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The Relationship Between Physical Fitness and Mental Health on Physical Education Learning Outcomes

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<p>Article History</p> <p>Article Submission 06 November 2022</p> <p>Revised Submission 27 December 2022</p> <p>Article Accepted 26 January 2023</p>	<p style="text-align: center;">Abstract</p> <p>The problem found in Senior High School State 1 Lintau Buo is that there are students who experience anxiety to depression (mental health), so students' physical fitness is disturbed. The purpose of this study was to determine the relationship between physical fitness and mental health on Physical Education learning outcomes. This type of research is multiple correlational. The population of this study was students of Senior High School State 1 Lintau Buo, Tanah Datar Regency, totally 286 students. The sample in this study was 31 students with purposive sampling data collection techniques. Collecting data using Physical Fitness Test TKJI and Self Reporting Questionnaire (SRQ) 20. For the TKJI category 16-19 years and there are 5 test items and SRQ 20 test there are 5 indicators. The results were analyzed using the product-moment correlation method, namely Physical Fitness (X1), Mental Health (X2), and Learning Outcomes (Y). The results obtained from this study are that there is a relationship between Physical Fitness and Mental Health on CAD Learning Outcomes and the truth is accepted empirically with $F_{\text{observation}} (11,733) > F_{\text{Table}} (4,18)$.</p> <p>Keywords: Physical Fitness; Mental Health; Learning Outcomes; Physical Education</p>
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Introduction

COVID-19 has been declared a pandemic by the World Health Organization (WHO) since March 11, 2020. The World Health Organization reported that as of June 7, 2020, there were 6,799,713 confirmed cases of COVID-19 worldwide, including 397,388 deaths (Li et al., 2021). The case of spread of COVID-19 in Indonesia was known and the President of the Republic of Indonesia announced it on March 2, 2020, with Indonesia being the highest case in all ASEAN countries (Ananda & Apsari, 2020). The spread of this virus is unpredictable and very fast in transmission. Therefore, the government and health experts must take swift and decisive action on every case of COVID-19. People are worried and anxious about the COVID-19 outbreak, which makes people paranoid about something, from shaking hands, using masks everywhere, and often using hand sanitizer to keeping a distance.

The COVID-19 outbreak certainly has an impact on the world of education, especially in Indonesia. Reported on the UNESCO website said that the pandemic threatened 577 million students in the world and 39 countries implemented school from home with a total of 421.388.462 students affected by the COVID-19 pandemic (Choirunissa et al., 2020). There are 577.305.660 pre-primary to high school students potentially affected by the COVID-19 outbreak and 86.034.287 students from universities. In Indonesia, universities and schools are starting to implement distance learning using the platforms that have been provided. Under such circumstances, students are forced to study from home, most of whom are not familiar with distance schooling, as well as disturbances such as the absence of supporting facilities, difficult signals, and lack of communication between fellow students, teachers, and students. For a long period, children become bored and depressed, causing the child's mental health to be disturbed, the emergence of anxiety to cases of depression. With a child's mental health is not good, the child becomes lazy to move, and often moody. It can cause the child's physical fitness to be disturbed.

Hurlock, Elizabeth B revealed that adolescence is a transition period from children to adults which includes mental, emotional, social, and physical maturity (Ananda & Apsari, 2020). The age range of adolescents according to WHO is a population aged 10-19 years, while according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014 which is the adolescent age is 10-18 years (Mubasyiroh et al., 2017). Ali and Asrori said that the factors that can affect the emotional development of adolescents are physical changes, changes in interaction patterns with parents, changes in interaction patterns with peers, changes in external views, and changes in interactions with schools (Ananda & Apsari, 2020).

One of the major impacts is the feeling because of a change in society among adolescents in the education sector is primarily the teaching and learning process. A survey conducted found that Bangladeshi students experienced high levels of anxiety, depressive symptoms, and low mental health status when facing various changes due to the COVID-19 virus in April 2020 (Ferial, 2021). In Indonesia, a study conducted by Mulawarman University also found as many as 16.5% of students reported experiencing symptoms of moderate to severe depression; 28.8% experienced symptoms of moderate to severe anxiety, and 8.1% experienced moderate to critical stress levels. According to Annisa and Ifdil anxiety is a fear of unclear objects and reason, anxiety can occur because of a stimulus from something and not knowing what will happen next (Sepriadi & Pratiwi, 2020).

