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The Learning Motivation and Physical Fitness of University Students During the Implementation of the New Normal Covid-19 Pandemic

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Abstract

Sports are related to health and achievement, which cannot be separated from several factors, including motivation to learn and physical fitness. This research was conducted to determine the level of learning motivation and students' physical fitness during the Covid-19 pandemic. The method used in this research is a descriptive quantitative method by using survey methods. This research subjects were students of the Sports Education Study Program at Universitas Teknokrat Indonesia from batch 2017 until 2019. The instruments used were a questionnaire and a measurement test. The study results showed that the level of students' learning motivation of batch 2017 was 74.23%, which was lower than Sports Students of batch 2018, 85.68% and batch 2019, 84.87% respectively. Meanwhile, the students' physical fitness level from all three sets was categorized into the moderate classification. The study's conclusion showed that the level of learning motivation of Sports Education students was still in a high category, and there was no significant difference in terms of physical fitness levels between students during the Covid-19 pandemic.

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INTRODUCTION

Education is essentially a process of self-maturation of the quality of life of a student. In its basic understanding, educational activity is part of the process of making someone shape himself so that he can develop

and be in line with one's personality, talents, abilities, and conscience as a whole. Motivation in learning is significantly related to the mental condition of the student, which can be directed and moved by the student in the form of a type of action, so it is essential for a teacher or teacher to motivate to learn for

students in learning so that the process is in the process. Learning and teaching by the objectives of Indonesian national education. Motivation is very influential in a learning process but is also useful in increasing the willingness to learn from students, both those who need support or encouragement from others or themselves. As a teacher and educator, it's good to know that no matter how difficult the learning material has been given to students with goodwill and motivation to learn, these students will follow the lesson with happy and happy feelings (Lomu & Widodo, 2018). The behavior that often occurs to students when there are a teaching and learning interaction will work well if the motivation and encouragement given to students are valuable and lead to something real and positive. During the pandemic, the motivation to learn from each student is very different.

In a learning activity from physical education, there is an indicator item that students must achieve, namely being able to do a science both in theory and movement correctly and adequately. To develop the skills and skills obtained to be fair and correct, giving motivation is expected to study actively, effectively and of course, directed and with useful learning.

In the world of education, especially in the world of physical education. In addition to the learning motivation that a student has, there is a physical fitness factor. Where the physical fitness factor becomes the spirit of physical education activities. Physical fitness

has a very complex function in sports activities. Each component of physical fitness has its respective role in shaping the physical aspect.

Since the 2019 coronavirus disease outbreak is pandemic or often abbreviated as COVID-19, it has hit countries worldwide, including Indonesia. Until now, according to data, it has been confirmed that there are more than 65 countries that have been infected with the covid-19 virus (WHO, 2010). And since the World Health Organization (WHO) calls for physical distancing, a lot has changed, for example, from the way of everyday life. Initially, Indonesia did not follow the methods used and applied by other countries regarding the information provided regarding matters related to the Covid-19 virus, namely by doing a quick response and socialization to prevent Covid-19 (Yunus & Rezki, 2020). Then because of the rapid spread of the virus outbreak, the government began to make a kind of appeal intended for the community in overcoming the transmission and spread of the Covid-19 epidemic so that the government's program could run effectively and efficiently (Buana, 2020).

Movements from the local government to control Covid-19 have also been carried out, including Jakarta, Central Java province, West Java Provincial Government, and other regions. Several studies have examined the occurrence of the Covid-19 pandemic, the results of his research regarding the proposed steps and methods taken by the local government in handling and prevention and

the spread of Covid-19 (Zahrotunnimah, 2020).

Post Implementation of the New Normal by the central government. Especially in the Lampung province, the Covid-19 pandemic did not have many cases, such as in the Java Island area, Lampung province is still included in the Green zone category. Even though they are included in the green zone, some sites do not allow activities (employment, trade, education, and others), and some areas already will enable them to carry out these activities.

Each tactical step and quick response action can be carried out independently by the respective regional governments, which help prevent the spread of the Covid-19 virus (Zahrotunnimah, 2020). This has undoubtedly become a separate policy by the central government, of course, based on considerations that have been maximally analyzed (Yunus & Rezki, 2020). As for activities in the world of education, the provincial government still recommends campuses and schools to carry out teaching and learning activities online, even though there are already campuses or schools that allow activities with short operating hours. From the research results (Sulata & Hakim, 2020), 75% of respondents came from class 2019, with the remaining 25% from class 2017 and 2018. This shows that class 2019, as new students, has discipline in carrying out instructions.

