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Profile of Body Mass Index and Physical Fitness of Santri of Al Yumna Qur'an Tahfizh Boarding School

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Abstract

Study Purpose. This study aims to determine the description of body mass index and physical fitness of students of the Al Yumna Banyuresmi Garut Tahfizh Islamic Boarding School, Garut.

Materials and methods. The method used was a quantitative descriptive survey, with the technique of the 2019 Department of Education of the Republic of the Philippines physical fitness instrument test. The variables in this study were BMI and Physical Fitness. The sampling technique used a random sampling technique of 57 people consisting of 27 men and 30 women, data collection techniques through the Philippine physical fitness test, BMI with anthropometric measurements, strength with push ups and basic plank, flexibility with zipper test and sit and reach , coordination with juggling test, agility using hexagon agility test, speed with 40 meter sprint test, strength with standing long jump, balance with stork balance test and reaction time speed with stick drop test.

Results. The data processing method uses descriptive statistics using Microsoft Excel. For male students, there were 2 people (7.14%) in the underweight category, 5 people (18.52%) in the underweight category, 18 people (66.60%) in the normal category, 1 person (3.70%) in the overweight category, 1 person (3.70%) in the overweight category. As for females, there are 4 people (13.33%) with severe underweight, 2 people (6.66%) with mild underweight, 20 people (66.60%) with normal weight, 1 person (3.33%) with mild overweight and 3 people (10 %) with severe overweight. For men, the physical fitness category is very good as many as 17 people (62.96%), the good category is 10 people (37.03%) and for the category of very good, sufficient and less there are none (0%). Whereas for women the good category was 19 people (63.30%), the sufficient category was 11 people (36.50%).

Conclusion. With the largest norm value of 5 for men having an average fitness value of 3.98 and 2.7 for women, the average for men and women is 3.34, this

shows that the overall physical fitness of Tahfizh Qur'an Al Yumna Islamic Boarding School students is in the good category.
Keywords: BMI Profile, Physical Fitness, Santri

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Introduction

Physical education is an educational process through the provision of learning experiences to students in the form of physical activity, playing and sports that are planned systematically to stimulate physical growth and development (Reynolds et al., 2021; Sumantri & Anggara, 2022) Physical education is not only the formation of bodies but a program that is planned, measurable and systematic and sustainable, so that it becomes a character and lifestyle that not only develops movement skills but becomes a means of developing the personality of students as a whole.

An educational process individually or as a member which is carried out consciously and systematically through various activities body, intelligence growth and character formation (Hu et al., 2022). Physical education is not solely concerned with forming body, but with the whole person'. Through regular, planned, directed and guided physical education, it is hoped that a set of goals will be achieved which include formation and coaching for physical and spiritual growth and development (Mulyadi, 2018 p. 7) . meanwhile according to Mulyanto (2013, p. 25) is a "teaching and learning process to move and learn through motion". Learning through motion to achieve teaching goals, in Education Physical students are taught to move through the experience of motion so that changes are formed in physical and spiritual aspects (Chen et al., 2016).

The growth and development of learning through physical activity will first affect the cognitive domain, namely the ability to think (ask, be creative) ability understanding, realizing movement and academic strengthening, both psychomotor domains, namely biological growth, physical fitness as well regarding health, movement skills and skill improvement movement and the third is the affective domain, including pleasure, a healthy response to physical activity, the ability to express oneself, self-respect and self-concept (Reisberg et al., 2021). then "Physical education is an educational process through the provision of learning experiences to students in the form of physical activities, playing and sports that are planned systematically to stimulate physical growth and development, skills, motor skills, thinking skills, emotional, social, and moral, provision of that learning experience directed to foster, as well as shape a healthy lifestyle and active throughout life (Mulyadi, 2018 Pg 8-9) .

