

ABSTRAK

KHOERUDIN. 2021. Tingkat Kebugaran Jasmani Siswa Smp Al-Ahyar Sukaratu Kabupaten Tasikmalaya Pada Masa Pandemi Covid-19. Jurusan Pendidikan Jasmani, Fakultas Keguruan Dan Ilmu Pendidikan, Univeristas Siliwangi, Tasikmalaya.

Kebijakan pembatasan sosial menimbulkan berkurangnya aktifitas fisik. Didunia pendidikan, pembelajaran yang semula tatap muka berubah menjadi pembelajaran daring, dimana siswa akan lebih banyak berinteraksi dengan *smartphone*. Penelitian ini bertujuan untuk mengetahui tingkat kebugaran jasmani siswa pada masa pandemi Covid-19. Metode penelitian deksriptif kuantitatif, dengan teknik pengumpulan data survei menggunakan intstrumen tes kesegaran jasmani indonesia. Populasi sebanyak 20 siswa kelas delapan, dengan teknik sampel jenuh. Teknik analisis dengan analisis data deskriptif. Hasil penelitian tes kebugaran jasmani yaitu sebanyak 0% (0 siswa) pada klasifikasi baik sekali dan baik, 10% (2 siswa) klasifikasi sedang, 45% (9 siswa) klasifikasi kurang, dan 45% (9 siswa) klasifikasi kurang sekali. Hasil ini erat kaitannya dengan teori kebugaran yang menyatakan kebugaran didapat dari 3 upaya bugar menurut djoko pekik (2004:7) yaitu, makan, istirahat dan berolahraga.

Kata kunci : Kebugaran Jasmani, Pandemi Covid-19

ABSTRACT

KHOERUDIN. 2021. *Physical Fitness Level of Al-Ahyar Sukaratu Junior High School Students, Tasikmalaya Regency During the Covid-19 Pandemic.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Social restriction policies lead to reduced physical activity. In the world of education, learning that was originally face-to-face has turned into online learning, where students will interact more with smartphones. This study aims to determine the level of physical fitness of students during the Covid-19 pandemic. Quantitative descriptive research method, with survey data collection techniques using Indonesian physical fitness test instruments. The population is 20 eighth grade students, with a saturated sample technique. Analysis technique with descriptive data analysis. The results of the physical fitness test were 0% (0 students) in very good and good classification, 10% (2 students) in moderate classification, 45% (9 students) in poor classification, and 45% (9 students) in very poor classification. This result is closely related to the theory of fitness which states that fitness is obtained from 3 efforts to be fit according to Djoko Pekik (2004:7), namely, eating, resting and exercising.

Keywords: *Physical Fitness, Covid-19 Pandemic*