



## Survey of Physical Fitness Al-Falah Middle School Students in Jambi City

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### ABSTRACT

This study aims to describe the physical fitness level of students in grades VII, VIII, and IX of SMPS Al Falah, Jambi City, through the Indonesian Physical Fitness Test (TKJI). The study used a quantitative descriptive approach with a survey method, involving 50 students, consisting of 30 boys and 20 girls. The results showed that the physical fitness of male students was dominated by the moderate to poor category, with a distribution of 36.66% moderate, 50% poor, and 13.33% very poor (an average of 12.30 points). Meanwhile, the majority of female students were in the poor (95%) and very poor (5%) categories, with an average of 10.90 points. Analysis per indicator showed that in male students, the 50 m running speed was relatively good (70% were in the good and very good categories), but the 1000 m running endurance was very low, with 73.33% in the very poor category. In female students, the arm muscle strength was entirely in the moderate category, while the 800 m running endurance showed 100% in the very poor category. Overall, the majority of Al Falah Middle School students have suboptimal physical fitness levels, particularly in endurance. These findings underscore the need for more structured physical education interventions, increased routine physical activity, and the promotion of healthy lifestyle habits among students.

### ARTICLE HISTORY

Received: 2025/10/09

Accepted: 2025/10/14

Published: 2025/10/20

### KEYWORDS

Survey;  
Physical Fitness;  
Al-Falah;  
Middle School Students;  
Jambi City.

### AUTHORS' CONTRIBUTION

A. Conception and design of the study;  
B. Acquisition of data;  
C. Analysis and interpretation of data;  
D. Manuscript preparation;  
E. Obtaining funding

**Cites this Article** : Yulius, Aziz; Ali, Muhammad; Anjanika, Yonifia. (2025). Survey of Physical Fitness Al-Falah Middle School Students in Jambi City. **Competitor: Jurnal Pendidikan Kepeleatihan Olahraga**. 17( 3 ), p.2553-2560

## INTRODUCTION

Physical education is an integral part of the national education system, aiming to develop students' physical fitness, motor skills, and sportsmanship. Law Number 20 of 2003 concerning the National Education System states that education is directed at developing students' potential to become faithful, pious, healthy, knowledgeable, capable, creative, independent, democratic and responsible citizens. One crucial aspect of this development is physical health and fitness.

According to (Munandar, 2021), education is a necessity in human life that is rapidly evolving with time and progress. This is marked by public awareness of the need to obtain education, whether formal, informal, or non-formal, to improve the quality of human resources so they can compete. Physical education plays a crucial role in the implementation of education as a lifelong process of human development (Mustafa,



2022). Physical education, in essence, utilizes physical activity to produce holistic changes in individual quality, both physically, mentally, and emotionally.

Physical Fitness is the body's endurance in carrying out any activity without resting for a long time (Arifandy et al., 2021). In daily life, a person's fitness level (students, employees, and others) greatly influences their ability to carry out their respective work activities from morning to noon, even in the evening. So by having adequate fitness, everyone will be in an ideal condition in their life (Setyawan & Wahyuni, 2018). Meanwhile, according to (Huda, 2016), physical fitness is a condition in which the body still has remaining energy to carry out light activities that are recreational or entertaining after doing physical activities or activities that require strength, endurance, and flexibility (Afizi et al., 2023). Physical fitness is very necessary for students to carry out activities inside and outside of school, so that students can carry out these activities well and with enthusiasm. And according to (Wahyuni, 2022), physical fitness is also a person's ability to carry out health activities without experiencing significant fatigue and still having remaining energy reserves for other activities.

Physical fitness significantly impacts student learning performance (Aprilia & Januarto, 2022). Students with good physical fitness tend to be more active, able to concentrate longer, and possess greater physical and mental resilience in learning activities (Sugiarto et al., 2023). Conversely, students with poor physical fitness tire easily, lack focus, and are susceptible to illness, potentially leading to a decline in academic achievement. According to (Aulia, 2022), physical fitness encompasses aspects such as strength, balance, speed, agility, endurance, explosive power, and coordination. Physical fitness also has three components: motor skills, muscle strength, and endurance.

Currently, the phenomenon of declining physical activity among adolescents, particularly junior high school students (SMP), is an issue that requires serious attention. Rapid technological developments have led to a shift in the activity patterns of children and adolescents from physically active activities to more passive ones, such as playing with gadgets, watching television, or using social media for extended periods of time (Jannah et al., 2024). This sedentary lifestyle has a direct impact on the decline in physical fitness levels in adolescents. This condition is also inextricably linked to the educational environment. Schools, as formal educational institutions, have a responsibility not only to foster intellectual intelligence but also to instil healthy and physically active lifestyle habits (Hadi, 2019). Therefore, regular evaluation and monitoring of students' physical fitness is crucial.

