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The Difference in Physical Fitness Levels Between Students Who Walk and Those Who Use Motorized Vehicles to School : A Study of Students at SMA Negeri 11 Tidore Kepulauan

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Abstrak

Penelitian ini bertujuan untuk mengetahui perbedaan antara tingkat kebugaran jasmani siswa berjalan kaki dan neik kendararaan ke sekolah. Bagi guru pendidikan jasmani, hasil penelitian ini dapat memberikan informasi tentang pentingnya kebugaran jasmani bagi siswa.karena kondisi tingkat kebugaran jasmani yang baik pada siswa menyebabkan mereka mampu produktif dalam melakukan aktivitas sehingga mampu menjalankan hari-hari dengan semangat dan dapat mencapai hasil belajar yang optimal. Penelitian ini merupakan penelitian komparatif dengan metode survey dan pengumpulan datanya menggunakan tes TKJI antara lain tes lari 60 meter, *sit up, push up, trunk lift, sit and rich, one, leg, shuttle run* dan *bleep tes*. Penelitian ini dilakukan pada siswa SMA Negeri 11 Tidore Kepulauan. Populasi adalah seluruh siswa SMA Negeri 11 Tidore Kepulauan sebanyak 110 siswa. Sampel yang digunakan dalam penelitian ini adalah siswa kelas XI dengan jumlah siswa 40 orang Variabel dalam penelitian ini adalah variabel tunggal yaitu keterampilan passing bawah siswa SMA Negeri 11 Tidore epulauan. Dalam penelitian ini jarak yang ditempuh siswa dari rumah ke sekolah tidak dipermasalahkan. Dari hasil penelitian tentang perbedaan tingkat kebugaran jasmani, dapat disimpulkan bahwa tingkat kebugaran jasmani siswa jalan kaki dan naik kendaraan bermotor ke sekolah pada siswa SMA Negeri 11 Tidore Kepulauan tidak terdapat perbedaan yang signifikan baik pada siswa putri maupun putra. Hal ini dapat ditunjukkan dari hasil pengujian hipotesis bahwa nilai signifikansi (P Value) lebih besar dari nilai alpha (5%) atau 0,05 dengan kata lain Sig > α (0,100 > 0,05) sehingga diputuskan H0 diterima yang berarti bahwa tidak terdapat perbedaan yang signifikan antara tingkat kebugaran siswa ke sekolah berjalan kaki dan naik kendaraan bermotor.

Kata Kunci : tingkat kebugaran jasmani, berjalan kaki, naik kendaraan bermotor

Abstract

This study aims to determine the difference between the physical fitness levels of students who walk and ride to school. For physical education teachers, the results of this study can provide information about the importance of physical fitness for students because a good level of physical fitness in students allows them to be productive in carrying out activities so they can go about their days with enthusiasm and can achieve optimal learning outcomes. This research is a comparative research with survey method and data collection using TKJI test including 60 meter running test, sit up, push up, trunk lift, sit and rich, one leg, shuttle run and bleep test. This research was conducted on students of SMA Negeri 11 Tidore Kepulauan. The population is all students of SMA Negeri 11 Tidore Kepulauan totaling 110 students. The sample used in this research is grade XI students with a total of 40 students. The variable in this research is a single variable, namely the underhand passing skills of students of SMA Negeri 11 Tidore Kepulauan. In this research, the distance traveled by students from home to school is not a problem. From the results of research on differences in physical fitness levels, it can be concluded that the level of physical fitness of students walking and riding motorized vehicles to school at SMA Negeri 11 Tidore Kepulauan there is no significant difference in both female and male students. This can be shown from the results of hypothesis testing that the significance value (P Value) is greater than the alpha value (5%) or 0.05 in other words Sig> α (0.100> 0.05) so it is decided that H0 is accepted which means that there is no significant difference between the fitness levels of students walking and riding motorized vehicles to school.

Kata Kunci: physical fitness level, walking, riding a motor vehicle

Introduction

Physical fitness refers to an individual's ability to perform daily physical tasks optimally, without experiencing significant fatigue, and still being able to engage in additional physical activities. According to Kurniawan (2017:13), technological advancements today have both positive and negative impacts on human life. The positive impact of technological progress is that it makes it easier for humans to meet all aspects of life. On the other hand, the negative impact is the decline in physical fitness levels among humans. This happens because people are increasingly dependent on tools and machines, which leads to a decrease in physical fitness. With more reliance on mental effort rather than physical strength, physical activity becomes passive and static, affecting both the body and the mind.

