



Increasing Physical Fitness in Gender in Wetland Areas Negara Hulu Sungai Selatan District

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Abstract

The purpose of this study was to determine the increase in physical fitness for gender in the wetland area of Negara Hulu Sungai Selatan District. The method used in this study is the pre-experimental method. The purpose of the pre-experiment is to obtain information that is an approximation of the information that can be obtained by the actual experiment in circumstances where it is not possible to control and manipulate all the relevant variables. The design in this study uses The One Group Pretest-Posttest design, which means that a group of subjects is subjected to treatment for a certain period of time, while measurements are made before and after treatment is given and the effect of treatment is measured from the difference between the initial measurement (O_1) and the final measurement (O_2). The population in this study were women in the wetlands of Negara District, while the sample size was 35 people. The results of the study showed that there was an increase in physical fitness in women in the wetlands of Negara Hulu Sungai Selatan District. The benefits of physical fitness are currently very well recognized by the community, as evidenced by the development of fitness centers and sports activities that are widely held, all of which stem from the pursuit of physical fitness.



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INTRODUCTION

Physical fitness will describe a person's life in a harmonious, vibrant and creative way. In other words, a fit person is a person who has a healthy, bright outlook on life both for now and for the future. Currently in Indonesia, people's interest in doing sports is increasing both in public places, on the roads and on sports fields. In addition, various recreational sports groups have sprung up such as cycling, climbing, trekking, fishing and physical fitness centers. On the other hand, the progress of science and technology makes it easy for people to carry out various daily activities so that people tend to be less mobile which can result in decreased levels of physical fitness. We can live a healthy life but have poor physical fitness, or conversely we may be sick but our physical fitness level is quite high. Many athletes who are sick can break records in a match, this means their physical appearance is good. Often we see or hear of an athlete with a fever or cough competing persistently in a world-class competition, and in the end he manages to come out as a champion. So physical fitness belongs to everyone, whether he is healthy or sick. It's just that the level is different. Some have it at the lowest level and some have it at a very high level. A person who has high Physical Fitness, will be able to overcome his surroundings. Physical fitness is the ability and ability of the body to make adjustments (adaptation) to the physical liberation given to it (from daily work) without causing excessive fatigue.

Sports activity greatly affects a person's physical fitness, moreover, this activity makes a direct contribution to the components of physical fitness. Sports activities must still be adjusted to a person's age, for example the type of activity, safety factors and equipment used. Sports activities cannot be done

haphazardly, they still have to be done with the correct techniques and rules. Even though you like sports, you still have to look at your age and physical condition so that you can keep it under good control. From the point of view of Sports Physiology, Sport is a series of regular and planned exercises that people do consciously to improve their functional abilities, in accordance with the purpose of doing sports. Sports are divided based on their nature or purpose, namely achievement sports, recreational sports, health sports and educational sports, (Prastya & Susila, 2020).

Regular physical fitness exercises have the following impacts: 1) Reducing the risk of serious illness When the body exercises, the blood flow from the heart throughout the body and from the whole body to the heart becomes smoother than when the body is still. Therefore, physical fitness exercises that are carried out regularly will help reduce the possibility of heart disease and make the body healthy.(Indrayana & Yuliawan, 2019). Apart from being healthy for the heart, the benefits of other physical fitness exercises are to prevent diseases such as stroke, diabetes, high blood pressure, several types of cancer, arthritis, and digestive diseases. 2) Maintain ideal body weight and prevent obesity. Overweight and obesity can occur due to the accumulation of food substances and excess energy that is stored in the body. In addition, overweight and obesity can also occur due to lack of activity in the body. 3) Increase stamina As is known, physical fitness is the body's ability to make adjustments (adaptation) to the physical burden given to it (from the work done daily) without causing excessive fatigue. (Bayu Pratama, 2013). Therefore, everyone needs physical fitness to be able to do work or activities effectively without experiencing significant fatigue.

