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THE EFFECT OF STUDENTS' ATTITUDES TOWARDS EXERCISE, DIET AND BODY COMPOSITION ON STUDENTS' PHYSICAL FITNESS POST-COVID-19

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Abstract The purpose of this study is to find out the direct influence of Exercise Attitude, Diet, and Body Composition on the Physical Fitness of students of Al- Azhar Islamic High School in Bekasi City as many as 62 samples using the Purposive Sampling withdrawal technique. data collection techniques in the form of numbers, written statements, as well as oral information and various facts based on the focus on the research being studied. By giving questionnaires/questionnaires with a likert scale. and Observation. The analysis technique uses a path analysis approach (path analysis). The results of the analysis were obtained, as follows: 1). There is a significant influence of Exercise Attitudes on Physical Fitness. 2). There is a significant influence between Diet and Physical Fitness. 3) There is a significant influence between Body Composition on the Physical Fitness of Students of Al-Azhar Islamic Senior High School, Bekasi City in the Post-Covid-19 Period.

Keywords: student attitudes exercise; diet; body composition; physical fitness



INTRODUCTION

The discovery of health problems, both nationally and globally, one of which is caused by lifestyle. Most lifestyle diseases such as obesity are marked as distended stomachs. This indicates the presence of excess body fat. Exercise can be used as a positive activity that must be educated to students by explaining the benefits of human benefits because they are active in exercising and vice versa who do not like to exercise will have a negative impact on themselves such as overweight obesity, as well as the development of a poor growth period. The body also always feels unable to get through daily activities because it is not physically fit.

This has a bad impact because students who are overweight tend to be lazy to move and do physical activities so that their motor experience, motor skills and physical fitness become limited and underdeveloped (Arisman & Agun Guntara, 2021). To prevent the occurrence of obesity, it is highly recommended to do regular exercise, regulate the daily eating menu in portions of food, eat and drink fibrous to improve digestion. If obesity has occurred, a negative energy balance

should be carried out by doing a diet and increasing physical activity by exercising.

The possibility of weight gain in humans is reasonable, but related to the fact that students experienced too significant weight gain as seen from the lack of exercise during the Covid-19 Pandemic, because at that time all students were still doing distance learning (PJJ). Therefore, the role of the Sports teacher must be able to overcome this problem by providing overall support for efforts to invite students to return to activities by exercising regularly. To have a positive impact on the health and fitness of the body and prevent from being overweight. Due to the limited number of students at that time in exercising because the school had not yet carried out sports activities. as well as the daily life of students who do not like to respond to active exercise at home. The desire to be ideal is hard to come by if you are not diligent in exercising and consuming nutrition in a balanced manner.

Maintaining fitness by exercising can prevent the onset of non-communicable diseases such as obesity, heart disease, diabetes, cancer, activity injuries and other diseases that we often

encounter in old age. If we lack physical activity regularly, there are many risks that we will face in the future. If there is a lack of physical activity or people are less mobile or lazy to move who always rely on technology, it can cause problems for health. The human condition of lack of movement (Hypokinetic) has an impact on several problems as described above, namely degenerative or non-infectious diseases. (Majid, 2020).

Physical fitness has an important role in daily activities or activities. The condition of a fit body is also related to good health status, optimal organ function, and reduced fatigue. the skill to carry out activities without experiencing significant fatigue (Erliana & Hartoto, 2019)(Nurfadli et al., 2015), and after performing activities a person still has the reserve of energy to carry out subsequent activities (Paraton, 2021) as well as being free from disease (Devy Amelia Alamsyah*, RetnoHestiningih, 2017). A person's physical fitness is influenced by several genetic factors, gender, age, body composition, activity, and exercise. Therefore, physical fitness is used as a health parameter and a measure of maximum aerobic strength and cardiorespiratory fitness of a person

(Mahfud et al., 2020). by maintaining physical activity by exercising regularly maintaining nutritional intake and resting well, it will improve health and prevent the onset of disease and increase physical components (Majid, 2020) . Organs and parts of the body will grow and develop when used frequently. the heart muscle of a person who does not enjoy training and exercising is definitely weaker when

Compared to the heart muscle of a marathon runner or runner (Pradana, 2013). and can stimulate components of physical freshness such as: cardiopulmonary endurance, muscle strength, body composition, and flexibility (Sepriadi, 2017). To measure physical fitness or find out a person's aerobic endurance ability is to measure how much a person can consume oxygen to the maximum which is commonly abbreviated as VO_2 Max. Maximum oxygen intake is one of the tests to determine a person's resistance. It can be used as an indicator of a person's physical freshness (Hardiansyah & Syampurma, 2017).

