

ANALYSIS OF PHYSICAL FITNESS AND ATTITUDE OF CONFIDENCE ON PJOK LEARNING OUTCOMES

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ABSTRACT

This study aims to determine the results and relationships of physical fitness and self-confidence towards PJOK learning outcomes in students of SMA Negeri Sumatra Selatan. This type of research is descriptive and uses a correlation design. The population of this study were students of SMA Negeri South Sumatra. The sample of this research is using accidental sampling or accidental sampling which is 30 students. The instruments in this study were for physical fitness tests using the Harvard step test, for self-confidence using a self-confidence questionnaire and for PJOK learning outcomes looking at the results of the report cards of South Sumatra State Senior High School students. Data analysis techniques were processed with percentages and hypothesis testing using correlation tests with the help of a computer in the SPSS 22 excel program. Based on the percentage analysis of the data, the results for physical fitness had an average physical fitness in the good category. The results of self-confidence have an average good category and for PJOK learning outcomes students have very good average results. The normality test results obtained for each variable are normally distributed. The results of the correlation analysis between X1 and Y = 0.85, the values of X2 and Y = 0.85 and the values of X1, X2 and Y = 0.89 show a very strong relationship. The implementation of this study shows that physical fitness and self-confidence have a relationship with PJOK learning outcomes.

Keywords: *Physical Fitness; Confidence and PJOK Learning Outcomes*

Introduction

Physical education is a process that cannot be separated from education in general which can affect the potential of students which includes cognitive (knowledge), affective (attitudes) and psychomotor (skills) through physical activities. Physical fitness is a very important part of the normal development and growth of a student. Physical fitness according to Lengkana & Muhtar (2021) is the ability to meet the usual and unusual demands of daily life in a safe and effective manner without experiencing significant fatigue. Students who have physical fitness will get many benefits, especially having a healthy and fit body and will certainly have self-confidence. Someone who has a healthy body does not necessarily have a good level of physical fitness, but someone who has a good level of physical fitness is certain that someone has a healthy body. Someone who has a good level of physical fitness will be able to help in avoiding various types of diseases, for students can increase their self-confidence, take part in learning well so that they can concentrate on receiving the material provided and getting learning results (Ischaq et al., 2018). As also explained by Mawardi (2016) that students who have good physical fitness will have good self-confidence. According to Hartati, Solahuddin, et al., (2020) the process of training the physical condition is carried out carefully, repeatedly diligently, increasing the training load, which allows a person's physical fitness to be skilled, strong and efficient in his movements. In the opinion of

Syafaruddin, et al., (2021) In achieving good physical fitness there are four aspects of training that really need to be considered and carefully trained by someone, namely physical, technical, tactical and mental training. Furthermore, the same is said Palar dkk., (2015: 319) that there are components of physical fitness related to health, namely cardio-pulmonary endurance, muscle strength, flexibility and body composition, as well as components of physical fitness related to skills, namely dexterity, agility, balance, coordination, muscle explosiveness, reaction and speed. Suharjana (2013: 119-120) explained that there are seven habits to be able to influence the level of physical fitness including: regular exercise, adequate sleep, good breakfast, nutritious and regular eating, controlling weight, not smoking and drugs, and not consuming alcohol. Confidence is a condition or self-confidence which is a person's belief in the ability they have to do something or show a certain appearance. Self-confidence is a character that is very important to instill so that students become a generation that is not easily influenced by negative things around them, and is strong enough to face various problems with their own abilities. According to Salirawati (2012) for students it is very important to have character values in self-confidence, because without self-confidence students will be difficult to achieve good and maximum learning achievements. The importance of having self-confidence is because in every stage of the learning process students often have to do activities that require self-confidence. For example, speaking, issuing opinions, answering teacher questions, performing discussions or presentations in the future, working on questions. All of these activities cannot be carried out if students do not have confidence in their own abilities. Especially for physical education, health and sports (PJOK) lessons, which have a lot of practice in the field, whether done individually or in groups. An attitude of inferiority, low self-esteem greatly hinders the progress of students in learning, so that it will produce learning outcomes that are not optimal. Prayitno (2015) Self-confidence does not just appear in students, but there is a certain process in their personality, so that the formation of a confident character occurs. Vandini (2016) explains that there are many factors that can affect a person's self-confidence, namely internal and external factors.

