

DIFFERENCES IN PHYSICAL FITNESS LEVELS OF PRIMARY SCHOOL STUDENTS BETWEEN RAS IN INDONESIA

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ABSTRACT

The aim of this research was to determine the differences in physical fitness levels of elementary school students between races in Indonesia. Method. This study used descriptive qualitative method. The population in this study were elementary school students in Indonesia, while the sample in this study was elementary school students in Indonesia in the NTT, DIY and Sumatra regions. The data collection technique used in this research was survey techniques. The test instrument used to measure physical fitness in this research is the Indonesian Student Fitness Test (TKSI). The TKSI used for elementary school students is TKSI phase C. The data analysis technique used is descriptive statistics. Results. There are differences in the physical fitness of elementary school students between races in Indonesia in the child ball group with a significance value of 0.001, tok tok ball with a significance value of 0.000, Shuttle Run with a significance value of 0.000, Move the ball with a significance value of 0.000, and running 600 meters with a significance value of 0.000. In conclusion, it can be concluded that there are differences in physical fitness levels based on race/ethnicity in Indonesia. This difference could be caused by differences in physical activity. These differences are caused by different socio-economic statuses, and social factors such as racial discrimination, interpersonal racial discrimination, which can manifest as emotional stress due to increased psychological stress and increased risk of unhealthy behavior including physical activity.

Kata Kunci: *Physical fitness, student, RAS*