

Literature About Maintaining Physical Fitness Through Digital in Community

Zharfan M Salman*, Asep Bayu Dani Nandiyanto

Universitas Pendidikan Indonesia, Indonesia

Email: *zharfansalman@upi.edu

Abstract. This study aims to educate the public on how to maintain good and correct physical fitness, starting from the basic understanding, to how important it is, to how to implement it in everyday life where using digital methods in society. Education was carried out to the community members in RT 04, RW 02, Cibabat output, using the digital literacy method, namely providing information and learning through digital media to explain to the subject. The information given to the community subjects is made as concise as possible and interesting so that it is easily understood by the community. The education process is carried out online by using whatsapp and zoom meetings, while offline by conducting direct socialization to the community. The understanding of the community was analyzed through pretest and posttest questions, totaling 20 questions. The results of this study indicate that there is an increase in the score from pretest to posttest. The education provided is able to make the public understand the subject of the given theme. This shows that educational activities are successful because the information conveyed to the public can generate public interest in understanding the information that has been provided. This research can provide information that digital media can be used both as a tool for education and can increase public interest in adding new knowledge.

1. Introduction

With the The physical fitness condition of a person who is able to adapt to all physical and psychological loads received is the basis for achieving optimal work productivity achievement. Physical fitness itself is the ability of a human being to carry out daily activities or work and adapt to physical improvements without causing fatigue and still having reserves of strength [1]. a person whose productivity is higher, the person's physical abilities are also higher.

The physical fitness of a community can be used as a benchmark which shows the level of health of a country [2]. physical fitness is the ability and ability of the body to make adjustments (adaptation) to the physical loading given to it (from work done daily) without causing excessive fatigue [3].

In the world of sports, physical fitness is an important aspect for a person to be able to improve mobility or daily activities. From the point of view of Sports Physiology, Sport is a series of regular and planned physical movements that people do consciously to improve their functional abilities, according to the purpose of doing sports. Sports are divided based on the

nature or purpose of achievement sports, recreational sports, health sports and educational sports [4]. Sport is an activity carried out by various levels of society with various age groups. The existence of which is currently no longer underestimated because today's sport has become a part of life [5]

Sports activities greatly affect a person's physical fitness, even more so that these activities contribute directly to the components of physical fitness. Sports activities must still be adjusted to a person's age, for example the type of activity, safety factors and the equipment used. Sports activities cannot be done haphazardly, they must still be done with the right techniques and rules. Even though he likes sports, he still has to look at his age and physical condition so that he is well controlled [6]. A person can have a good level of physical fitness if he does exercise which is at least 3-5 times a week [7]. In an effort to do physical fitness alone, we cannot do it instantly, where it is necessary to have a regular exercise process on a regular basis to get maximum results [8].

There are many journals that cover articles related to physical fitness. However, research journals that focus on maintaining physical fitness are still quite rare. because there is still a lack of research that examines this matter, the researcher wants to provide new information or knowledge on how to understand public literacy about maintaining physical fitness through digital media.

Therefore, this study aims to educate the public regarding how to maintain physical fitness as well as possible with the digital literacy method. By providing information or material that will be taught later, it is hoped that the author will make people aware of the importance of maintaining physical fitness. The novelties of this research are: (i) Maintaining physical fitness is important (ii) Exercise is a way to maintain physical fitness (iii) Literacy is provided online and offline as well.

2. Method

The method used in this research is the digital literacy method in the form of providing information and learning through digital media. This research was conducted on 20 residents of RT. 004, RW. 002, Cibabat Village. The educational process is carried out online and offline. There are pretest and posttest questions through google form as many as 20 questions to the public to analyze public understanding regarding maintaining physical fitness. As for the question pretest and posttest are shown in table 1.

