

ABSTRAK

BELLA BR TONDANG. Pengaruh Kegiatan Senam Anak Indonesia Hebat terhadap tingkat kebugaran jasmani berupa kelincahan pada siswa kelas IV SD Swasta Hosana. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Rendahnya aktivitas fisik anak usia sekolah dapat berdampak pada menurunnya kebugaran jasmani, khususnya kelincahan. Kondisi ini terlihat pada siswa kelas IV SD Swasta Hosana yang masih mengalami kesulitan dalam bergerak cepat, mengubah arah, dan menjaga keseimbangan saat aktivitas jasmani. Penelitian ini bertujuan untuk mengetahui pengaruh kegiatan Senam Anak Indonesia Hebat terhadap tingkat kebugaran jasmani berupa kelincahan pada siswa kelas IV SD Swasta Hosana. Penelitian menggunakan pendekatan kuantitatif dengan metode pra-eksperimental bentuk *one group pretest-posttest design*. Populasi penelitian berjumlah 23 siswa dan seluruhnya dijadikan sampel. Pengumpulan data dilakukan melalui tes *shuttle run* 4×10 meter. Analisis data menggunakan uji normalitas *Shapiro-Wilk* dan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan peningkatan kelincahan siswa setelah perlakuan, terlihat dari rata-rata *pretest* 15,38 detik menjadi 12,82 detik pada *posttest*. Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai signifikansi $0,000 < 0,05$. Dengan demikian, disimpulkan bahwa kegiatan Senam Anak Indonesia Hebat berpengaruh terhadap peningkatan kebugaran jasmani berupa kelincahan pada siswa kelas IV SD Swasta Hosana.

Kata Kunci: Senam Anak Indonesia Hebat, Kebugaran Jasmani, Kelincahan.

ABSTRACT

BELLA BR TONDANG. The Effect of “Senam Anak Indonesia Hebat” Activities on the level of physical fitness in the form of agility on fourth grade students of Hosana Private Elementary School. Skripsi. Medan: Faculty of Education State University of Medan, 2026.

Low physical activity among school-age children can lead to decreased physical fitness, especially agility. This condition was found in fourth grade students of Hosana Private Elementary School who still experienced difficulties in moving quickly, changing direction, and maintaining balance during physical activities. This study aimed to determine the effect of Senam Anak Indonesia Hebat activities on physical fitness in the form of agility of fourth grade students at Hosana Private Elementary School. This study used a quantitative approach with a pre-experimental method in the form of a one group pretest-posttest design. The population consisted of 23 students, and all of them were used as the sample. Data were collected through the 4×10 meter shuttle run test. Data analysis used the Shapiro-Wilk normality test and the Wilcoxon Signed Rank Test. The results showed an improvement in students' agility after the treatment, as seen from the mean pretest score of 15.38 seconds to 12.82 seconds in the posttest. The Wilcoxon Signed Rank Test showed a significance value of $0.000 < 0.05$. Therefore, it can be concluded that Senam Anak Indonesia Hebat activities had an effect on improving physical fitness in the form of agility of fourth grade students at Hosana Private Elementary School.

Keywords: Senam Anak Indonesia Hebat, Physical Fitness, Agility.