

The Relationship of the Use of Digital Media and Physical Activity on the Physical Festival of Class IV and V Class Students of Condongcatur State Primary School



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ABSTRACT: Study This aim For know connection use of digital media and activities physical to freshness physical student class IV and V of Condongcatur State Elementary School Depok District, Regency Sleman. Study This is study correlational. Subject study This student class IV and V of Condongcatur State Elementary School Depok District, Regency Sleman , totaling 53 students . Data collection techniques use surveys, with instrument used _ in study This form questionnaire For variable use of digital media as well activity physical , as well TKJI test for variable freshness physical . Data analysis techniques using analysis regression and correlation, through prerequisite tests normality and linearity.

Research results obtain that There is significant relationship _ between use of digital media towards freshness physical of 0.461. There is a significant relationship between activity physical to freshness physical of 0.486. By together There is significant relationship _ between use of digital media and activities physical to freshness physical student class IV and V of Condongcatur State Elementary School Depok District, Regency Sleman of 0.632.

KEYWORDS: Relationships, Digital Media, Activities Physical, Freshness Physical

I. INTRODUCTION

Should We know what does digital mean in the true sense. before know What That Digital Theory . Digital originates from Language Greece namely, the word Digitus which means finger fingers . Amount fingers We is 10, and the number 10 consists from numbers 1 and 0. Therefore it is Digital depiction from something circumstances consisting of numbers from numbers 0 and 1 or off and on (binary numbers). All system computer use digital system as the database. Can also called _ the term Bit (Binary Digit). Digital is A complex , and flexible methods that create it become something basic _ in life human .

Whereas Digital Theory is A draft understanding from development of the times regarding Technology and Science, from everything that is manual becomes automatic, and from everything that is complicated become concise. And, when This is the era of digital technology started . All all round technology. is This is what is called the modern era, the past era predicted by scientists since first . Era, where the whole activity man controlled by sophistication technology: digitalization. (quoted from junal Rustamaji , (2016:44) .

Activity physical is every movement excreting body _ energy. As example, do training at the center fitness, walking, running and so on is activity physical . Activity physical is one _ desired target _ achieved within _ education physical , sports and health ; student become used to do activity is one _ indicator from to success education physical , sports and health quoted from Widodo's journal , (2014:283). based on Rusli Lutan (2002: 7) Activities Physical is something involving activities _ movement body produced by muscles _ framework , and movement That produce expenditure energy . Activity physical This covers broad scope , which is common done in various type work , activities filler time leisure , and activities everyday . Activity physical consists from activity during work , and on time free . Everyone does _ activity physique or physical in a way varies between individual One with others depending on style life individuals and factors other like type gender , age , appearance

work , etc. Actually Lots game sports that can make child become healthy , but games in digital media more dominate . This is what makes it motion child hampered Because child Already depend on digital media. Activity physically outside class hours _ physical education as reference become things that don't normal carried out by children , p This Actually with base philosophy physical education explained involvement child in care games , gymnastics, activities together , and others . For stimulate development movement efficient child in the future will useful For control various skills . Skills the Can shaped Skills base namely :

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walking , running , throwing and jumping as well as Skills special like swimming and gymnastics. In the end Skills That later will used child in life everyday (Kristyandaru , 2010: 42). Physical education teacher No can know and monitor in a way direct activity physique participant his education while outside _ school .

Development Skills motion basics and abilities suitable physique _ with need growth and development multilaterally appropriate _ age child educate can become base for development Skills motion sports .

Activity physicality is very important for someone , then all something supportive _ level freshness good physical condition , strive for it Already applied since child age early . Therefore _ That government oblige For enter eye lesson education physical in level education from level Primary School , School Intermediate First , and School Upper Intermediate .

Age school base These are very decisive times in the possibility achievement growth and development what is very good in Century the front . The role of education physical as tool education For reach nature of purpose comprehensive . Objective from education physical No activity That myself , however For develop potency student through activity physical . So that activity physical exercise _ moment education physical can increase quality freshness physical students , however If He No active move during the learning process .

Freshness physical is ability or ability physique somebody For carry out task daily in a way effective and efficient in a relatively long time without experience significant fatigue _ quoted from Desi Ardiyani journal , (2016:2). Based on Minister of National Education (2010:1) freshness physical is condition the body involved disconnected through functioning abilities and capabilities _ in work optimally and efficiently . Based on Irianto , Djoko Pekik (2002:2-4) freshness physical is ability somebody For do Work daily in a way efficient without experience excessive fatigue _ so that Still can enjoy time free time . Whereas according to Suharjana (200:11) freshness physical is quality somebody For do activity physical in accordance with his job optimally without _ experience excessive fatigue . _

Somebody with freshness good physical _ will can do activity relatively everyday _ _ longer if _ compared to with someone who has level freshness low physical condition . Freshness physicality is very important for someone , then all something supportive _ level freshness good physical condition , strive for it has been implemented since child age early . According to curriculum education physical , Physical Education are 2 integral parts of education in a way all capable _ develop child or individual in a way intact in the sense of covering aspects physical , intellectual , emotional and moral spiritual in the learning process prioritize activity physical and habitual pattern life healthy .. One _ objective education physical is For increase freshness physical . With freshness good physical , student _ can follow learning optimally and ultimately will increase quality source Power human . Because the level of freshness is good is initial capital for child elementary school age for achievement freshness physical next . Freshness good physical _ will influence on activities Study students , because student with good fitness status _ will increase Spirit in follow the learning process .

