained was 1.288 with a standard deviation of 0.004, so it was obtained = -6.587.

### Discussion

This study aims to determine the effect of extracurricular scouting activities on the physical fitness of students of SMA Negeri 1 Gunungsitoli in 2025. During 17 meetings, a series of structured scouting learning activities were carried out and focused on physical activities, such as marching physical endurance training, and field games that led to an increase in students' physical fitness components. Based on the results of the initial measurements (pre-test), the range of students' physical fitness scores was between 10-15 with an average of 13 and a standard deviation of 1.291. Meanwhile, the results of measurements after participating in scouting activities (post-test) showed an increase in the range to 12-17 with an average of 15 and a standard deviation of 1.285. There was an increase in the average value of 1.288, indicating a positive trend towards increasing students' physical fitness after participating in scouting activities consistently.

To ensure the validity of the data before the hypothesis test, analysis requirements were first tested. The normality test was conducted using the Liliefors method with the results of the pre-test L count of 0.135 and the post-test L count of 0.116, all of which were smaller than the L table of 0.151 at a significance level of 0.05. This indicates that the data is normally distributed, so it is suitable to be tested using parametric statistics. Next, a homogeneity test was conducted to determine the similarity of variance between the pre-test and post-test data groups. The result, the F count of 1.009 was smaller than the F table of 1.767, so both data groups were declared homogeneous. Hypothesis testing was conducted using a paired sample t-test. The calculation results showed a t count value of -6.587, while the t table at a significance level of 0.05 with degrees of freedom (df) 34 was 1.691. Because the calculated t value is greater in absolute terms than the t table ( $|-6.587| > 1.691$ ), the null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_1$ ) is accepted. This means that there is a significant difference between the pre-test and post-test results of students' physical fitness.

Substantively, these results indicate that extracurricular scouting activities have a positive influence on improving students' physical fitness. This aligns with the characteristics of scouting activities, which directly involve moderate to high-intensity physical activity, such as field activities, group games, and endurance training. These activities support the improvement of students' endurance, muscle strength, agility, and flexibility—all key components of physical fitness.

Thus, these findings reinforce the notion that scouting is not only a means of character building but also significantly contributes to students' physical fitness. Therefore, it is recommended that scouting

activities in schools not only focus on discipline and leadership, but also be optimized as an effective and enjoyable means of physical development. Scouting activities significantly contribute to improving students' physical fitness through an out-of-class educational approach that integrates physical, mental, and social elements. Scouting directly involves various physical activities that require muscle strength, cardiovascular endurance, agility, and coordination. Examples of activities such as marching, obstacle courses, pioneering (building structures from sticks and ropes), hiking, and field games routinely train components of physical fitness such as endurance, muscular strength, flexibility, and balance. Furthermore, scouting also encourages students to become accustomed to active movement in a fun and challenging atmosphere, thus developing healthy and active lifestyle habits. In addition to the physical aspects, these activities train discipline, perseverance, and cooperation, which psychologically support students' motivation to continue maintaining their physical condition. With routine and systematic implementation, scouting can become a platform for developing holistic physical fitness, making students not only physically healthy, but also mentally and socially resilient.

## 2 CONCLUSION

Based on the results of research conducted during 17 meetings, it can be concluded that extracurricular scouting activities have a significant influence on improving the physical fitness of students at SMA Negeri 1 Gunungsitoli in 2025.

## 2 ACKNOWLEDGMENT

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## AUTHOR CONTRIBUTION STATEMENT

This study was conceptualized and designed by Heinrich Ronaldo Giawa, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Ahmad Al Munawar performed data analysis, interpreted the findings, and contributed significantly to the drafting of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

## 15 CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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