



How Is The Level Of Physical Fitness In Students Who Like Sports That Take Part In Futsal Extracurricular Activities

Original Article

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Abstract.

- Background** Futsal is a form of intermittent exercise, considering that at any time it is necessary to reduce the duration with high intensity. The intermittent nature of the sport requires the use of aerobic and anaerobic energy during Exercise.
- Objectives** This study aims to determine the level of physical fitness in extracurricular futsal students.
- Methods** The test and measurement were conducted using instruments in accordance with the Indonesian Physical Fitness Test (TKJI) for ages 13-15 to determine students' physical fitness. The research sample consisted of 20 male students who participated in the futsal extracurricular at Madrasah Tssanawiyah Negeri 1 Pontianak. The data obtained in the field were in the form of test results and physical fitness measurements with TKJI. Furthermore, the data were analyzed using descriptive percentages, calculations were assisted by using Microsoft Excel Software.
- Results** The results of the study showed that there were 5 students in the moderate category with a percentage of 25%, 14 students in the moderate category with a percentage of 70% and 1 student in the very poor category with a percentage of 5%.
- Conclusion** The conclusion is that the level of physical fitness in extracurricular futsal students is still low and is in the less category. Realizing the importance of physical fitness, students are expected to always do physical activities so that their level of physical fitness is maintained.

Keywords: Physical Fitness, Students, Futsal.

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INTRODUCTION

Changes in aspects of daily life occur (González et al., 2021), has impacted communities globally due to the Covid-19 pandemic (Grix et al., 2021), including sports (Bowes et al., 2021; Horkey, 2020; Hughes et al., 2020), so that the readiness of sports practitioners must be more mature (Parnell et al., 2020). Furthermore, since March 2020 in Chile, it has affected the participation of child and adolescent athletes as well as in education, physical activity and sports. (Rosales et al., 2020), decreased physical fitness (Ambroży et al., 2021). The study provides an overview of the impact of the Covid-19 pandemic, not only on society but also on sports. Sports make an important contribution to physical, emotional and psychological well-being. (Hughes et al., 2020). Manfaat besar yang ditawarkan olahraga yaitu, meningkatkan kesehatan dan mengurangi risiko penyakit (Meo et al., 2021). Therefore, it is necessary to do sports to maintain physical condition, one of the sports that can be done is futsal.

Futsal is a form of intermittent sport, considering that it is necessary to reduce the duration at high intensity at all times. (Costa Miranda et al., 2020). The intermittent nature of the sport requires the use of both aerobic and anaerobic energy during training. So a futsal player must have high competence in terms of endurance, repeated sprints and leg strength, while the technical aspects include high shooting and passing skills, agility and coordination. (Naser et al., 2017). The above review provides evidence that playing futsal requires good stamina and physical fitness.

Kurangnya aktivitas fisik diduga sebagai faktor risiko berbagai gangguan keluhan kesehatan dan stres yang dirasakan (Østerås et al., 2017), cardiovascular disease (Vancampfort et al., 2019). Further, an article found that physical fitness, resilience, anxiety, and mental health were significantly correlated. (Li et al., 2021). Based on the review, it can be concluded that physical activity greatly affects health. An effective strategy for breast cancer patients to improve physical fitness is by exercising. (Dieli-

Conwright et al., 2018). according to Erliana & Hartoto (2019), Physical fitness is influenced by one of the external factors, namely physical activity. Some studies say physical fitness can be improved with sports activities.

Some studies say physical fitness can be improved with sports activities. (Prativi et al., 2013; Syahputra et al., 2017) Another opinion says that physical fitness is related to achievement (Aprilianto & Fahrizqi, 2020). Furthermore, the risk of injury in futsal is related to physical fitness (Anoorani et al., 2021). In addition, team sports increase the number of physical needs and their importance (Mancha-Triguero et al., 2020). The importance of maintaining physical fitness in game sports, because if physical fitness increases, it can provide positive things for physical endurance.