Based on the opinions of the experts above, it can be concluded that physical education is an educational process through planned, measurable and systematic physical activity as a stimulus for growth and development in the cognitive, affective and psychomotor domains to achieve a complete human being in accordance with national education goals. One of the goals of physical education is physical fitness, by having good physical fitness students will be more optimal in participating in various learning activities, and have a better quality of life (Lisowski et al., 2020; Sánchez-Muñoz et al., 2020). Physical fitness or physical fitness is very important for students, workers, pregnant women, even for old age. Having good physical fitness will help the quality of learning outcomes, work, health and even for the continuation of human life.

Physical fitness is the ability to carry out daily activities or work and adapt to physical loads without causing excessive fatigue and still have energy reserves to enjoy leisure time or sudden work and be free from illness (Alamsyah, Hestiningsih, & Saraswati, 2017) . Physical fitness is the main basic capital for someone to do physical activity repeatedly in a relatively long time without causing fatigue which means, so the body still have reserves of energy to

cope with the additional workload (Sumantri & Anggara, 2022). Physical fitness is important aspects that humans need to carry out their daily activities (George et al., 2016). According to Giriwijoyo, physical fitness is "the degree of health dynamic person which is the physical ability that is the basis for successful implementation of tasks that must be carried out " (Lutfi Tajul Arifin, 2018 Page 2) . According to Roji physical fitness (physical fitness) is one of the physical aspects of overall fitness (total fitness). Physical fitness provides ability for someone to do the job productive everyday without any excessive fatigue and still have spare energy to enjoy the time leisure with either or doing sudden activity (Prasetio et al., 2018) . Stated that good physical fitness is the main basic capital for someone to do physical activity repeatedly in time relatively long time without causing significant fatigue, so that the body still have reserves of energy to cope with the additional workload (Uno, H, 2016).

Based on the level of physical fitness, it affects physical activity which can be seen and affects the level of health and affects cognitive, emotional and social abilities as evidenced in several studies (Mahfud & Yuliandra, 2020) . Physical fitness depends on two basic components, namely organic *fitness* and dynamic *fitness* . These two components are very important in overall physical fitness and it is the interaction of the two that determines the level of physical fitness we have. Organic fitness is inherited genetically from both parents based on a special lineage so it is difficult to change it. While dynamic fitness is categorized into two, namely fitness related to health and fitness related to motor skills. This shows that dynamic fitness can be developed and improved through physical activity (Panggraita et al., 2020 p. 25)

Physical fitness is a certain dynamic degree of health that can cope with physical demands in carrying out daily life tasks while still having the ability (not excessively tired) to carry out extra physical activities and has recovered. the next day before his daily duties again Santosa Giriwijoyo, (Panggraita et al., 2020 Page 2) . From the description of the experts above, it can be concluded that physical fitness is a person's ability to carry out work or sports activities optimally without experiencing significant fatigue and still have energy reserves to carry out the next activity productively. Physical fitness is very important for children and adults, for workers and students, for pregnant women and old age. Having physical fitness will be more optimal in studying, working, giving birth, even for people who are sick, especially for athletes and soldiers who are required to have a good level of physical fitness.

There are several factors that affect physical fitness including heredity (size, body shape and congenital growth rhythm from birth greatly affect a person's physical fitness), age (anatomically and physiologically humans experience growth and increase in their functional capacities but after reaching their peak they will experience a decrease in accordance with increasing age), gender (differences in body size, body composition and lung and heart differences in muscle and bone clearly affect physical fitness), body type (, physical activity (a person who is active will have more fitness than people who are less active this clearly affects one's aerobic ability), fatigue, body weight, and readiness (Freshness et al., 2010 p. 8) . One that affects a person's physical fitness is body weight, one way to measure body composition is by Body Mass Index (BMI) or *Body Mass Index* (BMI) . overweight. Body Mass Index is defined as a person's weight in kilograms divided by height in meters (kg/m2) (Ministry of Health, 2014) .

