

ABSTRAK

**HUBUNGAN ANTARA KEBUGARAN JASMANI
DENGAN HASIL BELAJAR MATEMATIKA
PESERTA DIDIK KELAS IV SD KANISIUS DUWET**

Raphael Zie
Universitas Sanata Dharma
2025

Penelitian ini bertujuan untuk mengetahui hubungan antara kebugaran jasmani dengan hasil belajar matematika pada peserta didik kelas IV SD Kanisius Duwet tahun ajaran 2024/2025, populasi yang digunakan adalah 38 peserta didik kelas IV SD Kanisius Duwet tahun ajaran 2024/2025, serta menggunakan metode total sampling dengan penyesuaian terhadap wali kelas sehingga sampel yang digunakan sebanyak sebanyak 30 anak terdiri dari 16 laki-laki dan 14 perempuan peserta didik kelas IV SD Kanisius Duwet. Pengukuran kebugaran dilakukan menggunakan Tes Kebugaran Jasmani Indonesia (TKJI), yang mencakup lima tes kinerja fisik: lari 30 meter, gantung siku tekuk, sit up, loncat tegak, dan lari 600 meter. Nilai matematika diperoleh dari studi dokumen Asesmen Sumatif Lingkup Materi Bersama 2 (ASLMB 2). Analisis data menggunakan SPSS dengan uji korelasi *pearson*, setelah data dinyatakan berdistribusi normal dan homogen.

Hasil analisis menunjukkan adanya hubungan positif antara kebugaran jasmani dan hasil belajar matematika dengan nilai korelasi (r) 0,520 dan *Sig* 0.03. Semakin baik tingkat kebugaran jasmani peserta didik, semakin tinggi pula capaian nilai matematikanya. Hal yang dapat dilakukan untuk mengoptimalkan kemampuan anak pada hasil belajar matematika dalam konteks kebugaran jasmani yaitu mengintegrasikan aktivitas gerak ke dalam proses pembelajaran matematika, serta memastikan anak memiliki cukup waktu dengan aktivitas fisik harian.

Kata kunci: korelasi *pearson*, hasil belajar, kebugaran jasmani, matematika.

ABSTRACT

***THE RELATIONSHIP BETWEEN PHYSICAL FITNESS AND MATHEMATICS
LEARNING OUTCOMES OF 4TH GRADE STUDENTS AT KANISIUS DUWET
ELEMENTARY SCHOOL***

Raphael Zie
Sanata Dharma University
2025

This study aims to determine the relationship between physical fitness and mathematics learning outcomes in fourth-grade students at Kanisius Duwet Elementary School in the 2024/2025 academic year. The population used was 38 fourth-grade students at Kanisius Duwet Elementary School in the 2024/2025 academic year. The total sampling method was used with adjustments for homeroom teachers, resulting in a sample of 30 children consisting of 16 boys and 14 girls at fourth-grade students at Kanisius Duwet Elementary School. Fitness measurements were conducted using the Indonesian Physical Fitness Test (TKJI), which includes five physical performance tests: a 30-meter run, a bent-elbow hang, a sit-up, a vertical jump, and a 600-meter run. Mathematics scores were obtained from a study of the Summative Assessment of Common Material Scope 2 (ASLMB 2) documents. Data analysis used SPSS with the Pearson correlation test, after the data were declared normally distributed and homogeneous.

The analysis results show a positive relationship between physical fitness and mathematics learning outcomes with a correlation value (r) of 0.520 and a Sig. 0.03. The better the physical fitness level of students, the higher their mathematics achievement. Things that can be done to optimize children's abilities in mathematics learning outcomes in the context of physical fitness are integrating movement activities into the mathematics learning process, as well as ensuring children have enough time for daily physical activity.

Keywords: pearson correlation, learning outcomes, physical fitness, mathematics.