Table 1. Question of Pretest and Posttest

No	Question
1	Below are the elements of physical fitness, namely: (1)Power hold (2)Speed (3)Strength
2	Coordination is an ability muscles against a heavy load being carried by the body.
3	Agility is an ability body to change body position quickly.
4	Very sports activityaffect physical fitness somebody.
5	Sport is a series of regular and planned exercise that people do consciously to improve their functional abilities
6	According to the KBBI, sports are body movements to awaken and move the body
7	Cardiorespiratory is the ability muscles and bones to supply strength to all body cells as energy to be able to do physical activity such as running, swimming, cycling, game sports, and etc.
8	Flexibility is an ability body in performing movements maximum.
9	Push-ups are a sport for abdominal strength training.
10	Back lift is a sport for back strength training.

11	Have a sense of responsibility in maintain fitness and health body, is one of the benefits of physical fitness.
12	Shoulders Press is an exercise for hand muscle strength.
13	Leg Squat aims to train muscles limbs.
14	Eating healthy food is important factor in maintaining physical fitness.
15	The body's ability to perform activity adjustment to physical load what you do everyday without Experiencing excessive fatigue is the definition of fitness physical.
16	The level of one's agility can be determined by the balance.
17	Doing situps right is with both legs slightly bent.
18	Badminton is a sport that good for increasing endurance body.
19	Shuttle run is a sport that is practiced by running back and forth
20	Always staying up late will make the body we are getting healthier.

Source: Data processed

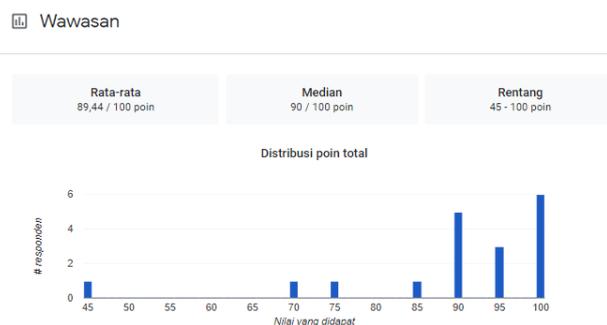
3. Results and Discussion

The average pretest scores of 20 local residents tested by the author. From the results of the test by the author that the public's understanding of physical fitness, it can be said to have a sufficient average. Where the lowest value is at 60 and the highest is at 90 (see Figure 1).



Figure 1. Community Pretest Average Score

The result of the posttest given by the author to the same 20 people. From these results, the average value increased from the previous test and the people who got the highest score were considered the most, although there were still people who got low scores. This proves that the literacy and socialization activities carried out by the author are quite successful in educating



the public in providing new knowledge, although not quite evenly. Because there are still people who get low scores (see Figure 2).

Figure 2. Community Posttest Average Score

The following are the results of the pretest and posttest:

Table 2. Correct Answer Test Results Pretest and Posttest

No.	Pretest Score	Posttest Score
1.	94%	100%
2.	55%	94%
3.	100%	100
4.	100%	100
5.	100%	88%
6.	50%	88%
7.	55%	100%
8.	61%	94%
9.	94%	83%
10.	66%	100%
11.	94%	83%
12.	27%	83%
13.	88%	83%
14.	100%	100%
15.	94%	83%
16.	22%	77%
17.	77%	83%
18.	11%	77%
19.	94%	94%
20.	77%	84%

Source: Data processed

The results of the study can be seen in table 2. which has increased. As for the discussion :

- (i) For question no. 1 regarding "Below are elements of physical fitness, namely: (1) Endurance (2) Speed (3) Strength." The results showed that there was no significant increase. These results were obtained because the increase in the number of respondents who were correct only increased by 1 respondent from 19 people who were correct to 20. correct at the pretest, and increased to 17 out of 21 respondents who answered correctly on the posttest questions.
- (ii) For question number 2 regarding "Coordination is the ability of the muscles to resist the load being carried by the body." The results show that public understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 10 respondents who answered correctly during the pretest, and increased to 19 respondents who answered correctly on the posttest.
- (iii) For question number 3 regarding "Agility is the body's ability to change body position quickly." The results show that the community already understands the concept of agility. Because all respondents can answer correctly on the pretest and posttest.

