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Physical Activity and Student Satisfaction Level of MURI Record SKJ 2022

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Abstrak

Tingkat kepuasan peserta pada Launching Rekor muri SKJ 2022 yang diadakan oleh menpora memiliki hubungan dengan aktifitas fisik pelajar, sehingga tujuan dari penelitian ini untuk mengetahui tingkat kepuasan dan aktifitas fisik rekor muri SKJ 2022. Jenis penelitian yang digunakan adalah penelitian deskriptif, Populasi pada penelitian ini seluruh siswa baik SD, SMP, SMA/SMK di Provinsi Gorontalo, sampelnya sejumlah 823 responden. Teknik pengambilan sampelnya menggunakan *Accidental Sampling*. Data yang dikumpulkan berdasarkan kuesioner yang di sebarkan melalui google form. Tingkat kepuasan peserta sebanyak 38,64% masuk pada kategori sangat puas, 60,87% masuk pada kategori puas, 0,49% pada kategori tidak puas, dan 0% berada pada kategori sangat tidak puas. Berdasarkan hasil penelitian bahwa: 1) tingkat kepuasan siswa mengikuti rekor muri SKJ 2022 adalah dalam kategori "puas", 2) berdasarkan factor penentu kepuasan, bahwa 39% sangat puas, 61% puas, dan 0% tidak puas, 3) kepuasan peserta senam berdampak positif terhadap aktifitas fisik siswa.

Keywords: Aktifitas fisik, Kepuasan, Rekor Muri

Abstract

The level of satisfaction of participants at the launching of the SKJ 2022 muri record held by the Menpora has a relationship with the physical activity of students, so the purpose of this study was to determine the level of satisfaction and physical activity of the SKJ 2022 muri record. The type of research used was descriptive research, the population in this study was all students from both elementary, junior high, and high school/vocational school in Gorontalo Province, and the sample is 823 respondents. The sampling technique uses Accidental Sampling. The data collected is based on a questionnaire that is distributed via Google Forms. The satisfaction level of the participants was 38.64% in the very satisfied category, 60.87% in the satisfied category, 0.49% in the dissatisfied category, and 0% in the very dissatisfied category. Based on the results of the study: 1) the level of student satisfaction following the SKJ 2022 muri record is in the "satisfied" category, 2) based on the determinants of satisfaction, 39% are very satisfied, 61% satisfied, and 0% dissatisfied, 3) gymnastics participant satisfaction positive impact on students' physical activity..

Keywords: *Physical activity, Satisfaction,Muri Record.*

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Introduction

Sport has a very important role in the framework of forming a complete human being to create a healthy human being both physically and spiritually. Humans are physically and mentally healthy, namely having a regular lifestyle, especially sports. Sports that a person does vary according to the purpose of carrying out sports activities, but sports are also done to get better physical fitness, although some do sports to get a good or ideal body.

It is no different from students at school, students should have good physical fitness. Data from developed countries shows that many young people's mental health is not optimal (Biddle et al., 2019), so the role of students' physical fitness is a very important aspect to increase mobility in achieving maximum academic achievement (Arifin, 2018). Higher or better physical fitness and activity are associated with better cognitive health and performance (Biddle et al., 2019)

Based on the official website of the Ministry of Youth and Sports (Kemenpora.go.id) that the Minister of Youth and Sports of the Republic of Indonesia Zainudin Amali launched the 2022 Physical Fitness Exercise for students. This is done so that students throughout Indonesia have an important role to play in inviting Indonesian people to live fit and healthy. Children's experiences in participating in sports contribute greatly to mental acuity, skills, and strategies that are important challenges faced throughout the life span (Walton-Fisette & Sutherland, 2020). The results showed that around 40% to 50% of middle school students were not active in carrying out physical activities, so the physical education program at school has a very important role in increasing students' physical activity (KAMAJAYA et al., 2011)

