Investigating the Relationship Between Scout as an Extracurricular Activity and Students' Physical Fitness

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ABSTRACT

The purpose of this study was to analyze the relationship between extracurricular scout as an extracurricular activity and physical fitness of a group of students from YANIIC Jakarta high school. This study used a quantitative research design by applying research method applies quantitative with the type of research an ex-post facto research. The participants of this study are 57 students from YANIIC Jakarta High School. This study used descriptive statistical analysis, analysis requirements test, and final analysis (hypothesis testing) as data analysis techniques. The results showed a moderate level of positive relationship between scout as an extracurricular activity and students' physical fitness. It can be concluded that scout as an extracurricular activity that involves involve physical activities such as walking, hiking, camping, and various field games can bring positive impacts on students' physical fitness. It is because those physical activities can improve physical endurance, muscle strength, and flexibility.

Keywords: Physical Fitness, Scout Extracurricular, Students
INTRODUCTION

Education is a process of changing a person's attitudes and behavior in order to help humans reach maturity through teaching and training efforts, action processes, and ways of educating (Adlun & Basri, 2022; Amalia & Al Arif, 2020; Maharani & Putra, 2018). In addition, education can demand the changes in both physical and spiritual human maturity in interaction with nature and the community environment (Bompa & Buzzicheli, 2021; Fillah et al., 2022).

Sport is an important activity that humans do in life and provides physical fitness and health so that people can carry out their activities more energetic (Basri et al., 2020; Haqiyah & Azhari, 2022; Mahfud & Fahrizqi, 2020). In addition, sports help people because physical fitness affects the quality of a person's life quality. For this reason, it is necessary to instill regular exercise in daily life. However, a study of Bahari et al., (2020) on a group of high school students concluded that teenagers high school level do very little physical fitness activities. Some reasons such their busy study schedule drains and school assignments can contribute to the lack of physical activities of teenagers. When high school students have free time, they often use it for sedentary activities such as playing online games or relaxing despite the importance of fitness activities for their bodies, considering their hectic learning schedule (Cornia & Adriani, 2018; Dlis et al., 2021; Jariono & Subekti, 2020; Putra, 2023). The only physical fitness activities they do are during physical education activities at school. Physical education learning activities have an important role in motivating and forming the physical fitness of the younger generation in fun learning and attracting the interest of high school students. One of strategies to include physical activities into teenagers' daily life is an extracurricular.

The objectives of extracurricular activities are in accordance with the objectives stated in Permendiknas (REGULATION OF THE MINISTER OF NATIONAL EDUCATION) No. 39 of 2008, developing students' potential optimally and in an integrated manner which includes talents, interests and creativity, strengthening the personality of students to realize the resilience of the school as an educational
environment so as to avoid negative efforts and influences that conflict with educational goals, actualizing students' potential in achieving superior achievements according to their talents and interests, preparing students to become citizens with noble, democratic character and respect human rights in order to create a civil society (Ariani, 2015; Pratiwi et al., 2020; Putra et al., 2023; Putra & Sawarjuwono, 2019).

Scout is an extracurricular activity which is currently required to be held in schools according to the 2013 national curriculum. Scout is a form of a non-formal education activity that more focused on building student character by using its own methods to create interest for students in participating in scout activities. The scout method is used as an alternative to support the physical fitness process of students. Currently, especially the younger generation of Penegak (rover scout) and Pandega (senior scout) members can move actively and form good physical fitness through scout activities such as marching unity, pioneering, commando gymnastics, group dynamics, obstacle courses and so on which can attract the interest of students (Ningrum et al., 2020; Woro & Marzuki, 2016). It can be concluded that the scout activity has positive impacts toward students’ physical fitness.

Based on previous studies regarding the impact of scout extracurricular activities on the physical fitness of elementary school students, the level of physical fitness of students who joined extracurricular activities is in the medium category. This is because students who take part in extracurricular activities have more physical activity than students who do not take part in extracurricular activities. Besides the extracurricular activities, several factors such as online gaming habits, the movement levels and nutrition can also have an influence on physical fitness (Bahari et al., 2020).

Thus, it seems important to investigate the relationship between the scout and students’ physical fitness. The present research aims to analyze how the scout correlates with students’ physical fitness. The difference between this research and previous research is that not many have studied the impact of scouting extracurricular activities on physical fitness. Extracurricular aims to develop children’s potential to become creative, disciplined, responsible and well-behaved who develop physical

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Investigating the Relationship Between Scout as an Extracurricular Activity and Students' Physical Fitness

181
Investigating the Relationship Between Scout as an Extracurricular Activity and Students' Physical Fitness

YANIIC Jakarta High School is a high school that has various kinds of extracurriculars with the most interested extracurriculars being scouts. Students participate in these extracurricular activities enthusiastically in the form of ongoing extracurricular activities. This became the basis for researchers to study physical fitness at YANIIC Jakarta High School. Researchers attempted to study the level of physical fitness of YANIIC Jakarta High School students in terms of their extracurricular scout participation. Apart from that, there is a lack of data regarding the physical fitness of YANIIC Jakarta High School students, meaning that teachers have not evaluated the students' physical fitness. This is due to the lack of understanding of physical education teachers in carrying out Indonesian physical fitness tests in accordance with physical fitness test standards. This research can provide input toward the relationship between scout extracurricular activities and students' physical fitness.

