

**ABSTRAK****TINGKAT KEBUGARAN JASMANI ANAK USIA 10-12 TAHUN  
SEKOLAH DASAR PIUS BAKTI UTAMA KEBUMEN KABUPATEN  
KEBUMEN TAHUN 2024**

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2024

Kebugaran jasmani sangat penting bagi manusia dalam melakukan aktivitas sehari-hari, termasuk bagi siswa sekolah dasar yang masing-masing dalam masa pertumbuhan. Tujuan penelitian ini adalah untuk mengetahui tingkat kebugaran jasmani siswa usia 10 – 12 tahun di Sekolah Dasar Pius Bakti Utama Kebumen, Kabupaten Kebumen pada tahun 2024. Penelitian ini merupakan penelitian deskriptif kuantitatif yang diukur menggunakan Tes Kesegaran Jasmani Indonesia (TKJI) untuk kelompok usia 10 – 12 tahun. Sampel penelitian ini berjumlah 30 siswa usia 10 – 12 tahun (kelas IV dan V) SD Pius Bakti Utama Kebumen. Hasil tes diukur menggunakan teknik statistik deskriptif dan disajikan dalam bentuk kategori dan presentasi.

Hasil penelitian menunjukkan bahwa tingkat kebugaran jasmani siswa usia 10 – 12 tahun di SD Pius Bakti Utama yang diukur menggunakan instrumen TKJI termasuk dalam kategori “sedang”. Sebanyak 0% (0 siswa) masuk dalam kategori “baik sekali”, sebanyak 16,7% (5 siswa) masuk dalam kategori “baik”, sebanyak 56,7% (17 siswa) masuk dalam kategori “sedang”, sebanyak 26,7% (8 siswa) masuk dalam kategori “kurang”, dan sebanyak 0% (0 siswa) masuk dalam kategori kurang sekali. Berdasarkan hasil pengukuran, tes lari 30 / 40 meter merupakan tes yang memperoleh hasil “baik sekali”, baik oleh siswa putra maupun putri.

**Kata kunci:** Kebugaran Jasmani, Siswa, Sekolah Dasar

**ABSTRACT****PHYSICAL FITNESS LEVELS OF CHILDREN AGE 10-12 YEARS ELEMENTARY SCHOOL PIUS BAKTI UTAMA KEBUMEN, KEBUMEN DISTRICT 2024**

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*Physical fitness is very important for humans in carrying out daily activities, including for elementary school students who are in their growing period. The aim of this research is to determine the level of physical fitness of students aged 10 - 12 years at Pius Bakti Utama Elementary School Kebumen, Kebumen Regency in 2024. This research is quantitative descriptive research which is measured using the Indonesian Physical Fitness Test (TKJI) instrument for the age group 10 - 12 years old. The sample for this research consisted of 30 students aged 10 - 12 years (grades IV and V) at Pius Bakti Utama Elementary School, Kebumen. Test results are measured using descriptive statistical techniques and presented in the form of categories and presentations.*

*The results of the research show that the physical fitness level of students aged 10 - 12 years at Pius Bakti Utama Elementary School as measured using the TKJI instrument is included in the "medium" category. As many as 0% (0 students) were in the "very good" category, as many as 16.7% (5 students) were in the "good" category, as many as 56.7% (17 students) were in the "medium" category, as many as 26.7% (8 students) were in the "poor" category, and 0% (0 students) were in the very poor category. Based on the measurement results, the 30/40 meter running test was a test that obtained "very good" results, for both male and female students.*

**Keywords:** *Physical Fitness, Students, Elementary School*