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Analysis of Physical Activity and Healthy Life Behavior in Physical Education Students during the Covid-19 Pandemic

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Abstract

This study aims to determine the Physical Activity and Healthy Lifestyle of Physical Education students during the Covid-19 pandemic. The method used in the research is a quantitative descriptive method with a survey research design. The population used in this study were PGSD Physical Education students, then the researchers used the Proportionate Stratified Random Sampling technique by determining a sample of 40 people. This study indicates that the physical activity variable produces three indicators, namely light, moderate and heavy physical activity, which can be obtained 17.5% on the excellent category, 45% in the excellent category, and 37.5% in the less category. So physical activity for physical education students during the COVID-19 pandemic is categorized as sufficient. The results of the healthy living behavior variable produce five indicators, namely behavior towards food and drink, personal habits, environmental hygiene, illness and disease and the balance between rest and sports activities can be obtained 7.5% excellent category, 25% good category, 40% moderate category, 15% in the poor class and 12.5% in the inferior type. So the healthy living behavior of physical education students during the COVID-19 pandemic is categorized as sufficient. So that physical activity and healthy living behavior for physical education students during the COVID-19 pandemic both went quite well.

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INTRODUCTION

In today's life, learning about knowledge and applying about maintaining health needs to be known by everyone

Besides, it must be supported by regular sports movements every week. Especially in this day and age, health needs to be done whose benefits will be felt by yourself and others by being healthy, so people around you will feel it

too. So that between sports activities and behavior in maintaining health must be balanced. Physical education, of course, can improve physical and spiritual health so that the body will be immune because the body's immune will increase and avoid various diseases. Alif and Sudirjo (2019) stated that physical education is a physical activity through a learning system with designs for several components such as increasing physical fitness, knowledge, emotional intelligence, and healthy living behavior, and developing motor skills. Meanwhile, Setiawan (2017) mentions education through physical activity to achieve overall individual development, which is called physical education.

Everyone is doing all kinds of activities at home because the COVID-19 pandemic is hitting the world. Including in Indonesia itself, the epidemic was stricken by the epidemic, resulting in the government imposing all forms of activity for everyone to be carried out in their respective homes. Kartika (2020) explained that COVID-19 is a disease that can cause shortness of breath, coughing, fever, and even sneezing originating from the new type of coronavirus. In addition, the government implemented several policies to stop the spread of this pandemic, one of which was implementing a lockdown in an area that was included in the red zone from the spread of the virus and avoiding the spread of the virus by minimizing physical contact or physical quarantine (Dewi et al., 2020). Because of this, the rule is not to congregate in large numbers

in public places, so all forms of work, school, and lectures in almost all universities are carried out at home online. The Indonesian government itself recommends that all people practice social distancing and even physical distance (Shahrudin, 2020).

So with the pandemic that hit Indonesia, an online learning method was carried out on campus. Online lectures are a learning system carried out through the internet network or one of the methods with online learning. Meanwhile, according to (Mustofa et al., 2019), online lectures are a learning process carried out through an internet network or one of the methods with online learning. So all forms of lectures are carried out in their respective homes online, including physical education majors. There are practical lectures conducted online, which should be more effectively implemented face-to-face. As revealed (Subekti 2018), sports education students must have physical fitness, which is a significant main factor. So with face-to-face lectures will make students who have good physical fitness.

Conditions that require all forms of activity to be carried out at home and the enactment of regulation must not crowd in public places, are required to wear masks, keep a distance, and the fear of the Indonesian people against the very deadly coronavirus. As a result, physical and physical activity becomes hampered, and space for movement is limited. In addition, according to Ridwan and Prakoso (2020), the phenomenon of decreased physical activity is often associated

with the use of gadgets that take up a lot of free time. However, the activity of motion is beneficial for a person's body to expend energy. Physical activity itself is an effort carried out to obtain material, emotional, spiritual, and mental health to obtain physical health that aims to achieve physical fitness by humans (Kusnaedi, 2018).

According to Afandi (2020), physical activity is a movement carried out by the body that results from muscle action that will increase energy output. On the contrary physical exercise refers to structured, planned, systematic, namely with the aim of physical activity. Physical activity that is carried out will have a good effect on the body, and the result will be in the form of the body being healthy and safe from various diseases. This condition can be achieved from multiple exercises and activities that are carried out consistently. Or to get fit, other activities are also needed and need to be done with time or as often as possible.

