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Sports Fans And Students Participating in Athletics at A Vocational High School (SMK) in The Pasuruan Area Differ in Their Levels of Happiness And Physical Activity

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ABSTRACT

Man will always seek out and repeat whatever activity makes him happy; therefore, if exercise makes them happy, they will repeat the sport's act or activity. More people like and enjoy playing sports games than athletic competitions. These gaps are meant to aid young people in having: (1) a general overview of excitement, physical activity in sports, and athletic activities; (2) a discussion of the distinctions between excitement and physical activity in sports competitions; and (3) a discussion of the relationship between excitement and physical activity. Students from the secondary region's secondary school (vocational) region make up the study population. By using internet-mediated research (imr), which is the dissemination and collection of a questionnaire via the Internet media, snowball sampling is used as a sample withdrawal technique and is provided as a data collection tool to SMK student respondents. Three methods of analysis—descriptive statistics, a single regression test, an independent group of two weeds, and correlation techniques—are used to examine the data. The study's findings show that the physical elation of sports-game and athletic fans has met the specified criteria, in contrast to high school students' enjoyment of sports and sports fans at the trade center, where the physical elation of sports-game and athletic fans has not met the specified criteria. For high school students in the county, playing video games and participating in sporting competitions both count as physical exercise, and there is a correlation between enjoying oneself and experiencing physical discomfort.

Key words: athletics; game; physical activity; excitement

INTRODUCTION

Fun learning is part of today's era of modern education, and it is no exception for sports education or physical education or health sports among the equivalent high school students in Indonesia. In the COVID-19 pandemic after the COVID-19 pandemic, teens in particular, high school (high school) and vocational school (SMK), suffered a decline in physical activity. The level of physical activity of Indonesian youth is low (pa =1.64); on an active day in general, the activity is mostly college, while on holidays it is light. As for moderate and strenuous activity, it is rarely a subject, with an average of only 2.1 and 0.4 hours a day (Amalia, 2012). This would certainly be far from ideal, as per the WHO (2010) recommendation that 5–17 year-olds should perform physical activity with a medium to high intensity of 60 minutes a day; much of the daily physical activity should be aerobic. High-intensity activities should be undertaken, including exercises to strengthen muscle and bone at least three times a week (Hidayat dkk., 2021).

Indonesia's sports education is the subject of what students to this day are like at the top of the elementary school. Physical education in sports and health schools, in addition to fun education because physical education is often done outdoors, also helps students to be enabled and to recognize potential with friends, to maintain fitness, and to shape the character of the student better from the character of faith in the almighty god, accountability, honesty, fair play, creativity, independence, Cooperation with assumed assumed assumed that high school and vocational high school students have good criteria that can result from improved physical fitness, healthy weight control, improved mental health, and positive social and emotional development. Regular physical activity can also help prevent the risk of chronic illnesses such as heart disease, diabetes, and obesity.

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The high school students enjoy and love physical education subjects for sports and health, especially gaming materials. The excitement of exercising requires more friends and is shared by sports that can generate excitement, among other things, sports that can generate excitement because sports fans play more fans than athletic sports. The cost of athletic training is very low in the interests of students. The head of the general recognition of central Java (Jateng), Rumini, hopes that student athletics (SAC) champion Indonesia 2022-central Java qualifiers will motivate schools to improve athletics among students. He said it when he gave a speech at the opening ceremony.

The athletic association has indeed lost interest in the student body in comparison with the sport, and it has generated an earlier study of athletic interest. The eighth grade's interest in athletic studies at the regional junior high school in Karanganyar district is sufficient to have a high percentage of moderate, 83.00%. The eighth student's interest in athletic studies at the regional junior high school of Karanganyar district that has the most significant percentage is in intrinsic factors of student activity. As for a very high category with a percentage of 0.00%, a high category with a percentage of 11.00%, a moderate category with a percentage of 83.00%, a category less with a percentage of 6.00%, and a significantly lower percentage of 0.00% (Utami & Purnomo, 2019)