The online learning process that has been applied which is carried out continuously is expected to be able to reduce various things, one of which is mental health, physical fitness, and learning outcomes. Many students feel pressured due to the many assignments given by the teacher which also causes them to lack rest. Fadhli stated that the health of children in relation to learning activities needs to be carefully maintained, both physical and spiritual health because both influence each other in relation to learning outcomes so it is mandatory for them to care about their health (Djannah, 2020).

Every learning process always produces learning outcomes (Perdana & Siswanto, 2016). Whether or not the learning objectives are achieved can be seen from the learning outcomes, good learning outcomes are the learning outcomes obtained by students in accordance with the Minimum Completeness Criteria (KKM). Learning outcomes can be seen from their behavior in the form of knowledge, thinking skills, and motor skills (Pranata & Berilan, 2019). Two factors

influence the learning process, namely internal factors and external factors (Saputra & Firdaus, 2019). Internal factors include physical factors, health factors, disability factors, fatigue factors, and psychological factors. While external factors include family factors, school, and community factors. The internal factor that influences the learning process is physical fitness (Wahyudi & Bafirman, 2019). Mental health is also an important factor that determines the success of learning outcomes (Firmansyah, 2011).

Senior High School (SMA) Lintau Buo is the second oldest school in Tanah Datar Regency. This school is located in Nagari Tanjung Bonai, North Lintau Buo sub-district, 30 KM from the district city center, away from crowds and noise, so it is very conducive and comfortable for the teaching and learning process. Based on the phenomena that occur in the field and data obtained from one of the Physical Education teachers of SMA 1 Lintau Buo that the Learning Outcomes of Physical Education (PJOK) grade XI at semester exam have a low average score with an estimated graduation percentage of 47% passing and 53% not passing and the phenomenon in In the field there are still students who have low physical fitness and mental health.

It can be seen during the Physical Education learning process, students are still found to be lazy to do the movements given by the Physical Education teacher, feel less passionate or not enthusiastic, less interested or bored, have unstable emotions, emergence of inferiority, fear of sweating, fear of being wrong. This is because there is no self-confidence and does not want to handle physical challenges and lack participation in taking lessons so they tend to feel they don't need or don't want to follow every activity that is taught.

Literature Review

Physical fitness is a reflection of the ability to function systems in the body that can create an increase in the quality of life in every physical activity. Ability in physical fitness is a physical ability in the form of aerobic and anaerobic abilities. Physical fitness can also be interpreted as the body's ability to adapt to physical loads without causing excessive fatigue (Borresen et al., 2009). Does not cause fatigue, which means that after a person has carried out an activity or activity, he still has enough enthusiasm and energy to enjoy his spare time and for other sudden needs. Physical fitness has broad benefits, especially those related to the health sector. In addition, there are many benefits of physical fitness, one of which is that physical fitness has a relationship with learning achievement (Eveland-Sayers et al., 2009)

Each individual's mental health is different and experiences a rhythm in its development because in essence humans are faced with conditions where they must be able to solve problems with various alternative solutions and not a few people at certain times experience mental health problems in their lives (Fakhriyani, 2019). With a person's mental health, other aspects of life within him will work more optimally (Nurhasanah; et al., 2021). The characteristics of a healthy mentality are avoiding mental disorders; self-adjustment; maximum utilization of potential and achievement of personal happiness and that of others (Ariadi, 2019). Factors that can protect children from mental health disorders include: emotional intelligence, being loved and feeling safe, living in a stable home environment, parents' work also quite influences mental health, because it will have an impact on family economic factors, good parents and good parental mental health as well as routine activities and children's interests, positive relationships with others, emotional resilience and positive thinking as well as a sense of humor (Suminar & Hamidah, 2021). So that it can be seen that there is a supportive relationship between students' mental health and learning outcomes.