Sports activity greatly affects a person's physical fitness, moreover, it contributes directly to the physical fitness component (Prativi, G. O ,

Soegiyanto, 2013) (Arisman & Noviarini, 2021) especially the attitude in exercising. This attitude is a readiness to react to an object in certain ways.(Saifuddin Azwar, 2021) Attitude can be interpreted as a readiness or state of readiness for the onset of an act or behavior and is the organization of one's beliefs regarding objects and relative situations, which gives the person a basis for making a response (Juriana, 2000). Attitude is also an impulse that forms an individual's response in giving a positive or negative assessment of whether you like it or not (Gerrig, R. J. & Zimbardo, 2002). Students' attitudes towards learning are important in carrying out the learning process. This attitude will have an impact in line with student learning outcomes, attitudes are needed by students to be able to behave according to their heart tendencies, this heart tendency can be in the form of a positive attitude and it can also be a negative attitude. Students' perception of learning is also an important thing in the learning process to get good learning outcomes, perception is the affective realm of students.

Attitudes also have three components including cognitive, affective, and action tendencies

(conative)(Saifuddin Azwar,2021). The three components together form a personal attitude. Attitudes can also be classified into individual attitudes and social attitudes. Students' attitudes towards the learning process are important in carrying out the learning process. Positive and negative attitudes will have an impact in line with student learning outcomes (Ugi Nugraha, 2012). Through sports activities can form a good sportive spirit, personality, and disposition, which in the end forms a quality human being (Pranata & Kumaat, 2011) so that his physical condition and health are maintained properly (Prasetyo, 2015), in addition to being able to prevent obesity (Nurchahyo, 2015).

The pattern and lifestyle of the Indonesian people, especially the adolescent group at this time, is experiencing striking changes marked by increased activities in social life, the desire to maintain appearance, having fun so as not to lose social status causes it often makes teenagers often eat outside, following the prevailing trend things, including consuming types of fast food (fast food), this is because the presentation is fast so that it can save time, can be served anytime and

anywhere, hygienic places to eat and serve, affordable prices, the type of food as desired (small portions) and is often considered prestigious food, modern food, as well as slang food for young people even though there is little or no nutritional content at all.

Diet is a way to regulate the quantity of food types so that it can improve the quality of health, psychology, prevention and the process of healing pain. Good eating habits always represent the fulfillment of optimal nutrition (DEPKES, 2014). Diet is good if it contains food sources of energy, sources of building agents and regulators because all these nutrients are needed by the body to maintain the body's metabolic system in its role as a producer of energy (Amaliyah et al., 2021). Every individual needs a healthy and balanced diet to maintain health and to support smooth activities (Ayu Dwi Putri Rusman, 2018).

Students who will be doing health care learning at school need to consume nutritious food, before going to school. The best health for children is to eat foods that contain a lot of nutrients such as carbohydrate, fat, protein, vitamins, minerals, water and the most important thing to pay attention to is the balance of

these nutrients. Because, if it is not balanced, it can cause poor nutrition. Poor nutrition can inhibit motivation, earnestness and ability to learn, and can even cause children to be apathetic, physical and mental fatigue (Rafianto, 2016).

Body fitness also has several components, one of which is body composition. Body composition is described as the percentage of body parts such as the percentage of bone mass, water, muscle and fat. Part of the body consists of adipose and lean body mass (Forbes, 2000).

Body composition is one that is related to a person's health, the influence on body composition is very visible from a person's daily activities if always exercised regularly, measurably, programmatically systematically will be good the value of the body composition (Yoga et al., 2018).

The main focus of body composition measurement is body fat percentage. In addition to fat mass, there are also changes in muscle mass, body fluids and bone mass in obese people (Erma et al., 2016). Body composition is interrelated with each other. For example, if there is an individual who has a BMI, it could be

that the measurement results come from a strong lean body mass or high body fat (Sari & Setiarini, 2020).

METHOD

The research design uses an associative quantitative approach with tests and non-tests while the analysis technique uses a path analysis approach (pathanalysis) which is to analyze the pattern of causal relationships between variables, which then aims directly and indirectly at a set of exogenous and endogenous variables.