Diet is one of the factors that affect the body mass index. Diet is the repetition of food arrangements at meals. Diet is related to the types, proportions and combinations of food eaten by a person, community or group of population. Fast food can affect an increase in a person's Body Mass Index, this is caused by the high fat and sugar content in fast food. Increasing the portion and frequency of eating affects the Body Mass Index. People who consume high-fat foods will gain weight faster than people who consume high-carbohydrate foods with the same number of calories (Ministry of Health, 2014) .

Materials and methods

Study participants

The test will be held on 29 June 2022 and 24 July 2022, the place of implementation in the field of SMP IT Al Yumna Banyuresmi Garut. The variables in this study are body mass index and physical fitness, both of which are independent variables. The subjects in this study were Islamic boarding school students Tahfizh Qur'an Al Yumna Banyuresmi Garut, with a sample of 55% of the total population of 104 people, namely 57 people. The sample criteria are: Physically and mentally healthy, willing to be a research sample, taking all research test items while dropout criteria in this study are: impaired physical and mental health, not willing to be a research sample, not participating in all research test items.

Study organization

The research method used is a quantitative descriptive survey (Yusup, 2018). The survey research method is a quantitative research method used to obtain data that occurred in the past or present, about beliefs, opinions, characteristics, behaviors, variable relationships and to test several hypotheses about sociological and psychological variables from samples taken from certain populations (Permadi & Fernando, 2021 Page 15) . Data collection techniques used observation and measurement tests using the Philippine physical fitness test instrument.

The instruments in this study were: Body Composition: Body Mass Index Where the sample's height was measured and its weight was then calculated using the formula BMI = BB (kg) /TB (m)², strength (Strenght) with the test instrument push ups and basic planks, Flexibility using the zipper test and sit and reach, coordination using the Juggling test, agility using the Hexagon agility test, speed with the 40 meter sprint instrument, power (explosive power) with the standing long test instrument jump, balance with stork balance standing test, reaction speed with stick drop test (Dematthews & Knight, 2019).

Statistical analysis

Data collection techniques in this study used observation/observation and measurement tests (Sepdanius, Endang. Sazeli Rifki, Muhamad. Komaini, 2019; Susilawati, 2018). Data analysis techniques were processed using descriptive statistics using the Microsoft Excel application. This software is used to recapitulate test and measurement data and conclusions will be given to determine each test item, namely: determining the highest value of each test item , determines the lowest value of each test item , the range or range is the difference between the highest value and lowest value , average or mean , standard deviation or standard deviation , median determines the location of the data after the data is compiled according to the order of value, the mode to express the most phenomena occur or occur most frequently.

The test instrument is first tested for validity and reliability test where the test instrument is valid if the calculated table value is greater than the r table value, then it is said that the reliability is very high when the results of the coefficient values are close to 0.8 - 1.0.

Table 1. Test the validity of the male and female test instruments

Son	Push Ups	Basic Plank	Overlap Right	Overlap left	Sit and reach	Hexagons	Stick Drops test
R	0.292	0.419	0.75	0.723	0.529	0.7056	0.2908
Count table	1,529	2,306	5.67	5,231	3.118	4.9782	1.5199
r table	0.684	0.684	0.68	0.684	0.684	0.684	0.684
decision	valid	valid	valid	valid	valid	valid	valid

Daughter	Push Ups	Basic Plank	Overlap Right	Overlap left	Hexagons	Long Jump	Stick Drops test
R	0.136	0.2	0.4	0.2	0.2	0.22	0.84
count table	0.726	1.4	2.29	0.9	1.08	1,192	11.2
r table	0.683	0.683	0.683	0.683	0.683	0.683	0.683
decision	valid	valid	valid	valid	valid	valid	valid

Table 2. Instrument Reliability Test for Boys and Girls

Son	Push Ups	Basic Plank	Overlap Right	Overlap left	Sit and reach	Hexagons	Stick Drops test	Amount
ITEM VARIETY	12.15462	101.6317	81.7804	89.62149	16.25861	162.3077	152.2102	350.8316
TOTAL VARIANT	147.7348	10329.01	6688034	8032012	264.3424	26343.8	23167.93	123082.8

