

## **ABSTRACT**

### **LEVELS OF PHYSICAL FITNESS IN STUDENTS AT MTs AN NAJAH MATANAIR, 2023**

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**Keywords:** Fitness, Physical, Students.

The aims of this study were as follows: 1. To determine the level of physical fitness (50 meter running speed) of male students at MTs An Najah Matanair. 2. To determine the level of physical fitness (Arm-Hanging Muscle Strength) Male Students of MTs An Najah Matanair. 3. To find out the level of physical fitness (Abdominal Muscle Strength-Lie Sitting) Male Students of MTs An Najah Matanair. 4. To determine the level of physical fitness (height of upright jumps) of male students at MTs An Najah Matanair. 5. To determine the level of physical fitness (1000 meter cardio-running endurance) for male students at MTs An Najah Matanair.

The method used in this study is a research method using test and measurement techniques. The research method is a research method that aims to assess the state of phenomena and assess the similarity of conditions through a comparison of predetermined criteria, norms and criteria. The purpose of this study was to measure differences in the level of physical fitness of class VII students at Mts An Najah Matanair Sumenep.

It can be concluded that from the overall results related to the series of Indonesian Physical Fitness Tests (TKJI) conducted by Putra students of MTs An Najah Matanair Sumenep, the category is "Medium" with a total of 13 students and a percentage of 65%. Category "Good" with a total of 5 students and a percentage of 25%. Category "Less" with a total of 2 students and a percentage of 10%.