

AKTIVITAS FISIK SISWA SD PADA ERA PANDEMI COVID-19

SKRIPSI

diajukan untuk memenuhi sebagian syarat mendapatkan gelar Sarjana Olahraga

Program Studi Ilmu Keolahragaan



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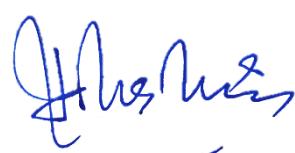
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ABSTRAK
AKTIVITAS FISIK SISWA SD PADA ERA PANDEMI COVID-19

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Penelitian ini bertujuan untuk menguji apakah terdapat perbedaan aktivitas fisik siswa SD belajar di rumah dan siswa SD belajar di sekolah pada era pandemi *covid-19*. Metode yang digunakan pada penelitian ini adalah *causal comparative*. Sampel yang digunakan 20 siswa SD, masing-masing 10 siswa SD belajar di rumah dan 10 siswa SD belajar di sekolah yang ada di Kabupaten Garut. Instrumen yang digunakan dalam penelitian ini menggunakan *Accelerometer*. *Accelerometer* yang digunakan yaitu *ActiGraph*. Penelitian ini dianalisis menggunakan *Independent Sample T-test* dengan tingkat (*Sig.0.05*). Hasil dari penelitian aktivitas fisik berdasarkan *MET Rate* antara siswa SD belajar di rumah dan siswa SD belajar di sekolah menunjukkan bahwa terdapat perbedaan yang signifikan dengan nilai ($p = 0.003$). Hasil dari penelitian aktivitas fisik berdasarkan *Average Step Count per Day* antara siswa SD belajar di rumah dan siswa SD belajar di sekolah menunjukkan bahwa tidak terdapat perbedaan yang signifikan dengan nilai ($p = 0.650$). Hasil dari penelitian aktivitas fisik berdasarkan *Moderate to Vigorous Physical Activity (MVPA)* antara siswa SD belajar di rumah dan siswa SD belajar di sekolah menunjukkan bahwa tidak terdapat perbedaan yang signifikan dengan nilai ($p = 0.988$). Hal ini menunjukkan bahwa aktivitas fisik berpengaruh oleh sistem pembelajaran di rumah dan pembelajaran di sekolah.

Kata kunci : Aktivitas Fisik, Anak, *Accelerometer*, *ActiGraph*, dan *Covid-19*.

ABSTRACT
PHYSICAL ACTIVITIES OF ELEMENTARY SCHOOL STUDENTS IN
THE ERA PANDEMIC COVID-19

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This study aims to test whether there are differences in the physical activity of primary school students studying at home and primary school students studying at school during the pandemic era Covid-19. The method used in this study is causal comparative. The sample used was 20 elementary students, 10 each of which studied at home and 10 students studied at schools in Garut Regency. The instrument used in this study used an accelerometer. The accelerometer used is ActiGraph. This study was analyzed using the *Independent Sample T-test* with a level ($\alpha = 0.05$). The results of the physical activity research based on the *MET Rate* between primary school students studying at home and primary school students studying at school indicated that there was a significant difference with grades ($p = 0.003$). The results of the research on physical activity based on the *Average Step Count per Day* between primary school students studying at home and primary school students studying at school indicated that there was no significant difference with grades ($p = 0.650$). The results of physical activity research based on *Moderate to Vigorous Physical Activity (MVPA)* between primary school students studying at home and primary school students studying at school indicated that there was no significant difference with grades ($p = 0.988$). This shows that physical activity is influenced by the learning system at home and learning at school.

Keywords: Physical Activity, Children, Accelerometer, ActiGraph, and Covid-19.

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