A	1.166667
B	0.00285
C	0.99715
D	1.163341

NUMBER OF ITEMS	ITEM VARIETY	TOTAL VARIANT	COEFFICIENT VALUE	DECISION
7	350.8316	123082.8	1.163341	Very High Reliability

Daughter	Push Ups	Basic Plank	Overlap Right	Overlap left	Hexagons	Long Jump	Stick Drop test	Amount
ITEM VARIETY	26.97	4.85	65.42	59.42	37.19	6.2566	201.03	230.12
TOTAL VARIANT	727.1	214	4280	3530	1383	39,145	40412	52957

A	1.167
B	0.004
C	0.996
D	1.162

NUMBER OF ITEMS	ITEM VARIETY	TOTAL VARIANT	COEFFICIENT VALUE	DECISION
7	230.1	52957	1.162	Very high reliability

Results

From the results of data processing using descriptive statistics, the results for body mass index with the highest BMI value were 33.76 kg/m², the lowest was 14.57 kg/m², the range of values was 19.19 kg/m² with an average value of 20.39 kg. /m², median 19.67 kg/m² , standard deviation 3.66 kg/m² data summary can be seen from the following distribution table:

Table 3 . Frequency Distribution of Body Mass Index of Al Yumna Islamic Boarding School Santri

No	Category	Frequency	Percentage (%)
1	BB less weight level	6	10.52631579
2	Low BB Mild level	11	19.29824561
3	BB Normal	34	59.64912281
4	BB More light level	1	1.754385965
5	BB More weight level	5	8.771929825
		57	100

Based on the BMI frequency distribution table for Al Yumna Islamic Boarding School students as a whole, it is divided into several categories of severe underweight as many as 6 people (10.52%), mild underweight category as many as 11 people (19.30%), normal weight category as many as 34 people (59.64%), the category of mild overweight is 1 person (1.75%) and the category 5 people (8.77%) were mildly overweight, and had an average of 20.39 kg/m². then from the results of the data can be seen with the histogram image below .

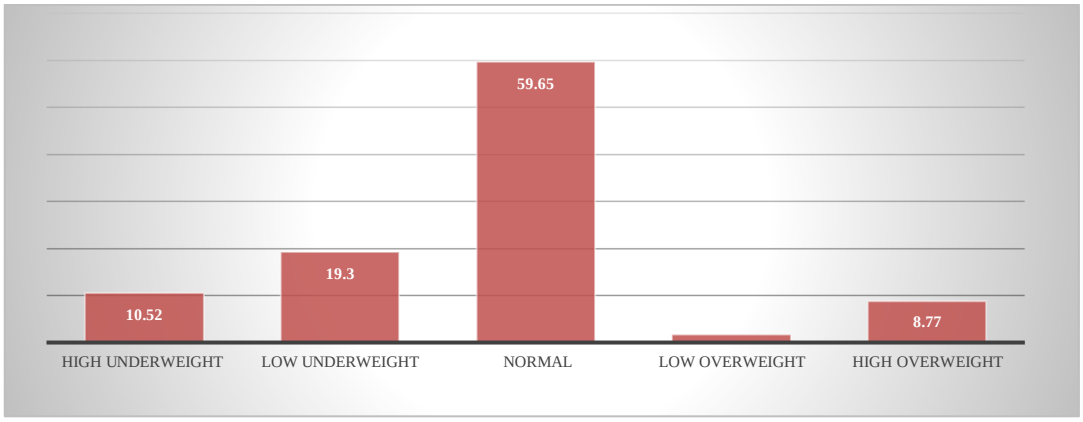


Figure 1. BMI Frequency Histogram of Tahfizh Al Yumna Islamic Boarding School Santri

