

## The Influence of Physical Fitness on Attempt to Enhance Student's Concentration in Physical Education Learning

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### ABSTRACT

Physical fitness is the ability of a person's body to perform physical activities properly and efficiently. To determine the influence of physical fitness on an attempt to enhance students' concentration in physical education learning at UPTD State Elementary School 2 Kutamanah. The sample in this study amounted to 42 students at UPTD State Elementary School 2 Kutamanah taken using a disproportionate stratified random sampling technique. This study uses a quantitative approach with experimental research methods and pre-experimental design research design with pre-test and post-test design types. The independent variable in this study is physical fitness, while the dependent variable is concentration. In this study, the grid concentration exercise test was used to test concentration. Statistical calculations using SPSS 25 paired sample t-test. The data processing shows that the significance value of  $(0.00) < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted, which means that physical fitness influences an attempt to enhance student concentration in PE learning at state elementary school 2 Kutamanah. Therefore, physical fitness is crucial for students' concentration, and researchers interested in researching physical fitness are advised to develop it further.

**Keywords:** Physical Fitness; Concentration; Physical Education

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## INTRODUCTION

Primary school education is the initial phase in the formal education system that aims to provide basic education to children. The main objective of primary school education is to provide a strong educational foundation so that students are ready to continue to higher levels of education. In addition, primary school education also aims to help students to develop knowledge, skills and attitudes. Primary school education also provides knowledge about students' health and fitness through physical education subjects.

Physical education is a learning process through physical activities designed to improve physical fitness, develop motor skills, knowledge of healthy living behaviour and active, sportive attitudes, and emotional intelligence (Prasetyo et al., 2020). From the explanation above, the relationship between physical education and fitness is very close. Since fitness has become one of the goals in physical education, physical education and fitness can improve students' physical and mental health, thus helping them to focus and concentrate more on learning at school.



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Physical fitness is the condition of one's body, which plays an important role in daily activities (Z. Arifin, 2018). Fitness training can help students improve their physical abilities, such as strength, speed, agility, and endurance. By achieving fitness through physical education, teaching and learning activities at school will be more conducive. When students are physically fit, they have high spirits when attending school. In addition, it will also improve students' health, which will reduce student absences due to illness.

There is a relationship between physical fitness and the level of student concentration, which is sufficiently strong so that the correlation between variables is positive. If the independent variable increases, it will be followed by an increase in the dependent variable, and vice versa. If the independent variable decreases, it will be followed by a decrease in the dependent variable (Krissanthy et al., 2020).

There is a significant relationship between fitness level and physical education learning concentration. The conclusion is based on the value of  $r$ -count, or correlation coefficient  $r_{xy}$  is greater than  $p$  (0.000) (Hermawan et al., 2022). The results of the two studies show a correlation between students' fitness and concentration. Students whose physical fitness level is aligned with the time to concentrate with a good combination and the maximum learning objectives will be achieved (Hermawan et al., 2022). Thus, students who have a good level of fitness will also have a good level of concentration.

In learning physical education in elementary schools, many students still need help concentrating, greatly affecting the quality of physical education learning. This can happen because there is still a need to understand the effect of fitness training in improving student concentration in physical education learning in elementary schools. Several factors or components can affect the effectiveness of physical fitness training in achieving a good level of physical fitness. According to Sukadiyanto (Nasrulloh et al., 2021), the training components that need to be considered are the training frequency, the training intensity, the training time, the training volume, the rest between sets, the intervals, the number of repetitions, the number of sets, the circuits, the density, the training rhythm, and the training sessions. Many factors still need to be improved in understanding. Plus, there is a need for recommendations from related parties to improve the quality of physical education learning in elementary schools.

Based on the discussion of the problems above, the author aims to identify the factors that influence the effectiveness of fitness training in improving student concentration in physical education learning in elementary schools.