Before the Covid-19 virus outbreak, sports education students could be active in

both the campus environment and social interactions. Psychologically even when in normal circumstances, students can carry out activities freely in contact with each other's friends. Students can typically study in a campus environment, such as indoor lectures and sports practices that are carried out in sports buildings, fields, pools, and other sports activities. Sports education students can show all their abilities and achievements both academically and non-academically. Based on a study by (Schnitzer, Schöttl, Kopp, & Barth, 2020) which states that during the face of the Covid-19 pandemic, the general public, on average, experiences a decrease in the frequency of physical activity, especially sports activities during quarantine at home only.

When the spread of the 2019 corona disease virus outbreak has a very significant impact on people's lives in Indonesia, the recommendation to maintain good physical and mental health to stay in a healthy and prime condition is a must for every community. Likewise, when viewed from the point of view of activities and teaching of physical education, sports, and health, it is more aimed at developing all aspects of physical fitness, fundamental movement skills, critical thinking skills, social skills, scientific reasoning, emotional level, ethical and moral actions, elements healthy lifestyle, and introduction to the environment through physical activities (Sudibyo & Nugroho, 2020). An example of health factors is the level of fitness from a physical aspect (Sutri,

Isnaini Herawati, & Kurniawati, 2014). The practice of suitable physical fitness activities will certainly provide benefits for many parties; of course, for a sports student who is part of physical fitness activities is a necessity of life that is continuous and cannot be abandoned (Giriwijoyo & Sidik, 2012).

Based on the data that has been obtained from the study, it is found that students experience changes in patterns of learning and physical activity due to the Covid-19 pandemic. This is in line with the statement of the research (Ashadi, Andriana, & Pramono, 2020); one of the factors causing the decrease in the frequency pattern of activities experienced by sports faculty students is the limited use of facilities and infrastructure and facilities that support the activity and training process. As is well known, sports students usually use campus facilities for academic and non-academic activities. Fitness activities are a part of physical fitness activities, which are also part of the national education program where the goal is to prepare people who are physically and mentally (Yuliandra & Fahrizqi, 2019). Physical activity is closely related to the fitness of children and adolescents (WHO, 2010). Their physical condition is, of course, always in good shape. The physical condition is a foundation for achievement (Aprilianto & Fahrizqi, 2020), and keep doing physical activities and doing sports even in the home environment. The difference in time and frequency in doing sports activities can affect a person's physical condition (Camera, Smiles, & Hawley, 2016)

so that the low level of a person's action can hurt physical fitness (Ruiz-Montero & Castillo-Rodríguez, 2016). That way, the negative impact of a low fitness level of the body will make you tired, overweight, and prone to sedentary disease symptoms (Mainous et al., 2019). They hope that they can achieve achievements and maintain their body condition to stay in shape anytime and anywhere and, of course, to avoid Covid-19 and, of time, free from all diseases.

Based on the background of the problem and references from the literature review above, this study's purpose is to describe the level of physical fitness and student learning motivation, especially in sports education student lectures after the implementation of the new Normal Covid-19 pandemic. The research results found in this study can be used as a reference study in distance learning and be applied to the learning process, particularly learning sports related to learning motivation and physical fitness during the Covid -19 pandemic era.

METHODS

The method applied in this research is a quantitative descriptive method using survey methods. Quantitative analysis is an approach to testing the objective theory by examining the relationship between variables. This variable can be measured using an instrument, so that data on the number of studies can be analyzed using statistical procedures (Creswell, 2014). This research activity was

carried out on the campus of the Indonesian Technocrat University for sports education students. Population and research sample using total sampling. The research subjects of the 2017 Indonesian Technocrat University sports education study program with 59 students, 2018 class with 64 students, and 2019 class with 78 students.

