



**THE ROLE OF THE PJOK TEACHER IN INCREASING THE PHYSICAL FITNESS OF
STUDENTS OF SMP NEGERI 2 INDRA JAYA, PIDIE DISTRICT**

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ABSTRACT

The research entitled "The Role of Corner Teachers in Improving Students' Physical Fitness" which was carried out on these students aims 1. To find out whether all forms of government policies relating to teacher development will have an impact and shape professional character, especially for physical education teachers. 2. What are the teaching patterns applied by physical education teachers so that they have an impact on fostering students' physical and intellectual fitness. The sample taken is the same as the total population, namely 22 people. The data collection method used a descriptive method approach, where the researcher wanted to describe clearly and clearly. Thus the hypothesis proposes 28 solving variables with 28 processing tables, then the variables that support the performance of the health sports physical education teacher at SMP 2 Indrajaya in motivating students in learning physical fitness agility gymnastics material are 22 of the 28 variables proposed.

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INTRODUCTION

Physical education subjects require teachers who have good abilities. Health sports physical education teachers (Penjasorkes/PJOKorkes/PJOK) must have competence as well as attitudes and behavior which are reflected in the form of being able to adapt to circumstances when he is in the room or in the field, functioning as a teacher and trainer. This is because physical education subjects have unique characteristics in their learning. Besides that, the personal attitudes and behavior of physical education teachers are often used as a mirror of their students, the closeness of physical education teachers to their students is more intimate and friendly. This should be an encouragement and an added value for physical education teachers to be able to carry out their duties professionally. The physical education teacher shows his attitude and responsibility towards his duties and obligations by working diligently to elevate and improve his personal views and this will also have an impact on the position of physical education subjects at school.

High responsibility and commitment in assignments will give strength to develop professional tasks such as: (1) Fostering harmony in the lives of students/students; (2) developing students' ability to understand teacher instructions; (3) provide clear instructions; (4) build student persistence to master the material; (5) foster harmony of tasks and characteristics of students; (6) increasing opportunities and active time to practice; (7) fostering discipline and student learning motivation (Djide, 2007:1). It is an important aspect that must be owned and understood by physical education teachers. Teacher professionalism will have an impact on the teacher's understanding of the importance of the tasks they carry out and will receive support from school leaders/principals, colleagues, the community on an ongoing basis.

From the activities carried out by the physical education teacher, a learning process occurs to produce learning achievement, these two problems can be influenced by two factors, namely factors that come from individuals who are studying and factors that come from outside the individual. Factors that come from within the individual are grouped into two factors, namely physical factors and psychological factors. Physical factors, including the condition of the senses, limbs, body, nervous glands, and organs in the body. Psychological factors include motivation, personality, and attitudes. External factors include environmental conditions, facilities, teachers, and methods and teaching aids.

In relation to physical factors, physical education plays a very important role. With physical education, students' physical fitness is formed and controlled as it should be, as well as physical disturbances can be resolved properly and the teaching and learning process can run smoothly, because with Physical fitness will affect all student activities, especially activities related to the ongoing learning process at school.

Thus the success of student learning can also be determined by a healthy physical condition, so that students are physically ready to take part in the learning process in class. From the statements above, there is no doubt about the role of students' physical fitness to support intellectual change in students. Because it becomes a provision for carrying out learning activities as complex as any students face, various challenges in learning will be felt light and ready to be faced when the student's physical condition at that time is very fit.

Based on the description above, it is very likely that the physical fitness of students will affect student learning achievement at school. A small example that can be seen if the physical condition is disturbed (ill), students cannot concentrate in participating in the teaching and learning process in class. If this condition continues it is very possible student achievement will decrease. So the physical education learning activities for sports and health are absolutely necessary to continue to be developed in schools by professional teachers. This will form the physical fitness of students and improve the intellectual or intelligence of each student.