The sampling technique used purposive sampling with a total of 62 students at Al-Azhar Islamic Senior High School 8 Summarecon Bekasi and Al-Azhar Islamic High School Kemang 4. The data collection technique in the form of numbers, written information, as well as oral information and various facts is based on the focus on the research being studied. By giving questionnaires / questionnaires with a likert scale.

Furthermore, observation to determine Physical Fitness through two stages of analysis, namely descriptive and inferential data analysis. First, the data will be analyzed descriptively, this is done to analyze the data that has been collected to obtain a characteristic picture

of the distribution of values from each variable under study. The descriptive analysis is used in the presentation of data, the central size, and the size of the deployment. Data dissemination uses distributive lists and histograms. The central measure of the data includes the mean, median, and mode and the size of the data spread includes variants and standard deviations.

Second, the data will be analyzed inferentially, this is done to test existing hypotheses using path analysis (Path analysis) where all hypothesis testing is carried out using $\alpha = 0.05$. Before hypothesis testing is carried out, regression galactital testing is first held using the liliefors technique and conducting a variance homogeneity test using the barlett technique.

RESULTS AND DISCUSSION

Variables are processed by using the spss version 22 program. A recapitulation of the number of scores for each variable is contained in the following table:

Table 1.
Data description of each variable

Variable	Min	Max	Mean	Standard Deviat
Exercise Attitude	60	80	74,70	5,5
Diet	49	65	52,91	3,3
Body Compo	74	90	83,53	4,2

sition				
Physical	37	69	50,10	7,7

Based on the results of the data of the description table shows that the data on attitudes, diet, body composition are quite varied and vary towards the results of students' physical fitness, then the Normality test is carried out, a summary of the results of the normality test from the structural equation is presented in the following table:

Table 2.
Normality Test Summary

Estimated Error	P value	0,05	Conclusion
Structure X1 over Y	0,200		Usual
Structure X2 over Y	0,200	>	Usual
Structure of X3 over Y	0,200		Usual
Structure of X1 over X3	0,195		Usual
Structure of X2 over X3	0,200		Usual
Structure of X1 over X2	0,200		Usual

Because the data is distributed normally, a homogeneity test is then carried out to see the data of each variable, if the signification value obtained > 0.05 then it can be concluded that the data variance is homogeneous.

Table 3.
Homogeneity Test Summary

Test of homogeneity of variance

Homogeneity Test	Sig	Homogeneous Description
X1 over Y	0,130	
X2 top Y	0,093	
X3 top Y	0,552	>0.05
X1 top X3	0,581	
X2 top X3	0,581	
X1 over X2	0,197	

Path Analysis Calculation

- The direct effect of the student's attitude variable to exercise X1 on the physical fitness of students Y ($X1 \rightarrow Y$) or $(pyx1) = 0.372$. So the influence of students' attitudes to exercise X1 directly affects the physical fitness of students Y by $0.372^2 \times 100\% = 13.83\%$
- eating pattern² on the physical fitness of students Y ($X2 \rightarrow Y$) or $(pyx2) = 0.311$. So the influence of X2 diet_x directly affects physical fitness of student Y by $0.311^2 \times 100\% = 9.67\%$
- The direct effect of the body composition variable X3 on the physical fitness of students Y ($X3 \rightarrow Y$) or $(pyx2) = 0.306$. So the effect of body composition X3 directly affects the physical fitness of student Y by $0.306^2 \times 100\% = 9.36\%$

- d. The direct effect of the student's attitude variable to exercise X1 on body composition X3 ($X_1 \rightarrow X_3$) or $(\beta_{31}) = 0.389$. So the influence of students' attitudes to exercise X1 on body composition X3 is $0.389^2 \times 100\% = 15.13\%$
- e. The direct effect of diet variable X2 on body composition X3 ($X_2 \rightarrow X_3$) or $(\beta_{32}) = 0.401$. So the effect of diet X2 on body composition X3 $0.401^2 \times 100\% = 16.08\%$
- f. The direct effect of the student's attitude variable to exercise X1 on the diet X2 ($X_1 \rightarrow X_2$) or $(\beta_{21}) = 0.450$. students' attitudes to exercise X1 towards eating patterns X2 $0.450^2 \times 100\% = 20.25\%$.