METHOD

The study is secondary because researchers do not collect their own primary data but utilize the data already collected by the physical and exercise centers Sport Education Master's study program, IKIP Budi Utomo Malang. The research design incorporated the survey method of snowball sampling, where snowball sampling's methods were used to dig up data on the mirthfulness and physical activity of SMK students in the county. Snowball sampling is an early, small sample sampling technique that is then enlarged, like a rolling snowball that grows gradually (Prof. Dr. A. Muri Yusuf, M.Pd, 2014) . A questionnaire as a data collection instrument is given to SMK students by using internet-mediated research (imr), which is the dissemination and collection of a questionnaire by users through the Internet media. In this research, media dissemination and data gathering are done through WhatsApp, WhatsApp Grub, telegrams, and emails. Whereas his cumulative instrument in the form of a Google Form can directly record the questionnaire's stuffing. An instrument for digging data using a questionnaire. The population in this study is 25.485 students of the secondary school (SMK) in the whole region of the secondary region, based on the directorate of the coaching of the secondary school (ditpsmk) (2022).

A major variable gauge is adapted from increased physical activity in children. Overall, the exhilaration of the exercise consists of sixteen particles extracted from it: (1) I enjoy it; (2) I feel bored; (3) I feel it; (4) I feel it is fun; (5) it is not fun at all; (6) it fills me with energy. (8) It makes me feel good; (9) It makes me feel good; (10) It makes me feel good. (12) I feel that I would rather do something else; The variable physical activity consists of the ingredients: (1) I do physical training every day; (2) I do one or more walking exercises, running, or heavy lifting; (3) I exercise more than three days a week; (4) my friends and best friends love to exercise; (5) if I skip a training, I plan to make up for it the next day; (6) sometimes my mind seems to wander. (7) I will do a substitute exercise if I can't.

In the study, the data analysis for the above hypotheses has been presented, so researchers have used the following analysis techniques: the single rerata (mean vs. criterion) test and the test of two independent satellite groups. For hypotheses 1.2, 4, and 5, using a single word-t testing technique, while hypotheses 3 and 6 use different testing techniques (independent sample tests), correlational test statistics are used to analyze the 7 hypotheses.

RESULT AND DISCUSSION

1. The first hypothesis in this study is that the excitement of SMK sports fans has fulfilled the good creeds that were understated, as the standard in this study is 54.5. Analysis indicates that the average sporting excitement of 76.37% is higher than the worthiness criteria of 54.5. Then, to determine whether the difference between the lines corresponds with the values outlined as the criteria for significant success or not, the t counts (temped) are compared to the t tables (0.05). Gained coefficient: 50,667. The value of t grades (0.05) is 1.96 smaller than the template. So it can be decided to reject a nil hypothesis (h0) and accept an alternate hypothesis (h1). This means that there is a significant difference between standards and performance. The exhilaration of sports fans of the game has met well-defined criteria.
2. A second hypothesis in this study is that the excitement of SMK sports fans has fulfilled the good creeds that were understated, as the standard in this study is 54.5. Next, to determine if the difference between the lines corresponds with the values outlined as the criteria for significant success or not, t counts (temped) are compared to t tables (0.05). Gained coefficient. 50,667. The value of t grades (0.05) is 1.96 smaller than the template. So it can be decided to reject a nil hypothesis (h0) and accept an alternate hypothesis (h1). This means that there is a significant difference between standards and performance. The exhilaration of sports fans of the game has met well-defined criteria.
3. A third hypothesis in the study is that sports fans of the game have more excitement than the students who have been participating in student sports. Data analysis is done with statistical techniques such as the testing of indensified samples (independent dent-testing). The prescribed degree of significance is 0.05 with the double-sided test and a degree of freedom (df) of n-2. To determine if there is a difference between game sports fans having higher excitement than the enthusiasts of athletic events, test t results in the final count (t.v.) compared to t minus 0.05. According to analysis, it's a 4.569 temple code. For testing, a t-0.05 value for DF 1002 is 1.960. It seems clear that the t-term (3.205) is larger than a t, although 0.05 (1.960). While the results of an analysis on adolescent children show that the average joy of physical activity of the student sports fans (918) is higher than that of the athletic fans (86), Then it might be decided to deny hypotheses of zero and accept alternative hypotheses, thus pointing out that there is a difference between game sports fans having more excitement than the enthusiasts of athletic sports.
4. The fourth hypothesis in this study is physical activity among sports fans. The analysis is done using a single-sample statistical technique. The study proposes an average value of the hypothesis used as a benchmark of assessments, which has been stressed differs from the average labor as a real work. The standard established in this study is 23.9. Based on the analysis of adolescent children in the city or district, it is known that the average sporting excitement (1899) is lower than the worthiness criteria of 23.9, with a significant 0.000, which means that physical activity among game sports fans does not meet the predetermined criteria.
5. The fifth hypothesis in the study is physical activity in athletic fans. The analysis is done using a single-sample statistical technique. The study proposes an average value of the hypothesis used as a benchmark of assessments, which has been stressed differs

