

A Study on the Physical Fitness Levels of Class C Physical Education Students, Cohort 2021, at PGRI Adi Buana University Surabaya

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ABSTRACT

This study aims to evaluate the physical fitness level of students of the Physical Education Study Program, Class C, class of 2021 at Universitas PGRI Adi Buana Surabaya, using a quantitative descriptive approach. The total sampling technique was used in this study, involving all 16 students from the class. Data collection was carried out through direct field observation and a series of physical fitness tests including Body Mass Index (BMI), flexibility test (V Sit Reach), abdominal muscle strength test (60-second Sit-Up), and muscle endurance test (Squat Thrust). The results of the BMI measurement showed that 8 students had good nutritional status, 5 students were overweight, and 3 students were included in the obese category. In the V Sit Reach flexibility test, the majority of students were in the good to very good category. The results of the sit-up test showed that most students performed well, although none reached the very good category. Meanwhile, the squat thrust test also showed a similar trend, with most participants showing a good level of fitness. Although the results generally indicate adequate fitness levels, the study revealed significant variation between individuals, with some students not achieving the expected fitness standards. This difference is likely due to lifestyle, physical activity routines, and lack of ongoing fitness assessment. These findings emphasize the importance of integrating regular physical fitness assessments into the Physical Education curriculum to ensure optimal physical readiness for prospective educators and sports practitioners. Therefore, a structured fitness program, regular monitoring, and education on healthy lifestyles are needed to improve and maintain students' physical fitness.

Keywords: Physical fitness, Physical Education Students, Body Mass Index

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Introduction

Physical fitness is one of the important aspects in supporting physical activity and one's performance, especially for Physical Education study program students. A good fitness level not only supports academic ability in sports, but also reflects a healthy lifestyle and physical readiness to face the various demands of learning activities. (Arifin, 2018) "Good physical fitness is basic capital for a person to carry out physical activity or daily work efficiently in a relatively long time without significant fatigue so that they can still enjoy their leisure time, so that they can still enjoy their free time.". In the context of physical education, physical fitness is an important indicator that illustrates the readiness of students as prospective educators and sports practitioners.

(Darmawan, 2017) "Physical fitness is one of the main assets that must be owned by humans, because by having a good level of physical fitness then humans will find it easier in carrying out activities or work, otherwise with a low level of physical fitness level is low then humans will get

difficulties in carrying out all activities daily activities because physical fitness has a very important role in human life.

Students of the Physical Education Study Program at PGRI Adi Buana University Surabaya, especially class C class of 2021, are a group that is academically and practically required to have an adequate level of physical fitness. However, the absence of concrete data showing the actual condition of the students' physical fitness is the reason for the need for a survey. This research is important to know the extent of the physical fitness level of students, as well as to be the basis for planning the development of learning programs and physical coaching in the campus environment.

According to (Rahman, 2023) Students who pursue education in sports have a more intense involvement with this aspect of fitness, because fitness is not just a personal goal, but also an integral part of their identity.

(Kurnia & Wiguna, 2022) Physical fitness serves to improve the ability to work for anyone who has it so that they can carry out their tasks optimally to get better results. In accordance with (Pritama et al., 2018) Physical fitness is an indicator of a person's ability to undergo daily activities without feeling significant fatigue. The level of freshness or physical fitness of each individual varies depending on the type of activity carried out every day, thus creating differences between one person and another. In addition, food intake factors also play a role in influencing fitness.

According to (Putranto & Efendi, 2024) By realizing the importance of physical fitness, we can see that a healthy body is a valuable asset. From a health perspective, maintaining physical fitness can lower the risk of chronic diseases such as diabetes, heart disease and hypertension. In addition, physical activity also provides mental health benefits, such as reducing stress, improving mood, and improving sleep. More than just health benefits, physical fitness also contributes to improved performance in various aspects of life.

The opinion (Putranto & Efendi, 2024) is supported by the explanation (Al-Jamil et al., 2018) "With good student fitness conditions, students can develop physical skills that allow students to participate in various physical activities and are able to develop physical fitness and normal functioning of the body system to live actively in their environment."

Furthermore, to optimize students' physical fitness level, a comprehensive and sustainable coaching strategy is needed. Education about healthy lifestyles, the preparation of systematic physical exercise programs, and the implementation of routine fitness evaluations are crucial steps in this process. This is supported by the explanation in his research (Majid, 2020) "Physical activity or exercise that is planned and regular and carried out regularly, is very beneficial for the health and physical fitness of those who do it."

According to (Panggraita et al., 2020) physical fitness is one of the important aspects in everyone's life in order to be able to complete their work and daily activities. Therefore, physical fitness is also very necessary for students who explore the field of sports. Physical fitness is the main foundation in supporting a person's physical performance and health, especially for Physical Education study program students who are academically required to have optimal physical abilities. In the education process, students are not only required to understand the theory, but also be able to apply sports practices well, one of which is reflected in the level of physical fitness. However, it is

often found that not all students have a fitness level that is in accordance with the expected standards, either due to lifestyle factors, exercise intensity, or lack of periodic evaluation of their physical condition. Class C students of class 2021 of the PE Study Program at PGRI Adi Buana University Surabaya are a fairly representative group to study their physical fitness level as part of evaluating the quality of physical education. Therefore, this research is important to obtain a factual picture of the level of physical fitness of students as a basis for curriculum evaluation and development as well as physical coaching in the campus environment.

Method

In this study using a quantitative approach that aims to collect and analyze data to test existing hypotheses. (Handayani, 2020) said the same thing that quantitative research methods are used to examine certain populations or samples, to test predetermined hypotheses.