However , in in fact from results observations at school the foundation of the Condongcatu country student Still permitted carrying digital media such as cellphones, with reason For communicate urge or For pick up student moment go home school . As for time Rest child seldom use time rest For do activity physical like student running, or play with Friend the same age , there are also those who sit together chat fellow friends and there are also those who are eat . But at the moment Rest Still A little students who do activity physical because Still There is students who read or do task from the teacher.

II. METHOD

Study This is type study correlation . Based on Suharsimi Arikuto (2002: 239), research correlational aim For find There is or not relationship and if yes , how much? tightly connection as well as means or No connection that . Research design set based on goals and hypotheses research . Study This use design study observational with TKJI survey and test methods . Study observational is research that does not do manipulation or intervention on the subject research . Research survey method This is study descriptive quantitative , Research descriptive according to Sugiyono (2017: 147), is research used _ with method describe nor describes the data that has been collected as exists without mean make applicable conclusions _ For general or purposeful generalization _ For analyze data., with use survey method , meanwhile technique taking the data with use test and test test use TKJI test . Population is the area of generalization that consists above : object / subject that has qualities and characteristics certain conditions determined by the researcher For studied and then withdrawn in conclusion (Sugiyono, 2018: 80). Population in study This is Condongcatu State Elementary School students Depok District , Regency Sleman , totaling 55 students that is class IV with a total of 29 students and class V with a total of 26 students . With average age 11 year old student . Based on Sugiyono (2008 : 118) sample is part from the number and characteristics of the population that . When population large , and research No Possible learn everything in the population , for example Because limited funds, energy and time , then study can using the samples taken

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from population that . There is One technique used _ in study in taking sample , ie with total incidentals that is technique taking sample Where amount sample The same with population , but 2 respondents No follow TKJI test because No present or sick . Data collection is systematic and standard procedures _ For obtain the necessary data (Moh . Nazir, 2009: 174). In study this , researcher will plunge direct to field in accordance distribution its territory For choose subject representative research . _ Researcher do research at Condongcatour State Elementary School Depok District . Then researcher give explanation about charging questionnaire and asked For fill in questionnaire the in accordance with real and honest with Guttman scale . Guttman Scale According to Sugiyono (2016 : 96) is the "Guttman Scale.

III. DISCUSSION

Based on type gender, respondent consists from two category, ie men and women . Following based data description type sex respondent:

Table 1. Based Data Description Type Sex

No	Gender	Frequency	Percentage
1	Man	30	56.60%
2	Woman	23	43.40%
Amount	53		100.00%

From the table above obtained as many as 53 children (56.60%) were of this type sex male and as many as 23 children (43.40%) were of the same sex sex woman .Based on age, respondent consists of 3 categories , namely ages 10 years , 11 years and 12 years . Following based data description age respondent:

Table 2. Based Data Description Age

No	Age	Frequency	Percentage
1	10 TH	20	37.74%
2	11 TH	30	56.60%
3	12 TH	3	5.66%
Amount		53	100.00

From the table above obtained as many as 20 children (37.74%) were 10 years old , 30 children (56.60%) were 11 years old , and 3 children (5.66%) were 12 years old .Based on class , respondent consists from 2 categories , namely class IV and class V. Following based data description age respondents.

Table 3. Description of Data by Class

No	Class	Frequency	Percentage
1	Class IV	28	52.83%
2	Class V	25	47.17%
Amount		53	100.00%

From the table above obtained as many as 28 children (52.83%) were in class IV, and as many as 25 children (47.17%) were in class V. Based on body weight , respondent consists of 3 categories , namely class IV and class V.

Table 4. Based Data Description Body Weight

No	Weight	Frequency	Percentage
1	20 - 34	22	41.51%
2	35 - 49	24	45.28%
3	50 - 64	7	13.21%
Amount		53	100.00%

From the table above obtained as many as 22 children (41.51%) had weight between 20-34KG, 24 children (45.28 %) had body weight between 35-49KG, and as many as 7 children (13.21%) had body weight between 50-64KG. Based on height, respondent consists of 3 categories , namely class IV and class V.