The data analysis technique was performed using a questionnaire instrument and tests and measurements. The test used is to use a Learning Motivation Questionnaire, which contains statements used to reveal student learning motivation in maintaining

physical fitness in terms of intrinsic motivation factors (interest, activity, attention) and extrinsic motivation factors (environment and facilities) and using Physical Fitness Tests. Indonesia. Each test result is calculated and then continued by adding up the five items from the TKJI test. From the sum, it is used as the basis for determining the classification of physical fitness. The results of the calculation and type of the effects of learning motivation and fitness level using the TKJI test (Indonesian Physical Fitness Test) can be seen in the table below:

Table 1 Classification of Learning Motivation

No	Persentase	Classification
1	80% - 100%	Very high
2	60% - 80%	High
3	41% - 60%	Enough
4	21% - 40%	Low
5	0% - 20%	Very Low

Table 2 Classification of Physical Fitness Level

No	Total score	Classification
1	22-25	Very Good
2	18-21	Good
3	14-17	Medium
4	10-13	Less
5	5-9	Very Less

FINDINGS AND DISCUSSION

Findings

This discussion contains the results of the research and observations that have been made. Description of data about differences in Motivation Level and Physical Fitness Level of sports students class 2017, 2018, and 2019 using fitness test items for fitness levels and questionnaire tests for motivation levels. The

description of the research data obtained from the research results is about the differences in the level of motivation and physical fitness.

Table 3 Overall results of student learning motivation class 2017

Motivational dimension	N	Score	Score max	Persentase	Category
Intrinsic Motivation	29	1050	1450	72,41 %	High
Extrinsic Motivation	30	1140	1500	76 %	High
Total	59	2190	2950	74,23 %	High

Based on the analysis of learning motivation data from students of class 2019, the percentage data on Intrinsic motivation was 72.41% which was entered into the high category, and Extrinsic motivation was 76% included in the high sort.

Based on the above percentage results, Intrinsic learning motivation has greater than intrinsic motivation. So that Intrinsic learning motivation has the most dominant influence. Overall, the percentage of student learning motivation from class 2017 of 59 students is 74.23% put into the High category.

Table 4 Overall Results of Student Motivation for Class 2018

Motivational dimension	N	Score	Score max	Persentase	Category
Intrinsic Motivation	33	1392	1650	84,36%	Very High
Extrinsic Motivation	31	1350	1550	87,09 %	Very High
Total	64	2742	3200	85,68 %	Very High

Based on the results of the analysis of learning motivation data from students of class 2018, the percentage data on Intrinsic motivation was 84.36% which was entered into the high category, and Extrinsic motivation was 87.09% which was included in the high class. Based on the results of the

percentage above, extrinsic learning motivation has greater than intrinsic motivation. So that Intrinsic learning motivation has the most dominant influence. Overall, the rate of student learning motivation of the 2018 batch of 64 students is 85.68%, put into the Very High category.

Tabel 5 Hasil keseluruhan Motivasi Belajar Mahasiswa angkatan 2019

Motivational dimension	N	Score	Score max	Persentase	Category
Intrinsic Motivation	41	1750	2050	85,36%	Very High
Extrinsic Motivation	37	1560	1850	84,32 %	Very High
Total	78	3310	3900	84,87 %	Very High

Based on the analysis of learning motivation data from students of class 2019, the percentage data on Intrinsic motivation was 85.36%, which was entered into the high

category, and Extrinsic motivation was 84.32% in the high class. Based on the results of the percentage above, intrinsic motivation to learn has greater than extrinsic motivation.

So that Intrinsic learning motivation has the most dominant influence. Overall, the rate of student learning motivation of the 2019 batch

of 78 students is 84.87%, put in the Very High category.

Table 6 Classification of Student Physical Fitness Test 2017

No	Final Score	Classification	Frequency	Percentage %
1	22-25	Very Good	0	0
2	18-21	Good	10	16,95 %
3	14-17	Medium	25	42,37 %
4	10-13	Less	24	40,68%
5	5-9	Very Less	0	0%
Total			59	100 %

Based on the table above, the test results showed that there were ten sports students (16.95%) with the Physical Fitness Level into the Good classification, 25 sports students (42.37%) with the Physical Fitness Level into the Medium classification, 24

students (40, 68 %) with the level of physical fitness classified as Less. Thus, it can be concluded that the majority of sports students with the physical fitness level of sports education students fall into the Medium category level.

Table 7 Classification of Student Physical Fitness Test 2018

No	Final Score	Classification	Frequency	Percentage %
1	22-25	Very Good	0	0
2	18-21	Good	15	23,44 %
3	14-17	Medium	30	46,87 %
4	10-13	Less	19	29,68%
5	5-9	Very Less	0	0%
Total			64	100 %

Based on the table's data, the test results obtained show that there are 15 sports students whose Physical Fitness Level is in the Good classification with a percentage of 23.44%, 30 students have a Physical Fitness Level with a rate of 46.87% entering.

