



## Assessment of the Physical Condition Levels of Futsal Extracurricular Students at Madrasah Tsanawiyah (MTs) Yaspeng Muslim Pematang Tengah Medan in 2025

**Juardi Pasaribu 1\***

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan,  
Indonesia

**Nadhira Yasmine Ahmad 2**

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan,  
Indonesia

### Abstract.

**Background:** Physical fitness is an important component that supports students' performance in school-based sports activities, including futsal extracurricular programs.

**Objectives:** This study aimed to determine the physical fitness level of students participating in the futsal extracurricular program at MTs Yaspeng Muslim Pematang Tengah.

**Methods:** This study used a descriptive exploratory design with a survey method. The participants were 24 students involved in the futsal extracurricular program. Data were collected using the 2010 Indonesian Physical Fitness Test (TKJI), consisting of five items: 50-meter sprint, 60-second pull-up/hanging test, 60-second sit-up, vertical jump, and 1,000-meter run. The data were analyzed using descriptive statistics and presented as percentages.

**Results:** The results showed that no students were classified as very poor (0%), 4 students were classified as poor (17%), 15 students were classified as moderate (63%), 5 students were classified as good (21%), and no students were classified as very good (0%). The highest proportion was found in the moderate category, with 15 students (63%).

**Conclusion:** The physical fitness level of students participating in the futsal extracurricular program at MTs Yaspeng Muslim Pematang Tengah was generally classified as moderate, with an average score of 16.

**Keywords:** Physical Fitness, Physical Condition, Futsal Extracurricular, Student Athletes, Junior Secondary School.

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\*Correspondence: [juardi@gmail.com](mailto:juardi@gmail.com)

Correspondence autor Juardi Pasaribu

Correspondence Author Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan, Indonesia

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### INTRODUCTION

Education can be understood as a process for developing spiritual talents and attitudes, including mental, intellectual, and even spiritual dimensions. Physical education is an activity that facilitates or serves as a medium for learning. The physical education learning process includes exercises that help people become better individuals and develop their psychomotor skills so they can achieve their goals. One of the many components of physical education is physical fitness. One element that influences how education is implemented is the instructor. To help students become fit, physical education teachers play a crucial role in their success. For children to be physically fit and healthy, physical education teachers must be able to make learning enjoyable for them. Futsal can be defined as the ability to perform daily tasks without experiencing

excessive fatigue, while still maintaining sufficient energy for recreational activities and unforeseen obligations. Physical fitness allows one to excel, even under adverse circumstances, an ability that cannot be achieved by those who are less fit. This difference distinguishes fit individuals from unfit individuals.

Sports, education, and health serve as a means of expressing or experimenting with athletic abilities. Physical education and health, particularly in the field of sports, have not been effectively implemented at all levels and types of education, despite existing laws. "The importance of sports development and coaching is further emphasized in Law Number 3 of 2005, Article 4 concerning the National Sports System, which states that "National sports aim to maintain and improve health and fitness, achievement, and human quality, instill moral values and noble character, sportsmanship, discipline, strengthen and foster national unity, strengthen national resilience, and elevate the nation's dignity and honor."

The aforementioned law leads us to the conclusion that the primary goal of sports is to improve physical condition, health, and fitness. Sports are undoubtedly an important part of human life, and through sports, individuals can enhance national unity and integrity and enhance a nation's sense of self-worth through achievements in international competitions.

To promote and develop sports from an early age, it is important to pay attention to children's growth and development. Because they are the nation's future generation, they will be a valuable asset in the development of the era. One subject that should not be neglected in schools is physical education, sports, and health, as it helps students become more physically fit and healthy, which is crucial for their

growth, especially for Madrasah students. Tsanawiyah (MTS) Yaspand Muslim Pematang Tengah, which requires good physical condition to carry out various tasks.