The reason for this study was conducted because physical fitness in futsal extracurricular activities is still unclear, when viewed from the aspect of sports achievements, especially futsal, it is still not optimal. Seeing this fact, the researcher found a problem with the fitness level of students participating in futsal extracurricular activities at Madrasah Tsanawiyah Negeri 1 Pontianak because they were less than optimal in competing and training. Therefore, research is needed to determine the fitness level of students participating in futsal extracurricular activities. In line with (Satrio & Winarno, 2019) the importance of physical fitness to achieve sports achievements, especially for students who take extracurricular activities. This study aims to determine the fitness level of students who take futsal extracurricular activities at Madrasah Tsanawiyah Negeri 1 Pontianak.

METHOD

A quantitative descriptive study using a survey method. Testing and measurement were conducted using the Indonesian Physical Fitness Test (Tes Kebugaran Jasmani Indonesia or TKJI) for the age group of 13–15 years (Mariana Ditboya Hukubun & Mieke Souisa, 2019; Zulfa & Kurniawan, 2019). In this study, the TKJI included a 50-meter sprint test, a 60-second pull-up test, a 60-second sit-up test, a vertical jump test, and a 1000-meter long-distance run test. The sample consisted of 20 male students participating in the futsal extracurricular program at Madrasah Tsanawiyah Negeri 1 Pontianak. The data collected in the field were the results of the physical fitness tests and measurements using the TKJI. The data were then analyzed using descriptive percentages, with calculations supported by Microsoft Excel software to determine the physical fitness level of the futsal extracurricular students.

RESULTS

The average results of physical fitness levels in Table 1 show that in the 50-meter sprint test, students participating in futsal extracurricular activities have a moderate level of physical fitness with an average score of 2.6. The 60-second body lift test indicates a low level of physical fitness with an average score of 1.55. Furthermore, the 60-second sit-up test shows a good level of physical fitness with an average score of 3.6. In the vertical jump test, the physical fitness level is low with an average score of 2.15. Lastly, in the 1000-meter run test, students participating in basketball extracurricular activities have a low level of physical fitness with an average score of 1.8.

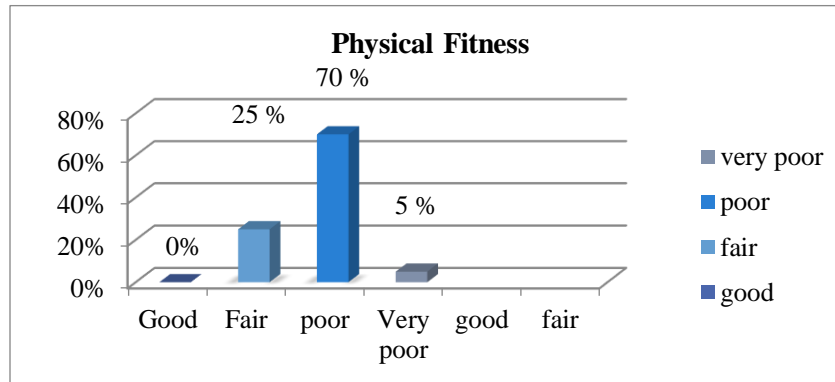
Table 1. Average Level of Physical Fitness

No	Types of Tests	Average	Category
1	50-Meter Sprint Test	2,6	Moderate
2	60-Second Pull-Up Test	1,55	Poor
3	60-Second Sit-Up Test	3,6	Good
4	Vertical Jump Test	2,15	Poor
5	1,000-Meter Long-Distance Run Test	1,8	Poor

The results of the physical fitness test in Table 1 show that the physical fitness level of male students participating in the futsal extracurricular activity at Madrasah Tsanawiyah Negeri 1 Pontianak falls into the *low* category, with 70% (14 students) classified as such. This is followed by 25% (5 students) in the *moderate* category, and 1 student (5%) categorized as *very low*. Based on this data, it can be concluded that the overall physical fitness level of students participating in the futsal extracurricular activity is considered low.