With the launching of the 2022 student physical fitness gymnastics which is carried out simultaneously throughout Indonesia, each school makes preparations in the form of gymnastic exercises so that students can memorize the movements by the SKJ 2022 gymnastics. (Aerobic Exercise) can be beneficial for body mass index, sit-ups, and fitness cardiorespiratory.(Kong et al., 2019) Exercise is part of physical activity that is planned, structured, and repetitive and has the improvement or maintenance of physical fitness as an ultimate or intermediate goal(Donnelly et al., 2016). Regular exercise can change certain brain structures and functions and these changes are associated with cognitive performance (Colcombe et al., 2004, 2006; Kramer et al., 1999). Exercise in the form of repeating these gymnastic movements can have a good effect on the cardiovascular system (KAMAJAYA et al., 2011). Exercises carried out outside class hours have a good influence on students, and this has led to increased concern for children's health, daily habits, and physical activity (Stellino et al., 2010). Mental health among adolescents can provide insight and effective development that supports youth involvement in sports and physical activity (Fang et al., 2022).

The findings provide evidence that current theories regarding understanding depression and mental health prevention programs can be enhanced by the inclusion of physical activity (McPhie & Rawana, 2015). Launching of the 2022 student physical fitness gymnastics which was carried out simultaneously throughout Indonesia, had a positive effect on affective, cognitive, and psychomotor for all students in Indonesia. There was a significant increase in physical activity and depression, self-esteem, and cognitive function in elderly young people (Biddle et al., 2019) besides that all forms of physical

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activity should be encouraged and promoted. (Eek et al., 2021). The need for school-affiliated physical activity suggests that time spent in physical activity will benefit health and possibly contribute to academic performance (Trudeau & Shephard, 2008). In connection with the launching of physical fitness gymnastics for students, the authors wanted to know the physical activity and satisfaction level of the 2022 physical fitness gymnastics participants record in the province of Gorontalo.

Method

This research is a type of descriptive research, (Sugiyono, 2017) where descriptive research is to describe what data has been collected. Data obtained directly from the source using instruments used to collect research data (Purwanto, 2018). The results of this study will be described based on physical activity and the level of satisfaction of the 2022 SKJ (Senam Kesegaran Jasmani) participants in Gorontalo Province.

The research was conducted in Gorontalo in 2022. The population in this study were all elementary, junior high, and high school/vocational school students in Gorontalo Province. The sampling technique uses Accidental Sampling, namely determining the sample by chance who meets with researchers who are suitable as data sources (Sugiyono, 2017) totaling 823 respondents. Data was collected by distributing questionnaires via the Google Form link after the 2022 SKJ student record. The instrument in the study of the satisfaction level of the 2022 SKJ student record can be seen in the table below.

Tabel 1. The 2022 SKJ muri record satisfaction level research instrument grid

Variabel	Factor	Indicator	Item	
			Favorable	Unfavorable
Exercise satisfaction level	Existence	Attractiveness	5	6
		Voice intonation	7	8
	responsiveness	Response to complaints		10
		Giving motivation	11	
		Communication skills	12	3
		Social sense	14	15
	Punctuality	Punctuality	16	17
		Punctuality in practice		18
	Professionalism	Discipline	19	20
		Practical knowledge	21, 23	22, 24
		Mastery of supporting knowledge	25, 27	26, 28
		Mastery of music	29	30
		Systematic presentation of material		32
	Overall satisfaction	How to teach	34	35
		Achievement of results	36	

(source: The instrument was prepared by the researcher and has gone through a validity test)

The author distributed questionnaires from 27 August 2022 to 3 October 2022. The data analysis technique used a descriptive data analysis approach, the data obtained was in the form of answers from the questionnaire and was evaluated using the percentage of students where the questionnaire instrument was distributed via the Google form link, so this research can be seen what is the level of satisfaction of students taking the SKJ 2022 muri record based on the satisfaction assessment criteria in the table below.

Table 1. Criteria for evaluating satisfaction

Value	Criteria
81-100	Very satisfied
61-80	Satisfied
41-60	Enough
21-40	Not satisfied
< 21	Very Dissatisfied

(Riduwan, 2007)

Result and Discussion

The research that was conducted had a sample of 823 respondents consisting of elementary, junior high, and high school/vocational school students from all over Gorontalo province who took part in the

SKJ 2022 muri record in Gorontalo Province, both in Pohuwato district and Gorontalo City. Following are the statistical results of the respondents who filled out the questionnaire

Statistics

N	823
Mean	78,54
Median	77,17
Mode	77,17
Standard deviation	8,12
Min	46,74
Max	100

(source: personal data)

Displayed in the form of an image, the following is the result of the satisfaction level of participants in the 2022 SKJ Muri Record (Physical Fitness Gymnastics) in Gorontalo Province.