Based on the results of testing of all hypotheses carried out on hypothesis testing, it can thus be stated that:

There is a Direct Influence of Students' Attitudes Towards Physical Fitness

The attitude of students to exercise is one of the psychological aspects or a good attitude response to exercise that will support being healthy so that it will affect physical fitness. Based on the results of the analysis of research data, it was shown that the

attitude of students exercising has a direct effect on physical fitness. The results of data analysis showed that the value of the influence of student attitudes to exercise on physical fitness was 0.372 with a significance of $0.013 > 0.05$ or 13.83% so that students' attitudes to exercise directly affects physical fitness. This shows that the attitude of sports students can improve the physical fitness of students of Al- Azhar Islamic High School, Bekasi City.

This is reinforced by the results of Edwards' research revealing the degree of positive effects or negative effects on a psychological object (Saifuddin Azwar, 2021) and according to Prastetyo in his research, humans want to try maintaining his health and one of the ways to keep his health well maintained is through exercise (Prastetyo, 2015).

There is a Direct Effect of Diet on Physical Fitness

Diet is one aspect to support physical fitness a good diet and being organized in the diet will have a big influence on physical fitness. Based on the results of the analysis of research data, it is shown that diet has a direct effect on physical fitness. The results of the data analysis showed that the value of the influence of diet on physical fitness

was 0.311 with a significance of $0.014 > 0.05$ or 9.67% so that the diet had a direct effect to physical fitness. This shows that diet can improve the physical fitness of students of Al-Azhar Islamic High School, Bekasi City. In essence, the body needs calorie intake for survival and physical activity, but to maintain weight, it is necessary to have a balance between incoming energy and energy that came out. The energy balance that occurs can lead to overweight and obesity (Evan et al., 2017).

There is a Direct Effect of Body Composition on Physical Fitness

Body Composition is one aspect of physical fitness. Based on the results of the analysis of research data, it is shown that body composition has a direct effect on physical fitness. The results of data analysis showed that the value of the influence of body composition on physical fitness was 0.306 with a significance of $0.016 > 0.05$ or 9.36% so that body composition had a direct effect to physical fitness. This shows that body composition can improve the physical fitness of students of Al-Azhar Islamic Senior High School in Bekasi City. Body composition is one that is related to a person's health, the influence on body composition is very visible from a

person's daily activities if always exercise regularly, measurably, programmatically, systematically will both value the body composition (Yoga et al., 2018).

There is a Direct Influence of Students' Attitudes towards Body Composition

The attitude of students to exercise is one aspect of physical fitness. Based on the results of the analysis of research data, it is shown that body composition has a direct effect on physical fitness. The results of data analysis showed that the value of the influence of students' sports attitudes on body composition was 0.389 with a significance of $0.000 < 0.05$ or 15.13% so that students' sports attitudes had a direct effect on body composition. This shows that the attitude of students to exercise can improve the body composition of Al-Azhar Islamic High School students in Bekasi City. The better the student's attitude to exercise, the better the body composition value will be.

There is a Direct Effect of Diet on Body Composition

Diet is one aspect of physical fitness. Based on the results of the analysis of research data, it is shown that body composition has a direct effect on

physical fitness. The results of data analysis showed that the value of the influence of diet on body composition was 0.401 with a significance of $0.001 < 0.05$ or 16.08% so that diet has a direct effect on body composition.

This shows that diet can improve the body composition of Al-Azhar Islamic High School students in Bekasi. There is a direct influence of students' attitudes to exercise on eating patterns. The attitude of students to exercise is one aspect of physical fitness. Based on the results of the analysis of research data, it is shown that body composition has a direct effect on physical fitness.

The results of data analysis showed that the value of the influence of students' attitudes to exercise on body composition was 0.450 with a significance of $0.009 < 0.05$ or 20.25% so that students' attitudes to exercise had a direct effect on eating patterns. This shows that the attitude of students to exercise can improve the understanding of the eating patterns of Al-Azhar Islamic High School in City.

CONCLUSION

The attitude of exercising is one of the psychological factors that can affect students' physical fitness, so it is

necessary to have a good aspect of the psychological aspect so that it will have a good impact on students. In addition, diet is also one of the factors that have a significant influence on students' physical fitness, thus it is necessary that good dietary management must be applied in their daily lives so that it will support physical fitness.

Then, the body's position also has an important role as one of the factors that affect physical fitness. So, these three variables have a very positive influence on fitness. therefore, it is necessary to have a measurement arrangement every month in order to find out the body composition of the students.

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