The easier a person's tasks are, the more physically fit they are. Conversely, if someone is unfit, their body will not function optimally, which will lower their enthusiasm for life and their appearance. Exercise can help you stay physically fit, so it's a good idea to incorporate it into your daily routine. Without exercise, your body won't be able to maintain its ideal, youthful condition. Fans of all ages believe that futsal is fun, competitive, educational, and entertaining, making it one of the most popular sports in the world. Despite its popularity, there isn't much time for futsal because there are so many other things to learn. Participating in extracurricular activities can help you find more time for futsal. Extracurricular activities are learning opportunities that take place outside of regular classes and are organized by certified and authorized instructors and/or other school personnel to support students' growth according to their needs, potential, talents, and interests. Schools use extracurricular activities to help students develop their interests and skills while also educating them about the connections between various extracurricular subjects.

Futsal is just two of the many extracurricular activities available at Yaspand Muslim Junior High School (MTS) in Central Pematang. Physical fitness is one of the most important outcomes of the efforts made to make these extracurricular activities successful. Achieving good physical fitness requires three programmed training concepts: frequency, which refers to the number of training sessions per week, and frequency, which refers to the number of training sessions on Wednesdays and Fridays for the Futsal program at Yaspand Muslim Junior High School (MTS) in Central Pematang. Each training session requires a specific time, while the other days are used for rest to allow the body to recover and regain vitality. With the help of these three factors, students' physical fitness can be maintained and will contribute to the success of their endeavors.

Field research conducted among extracurricular students at Yaspand Muslim Junior High School (MTS) in Central Pematang identified issues regarding the physical fitness of students aged 13-15. Observations showed that many students participating in Futsal training showed signs of fatigue and lack of enthusiasm. Contributing factors include late-night activities and a significant study load, which results in decreased endurance and running speed, resulting in less effective absorption of lesson material. The basic principle of physical conditioning training is crucial in all sports. To improve physical condition, it is necessary to maintain a good diet, get adequate rest, and participate effectively in extracurricular activities. Therefore, due to the inadequate physical condition of students participating in the Futsal extracurricular activity, researchers were motivated to conduct a study entitled "The Level of Physical Condition of Students in the Sports Extracurricular Activity at the Yaspand Muslim Islamic Junior High School (MTS) in Pematang Tengah."

## METHOD

### Research Design

This research is descriptive in nature, using observational methods to provide an overview of the research conducted under conditions that occur through direct observation. Maksum (2012:68) states that "Descriptive research is research conducted to describe certain symptoms, phenomena, or events."

This research is quantitative in nature, where quantitative methods are used to examine research variables. Sujarweni (2014:39) states that "Quantitative research is a type of research that produces findings that can be achieved (obtained) using statistical procedures or other methods of quantification (measurement).

From the explanation above, it is increasingly clear that descriptive quantitative research is research conducted to describe certain symptoms or phenomena that occur through direct observation using research data in the form of numbers and analysis using statistics or other methods of quantification (measurement).

### Participant

This research was conducted at the Yaspand Muslim Middle School (MTS) in Pematang Tengah, located at Jl. Pematang Tengah, Tanjung Pura, Langkat Regency, North Sumatra 20856, in May-July. The population in this study was all 24 students in the Futsal extracurricular activity. The sample used in this study was a total sampling technique, where the sample size is equal to the population size. Total sampling was used in this study because the population size was less than 100. Therefore, the sample size in this study was 24 students.

### Data Analysis

Sujarweni (2014:46) states that "Descriptive analysis is a descriptive statistic that attempts to describe various characteristics of data derived from a sample. Descriptive statistics such as mean, median, mode, percentile, decile, quartile, are analyzed numerically or in figures/diagrams. In descriptive analysis, data are processed per variable."

Based on the quote above, the analysis technique used is descriptive statistics, which describes various characteristics of data derived from a sample processed per variable. In relation to this research problem, to determine the level of physical fitness of extracurricular futsal students at the Yaspand Muslim Middle School (MTS) in Pematang Tengah, a TRIAL data analysis was conducted by combining the results of the tests conducted by adding the predetermined physical fitness norms. The results of this addition were then adjusted to the Physical Condition Norms.