from the average labor as a real work. The standard established in this study is 23.9. Based on the analysis of adolescent children, it is known that the average level of fitness for students (1899) is lower than the worthiness criteria of 23.9 with a significance of 0.000, which means that physical activity among game sports fans does not meet the predetermined criteria.

6. The sixth hypothesis in this study is that sports fans of the game have higher physical activities than those who fan the student athletic sports. Data analysis is done with statistical techniques such as the testing of indensified samples (independent dent-testing). The prescribed degree of significance is 0.05 with the double-sided test and a degree of freedom (df) of n-2. To determine if there is a difference between game sports fans having higher excitement than the enthusiasts of athletic events, test t results in the final count (t.v.) compared to t minus 0.05. Based on the analysis, it's a template coefficient of 5.252. In the testing order, the value of a t-0.05 for df 1002 is 1.960. It seems clear that the tempo (0.995) is smaller than the t, although 0.05 (1.960). While an analysis of teenaged teens is known, the average physical activity of the sports fans (918) is higher than that of the athletic fans (86). Then it might be decided to reject a non-hypothetical zero and accept an alternate hypothesis, thus pointing out that different sports fans have higher physical activities than the enthusiasts of athletic sports.
7. The seventh hypothesis in the study is that there is a connection between the excitement of physical activity and physical activity. Data analysis is done with a statistical, correlational test. Based on the analysis of the above data, significance values at 0.00 levels indicate that both of these variables are connected or correlated. From this chart, we can see that the Pearson correlation is 0.358 and the linkage forms are positive. This may be said to be a positive relationship between the excitement of physical activity and activity, so that it can be deduced that the higher the excitement of physical activity, the higher the physical activity, and so the better the physical activity, the higher the excitement of physical activity.

The study proposes an average value of the hypothesis used as a benchmark of assessments, which has been stressed differs from the average labor as a real work. The values specified as the standard in research for the excitement of physical activity are 54.5 and for physical activity, 23.9.

1. Answering the first rule of problem is whether the joy of exercising in high school sports fans has met predetermined good criteria. An alternative hypothesis is that the excitement of sports fans has met well-defined criteria. Analysis using SPSS found that the average recreational joy of exercise was 76.36, larger than the well-defined criteria of 54.5. It's meaningful that the excitement among the sports fans of the game has met predetermined criteria.
2. To answer the second problem, whether the excitement of exercising among athletic fans has met the predetermined good criteria An alternative hypothesis is the excitement of exercising among athletic fans who have met well-defined criteria. Analysis using SPSS found that the average recreational joy of physical activity was 76.36, larger than the well-defined criteria of 54.5. It's meaningful that the excitement among the sports fans of the game has met predetermined criteria.

3. To answer the third problem, is there a difference in joy between sports fans and athletic fans? An alternative hypothesis is the excitement of game sports fans with athletic fans. Assuming that the variance is the same, then 3.205 temple coephesian. The value of the t-0.05 for DF 1002 is 1.960; it seems clear that the 3.205 frame is bigger than the.05.960. Then it might be decided to reject a null hypothesis and accept alternative hypotheses. Thus, it is determined that there is a difference in fun between gamers and athletic fans.
4. Answering the fourth problem is whether physical activity among the sports fans of the game has met the predetermined good criteria. The alternative hypothesis is that physical activity among sports fans has met well-defined criteria. Analysis using SPSS found that the average exhilaration of physical activity was 18.99, which was much smaller than the good criteria already specified: 23.9. It means that physical affinity among sports fans does not meet predetermined criteria.
5. To answer the fifth question, whether physical activity among athletic fans has met the predetermined good criteria An alternative hypothesis is that physical activity among athletic fans has met well-defined criteria. Analysis using SPSS found that the average exhilaration of physical activity was 18.99, which was much smaller than the good criteria already specified: 23.9. It means that physical affinity with athletic fans does not meet predetermined good criteria.
6. To answer the rule of the sixth problem, whether there is a difference between physical activity among game sports fans and athletic fans An alternative hypothesis is that there is a difference between physical activity among game-sports fans and athletic fans at the In the case of testing, the value of a t minus 0.05 for DF 1002 is 1.960. It seems clear that the thematic of 0.995 is smaller than a t minus 0.05 of 1.960. Then it could be decided to accept a zero hypothesis and reject alternative hypotheses. Thus, it is concluded that there is no difference between physical activity among game-sports fans and athletic fans.
7. To answer the rule of the seventh problem, whether there is joy and physical activity, The alternative hypothesis is that there are happy relationships and physical activity. Analysis using SPSS found that its significance value was 0.01 and the Pearson correlation was 0.358. This may be said to be a positive connection between the excitement of exercise and physical activity, so that it can be deduced that the greater the excitement of exercise, the higher the physical activity, and the higher the level of physical activity, the higher the level of the excitement of exercise.

