

ABSTRACT

ARYAJATI WIDIANTOMO 2026. **Hubungan Antara Perilaku Bermain Game Online Kategori Sedang Dengan Tingkat Kebugaran Jasmani Pada Siswa Kelas VIII SMP Negeri 4 Kota Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

This study aimed to determine the physical fitness level and its relationship with online gaming behavior among eighth-grade students of SMP Negeri 4 Tasikmalaya City who played online game s in the moderate category (1–2 hours per day). The research method employed was quantitative with a correlational approach. The study population comprised all eighth-grade students of SMP Negeri 4 Tasikmalaya City who enjoyed online game s, totaling 331 students. A sample of 36 students was selected through purposive sampling based on the following criteria: registered as active students, willing to participate as respondents, and playing online game s in the moderate category. The research instruments consisted of an online gaming intensity questionnaire (60 items; validity $r = 0.261-0.836$; reliability $\alpha = 0.983$) and the Indonesian Physical Fitness Test (TKJI), which comprised five test items: sprint, pull-up, sit-up, vertical jump, and medium-distance run. Data were collected using a Likert scale questionnaire and the TKJI administration. Data analysis employed descriptive and inferential statistics, including the Shapiro-Wilk normality test, linearity test, Pearson Product Moment correlation test, t-test, and F-test. The results showed that the students' physical fitness level was in the moderate category with a mean TKJI score of 15.81. The correlation test revealed $r = -0.01$, $t\text{-count} = 0.059 < t\text{-table} = 1.69$, and $F\text{-count} = 0.0035 < F\text{-table} = 4.13$, indicating that H_0 was accepted. This study concludes that there is no significant relationship between moderate online gaming behavior and the physical fitness level of eighth-grade students at SMP Negeri 4 Tasikmalaya City. The moderate intensity of online gaming has not had a meaningful effect on physical fitness, as students were still able to balance digital activities with physical activities through physical education learning and other daily activities.

Keywords: digital behavior, online gaming, physical education, physical fitness, sedentary activit.