

ABSTRACT

Rohman, Zainur. 2023 "Analysis of the Physical Fitness Level of Santri Putra Pondok Pesantren AL-MUQRI Prenduan": Thesis for Health and Recreation Physical Education Study Program, STKIP PGRI Sumenep, Advisor I. Mohammad Hasan Basri, M.Pd, Advisor II. Abdul Aziz, M.Pd.

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Physical fitness is one of the physical conditions that must be possessed by everyone, because good physical fitness can make people do activities well without experiencing significant fatigue. For students, good physical fitness is very important in order to obtain good achievements, both in the academic and non-academic fields.

This study aims to determine how much the level of physical fitness possessed by male students at the Al-MUQRI Prenduan Islamic boarding school. This research was conducted at the AL-MUQRI Prenduan Islamic boarding school with a sample size of 23 students. This research method uses a quantitative descriptive research method. Quantitative descriptive research tells and interprets data relating to situations that occur and are experienced now, attitudes and views that are current, relationships between variables, contradictions of two or more conditions, effects of a condition, differences between facts, and so on.

From the results of data calculations, the average physical fitness of male students at the AL-MUQRI Prenduan Islamic boarding school was obtained from 23 people with a value of 16.63 points and included in the medium category.

Based on the results of the research and data calculations that have been carried out, it can be concluded that the level of physical fitness of the male students of the AL-MUQRI Prenduan Islamic boarding school is included in the moderate category.