



# THE IMPACT OF PSBB ON THE PHYSICAL ACTIVITY OF ELEMENTARY SCHOOL STUDENTS IN THE RED ZONE AND GREEN ZONE IN KUNINGAN REGENCY

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## Abstract

Implementation of physical activity at schools in the red zone and green zone results in differences in the fulfillment of physical activity for elementary school children in these areas. The purpose of this study was to determine the comparison of the physical activity of elementary school students in the area. The descriptive method was carried out on a sample of 120 elementary school students taken through purposive sampling in the red zone 3 and green zone 3 areas in Kuningan Regency. Physical activity was measured through the PAQ-C questionnaire. Data were analyzed through the Independent Sample T-Test using SPSS version 25.00 for Windows software. The results showed that the physical activity of elementary school students in the green zone and red zone did not differ significantly. So, it can be concluded that the implementation of the PSBB does not have an impact on differences in the physical activities of primary schools in the red zone and green zone in Kuningan district. The fulfillment of sports facilities, open spaces that can increase the immunity of elementary school children needs to be improved by providing interesting information to make it more practical in carrying out activities that are helpful to be more enthusiastic about doing sports.

## Keyword:

*physical activity, red zone and green zone, impact*

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## Introduction

Countries in the world are still struggling against Corona Virus Disease (COVID-19) until now, including Indonesia. The number of COVID-19 cases continues to grow, handling and prevention efforts continue to be carried out to fight COVID-19 with flu-like symptoms. This has made several countries implement policies to impose lockdowns in order to prevent the spread of the Corona virus. The Indonesian government itself uses the lockdown method in the form of a Large-Scale Social Restriction (PSBB) policy to suppress the spread of this virus.

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Handling Corona Virus Disease (COVID-19) in order to break the chain of spread. Helping break the chain of spread of Corona Virus Disease (COVID-19) has also issued a circular ordering all learning activities to be carried out online/distance learning to be carried out to provide a meaningful learning experience for students, without being burdened with demands to complete all curriculum achievements for grade promotion. and graduation (Kemendikbud, 2020)

Handling is to break the chain of distribution so as to issue a circular that requires to limit both learning activities and the movement of each individual with the demands of achievement that can be given to students, formal activities must carry out distance learning using online.

The year 2020 is a year that worries the world, where the whole world including Indonesia is affected by the COVID-19 pandemic. Hundreds of thousands of people around the world have been infected and thousands of people have died as a result of being infected with COVID-19, especially in Indonesia, the government has declared a disaster emergency status. The steps of the Indonesian government in an effort to prevent the spread of COVID-19 have given appeals to the public, one of which is by imposing social regulations in areas that are indicated to be vulnerable to spreading COVID-19. Physical activity is defined as any physical movement produced by skeletal muscles that requires energy expenditure. This term covers the full range of all movements of the human body ranging from competitive sports and physical exercise to hobbies or activities carried out in everyday life. On the other hand, physical activity can be defined as a state in which body movement is minimal and energy expenditure approaches resting metabolic rates. Physical activity or also called external activity is a series of body movements that use energy or energy, the higher the energy expenditure, the higher the level of activity, the impact of limited movement so that physical activity becomes lower. Energy expenditure in essence is to increase the ability of muscles to perform activities continuously over a long period of time. One way to increase endurance is with interval training, which is an exercise system which is a series of training activities interspersed with certain breaks. Speed is an important factor in physical development, because the amount of power (power) is determined by the speed in some activities that often expend energy which is directly monitored by physical activity, but due to the implementation of distance learning, students' physical activities are difficult to monitor, some are continue to do physical activity but there are also those who do not do physical activity. One way to increase endurance is with interval training, which is an exercise system which is a series of training activities interspersed with certain breaks. Speed is an important factor in physical development, because the amount of power (power) is determined by the speed in some activities that often expend energy which is directly monitored by physical activity, but due to the implementation of distance learning, students' physical activities are difficult to monitor, some are continue to do physical activity but there are also those who do not do physical activity. One way to increase endurance is with interval training, which is an exercise system which is a series of training activities interspersed with certain breaks. Speed is an important factor in physical development, because the amount of power (power) is determined by the speed in some activities that often expend energy which is directly monitored by physical activity, but due to the implementation of distance learning, students' physical

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activities are difficult to monitor, some are continue to do physical activity but there are also those who do not do physical activity.

