

Nindawati Anggraeni, 1204165. Skripsi : Hubungan Kebugaran Jasmani Dengan Prestasi Akademik Siswa Di MA Darul Arqam Putra Muhammadiyah Daerah Garut. Skripsi ini dibimbing Oleh Pembimbing dr. Lucky Angkawidjaja R, M.Pd. Program Studi PJKR Universitas Pendidikan Indonesia.

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan kebugaran jasmani dengan prestasi akademik siswa di MA Darul Arqam Putra Muhammadiyah Daerah Garut. Metode penelitian yang penulis gunakan adalah deskriptif korelasional dengan teknik tes. Sampel dalam penelitian ini adalah siswa kelas X dan XI di MA Darul Arqam Putra Muhammadiyah Daerah Garut dengan menggunakan teknik proportionate stratified random sampling sebanyak 37 orang. Data diolah menggunakan program SPSS 20 dengan hasil nilai signifikansi ($0.000 < \text{nilai signifikansi alfa } (0.025)$), maka H_0 ditolak, artinya ada hubungan yang signifikan antara kebugaran jasmani dengan prestasi akademik siswa di MA Darul Arqam Putra Muhammadiyah Daerah Garut. Adapun koefisien korelasi adalah sebesar 0,627 berada pada tingkat hubungan yang kuat. Berdasarkan pengujian terbukti bahwa terdapat hubungan yang signifikan antara tingkat kebugaran jasmani dengan prestasi akademik siswa. Maka kesimpulannya adalah terdapat hubungan yang nyata antara kebugaran jasmani dengan prestasi akademik siswa di MA Darul Arqam Putra Muhammadiyah Daerah Garut.

Kata kunci : *kebugaran jasmani, prestasi akademik*

Nindawati Anggraeni, 1204165 Skripsi : The Relationship Between Physical Fitness and Academic Achievement Of MA Darul Arqam Putra Muhammadiyah Students In Garut. This Skripsi is guided by Supervisor Pembimbing dr. Lucky Angkawidjaja R, M.Pd. PJKR Studies Program Indonesia University of Education.

Abstract

This research aims to investigate the relationship between physical fitness and academic achievement of MA Darul Arqam Putra Muhammadiyah students in Garut. The descriptive correlational was used as the research method, then a test was implemented as technique to collect the data. The samples in this research were 37 students of class X and XI in MA Darul Arqam Putra Muhammadiyah Garut, the researcher used stratified proportionate random sampling as technique for choosing the sample. The data were processed by SPSS 20 and the results shows significant value (0.000) < a significance value of alpha (0.025), does H₀ is rejected, it means there is significant relationship between physical fitness and academic achievement of students in MA Darul Arqam Putra Muhammadiyah Garut. The correlation coefficient is equal to 0.627 at the level of a strong relationship. Based on testing, it is proven that there is a significant relationship between the level of physical fitness and student achievement. As the conclusion there is a significant relationship between physical fitness and academic achievement of students in MA Darul Arqam Muhammadiyah Putra Garut.

Keyword : *physical fitness, academic achievement*