

ABSTRAK

UJI VALIDITAS DAN RELIABILITAS *THE THIRD GENERATION CONNECTICUT PHYSICAL FITNESS ASSESSMENT* TINGKAT SEKOLAH MENENGAH PERTAMA DI KECAMATAN SUMEDANG UTARA

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The Third Generation Connecticut Physical Fitness Assessment merupakan bagian dari program nasional tes kebugaran jasmani di Amerika Serikat yaitu *Presidential Youth Fitness Program*. Tes ini biasa dilakukan di salah satu lembaga pendidikan di Kota Hartford yang merupakan Ibu Kota Negara Bagian Connecticut. Tujuan penelitian ini yaitu untuk mengetahui tingkat validitas dan reliabilitas dari *The Third Generation Connecticut Physical Fitness Assessment* tingkat sekolah menengah pertama di Kecamatan Sumedang Utara. Penelitian ini dilatar belakangi oleh pentingnya tes kebugaran jasmani di lingkungan sekolah dengan cara yang menyenangkan. Penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif. Subjek penelitian ini adalah 125 siswa SMP kelas VIII di Kecamatan Sumedang Utara yang terdiri dari 61 laki-laki dan 64 perempuan, dilaksanakan pada tanggal 30 agustus 2016 – 7 september 2016. Teknik pengumpulan data yang digunakan adalah teknik observasi. Hasil penelitian menunjukkan bahwa *The Third Generation Connecticut Physical Fitness Assessment* tingkat sekolah menengah di Kecamatan Sumedang Utara memiliki tingkat validitas yang sempurna. Untuk reliabilitas, setelah dilakukan analisis data telah digambarkan bahwa tes ini memiliki tingkat reliabilitas yang rendah. Dengan demikian, tes ini tidak konsisten atau memiliki tingkat kesangkilan yang rendah.

Kata Kunci: tes, validitas, reliabilitas, kebugaran jasmani

ABSTRACT

The Reliability and Validity Testing of the Third Generation Connecticut Physical Fitness Assessment on the Level of Junior High School in North Sumedang District

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The Third Generation Connecticut Physical Fitness Assessment mirrors options of Presidential Youth Fitness Program which is the national program that promotes physical education in the USA. The test is a kind of Physical fitness assessment which usually employed in one of the educational institutions in Hartford, the capital city of Connecticut State, USA. This study aimed to investigate the validity and the reliability of the Third Generation Connecticut Physical Fitness Assessment in the Junior high school level in North Sumedang district. This study is motivated by the importance of the enjoyable Physical Fitness assessment in the school environment. The descriptive method with quantitative approach was employed in this study. The participants of the study were 125 VIII grade students of junior high school in The North Sumedang district which consist of 61 male and 64 female students. The study was conducted on August 30, 2016 until September 7, 2016. The data collection technique employed was observation. The result of the study shows that The Third Generation Connecticut Physical Fitness Assessment on the junior high school level in the North Sumedang district has a perfect validity level. Meanwhile in term of reliability, after the data analysis was conducted, this assessment can be drawn as having a low level of reliability. Thus, this test is not consistent or have a low level of effectiveness.

Keywords: Assessment, Validity, Reliability, Physical Fitness