Many efforts have been made to stimulate and support the strengthening of the "foundation" in physical education to stick to the primary school program (Ludwig, 2013). Physical education focuses on the development of the human body and physical in the form of mind and soul, including the cognitive, psychomotor, and affective aspects. Physical education through physical activity can change an individual's quality of life for the better, and develop knowledge and attitudes that support lifelong learning (Barker, 2017). The supporting factors in the study have stated some consistent effects of the research that have been noted with some increasing impact on increasing obesity and other disease risk. This results in physical activity that corresponds to the number in increasing effort for the cause of the range of body movements so as to be able to use the rate of physical activity for children. Physical activity affects resting metabolic rates, the amount of energy expended at rest in a normal ambient temperature and fasting state, and energy issued during physical activity that has developed and is applied in learning in elementary schools today which requires balance with the motion produced by one part of sports education, should be directed at mastering knowledge.

### Methods

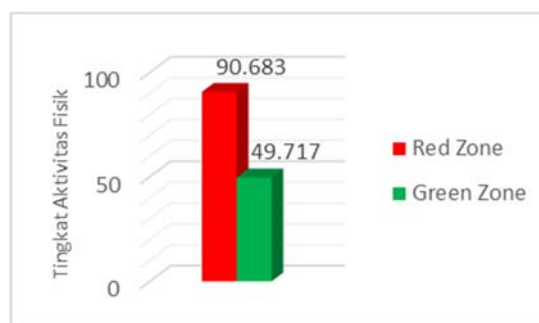
This study method uses descriptive. The study subjects were fifth grade students in elementary schools in the red zone and green zone areas in Kuningan Regency, with a total of 120 elementary school students. The instrument used in this research is the Physical Activity Questionnaire for Children (PAQ-C) questionnaire (Kent C Kowalski at all, 2004) which was adopted and given to elementary school students to see the level of physical activity during the PSBB period in the red zone and green zone. according to self-concept awareness of physical on physical performance, can control the increase in control of students in activities.

### Result

In the results provided by this study, there are results in the form of a PAQ-C (Physical Activity Questionnaire Children) questionnaire conducted by fifth grade students in daily activities in one week to see the physical activity of elementary school students, respondents were asked to fill out a questionnaire regarding activities that have been carried out during the week. Physical activity is also called external activity, which is something that uses energy or energy to carry out various physical activities, such as (walking, running, and exercising). Each physical activity requires different energy according to the length of intensity and the nature of muscle work. The results of measuring data collected from physical activity in the red zone and green zone areas, in this section the authors present the results of the analysis based on the average in the red zone and green zone 120 research samples the results in the red zone were higher in physical activity 90,683 in the green zone 49,716 than the average results obtained by elementary school students who did physical activity for more than one week increased in the red zone.

Chart 1. The average value of the level of physical activity in the red zone and green zone



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Sugiyono. (2017). Research methods are quantitative, qualitative and R&D. Bandung: Alfabeta.

### Discussion

Bouchard, Blair, & Haskell (2007, p. 19) said that "Physical activity is bodily movement that is produced by the contraction of skeletal muscle *and that substantially increase energy expenditure*". In the quote it is explained that physical activity is a body movement produced by contraction of skeletal muscles and there is a substantial increase in energy expenditure. The increase produced by muscle construction has a positive impact when carrying out several series of activities can be a significant increase with the same energy as the formation of the body's immunity. The energy expenditure described is when carrying out activities related to physical activity causes the body's resistance to provide a balanced contraction, with the use of activities to be associated with an increase in the number of individual activities increasing. Physical activity is a body movement produced by skeletal muscles that requires energy expenditure including activities performed while working, playing, doing household chores, traveling and engaging in recreational activities. Physical activity is generally classified into two types, namely active and inactive. The criteria for "active" are individuals who do heavy or moderate physical activity or both, while the criteria for "inactive" are individuals who do not do moderate or heavy physical activity. Lutan in Wirakusumah (2010: p. 154) The grouping of activities carried out is generally light activities, moderate activities and heavy activities. (1) light activities daily activities are 8 hours of sleep, 4 hours of work similar to office work, 2 hours of housework, hours of exercise, and the remaining 9½ hours of light and very light activities. (2) moderate activities, the time used for moderate activities is equivalent to 8 hours of sleep, 8 hours of working in the field, 2 hours of housework, and 6 hours of light and very light work. (3) strenuous activities the time used a day for strenuous activities is 8 hours of sleep, 4 hours of heavy work such as lifting water or heavy work, 2 hours of light work, and 10 hours of light and very light work.

