

ABSTRACT

AKMAL FITRIANA MUKHLIS. 2023. THE RELATIONSHIP OF PHYSICAL FITNESS LEVEL TO THE LEARNING ACHIEVEMENT OF GRADE XI STUDENTS AT SMK DAARUL ABROR (Descriptive Study on Class XI Students of SMK Daarul Abror Academic Year 2022/2023)

This study aims to determine the relationship between physical fitness level and learning achievement of grade XI students at SMK Daarul Abror. The research was conducted using quantitative descriptive methods. This research was conducted on grade XI students at SMK Daarul Abror with a population of 177 people. Then, the study determined a random sample (proportional random sampling) that was able to represent each department in SMK Daarul Abror a total of 22 students. Meanwhile, the instruments used to meet the research data are the Physical Fitness Test (TKJI) which includes running 60 meters, hanging body lift (pull up) 60 seconds, lying down sitting (sit up) for 60 seconds, jumping upright, and running 1200 meters. Data analysis techniques use a statistical approach, especially utilizing the Pearson Product Moment (PPM) formula. Based on data analysis, it was concluded that there was no relationship between the level of physical fitness and the learning achievement of grade XI students at SMK Daarul Abror. This is shown by the percentage of the coefficient of determination of the contribution of physical fitness to learning achievement of 0.53% and the other 99.47% is influenced by other factors that feel from inside and outside students.

Keywords: *physical fitness level, learning achievement*