Success in a study can be known by the assessment of learning outcomes. learning is a process of effort that is carried out by a person to obtain a new change in behavior as a whole as a result of his own experience in interaction with his environment (Slameto, 2013). These changes are not only in knowledge or cognitive aspects but also include aspects of attitudes and values (affective) and skills (psychomotor) (Nasihah & Ansori, 2020). The learning outcomes of physical education are learning outcomes that have the characteristics of prioritizing the psychomotor domain, but also paying attention to the cognitive and affective domains.

Methodology

This type of research was correlation with a quantitative approach. The correlational method is a method used to find the relationship between different variables (Sugiyono, 2016). This study look at the relationship between Physical Fitness and Mental Health on Physical Education Learning Outcomes in SMA Lintau Buo, Tanah Datar Regency, West Sumatera Province. The sample taken was 31 students with a sampling technique that is purposive sampling. The research instrument used a Physical Fitness Test (TKJI) with test items: 1) Run 60 meters, 2) Pull up, 3) Sit up for 60 seconds, 4) Vertical jump, and 5) Run 1200 meters (Departemen Pendidikan Nasional, 2010).

And for mental health with Self Reporting Questionnaire (SRQ) measuring instruments 20. The measuring instrument used is the Self-Report Questionnaire-20 (SRQ-20) constructed by WHO (WHO, 1994). The SRQ-20 has been translated into Indonesian by Pusat Studi Psikometri, Asesmen, dan Evaluasi (Center of Psychometrics, Assessment, and Evaluation) Universitas Padjadjaran (Prasetio et al., 2022). SRQ-20 consists of 20 questions related to symptoms of neurotic disorders. Respondents were asked to remember whether these symptoms had been experienced during the last 30 days. Each item consists of two answer choices, "yes" and "no". The answer "Yes" will be given a score of 1 and "No" will be given a score of 0.

The data analysis technique used multiple correlations.

$$R_{y.12} = \sqrt{\frac{r^2 y_1 + r^2 y_2 - 2r y_1 r y_2 r'_{12}}{1 - r^2_{12}}}$$

Information :

R_{y12} = Double correlation coefficient

r_{y1} = Correlation coefficient between x_1 and y

r_{y2} = Sum of correlation coefficients x_2 and y

r_{12} = Sum of correlation coefficients x_1 and x_2 .

To find out whether what has been calculated through the coefficients is significant or not, a multiple correlation significance test will be carried out using the F-test formula.

$$F = \frac{R^2 / k}{(1 - R^2) / (n - k - 1)}$$

Information:

F = Significant correlation test

R = Multiple Correlation

k = Number of independent variables

n = Number of data

Results

Physical Fitness (X_1)

Based on the results of the physical fitness test (TKJI), the maximum score was 14 and the minimum score was 6 with a mean of 10.26 and a standard deviation of 2.16. In detail, it can be seen the description of the student's physical fitness data in Table 1 below.

Table 1. Frequency Distribution of Physical Fitness (X_1)

Interval Class	Frequency	Percentage	Category
22-25	0	0	Very good
18-21	0	0	Good

14-17	2	6.45	Medium
10-13	20	64.52	Low
5-9	9	29.03	Very low
Total	31	100	

Based on Table 1 above, it can be concluded that the students of grade XI SMA 1 Lintau Buo have physical fitness in the poor category. This is indicated by (2) of (31) students in the moderate physical fitness category with a percentage of (6.45%), (20) of (31) students in the low physical fitness category with a percentage of (64.52%) and (9) of (31) students in the very low physical fitness category with a percentage of (29.03%).

Based on the information above, it can be seen that many students have physical fitness in the low category. So this needs to be improved again because physical fitness is important for students in supporting the learning process.

Mental Health (X2)

Based on the results of a mental health test using a self-reporting questionnaire test of 20, a maximum score of 11 and a minimum score of 1 was obtained with a mean value of (5.84) and a standard deviation of (2.50). In detail, the students' mental health data has been described in Table 2 below.

