



Physical Fitness Levels among Students in the Extracurricular Volleyball Program: A Case Study at Free Methodist 2 Private Vocational School, Medan

ANGGA PRANATA 1 *

STOK Bina Guna, Medan, Indonesia

NADHIRA YASMINE AHMAD 2

STOK Bina Guna, Medan, Indonesia

Abstract .

Background

Problems in study This based on results observation of students Before play in A tournament , students must get training in field designed sports For help children develop personality they , improve level fitness physique them , and find a way to use interests and skills they For reach success . population from study This as many as 12 participants education . Research This aim For know how much level fitness physical participant educate Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan. Research This use study descriptive quantitative . The method used in study This that is use method survey with tests and measurements . Population in study This is participant educate Volleyball extracurricular at the Free Methodist 2 Private Vocational School in Medan , which consists of 12 people . data collection used in study This is using practical tests and measurements all over population and samples undergoing test series with sequential in accordance instruction implementation of the test. The instruments used in study This is a Freshness Test Indonesian Physical Education (TKJI) for age 13-15 years .

Objectives

Technique data analysis in research This use analysis descriptive percentage . Results study This show that level fitness physical participant educate Volleyball extracurricular at Free Methodist 2 Private Vocational School Medan received 0 (0%) participants educate in classification Good once , 2 (16.67%) participants educate in classification good , 3 (25%) participants educate in classification moderate , 7 (58.33%) participants educate in classification less , 0 (0%) participants educate in classification not enough very .

So that can concluded that level fitness physical participant educate Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan are: in classification less . Share coach from results the can made into reference For make programs practice and share participant educate can follow timetable program exercise from coach .

Methods

Results

Problems in study This based on results observation of students participant extracurricular Baitul Elementary School Football Aziz Still Lots do error fundamental moment exercise and match , training Not yet customized with need players as a whole , population from study This as many as 15 people . Research This aim For know how much level fitness physical participant educate Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan. Research This use study descriptive quantitative . The method used in study This that is use method survey with tests and measurements . Population in study This is participant educate Volleyball extracurricular at the Free Methodist 2 Private Vocational School in Medan , which consists of 12 people . data collection used in study This is using practical tests and measurements all over population and samples undergoing test series with sequential in accordance instruction implementation of the test. The instruments used in study This is a Freshness Test Indonesian Physical Education (TKJI) for age 13-15 years .

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Keywords : Physical Fitness Level; Extracurricular Volleyball; Student Athletes; School-Based Sports; Vocational Education

* Correspondence : angga12@gmail.com

Correspondence author **Angga Pranata**

Correspondence Author STOK Bina Guna, Medan, Indonesia

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INTRODUCTION

Life daily man No can separated from sport which is phenomena that have already worldwide . Without realized , humans often do activity sports that involve various type activity physical activity , play , and relaxation . Sports is one of the need life man because it can fulfill physical needs and have Lots benefits (Khamdani , 2020:11).

A fit body allows somebody For do activity daily with full enthusiastic , energetic , and easy . In the world of sports , fitness physical own very complicated goals . Every element fitness physical own role alone in determine component physique said . According to study Darmawan (2017:143), fitness physical is ability body somebody For do activity daily without experience significant fatigue .

For anticipate poor performance maximum moment exercise or matches , teachers and coaches must own control on condition physique students . Activities daily somebody or we are very close relation with level fitness physical . So that every individual can move and do work , they also have to fit in a way physical . Students consider volleyball as fun game , but Possible challenge Because need a number of skills base .

Every school Certain Once or always organize activity extracurricular as one of the strategies for grow character and help student reach potential full in accordance with interests and talents . Therefore that , so that the desired goal is achieved can achieved , activities extracurricular the need managed in a way orderly by the guarantor answer each branch sport or activity .

Sport is activity extracurricular activities at Free Methodist 2 Private High School Medan are designed for help student develop skills and abilities . Activities volleyball extracurricular activities help children develop personality they , improve level fitness physique them , and found method For use interests and skills they For reach success . At Free Methodist 2 Private High School Medan, the activities extracurricular functioning as environment training . With training sustainable , skills buried student can revealed through activity extracurricular . Because of volleyball is very popular sport , high school students love it participate in activity related extracurricular activities with volleyball .

The results of observations conducted at Free Methodist 2 Private High School , Medan show that that a number of student still feel fatigue before exercise ended . Previously , the extracurricular volleyball program at Free Methodist 2 Medan Private High School was more emphasize on technique than exercise actual physical appearance . However Because exercise physique new starting this semester , with concentration on technique and conditions physical , then exercise physique the Still not enough or not enough maximum for Volleyball players from Free Methodist 2 Medan Private High School who participated activity extracurricular .