According to Nurhasan (2011:12), physical fitness is the condition of an individual's body, which plays a crucial role in daily activities. To improve the quality of Indonesia's human resources as a whole, it is important to support the physical fitness level of individuals. Therefore, to maintain good physical health, regular and continuous physical activities are necessary, enabling individuals to carry out their daily activities well. Every individual needs to maintain a good level of physical fitness.

This is in line with the demands of tasks and activities in daily life. Physical fitness is one of the factors that influence all daily activities, including those of students. Having a higher level of physical fitness than the minimum requirement ensures smooth performance in their daily tasks. The higher an individual's physical fitness level, the better their physical work skills will be. Furthermore, physical fitness for students refers to activities specifically designed to improve their ability to face obstacles—whether physical, intellectual, mental, or sensory—so that they can carry out certain physical tasks in a school environment. Examples include student activities such as concentrating on lessons, remaining motivated throughout learning sessions without feeling exhausted, and performing other school tasks effectively.

Physical fitness is very important for students in their daily lives, both within and outside school. To maintain good physical fitness, students can engage in sports activities or other physical activities. A student’s physical fitness level is influenced by their daily physical activity, both in school and at home. One example of daily physical activity that affects their fitness level is how they travel to school—some students walk while others use motorized vehicles.

Students’ daily activities begin with how they travel to school, with some walking and others riding vehicles. These two activities can influence their physical fitness levels. Additionally, daily activities at home, such as playing on gadgets, sleeping, helping parents in the garden, or playing sports like soccer every afternoon, also contribute to their fitness levels.

SMA Negeri 11 Tidore Kepulauan is located in a mountainous or hilly region at the border of Halmahera Barat Regency and Tidore Kepulauan City, in the village of Kaiyasa, Oba Utara District. The majority of the community has a lower-middle-class economy, with livelihoods as farmers or fishermen. This economic condition leads most of the students at SMA Negeri 11 to walk to school due to the proximity of their homes to the school. Additionally, due to economic limitations, students do not have access to vehicles such as bicycles or motorcycles. As a result, walking to school has become a routine activity for these students. However, there are also students from villages farther from the school who use motorcycles to get there, either by riding alone or being driven by their parents.

Considering the difference in student activity when going to school—walking versus using motorized vehicles—the author was inspired to conduct a study titled: "The Difference in Physical Fitness Levels Between Students Who Use Motorized Vehicles and

Those Who Walk to School (A Study on Students at SMA Negeri 11 Tidore Kepulauan)."

Here is the translation of the **Method** section into English:

Method

A. Research Method and Design

This study is a comparative research using a survey method, and data collection was done using the TKJI (Tes Kebugaran Jasmani Indonesia) test. The method used in this research is ex post facto. According to Sugiyono (2017:7), ex post facto research is conducted to investigate events that have already occurred and then retrace them to identify the factors that may have caused these events.

B. Research Location and Time

1. Research Location
   The research was conducted at SMA Negeri 11 Tidore Kepulauan.
2. Research Time
   The research was carried out from October 5th to 17th, 2025, for approximately two weeks at SMA Negeri 11 Tidore Kepulauan.

C. Population and Sample

1. Population
   According to Sugiyono (2017:17), the population refers to a group that consists of objects or subjects with specific qualities and characteristics determined by the researcher to be studied and from which conclusions can be drawn. The population in this study is all students of SMA Negeri 11 Tidore Kepulauan, totaling 110 students.
2. Sample
   According to Arikunto (2010:112), sample selection is as follows: if the subjects are fewer than 100, it is better to take all of them; if there are more than 100 subjects, a sample size between 10-15% or 20-25% may be chosen. The sample used in this study consists of 40 students from grade XI.

