

ABSTRAK

Ayman Faiz Simatupang. “Hubungan Aktivitas Bermain *Game Online* Dengan Tingkat Kesegaran Jasmani Siswa Kelas V SD Attaufiq Medan”. Pembimbing:Drs. Suharjo, M. Pd., Skripsi: Pendidikan Jasmani Kesehatan dan Rekreasi. Universitas Negeri Medan, 2025

Penelitian ini dilaksanakan dengan tujuan untuk menelaah ada atau tidaknya hubungan antara aktivitas bermain game online dan tingkat kesegaran jasmani pada siswa kelas V di SD Attaufiq Medan. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Kegiatan penelitian dilakukan pada tanggal 18 September 2025, dengan seluruh siswa kelas V yang berjumlah 35 orang sebagai populasi penelitian. Data dikumpulkan melalui pemberian angket untuk mengetahui intensitas bermain game online, serta pelaksanaan tes kesegaran jasmani guna mengukur kondisi kebugaran fisik siswa. Data yang diperoleh dianalisis menggunakan teknik korelasi Product Moment untuk mengetahui kuat dan arah hubungan antar variabel.

Berdasarkan hasil perhitungan statistik, diperoleh nilai t hitung sebesar $-3,424$, sedangkan t tabel adalah $-1,692$. Jika dibandingkan berdasarkan nilai absolutnya, terlihat bahwa r hitung $(0,512) > r$ tabel $(0,334)$ dan t hitung $(3,424) > t$ tabel $(1,692)$. Hal ini menunjukkan bahwa hubungan antara kedua variabel adalah signifikan. Koefisien korelasi yang bernilai negatif mencerminkan arah hubungan yang saling berlawanan, yaitu peningkatan intensitas bermain game online berkaitan dengan penurunan tingkat kesegaran jasmani siswa, dan demikian pula sebaliknya. Besarnya korelasi sebesar $0,512$ menunjukkan kategori hubungan sedang, sehingga dapat diinterpretasikan bahwa terdapat hubungan negatif yang signifikan antara aktivitas bermain game online dan kesegaran jasmani pada siswa kelas yang diteliti.

Kata Kunci: *Game Online*, Kesegaran Jasmani



ABSTRACT

Ayman Faiz Simatupang. "The Relationship Between Online Game Playing Activities and the Level of Physical Fitness of Fifth Grade Students at Attaufiq Elementary School, Medan". Advisor: Drs. Suharjo, M.Pd., Thesis: Physical Education, Health, and Recreation. State University of Medan, 2025

This study was conducted with the aim of examining whether there is a relationship between online gaming activity and physical fitness levels in fifth-grade students at Attaufiq Elementary School, Medan. The study used a quantitative approach with a correlational design. The research activity was conducted on September 18, 2025, with all 35 fifth-grade students as the research population. Data were collected through questionnaires to determine the intensity of online gaming, as well as conducting physical fitness tests to measure students' physical fitness conditions. The data obtained were analyzed using the Product Moment correlation technique to determine the strength and direction of the relationship between variables.

Based on the results of statistical calculations, the calculated t value was obtained as -3.424 , while the t table was -1.692 . When compared based on the absolute value, it can be seen that the calculated r (0.512) $>$ r table (0.334) and the calculated t (3.424) $>$ t table (1.692). This indicates that the relationship between the two variables is significant. The negative correlation coefficient reflects the direction of the opposite relationship, namely that an increase in the intensity of playing online games is related to a decrease in the level of physical fitness of students, and vice versa. The magnitude of the correlation of 0.512 indicates a moderate relationship category, so it can be interpreted that there is a significant negative relationship between online game playing activities and physical fitness in the class students studied.

Keywords: Online Games, Physical Fitness,

