

# THE EFFECT OF PHYSICAL ACTIVITY BREAK ON ACADEMIC ACHIEVEMENT AND PHYSICAL FITNESS IN ELEMENTARY SCHOOL STUDENTS IN INDONESIA AND SPANISH

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## ABSTRACT

Long study time is one of the factors that affect learning saturation, physical and mental fatigue. Study duration and learning time are one of the learning situations as external factors that need to be considered in the learning process. Physical activity between lessons is one of the strategies to keep the learning situation well maintained. This study wanted to find out the differences in changes related to academic achievement and student fitness through physical activity between lessons for students in lower grade elementary schools in Indonesia and Spain. This study uses a quasi-experimental research with Pretest-Posttest Control Group Design. The research was carried out with the research subjects of lower grade elementary school students. Determination of the research sample using cluster random sampling method. Data acquisition technique in this research is by observation and test. The data analysis technique used is the Independent Sample T-test with SPSS to determine whether there is a significant effect of the Classroom Physical Activity Breaks learning model on the physical fitness of lower grade elementary school students. Furthermore, to determine the effectiveness of the Classroom Physical Activity Breaks learning model, using the N-gain test analysis. The results showed that the average pre-test score was 3321 and the post-test score was 3719 and the results of the N-gain test analysis obtained a value of 0.14 with low criteria. From these results it can be concluded that Physical Activity Breaks are categorized as less effective with an N-gain value of 0.14 including low effectiveness criteria.

Kata Kunci: *Physical Activity, Break, Academic Achievement, Fitness, Elementary School*