Table 4 . Male Santri Physical Fitness

No	Fitness Components Physical	Instruments test	Average Means	Category
1.	Body Composition (BMI)	Weight (kg) Height (m)²	BMI 20,39	Normal
2.	strength	a. push-ups	37,37	Very very good
		b. Basic Plank	120.74	Very very good

No	Fitness Components Physical	Instruments test	Average Means	Category
3.	Flexibility	a. Overlap	8.35	Very very good
		b. Sit and reach	60,14	Very good
4.	Coordination	Juggling	44,62	Very very good
5.	Agility	Hexagonality	7,64	Very good
6.	Speed	Run the 40 M Sprint	7,16	Good
7.	power	Standing long jump	194.77	Very good
8.	balance	Stroke balance stands	81,23	Very very good
9.	Reaction Time	Stick Drop Test	14.03	Good

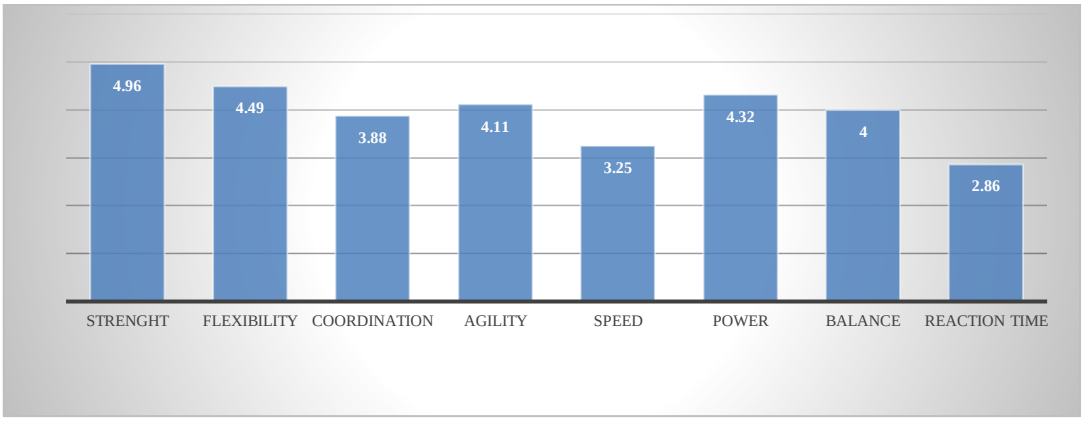


Figure 3 . Men's Physical Fitness Component Histogram

Table 5 . Physical fitness of female students

No	Fitness Components Physical	Instruments test	Average Means	Category
1.	Body Composition (BMI)	Weight (kg) Height (m)²	BMI 20,39	Normal
2.	Strength	c. push ups	24,3	Good
		d. Basic Plank	35,74	Good
3.	Flexibility	c. Overlap	7,2	Very very good
		d. Sit and reach	55.01	Very good
4.	Coordination	Juggling	16,6	Enough
5.	Agility	Hexagonal	7,25	Very good
6.	Speed	Run the 40 M Sprint	9.53	Not enough
7.	power	Standing long jump	115,3	Enough
8.	balance	Stroke balance stand	18.05	Not enough
9.	Reaction Time	Stick Drop Test	11.05	Good