Classification Medium, 19 students with a percentage of 29.68%, are classified as Less. Thus, most of the physical fitness levels possessed by sports education students fall into the Medium category level.

Table 8 Classification of the 2019 Student Physical Fitness Test

No	Final Score	Classification	Frequency	Percentage %
1	22-25	Very Good	0	0
2	18-21	Good	14	17,95 %
3	14-17	Medium	43	55,13 %

4	10-13	Less	21	26,93%
5	5-9	Very Less	0	0%
Total			78	100 %

Based on the table above, the test results obtained show that 14 students have a Physical Fitness level with a percentage of 17.95% that is classified as Good, 43 students with a rate of 42.32% have a Physical Fitness Level that is classified as Medium, then 21 students have a fitness level. Physical with a percentage of 26.93% is categorized as Less. Thus, most of the physical fitness levels possessed by sports education students fall into the Medium category level.

Discussion

The importance of learning motivation in teaching and learning activities. The reason to know is the motor and driving ability within students that allows the emergence of teaching and learning activities to ensure the continuity of a learning activity process which will later lead to the learning process so that the desired and desired direction can be achieved (Kiswoyowati, 2011). The emergence of motivation to learn can come from within students and from outside of students. Therefore, these two learning motivation factors have a role and are also a determining factor for the success of teaching and learning. According to Wibowo (2017), explaining physical education, knowledge is part of a comprehensive educational process with its primary concern in physical activity.

Based on the level of learning motivation in sports education students, which

are still categorized as high. Although in the learning stage, it is always carried out in the form of blended learning through the SPADA application, it is still visible from the point of view of the achievement of the knowledge itself. From the results analyzed based on indicator data on the extrinsic and intrinsic learning motivation variables, students of the Sports Education study program obtained 74.23% for students of class 2017, a value of 85.68% for students of class 2018 84.87% for 2019 students. This shows the awareness of learning motivation from technocrat sports education students to hone their cognitive abilities. This is in line with the research conducted by (Dewi, Astra, & Suwiwa, 2020) concerning Student Motivation in Maintaining Physical Fitness During the Covid-19 Pandemic that the data for the two indicators are on the motivation variable of students of the Health and Recreation Physical Education Study Program, Faculty of Sports and Health. Obtained a score of 83%.

Several other research studies have been conducted on the Corona Virus related to learning motivation and physical fitness. The survey conducted by Buana (2020) highlights the government's policy of taking the initiative to take policies and implementing lockdowns to anticipate the transmission and spread of the coronavirus outbreak. According to Zaharah, Kirilova, & Windarti (2020), who

emphasized the impact of the coronavirus on the learning and teaching process, where during regular times, the teaching and learning process could be held in schools both in class and outside the classroom, automatic functions, and teaching and learning activities moved to their respective homes. These learning and practical activities are carried out online/E-Learning using remote equipment and technology that can be accessed anywhere, such as the use of smartphones and laptops and other educational applications. Based on the research statement (Black et al, 2019), the limited facilities and infrastructure and sports facilities can impact a person's motivation to do sports activities.

Judging from the motivation to learn from each generation in the sports education study program, it has a different percentage score. The learning motivation for students of class 2018 was 85.68%, with the highest score than class 2019 with a rate of 84.87% and class 2017 with a grade of 74.23%. In this way, it can be explained that students of the 2018 and 2019 class still have a high level of awareness and discipline in undergoing lectures, even though they are implemented using distance learning either via SPADA Teknokrat or Using Zoom. For this reason, the use of technology in education is a mandatory activity carried out by lecturers and teachers, especially in the current digitization era. The utilization and use of information and communication technology for the field of teaching and education can be carried out in various forms according to their function in

education (Yuhdi & Amalia, 2018). It is hoped that different media and learning tools will increase learning motivation for students in meaningful teaching and learning processes during the pandemic (Ferdiana, 2020).