RESEARCH METHOD

The present research applies a quantitative research design by using ex-post facto research method (Mustafa, 2021). This method was used because this research sought to find out a relationship between scout as an extracurricular activity and the physical fitness of YANIIC Jakarta High School students. This research aims to obtain an overview of the variables studied and is correlational because this research aims to find out whether there is a relationship or not (Sekaran & Bougie, 2016). The variables in this research are scout extracurricular activities as the variable (X) and physical fitness as the dependent variable (Y). The target population in this research is high school students from YANIIC Jakarta school. The present research used a random sampling. The present study used a Slovin formula to get the numbers of samples. We obtained 57 students after calculating with the Slovin formula. The present study used questionnaires and physical fitness tests as research instruments. The present study involved 5 (five) research stages; (1) determine the population and sample, (2) collect physical fitness data, (3) analyze the data (4) draw conclusions. This Indonesian
Physical fitness test assessment instrument aims to determine the extent of physical fitness development of YANIIC JAKARTA SMA students with 5 physical fitness test items consisting of 60 meter sprint, body lift, lying down, upright jumping and long running (Mahfud et al., 2020; Satria et al., 2021). This study used descriptive statistical analysis, test analysis requirements, and final analysis (hypothesis testing) as data analysis techniques. The final analysis is the interpretation of research data to draw conclusions from the results of research that has been carried out based on descriptive statistical measurement results. Interpretation of data taken from scout extracurricular variables and the results of students’ physical fitness tests is divided into five categories: very poor, poor, sufficient, good, very good. Table 1 shows the details of the interpretation values for physical fitness.

<table>
<thead>
<tr>
<th>The value of r</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>From 0,800 to 1,000</td>
<td>Very Good</td>
</tr>
<tr>
<td>From 0,600 to 0,800</td>
<td>Good</td>
</tr>
<tr>
<td>From 0,400 to 0,600</td>
<td>Sufficient</td>
</tr>
<tr>
<td>From 0,200 to 0,400</td>
<td>Poor</td>
</tr>
<tr>
<td>From 0,000 to 0,200</td>
<td>Very Poor (not correlated)</td>
</tr>
</tbody>
</table>

RESULTS & DISCUSSION

Research Analysis

The results of a physical fitness test are one component of the body that is used as an indicator of whether the body is in good shape or not. Good physical fitness is expected to be the basic capital for children to be able to carry out daily life with enthusiasm and without feeling significant fatigue. Based on the calculation results in table 2, research data regarding physical fitness was obtained with the highest score being 21 and the lowest score being 9, the number of classes being 7, the length of class being 2, the mean score being 13.729, the mode value being 12, the median value being 14.
Table 2. The List of Physical Fitness Frequency Distribution

<table>
<thead>
<tr>
<th>Interval Class (Value)</th>
<th>Middle Value (Xi)</th>
<th>Real Limits</th>
<th>Absolute</th>
<th>Frequency Kumulatif</th>
<th>Relatif</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-10</td>
<td>9,5</td>
<td>8,5 - 10,5</td>
<td>8</td>
<td>8</td>
<td>17%</td>
</tr>
<tr>
<td>11-12</td>
<td>11,5</td>
<td>10,5 - 12,5</td>
<td>11</td>
<td>19</td>
<td>23%</td>
</tr>
<tr>
<td>13-14</td>
<td>13,5</td>
<td>12,5 - 14,5</td>
<td>10</td>
<td>29</td>
<td>21%</td>
</tr>
<tr>
<td>15-16</td>
<td>15,5</td>
<td>14,5 - 16,5</td>
<td>10</td>
<td>39</td>
<td>21%</td>
</tr>
<tr>
<td>17-18</td>
<td>17,5</td>
<td>16,5 - 18,5</td>
<td>6</td>
<td>45</td>
<td>12%</td>
</tr>
<tr>
<td>19-20</td>
<td>19,5</td>
<td>18,5 - 20,5</td>
<td>2</td>
<td>47</td>
<td>4%</td>
</tr>
<tr>
<td>21-22</td>
<td>21,5</td>
<td>20,5 - 41,5</td>
<td>1</td>
<td>48</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Jumlah</strong></td>
<td></td>
<td></td>
<td>48</td>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>

Based on the results of research using data processing using statistics, table 3 shows the percentage results of scout extracurriculars on the physical fitness of YANIIC JAKARTA High School students.

