

Analysis of Physical Fitness Activities and Basic Movement Skills in Upper Elementary School Students in Muara Bulian District

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Abstracts: This study examines the relationship between physical fitness activities and basic movement skills among upper elementary students in Muara Bulian District. Using a quantitative survey of 200 grade V and VI students, data were collected through questionnaires and observation sheets, then analyzed using descriptive statistics and Pearson correlation via SPSS. Results show students exercised an average of 2.31 times per week, with only 45% routinely active. The average movement skill score was 65.27, with 50% performing well. A significant positive correlation was found between physical activity frequency and movement skills ($r = 0.472$; $p < 0.01$). The study highlights the need for better facilities, enhanced PE teacher roles, and parental support to improve physical activity and movement development in schools. **Keywords:** physical fitness, basic movement skills, elementary school students, physical education, physical activity

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INTRODUCTION

Physical fitness is a crucial aspect in supporting the health and functional abilities of individuals, especially at elementary school age, where the foundation of physical and motor development is laid (Sabik & Rahayu, 2022). Good physical fitness allows students to have enough energy to actively participate in daily activities (Priadana & Suwandi, 2023). Health quality can be maintained and the body's immune system can be increased through physical fitness (Hendriana, 2023). Physical fitness and basic movement skills are two important aspects in children's physical development, especially at elementary school age. Sufficient physical activity can improve children's physical and mental health, as well as support the development of motor skills needed in everyday life. Physical fitness contributes to increased concentration and cognitive abilities of students, which have a positive impact on academic achievement (Putri et al., 2020). Physical education plays an important role in improving physical fitness, movement skills, and social aspects (Sriyatin et al., 2018). Physical fitness activities carried out in elementary schools include various physical activities, such as sports games and basic movement skills (Norito et al., 2019). The integration of play and game models in physical activities has been proven effective in improving the cognitive aspects of elementary school students (Hasan et al., 2023).

Based on the results of observations in Muara Bulian District, physical fitness activities in elementary schools need to be further analyzed to understand the level of student

participation and its impact on their basic movement skills. Data from the Batanghari Regency Education Office shows that only around 60% of students in Muara Bulian District are actively involved in sports activities at school. This shows a need to increase student participation in physical fitness activities, which can have a positive impact on their physical and social development.

Sports activities can improve physical fitness if carried out regularly and measurably (Riyadi et al., 2021). Physical education learning is essentially an educational process that utilizes physical activity to produce changes in individual quality, both physically and spiritually (Wibowo & Pranata, 2020). Basic movement skills, such as running, jumping, throwing, and catching, are the foundation for mastering more complex sports skills and active participation in various physical activities (Mujriah et al., 2022). In addition, basic movement skills are the foundation for more complex sports skills (Norito et al., 2022).

According to Gallahue (2012), good basic movement skills can increase children's self-confidence and motivate them to participate in various physical activities. Therefore, it is important to conduct an in-depth analysis of the relationship between physical fitness activities and basic movement skills in students in Muara Bulian District.

This study aims to explore the level of physical fitness activities and basic movement skills in upper elementary school students in Muara Bulian District. By using survey and observation methods, it is hoped that the results of this study can provide useful information for educators, parents, and other stakeholders in designing more effective fitness programs.

This study is expected to contribute to the development of physical education and sports curricula in elementary schools, as well as increase awareness of the importance of physical activity for children's health and development. Thus, this research is not only academically relevant but also practically to improve the quality of physical education in Muara Bulian District.

Sub-Introduction

Sports activities in elementary schools are often neglected and considered as side activities. However, the importance of sports in physical education cannot be underestimated. According to research conducted by the Physical Fitness Research Center (2021), students who are active in sports activities at school have better academic performance compared to those who are less active. This shows that physical fitness not only has an impact on physical health, but also on students' cognitive abilities.

In Muara Bulian District, there are various factors that influence the level of student participation in physical fitness activities. One of them is the lack of adequate sports facilities in schools. Data from a survey conducted by the Research Team shows that 70% of schools in Muara Bulian District do not have sports fields suitable for physical activities. This condition is certainly a challenge for physical education teachers to invite students to participate in sports activities.