Then, the results contained in the Indonesian Physical Fitness test norm category were subjected to descriptive analysis using the following percentages: (Sudijiono:2011:43)

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

Keterangan :

P = Presentase F = Frekuensi N = Jumlah Responden

## RESULTS AND DISCUSSION

### Results

The data analyzed in this study is the physical fitness levels of students participating in the futsal extracurricular activity at the Yaspand Muslim Islamic Junior High School (MTS) in Pematang Tengah. The tests used in this study were the 50-meter run, the hanging lift, the 60-second sitting test, the vertical jump, and the 1,000-meter run for boys. 1. 50-meter sprint test data for male students in the futsal extracurricular activity at Yaspand Muslim Junior High School (MTS) in Central Pematang

Based on the 50-meter sprint test norms for male students in the futsal extracurricular activity at Yaspend Muslim Junior High School (MTS) in Central Pematang, 3 students performed in the good category, 14 in the average category, 6 in the poor category, and 1 student in the very poor category, Based on the physical fitness test norms for students participating in the soccer extracurricular activity at Yaspend Muslim Junior High School (MTS) in Central Pematang, 4 students scored in the poor category, 15 in the moderate category, and 5 in the good category, as shown in the following table:

Table 1 Classification of Total Physical Fitness Scores for Male Students Participating in the Futsal Extracurricular Activity at Yaspend Muslim Junior High School (MTS) in Central Pematang

No	Jumlah Nilai	Kategori	Frekuensi	Presentase (%)
1	5-9	Kurang sekali	0	0%
2	10-13	Kurang	4	17%
3	14-17	Sedang	15	63%
4	18-21	Baik	5	21%
6	22-25	Baik Sekali	0	0%
<b>Jumlah</b>			24	100%

Based on the results of the physical fitness test of the students of the futsal extracurricular sports at the Yaspend Muslim Pematang Tengah Islamic Junior High School (MTS), the data was distributed to 5 classes with a class interval length of 2. In the first class with a class range of 11-12 there was a frequency of 3 people with a relative frequency of 13%, in the second class with a class range of 13-14 there was a frequency of 3 people with a relative frequency of 13%, in the third class with a class range of 15-16 there was a frequency of 9 people with a relative frequency of 38%, in the fourth class with a class range of 11-12 there was a frequency of 3 people with a relative frequency of 13%, in the third class with a class range of 15-16 there was a frequency of 9 people with a relative frequency of 38%, in the fourth class with a class range of 11-12 there was a frequency of 3 people with a relative frequency of 13%, in the third class with a class range of 15-16 there was a frequency of 3 ... third class with a class range of 15-16 there was a frequency of 3 people with a relative frequency of 38%, in the third class with a class range of 15-16 there was a frequency of 3 people with a relative frequency of 38%, in the fourth class with a class range of 11-12 there was a frequency of 3 people with a In class 17-18 there is a frequency of 7 people with a relative frequency of 29%, in the fifth class with a class range of 19-20 there is a frequency of 2 people with a relative frequency of 8%.

Based on the data description above, it can be seen that the level of physical fitness of the students of the futsal extracurricular sports at the Yaspend Muslim Middle School (MTS) Pematang Tengah from the results of the 50 meter running test obtained an average test norm value of 3 in the moderate category, from the results of the hanging body lifting test obtained an average test norm value of 3 in the moderate category,

from the results of the 60 second lying sitting test obtained an average test norm value of 4 in the good category, from the results of the vertical jump test obtained an average test norm value of 4 in the good category.