Guided by the descriptions that have been stated above, the author feels compelled to conduct a scientific research with the title: The Role of the PJOK Teacher in Improving the Physical Fitness of Students of SMP Negeri 2 Indra Jaya "

RESEARCH PURPOSES

The objectives to be achieved in this research are as follows:

1. Want to know whether all forms of government policies relating to teacher development will have an impact and shape professional character, especially for physical education teachers.
2. How is the teaching pattern applied by physical education teachers so that it has an impact on fostering students' physical and intellectual fitness

LITERATURE REVIEW

The presence and existence of the PJOK Teacher in the midst of his students is to be an example that can be imitated and emulated, so his existence in front of the class, in front of his students, is to be emulated and imitated, especially in his duties and functions as a PJOK Teacher, in terms of this is how PJOK teachers can carry out their activities in guiding students to carry out physical activities oriented to regular sports activities.

PJOK teachers at schools are required to be skilled at fostering sports culture and clubs, especially in curriculum, extra-curricular and intra-curriculum activities that can instill a passion for sports at school, in the family environment, and in the community environment where the child is, so that physical growth and development can be fostered students as a strong basis for exercising as a preparation for carrying out activities that are routine, regular, adaptable.

KONI Pusat (1997: 8) establishes a policy "Development of sports achievements in Indonesia adheres to a pyramid system, namely marketing, breeding and increasing achievement". Thus it can be concluded that the activities of these stages, namely the teaching and learning activities, have the strongest responsibility, namely the PJOK teachers in schools, in this case the PJOK teachers can increase their role and implement various efforts to be able to carry out the marketing program and implement it. properly, sports activities in early childhood can fail.

Failure at this stage of problem-solving has more influence on various other efforts at the advanced level, because above it there are efforts to nurture, restore and improve achievement. To overcome this, our concern is how the problem pattern has been implemented at school levels, especially elementary schools. This program is a program that is very important to implement. This of course does not only involve the PJOK teacher alone, but can also involve various other coaching elements in supporting the PJOK teacher's activities at school, such as monitoring efforts, integrated teacher coaching, providing motivation by fostering extra activities, which can increase the teacher's enthusiasm for work. - PJOK teachers at school in carrying out activities as PJOK Teachers.

Through the active role of PJOK teachers in schools, it is hoped that there will be an increase in the Indonesian community in carrying out sports activities, in this case Soedijarto (1997: 7) argues that "only 22% of Indonesian people exercise, while the world community is more than 55% of community members exercise". Thus it is concluded that the decline in our nation's achievements in sports is caused more by the low percentage of the nation in carrying out sports activities, whether sports are carried out in bulk, nursery activities, selection of prospective athletes and fostering sports branches that lead to achievement.

RESEARCH METHODS

This research is a quantitative research with a descriptive method approach, where the researcher wants to clearly and clearly describe the reality that occurs in the field related to the activities or implementation of learning in physical education and sports subjects (PENJASORKES) and the development of sports achievements and to improve the physical fitness of students at school Indrajaya 2nd Middle School.

Population and Research Sample

The population is all subjects who have the same characteristics and characteristics that are used as objects in the study, in connection with the background of the problems that have been formulated above, the population in this study are the Principal and Deputy, all physical education teachers, sports health (PJOK) who are civil servants and non-PNS, class teachers, study teachers and staff and employees at SMP 2 Indrajaya, totaling 22 people. The reason for appointing elementary school physical education and health teachers is because at the age of 10 years it is very good to carry out sports promotion efforts and 10 years of coaching, then at the age of 20 years children will get the expected achievements.

Research sample

The sample is a part that has the same characteristics and characteristics as the population, in terms of determining this sample, the writer determines the entire population to be the sample, this is because the population is not too large, can be controlled properly and can be carried out with care, then the sample determination based on the total sample, so the number of samples is the same as the total population, 22 people.

Data Collection Techniques

To be able to collect data properly and successfully, the authors determined the data collection technique by distributing questionnaires as a research instrument to physical and health education teachers in elementary schools as research respondents. The data collected is in the form of important information related to the role and efforts of physical and health education teachers in schools in carrying out sports problems in schools.

The questionnaire compiled is closed in nature, meaning that it circulates the questionnaire as well as provides possible answers, so that the respondent only answers the questionnaire by selecting the possible answers that are appropriate, appropriate and correct according to him, in accordance with his activities at school as a physical and health education teacher, who is trying or not trying to carry out sports promotion program among students.