On the results of hypothesis analysis of excitement in the athletic fans has fulfilled the good reviews of the prescribed bacteria. It is also the same as that the level of joy or enjoyment of physical activity in the buffeting of both game sports and athletics is comfortable and is not frustrating. For testing hypothetical analysis in this study, there is a difference: game sports fans have a higher level of excitement than the enthusiasts of student athletics.

For testing the hypotheses of physical activity in sports, fans have met well-defined criteria. In this research analysis, physical affinity among sports fans does not meet the well-defined criteria, which runs counter to hypotheses. Physical activity does not meet the predetermined criteria in line with the opinion of Scholes and Mindell. (2013) Hyang says that more than 80% of 11–17-year- year - old students do not meet the level of physical

activity recommended by the World Health Organization. Physical activity is a vital tool for children and adults to reach the recommended level of physical activity. Guthold et al. (2019) found that more than 80% of 11–17-year- year - old students do not meet the level of physical activity recommended by the World Health Organization. Physical activity is a vital tool for children and adults to get the recommended level of physical activity.

As for testing the hypothesis, the analysis of physical activity among athletic fans has met well-defined criteria. According to research, physical activity among athletic fans does not meet predetermined criteria. Due diligence goes with the falling old r., Stevens g.a. (2019), which states that the majority of youth do not meet the current manual of physical activity, and the guthold also goes in 2016. In 2016, 27 countries had insufficient activity of 90% or more for girls, whereas two countries had less than 90% or more for boys.

For the analysis of hypotheses, there is a difference: game sports fans have higher physical activity than the enthusiasts of athletic sports. Studies have shown that there is no physical difference between sports fans and athletes. Why does physical activity in sports games and athletic sports make no difference? This was one of the subjects because of the natural ability of physical education and health in the ranks of the vocational middle school (SMK) item on the copy dictating skill curriculum no. 56.A guide to skill curriculum was a list of areas and expertise programs arranged according to the work world's inherent needs: business, the industrial world, state-owned enterprises, government, or other agencies, as well as the development of science, technology, art, and culture. It is also because there is no difference in teaching materials between the same vocational high school students getting athletic materials and good game games. big ball games, small soccer games

This section is the main section of the research article and is usually the longest section of the article. The research results presented in this section are “clean” results. Data analysis processes such as statistical calculations and hypothesis testing process need not be presented. Only the results of the analysis and the results of hypothesis testing need to be reported. Tables and graphs can be used to clarify the research results' presentation verbally. Tables and charts should be commented on or discussed.

The discussion in the article aims to: (1) answer the formulation of the problem and research questions; (2) show how the findings were obtained; (3) interpret/interpret findings; (4) link the results of research findings with an established knowledge structure; and (5) generating new theories or modifying existing theories. The following is how to write the organizational format, which shows how to write specific things that cannot be separated from an article.

CONCLUSION

The conclusion to this research is

1. Excitement in sports fan games has met the well-defined criteria.
2. Excitement among athletic fans has met the predetermined good criteria.
3. There's a difference in excitement between game sports fans and athletic fans.
4. Physical activity among sports fans does not meet predetermined good reviews.
5. Physical activity among athletic fans doesn't meet predetermined good reviews.

6. There is no difference between physical activity for athletic sports fans and sports fans in games.
7. There's happy connection and activity.

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