SMP S Al Falah, Jambi City, is a private school located in Jambi City and provides education based on Islamic values. This school's vision is to produce a generation that is not only academically intelligent but also physically and mentally healthy. Although physical education activities have been included in the curriculum and implemented regularly, there is currently no measurable and documented data on students' physical fitness levels. Students in grades VII, VIII, and IX are preparing for the next level of education. Grade IX, in particular, is a crucial phase in the lives of junior high school students as they enter late adolescence, marked by increased physical, emotional, and

social needs. In this phase, physical fitness is very necessary to support productivity, learning endurance, and readiness to face various academic and non-academic challenges.

Therefore, it is important to understand the physical fitness of seventh, eighth, and ninth-grade students as a basis for evaluating the Physical Education learning program and as a basis for improving health and sports policies in schools.

Based on this background, a physical fitness survey is needed for seventh, eighth, and ninth-grade students at SMP S Al Falah, Jambi City. This survey aims to obtain accurate and objective data on students' physical fitness levels, including aspects of cardiorespiratory endurance, muscle strength, flexibility, speed, and agility. This data is expected to serve as a reference for teachers, schools, and parents in designing strategies to improve student fitness systematically and sustainably.

Furthermore, the results of this study can contribute to the development of the Physical Education curriculum in schools and serve as a basis for consideration by education and health policymakers at the local level in designing physical fitness development programs tailored to student characteristics and needs.

## **METHODS**

This research, entitled Physical Fitness Survey of Students of SMPS AL FALAH Grade VII, VIII and IX in Jambi City, uses a quantitative descriptive approach. Descriptive research is research that functions to describe or provide an overview of the object being studied through sample data or population as it is, and the results are presented in the form of a research report. Research with a quantitative approach aims to determine or describe the situation using data in the form of numbers. The method used in this research is the survey method. The survey method is a quantitative research method used to obtain data that occurred in the past or currently. A test is a series of questions or exercises used to measure the skills, knowledge, intelligence, abilities or talents possessed by an individual or group.

## **RESULTS AND DISCUSSION**

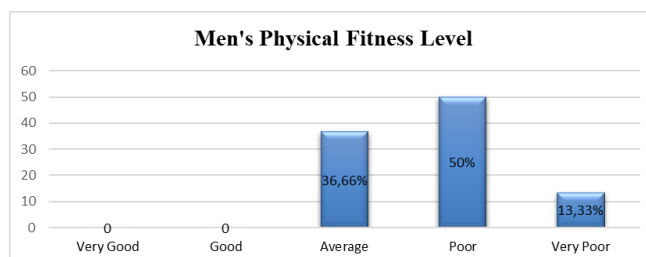
### **Result**

Based on the collected data, this chapter will discuss the research. The results will be described in accordance with the objectives stated previously. An overview of the research data can be seen in the following description.

The data obtained were then organized into a frequency distribution according to the formula defined in the previous chapter, which is divided into five categories: excellent, good, moderate, poor, and very poor. The data obtained were then entered into a frequency distribution table for Physical Fitness Levels, according to the formula described in the previous chapter. The following table shows the frequency distribution of the physical fitness levels of male students at SMPS AL-FALAH, Jambi City.

**Table 1.**  
Men's Physical Fitness Level

NO	Total Value	Classification	Frequency	Percentage
1	22-25	Very Good	0	0 %
2	18-21	Good	0	0%
3	14-17	Average	11	36,66%
4	10-13	Poor	15	50 %
5	5-9	Very Poor	4	13,33%
<b>Total</b>			<b>30</b>	<b>100 %</b>

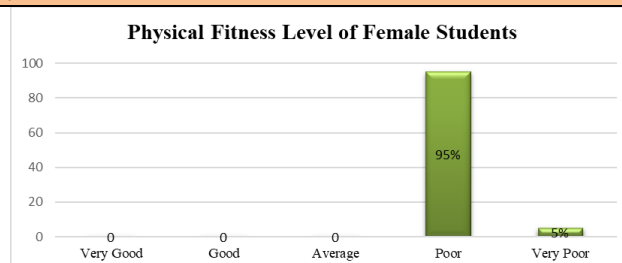


**Figure 1.**  
Male Physical Fitness Level Chart

The data obtained is then arranged in a frequency distribution according to the formula determined in the previous chapter, which is divided into 5 categories, namely very good, good, moderate, less and very less. Next, the data obtained will be entered into a frequency distribution table of Physical Fitness Levels according to the formula explained in the previous chapter. Below is a frequency distribution table of the results of the physical fitness levels of female students of SMPS AL FALAH, Jambi City.

