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ELECTRONIC THESIS AND DISSERTATION UNSYIAH

TITLE

IMPLEMENTASI INSTRUMEN TES KEBUGARAN JASMANI PESERTA DIDIK SEKOLAH DASAR KELAS RENDAH DI KABUPATEN ACEH BARAT TAHUN 2019

ABSTRACT

IMPLEMENTATION OF JASMANI TEST FITNESS SCHOOL BASIC LOW CLASS IN ACEH BARAT DISTRICT

ABSTRACT

(ERI WAHYUNI UMAR)

This determination is motivated by the need for appropriate measuring tools in order to help and facilitate teachers and students in knowing physical fitness. This research is an implementation of the research on the development of physical fitness measurement tools for low grade elementary school students in Aceh Besar district. This study uses a physical fitness measurement tool for children aged 6-9 years or low grade elementary school students. The purpose of this study is to implement a physical fitness test for low grade elementary school students in West Aceh district. The indicators measured in this study are all aspects related to the problem, namely: (1) speed (running 20 meters), (2) strength endurance (lying body bending elbows), (3) flexibility (sitting reaching forward), and (4) endurance of the pulmonary heart (bufagon 720 meters). The research method used is development research. The data that has been collected is then analyzed using Statistical Package for Social Sciences (SPSS). The subjects of this study were 516 male and female elementary school students in the West Aceh Regency (274 boys and 242 girls). The results of the implementation of the test are the men's validity level of 0.603 rtable 0.603 while the women's validity level of 0.507 rtable 0.383. the reliability level of the son of rcount is above 0.794 while the level of reliability of the son of rcount is above 0.766 and the level of objectivity of the son rcount is 0.587 rtable 0.380 while the level of objectivity of the rcount woman is 0.507 rtable 0.383. Conclusions from the results of the study, that the implementation of the product development of physical fitness test instruments for low grade elementary school students in West Aceh Regency was declared valid and reliable so it was suitable to be used. Furthermore, it is necessary to conduct research with a broader subject and research location, so that the measurement tool product is more tested for eligibility.

Keywords: Implementation, Instruments, Physical Fitness Test, Low Class Students.