

# An Analysis of Scout and Nature Lover Extracurricular on Students' Physical Fitness

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**Keywords:** Scout extracurricular, Nature Lover extracurricular, and Physical Fitness.

**Abstract:** The purpose of this study was aimed to analyse the physical fitness of scout and Nature Lover extracurricular in SMKN 1 Cimahi. This study was a quantitative research with descriptive approach. From the total of 132 students in population, the random sampling was applied and each extracurricular had 20 students as the sample. Through Indonesian physical fitness assessment (TKJI) scale, the students' physical fitness data were gathered and analysed using statistical approach to calculate means of each students' physical fitness. The result showed that the mean of scout students' physical fitness score was 14.55 which is lower than nature lover students' physical fitness which was 16.1. Therefore the writers draw a conclusion that Nature Lover extracurricular can give a better physical fitness than scout extracurricular.

## 1 INTRODUCTION

Physical fitness is a dynamic healthy degree that is expected to meet the physical demands in carrying out the tasks of everyday life. Physical fitness is one predictor to be able to live healthy. Physical fitness is defined as a person's ability to perform daily activities without physical exhaustion and injury and the ability to maintain high levels of energy to complete daily tasks (Maltais et al., 2014; Giriwijoyo, dkk., 2007). Thus, the body system can work together efficiently and make the body healthy and can perform activities for everyday life effectively and can avoid cardiovascular or cancer (Balemans et al., 2015; Corbin et al., 2007). Therefore, it can be stated that physical fitness is an important and absolute factor that must be possessed by every human being, especially the student with his / her busy schedule so they will not experience significant fatigue.

At school, students are required to have sufficient physical fitness to be able to support all activities. In order to keep their physical fitness, students should be able to get used to having an active lifestyle. One of the activities that can maintain the physical fitness level of students is by participating in extracurricular activities in school (Abildsnes et al., 2015).

In addition, the participation of students in these extracurricular activities has also been regulated by

the Government of Indonesia in the implementation of the 2013 curriculum, which is mentioned in Permendikbud. 81A Year 2013 stating that extracurricular must be an extracurricular program that must be followed by all learners, except for learners with certain conditions that do not allow it to follow extracurricular activities. Thus, the participation of students in extracurricular activities is mandatory and binding, in which the student must follow one of the extracurricular activities offered in the school.

As the realization of the implementation of the curriculum 2013, SMKN 1 Cimahi is one of the schools that apply and also requires their students to participate in extracurricular activities. Of the many extracurricular activities on offer, Extracurricular Scouts and Nature Lovers are the most sought after by the students. This is indicated by the number of students who follow both extracurricular activities. In addition, these two extracurricular activities also have a variety of activities that can drain the student's energy, such as camping up, climbing, walking through city parks, and roads in the rice fields. The activity is a game activity that is done in the form of recreational activities which do not consider the end result of the students' fitness. With voluntary and non-compulsive play, these students are unaware of physical training, which includes balance exercises,

and agility of hand eye coordination (Baklien, Ytterhus and Bongaardt, 2016). Playing in the wild as ups and downs can also improve the quality of knee and cardiovascular joints (Vrieling et al., 2008; Gatterer et al., 2014). The activities undertaken in these two extracurricular activities involve physical activity that requires good physical fitness. Thus, through both extracurricular, it is expected the physical condition and endurance of the students can increase and they are able to follow the learning activities well. Thus, they have a high degree of physical fitness and will support the activities of learning activities and improve performance and able to perform other physical activities. Playing in the natural environment is also said to affect the physical development of children (Acar, 2014). So playing in the natural environment can be a place for students to experiment, solve problems, think creatively, cooperate with others, and at the same time develop their physical abilities and gain deeper knowledge about themselves and the world (Bento and Dias, 2017, Heggie and Heggie, 2009; Bjørgen, 2016).

Based on the above exposure, the authors are interested to analyze and compare physical fitness between students who follow extracurricular Scout with students who follow extracurricular Nature Lovers at SMKN 1 Cimahi. Thus, it can be seen which extracurricular activities can contribute best in improving students' physical fitness.

## 2 METHOD

### 2.1 Design

The research method used in this research is quantitative method with descriptive approach.

### 2.2 Participants

The sample of the study were 20 students who actively follow scout extracurricular and 20 students who actively follow the nature lovers extracurricular in SMKN 1 Cimahi by using Random Sampling technique.

### 2.3 Instrument

The data were obtained by using the instrument of five Physical Fitness Tests adopted from Nurhasan (2013), ie: 60m quick run, body lift (pull-up) for 30 seconds for female and 60 seconds for male, sit up for 60 seconds, vertical jump, and runs along 1000 m for female and 1200 meters for male. All the results of

the test then compared with the norms in accordance with the assessment of the Physical Fitness Test (Nurhasan, 2013). Then, the average results of this fitness test were analyzed and compared to measure which extracurricular activity contributed significantly to improve students' physical fitness.

## 3 RESULTS AND DISCUSSION

After the measurement of five Physical Fitness Tests on the physical condition of the students, the average result of the test is described below:

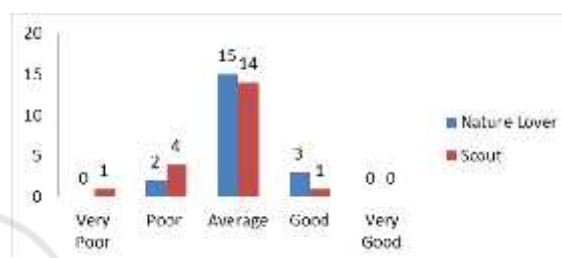


Figure 1: Comparison result of physical fitness.

Based on the comparison results found that in extracurricular nature lover found about 3 students in good category, 15 students in moderate category, 2 students bad category, 0 students in very bad category. While in the extracurricular nature lovers, it was found that 1 student in good category, 14 students are moderate, 4 students bad and one student in very bad category. So it can be seen that the results of student tests that follow the nature lovers extracurricular give a higher influence on the physical fitness of students compared with the scout extracurricular.

While on the calculation of difference of average result from two extracurricular, got the result of scout average counting that is 14,55 where this result is lower than the average count of student joining nature lovers extracurricular, that is 16,1. Then it can be seen that the extracurricular activities of nature lovers can contribute more to the physical fitness of students compared with scout extracurricular activities in SMKN 1 Cimahi.

Thus, the findings in this study are in line with findings that have been suggested by previous studies in which playing activities in nature can improve physical fitness (Gatterer et al., 2014; Neumayr et al., 2014). Therefore, extracurricular activities of nature lovers can be a means of recreational activities of students who are able to improve students' physical fitness.

## 4 CONCLUSIONS

Based on the results of calculation and data analysis of the results of measurement tests, it can be concluded that the nature lover extracurricular activities can contribute more to the physical fitness of students compared with scout extracurricular activities in SMK N 1 Cimahi.

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