

ABSTRACT

MUHAMMAD SATRIA NURRACHMAN. 2026. ***The Relationship between Physical Activity and Mental Health with Academic Achievement of State High School Students in Tasikmalaya City***. Physical Education Departemen, Faculty of Teacher Training and Education. Universitas Siliwangi.

This study was to determine the relationship between physical activity and learning achievement, the relationship between mental health and learning achievement, and the relationship between physical activity and mental health with the learning achievement of public senior high school students in Tasikmalaya City. This study employed a quantitative method with a correlational design and a cross-sectional approach. The population consisted of tenth- and eleventh-grade students of public senior high schools in Tasikmalaya City, with a sample of 150 students selected using proportional stratified random sampling. The research instruments included the International Physical Activity Questionnaire to measure physical activity, the Self Reporting Questionnaire-20 to assess mental health, and students' report card averages to measure learning achievement. Data were collected through questionnaires and documentation. Data analysis was conducted using Kendall's Tau-b correlation test to examine the relationship between two variables and Kendall's W to examine the relationship among three variables. The results showed a significant relationship between physical activity and learning achievement ($\tau_b = 0.1535$), and a significant relationship between mental health and learning achievement ($\tau_b = 0.1205$). However, physical activity and mental health simultaneously did not show a significant relationship with learning achievement ($W = 0.3454$). It can be concluded that physical activity and mental health are individually associated with learning achievement, but simultaneously do not demonstrate a significant relationship.

Keywords: *Physical Activity, Mental Health, Academic Achievement.*