Use of Information Technology Media on Physical Activities of Students

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Abstract. Where physical activity is very important for the health of every human being in carrying out daily activities as well as unexpected activities. Activities that are less mobile due to too often playing the virtual world such as online and offline games, internet, watching television too much will lead to the risk of obesity / obesity. Overweight / obesity is considered as a frightening specter and risk factors for various diseases, such as heart disease, hypertension and many others. One effort that is considered to reduce the risk of obesity is to increase physical activity. Physical activity is not only limited to special sports activities, but also other activities that require physical work, such as cleaning the house, sweeping, mopping, washing, walking, dancing, painting, hoeing, walking and so on. This study aims to determine whether there is an influence and how much information technology users on the physical activity of students of SMAN 1 Mantang. This research is a non-experimental research. The subjects in this study were students of class X SMAN 1 Mantang by using cluster random sampling consisting of 5 classes with a total poulasi of 141 students / students categorized as 69 male students and 72 female students. And from the cluster random sampling results obtained 5 classes with a total sample of 100 students. From the results of statistical calculations, it can be concluded that there is no significant effect between the use of information technology on students' physical activities. Because the data testing carried out shows that r count is smaller than r table (-.717) > r table (0.197).

1. Introduction

Basically physical education is education through physical or physical activities which are used as a medium to achieve overall individual development. Through physical education, students are socialized into physical activities including a variety of sports skills. Therefore it is not surprising that many believe and say that physical education is part of overall education, and at the same time has a strategic potential to educate [1]. Some people think that education is a daily need and importance that is important from other needs. School is an educational institution that instills cultural values, nationalism, religious, humans both in the past, present and future Where the school as an educational institution must continue to strive so that every talent, creative and potential in students can achieve development which is optimal in accordance with the abilities of each individual. With the talent, creativity and potential available to students, they should be given the opportunity to explore and expand certain scientific fields other than those contained in the school curriculum. Every talented and potential student must be guided to carry out activities that become their interests and concerns to
encourage them to be more creative and creative so that the results will be beneficial in addition to themselves, the environment and for future community life.

In the current school environment, students generally can access and explore information using information technology such as gadgets, computers and so on, because every school or institution has now installed internet / wifi for students in the school environment. Starting from where the students / students who should use IT (Information Technology) for the development of science in one of the fields that they must elaborate or interest, do not make students abuse the use of IT (Information Technology), such as playing games, open banned sites or open an account that is not too important, so it makes it a habit without regard to physical activity every day. In the current era of globalization and the development of increasingly sophisticated science and technology, the dissemination of information and access to telecommunications and transportation are getting faster and easier and more targeted. This all can not be denied either directly or indirectly have an impact on society, whether it has a positive or negative impact. The impact does not look at the feathers, want to grow up, want children not limited to certain circles, but has expanded to all circles and all levels. Where it has been explained above before the negative effects while the positive impacts include helping facilitate someone in carrying out daily activities. To interact with other people and their surroundings, someone just needs to use a handphone. To listen to the radio, someone can connect the earphones to the handphone. To listen to music, someone just turn on the mp3 player. To greet other people who are far away and have not communicated for a long time, a person just needs to connect the netbook and the like to the internet network. If someone is tired of their daily activities, someone can play online and offline games through a computer or mobile phone. While the effects that often occur with the advancement of information technology, including someone often ignores and neglect their own health, because it is too comfortable with things that smell of technology, someone is more comfortable in cyberspace than the real world, for example someone is more comfortable playing online games on computers rather than playing football on the field or physical activity outdoors.

Various lifestyles of students now differ greatly from lifestyles of students of the past, clearly visible differences are very prominent namely inactivity and tend to be passive, and cause a decrease in the level of physical fitness of students / school students. For that reason, one of the challenges of PJOK teachers or educators today is how active and healthy lifestyles can be realized or become a reality in all walks of life regardless of fur or age and gender, how well children are prepared to get used to being active and able to maintain their health throughout his life. Teaching and instilling how to keep students fit and fit is a very important component of physical education in teaching physical education, so that physical education will be a solid foundation in building the nation in various fields. Where physical activity is very important for one's health in carrying out daily activities. Inactivity caused by too many times playing online and offline games, internet, watching too much television will cause the risk of obesity or obesity. Overweight / obesity is considered as a risk factor for various heart diseases, hypertension and many others. One effort that is considered to reduce the risk of obesity / obesity is to increase physical activity. Physical activity is not only limited to specific sports activities, but also other activities that require physical work, such as cleaning the house, sweeping, mopping, washing, walking, dancing, painting, hoeing, walking and other things. The problem that was hidden or the example above has been widespread among students, where the fact that there is a lifestyle that is less active, tends to be lazy to do physical movements or activities both in the school environment and outside of school, and the prominent reasons are technological advances. information and communication is now one of the factors, for example students often do or use the internet such as playing online games and such until late at night, and without seeing the negative side when using it for too long or in other words do not limit time.