Physical fitness is a condition that is desired by everyone. With physical fitness people will be able to appear more dynamic and create work productivity. (Fatoni, R. A., Suroto, S., & Indahwati, 2020), (Al-Jamil et al., 2018). The benefits of physical fitness are currently very well recognized by the community, as evidenced by the development of fitness centers and sports activities that are widely held, all of which stem from the pursuit of physical fitness. Physical fitness gives a person the ability to do their daily work without excessive fatigue and still have the energy reserves to enjoy their spare time properly and do sudden work. (Adha Septiana, 2020). In the Hulu Sungai Selatan area, especially in the Negara District, the base is swamp areas (wetlands). This is what makes movement or sports activities still lacking. Researchers want to provide a solution to this by providing an exercise to improve physical fitness.

METHODS

The method used in this study is the pre-experimental method. The purpose of the pre-experiment is to obtain information that is an approximation of the information that can be obtained by the actual experiment in circumstances where it is not possible to control and manipulate all the relevant variables. The design in this study uses The One Group Pretest-Posttest design, which means that a group of subjects is subjected to treatment for a certain period of time, while measurements are made before and after treatment is given and the effect of treatment is measured from the difference between the initial measurement (O1) and the final measurement (O2). (Rahmawati et al., 2017). (R. Arifin, Hasyim, et al., 2022).

Participants

The population in this study were women in the wetlands of Negara District, while the sample size was 35 people (Sugiyono, 2015).

Sampling Procedures

A study that uses a hypothesis will deal with population and sample problems. This is because the hypothesis testing is statistically related to the subject group, both humans, symptoms, test scores, objects or events. The population in this study were women in the wetlands of Negara District, while the sample size was 35 people. The sampling technique used was cluster sampling (Prativi, 2013). (R. Arifin, Kahri, et al., 2022).

Materials and Apparatus

The instrument used in this study is the Vo2max test with a bleep test.

Procedures

conducting research by carrying out initial tests first then giving exercises in the form of a daily program to the sample, then the sample carried out exercise activities at home. After 2 months of sample time, do the final test again.

Design or Data Analysis

data analysis using 1) normality test 2) homogeneity test 3) t-test or hypothesis test.

RESULT

After getting the results of the initial test and the final test for women in the wetland area of Negara Hulu Sungai Selatan District which were then given in the form of programmed exercises at home to women in the wetland area of Negara Hulu Sungai Selatan District, the results of the initial test and final test of women's physical fitness could be seen. in the

wetland area of Negara Hulu Sungai Selatan District as follows:

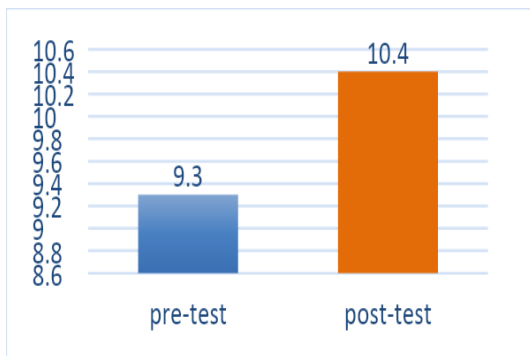


Fig 1. Graphic pre-test and pos-tes

The researcher performed statistical calculations, the following results were obtained, namely the results of testing the hypothesis of increasing physical fitness with sports activity showing an increase in physical fitness of women in the wetland area of negara hulu sungai selatan district, with the results tcount being smaller than ttable or tcount = -4.57 < t table = 1.83, there is a difference in the results of the physical fitness test between before the exercise and after the exercise is carried out. Before the exercise, the average physical fitness was 9,3, and after the exercise, the average physical fitness increased to 10,4. So it can be seen that there is an increase in physical fitness of 9.94%, so it can be concluded that there is an increase in physical fitness in women in the wetland area of negara hulu sungai selatan district with programmed sports activities.

DISCUSSION

Based on the results of statistical data analysis calculations t-test for overall physical fitness, a value of sig = 0.001 < 0.05 is obtained, in other words there are differences in physical fitness aspects of physical fitness before and after being given sports training which includes aerobics, resistance training and

flexibility training. where physical fitness after being given sports training is better than before being given sports training. All forms of physical activity use energy in the body. Energy can come from fat. Excess fat in adipose tissue causes a disproportionate body shape. By exercising, the body uses fat as energy so that body fat will decrease. Better body composition, (Rustiawan & Rohendi, 2021).