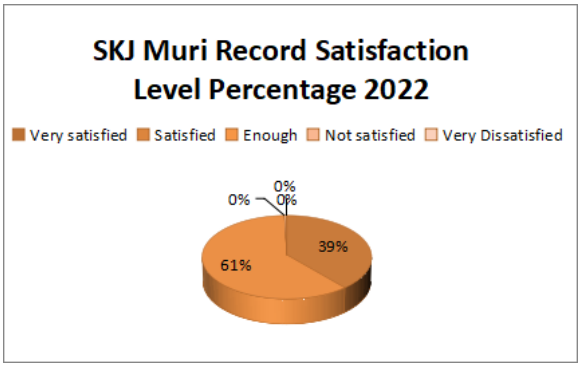

Figure 1. SKJ Muri Record Satisfaction Level Percentage 2022

Based on the picture above, 38,64% are in the very satisfied category, 60,87% are in the satisfied category, 0,49% are in the dissatisfied category, and 0% are in the very dissatisfied category

From the results obtained, most of the students in Gorontalo who took part in the SKJ Muri Record (Physical Fitness Gymnastics) were very satisfied with the activities that were carried out simultaneously throughout Indonesia, especially in Gorontalo. Record muri gymnastics which is a physical activity involving students like this can prevent the emergence of depression in students (Fang et al., 2022). Given that physical activity has positive effects on the prevention and treatment of common psychiatric disorders, it may also protect against suicide (Felez-Nobrega et al., 2020). Involvement in physical activity may be an effective strategy for the prevention of suicide attempts for boys (Felez-Nobrega et al., 2020). Some of the positive impacts that occur when students take part in physical activities like this, especially for children and adolescents, include decreasing the thickening of blood vessel walls and increasing cardiovascular function (Baumgartner et al., 2020), lower levels of depression (Bailey et al., 2018; Korczak et al., 2017; McDowell et al., 2017; McPhie & Rawana, 2015; Schuch et al., 2018), increasing well-being through increasing self-perception (i.e., self-concept and self-esteem) and self-regulation skills (i.e., impulsive) (Lubans et al., 2016). Children who participate less in physical activity are thought to be a risk factor for obesity (Cairney et al., 2010; Garland et al., 2011).

From several indicators of the level of satisfaction distributed in the form of a questionnaire, most were satisfied with the muri record held in Gorontalo Province. This can be seen from the final results that as much as 61% were satisfied. More than half were satisfied in terms of presence, responsiveness, punctuality, professionalism, and overall satisfaction. With this muri record held, students not only feel satisfied, but also have an impact on students' physical activity during preparation to performance. Physical activity is any bodily movement produced by skeletal muscles and requires energy expenditure (Who, 2010). Preparation with gymnastic exercises, where aerobic exercise interventions are designed to improve cardiorespiratory fitness (Colcombe et al., 2006),, doing exercises even if only for a few weeks, but this has an impact on the

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structure and function of healthy blood vessels in children and adolescents (Ried-Larsen et al., 2014; Weberrub et al., 2017) Involving all students means involving children and youth, this is very useful when children must adopt a physically active lifestyle from an early age and maintain it throughout life (Baumgartner et al., 2020). The satisfaction of elementary school participants who participate in sports has a higher level of satisfaction (Gokce & Bozyigit, 2020). The physical activity carried out as children and adolescents will affect when they become adults where adults with a lifetime history of cardiovascular exercise have brains that are more durable than their peers (Colcombe et al., 2006). Contributing to sports has a beneficial relationship with adolescent health (Lemes et al., 2021)

Conclusion

Based on the results of the study: 1) the level of student satisfaction following the SKJ 2022 muri record is in the "satisfied" category, 2) based on the determinants of satisfaction, 38.64% are very satisfied, 60.87% satisfied, and 0.49% are dissatisfied 3) the satisfaction of gymnastics participants has a positive impact on student's physical activity.

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