D. Research Variables

A variable is the object or the focal point of a research study (Arikunto, 2013:99). The variable in this study is a single variable, which is the physical fitness level of students at SMA Negeri 11 Tidore Kepulauan. The physical fitness level is assessed using the Indonesian Physical Fitness Test (TKJI), which includes tests for strength, balance, endurance, flexibility, and agility, such as push-ups, sit-ups, trunk lift, sit and reach, one leg, 60-meter run, shuttle run, and bleep test. In this study, the distance students travel from home to school is not a concern.

E. Research Instruments

According to Sugiyono (2017:148), a research instrument is a tool used to measure the observed natural or social phenomena. The instruments used in this research include a questionnaire and physical fitness tests.

1. Questionnaire
   The questionnaire is a data collection technique where a set of written questions or statements is provided to respondents for them to answer (Sugiyono, 2017:152). The questionnaire in this study is used to categorize students who walk to school and those who use motorized vehicles.
2. Physical Fitness Measurement Instrument (TKJI Test)
   a) TKJI Test
   The Indonesian Physical Fitness Test (TKJI) is used in this research (Hairy, 2010). The series of tests have reliable values:

The procedures in this study are as follows:

1. 60-meter run
2. Shuttle run
3. Sit-ups (60 seconds)
4. Push-ups (60 seconds)
5. Bleep test
6. Sit and reach
7. Trunk lift
8. One leg

b) Tools and Facilities Used

9. Running track or field
10. Stopwatch
11. Starting flags
12. Speaker
13. Whistle
14. Stationery
15. Bleep test instruction recording

c) Test Procedure

16. 60-Meter Run
    This test aims to measure speed:
    a. Initial position: the student stands behind the start line.
    b. Movement: on the command "go," the student runs as fast as possible to the finish line.
17. Shuttle Run
    This test aims to train agility.
    a. Initial position: the student stands behind the start line.

b. Movement: the examiner gives the command "go," and the student runs, picks up a block, and places it back at the start line. The student repeats this until all blocks are moved to the start line.

18. Sit-ups
This test aims to measure abdominal muscle strength and endurance.
a. Initial position: the student lies on the floor, knees bent at a 90-degree angle, hands interlaced behind the head, and the partner holds the ankles.
b. Movement: on the command “go,” the student sits up so the elbows touch the thighs and then returns to the starting position, repeating the movement for 60 seconds.
19. Push-ups
This test aims to measure arm and shoulder muscle strength.
a. Initial position: students face each other so one can count the repetitions.
b. Movement: the student places their palms on the floor under the chest and performs push-ups by lifting and lowering the body repeatedly for 60 seconds.
20. Bleep Test
This test measures maximal aerobic power (VO2 max).
a. Initial position: the participant stands behind the start line.
b. Movement: the participant runs to the opposite end of the track each time the "beep" sounds.
c. Each time the "beep" sounds, the participant must reach one end of the track.
21. Sit and Reach
This test measures lower back and hamstring flexibility.
a. Initial position: the participant sits with legs straight and the feet placed at the edge of the tape line.
b. Movement: slowly, the participant bends forward, with hands reaching forward.
c. The participant holds the farthest point they can reach for one second.
22. Trunk Lift
This test measures flexibility and endurance of the body’s extensor muscles.
a. Initial position: the participant lies face down on a mat.
b. Movement: the participant lifts their chin as high as possible and holds for three seconds.
23. One Leg
This test aims to train leg muscles used for support.
a. Initial position: the participant lifts one leg 3-6 inches off the floor and stabilizes the body and supporting leg.
b. The participant avoids upper body movement and attempts to keep the supporting leg still. The student holds the position as long as possible.

F. Data Collection Techniques

According to Suharsimi Arikunto (2010:265), data collection methods are the techniques used to collect research data. In this study, students are grouped into those who walk to school and those who use motorized vehicles, and their physical fitness levels are measured using the TKJI test. The data obtained from this test are then converted into reference tables for evaluating physical fitness levels, as follows:

1. TKJI Evaluation Reference Table

An overview of the Indonesian Physical Fitness Test scores for male and female students aged 16-18 is as follows:

Table 1: Indonesian Physical Fitness Test Scores for Male Students (Ages 16-19)