The exercise principles influence the effectiveness of fitness training in improving student concentration in physical education learning in elementary schools. Quoting from (TKSI KEMDIKBUD, 2023), The four elements of the exercise principle are frequency, intensity, time, and type, or it can be abbreviated as FITT. The abbreviation FITT is used to make it easier to remember the elements in it. The pronunciation of the word FITT is similar to fit, which means good and healthy body condition to carry out daily activities. The FITT acronym can be broken down as follows: 1) Frequency is how often physical fitness improvement training activities are carried out. The measure of how often is within one week. For children and adolescents of school age who are not athletes, at least training three times a week. The principle of rest is an aspect that is as important as the exercise itself. The body still needs enough rest to recover and prevent severe damage to body cells and overtraining; 2) Intensity is how hard the exercise is done or the challenge given to the body so that it has a meaningful

impact. The measure of heaviness and lightness highly depends on the type of exercise performed. If the exercise is done over a certain distance, then how far the distance must be travelled is the intensity. On the other hand, if the distance to be travelled must use speed, then the smaller travel time is the intensity. Intensity can also be measured by how much weight must be lifted, or the pulse speed can also be measured; 3) Time, which we can refer to as duration. How long the exercise is done in one shot is called duration. This misunderstanding of exercise duration occurs because the effectiveness of the time used for the activity as planned needs to be looked at. The length of the rest period will reduce the effectiveness of the exercise. Rest in training is necessary, but it should not take longer than is used for physical activity. Active rest is the best way to rest; 4) Type is an exercise chosen and used by the physical fitness component being trained. Running can be used for a long time to get cardiorespiratory endurance. Strength training can be done with weighted exercises. Meanwhile, to train flexibility using stretching. Running, weight training, and stretching are types of exercises.

In designing an effective fitness training programme, physical education teachers need to consider the above factors to enhance the effectiveness of fitness training in improving students' concentration in physical education learning at primary schools. Regarding the background, to find out how significant the influence of physical fitness level is on the concentration level in students at school, the authors are interested in researching "The Effect of Fitness Level on Concentration Level of Elementary School Students".

## **LITERATURE REVIEW**

### *Concentration*

According to (Nusufi, 2017), concentration is the ability to focus on the task without being distracted by internal or external stimuli, while its implementation refers to a broad dimension and concentration on certain tasks. Furthermore (Aviana & Hidayah, 2015) suggest that concentration is the centralisation of attention in the process of behaviour change, expressed in the form of mastery, use, and assessment of attitudes and values, knowledge and basic skills in various fields of study. Based on these two theories, concentration is the ability to focus attention and thoughts on a particular activity or task to achieve the desired results. Concentration involves ignoring irrelevant distractions and maintaining focus on the task at hand. Concentration is very important in learning, working, and daily activities. With good concentration, one can complete tasks more efficiently and effectively and minimise possible errors. Moreover, good concentration is capable of helping individuals to manage stress and to improve overall performance.

### *Student Learning Concentration*

As stated by Rachman (Mayasari, 2017), student learning concentration is a behaviour and focus of student attention to pay attention in every learning implementation and understand every subject matter. (Riinawati, 2021) suggests that learning concentration is difficult for students to overcome because many things can affect student concentration in learning. According to the two theories above, student learning concentration is the ability of students to focus attention and focus their minds on an ongoing learning activity. Good concentration is very important to understand and absorb information well so that students can achieve good results in learning.

Student learning concentration is influenced by various factors, such as the learning environment, physical and mental health, motivation, learning method, and difficulty level of the material being studied. When students can maintain concentration during the learning process, they can process information better and improve their ability to remember it in the long term. Educators need to understand the factors that affect students' learning concentration and use appropriate learning strategies and methods to help them maintain concentration and achieve optimal learning outcomes.

### *Student's Concentration in Physical Education Learning*

Student concentration in PE learning is very important to achieve maximum learning outcomes. As a subject that demands physical activity, PE learning requires good concentration from students to follow the teacher's instructions and commands accurately. Students' physical condition factors such as fatigue, hunger, or illness can affect students' concentration in PE learning. Students who feel physically uncomfortable tend to struggle to focus on assigned tasks. Therefore, students' physical fitness greatly affects their' concentration in PE learning or other lessons. To help improve students' concentration in PE learning, teachers should create students with good physical condition by improving students' physical fitness. Furthermore, teachers can also provide rest time or pauses between activities so that students can recover their energy and stay focused during the learning process.