Table 2. Distribution of Mental Health Frequency (X2)

Interval Class	Frequency	Percentage	Category
0-5	16	51.61	experiencing disorders
6-20	15	48.39	Not experiencing disorders
Total	31	100	

Based on the table above, it can be described the mental health of grade XI students of SMA Negeri 1 Lintau Buo, where (16) of (31) students in the category of not experiencing disorders with a percentage of (51.61%) and (15) of (31) students experiencing disorders with a percentage of (48.39%). It can be concluded that (15) of the (31) students experienced disorders during the COVID-19 pandemic.

So it can be seen that most students have distractions, one of which is possibly caused by the Covid-19 pandemic.

Learning Outcomes (Y)

Based on data from the final semester exam, it is known that the highest score of students is 82 and the lowest score is 22. For more details, a description of the learning outcomes data can be seen in Table 3 below.

Table 3. Distribution of Physical Education Learning Outcomes (Y)

No.	Interval Class	Frequency	Percentage
1	76-100	5	16.13
2	51-75	17	54.84
3	26-50	7	22.58
4	<25	2	6.45
Total		31	100

Based on Table 3 above, it can be described the learning outcomes of class XI students of SMA Negeri 1 Lintau Buo with a value of <25 there were 2 out of 31 students with a percentage of (6.45%), a score of 26-50 there were 7 out of 31 students with a percentage of (22.58%), 51-75 there were (17) of (31) students with a percentage of (54.84%), and a score of 76-100 there were (5) of (31) students with a percentage of (16.13%).

Based on the information above, it can be seen that more students have unsatisfactory learning outcomes, which are below a score of 76.

Discussion

This study aimed to determine the relationship between physical fitness and mental health on physical Education learning outcomes for XI grade students of SMA 1 Lintau Buo. The method used in this study was multiple correlations with a sample of 31 students of class XI with a sampling technique using purposive sampling. The instrument used in this research was the Indonesian Physical Fitness Test and the self-reporting test questionnaire 20 and this research was analyzed by product moment analysis.

Based on the results of the research that has been done, it can be seen that in general the physical fitness of grade XI students at SMA 1 Lintau Buo, Tanah Datar Regency was in the low category with a percentage of (64.52%). Physical fitness is the body's ability to fulfill physical loads without experiencing significant fatigue (Sepriadi, 2017). In line with Kusmaedi, physical fitness is the ability of a person's body to perform daily tasks and work without causing significant fatigue so that the body still has energy reserves to cope with additional burdens (Sepriani et al., 2018). So the conclusion that can be drawn is physical fitness is the ability to function body systems that are seen in human physical activity. The components of physical fitness consist of two broad lines, namely physical fitness related to health which consists of endurance, strength, body composition, and body flexibility. The second component of physical fitness is physical fitness related to skills consisting of speed, agility, balance, and coordination.

Physical fitness is one of the factors that affect students' physical readiness before carrying out learning so that with good physical fitness students can receive well the lessons given by the teacher (Ihsan et al., 2021; Sepriadi, S., & Eldawaty, 2019; Sepriadi, 2020; Sepriadi et al., 2020)(Agus et al., 2021). In addition to influencing student learning readiness, physical fitness for students is also able to increase student learning motivation, with good physical fitness possessed by students it is also expected that students have a high level of concentration in receiving lessons given by the teacher.

Mental health is a psychological state of a person who can adapt or solve problems that exist both within himself (internally) or in the surrounding environment (external) (Hanurawan, 2012). Mental health is the realization of true harmony between the functions of the soul and has the ability to deal with ordinary problems that occur, and feel positive about happiness and abilities (Darajat, 2016). The functions of the soul in question, such as thoughts, feelings, attitudes of the soul, views, and life beliefs, must be able to help each other, to keep others from feeling doubt and indecision.