Nilai	**Lari 60 m**	***Sit up***	***Pus up***	***Shuttel run***	***Sit and rich***	***Trank lift***	***One leg***
5	s.d-7,2	>30	>30	<12.10	>14	40 keatas	>50”
4	7,3-8,3	26 -30	29 – 37	12.11-13.53	11-14	30-39	50-41”
3	8,4-9,6	20 - 25	20 – 28	13.54-14.96	7-10	20-28	40-31”
2	9,7-11,0	17 - 19	12 – 19	14.97-16.93	4-6	12-10	30-20”

Sumber: Pasaribu, 2020

Tabel 2 Nilai Tes Kebugaran Jasmani Indonesia untuk putri usia 16-19

Nilai	Lari 60 m	Sit up	Pus up	Shuttel run	Sit and rich	Trank lift	One leg
5	s.d-7,2”	>25	>21	<12.42	>15	40 keatas	>30”
4	7,3”-8,3	21 – 25	16 – 20	12.43-14.09	12 - 15	30-39	30-23”
3	8,4”-9,6	15 – 20	10-15	14.10-15.74	7 - 11	20-28	22-16”
2	9,7-11,0	9 – 14	5 – 9	15.75-17.39	4 - 6	12-10	15-10”

Sumber: Pasaribu, 2020

Table 3: Bleep Test Evaluation Reference

Tk	Blk	Vo2 maks	Tk	Blk	Vo2 maks	Tk	Blk	Vo2 maks	Tk	Blk	Vo2 maks
2	1	20,1	3	1	23,0	4	1	26,2	5	1	29,9
2	2	20,4	3	2	23,6	4	2	26,8	5	2	30,2
2	3	20,7	3	3	23,9	4	3	27,2	5	3	30,6
2	4	21,1	3	4	24,3	4	4	27,6	5	4	31,0
2	5	21,4	3	5	24,6	4	5	27,9	5	5	31,4
2	6	21,8	3	6	25,0	4	6	28,3	5	6	31,8
2	7	22,1	3	7	25,3	4	7	28,9	5	7	32,1
2	8	22.5	3	8	25,7	4	8	29,5	5	8	32,5
							9	29,7	5	9	32,9
6	1	33,2	7	1	36,7	8	1	40,2	9	1	43,6
6	2	33,6	7	2	37,1	8	2	40,5	9	2	43,9
6	3	33,9	7	3	37,4	88	3	40,8	9	3	44,2
6	4	34,3	7	4	37,8	8	4	41,1	9	4	44,5
6	5	34,6	7	5	38,1	8	5	41,4	9	5	44,8
6	6	35,0	7	6	38,5	8	6	41,8	9	6	45,2
6	7	35,3	7	7	38,8	8	7	42,1	9	7	45,2
6	8	35,7	7	8	39,2	8	8	42,4	9	8	45,9
6	9	36,0	7	9	39,5	8	9	42,7	9	9	46,2
6	10	36,4	7	10	39,9	8	10	43,0	9	10	46,5
						8	11	43,3	9	11	46,8

2) Normal Table

The following table shows the normal classification for the Indonesian Physical Fitness Test scores for adolescents aged 16-19, both male and female:

Table 4: Normal Classification for Indonesian Physical Fitness Test (Ages 16-19, Male and Female)

No	Jumlah Nilai	Klasifikasi
1	22-25	Baik Sekali(BS)
2	18-21	Baik(B)
3	14-17	Sedang(S)
4	10-13	Kurang(K)
5	5-9	Kurang Sekali(KS)

Sumber : (Hariy, 2010)

From the table above, it can be seen that for the Very Good category, the score range is (22-25), for Good it is (18-21), for Average it is (14-17), for Poor it is (10-13), and for Very Poor, the score range is (5-9).

A. Data Analysis Technique

The data analysis technique used in this study is Analysis of Variance (ANOVA), specifically one-way ANOVA. One-way ANOVA is used when the variable being analyzed consists of only one variable (Hartono, 2004:208). Additionally, ANOVA is used to compare the mean values of two or more groups. There are two prerequisite tests that must be met before the main data analysis is performed. To test the hypothesis in this study using one-way ANOVA, these tests are normality testing and homogeneity testing.