In addition, environmental factors also play an important role in determining the level of physical activity of students. Research by Hidayati (2022) shows that students who live in environments that support physical activity, such as parks or sports facilities, tend to be more active than those who live in less supportive environments. Therefore, analysis of the

school environment is also important to understand the factors that influence students' physical fitness.

The role of parents is also no less important in supporting children's physical fitness activities. According to research by Suhendra et al. (2021), children who are encouraged by their parents to participate in physical activities tend to have better fitness levels. Therefore, collaboration between schools and parents is essential to create an active culture among students.

By considering the various factors above, this study will focus on the analysis of physical fitness activities and basic movement skills of upper elementary school students in Muara Bulian District. Through this study, it is hoped that the right solution can be found to increase student participation in physical fitness activities and basic movement skills.

RESEARCH METHOD

The research method used in this study is a quantitative approach with a survey design. This study involved senior high school students in several elementary schools in Muara Bulian District. Samples were taken randomly from the total population of students in grades 5 and 6, with a total of 200 respondents. Sampling was carried out to ensure the representativeness of the data obtained.

The instruments used in this study consisted of a questionnaire and an observation sheet. The questionnaire was designed to collect data on the frequency and type of physical fitness activities carried out by students, as well as their perceptions of the importance of sports. In addition, the observation sheet was used to assess students' basic motor skills, such as running, jumping, and throwing abilities. Assessment of basic motor skills was carried out using a rating scale that had been validated by physical education experts.

The data obtained from the questionnaire and observation sheet were then analyzed using descriptive and inferential statistics. Descriptive analysis was used to describe the characteristics of respondents and their level of physical fitness activity, while inferential analysis was used to test the relationship between physical fitness activities and students' basic motor skills. The SPSS program was used to facilitate data analysis and produce the required output.

Before the study was conducted, research permits were obtained from the local Education Office and the school. In addition, socialization was conducted to parents of students to explain the objectives and benefits of the study. Parental involvement in this study is very important to obtain maximum support and participation from students. Finally, this study is expected to provide a clear picture of the physical fitness conditions and basic movement skills of students in Muara Bulian District. Thus, the results of the study can be the basis for designing a more effective fitness program that suits students' needs.as best you can so that the articles in the conference have the same writing format.

RESULTS AND DISCUSSION

The results of the study showed that the level of physical fitness activity of students in Muara Bulian District is still relatively low. Of the 200 respondents, only 45% of students actively participate in sports activities at school regularly. This shows that there are still many students who are not involved in sufficient physical activity, which can have a negative impact on their health and development. As in table 1 below:

Table 1. Descriptive Statistics

Variabel	N	Mean	Std. Deviation	Minimum	Maximum
Frequency of Exercise	200	2.31	0.87	0	5
Basic Motion Skills	200	65.27	8.41	45	82

The average frequency of students' physical fitness activities was 2.31 times/week (SD = 0.87). The basic movement skill score had an average value of 65.27 (SD = 8.41), with a range of 45 to 82. These data are in line with previous findings by Hidayati (2022) which stated that lack of participation in sports can lead to long-term health problems, such as obesity and heart disease.

The analysis of students' basic movement skills also showed worrying results. Only 50% of students showed good basic movement skills, while the rest had difficulty in performing basic movements such as running and jumping. The assessment of these basic movement skills was carried out using standards set by physical education experts, and the results showed that students' motor skills in Muara Bulian District needed to be improved. According to Gallahue (2012), good basic movement skills are very important to support the development of more complex sports skills in the future.

From the analysis of the relationship between physical fitness activities and basic movement skills, it was found that there was a significant positive correlation between the two variables ($p < 0.05$). This shows that students who are more active in physical fitness activities tend to have better basic movement skills. The following are the results of the correlation test in table 2 below:

Table 2. Pearson Correlation

	Frequency of Exercise	Score_KGD
Frequency of Exercise	1	0.472
Basic Motion Skills	0.472	1

The results of the Pearson correlation test showed that there was a significant positive relationship between the frequency of exercise and basic motor skills ($r = 0.472$, $p < 0.01$). This means that the more often students participate in physical fitness activities, the better their basic motor skills. This finding is in line with research by Suhendra et al. (2021) which found that increasing physical activity can contribute to the development of children's motor skills. The survey results showed that students who had adequate physical fitness activities and basic motor skills tended to be more active in participating in physical activities. Therefore, it is important for schools to increase students' physical fitness activities and basic motor skills. The following are the results of the descriptive statistics table and correlation of physical fitness activities and basic motor skills below.