### *Physical Fitness*

According to Nurhasan (Arifin, 2018), Physical fitness is a person's body's ability to perform daily tasks without causing significant fatigue. Suidiana (2014) suggests that physical fitness is the ability to do daily work energetically and alertly without undue fatigue and with enough energy to enjoy leisure time and cope with sudden, unexpected circumstances. Based on the two theories above, physical fitness is the ability of a person's body to perform physical activities properly and efficiently.

#### 1. Factors Affecting the Physical Fitness

Exercise principles are factors that affect the effectiveness of physical fitness training. Quoting from (TKSI KEMDIKBUD, 2023), The four elements of the training principle are frequency, intensity, time, and type, which can be abbreviated as FITT. The abbreviation FITT is used to make it easier to remember the elements in it. The pronunciation of the word FITT is similar to fit, which means a good and healthy body condition in which to carry out daily activities. The FITT acronym can be broken down as follows:

- a. Frequency is how often physical fitness improvement training activities are carried out. The measure of how often is within one week. For children and adolescents of school age who are not athletes, at least do the training three times a week. The principle of rest is as important as the training itself. Our body needs enough rest to regain recovery while preventing body cell damage and overtraining.
- b. Intensity is how hard the exercises are done or the challenge given to the body so that it has a significant impact. The weight and light of exercise depend on what exercise is performed. If the training travels a certain distance, then intensity is how far the distance has to be travelled. In another case, if the distance to be travelled must use speed, then the

- shorter travel time is intensity. Intensity can also be measured by how heavy the load must be lifted, or the pulse speed can also be measured.
- c. Time we can call it duration. How long the exercise is done in one shot is called duration. Misunderstanding of the duration of this exercise occurs because the effectiveness of the time used for activities as planned needs to be assessed. The length of rest time will reduce the effectiveness of the exercise. Rest in training is necessary but only takes up the time used for physical activity. Active rest is a good way to rest.
  - d. Type is the exercise chosen and used according to the physical fitness component trained. One can use types/types of small running for a long time to get cardiorespiratory endurance. Strength training can be done with weighted exercises, and stretching can be used for training flexibility. Small running, weighted exercise, and stretching are types of exercise.

### *Physical Fitness Components*

Citing from (TKSI KEMDIKBUD, 2023), physical fitness is useful for regulating and implementing a balanced exercise routine.

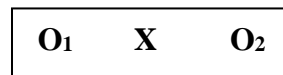
1. *Strength*. Strength, as an element of physical fitness, is the ability to do the work with endurance ability. Power is the maximum force that can be applied to a load. Training increases muscle strength, including lifting weights or increasing endurance.
2. *Endurance*. Endurance refers to the physical ability of the body to sustain exercise or activity for a long time. Endurance is a person's ability to use the heart, lungs or respiratory system and blood circulation effectively and efficiently. This element of physical fitness consists of two components: cardiovascular endurance and muscular endurance.
3. *Muscular Endurance*. Muscular endurance is the ability of a muscle or group of muscles to perform repeated contractions against a force over a long period. The greater the muscular endurance, the higher the number of repetitions that can be completed.
4. *Speed*. Speed is moving the body in one direction as quickly as possible. Speed is strongly related to agility. Speed is the ability to react and change the body's position with the maximum rate of force production.
5. *Flexibility*. Flexibility is the ability of a joint or series of joints to move through unrestricted, pain-free movement. Flexibility is a person's ability to adjust to various work activities effectively and efficiently using good body stretching.
6. *Agility*. Agility is defined as an element of physical fitness related to the skill to rapidly change the position of the whole body in space with speed and accuracy. Agility is the ability to quickly accelerate, decelerate, rise and change direction with proper posture.
7. *Coordination*. Coordination in physical fitness is the ability to carry out subtle, accurate, and controlled motor responses. Coordination is selecting the right muscles at the right time and intensity to achieve the right action.
8. *Balance*. Balance is the ability to control the position of your body, either at rest or in motion. Balance is a key component of physical fitness, strength, endurance and flexibility.

9. *Accuracy*. Accuracy is the ability to perform movements and skills with precision. It is often able to direct an object to a small target area. Accuracy is the ability to control movement in a specific direction or intensity.
10. *Reaction*. Reaction is a person's ability to act immediately and respond to a stimulus captured by the senses. Reaction refers to the speed at which a person responds to external stimuli.