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Table 5. Description of data based on height

No	Weight	Frequency	Percentage
1	120 - 134	10	18.87%
2	135 - 149	28	52.83%
3	150 - 164	15	28.30%
Amount		53	100.00%

From the table above obtained as many as 10 children (18.87%) had height between 120-134 cm, as many as 28 children (52.83%) had height between 135-149 cm, and as many as 15 children (28.30%) had height between 150-164 cm .

Study This uses 3 variables , which consist of of 2 variables free (use of digital media and activities physical) as well as 1 variable bound , ie freshness physical . Order research more easy the work , then from third variable the symbolized in X1 for use of digital media, X2 for activity physical , and Y for freshness physical . For more clear about description of research data , below The data from each variable will be described . Data description will be explain mark maximum , minimum value , mean, standard deviation , median and mode, which are later arranged in distribution frequency along with picture the histogram .

Prerequisite Test Results Testing normality using Kolmogorov-Smirnov. In this test will test hypothesis zero (Ho) that sample originate from population normally distributed . For accept or reject Ho with compare Sig price obtained with 0.05. The criteria is accept Ho if Sig prices more big of 0.05, in another thing is a hypothesis rejected .

Table 6. Summary Normality Test results

No	Variable	KS count	Sig (0.05)(df)	Conclusion
1	Use of digital media	0.098	0.200	Normal
2	Physical activity	0.092	0.200	Normal
3	Physical fitness	0.106	0.200	Normal

From the table above Sig price from variable use of digital media is 0.200, variable activity physical of 0.200, and variable freshness physical of 0.200. It turns out Sig value of third variable all more big from 0.05, with thereby so stated hypothesis _ sample originate from population normal distribution is accepted .Linearity test used For know form regression line equation between variable free with variable bound . In this test will test hypothesis zero (Ho) that form linear regression. For accept or reject Ho with compare F price calculation (Fo) with price F of table (Ft) at level significant $\alpha = 5\%$ and degree freedom to use . The criteria is accept hypothesis if F price calculation more small from price F of table with level significant 5% and deg freedom used , in _ another thing is a hypothesis rejected . Linearity test calculation results can see in the table below this:

Table 7. Linearity Test Calculation Results

No	Regression equation	F	df	Ft(0.05)(df)	Conclusion
1	$\hat{Y} = 7.273 + 0.419X_1$	1,341	13/38	1.97	Linear
2	$\hat{Y} = 7.855 + 0.141X_2$	1,434	29/22	2.00	Linear

From counting obtained F price calculation between variable use of digital media (X1) with freshness physical (Y), with equality regression $\hat{Y} = 7.273 + 0.419X_1$, equal to 1.341. Whereas price F of table at level significant $\alpha = 5\%$ and degree freedom 13/38 of 1.97. Because the price of F is calculated more small from price F table, then hypothesis stating the regression line linear form is accepted. With thereby can concluded the regression line freshness physical on use of digital media in linear form.F price calculation between variable activity physical (X2) with freshness physical (Y), with line equation $\hat{Y} = 7.855 + 0.141X_2$, equal to 1.434. Whereas price F of table at level significant $\alpha = 5\%$ and degree freedom 29/22 of 2.00. Because the price of F is calculated more small from price F table , then hypothesis stating the regression line linear form is accepted . With thereby can concluded the regression line freshness physical on activity physical linear shape .From the description above obtained that both regression lines linear , so furthermore can done more data analysis continue .Linearity test For know meaningfulness regression with test hypothesis that coefficient direction regression No means . For accept and reject hypothesis with compare calculated F price (Fo) with price F table (Ft) with level significant $\alpha = 0.05$. The criteria is accept hypothesis if price Fo more small of Ft at level significance 0.05. Following results obtained: _

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Table 8. Significance Test Calculation Results Regression

No	Regression equation	Fo	Ft ($\alpha = 0.05$)(dk)	Conclusion
1	$\hat{Y} = 7.273 + 0.419X_1$	13,729	4.03 1/51	Means
2	$\hat{Y} = 7.855 + 0.141X_2$	15,781	4.03 1/51	Means

From the calculation of the significance test regression simple between variable use of digital media (X1) with freshness physical (Y), with equality regression $\hat{Y} = 7.273 + 0.419X_1$, obtained F price calculation amounting to 13,729. Whereas price F of table at level significant $\alpha = 0.05$ and deg freedom 1/51 is 4.03. Because of the price Fo more big from Ft price, then stated hypothesis _ direction of the regression line No means rejected. With thereby can concluded direction of the regression line freshness physical on use of digital media means .F price calculation from the significance test regression simple between activity physical (X2) with freshness physical (Y), with the regression line equation $\hat{Y} = 7.855 + 0.141X_2$, is obtained F price calculation amounting to 15,781. Whereas price F of table at level significant $\alpha = 0.05$ and deg freedom 1/51 is 4.03. Because of the price Fo more big from Ft price, then stated hypothesis _ direction of the regression line No means rejected. With thereby can concluded direction of the regression line freshness physical on activity physical means .Based on results calculation obtained significant relationship _ between use of digital media and activities physical to freshness physical as following:

1. There is a significant relationship between use of digital media towards freshness physical

Correlation value simple between use of digital media towards freshness physical of 0.461. Based testing hypothesis connection both of them significant. The use of digital media is This is normal in today 's era this. Almost everyone starts _ from children until elderly enjoy it. Start from cellphones, laptops, tablets, televisions, and more Lots again. Of course just from various digital media have its function individually. Learning in today's modern schools Already Lots using digital media, one of the frequent ones used are cellphones and tablets. these two media Possible is the most practical medium when carried _ student to school than bring a laptop or something else. As for the uses of this media Of course just For make it easier reach objective from learning, one of them giving quiz online, giving next task _ sent via email, WhatsApp and so on. Digital media can also used For do literacy, that is with do search information from the internet about task what the teacher gives. This thing can said that the media makes things very easy in the learning process in accordance with theory Rustamaji stated _ that Digital media is A draft understanding from development of the times regarding Technology and Science, from everything that is manual becomes automatic, and from everything that is complicated become concise. With activity sort of This is at school, of course just will reduce activity physical students, so freshness physical students will too affected. At Condongcatour State Elementary School Depok District, Regency Sleman learning process in class Still Not yet using digital media for students, p That because Still There is prohibition from school For bring a cellphone or tablet, so students at Condongcatour State Elementary School Depok District, Regency Sleman Still can activity physical during break time.

Research results show that There is positive and significant relationship _ between use of digital media towards level freshness physical students. If notice data description, students' use of digital media part big enter in category enough, and on the description freshness physical too in part big obtain category medium. From the description of the data it appears clear that both in the use of digital media and mark freshness physical You're welcome Still Not yet good. Connection between use of digital media towards freshness physical worth positive, this means that if the use of digital media is increased, then mark freshness physical students will too the more good. This thing because with using digital media, students will can Study more Far about many kinds of sport or activity what can be done applied in life everyday, for example with see YouTube student Possible can imitate movements in gymnastics, football, volleyball, and everything form activity that game _ fun. Besides That when student bored with the gadget, then student will do activity physical is one of them with play together his friends Because characteristics child elementary school age is like play. So that reasonable just if results study This show significant relationship _ between use of digital media towards freshness physical.

2. There is a significant relationship between activity physical to freshness physical

Correlation value simple between activity physical to freshness physical of 0.486. Based testing hypothesis connection both of them significant matter This strengthened based on theory Rusli Lutan stated _ that activity physical is miscellaneous involving activities _ movement body produced by muscles _ framework, and movement That produce expenditure energy. Activity physical This covers broad scope, which is common done in various type work, activities filler time leisure, and activities everyday. Everyone does _ activity physique or physical in a way varies between individual One with others depending on style life individuals and factors other like type gender, age, occupation, etc. Research results show connection between activity physical to freshness physical worth positive, this means that the more tall activity physical someone, then level freshness His body will too the more good. Student Condongcatour State Elementary School Depok District, Regency Sleman each got 1 day allowance in a week with

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total of 4 hours of lessons . Outside class hours _ school , only breaks are allowed _ used For activity modern , however this is the reality on the ground children longer time _ snack and play simple with his friends from doing activities physical which causes a feeling of tiredness . From the description of activity data physical student Condongcatu State Elementary School Depok District , Regency Sleman part big enter in category enough , and value freshness the body obtained is also partial big in category medium . This means that lack of activity physical student be one _ low level freshness physical student grades IV and V at Condongcatu State Elementary School Depok District , Regency Sleman .

3. By together There is significant relationship _ from use of digital media and activities physical to freshness physical Correlation value double between use of digital media and activities physical to freshness physical in a way together of 0.632. Based on testing hypothesis , it turns out correlation from second variable free in a way together with freshness physical significant . Given relationship _ second variable free in a way together with freshness physical of 0.632. Correlation value obtained _ worth positive , so This means that the more tall use of digital media and activities physical someone , then freshness physical someone will too the more good . From coefficients correlations were also obtained coefficient determination of 0.399. This means that from second variable free , have donation only 39.9 % . Whereas the rest 60.1 % were affected other variables do not including in study this.

IV. CONCLUSION

Based on results data analysis, testing hypothesis and discussion , can taken conclusion that :

1. There is a significant relationship between use of digital media towards freshness physical student class IV and V Condongcatu State Elementary School.
2. There is a significant relationship between activity physical to freshness physical student class IV and V Condongcatu State Elementary School.
3. By together There is significant relationship _ between use of digital media and activities physical to freshness physical student class IV and V Condongcatu State Elementary School.

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