However, in the implementation of the explanation above, it can be described regarding the grouping of light activities carried out lower than other activities so that activities can be carried out by several low-level activities so that the activities that are used are more efficient so that they continue to carry out activities as usual, also do not carry out effective activities to do. as in normal. Activities are being carried out with more or less balanced rest periods so that the relative use of time can make activities in the field and their activities can be put to good use,

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Regular physical activity is a good treatment for stress, and affects fitness so that it will prolong and improve quality of life. Types of physical activities that are carried out daily include walking, exercising, studying, watching TV, playing etc. Physical activity that is carried out regularly and continuously according to age and ability will reduce various risks and prevent and reduce the layer of body fat that causes obesity. Students who do light activities are 6.5 times more likely to be obese than students who do activities

Physical activity that can prevent excessive obesity is the challenge of a more efficient activity level. The trend is the same from morning to evening which has been scheduled, such as having to follow the lesson hours that have been provided, which take more time, such as sitting in every lesson. In addition, the absence of a relationship between physical activity and the incidence of obesity was caused by other factors such as family income and nutritional intake. Adequate or more than adequate family income is a factor that encourages obesity in children who are sedentary for a long period of time, but nutritional intake cannot be dammed so that it has an unfavorable impact on physical activity. Even light physical exercise, such as aerobics for 30 minutes, is able to activate the work of white blood cells, which are the main components of the body's immunity in blood circulation. Doing activities that are capable of sweating properly can have a good influence on children, not just sitting still and not doing their usual activities. Each individual will perform some movements that can affect the body can have a good impact on the body, will further maintain his immune system. The following are the factors that influence physical activity Zourikian, N., Jarock C., & Mulder K. (2010).

Age The highest activity of a person or normal human is at the age of 8-11 years and there will be a significant decrease in the level of activity when they reach the age of children, adolescents, adults, and up to the age of 65 years. What is meant by normal humans with a high level of decline is when the child has reached the age of growth from an adult child to a senior, so that it is significant in achieving its activities for that to make the defenses that were originally formed at an early age will still be formed in normal immunity. Gender differences greatly affect a person's level of activity. In general, the physical activity of a man will be greater than the physical activity of a woman. Usually the difference in physical activity that is often done by children will definitely distinguish the gender of each individual, thus causing the child to still be able to carry out activities as usual. Ethnicity In fact a person's ethnic differences can also affect a person's level of physical activity. This is caused by cultural differences that exist within the group or society Zourikian, N., Jarock C., & Mulder K. (2010)). The culture that exists in each country is definitely different, for example in the Netherlands the majority of people use bicycles to travel and in Indonesia the majority of people use motorized vehicles so that in general the level of activity of the Dutch community is greater than the Dutch community. One of the latest trends today is the development of technologies that make human work easier. In the past, humans had to plow the fields with buffalo, but with human tractor technology it was easier to do work there are several factors that influence active behavior or physical activity. Some of the factors that influence this behavior biological factors affect the level of activity carried out by a person. These biological factors include gender, age, and obesity in children. A person's social environment is very influential on active behavior. Family is an environment that gives a big influence. Parents are people who can be an example for their children. The


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emergence of interest in being active in sports can be aroused by the example given by their parents. For example, from a young age, children have been invited to watch their parents do sports activities. For sure, children will have an interest in imitating and imitating their parents in carrying out activities that are usually carried out by their parents. which fits well. Physical Factor Physical factors include living conditions and environmental conditions (mountain, urban, or rural areas). Children whose homes are close to the field or sports venues will usually be easily influenced to imitate people they see active in sports. Environmental conditions also affect, children in rural areas will be more active than children in urban areas who already use facilities such as motorbikes and city transportation Wilmore, J. H. and Costill, D. L.(2004). Benefits of Physical Activity A person will need physical activity if they know the long-term benefits, some of the benefits of regular physical activity that can reduce risky risks.) Reducing a person's risk of death. High levels of regular physical activity can reduce the risk of death. Active people tend to have lower death rates reducing the risk of cardiorespiratory disease and coronary heart disease, decreasing the rate of cardiorespiratory disease and coronary heart disease due to regular physical activity, but lifestyle also affects these risks, for example not smoking. Reducing the risk of diabetes mellitus Regular physical activity can reduce the risk of developing diabetes mellitus.Protecting joints from osteoarthritis disease Regular physical activity is needed by the body to maintain muscle, joint structure and joint function from damage. Controlled body weight physical activity affects the distribution of body fat, low levels of physical activity with high food consumption will cause body fat to accumulate in the body. Mental health will affect physical activity can relieve symptoms of depression and improve a person's mood Marsh, HW (1996). Based on this description, it intends to have shortcomings with a focus on student design effects that are not motivating, especially if they focus on better understanding that physical activity according to class combined with physical activity provides opportunities to have fun, express oneself, and communicate. Appreciating the relationship with other people obtained from participation in physical activity while the discussion is relevant to promoting the physical activity of elementary school students. The many influences of physical activity with the development of students so that it is more varied according to the fields where creativity has been carried out more fundamentally will make a good influence for measuring creativity with activities that are carried out more fundamentally.