Table 3. The Percentages of Scout Extracurriculars’ Impacts on Physical Fitness

<table>
<thead>
<tr>
<th>No</th>
<th>Interval</th>
<th>Descriptions</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 - 9</td>
<td>Very Poor</td>
<td>3</td>
<td>6 %</td>
</tr>
<tr>
<td>2</td>
<td>10 - 13</td>
<td>Poor</td>
<td>26</td>
<td>54 %</td>
</tr>
<tr>
<td>3</td>
<td>14 - 17</td>
<td>Sufficient</td>
<td>13</td>
<td>27 %</td>
</tr>
<tr>
<td>4</td>
<td>18 - 21</td>
<td>Good</td>
<td>6</td>
<td>13 %</td>
</tr>
<tr>
<td>5</td>
<td>22 - 25</td>
<td>Very Good</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td>48</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 3 shows that the correlation coefficient value of \( r = 0.94 \) shows. It can be said that the scout extracurricular activities has a very positive relationship with students’ physical fitness. Judging from the results of data management, scout extracurricular activities contribute to 40% of students' physical fitness. This data is based on one indicator (scout extracurriculars) which influences students' physical fitness. Meanwhile, 60% of student physical fitness is influenced by other factors such as student inputs on student admissions, learning methods and adequate facilities and infrastructure. In general, even though it is still below 50%, student participation in scouting has a positive impact on students' physical fitness.
Discussion

Based on the conclusions of the research results, there is a positive relationship between scouting education through scout extracurricular activities and students' physical fitness. Table 3 shows that 26 students (54%) have poor physical fitness, 3 people (6%) have very poor physical fitness, 13 people (27%) have moderate physical fitness and 6 people (13%) have good physical fitness. In general, 40% of students have a moderate level of physical fitness. As the results show the correlation coefficient value of $r = 0.94$, it shows that scout as an extracurricular activity has a good relationship with students' physical fitness. This data is based on one indicator (extracurricular scouts) which influences students' physical fitness, while 60% is influenced by other factors. In general, even though it is still below 50%, this percentage has quite an impact on students' physical fitness.

The research results prove that scout extracurricular activities have a significant effect on students' physical fitness. In this study, the independent variable is scout extracurriculars and the dependent variable is students' physical fitness. With this positive influence, it can be interpreted that if the scout's extracurricular level experiences changes, it does not rule out the possibility that students' physical fitness will also experience changes. The results of this study are in line with the research of Bahari et al., (2020) which shows that the level of physical fitness is in the moderate category. Students who participate in extracurricular activities actually have more physical activity than students who do not participate in extracurricular activities. This is due to the influence of children's habits in playing with gadgets, ease of movement, and children's nutrition, which can also have an influence on physical fitness. This is also in line with the opinion of Suyatno (2018) in (Gusman & Ismaniar, 2022) regarding scouting as an education outside the school and family environment in the form of interesting, fun, healthy, regular, directed, practical activities carried out in the open on an experiential basis.

Scout can be used as a strategy to physically train students. Students who are always active in scouting extracurricular activities will train their physical fitness (Basri et al., 2023; Ramdhani & Basri, 2023). The materials taught in scout really

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support physical training to achieve physical fitness at school, which is packaged through the application of the basic principles which contain ten kinds of behavioral guidelines for a scout. To lead to good physical abilities and physical fitness, scouts usually refer to their sixth principle; "diligent, skilled and happy". This means that a scout must try to always be diligent in developing his physical fitness, skilled in physical fitness activities which are carried out with pleasure and joy. Scout teaches physical development to students to obtain good physical fitness through various things, including through games, exploration, setting up tents, climbing down cliffs and marching. This physical exercise is used so that students' physical condition becomes better and their physical fitness is maintained. Suyatno (2018: 9) emphasizes that scout education is a complement to formal and informal education and as a means of a lifelong education process using creative, recreational, interesting and challenging procedures. Thus, students are expected to develop mental, physical stability, knowledge, skills, experience, social, spiritual and emotional. These developments can support the achievement of national education and scout education goals.

CONCLUSION

Based on the results of research and discussion, there is a positive relationship between scout extracurricular activities and students' physical fitness at a moderate level. It means that if students actively join the scout as an extracurricular activity, they will have a relatively well physical fitness. It is because scout activities often involve physical activities such as walking, climbing, camping and various field games. These activities help improve physical endurance, muscle strength and flexibility. Thus, scouting education is a factor that cannot be ignored in achieving the development of physical fitness.

REFERENCES


Investigating the Relationship Between Scout as an Extracurricular Activity and Students' Physical Fitness