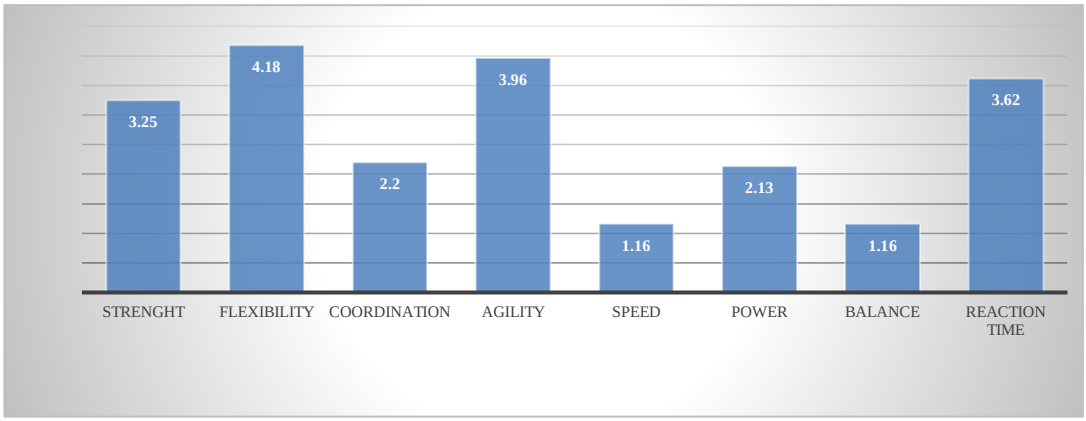


Figure 4. Histogram of Women's Physical Fitness Components

Table 6 . Frequency Distribution of Men's Physical Fitness Category

No	Category	Frequency	Percentage (%)
1	Very very good	0	0
2	Very good	17	62.96%
3	Good	10	37.03%
4	Enough	0	0
5	Not enough	0	0
6	Very less	0	0
		2 7	100 %

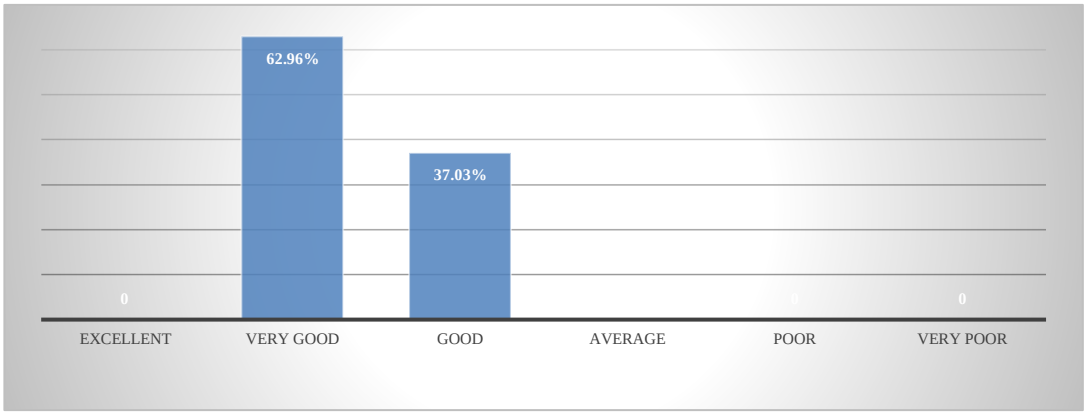
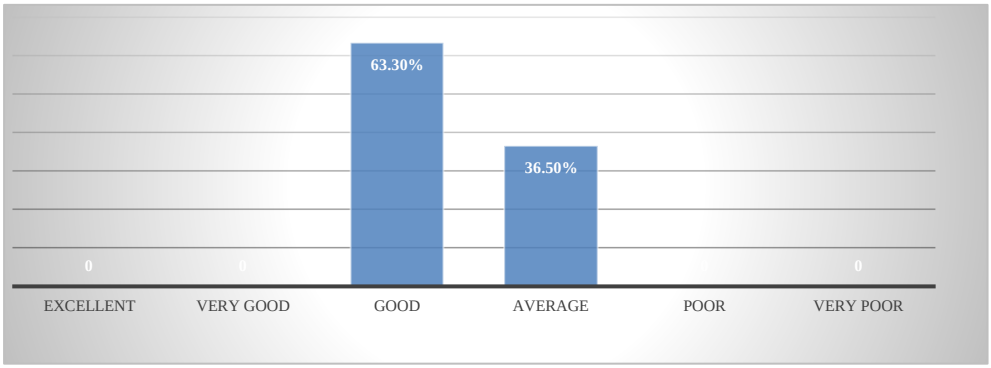