## RESEARCH METHODOLOGY

For the truth of the hypothesis that the authors propose to be known, the authors conducted research using the experimental method by conducting experimental activities on the variables observed to obtain the result. This method is used because this research affects students' concentration in PE at SDN 2 Kutamanah with physical fitness training. The treatment programme the author has prepared is given to samples who undergo the treatment process. Measurements were taken to determine the level of student concentration due to the treatment of physical fitness exercises.

According to Hastjarjo (2019), the experimental method is a study that involves manipulating independent variables, controlling external/extraneous variables and measuring the effects of independent variables on dependent variables. Ramdhan (2021) also explains that experimental research methods aim to examine the effect of a particular treatment on the symptoms of a particular group compared to the other groups that use different treatments. In this study, the authors used a pre-experimental design research design with the type of pre-test and post-test design. According to Tresiana (2018), The pre-test and post-test design are described by a pattern:



**Figure 1.** Pre-Test and Post-Test Design (Tresiana, 2018)

In this design, observation was done twice, before and after the experiment. Observations were conducted twice, namely before the experiment and after the experiment. Observations made before the experiment (O1) are called pre-tests, and observations after the experiment (O2) are called post-tests. The difference between O1 and O2, namely O2 - O1, is assumed to be the effect of the experiment. The formula used to calculate the effectiveness of the experiment is:

$$t = \frac{Md}{\sqrt{\frac{\sum x^2 d}{N(N-1)}}$$

Description:

- Md : mean of the deviation (d) between post-test and pre-test
- Xd : the difference of deviation with mean deviation
- N : the number of the subjects
- Df : N-1

## RESULTS AND DISCUSSION

In this study, the test given was a concentration test with a concentration grid exercise. This study aimed to determine the effect of physical fitness on efforts to improve student concentration in physical education learning at UPTD SDN 2 Kutamanah. Pre-test and post-test Students' concentration of UPTD SDN 2 Kutamanah with concentration grid exercise in the following table :

**Tabel 1.** Pre-test dan Post-test concentration grid exercise

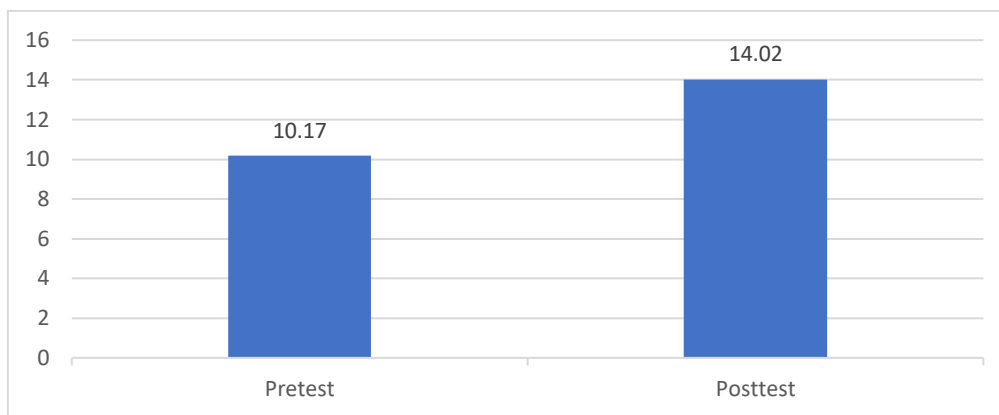
No	Subjects	Pre-test	Post-test	Difference
1	X1	6	10	4
2	X2	10	14	4
3	X3	15	15	0
4	X4	15	16	1
5	X5	12	24	12
6	X6	11	22	11
7	X7	11	18	7
8	X8	14	15	1
9	X9	6	11	5
10	X10	6	10	4
11	X1	9	10	1
12	X2	11	13	2
13	X3	14	17	3
14	X4	15	16	1
15	X5	9	11	2
16	X6	8	11	3
17	X7	7	10	3
18	X8	11	19	8
19	X9	15	18	3
20	X20	10	14	4
21	X21	13	16	3
22	X22	8	11	3
23	X23	14	15	1
24	X24	12	18	6
25	X25	9	16	7
26	X26	10	13	3
27	X27	13	14	1
28	X28	8	10	2
29	X29	7	12	5
30	X30	8	10	2
31	X31	7	10	3
32	X32	7	11	4
33	X33	7	12	5
34	X34	10	15	5
35	X35	13	16	3
36	X36	8	12	4
37	X37	6	9	3
38	X38	12	16	4
39	X39	9	14	5
40	X40	10	15	5
41	X41	13	17	4
42	X42	8	13	5

