

ABSTRAK

Al Husna. 6222411001 “perbedaan tingkat kebugaran jasmani antara siswa yang mengikuti dan tidak mengikuti ekstrakurikuler bola voli di sma swasta Kartika 1-4 pematangsiantar”

(Dosen Pembimbing: Raswin)

Skripsi Medan: Fakultas Ilmu Keolahragaan UNIMED 2026

Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kebugaran jasmani antara siswa yang mengikuti dan tidak mengikuti kegiatan ekstrakurikuler bola voli di SMA Swasta Kartika 1–4 Pematangsiantar. Metode penelitian yang digunakan adalah metode kuantitatif dengan pendekatan komparatif. Populasi penelitian adalah seluruh siswa kelas X dan XI SMA Swasta Kartika 1–4 Pematangsiantar. Sampel penelitian berjumlah 50 siswa yang ditentukan dengan teknik purposive sampling, terdiri atas 25 siswa yang mengikuti ekstrakurikuler bola voli dan 25 siswa yang tidak mengikuti ekstrakurikuler bola voli, dengan komposisi 15 siswa laki-laki dan 10 siswa perempuan pada masing-masing kelompok. Instrumen penelitian menggunakan Tes Kebugaran Jasmani Indonesia (TKJI). Data dianalisis menggunakan uji statistik dengan bantuan program SPSS yang meliputi uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji *t*.

Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan tingkat kebugaran jasmani antara siswa yang mengikuti ekstrakurikuler bola voli dan siswa yang tidak mengikuti ekstrakurikuler bola voli. Berdasarkan hasil penelitian tersebut dapat disimpulkan bahwa keikutsertaan dalam kegiatan ekstrakurikuler bola voli berkontribusi positif terhadap peningkatan tingkat kebugaran jasmani siswa.

Kata kunci: Kebugaran Jasmani, ekstrakurikuler, bola voli, siswa SMA

ABSTRACT

Al Husna. 6222411001. *the difference in physical fitness levels between students who participate in and those who do not participate in volleyball extracurricular activities at kartika 1–4 private senior high school, pematangsiantar.* (Supervisor: Raswin)

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This study aimed to determine the differences in physical fitness levels between students who participated in volleyball extracurricular activities and those who did not at SMA Swasta Kartika 1–4 Pematangsiantar. Physical fitness is an important component that supports students' health and learning activities at school. This research employed a quantitative method with a comparative approach. The population of this study consisted of students in grades X and XI. The sample consisted of 50 students selected through purposive sampling, comprising 25 students who participated in volleyball extracurricular activities and 25 students who did not, with a composition of 15 male and 10 female students in each group. The instrument used to measure physical fitness levels was the Indonesian Physical Fitness Test (Tes Kebugaran Jasmani Indonesia/TKJI). Data were analyzed using statistical tests with the assistance of SPSS software, including normality tests, homogeneity tests, and hypothesis testing using the independent t-test.

The results showed that there was a significant difference in physical fitness levels between students who participated in volleyball extracurricular activities and those who did not. Based on these findings, it was concluded that participation in volleyball extracurricular activities had a positive contribution to improving students' physical fitness levels.

Keywords: *physical fitness, extracurricular activities, volleyball, senior high school students*