Besides that , the extracurricular volleyball program at Free Methodist 2 Medan Private High School is only implemented a week once on Wednesday afternoon from 3:30 PM to by 17.00 with a total time only One half an hour, which of course is short time . Due to limitations available time For Volleyball extracurricular at Free Methodist 2 Private High School Medan, training technique just No Enough For guard fitness physical , especially exercise physique new started year this . Besides that , level fitness physique students who follow Volleyball extracurricular activities at Free Methodist 2 Private High School Medan have not yet been carried out known .

Therefore that , done study with title " Study Fitness Level Case Physique Student Volleyball Extracurricular at Free Methodist 2 Private High School Medan". With use study this , coach expected can determine level fitness physique every volleyball player extracurricular and modify pattern the practice is good with add or combine exercise techniques and exercises physique .

METHOD

Research Design

This type of research uses quantitative descriptive research. Sugiyono (2015: 147) states that descriptive research is used to describe or depict collected data as it is. This research method uses a survey method with tests and measurements. This research done aim to know What is the level of physical fitness of the extracurricular volleyball students at Free Methodist 2 Medan Private High School? Measurement test technique physical fitness use Indonesian Physical Fitness Test (TKJI).

Participant

Place study This implemented namely at the Free Methodist 2 Private High School in Medan which is located at Jl . Sekolah No. 32, Cinta Damai , Medan Helvetia District , Medan City , North Sumatra North 20126. For time implementation planned namely on the day Wednesday April 28, 2025. Subject study This is participant educate Volleyball extracurricular activity at Free Methodist 2 Medan Private High School, which has 12 participants educate . Arikunto (2013:173) states that , the population is overall subject research . In accordance with opinion said , which becomes population in study is participant educate Volleyball extracurricular activity at Free Methodist 2 Medan Private High School, which consists of 12 people .

Data Analysis

The data collection technique used in this research is using practical test techniques and measuring the entire population and samples that undergo a series of tests in sequence according to the test implementation instructions. Instrument is as tool measurement used in study is something tools used For measuring the observed variables (Sugiyono , 2015: 148). Research This use method survey and engineering data collection using Test Freshness Indonesian Physical Education (TKJI) for student aged 13-15 years (Ministry of National Education , 2010). Research This use series TKJI test consisting of above 5 tests , namely :

- Run 50 meters (*Sprint*) Test This aim For measure speed , agility , and power resistance . Which is measured in unit second .
- Sit *up* test This aim For measure strength and endurance muscle stomach . Which is doing sit ups for 60 seconds and counted can how many times in unit number .
- Jump vertical jump test This aim For measure Power explosion muscle the leg part . Which is where the vertical jump is counted based on difference from position stand until leap point highest calculated in centimeter units .
- Run 1000 meters and 800 meters Test This aim For measure Power stand heart and breathing . Which is a runner get time How many minute with run go through distance 1000 meters For men's and 800 meters for the princess who was digitized in unit minutes and seconds .

Table 2. TKJI Value For Child Princess Age

e.

Mark	Run 50 meters	Lying down Sit	Jump Upright	Run 800 meters
5	sd – 7.7”	28 to on	50 cm to on	Sd – 3'06”
4	7.8” – 8.7”	19 – 27 time	39 – 49 cm	3'07” – 3'55”
3	8.8” – 9.9”	9 – 18 time	30 – 38 cm	3'56” – 4'58”
2	10.0” – 11.9”	3 – 8 time	21 – 29 cm	4'59” – 6'40”
1	12.0” – etc.	0 – 2 time	In under 21 cm	6'41” – etc.

(Ministry of National Education, (2010))

Table 3. Norm Test Freshness Physical Indonesia

No	Amount Mark	Classification
1	22 – 25	Good Once (BS)
2	18 – 21	Good (B)
3	14 – 17	Medium (S)
4	10 – 13	Less (K)
5	5 – 9	Not enough Very (KS)

(Ministry of National Education, (2010))

After all the data has been collected in the categories of excellent, good, moderate, poor, and very poor,

the next step is to percentage each data category in this study using descriptive percentage data analysis techniques. Therefore, it is found using the following formula (Sudijono, 2015: 40):

$$F P = N \times 100\%$$

Information:

P = Number *Percentage*

F = Frequency what is being searched for the presentation

N = *Number of Cases* (amount frequency / quantity individual)

RESULTS AND DISCUSSION

Results

Study This done aim For know level fitness physical participant educate Volleyball extracurricular studies case at the Free Methodist 2 Private Vocational School in Medan which has was held on May 28 , 2025. There were five types of tests carried out includes , 50 meter run, flexibility , lying sit , jump upright , and run 1000 or 800 meters. Sample study This is participant educate Volleyball extracurricular activity at Free Methodist 2 Medan Private Vocational School with 12 participants educate .