Table 3. Descriptive Statistics of Physical Fitness Activities and Basic Movement Skills

Variabel	N	Average	SD	Min	Max
Frequency of Fitness Activity (times/week)	200	2,31	0,87	0	5
Basic Movement Skills Score	200	65,27	8,41	45	82

Table 4. Correlation between Physical Fitness Activities and Basic Movement Skills

Variabel	r	Sig. (2-tailed)
Activity Frequency vs KGD Score	0.472	0.000

Description: $p < 0.01$ indicates high significance. The correlation is moderately positive.

Based on the results of the descriptive statistical analysis, it is known that the frequency of students' physical fitness activities is an average of 2.31 times per week with a standard deviation of 0.87. Meanwhile, the students' basic movement skills score has an average value of 65.27 with a standard deviation of 8.41. The results of the Pearson correlation test showed that there was a significant positive relationship between the frequency of physical fitness activities and basic movement skills ($r = 0.472$; $p = 0.000$). This indicates that students who do physical fitness activities more often tend to have better basic movement skills.

In this discussion, it should be noted that although there are several challenges faced in improving students' physical fitness activities and basic movement skills, there are many opportunities for improvement. Schools can design interesting and fun fitness programs, and involve parents to support their children in participating in physical activities. With the right approach, it is expected to improve the health and development of students in Muara Bulian District.

Sub Results and Discussion

In this subsection, we will discuss in more depth the factors that influence physical fitness activities and basic movement skills of students in Muara Bulian District. One of the main factors found in this study is the lack of adequate sports facilities. From the survey results, 70% of respondents stated that sports facilities in schools were not good enough to support physical activities. This is an obstacle for students to actively participate in physical fitness activities Norito, T. B., & Chan, A. A. S. (2025).

In addition to facilities, the role of physical education teachers is also very important in increasing students' physical fitness activities. Research by the Physical Fitness Research Center (2021) shows that teachers who are creative and innovative in teaching sports can increase students' interest in participating in physical activities. Therefore, training and professional development for physical education teachers need to be carried out to improve the quality of sports teaching in schools.

Another influential factor is the students' social environment. Students who live in an environment that supports physical activity, such as parks and sports fields, tend to be

more active in sports. Research by Hidayati (2022) shows that a supportive environment can increase students' motivation to participate in physical activities. Therefore, it is important for local governments to improve sports infrastructure and facilities around schools.

Furthermore, parental support also plays an important role in encouraging students to actively participate in physical fitness activities. The results of the study showed that students who were encouraged by their parents to exercise had better fitness levels. Therefore, socialization to parents regarding the importance of physical activity for children needs to be carried out continuously. Finally, considering the various factors that influence students' physical fitness activities and basic movement skills, it is important for all parties, including schools, parents, and the government, to work together in creating an environment that supports physical activity. Thus, it is expected to improve the health and development of students in Muara Bulian District.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the level of physical fitness activity of upper elementary school students in Muara Bulian District is still relatively low. Only 45% of students actively participate in sports activities at school, and only 50% of students demonstrate good basic motor skills. There is a significant positive correlation between physical fitness activity and basic motor skills, indicating that increasing physical activity can contribute to the development of children's motor skills.

Factors such as lack of sports facilities, the role of physical education teachers, social environment, and parental support also affect the level of physical fitness activity of students. Therefore, there needs to be a collaborative effort between schools, parents, and the government to improve sports facilities and create an environment that supports physical activity.

Thus, this study provides a clear picture of the physical fitness and basic motor skills of students in Muara Bulian District. The results of this study are expected to be the basis for designing a more effective fitness program that is in accordance with students' needs, as well as increasing awareness of the importance of physical activity for children's health and development.

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