Figure 5. Histogram Frequency Distribution of Men's Physical Fitness Category

Table 7 . Frequency Distribution of Women's Physical Fitness Category

No	Category	Frequency	Percentage (%)
1	Very very good	0	0
2	Very good	0	0
3	Good	19	63.30%
4	Enough	11	36.5%
5	Not enough	0	0
6	Very less	0	0
		30	100 %



Picture 6 . Histogram of frequency distribution of women's physical fitness categories

Table 8. Frequency Distribution of male and female physical fitness categories

No	Category	Frequency	Percentage (%)
1	Very very good	0	0
2	Very good	17	29.80%
3	Good	29	50.90%
4	Enough	11	19.30%
5	Not enough	0	0
6	Very less	0	0
		57	100 %

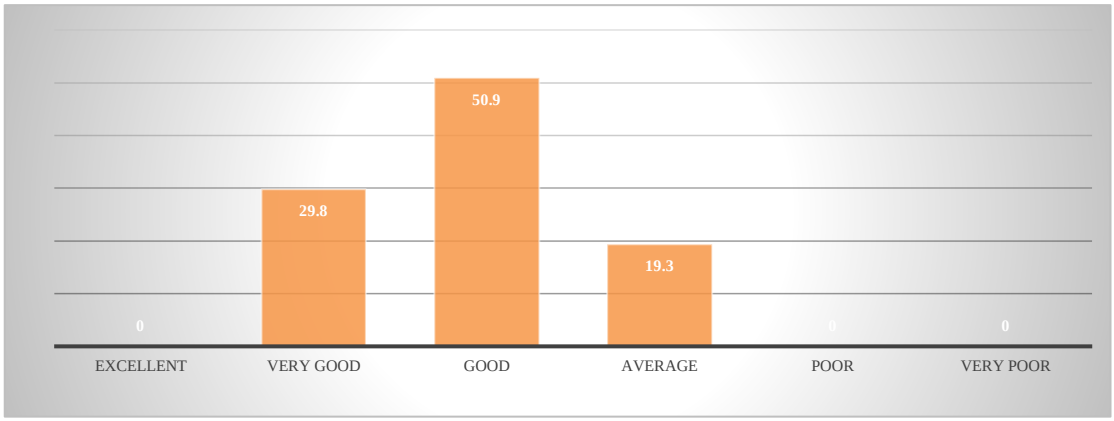


Figure 7 . Physical Fitness Category Frequency Histogram

Table 9. Male and Female Fitness Components

No	Physical Fitness Components	Son Value	Princess Value
1	strength	4.96	3,25
2	Flexibility	4.49	4,18
3	Coordination	3.88	2,20
4	Agility	4,11	3.96
5	Speed	3,25	1.16
6	power	4,32	2,13
7	balance	4.00	1.16
8	Reaction Time	2.86	3,62
	Mean (average)	3.98	2.70