In the context of sports education, it is a multidisciplinary science that falls into two categories, namely education with the dominance of learning and practice in physical activity (Herlina & Suherman, 2020). To obtain abilities and achievements, some determinants can be mentioned as follows: the first is the physical condition or level of fitness / physical fitness, the second is the ability, skill, technique, or skill possessed by the athlete, and the last is environmental problems especially from students (Gumantan & Mahfud, 2018). Also, one aspect other than physical fitness, namely from parts and biological elements, will determine and support sports achievements, namely body structure and body posture (Fahrizqi, 2018). Sport is also a form of human movement behavior that is carried out and moved explicitly according to the sport and, of course, has various directions and goals (Mahfud & Fahrizqi, 2020). Because lectures related to automatic sports activities during the Covid-19 pandemic outbreak, students are required and advised not to do sports activities, especially outdoors.

The results of the Physical Fitness Level of sports education students during the new normal Covid-19 pandemic as a whole shows that it is in the Medium category. The data obtained based on tests and measurements

show that it is not much different for sports education students for all generations, with the highest percentage of the fitness level of class 2017 students of 42.37%, 2018 class of 46.87% and a class of 2019 of 55.13%. This category indicates that the sports activities and activities carried out by students are still not optimal. Because regular exercise is a way to maintain a healthy body, body fitness, and endurance, this is in line with research conducted by (Safaringga & Herpandika, 2018) which states that the right fitness level and physical level will have a positive impact on student learning achievement, especially in sports.

This sports activity should also maintain fitness and increase body immunity so as not to contract Covid-19. Because based on research from dari (Mondal & Chatterjee, 2018), one of the efforts to prevent the spread of Covid-19 can be made by improving the body's physical quality. With sports activities, at least it can manage stress levels during the implementation of social and physical distancing of the Covid pandemic because regularly doing sports activities can help prevent and reduce levels of depression and anxiety that can arise as a result of the Covid-19 pandemic. By increasing feelings of happiness and pleasure when making sports activities and the accompanying reduction in symptoms of depression, stress and anxiety are obtained after exercising. This is enough to prevent students from experiencing a sedentary lifestyle so that it hurts them (Kehler & Theou, 2019).

Referring to the results of research conducted by Herlina & Suherman (2020), it shows in their discussion that physical learning activities and health sports have the potential to continue to be developed even during the implementation of the new normal and social distancing of the Covid-19 pandemic. Regarding sports learning, students in the sports education program at the Faculty of Letters and Educational Sciences, Technocrat University of Indonesia are still implementing online or online learning and offline or face-to-face. There are still lecture activities that use online learning applications, especially for learning theory. And for lectures that are practical in nature, students are allowed to go to college by following the standard health protocol against Covid that the government has set.

A low level of physical fitness can also be seen from a person's lack of movement. If before the Covid pandemic hit, we were usually free to move and move without fear of being exposed to anything, it is different today. Because by doing activities and physical activities, and sports continuously and adequately will help reach and achieve optimal status for physical fitness (Aprilianto & Fahrizqi, 2020). During the Covid-19 pandemic, there may be a fear of doing activities outside the home or room. There is a view that you will catch the virus when you are outside, and because of this fear, you will feel lazy to do your activities. By doing activities and physical fitness exercises that are routine and regular, the body will also have

enough power. It will be well trained because the implementation of appropriate and correct fitness activities and exercise will also significantly influence every component of the body (Aprilianto & Fahrizqi, 2020). Therefore, with physical activity and sports activities in a routine and sound intensity, it is hoped that later it can increase the immune system, which is needed and needed by the body, mostly to protect itself during the Covid-19 pandemic.

In the future, after knowing the results, sports education students can further improve their physical fitness during the Covid-19 pandemic. With the results of the physical fitness test, at least the students can find out that their fitness level is not maximal, as it is well known that with good physical fitness and, of course, good psychological and mental aspects will at least ward off and protect the body from all kinds of common diseases, in particular, it can anticipate the symptoms of covid-19 itself.

CONCLUSION

The covid-19 pandemic directly impacts learning activities, especially in terms of motivation and physical fitness for students. There is a significant difference in the level of learning motivation between sports students class 2017, which is lower when compared to sports students class 2018 and 2019 with a score percentage of learning motivation level of 74.23% for class 2017 with high classification while the percentage score for class 2018 is 85, 68 and for sports students

class 2019 amounting to 84.87% into the very high category classification. For physical fitness, all generations are classified in the Medium category because there is no significant difference between sports students class 2017, sports students class 2018, and sports students class 2019.

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