1. Prerequisite Tests

a. Normality Test

The normality test is conducted to determine whether the sample data comes from a normal distribution. The normality test can be conducted using SPSS 23.0 software with a non-parametric statistical test, namely the Kolmogorov-Smirnov test. The hypotheses for the normality test are defined as follows:

- H1 = data is normally distributed
- H0 = data is not normally distributed

The decision-making criteria are as follows:

- If the Asym. Sig. (significance) or probability value is < 0.05, the distribution is not normal.
- If the Asym. Sig. (significance) or probability value is > 0.05, the distribution is normal.

Based on the normality test results using the Kolmogorov-Smirnov formula through SPSS calculations, the results can be seen in the table below.

b. Homogeneity Test

The homogeneity test is conducted to determine whether the data obtained from both groups are similar or not. This test is a requirement for the independent sample T-test analysis. The homogeneity test is used to help make decisions in statistical tests. The decision-making criteria for the homogeneity test are as follows:

- If the significance value is < 0.05, the variance between two or more groups is not homogeneous.
- If the significance value is > 0.05, the variance between two or more groups is homogeneous.

Results and Discussion

A. Research Results

1. Data Description

Data description provides an overview of the types of data needed for analysis. The research conducted at SMA Negeri 11 Tidore Kepulauan aimed to determine the differences in physical fitness levels between students who use motorized vehicles and those who walk to school. The initial data collection involved a questionnaire to categorize students who walk to school and those who use motorized vehicles. The respondents were 40 students from grade XI at SMA Negeri 11 Tidore Kepulauan, divided into two groups: 20 students who use motorized vehicles and 20 students who walk to school. The types of data collected included totals, averages, standard deviations, medians, and modes for each of the variables, which were then grouped and analyzed statistically, as shown in the appendix. The descriptive results of the physical fitness levels are presented in the following table.

Table 5: Frequency Distribution of Physical Fitness Levels for Grade XI Students of SMA Negeri 11 Tidore Kepulauan

No	Interval	Kebiasaan ke sekolah		Jumlah	Kategori
		Jalan kaki	Kendaraan motor		
1	22-25	9	3	12	Baik Sekali
2	18-21	9	13	22	Baik
3	14-17	2	4	6	Sedang
4	10-13	0	0	0	Kurang
5	5-9	0	0	0	Kurang Sekali
		20	20	40	

If displayed in the form of a graph, the physical fitness levels of the grade XI students at SMA Negeri 11 Tidore Kepulauan are as follows:

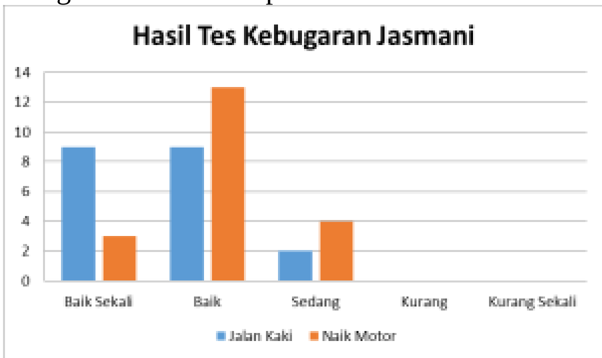

Figure 1: Results of the Physical Fitness Test for Grade XI Students at SMA Negeri 11 Tidore Kepulauan

Based on Table 4 and the diagram above, it shows that the Grade XI students at SMA Negeri 11 Tidore Kepulauan have the following physical fitness categories: Very Good: 22 students (64%), Good: 11 students (23%), Average: 7 students (13%), and there are no students in the Poor or Very Poor categories.

a. Results of the Physical Fitness Test for Female Students

a.1 Physical Fitness of Female Students Walking to School

Table 6: Results of the TKJI Test for Female Students Walking to School

Kategori	Tes TKJI							
	Lari 60m	Push up	Sit Up	Trunk Lift	Sit&Rich	One Leg	Shuttle Run	Bleep Tes
Baik sekali	2	4	2	0	0	1	0	0
Baik	0	0	2	0	0	0	3	3
Sedang	4	2	3	6	4	4	2	3
Kurang	4	4	3	4	6	5	4	4
Kurang Sekali	0	0	0	0	0	0	1	0