- (iv) For question no 4 regarding "sports activities greatly affect a person's physical fitness." The results show that people already understand the benefits of exercise. Because all respondents can answer correctly on the pretest and posttest.
- (v) For question number 5 regarding "Exercise is a series of regular and planned exercise that people do consciously to improve their functional abilities." The results show that the public already understands the statement. Although the correct number was reduced to 18 respondents from 20 at the time of the post test.
- (vi) For question no. 6 regarding "According to the KBBI, sport is exercise to awaken and intimidate the body" the results show that people's understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 10 respondents who answered correctly during the pretest, and increased to 10 respondents who answered correctly on the posttest.
- (vii) For question no 7 regarding "Cardiorespiration is the ability of muscles and bones to supply strength to all body cell tissues as energy to be able to carry out physical activities such as running, swimming, cycling, playing sports, and others." The results show that public understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 7 respondents who answered correctly during the pretest, and increased to 20 respondents who answered correctly on the posttest.
- (viii) For question number 8 regarding "Flexibility is the body's ability to perform movements optimally." The results show that people already understand about body flexibility. Because there are during the pre test and post test the number of respondents who answered correctly remained the same 19 respondents.
- (ix) For question number 9 regarding "Push-ups are a sport to train abdominal strength." The results show that people's understanding gets the same results. There were 14 respondents who answered correctly during the pretest, and increased to 17 respondents who answered correctly on the posttest.
- (x) For question number 10 regarding "Back lift is a sport to train back strength." The results show that public understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 19 respondents who answered correctly during the pretest, and increased to 20 respondents who answered correctly on the posttest.
- (xi) For question no 11 concerning "Having a sense of responsibility in maintaining physical fitness and health, is one of the benefits of physical fitness." The results show that people's understanding remains the same. Because the number of respondents who answered correctly remained the same.
- (xii) For question no 12 regarding "Shoulders Press is an exercise for hand muscle strength." The results show that public understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 7 respondents who answered correctly during the pretest, and increased to 17 respondents who answered correctly on the posttest.

- (xiii) For question no 13 regarding "Leg Squat aims to train leg muscles." The results show that public understanding has increased. The results show that people's understanding remains the same. Because the number of respondents who answered correctly remained the same.
- (xiv) For question no 14 regarding "Eating healthy food is an important factor in maintaining physical fitness." The results show that the community has a good understanding of it. Because there is an increase in respondents who answered correctly from 18 to 20.
- (xv) For question number 15 regarding "The body's ability to carry out adjustment activities to physical loads that are carried out daily without experiencing excessive fatigue is an understanding of physical fitness." The results show that the community has a good understanding of it. Although there is a reduction in correct answers from 17 to 16
- (xvi) For question number 16 regarding "The level of a person's agility can be determined by his balance." The results show that public understanding has increased. These results were obtained because there was an increase in the number of respondents who answered correctly on the pretest and posttest. There were 6 respondents who answered correctly during the pretest, and increased to 15 respondents who answered correctly on the posttest.
- (xvii) For question number 17 on "Doing situps correctly is with both legs slightly bent." The results show that public understanding has increased. This means that the number of people who answered correctly increased by 1 respondent to 17.
- (xviii) For question no 18 regarding "Badminton is a good sport to increase endurance." The results show that the community is no longer fooled by the questions given. Because there is an increase in the number of correct respondents
- (xix) For question number 19 regarding "Shuttle run is a sport that is practiced by running back and forth." The results show that the community already understands how to do the Shuttle run. This is because there is an increase in the number of respondents who answered correctly
- (xx) For question number 20 regarding "Always staying up late will make our bodies healthier." The results show that respondents focus on answering question number 20.

The results from the pre-test to the post-test have increased where the public's understanding of maintaining physical fitness has also increased, and the material presented can be understood by the selected community. Even though there are some questions, there are still people who are wrong in answering questions.