Table 1. Results TKJI Participant Educate Extracurricular Volleyball

No	Amount Mark	Classification	Frequency	Presentatio n
1	22 – 25	Good Once (BS)	0	0.00%
2	18 – 21	Good (B)	2	16.67%
3	14 – 17	Medium (S)	3	25.00%
4	10 – 13	Less (K)	7	58.33%
5	5 – 9	Not enough Very (KS)	0	0.00%
Amount			12	100%

Based on table TKJI Participants' Results Educate Volleyball extracurricular at Free Methodist 2 Private Vocational School, Medan, with 12 (100%) participants educate Volleyball extracurricular . There were 0 (0.00%) participants students who have level fitness physical in classification Good once , 2 (16.67%) participants students who have level fitness physical in classification good , 3 (25.00%) participants students who have level fitness physical in classification moderate , 7 (58.33%) participants students who have level fitness physical in classification less , and 0 (0.00%) participants students who have level fitness physical in classification not enough once . Then the result study the can concluded that level fitness jasmsni participant educate The Volleyball extracurricular activity at Free Methodist 2 Medan Private Vocational School is **not enough** .

Discussion

Based on results research that has been done researchers show that level fitness physical participant educate Volleyball extracurricular activity at Free Methodist 2 Medan Private Vocational School, which has 12 participants educate Still classified as in category less . With test results 0 (0%) participants educate in classification Good once , 2 (16.67%) participants educate in classification good , 3 (25%) participants educate in classification moderate , 7 (58.33%) participants educate in classification less , and 0 (0%) participants educate in classification **not enough once** . In participants educate Volleyball extracurricular at Free Methodist 2 Private Vocational School Medan for level fitness his physical classified as less , because That so that fitness physical participant educate tall so participant students can make timetable exercise Alone At home No only moment extracurricular activities only like at least twice a week make portion some running exercises kilometers and training muscles can with lifting weights or also can be done in place gym .

Fitness physical Volleyball extracurricular at Free Methodist 2 Private Vocational School, Medan , that Still classified as less . Things This caused by by a number of factors include , lack portion which exercises for Volleyball extracurricular only done One time in a week . Factor others that can influence fitness physical is lack of exercise , things This agree with Suharjana (2021: 6-7) that exercise regularly has

many benefits, among others can increase fitness physical , making person stand against stress, increasing believe self , own colleagues , establishing communication with person others , in collaboration with person others , appreciate self self and others other . So from that , with own fitness good physical condition participant education can be more believe yourself and have a good mentality For do something matter as well as more easy get to know or weave communication with person other .

Condition fitness physical very important for activity everyday things . This due to fitness physical have a number of benefits , including : (1) reducing stress and depression , (2) maintaining health bones , (3) control blood sugar levels , (4) reduce risk caught disease cardiovascular , and (5) maintaining heavy Body (Prasetya : 2020). Fitness physical is also important for participant educate Volleyball extracurricular that you want continue Volleyball martial arts until become athlete , fitness good physical condition No only important for activity daily or those who want to continue Volleyball martial arts until become athletes , but also necessary student specifically after graduating from school want to register civil servants and of course will there is a test for level fitness physical during the TNI, Polri and CPNS tests which are in the test physical fitness test was carried out or test for level fitness physical like example register for CPNS formation guard prisoners in institutions Ministry of Law and Human Rights .

Level fitness physical Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan are classified as less , thing the happen Because majority participant his students feel lazy when do a fitness test physical , besides That moment participant pull ups educate Still many are direct despair or feel can't do more formerly before do especially for women . At the time carry out the running test, even the participants educate Still many are fast tired moment carry out a test run so moment perform a sprint test maximum . By Because that , research this is made aim For know level fitness physical participant educate Volleyball extracurricular activity at Free Methodist 2 Private Vocational School , Medan.

CONCLUSION

Based on results research and discussion taken conclusion that level fitness physical participant educate Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan as a whole are measured using the Freshness Test Indonesian Physical Education (TKJI), that there were 0 (0%) participants educate in classification Good once , 2 (16.67%) participants educate in classification good , 3 (25%) participants educate in classification moderate , 7 (58.33%) participants educate in classification less , and 0 (0%) participants educate in classification not enough once . So that can known that level fitness physical participant educate Volleyball extracurricular activities at the Free Methodist 2 Private Vocational School in Medan are: in classification **not enough** .

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AUTHOR CONTRIBUTION STATEMENT

Study This conceptualized and designed by Abdul Rofiq who developed objectives and methodology study as well as manage data collection , coordination with participants , and supervise Work field at STOK Bina Guna Medan. Nadhira Yasmine Ahmad did data analysis , interpreting findings , and contribute significant in compilation script . All writer participate in revision script , approve final version for submitted , and responsible answer full of integrity and accuracy work .

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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