Learning outcomes from Physical Education, Sports and Health (PJOK) subjects do not only include psychomotor aspects or skills, but still pay attention to these three aspects namely cognitive, psychomotor and affective. Junaedi & Wisnu (2015) that physical education, sport and health are part of national education which involve important elements, namely mind and body, which are closely related to everyday life that make individuals better.

Good physical fitness will result in good physical abilities, students who are always active in moving, then their physical fitness will be good and will affect self-confidence and learning outcomes, especially PJOK subjects than students who have low physical fitness. Based on the results of observations at the South Sumatra State High School of several students, it was found that there were differences in the factors of food, rest, activity, and exercise. Food factors, nutritional intake and food requirements for each student are of course different, which will affect the nutritional adequacy of each student, and it is obtained from several students that the hours for eating are irregular and some are on time at mealtime. . The rest factor found that the rest of the students varied, some slept with sufficient time or eight hours and some less than eight hours. The activity factors of some students found that their activities varied outside of class hours. The next factor is the factor of exercise or physical activity, this one factor is the biggest factor that can affect physical fitness in students, from some of these students there are once a week, twice a week, three times a week, every day, and some are not. not at all for exercise. Based on the results of previous research, it was found that only Carsiwan & Sandrawaty (2016) physical fitness and self-confidence can affect

learning outcomes, especially learning outcomes of physical education, sports and health (PJOK) and based on the results of research conducted by Santoso et al., (2018) that physical fitness, discipline, and self-confidence can affect students' academic achievement.

Based on the existing problems, the researcher will conduct research with the title "Analysis of physical fitness and self-confidence towards physical education, sport and health learning outcomes for students of South Sumatra State Junior High Schools."

Method

This research is a correlation research, because in this study it aims to find whether there is a relationship between physical fitness and self-confidence towards PJOK learning outcomes. The population in this study were high school students and used an accidental sample, namely taking a random sample of 30 students. The test used for physical fitness is the Harvard step test, for self-confidence using a self-confidence questionnaire and for PJOK learning outcomes looking at the results of students' report cards. Data analysis technique is a method used to obtain or analyze the data obtained. The results of the data obtained were in the form of physical fitness test data results, self-confidence and PJOK learning outcomes which were processed by correlation. The development of data processing is further processed using Excel and the help of the SPSS 22 Computer program.

Discussion

The results showed that physically fitness and self-confidence were significantly related to PJOK learning outcomes as evidenced from the results of the analysis which obtained a value of $F_{count} = 18.53 \geq F_{table} 5.21$. The multiple correlation r between the independent variable and the dependent variable has a strong correlation, this can be seen from the calculation results of 0.89 included in the category of strong relationship level. This means that there is a contribution to the relationship between physical fitness and self-confidence with the ability to learn PJOK in South Sumatra State Senior High School students.

Utomo (2013) said that one of the ways to support the achievement of learning outcomes, especially in learning physical education, sports and health, is good physical fitness and good self-confidence. In terms of physical fitness and self-confidence, there is a significant relationship with PJOK learning outcomes for students, because the better the physical fitness and self-confidence, the better the learning outcomes and can be useful for supporting activities carried out by students every day. Bayu et al., (2021) Regular physical activity carried out every day is the key to healthy living behavior in getting a good level of physical fitness. Syaiful et al., (2018) explained that in order to get good learning outcomes in PJOK subjects, it is very necessary, namely physical fitness and good self-confidence from each of these students. With this it means that students of SMA Negeri Sumsel must have physical fitness and self-confidence. Based on the results of research conducted by Mulya & Agustriyani (2020) get the result that there is a relationship between physical fitness and self-confidence towards PJOK learning outcomes. Agree also with the results of research conducted by Indrayogi (2020) physical fitness and self-confidence greatly affect learning outcomes, especially in PJOK subjects. Because PJOK learning outcomes are not only learned in the classroom but learning is carried out in the field, one must have physical fitness and self-confidence so that the PJOK learning outcomes obtained by students will be good. The

conclusion is that physical fitness and self-confidence have a close relationship and have an important role in supporting daily activities and for achieving PJOK learning outcomes.

Conclusion

Based on the results of the study, it can be concluded that there are results of research on physical fitness and self-confidence towards the learning outcomes of physical education, sports and health in South Sumatra State Senior High School students.

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