Psychological problems of students have changed during the current COVID-19 pandemic. Before the COVID-19 pandemic, teachers were very flexible in providing material in the learning process and students were happy with this Physical Education lesson. But after COVID-19 entered Indonesia, especially in the Lintau Buo area, all student activities were hampered. Students are often at home and rarely do physical activities and are busy with gadgets so students become bored, and even stressed. From the boredom and stress experienced by students, psychological problems arise in students.

Psychological problems that arise in students at the time of COVID-19 are boredom and stress that interfere with students' mental health. Having good mental health certainly supports the learning process of students at school. Where students can control their emotions, students can behave positively, students feel happy with learning, and are active in the learning process, and students' minds become more focused and concentrated during the learning process. With good mental health, students will get good learning outcomes as well.

Learning outcomes are a process of behavior change that includes knowledge, skills, and attitudes which are the result of learning effectiveness which is shown in the form of numbers that can be seen in student report cards. To be able to determine whether or not an educational and teaching goal is achieved, it is necessary to make efforts and actions or activities to assess learning outcomes. This activity can be in the form of a written test or practice in the field, and after the

results are obtained, the learning outcomes obtained by students during the learning process can be seen.

From the research results obtained, $R_{obs} (0.727) > R_{Table} (0.355)$ in level $\alpha = 0.05$ while $F_{obs} (11.733) > F_{Table} (4.18)$ meaning that there was a relationship between physical fitness and mental health on Physical Education learning outcomes of SMA 1 Lintau Buo students, Tanah Datar Regency. According to WHO is a complete physical, mental and social state and is free from disease (Indrayogi, 2020). The definition of healthy illustrate that health can cover various aspects so that the results of the research are one of the healthy aspects, namely physical health/physical fitness and mental health. The existence of a relationship between physical fitness and mental health has a significant relationship with the learning outcomes of Physical Education students at SMA 1 Lintau Buo. The results of this study show that students' low physical fitness and low mental health will affect student learning outcomes. Especially in Physical Education learning, students who have a good level of physical fitness and good mental health will have good learning outcomes. With the implementation of the Physical Education learning process in class, students can follow well and get satisfactory results.

The learning outcomes occurred mainly thanks to the teacher's evaluation which was assessed based on the learning process. Slameto says that learning is a conscious effort made by a person to obtain changes in behavior from personal experience during interacting with the environment (Hannafy, 2014). Furthermore, learning is a process of changing one's self that shows one's attitudes, behavior, skills, and abilities for the better (Sudjana, 2011). Based on the opinions of the experts above, it can be concluded that good learning outcomes are the occurrence of new behavior changes, and a value that can be achieved shows the highest results, for the lessons learned.

Physical fitness is the main capital that should be owned by someone, both adults and children. Physical fitness can be obtained by doing physical activity regularly and measurably both in terms of quality and quantity. Good physical fitness will guarantee a person will be able to carry out daily activities, with physical fitness a person will show an optimal appearance, be confident, always excited, and passionate in life.

Gimpel explains that emotional and behavioral problems that occur in children will have an impact on their growth and development (Choirunissa et al., 2020). Impaired cognitive development, and learning difficulties are due to the inability to concentrate on lessons, poor memory skills, or inappropriate behavior in the school environment. Good mental health cannot be separated from good physical health, because the two things cannot be separated. If mental health is disturbed, mental illness or mental disorders will appear. Mental disorders can change the way a person behaves, handles stress, relates to others, makes choices, and triggers the desire to harm oneself. Positive mental health can be done by getting enough sleep, learning skills to deal with it, being physically active, connecting with other people, and much more (Rifani & Rahadi, 2021).

Conclusion

From these results, it is clear that physical fitness and mental health are important for students in improving PJOK learning outcomes of SMA 1 Lintau Buo students, Tanah Datar Regency. Lack of role and attention from parents greatly affects their fitness and mental health. Low physical fitness and mental health will cause various health problems in the body and psychologically, if this happens to students, they cannot do activities properly and their PJOK learning outcomes may also be low.

Based on this conclusion, it is important for students to always pay attention and improve their physical fitness. It is intended that students have the main capital to carry out daily activities without experiencing significant fatigue so that they are more enthusiastic about improving their learning outcomes.

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