

**AKTIVITAS FISIK SISWA SMA PADA ERA PANDEMI COVID-19**

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Program Studi Ilmu Keolahragaan



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## **AKTIVITAS FISIK SISWA SMA PADA ERA PANDEMI *COVID-19***

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**ABSTRAK**  
**AKTIVITAS FISIK SISWA SMA PADA ERA PANDEMI COVID-19**

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Aktivitas fisik pada era pandemi *covid-19* sangat penting untuk menjaga kesehatan tubuh agar terhindarnya dari penyakit terutama infeksi virus *covid-19*. Pada kalangan usia remaja bertepatan dengan kondisi pertumbuhan dan perkembangan tubuh yang baik atau disebut *building physical & mental capability* yang merupakan awal dari baik atau buruknya kesehatan di masa dewasa yang akan datang. Akan tetapi masih banyak remaja yang tergolong tidak aktif terutama pada kalangan sekolah. Maka penelitian ini bertujuan untuk menguji, apakah terdapat perbedaan aktivitas fisik siswa SMA *Public School* dan SMA *Boarding School* pada era pandemi *covid-19*. Sampel laki-laki berjumlah 20 siswa SMA terdiri dari 10 siswa SMA *Public School* dan 10 siswa SMA *Boarding School* yang berada di Kabupaten Garut. Instrument yang digunakan pada penelitian ini yaitu *Accelerometer ActiGraph*. Penelitian ini dianalisis menggunakan uji *Mann-Whitney-U* sebagai uji beda dengan derajat kebebasan (Sig. 0,05). Hasil dari penelitian ini bahwa terdapat perbedaan yang signifikan antara aktivitas fisik siswa SMA *Boarding School* dan siswa SMA *Public School* dengan nilai ( $z = 3,780, p = 0$ ). Berdasarkan hasil penelitian menunjukkan bahwa aktivitas fisik dipengaruhi oleh sistem pembelajaran dan lingkungan di sekolah.

**Kata Kunci** : Aktivitas Fisik, *Covid-19*, Remaja

**ABSTRACT**  
**PHYSICAL ACTIVITY OF HIGH SCHOOL STUDENTS DURING THE**  
**COVID-19 PANDEMIC ERA**

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**Background:** Physical activity during the covid-19 pandemic era is very important to maintain physical health in order to avoid diseases, especially covid-19 virus infection. In adolescence to coincide with the condition of growth and development of a good body or called building physical and mental capability, which is the beginning of good or bad health in the mass of adulthood come. But, there are still many teenagers who classified as inactive, especially in school circles. **Purpose:** This study aims to test whether there are differences in physical activity of students SMA Public School and SMA Boarding School during the covid-19 pandemic era. **Methods:** The sample of this study was 20 male high school students consisting of 10 students SMA Public School and 10 students SMA Boarding School located in Garut Regency. The instrument used in this research is Accelerometer ActiGraph and the analysis was internalized using the Mann-Whitney-U test as a different test with the degree of freedom (Sig. 0,05). **Result:** The result of this study is there is a significant difference between the physical activity of students SMA Boarding School and students SMA Public School with grades ( $z = 3,780, p = 0$ ). **Discussion:** Based on the results showed that physical activity is influenced by the learning system and the environment in schools.

**Keywords :** Physical Activity, *Covid-19*, adolescence

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