ABSTRAK

RASYAD TAZKIRAH SAJA'I YASIN 2024. **Survei Tingkat Kebugaran Jasmani Peserta Didik Pondok Pesantren Darul Arqom Garut**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui tingkat kebugaran jasmani peserta didik Pondok Pesantren Darul Arqom Garut. Penelitian ini menggunakan metode kuantitatif deskriptif menggunakan teknik random sampling. Pupulasi yang digunakan adalah peserta didik kelas 8 MTs Putra Pondok Pesantren Darul Arqom Garut berjumlah 111 peserta didik putra dan menggunakan sample berjumlah 33 orang ddengan kategori usia 13-15 tahun. Teknik pengumpulan data menggunakan Tes Kebugaran Jasmani Indonesia (TKJI) yang terdiri dari 5 tes antara lain : Lari cepat 50 meter, *Pull Up, Sit Up, Vertikal Jump,* dan lari jarak sedang 1000 meter. Kemudian untuk mengolah data peneliti menggunakan teknik analisis data statistic deskriptif yang dituangkan presentase. Berdasarkan dari hasil penelitian mulai dari pengumpulan data, pengolahan data, analisis data, dan uji hipotesis, maka dalam penelitian ini diperoleh Tingkat Kebugaran Jasmani Peserta Didik Pondok Pesantren Darul Arqom Garut berada pada klasifikasi "Baik Sekali" sebesar 0% (0 peserta didik), kategori "Baik" sebesar 0% (0 peserta didik), kategori "Sedang" sebesar 42% (14 peserta didik), kategori "Kurang" sebesar 58% (19 peserta didik), dan kategori "Kurang Sekali" sebesar 0% (0 peserta didik). Dapat disimpulkan bahwa Tingkat Kebugaran Jasmani Peserta Didik Pondok Pesantren Darul Arqom Garut berada pada kategori "Kurang" dalam norma Tes Kebugaran Jasmani Indonesia (TKJI).

Kata Kunci : survei, kebugaran jasmani

ABSTRACT

RASYAD TAZKIRAH SAJA'I YASIN 2024. ***Physical Fitness Level Survey of Darul Arqom Garut Islamic Boarding School Students***. *Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.*

This research aims to determine the level of physical fitness of students at the Darul Arqom Garut Islamic Boarding School. This research uses descriptive quantitative methods using random sampling techniques. The population used was 8th grade MTs Putra Islamic Boarding School Darul Arqom Garut students totaling 111 male students and a sample of 33 people was used in the 13-15 year age category. The data collection technique uses the Indonesian Physical Fitness Test (TKJI) which consists of 5 tests including: 50 meter sprint, Pull Up, Sit Up, Vertical Jump, and 1000 meter medium distance run. Then, to process the data, researchers used descriptive statistical data analysis techniques which were expressed as percentages. Based on research results starting from data collection, data processing, data analysis, and hypothesis testing, in this research it was obtained that the Physical Fitness Level of Darul Arqom Garut Islamic Boarding School Students was in the "Very Good" classification of 0% (0 students), the "Good" category was 0% (0 students), the "Medium" category was 42% (14 students), the "Poor" category was 58% (19 students), and the "Very Poor" category was 0% (0 learners). It can be concluded that the level of physical fitness of Darul Arqom Garut Islamic Boarding School students is in the "Poor" category in the norms of the Indonesian Physical Fitness Test (TKJI).

Keywords*: **survey, physical fitness***