Data processing was carried out using the help of SPSS software version 25, the results of the pre-test and post-test concentration grid exercise can be seen in table 4.2 as follows:

**Table 2.** Descriptive Statistics of Pre-test and Post-test Data

	Descriptive Statistics								
	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic
Pre-test	42	9	6	15	427	10.17	.442	2.862	8.191
Post-test	42	15	9	24	589	14.02	.529	3.425	11.731
Valid N (listwise)	42								

Based on Table 4.2 above, it can be concluded that the average value (mean) of the pre-test is 10.17, and the post-test is 14.02. Then, for the pre-test, the minimum value is six and the maximum is 15. Then, for the pre-test, the minimum value is six and the maximum is 15. Meanwhile, for the post-test, the minimum value is nine, and the maximum is 24. Details of the acquisition of the average pre-test and post-test scores can be seen in Figure 2 below:



**Figure 2.** Mean of Pre-test dan Post-test

Figure 2 above shows that the concentration grid exercise of class VI UPTD State Elementary School 2 Kutamanah students during the pre-test had an average of 10.17 and increased during the post-test to an average of 14.02 after being given physical fitness treatment for eight meetings.

### Discussion

The results of the research conducted by the authors during the pre-test revealed the students' concentration level in class VI UPTD SDN 2 Kutamanah. From the total sample of 42 students, there were 24 students in the category of less concentration and 18 students in the category of sufficient concentration. If it is calculated, there are 57.14% students in the less category and 42.86% in the sufficient category. After obtaining the data on the level of student concentration during the pre-test, the researchers conducted physical fitness treatment for eight meetings to increase student's physical fitness, which would affect the students' concentration level. After being given physical fitness treatment, students took a post-test to determine whether the student's concentration level increased. The post-test results showed eight students in the poor concentration category, 20 in the sufficient concentration category, 12 in the good concentration category, and two in the excellent concentration category. Currently, there are 19.05% of students in the category of less



concentration, 47.62% of students in the category of sufficient concentration, 28.57% of students in the category of good concentration, and 4.76% of students in the category of excellent concentration.

Based on the explanation above shows that physical fitness has a positive impact on increasing the concentration of grade VI elementary school students. The increase in concentration is due to the influence of the student's physical fitness. Some physical fitness exercises used in this study are over the basket, jumping rope, plucking the tail, crab football, flexible revolve chair, running letter T, engraving game, and reactive stick drill. The objectives of the physical fitness exercises are as follows :

1. This purpose is to train in explosives/ power in the lower limbs.
2. Jumping rope aims to train agility, speed, flexibility, endurance and leg muscle strength.
3. Plucking the tail aims to train the heart and lung endurance.
4. Crab football aims to train muscle strength.
5. Flexible Revolve chair aims to train flexibility.
6. Running aims to train agility in moving and changing directions without losing balance.
7. Engraving game aims to train the balance.
8. The reactive stick drill aims to train the reaction speed to a stimulus in the form of a stick.

## **CONCLUSION**

Based on the results and discussion above, physical fitness training can enhance students' physical fitness. Some components of physical fitness which will increase when doing physical fitness exercises include explosive power, muscle endurance, heart and lung endurance, muscle strength, flexibility, agility, balance, and reaction time. With a good level of physical fitness, students will have faster reaction times. This suggests that fitness is related to neuroelectric indices, working memory, and response speed. In addition, the benefits of physical fitness include improving cognitive function and increasing brain response substantially, which is responsible for maintaining neuron health. Thus, the level of physical fitness of students can affect the level of student concentration in PE learning.

## **CONFLICT OF INTEREST**

All authors declare no conflict of interest in this manuscript.

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