Table 2. Physical Fitness Test Results of Futsal Extracurricular Students

No	Score	Classification	Frequency	Percentage (%)
1	22 – 25	Very Good		
2	18 – 21	Good		
3	14 – 17	Moderate	5	25%
4	10 – 13	Poor	14	70%
5	5 – 9	Very Poor	1	5%
		Total	20	100%

**Grafik 1.** Persentase Kebugaran Jasmani

DISCUSSION

This study aims to determine the level of physical fitness among students at Madrasah Tsanawiyah Negeri 1 Pontianak, so that it can serve as a benchmark for implementing futsal extracurricular training. The results in Table 1 show that the average physical fitness level of male students participating in the futsal extracurricular program at Madrasah Tsanawiyah Negeri 1 Pontianak falls into the “poor” category, with an average score of 11.7. The results of the physical fitness test also indicate that 70% of the students (14 individuals) fall into the “poor” category. Relevant studies reveal that upper-grade students involved in futsal extracurricular activities generally have a “moderate” level of physical fitness (Bahari et al., 2020), while students majoring in physical education (Muspita et al., 2018), health sciences (Akbar et al., 2019), and junior high school students in highland areas (Suhartoyo et al., 2019) tend to fall into the “poor” category. Further research in North Bengkulu shows that junior high school students’ physical fitness levels are categorized as “good” (19%), “moderate” (42%), and “poor” (39%) (Prasetio et al., 2017). Therefore, it can be concluded that the level of physical fitness is still relatively low, indicating the need for regular training to improve physical fitness.

According to Suryadi et al. (2021), physical fitness can be improved through weight training, physical fitness exercises three times a week (Arifin, 2018), traditional games (Safaringga & Herpandika, 2018; Aldiansyah & Asriansyah, 2020), and bodyweight training using the Tabata method (P & Putra, 2017). A study conducted by Kang et al. (2015) found that a multicomponent training program can improve the physical fitness of elderly women.

A 16-week combined aerobic and resistance training program designed to address metabolic syndrome in overweight or obese breast cancer survivors from diverse ethnic backgrounds significantly improved quality of life and physical fitness (Dieli-Conwright et al., 2018). Another study confirmed that four weeks of high-intensity training effectively improved physical fitness, but not immunocyte function (Park et al., 2021). Based on the reviewed studies, it can be concluded that various types of exercise can lead to improvements in physical fitness; however, the intensity of the exercise must also be carefully considered in determining physical fitness outcomes.

Based on the research conducted by Syaury (2017), body mass index has a significant relationship with physical fitness. To meet athletes' needs and maintain physical fitness, appropriate nutritional intake is recommended (Salamah, 2019). This statement is supported by Mariana Ditboya Hukubun and Mieke Souisa (2019), who state that good and regular nutrition has a positive effect on

fitness levels. Farley et al. (2020) also mention that physical fitness plays a role in minimizing sports injuries in football. These studies demonstrate that physical fitness is influenced not only by training but also by several other factors. Therefore, the findings from these studies can serve as additional references regarding physical fitness.

CONCLUSION

Based on the results of the data analysis that has been conducted, it can be concluded that the physical fitness level of students participating in futsal extracurricular activities is categorized as follows: 25% (5 students) fall into the moderate category, 70% (14 students) are in the low category, and 5% (1 student) is in the very low category. This research shows that students who participate in the futsal extracurricular activities at Madrasah Tsanawiyah Negeri 1 Pontianak generally have a low level of physical fitness. Recognizing the importance of physical fitness, students are encouraged to engage in regular physical activities in order to maintain their fitness levels. It is hoped that future research will involve a larger population and sample size.

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AUTHOR CONTRIBUTION STATEMENT

The author is fully responsible for the planning, implementation of data analysis, writing, and preparation of this article. No other party was directly involved in the process of preparing the manuscript other than the author.

CONFLICT OF INTEREST AND FUNDING

There is no conflict of interest

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