**Table 2.**  
Physical Fitness Level of Female Students

NO	Total Value	Classification	Frequency	Percentage
1	22-25	Very Good	0	0 %
2	18-21	Good	0	0%
3	14-17	Average	0	0%
4	10-13	Poor	19	95%
5	5-9	Very Poor	1	5 %
<b>Total</b>			<b>20</b>	<b>100 %</b>



**Figure 2.**  
Female Physical Fitness Level Chart

## Discussion

The results of the Physical Education and Health Survey (TKJI) conducted at SMPS AL FALAH, Jambi City, indicated moderate and poor performance. Teachers play a

crucial role in helping students improve their physical fitness. Physical education is complex, and it impacts the abilities of every individual. The physical education (PE) learning process must be structured around various aspects, from the process to the student's readiness before participating. Physical fitness is essential for every individual, especially students.

In school education, physical education (PJOK) is one of the subjects related to physical fitness. Although the teacher's role is a priority in the learning process, the psychological aspects of students also play a crucial role in the quality of education itself. Physical education learning is always intertwined with sports activities. Sports are closely related to physical fitness, so physical education (PJOK) lessons in schools typically include material on physical fitness.

Based on the results of the physical fitness test of male students of SMPS AL FALAH, Jambi City, from 30 students, it was found that 0 people or (0%) were in the very good category, 0 people or (0%) were in the good category, 11 people or (36.66%) were in the moderate category, 15 people or (50%) were in the less category and 4 people or (13.33%) were in the very less category. After looking at the results of the physical fitness test of male students of SMPS AL FALAH, Jambi City, which amounted to 30 students, they obtained a score of 369 points, so that the average result of the research on the physical fitness test of male students was 12.30 points and was included in the moderate category. Meanwhile, based on the results of the physical fitness test of 20 female students at SMPS AL FALAH, Jambi City, it was found that 0 students (0%) had an excellent fitness level, 0 students (0%) had a good fitness level, 0 students (0%) had a moderate fitness level, 19 students (95%) had a poor fitness level, and 1 student (5%) had a very poor fitness level. After reviewing the results of the physical fitness test of 20 female students at SMPS AL FALAH, Jambi City, who obtained a score of 218 points, the average result of the research on the female students' physical fitness test was 10.90 points and was included in the poor category.

This could be caused by many factors, one of which is that students in grades VII, VIII, and IX of SMPS AL FALAH, Jambi City, had never taken the TKJI test before, so they needed to adapt when taking the TKJI test. Another thing that also affects test scores is the lack of seriousness and concentration when carrying out the TKJI test, so that the scores obtained by students are less than optimal. The results of the Physical Education and Health Survey (TKJI) conducted at SMPS AL FALAH, Jambi City, indicated moderate and poor performance. Teachers play a crucial role in helping students improve their physical fitness. Physical education is complex, and it impacts the abilities of every individual. The physical education (PE) learning process must be structured around various aspects, from the process to the student's readiness before participating. Physical fitness is essential for every individual, especially students.

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Several students who are found to have physical fitness issues need to be addressed because they significantly impact the learning process and learning outcomes. A student's physical fitness is one indicator of their physical condition. Through Physical Education (PJOK) subjects, students and teachers are expected to collaborate in developing physical fitness. In this regard, both students in grades VII, VIII, and IX at SMPS AL FALAH, Jambi City, and teachers must pay attention to students' readiness to adapt to physical loads and daily work actively and productively. Excellent physical fitness will enable students to freely complete assignments and actively study diligently. Furthermore, habits and lifestyles also influence students' physical fitness, such as those who are predominantly sedentary.

As a researcher who studies and investigates physical fitness, individuals need to maintain habits. One such habit is sleeping late, which is certainly detrimental to the body. For students at school, lack of sleep will impact all aspects, including physical performance and concentration. Therefore, to achieve physical fitness, a healthy lifestyle is needed, sufficient sleep, physical exercise or sport, and healthy lifestyle habits.

## CONCLUSION

Based on the data obtained, it is known that the physical fitness levels of students in grades VII, VIII, and IX of AL FALAH Junior High School (SMPS AL FALAH) are as follows:

1. The physical fitness level of male students at AL FALAH Junior High School, Jambi City, is in the moderate category, with an average calculated score of 12.30 points.
2. The physical fitness level of female students at AL FALAH Junior High School, Jambi City, is in the poor category, with an average calculated score of 10.90 points.

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