Table 10. Physical Fitness Category Value

Very very good	Very good	Good	Enough	not enough	Very less
5	4	3	2	1	0

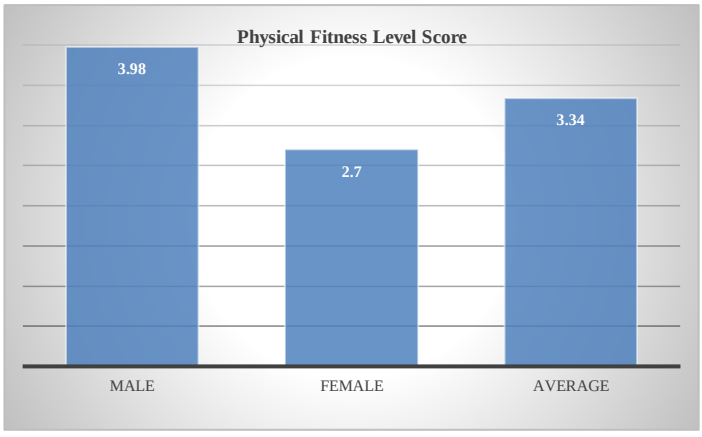


Figure 8 . Histogram of Male and Female Fitness Level Values

Discussion

In accordance with the results of the above research, the purpose of this study is to determine the Body Mass Index Profile and the level of Physical Fitness of Santri Pondok Pesantren Tahfizh Qur'an Al Yumna Banyuresmi Garut. This is expected as an evaluation of the extent to which the condition of the students at Pondok Pesantren Tahfizh Qur'an Al Yumna Banyuresmi Garut with the better the physical fitness of the students, the more productive they will be in following every activity of the activities carried out at the pesantren. Physical fitness is the ability and ability of the body to make adjustments (adaptation) to the physical exemption given to it (from work done daily) without causing excessive and significant fatigue (Gumantan et al., 2020) Physical fitness is closely related to body mass index, the more physical activity the fitter a person is the more normal his body mass index, so between physical education, physical fitness and body mass index are three things that are interrelated. Body Mass Index (BMI) is a simple tool or way to monitor the nutritional status of adults, especially with regard to underweight and overweight.

Based on the results of the above tests that have been carried out, each variable is measured from the aspect of physical fitness components both health-related and skill-related. Among them are body mass index, strength, flexibility, coordination, agility, speed, explosive power, balance, and reaction speed. From the results of the above research, it is evident that Body Mass Index is very influential in increasing the Physical Fitness of Santri Pondok Pesantren Tahfizh Qur'an Al Yumna Banyuresmi Garut. After practicing the components of physical fitness components and being able to regulate diet, almost all students' Body Mass Index reached the normal category (Setiawan & Setiowati, 2014).

Improve good physical fitness, the components of physical fitness components must be done correctly and continuously. Diet is also important to improve one's physical fitness. A good diet is the regulation of the type of food, frequency and amount in accordance with the needs, neither excessive nor less. Diet is related to the type, proportion and combination of foods eaten by each individual or community. Fast food contributes to an increase in a person's Body Mass Index (BMI), this occurs because of the high fat and sugar content in fast food. In addition to fast food, the increase in portion and frequency of eating has an effect on increasing Body Mass Index (BMI). The overall condition of the santri profile of the research results can be concluded is that the Body Mass Index of the Al Yumna Qur'an Tahfizh Ponpes santri as a whole is mostly in the normal category (59.65%) the rest (40.35%) is in the less and more category, therefore the Al Yumna Qur'an Tahfizh Ponpes santri need better dietary arrangements, regular physical activity and adequate rest. The overall level of physical fitness is mostly (50.9%) in the good category, the rest (29.8%) is in the very good category and (19.3%) in the sufficient category and for the overall average value of 3.34 is in the good category.

Conclusions

Based on the results of the research and discussion, the conclusion of this study is that the body mass index of Tahfizh Qur'an Al Yumna Islamic boarding school students as a whole is mostly in the normal category (59.65%) the rest (40.35%) are in the less and more category, because The students of the Tahfizh Qur'an Al Yumna Islamic Boarding School need better dietary arrangements, regular physical activity and adequate rest. Most of the overall physical fitness level (50.9%) is in the good category, the rest (29.8%) is in the very good category and (19.3%) is in the sufficient category and the overall average value is 3.34. in the good category. Based on the results of the conclusions above, related parties, both institutions, Physical Education teachers and school administrators who are already running to pay attention to the next program so that the fitness of the Tahfizh Qur'an Islamic boarding school students can be

maintained and can even improve their fitness with training programs, more and better extracurricular choices.

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Conflict of interest

All authors declare that there is no conflict of interest whatsoever in this research

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