Physical Activity and Health-Related Physical Fitness in Taiwanese Adolescents. The purpose of this study was to determine the relationship between physical activity and physical fitness of Taiwanese adolescents aged 9-11 years. Research subjects were randomly selected from grades 4, 5, and 6 of elementary schools in Taiwan. Physical activity was measured using activity records carried out 24 hours for 3 days, physical fitness was measured by a 100 m run test, so the results showed that physical activity showed high student activity. This study discusses the physical activity and physical fitness of elementary school students on track and field the conclusion of the study is that "In conclusion, physical activities program can motivate elementary school students to learn track and field, by helping them to realize. The conclusion is that physical activity programs can motivate elementary school students to learn track and field, by helping them realize



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the importance of this sport and at the same time helping them improve their physical fitness and track and field performance.

Quality of life is getting better. Physical activity can improve the quality of life in someone who has poor health. Elementary school children's activities show that regular physical activity skills training by students, in addition to contributing positively to their physical activity, is also able to reduce the potential for obesity in school-age children. Providing a basic framework for physical activity, but also being the basis for the whole process of general education, movement education is still deemed necessary to be applied and introduced in Indonesia as the foundation for the application of physical education which emphasizes more on the overall development of children, which includes cognitive development, physical development. Physical activity is a body movement produced by skeletal muscles that requires energy expenditure including activities performed while working, playing, doing household chores, traveling and engaging in recreational activities. Elementary school children's activities show that regular physical activity skills training by students, in addition to contributing positively to their physical activity, is also able to reduce the potential for obesity in school-age children. Providing a basic framework for physical activity, but also being the basis for the whole process of general education, movement education is still deemed necessary to be applied and introduced in Indonesia as the foundation for the application of physical education which emphasizes more on the overall development of children, which includes cognitive development, physical development.

The development of physical activity skills for elementary school-aged children, defined as the development and refinement of various basic movement skills and skills through physical education learning models through physical activity at school, during the pandemic period is required to stay at home with all the worries that currently have provide a decrease in the body's immunity level. At first, physical activity should still be done in order to prevent the spread of COVID-19 at this time, Some of the benefits of regular physical activity according to the US Department of Health and Human Services (2008: 9): Regular physical activity can reduce the risk of developing diabetes mellitus. Protect joints from Osteoarthritis. Regular physical activity is needed by the body to maintain muscle, joint structure and joint function from damage The purpose of the above explanation is that low levels of physical activity with high food consumption will cause body fat to accumulate in the body, mental health can relieve symptoms of depression and improve one's mood so that the quality of life becomes better. poor health. In addition to fun, the most important thing in a physical education learning model is the motion experience that children get, doing movement learning activities will provide benefits to children's development suggests that providing children with extensive movement experience is a wise action in an effort to influence children's development In addition, many experts suggest that movement learning for elementary school children must be packaged in the form of modified games and multilateral physical activities, in practice children perform various kinds of physical activities such as walking, running, throwing, jumping, and rolling. This model is designed with the concept of fun, interesting and can be done by all students without discrimination. Physical activity can allow a large number of children to participate, because the areas in this model are close to each other.

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Through this research, it is hoped that the authors will be able to compare the activities of children who have good physical activity. Then the most basic is to improve children's fundamental movement skills and explore children's talents and potentials in their movements, and do not rule out the possibility to excel in the future Jackson, S. (2010).

Physical activity of elementary school students in the red zone and green zone in a state of large-scale social restrictions implemented in Kuningan Regency due to the ongoing pandemic does not have a different impact when conditions are normal as usual for the physical activity of elementary school students in the area. red zones and green zones, even in the red zone areas where activity restrictions are carried out have a higher level of physical activity than those in the green zone. The local government does not carry out SWAB on a massive scale, it is necessary to pay more attention to it, by looking at the views that have been carried out intensely. The graph above states that the average physical activity in the red zone area is 64% higher with activities for one week both inside and outside the home than in the green zone area of 35%. So that the increase in activity in Kuningan Regency. The activity level of Grade 5 elementary school students in Kuningan Regency. This study proves that they are in the high category for children who do very high physical activity, namely in the red zone area when compared to those in the green zone area with a significance result of  $p\text{-value} = 0.000 < 0.05$  with a significance value so that  $H_0$  is rejected. Also the calculation using the independent sample t-test is obtained  $t\text{-count } 58.280 > t\text{-table } 1$ .

### Conclusion

Physical activity of elementary school students in the red zone and green zone in a state of large-scale social restrictions implemented in Kuningan Regency due to the ongoing pandemic does not have a different impact when conditions are normal as usual for the physical activity of elementary school students in the area. red zones and green zones, even in the red zone areas where activity restrictions are carried out have a higher level of physical activity than those in the green zone. The local government does not carry out SWAB on a massive scale, it is necessary to pay more attention to it, by looking at the views that have been carried out intensely.

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