

# THE EFFECTIVENESS OF THE SELF BODY WEIGHT TRAINING METHOD TO IMPROVE THE PHYSICAL FITNESS OF ADOLESCENTS IN THE COVID 19 PANDEMIC

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## ABSTRACT

In the first phase of the research, the self-body weight training method was validated to improve adolescent physical fitness during the Covid 19 pandemic. Furthermore, this research is a follow-up research in the second phase, namely to test the feasibility and effectiveness of the self-body weight training method to improve adolescent physical fitness during a pandemic. Covid 19.

This study uses research and development methods using the ADDIE model (Analyze, Design, Development, Implementation, Evaluation). The research procedure in the first stage uses a qualitative descriptive research design. In the Analyze phase, activities are carried out by collecting information in the form of needs analysis and document analysis. Data collection techniques using the Mendeley technique, and data analysis using qualitative thematic. At the Design stage, a focus group discussion was conducted with experts to develop a self-body weight training method to improve youth physical fitness during the Covid-19 pandemic. This Development stage is the stage of realizing the self-body weight training method that has been made in the design stage to become a validated product expert and ready to be tested. Participants in this study were documents and seven experts. Data analysis uses the Aiken formula. The second stage is Implementation and Evaluation. The Implementation phase is carried out by small-scale field trials and large-scale trials. At the Evaluation stage, a test was conducted to test the effectiveness of the self-body weight training method to improve youth physical fitness during the Covid 19 pandemic. Data analysis used product moment.

Based on the results of small-scale trials and large-scale trials, it was shown that overall the subjects agreed that the self-body weight training method was beneficial for increasing fitness. Based on the results of the analysis of the Paired Sample t-test for cardiorespiratory endurance data, a t-value of 5.506 was obtained with a significance value of 0.000. Because the significance value of 0.000 is less than 0.05 ( $p < 0.05$ ), it can be concluded that there is a significant difference in cardiorespiratory endurance during the pre-test and post-test in the treatment group. This means that there is a significant increase in cardiorespiratory endurance before and after being given treatment.

Kata Kunci: *Exercise, self body weight, fitness, youth*