

**MOTIVATION TO FOLLOW PHYSICAL EDUCATION
LEARNING AND LEVEL OF PHYSICAL FRESHNESS OF
CLASS V STUDENTS SDN MARENGAN LAOK II KAB.
SUMENEP**

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ABSTRACT

This study aims, among other things, to find out the motivation to take part in physical education lessons and the level of physical fitness of Class V students at SDN Marengan Laok II Kab. Sumenep.

This research is a descriptive research using a survey method with test and measurement techniques. The population in this study were students of Class V SDN Marengan Laok II Kab. Sumenep has 142 students. Determining the sample using simple random sampling technique with a sample size of 60 students. The instrument used in this study used a questionnaire for motivational variables and tests and measurements for physical fitness variables. Data analysis techniques use normality tests and linearity tests.

The results showed that the motivation to take part in physical education lessons for Class V students at SDN Marengan Laok II Kab. Sumenep is in the high category, with a frequency of 45 (75%), based on intrinsic factors in the high category, with a frequency of 35 (58.33%), and based on extrinsic factors also in the high category, with a frequency of 50 (83.33%). For the results of the study the level of physical fitness of Class V students at SDN Marengan Laok II in the very good category was 1.6%, good 16.7%, moderate 51.7%, less 26.7% and very poor 3.3%.

Keywords : *motivation, physical education, physical fitness*