2. Method

This research method is quantitative descriptive research. With the basic consideration of this type of research in accordance with the title because it presents directly the nature of the relationship between research and respondents. From the problems that have been described, this study was conducted using a questionnaire where each respondent was required to fill in accordance with the instructions of the researcher. While the design used in this study is correlational. The research
variable is basically anything in the form of whatever is determined by the researcher to be studied in order to obtain information about it, then conclusions are drawn. This study uses 2 variables, namely the independent variable and the dependent variable [2]. Population is a generalization area consisting of: objects / subjects that have certain qualities and characteristics that are determined by the study to be studied and then conclusions are drawn [3]. The population in this study were the students of SMAN 1 Mantang, which numbered 141 students who were categorized as 69 male students 72 girls. Whereas the samples in this study were 5 classes taken randomly by drawing. The sampling technique used in this study is cluster random sampling because the objects to be studied are very wide. Regional random sampling clusters are used to determine the sample if the object to be examined or the source of data is very broad, for example residents of a country, province or district [4].

Table 1 Information Technology Questionnaire Descriptions and Physical Activity Cards for students mantang 1 Public High School

| Date Description | Information Technology | Physical Activity |
|------------------|------------------------|-------------------|
| Average / Mean   | 16.63                  | 5450.76           |
| Standard Deviation (Sd) | 4.06              | 2400.16          |
| Lowest Value     | 6                      | 0531              |
| The Highest Score| 30                     | 06440             |

Physical results an average value of 5450.76, a standard deviation value of 2400.16, with the lowest value of 0531 and the highest value of 06440.

Table 2 Description of Normality Testing

| Model               | Kolmogorov-Smirnov Z | Asymp. Sig. (2-tailed) | Category |
|---------------------|----------------------|------------------------|----------|
| Information Technology | 0.687               | 0.537                  | Normal   |
| Physical Activity   | 1.591               | 0.013                  | Abnormal |

From the table above it can be explained that the significant value of information technology obtained a significant value (Kolmogorov-Smirnov Z) greater than alpha (5%) or 0.05 in other words Sig> α (0.687> 0.05). So it was decided that H0 was accepted which meant that the data fulfilled normal assumptions and for physical activity a significant value (Kolmogorov-Smirnov Z) was obtained that was smaller than alpha (5%) or 0.05 in other words Sig> α (1.591 <0.05) so it was decided that H0 was rejected, which means that the data did not meet the normal assumptions.

Table 3 Formatting author affiliations

| Variabel | N | Correlation Spearman’s rho | Sig. (2- tailed) |
|----------|---|----------------------------|------------------|
| TI – AF  | 150| -.717                      | .000             | and using one, n 100
is 0.197 for the significance level of 5% and 0.257 for the significance level of 1% so the correlation coefficient obtained is significant. Both at the level of 5% and 1% considering the \( r \) count is smaller than \( r \) table. Thus based on empirical data as a result of field testing, at least for the data above, shows there is an influence between the use of information technology on physical activity.

**Table 4 Correlation Testing Results**

| Variabele | N  | Coefficient of Determination |
|-----------|----|-----------------------------|
| TI – AF   | 150| 51.41%                      |

Based on the results of the analysis of the table above, it can be seen that the results of the information technology questionnaire have an average value of 16.62, a standard deviation value of 5.08, with the lowest value of 7 and the highest value of 30. While the results of the activity card. From these data there is an influence, which indicates a decrease in physical activity due to information technology reaching 51.41%, while the rest is influenced by other factors. To find out the significance of the correlation coefficient. The results said that the correlation coefficient obtained was significant. Both at the level of 5% and 1% considering the \( r \) count is smaller than \( r \) table that is the value of \( r \) count (-.717)< \( r \) table (0.197). Or it can be seen from the sig .000 value smaller than alpha 0.05. Thus based on empirical data as a result of field testing in accordance with the hypotheses in this study, it was caused by students using information technology, such as playing online or offline games, watching television, listening to radio or music, internet such as opening an instragram, twitter and Facebook is so high in intensity that it affects the physical activity of students. Therefore, the results of this study indicate there is an influence between the use of information technology on students' physical activity. And the average student uses information technology over 3 hours.

3. Results and Discussion

Based on the results of data analysis, it can be concluded that there is a significant influence between the use of information technology on the physical activity of students of class X in SMAN 1 Mantang, So the higher the use of information technology, the lower physical activity, and vice versa the lower the use of information technology, the more high physical activity. There is an influence, which indicates a decrease in physical activity due to information technology reaching 51.41%.

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