

ABSTRAK

RENI SETYAWATI. 2024. **TINGKAT KEBUGARAN JASMANI SISWA SMP ISLAM TERPADU AL-MUKHTAR KABUPATEN TASIKMALAYA**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi. Kota Tasikmalaya.

Penelitian berlatar belakang bahwa Kebugaran Jasmani dibutuhkan oleh siswa agar mereka dapat menjalankan tugasnya dengan baik seperti menerima materi yang dijelaskan oleh para guru di sekolah SMP Islam Terpadu Al-Mukhtar Kabupaten Tasikmalaya yang belum tentu memiliki Tingkat kebugaran jasmani yang baik. Tujuan penelitian ini adalah untuk mengetahui seberapa baik tingkat kebugaran jasmani siswa SMP Islam Terpadu Al-Mukhtar Kelompok Usia 13 sampai 15 di Kabupaten Tasikmalaya Kecamatan Sariwangi. Metode penelitian yang dilakukan peneliti adalah metode deskriptif kuantitatif. Populasi penelitian ini adalah siswa kategori usia 13 sampai 15 tahun di SMP Islam Terpadu AL-Mukhtar Kabupaten Tasikmlaya yang berjumlah 219 orang siswa. Sampel yang akan digunakan dalam penelitian ini menggunakan teknik *proposional random sampling* . Pada penelitian ini sampel yang diambil berjumlah 100 orang. Berdasarkan hasil penelitian, pengolahan data, analisis data, dan pengujian hipotesis, maka diketahui kebugaran jasmani SMP Islam Terpadu Al-Mukhtar Kabupaten Tasikmalaya termasuk ke dalam kategori sangat baik yaitu 2% (2 siswa) , Klasifikasi baik 59% (59 siswa), Klasifikasi sedang 33% (33 Siswa), klasifikasi kurang 6% (6 siswa). Sehingga dapat disimpulkan bahwa rata-rata kebugra jasmani siswa SMP Islam Terpadu Al Mukhtar di Kabupaten Tasikmalaya berada pada klasifikasi sedang.

Kata Kunci: Tingkat Kebugaran Jasmani, Pendidikan Jasmani, Siswa SMP

ABSTRACT

RENI SETYAWATI. 2024. PHYSICAL FITNESS LEVEL OF STUDENTS OF AL-MUKHTAR INTEGRATED ISLAMIC JUNIOR HIGH SCHOOL, TASIKMALAYA REGENCY. Department of Physical Education. Faculty of Teacher Training and Education, Siliwangi University. Tasikmalaya City..

The research is based on the background that Physical Fitness is needed by students so that they can carry out their duties well, such as receiving material explained by teachers at Al-Mukhtar Integrated Islamic Junior High School, Tasikmalaya Regency which does not necessarily have a good level of physical fitness. The purpose of this study is to find out how good the physical fitness level of Al-Mukhtar Integrated Islamic Junior High School students in the age group of 13 to 15 in Tasikmalaya Regency, Sariwangi District. The research method conducted by the researcher is a quantitative descriptive method. The population of this study is 13 to 15 years old students at AL-Mukhtar Integrated Islamic Junior High School, Tasikmlaya Regency, which totals 219 students. The sample to be used in this study uses a proportional random sampling technique. In this study, the sample taken amounted to 100 people. Based on the results of research, data processing, data analysis, and hypothesis testing, it is known that the physical fitness of Al-Mukhtar Integrated Islamic Junior High School Tasikmalaya Regency is included in the very good category, namely 2% (2 students), good classification 59% (59 students), medium classification 33% (33 students), poor classification 6% (6 students). So it can be concluded that the average physical fitness of Al Mukhtar Integrated Islamic Junior High School students in Tasikmalaya Regency is in a moderate classification.

Keywords: Physical Fitness Level, Physical Education, Junior High School Students