According to (Rangkuti, 2016) "Population is a group of objects (humans, animals, objects, etc.) to be studied, while the sample is part of the object to be studied which is selected in such a way that it represents the entire object (population) to be studied.". The population used in this research is all class C students of class 2021 of the PE Study Program at PGRI Adi Buana University Surabaya. For sample selection using a total sampling technique that uses all existing populations with a total of 16 students.

Data collection is carried out using the direct observation method which goes directly to the field to see and observe the situation directly to obtain data. In research (Hasibuan et al., 2023) "Observation (observation) is a data collection method in which research or collaborators record information as they witness it during research."

This research data collection instrument to determine the level of physical fitness of existing samples uses the body mass index (BMI) to determine body mass status with criteria for obesity, fat, ideal, and thin. By comparing calculating the weight and height of the sample with the regulation of the Minister of Health of the Republic of Indonesia number 2 of 2020 concerning anthropometry standards. Using the V Sit Reach Test is a modified test instrument from Sit and Reach to measure the flexibility of the back muscles and hamstring muscles. Then sit ups -60 seconds with the aim of measuring the strength and endurance of the abdominal muscles. And Squat thrust is a combination movement of changing the position of the body from a standing position, squatting then the Push-up position and returning to standing. Aim to measure the ability of endurance strength, body control, balance, coordination and agility.

Results and Discussion

Table 1 Body Mass Index Results

No	Description	Jumlah
1.	Good Nutrition	8

2.	Overnutrition	5
3.	Obesity	3

The results of table 1 Body Mass Index (IMT) of physical education students in class C class of 2021 out of 16 students there are 8 good nutrition, 5 overnutrition, 3 obesity nutrition. The average IMT of class C physical education students in class of 2021 is 5.3, meaning that it is in the overnutrition category.

Table 2 V Sit Reach Test Results

No	Description	Amount
1.	Less	1
2.	Good	10
3.	Very Good	5

The results of table 2 Results of the V Sit Reach Test for class C physical education students class of 2021 out of 16 students there are 1 less fulfilling, 10 good, and 5 very good. The average result of the V Sit Reach Test for class C physical education students in class of 2021 is 5.3, which means it is in the Excellent category.

Table 3 Sit Up 30 second results

No	Description	Amount
1.	Less	3
2.	Good	13
3.	Very Good	0

Table 3 Results of 30-second Sit Ups for class C physical education students class of 2021 out of 16 students there are 3 less fulfilling, 13 good, and 0 very good. The average result of 30-second Sit Ups for class C physical education students class of 2021 is 5.3, which means it is in the Good category.

Table 4 Test Squat Thrust 30 second results

No	Description	Amount
1.	Less	3
2.	Good	11
3.	Very Good	2

The results of table 4 Squat Thrust 30 second test results for class C physical education students class of 2021 out of 16 students there are 3 less fulfilling, 11 good, and 2 very good. The average result of the 30-second Squat Thrust test for class C physical education students class of 2021 is 5.3, which means it is in the Good category.

From the survey results regarding the physical fitness condition of Physical Education students in class C, class of 2021, is in the sufficient category, but there are still students with physical fitness that does not meet the expected standards. This shows that there are variations in fitness levels among students which can be influenced by various factors such as lifestyle, the intensity of routine exercise performed, and the lack of periodic evaluation.

(Rumpoko et al., 2022) Physical fitness is the ability of a person to meet the demands of maintaining the safety of daily life effectively without experiencing fatigue and still having energy to carry out other activities and recreational activities. From this opinion it can be taken that every human being has a different level of physical fitness and many factors affect physical fitness. The importance of physical fitness as a supporter of physical activity and helps students' academic performance in sports.

According to (Pritama et al., 2018) the level of fitness or physical fitness of each individual varies depending on the types of activities carried out every day. This shows that physical fitness is not only determined by physical exercise, but also by daily habits. The importance of physical fitness is an important aspect that can support students' physical activities and academic performance, especially in sports. Students who have a good level of fitness are not only better prepared physically, but also better able to cope with the academic and practical demands of physical education.

(Rahman, 2023) states that "students who pursue education in sports have a more intense involvement with this aspect of fitness, because fitness is not only a personal goal, but also an integral part of their identity". This confirms that physical fitness is an important part of the identity of physical education students.

This study used several instruments to measure physical fitness, including Body Mass Index (BMI), V Sit Reach Test, 60-second Sit Up, and Squat thrust. The use of direct observation methods provides more accurate data on the fitness condition of students. Observation is a data collection method in which researchers or their collaborators record information as they witness it during the study (Hasibuan et al., 2023). From this opinion, it shows that the importance of the observation method in obtaining valid data.

The results of the survey can serve as a basis for designing more effective physical learning and coaching programs in the campus environment. If someone wants to carry out tasks well and smoothly without obstacles and achieve optimal results, the suitability between physical tasks and the state of physical fitness of a person must be considered, because this suitability will have an impact on the results and health of the body of someone who carries out the task (Muspita et al., 2018). Periodic evaluation of students' physical condition is needed to ensure that they meet the expected fitness standards. According to (Putranto & Efendi, 2024) emphasized that "By realizing the importance of physical fitness, we can see that a healthy body is a valuable asset." This suggests that an investment in students' physical fitness is an investment in their performance health.

Conclusion

This research survey provides a factual picture of the level of physical fitness of Physical Education students in class C of 2021. Class C students of class 2021 have an average physical fitness that is in the sufficient category, and there are still students who do not meet the expected standards.

The importance of physical fitness is not only for physical health, but also for students' academic and professional readiness. Physical fitness is an important indicator that illustrates the readiness of students as prospective sports educators and practitioners.

To improve physical fitness requires further efforts so that students can meet the demands of education and profession in the field of sports, as well as to design learning programs that are more focused on improving physical fitness.

Conflict of Interest

No conflict of interest.

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