

## ABSTRAK

### **Kontribusi Tingkat Kebugaran Jasmani Terhadap Karakter Disiplin Siswa Di SMA Negeri 3 Pandeglang.**

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Penelitian ini bertujuan untuk menguji kekuatan hubungan antara tingkat kebugaran jasmani dengan tingkat disiplin siswa SMA Negeri 3 Pandeglang. Penelitian dilaksanakan dengan menggunakan metode deskriptif korelasi terhadap 90 siswa SMA Negeri 3 Pandeglang, terdiri atas 35 siswa putra dan 55 siswi putri yang dipilih dan ditentukan dengan menggunakan pendekatan *probabilitas sampling* dan teknik *random sampling*. Hasil analisis data menggunakan teknik korelasi sederhana, kesimpulan ada korelasi yang signifikan antara tingkat kebugaran jasmani dengan karakter disiplin siswa di SMA Negeri 3 Pandeglang.

**Kata kunci: Kebugaran Jasmani, Karakter Disiplin, Pendidikan Jasmani**

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KONTRIBUSI TINGKAT KEBUGARAN JASMANI TERHADAP KARAKTER DISIPLIN SISWA DI SMA NEGERI 3 PANDEGLANG

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## **ABSTRACT**

### **CONTRIBUTION OF PHYSICAL FITNESS LEVEL TOWARD STUDENTS DISCIPLINE CHARACTER ON HIGH SCHOOL 3 PANDEGLANG.**

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The aim of this study was to determine the strength of the relationship between students level of physical fitness with discipline character. It was conducted using correlation descriptive method toward 90 students of high school 3 Pandeglang, consisted of 35 male and 55 female were selected and determined by using probability sampling approach and random sampling technique. The results of data analysis using simple correlation technique, proved that students level of physical fitness correlate significantly with discipline character. Hence, it can be concluded that there is a correlation significantly between level of physical fitness with discipline character on students of high school 3 Pandeglang.

**KEYWORD:** *Physical education, physical fitness, discipline character*