Along with reducing fat mass in the body, with muscle strength and endurance training methods. Muscles are trained with gradual overload so that the muscles experience hypertrophy or muscle enlargement due to the addition of the cross-section of the muscle fibers. Muscles become stronger and muscle endurance increases. With this, fat mass will decrease because it is used as energy and lean body mass will increase due to increased muscle mass. (Sulistyaningsih, 2015). The body shape becomes better and more proportional so that it increases self-confidence, (Effendi, 2016). The more strenuous the physical activity, the greater the energy requirement for the muscles. The heart as a blood pump which becomes a transporter of food and oxygen must be even harder to meet these needs. The heart rate that gets stronger and faster when doing sports activities causes the muscles in the heart to experience hypertrophy so that the heart muscle becomes stronger. With the increased strength of the heart muscle, the quality of the heart pump will also increase. The heart no longer has to work hard to meet the supply of energy needs to the muscles because the heart muscle is stronger. Improving the quality of the heart can be seen from the decrease in the number of pulses per minute at rest. (Dian saviqoh, 2021). The form of exercise to increase cardio-pulmonary endurance is exercise with low intensity but long duration, (Z. Arifin, 2018).

With aerobic endurance training the capillaries in the muscles increase, thus allowing the diffusion of oxygen in the muscles to be easier, as a result having the ability to transport and use oxygen on average is greater than people who are not trained. Because it can consume more oxygen per unit of muscle mass, and can work longer. Stretching aims to prepare muscles and joints before doing core exercises. In addition, stretching that is done regularly can affect the flexibility of the body in general. Muscles that are used to stretching will have an impact on increasing muscle flexibility. Based on this research, regular sports activities can improve cardiovascular endurance, muscle strength and endurance, body flexibility and body composition. It was concluded that sports activities can improve fitness. This research is one of the efforts to improve physical fitness. (Paryanto & Wati, 2013), (Suryadi et al., 2021). Sports activity affects a person's fitness level. The importance of one's body fitness should get more attention. Especially in improving the quality of physical condition capabilities such as cardiovascular endurance, muscle strength and endurance, body flexibility. (Riyoko, 2019) (Aulia et al., 2022).

All forms of physical activity use energy in the body. Energy can come from fat. Excess fat in adipose tissue causes a disproportionate body shape. By exercising, the body uses fat as energy so that body fat will decrease. Owned body composition is getting better, (Salamah, 2019), (Zahra & Muhlisin, 2020). Along with reducing fat mass in the body, with the method of strength training and muscle endurance. Muscles are trained with gradual overload so that the muscles experience hypertrophy or muscle enlargement due to the addition of the cross-section of the muscle fibers. Muscles become stronger and muscle endurance increases. With that, fat mass

will decrease because it is used as energy and lean body mass will increase due to an increase in muscle mass.

Sports activity affects a person's fitness level. Sports activities in the form of aerobic exercise, resistance or resistance training and flexibility training can improve body fitness. Exercise is carried out with moderate intensity frequency 3 times a week and a duration of 60 minutes. The importance of one's body fitness should get more attention. Especially in improving the quality of physical condition capabilities such as cardiovascular endurance, muscle strength and endurance, body flexibility. In this case a person can do maximum physical condition. (Prativi, G. O , Soegiyanto, 2013). Physical activity or exercise that is planned and organized and carried out regularly is very beneficial for the health and physical fitness of those who do it. By owning it a person's physical health and fitness will be able to carry out daily tasks without experiencing significant fatigue, and when facing an emergency at work, they are still able to face and handle it well. With light exercise that we often encounter, gymnastics and jogging are sports that are very beneficial for physical fitness. The level of community participation to do gymnastics and jogging with intensity low, medium and high depending on ability.

CONCLUSION

Based on the objectives to be achieved, the conclusion of this research is that there is an increase in programmed

exercise on gender physical fitness in the wetland area of South Daha District. This research is one of the efforts to improve physical fitness. Sports activity affects a person's fitness level. Sports activities in the form of aerobic exercise, resistance or resistance training and flexibility training can improve body fitness. Exercise is carried out with moderate intensity frequency 3 times a week and a duration of 60 minutes.

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