In this case the physical and health education teachers can provide answers that are honest and based on facts, data and facts in the field because the author really wants honest answers, as they are and with clean answers. To provide this answer, it is hoped that the respondent will not feel the slightest pressure, and if the answer provided is not correct according to him, then the respondent can add another answer that is in accordance with the existing wishes, facts, facts and truth.

Data Processing Techniques

In order to be able to carry out research by successfully solving this problem, the authors use the descriptive method as a solution to the solution, namely by looking at conditions, data, facts and realities that are developing at the present time, while to process the data collected from respondents the completion path and statistical techniques are used. , with the percentage formula and each test item from the respondents' answers are tabulated and conclusions are drawn. For more directed processing, the formula is used, namely:

$$\text{Rumus : } P = \frac{F}{N} \times 100 \%$$

Keterangan : P = Prosentase rata-rata dari item tes
F = Frekwensi jawaban
N = Jumlah responden

DISCUSSION

Based on the processing and interpretation of the data carried out in the data processing tables above, the results can be seen with an overview of the data that reflects how the efforts of the Indrajaya 2 Middle School health sports physical education teacher in carrying out agility gymnastics coaching activities as a physical education capacity at school.

From the entire series of performance of health sports physical education teachers in schools, especially in developing agility gymnastics subject matter, conveying the benefits of the importance of sports activities for students, inviting students to be diligent in carrying out activities, implementing the stages of activities, leading and introducing all agility gymnastics material, actively fostering individual students, classical and mass activities, applying competitive patterns among students, with competitions and matches between students, between classes and between schools. With various motivations and encouragement, talent development, interest in the desire to exercise, especially agility gymnastics material, with the aim of fostering and implementing coaching, selecting and increasing student achievement at school.

Of the 28 variables proposed with 28 problem solving tables disclosed, 22 variables support agility gymnastic material sports activities, but there are 6 variables whose results reject agility gymnastic activities and efforts in the school environment and among the community, among the variables that reject material sports activities agility gymnastics is reflected in tables 11, 22, 23, 24, 25 and 26. Thus it is concluded that "Physical Health Teacher's performance in motivating students towards learning agility gymnastics material at SMP 2 Indrajaya is "accepted".

Based on the results of processing the research data that has been obtained, by proposing 28 solving variables with 28 processing tables, the variables that support the performance of health sports physical education teachers at SMP 2 Indrajaya in motivating students in physical education learning agility gymnastics material are 22 of the 28 variables filed. The supported variables are reflected in information about the importance of the values of agility gymnastics for students, the development of agility gymnastics in accordance with the capacity of the applicable syllabus, the appearance of health sports physical education teachers who can encourage student activities to carry out sports activities.

CONCLUSIONS AND RECOMMENDATIONS

1. Health sports physical education teachers at Indrajaya 2 Public Middle School have played an active role in fostering sports activities for students by providing positive information about the importance of sports values carried out by their students in the physical education learning process at school.
2. In developing the physical education curriculum in schools, health sports physical education teachers can develop all curriculum materials, with warm-up, core training and calming stages followed with great enthusiasm by students en masse, together and active students until class time ends.
3. The physical education teacher can apply peaceful learning patterns, a lively classroom atmosphere, mastery of various methods and pleases students as a whole and when the teacher is forced to give sanctions to students who are lazy, the application of sanctions is carried out adaptively and persuasively.
4. Health sports physical education teachers in schools through sports activities can develop and improve students' physical fitness conditions with exercises that can support efforts to increase the elements of physical fitness and with regular training
5. Health sports physical education teachers can provide positive motivation to students to take part in sports activities at school with activities that can spur achievement, students can compete and compete between students who have potential, between classes and between schools, so that development can be fostered talent of students and achieved coaching efforts.

SUGGESTION

1. In terms of fostering mass sports in schools, it is suggested that health sports physical education teachers should strive for the availability of adequate sports facilities and infrastructure for implementing physical education activities in schools.
2. Physical education teachers should be able to program extra-curriculum activities that can foster student activities outside of school with positive motivation that can foster and increase student activity in the family and community environment in sports.

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