

Improving The Physical Condition And Interest Of Primary School Students Towards Pencak Silat Sports As Wise As Kinesthetic Intelligence

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ABSTRACT

Pencak silat is a branch of martial arts that is developing both at the national and international levels, so it requires academic studies that can be scientifically justified. This research aims to improve the physical condition and interest of elementary school students in pencak silat sports in terms of kinesthetic intelligence.

This research uses the action research method. Data collection techniques use tests and measurements and questionnaires. The research instruments are as follows: a physical condition test, a kinesthetic intelligence test using Natural Messy Play, and an interest test using a questionnaire. Data analysis uses quantitative descriptive and qualitative descriptive. Quantitative data analysis uses quantitative descriptive statistics, namely comparing the results obtained from the Pre-Cycle, First Cycle and Second Cycle. Qualitative data analysis by analyzing data from observations during research.

The results of the research showed that there was an increase in the physical condition and interest of elementary school students in pencak silat sports in terms of kinesthetic intelligence. In detail, the research results are as follows: 1) In the pre-cycle it was 23.1%, cycle I increased to 38.5% and cycle II increased to 84.6%, 2) kinesthetic intelligence had a significant influence on the physical condition of school students elementary school, and 4) kinesthetic intelligence does not have a significant influence on elementary school students' interest in pencak silat sports

Kata Kunci: *physical condition, interests, kinesthetic intelligence*