Table 6 above shows the results of the physical fitness tests from several types of TKJI tests. Female students who walk to school have a fairly good level of physical fitness, as indicated by the results of various TKJI tests. Some female students walking to school achieved fitness test results ranging from the **Very Good** category to the **Poor** category. However, in some tests, such as the 60-meter run, push-ups, trunk lift, shuttle run, sit and reach, and bleep test, only a few female students had results in the **Very Good**

and **Good** categories. Only one student had a **Very Poor** result. For further clarification, the results can be seen in the following bar graph or histogram:

Figure 2: Results of the TKJI Test for Female Students Walking to School

From the various TKJI tests conducted above, it can be shown that female students who walk to school have a fairly good physical fitness level. Based on the results of several TKJI tests, female students walking to school achieved the following average scores: Very Good category: an average of 1.2, Good category: an average of 1, Average category: an average of 3.8, Poor category: an average of 4.4, and Very Poor category: an average of 1.4. The average test results for female students walking to school can be seen in Table 7 below.

Table 7: Average Results of the TKJI Test for Female Students Walking to School

Kategori	Rata-Rata Hasil Tes TKJI	Persentase (%)
Baik Sekali	1,1	11
Baik	0,9	9
Sedang	3,6	36
Kurang	4,2	42
Kurang Sekali	0,2	2

Untuk lebih jelasnya dapat dilihat dalam diagram batang atau histogram dibawah ini :

Figure 3: Histogram of the Average Results of the TKJI Test for Female Students Walking to School

a.2 Physical Fitness of Female Students Using Motorized Vehicles

Table 8: Results of the TKJI Test for Female Students Who Use Motorized Vehicles

Table 8 above shows the results of the physical fitness tests from several types of TKJI tests. Female students who use motorized vehicles to go to school have a fairly good physical fitness level, as indicated by the results of the tests. Some female students who walk to school have results in the **Very Good** to **Poor** categories. However, for some tests, such as the trunk lift, shuttle run, one leg, sit and reach, and bleep test, only a few female students achieved results in the **Very Good** and **Good** categories. For further clarification, the results can be seen in the following bar graph or histogram:

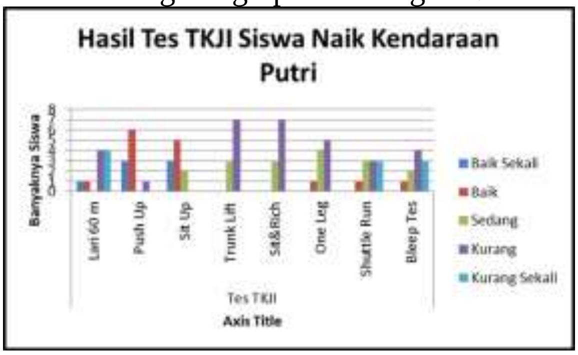

Figure 3: Results of the TKJI Test for Female Students Using Motorized Vehicles

From the various TKJI tests conducted above, it can be shown that female students who use motorized vehicles to go to school also have a fairly good physical fitness level, and there is no significant difference compared to those who walk to school. This is indicated by the results of several TKJI tests, where female students using motorized vehicles achieved the following average scores: **Very Good** category: an average of 0.875, **Good** category: an average of 1.875, **Average** category: an average of 2.125 students, **Poor** category: an average of 3.875 students, and **Very Poor** category: an average of 1.25 students. The average results for female students using motorized vehicles can be seen in **Table 8** below:

Table 8: Average Results of the TKJI Test for Female Students Using Motorized Vehicles

For further clarification, the results can be seen in the bar graph or histogram below:

Figure 4: Average Results of the TKJI Test for Female Students Using Motorized Vehicles

The difference in the average physical fitness test results between female students who walk to school and those who use motorized vehicles can be seen in Table 9 below:

Table 9: Difference in the Average Physical Fitness Test Results for Female Students Walking to School and Using Motorized Vehicles

For further clarification, the results can be seen in the bar graph or histogram as follows:

Figure 5: Difference in the Average TKJI Test Results for Female Students Walking to School and Using Motorized Vehicles

a) Results of the Physical Fitness Test for Male Students

Table 10: Results of the TKJI Test for Male Students Walking to School

Table 10 above shows the results of the physical fitness tests from several types of TKJI tests. Male students who walk to school have a good level of physical fitness, as indicated by the results of the tests. Some male students who walk to school achieved physical fitness test results ranging from the Very Good category to the Poor category. Only 3 students had results in the Very Poor category. For further clarification, the results can be seen in the following bar graph or histogram:

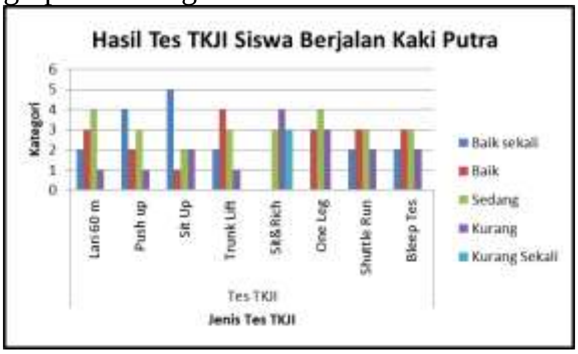

Figure 6: Bar Graph or Histogram of the TKJI Test Results for Male Students Walking to School

The average results of the TKJI test for male students walking to school are shown in Table 11 below:

Table 11: Average Results of the TKJI Test for Male Students Walking to School

From Table 11 above, it shows that male students who walk to school, based on several types of TKJI tests conducted, have a good level of physical fitness. This is evident from the results of the tests, where male students walking to school achieved the following average scores: Very Good category: an average of 2.25, Good category: an average of 2.75, Average category: an average of 3.25, Poor category: an average of 1.25, and Very Poor category: an average of 0.55. For further clarification, the results can be seen in the histogram below:

Figure 7: Average Results of the TKJI Test for Male Students Walking to School

a) Results of the Physical Fitness Test for Male Students Using Motorized Vehicles

Table 12: Results of the TKJI Test for Male Students Using Motorized Vehicles

Kategori	Tes TKJI							
	Lari 60 m	Push up	Sit Up	Trunk Lift	Sit&Rich	One Leg	Shuttle Run	Bleep Tes
Baik sekali	2	2	2	2	0	0	1	0
Baik	4	4	4	3	0	3	4	2
Sedang	0	2	2	4	3	3	2	4
Kurang	4	2	2	1	5	3	3	4
Kurang Sekali	0	0	0	0	2	1	0	0

Table 12 above shows the results of the physical fitness tests from several types of TKJI tests. Male students who use motorized vehicles to go to school have a good level of physical fitness, as indicated by the results of the tests. Some male students who use motorized vehicles achieved physical fitness test results ranging from the **Very Good** category to the **Poor** category. Only 3 students had results in the **Very Poor** category. For further clarification, the results can be seen in the following bar graph or histogram:

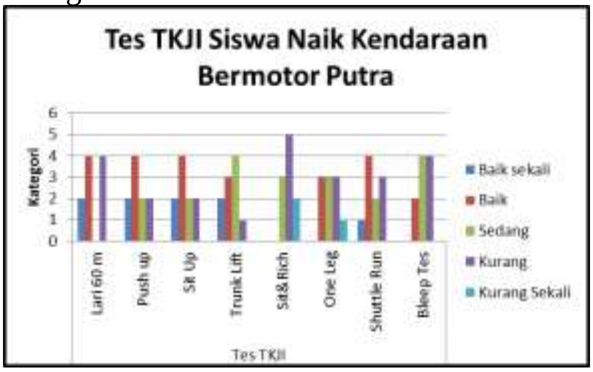

Figure 8: Bar Graph or Histogram of the TKJI Test Results for Male Students Using Motorized Vehicles

Table 13: Average Results of the TKJI Test for Male Students Using Motorized Vehicles

Kategori	Rata-Rata Hasil Tes TKJI	Persentase (%)
Baik Sekali	1,125	11,25
Baik	3	30
Sedang	2,5	25
Kurang	3,125	31,25
Kurang Sekali	0,225	2,25

From Table 13 above, it shows that the average results of the TKJI test for male students who walk to school, based on several types of TKJI tests conducted, indicate a good level of physical fitness. This is reflected in the results of the tests, where male students walking to school achieved the following average scores: **Very Good** category: an average of 1.125, **Good** category: an average of 3, **Average** category: an average of 2.5, **Poor** category: an average of 3.125, and **Very Poor** category: an average of 0.225. For further clarification, the results can be seen in the histogram below:

Figure 9: Bar Graph or Histogram of the Average TKJI Test Results for Male Students Using Motorized Vehicles

The difference in the average physical fitness test results between male students who walk to school and those who use motorized vehicles can be seen in Table 14 below:

Table 14: Difference in the Average Physical Fitness Test Results for Male Students Walking to School and Using Motorized Vehicles

For further clarification, the results can be seen in the bar graph or histogram as follows:

Figure 10: Difference in the Average Results of the TKJI Test for Male Students Walking to School and Using Motorized Vehicles

Kebugaran Jasmani	Shapiro-Wilk	Sig.	Keterangan
Siswa Berjalan Kaki	0,936	0,513	Normal
Siswa Naik Kendaraan	0,874	0,112	Normal

Berdasarkan Tabel 15 uji normalitas diatas menunjukkan bahwa siswa berjalan kaki dan naik kendaraan bermotor datanya berdistribusi normal.

1) Analisis Data Uji Homogenitas

Uji Homogenitas dilakukan untuk menguji apakah data penelitian homogen atau tidak. Dari perhitungan SPSS 15.00 for windows menggunakan Test of Homogeneity of Variance. Interpretasi didasarkan pada rata-rata (Based on Mean)

Tabel 16. Data Uji Homogenitas

Kebugaran Jasmani	Sig.	Alpha	Keterangan
Siswa Berjalan Kaki	0,948	0,05	Data Homogen
Siswa Naik Kendaraan			

Berdasarkan Tabel . 16 di atas dapat dijelaskan bahwa dalam pengujian dengan statistik *Based on Mean* diperoleh signifikansi 0,948, jauh melebihi 0,05. Dengan demikian data penelitian adalah homogen.

2) Analisis Data Uji Independent Sampel t-Tes

Tabel 17. Uji Independent Sampel t-tes

Perbedaan Tingkat Kebugaran Jasmani	Perbandingan Sig. dengan Alpha	Keterangan
Siswa Bersepeda dan Naik Kendaraan Bermotor	0,100>0,05	Tidak Signifikan

Based on Table 17 above, it can be explained that the physical fitness levels of students who walk to school and those who use motorized vehicles at SMA Negeri 11 Tidore Kepulauan showed a significance value (P Value) greater than the alpha value (5%) or 0.05, meaning Sig > α (0.100 > 0.05). Therefore, it was decided that H0 is accepted, indicating that there is no significant difference in the physical fitness levels between students who walk to school and those who use motorized vehicles at SMA Negeri 11 Tidore Kepulauan.

Discussion

Based on the description of the results and data analysis, it shows that the physical fitness levels of students who walk to school are not fundamentally different from those of students who use motorized vehicles to get to school. However, from the results of this study, students who walk to school showed slightly better average TKJI test results than those who use motorized vehicles. This difference is influenced by several factors. Specifically, students who walk to school exert more physical effort and spend relatively more time traveling to school compared to those who use motorized vehicles for the same distance, which is about ± 2 km from home to school. Therefore, it is necessary for students who use motorized vehicles to engage in additional physical activities to achieve a good level of physical fitness.

From the research results on the differences in physical fitness levels, it can be concluded that there is no significant difference in the physical fitness levels of students walking to school and those using motorized vehicles at SMA Negeri 11 Tidore Kepulauan. This is due to several factors, such as the relatively short distance for both students who walk and those who use motorized vehicles, and other factors like physical activity outside of school, such as sports, walking, helping parents in the garden, and studying. These factors are similar for both groups, so the activities of walking and using motorized vehicles to school do not significantly affect the physical fitness condition of the students.

Conclusion

Based on the research results regarding the differences in physical fitness levels, it can be concluded that there is no significant difference in the physical fitness levels between students who walk to school and those who use motorized vehicles at SMA Negeri 11 Tidore Kepulauan, for both female and male students. This is evidenced by the hypothesis testing results, which showed that the significance value (P Value) was greater than the alpha value (5%) or 0.05, meaning Sig > α (0.100 > 0.05). Therefore, it was decided that H0 is accepted, indicating that there is no significant difference in the physical fitness levels of students walking to school and using motorized vehicles.

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