

ABSTRACT

Rizkha Hamdi (2020): Effect of physical fitness, nutritional status and Learning Motivation Against Learning Outcomes Sports physical Education and health SD N 38 Sikakap

The problem of this research is in its implementation at school, it turns out There are still many obstacles encountered so that the results obtained are not like which are expected. The purpose of this study is to analyze the influence directly between Physical Fitness, Nutritional Status and Learning Motivation Simultaneously to the Learning Outcomes of Physical Education (PJOK) Students of SD Negeri 38 Sikakap.

The method used in this research is quantitative method using Path Analysis approach (*Path Analysis*). Population in This research is the students in SD Negeri 38 Sikakap Regency The Mentawai Islands, amounting to 126 students consists of classes I to VI. The sampling technique uses a technique *proportional random sampling*, namely determining the sample with consideration certain, namely as many as 35 people. This study uses data analysis techniques approach Path Analysis (*Path Analysis*).

Based on the findings and discussion conclusions can be drawn: 1) There is a direct influence between physical fitness on learning outcomes Penjasorkes (PJOK) Class IV and grade V students at SD Negeri 38 Sikakap of Mentawai Islands Regency, 2). There is a direct effect on status nutrition on the learning outcomes of Physical Education (PJOK) for grade IV and grade students V in SD Negeri 38 Sikakap, Mentawai Islands Regency, 3) direct influence of motivation on learning outcomes of Physical Education (PJOK) Students in grade IV and grade V at SD Negeri 38 Sikakap Regency Mentawai Islands, 4). There is an indirect influence between fitness physical through motivation to the learning outcomes of Physical Education (PJOK) Participants Class IV and grade V students at SD Negeri 38 Sikakap, Kepulauan Regency Mentawai, 5). There is an indirect influence between nutritional status through motivation towards learning outcomes of Physical Education (PJOK) Class IV and Class Students class V in SD Negeri 38 Sikakap, Mentawai Islands Regency and 6) There is an influence of Physical Fitness, Nutritional Status and Learning Motivation Simultaneously to the Learning Outcomes of Physical Education (PJOK) Class Students IV and grade V at SD Negeri 38 Sikakap, Mentawai Islands Regency.

Keywords: *Physical Fitness, Nutritional Status, Learning Motivation and Results Learning Sports and Health Physical Education*

ABSTRAK

Rizkha Hamdi (2020)

:Pengaruh Kebugaran Jasmani, Status Gizi dan Motivasi Belajar Terhadap Hasil Belajar Pendidikan Jasmani Olahraga Dan Kesehatan Peserta Didik SD Negeri 38 Sikakap

Masalah dalam penelitian ini adalah masih ada siswa yang mendapat nilai Pendidikan Jasmani Olahraga dan Kesehatan dibawah Kriteria Ketuntasan Minimal (KKM). Tujuan penelitian ini untuk melihat seberapa besar pengaruh kebugaran jasmani , status gizi dan motivasi secara bersama-sama terhadap hasil belajar PJOK peserta didik SD Negeri 38 Sikakap.

Metode yang digunakan dalam penelitian ini adalah metode kuantitatif dengan menggunakan pendekatan Analisis Jalur (*Path Analysis*). Populasi dalam penelitian ini adalah peserta didik di SD Negeri 38 Sikakap. Teknik pengambilan sampel menggunakan teknik *purposive sampling*, yaitu penentuan sampel dengan pertimbangan tertentu yaitu sebanyak 35 orang.

Hasil analisis data menunjukkan bahwa: (1) Kebugaran jasmani berpengaruh secara langsung dan signifikan terhadap hasil belajar PJOK sebesar 53,14 % (2) Status gizi berpengaruh secara langsung dan signifikan terhadap hasil belajar PJOK sebesar 31,02 %. (3) Motivasi belajar berpengaruh secara langsung dan signifikan terhadap hasil belajar PJOK sebesar 29,70 %. (4) Kebugaran jasmani berpengaruh secara tidak langsung terhadap hasil belajar PJOK melalui motivasi belajar sebesar 61,47 %. (5) Status gizi berpengaruh secara tidak langsung terhadap hasil belajar PJOK melalui motivasi belajar sebesar 15,96 %. (6) Kebugaran jasmani, status gizi dan motivasi belajar berpengaruh secara simultan terhadap hasil belajar PJOK sebesar 33,52 %

Kata Kunci : Kebugaran Jasmani, Status Gizi, Motivasi, Hasil Belajar