is 3 in the moderate category, and the results of the 1000 meter running test obtained an average test norm value of 4 in the good category. Then the number of physical fitness test norm values of students in the futsal extracurricular sports of Yaspand Muslim Middle School (MTS) Pematang Tengah average is 16 which is included in the moderate category, thus it can be said that the level of physical fitness possessed by students in the futsal extracurricular sports of Yaspand Muslim Middle School (MTS) Pematang Tengah is classified as moderate. Based on the attached physical fitness test recapitulation data, the data will be analyzed with the following calculations using the formula:

$$P = f \times 100\% / N$$

1. For the good category there are 5 people  $P = 5 \times 100\%$

$$24$$

$$P = 21\%$$

2. For the medium category there are 15 people  $P = 15 \times 100\%$

$$24$$

$$P = 63\%$$

3. For the less than category there are 4 people  $P = 4 \times 100\%$

$$24$$

$$P = 17\%$$

The level of physical fitness of students participating in the futsal extracurricular activity at Yaspand Muslim Junior High School (MTS) in Pematang Tengah is classified as moderate due to several factors from within and from outside the futsal extracurricular activity that are already balanced. Factors from within the extracurricular activity such as physical training provided by the futsal extracurricular sports coach are quite good in training body composition, flexibility, agility, muscle strength, cardiorespiratory endurance, speed and muscle endurance which are components of physical fitness. While factors from outside the futsal extracurricular activity such as nutrition obtained from food intake, sleep patterns, and learning outside the extracurricular activity are considered capable of balancing the internal factors that form students' physical fitness. These two factors determine the level of physical fitness of students participating in the futsal extracurricular activity at Yaspand Muslim Junior High School (MTS) in Pematang Tengah, but are not optimal so they are still classified as moderate.

## Discussion

Based on the data analysis, the physical fitness level of students participating in the futsal extracurricular activity at Yaspand Muslim Junior High School (MTS) in Central Pematang is not yet optimal, so it is still classified as moderate. This will certainly affect the achievement of students participating in the futsal extracurricular activity at Yaspand Muslim Junior High School (MTS) in Central Pematang. The higher a person's physical fitness level, the easier it will be for them to carry out future activities. will maximize the achievements of students participating in the futsal extracurricular activity.

A person is said to have good/very good physical fitness if they can perform a task effectively/efficiently without experiencing significant fatigue and still have energy reserves for use the following day. This

physical fitness significantly influences a child's growth and development because it determines their physical abilities in daily life. This can certainly be improved by increasing physical exercise, consuming nutritious food and drinks, and maintaining adequate rest patterns. Comparing the physical fitness levels of students participating in the futsal extracurricular activity at Yaspemd Muslim Junior High School (MTS) Pematang Tengah with those of normal students

No	Norma untuk umur remaja putra 13-15 tahun	TKJI	Nilai untuk anak ekstrakurikuler olahraga futsal Madrasah Tsanawiyah (MTS) Yaspemd Muslim Pematang Tengah	Klasifikasi
1	5-9		11-12	Kurang sekali
2	10-13		13-14	Kurang
3	14-17		15-16	Sedang

Judging from the comparison table above, the physical fitness levels of students in the futsal extracurricular activity at Yaspemd Muslim Middle School (MTS) in Pematang Tengah are not significantly different from the TKJI norms. Coaches can further improve this by providing training in planning a physical fitness training program, thereby achieving the desired results.

## CONCLUSION

The results of the study indicate that the physical fitness level of futsal extracurricular students is as follows: 0 students (0%) have very poor physical condition, 4 students (17%) have poor physical condition, 15 students (63%) have moderate physical condition, 5 students (21%) have good physical condition, and 0 students (0%) have very good physical condition. Based on the analysis of the research results and discussion, it can be concluded that the physical fitness level of futsal extracurricular students at Yaspemd Muslim Middle School (MTS) Pematang Tengah is classified as moderate with an average of 16.

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## AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by JUARDI PASARIBU, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Liliana Puspa Sari performed data analysis, interpreted the findings, and contributed significantly to the preparation 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.

## 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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