From these results, we can also know that digital literacy can have an effect on increasing people's understanding of what literacy we provide. Because digital literacy can be more attractive to the community itself and can be applied in various methods such as through videos, power points, games, applications, and others. It is the same with research conducted by Bella Elpira (2018) where digital literacy has a positive effect on improving learning in a school, which means that digital literacy has a strong influence [9]. Musyarofatul & Enokk (2021) said that digital literacy can affect student learning outcomes in the midst of the COVID-19 pandemic. Which makes literacy through digital media highly recommended to be applied [10].

4. Conclusion

This research was conducted with the aim of providing literacy understanding to the surrounding community regarding maintaining good and correct physical fitness, by means of the digital literacy method. This literacy was carried out to 20 residents around the location that the author specified. Submission of the material provided to the public is made as attractive as possible and as easy as possible for the public to understand. The literacy process is carried out online and offline. The result of providing an understanding of literacy has increased from pre-test to post-test where the average community begins to understand the importance of maintaining physical fitness even though some people are still wrong in answering it. Apart from the pre-test and post-test, the understanding of the community is given through power point materials and infographics that the author gives to the selected community and to the surrounding community as well. Based on the tests given, this activity can be said to be successful because there is an increase in public understanding in maintaining physical fitness.

Acknowledgement

The author would like to thank the LPPM, KJP UPI and to the supervisor KKN who has guided in completing this paper.

References

- [1] Alamsyah, D. A. N., Hestningsih, R., & Saraswati, L. D. (2017). Faktor-faktor yang berhubungan dengan kebugaran jasmani pada remaja siswa kelas XI SMK Negeri 11 Semarang. *Jurnal Kesehatan Masyarakat (Undip)*, 5(3), 77-86.
- [2] Arifin, Z. (2018). Pengaruh Latihan Senam Kebugaran Jasmani (SKJ) Terhadap Tingkat Kebugaran Siswa Kelas V di MIN Donomulyo Kabupaten Malang. *Al-Mudarris: Journal Of Education*, 1(1), 22-29.
- [3] Paryanto, R., & Wati, I. D. P. (2012). Upaya meningkatkan kebugaran jasmani siswa melalui pendidikan jasmani. *Jurnal Pendidikan dan Pembelajaran Khatulistiwa*, 2(5).
- [4] Okta, G. (2013). Pengaruh Aktivitas Olaharaga Terhadap Kebugaran Jasmani. *Journal of Sport Sciences and Finance*.
- [5] Santoso, D. A. (2016). Analisis Tingkat Kebugaran Jasmaniatlet Bolavoliputriuniversitas Pgribanyuwangi. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 1(1).
- [6] Kérivel, T., Bossard, C., & Kermarrec, G. (2021). Applying the Input-Process-Outcome model to team learning in sport sciences: an exploratory qualitative study on twenty soccer players. *Journal of Human Kinetics*, 78(1), 251-262.
- [7] Chwałczyńska, A., & Andrzejewski, W. (2021). Changes in body mass and composition of the body as well as physical activity and time spent in front of the monitor by students of the Wroclaw University of Health and Sport Sciences during the period of COVID-19 restrictions. *International Journal of Environmental Research and Public Health*, 18(15), 7801.
- [8] Purnomo, H., Fitrah, F., Maulana, R., & Pratadina, M. (2021). Implementation of Information System in Indonesian Traditional Beverage Businesses. *International Journal of Informatics, Information System and Computer Engineering (INJIISCOM)*, 2(1), 15-24.



-
- [9] Rahayu, S. K. (2022). Implementation of Blockchain in Minimizing Tax Avoidance of Cryptocurrency Transaction in Indonesia. *International Journal of Research and Applied Technology (INJURATECH)*, 2(1), 30-43.
- [10] Soegoto, E. S., Alifia, N. T., Salsabila, T., & Mardika, C. N. (2022). The Effect of Using Applications to Facilitate Medicine Purchase Amid the Covid-19 Pandemic. *International Journal of Research and Applied Technology (INJURATECH)*, 2(1), 71-81.