In addition to physical activity that some people rarely do, one thing that results from online learning is healthy living behavior. Maintaining health needs to be balanced with good habits for yourself. In addition to supporting health, it will bring valuable benefits for the body to be primed and free from various unknown diseases that roam around. According to Rizky (2016), healthy living behavior is an activity or effort related to improving and maintaining his health. So that health is a mandatory right that deserves to be owned by everyone. Through

healthy conditions, activities carried out every day will run smoothly. Having a good shape means that the body is prosperous in the sense of the word peace and health.

According to Nurhajati (2015), establishing a healthy life can be very cheap and easy compared to spending money to treat a sick body. If you suffer from health problems that are so very expensive, then being healthy is a priority that all humans must own. In West Java province, from health research data in 2013 overweight or obesity at the age of 13-15 years, adolescents in Sumedang district and West Java province were relatively high (Ningrum et al., 2018). So, according to Widiastuti (2017), health is everything a basic need as a society, so health is a privilege for every nation or culture which the fundamental law will protect. Healthy living is something that can be done for everyone. Knowing the benefits are so helpful. You are starting from the health and intelligence of children in concentrating on studying or working and up to the harmony of the family. That way, if you love yourself, love your body by living a healthy life.

The research is almost the same according to Aris (2014) with the title of Knowledge Level of Elementary School Students Class IV and V About Healthy Life Behavior at SD Negeri Gentan, Seyegan District, Sleman Regency. The results of this study are categorized as sufficient, supported by five factors with a percentage of 34.14%. These factors include knowledge about personal hygiene factors, learning about

common living factors, learning about food and drink, knowledge about illness and disease, and knowledge about environmental hygiene. Meanwhile, according to (Ardiyanto et al., 2020) with the title *Analysis of Life, Clean and Healthy Behavior in the Era of the Covid-19 Pandemic*, PGSD Lecturers. The results obtained from this study have carried out clean and healthy living behaviors both during covid-19 or before, namely consistently exercising and maintaining a clean and healthy lifestyle. The types of sports often carried out during the COVID-19 pandemic are cycling, jogging, and gymnastics, with the highest percentage. At the same time, the physical activities carried out at home with the highest rate, including cooking and cleaning the house. Likewise, Hartono (2013), with the title *Healthy Living Behavior and Physical Fitness Levels for Class V, VI SD Negeri 1 Karangasari District Pengasih, Kulonprogo Regency* with pretty good results with a percentage of 44.44%. With details of 3.0% excellent category, 22.22% good category, 20.37% poor category, and 9.26% terrible category. While the variable level of physical fitness obtained a moderate type with the percentage is 46.29%. With details, students' level of physical fitness in the excellent category is 5.56%, good 22.22%, less 20.37%, and very poor 5.56%.

So that the purpose of this study is to refer to the problems contained in the formulation of the problem and what the researcher wants to do; therefore, the purpose of the research to be achieved is to analyze

how physical activity is in physical education students during the covid-19 pandemic and to explore how to live healthy behavior in physical education students during the covid-19 pandemic.

METHODS

The method used in this research is quantitative research. The research method itself is one of the basics of research. It is essential because the accuracy of the researchers primarily determines the success or failure, and the low quality of the research results in deciding what the research method is (Suharsimi, 2006). In addition, quantitative research is this research in the form of numbers carried out by collecting data. Then it can be analyzed using statistical procedures to produce information behind these numbers (Noor et al., 2016).

This study uses an approach in quantitative research, namely quantitative descriptive research. According to (Rahman et al., 2019) explaining that descriptive research is a type of research where the aim is to present a complete picture of a social setting or is intended for clarification and exploration of a social constant or phenomenon, to describe the various number of variables. Which relates to the unit and the problem to be studied between the phenomena to be tested.

The research design used by researchers in this study is the survey method, according to Fernaldo and Oktavianti (2020), describing research carried out by collecting data or

information carried out by asking questions or questions of respondents. Meanwhile, according to (Rue et al., 2015), survey research is an effective measurement method in social and behavioral science research.

This research procedure uses a survey model; based on Creswell (2015), there are eight steps in conducting survey research, including the following:

1) Decide if the survey is the best design to use

Based on the objectives that the researcher wants to achieve and the problems in the research, the study decided to use a survey research design. Because in this study, the researcher intends to discuss and analyze beliefs, opinions, attitudes, and practices or behaviors. Besides that, surveys are economic data collectors and can also reach populations that are not evenly distributed, especially when the Covid-19 pandemic has imposed stringent regulations. According to Yuliansyah (2016), surveys are a way of obtaining information about a large group of people or phenomena in the social environment; surveys are also flexible media that can cover knowledge, attitudes, and interest.

2) Identify research questions or hypotheses

To answer the questions from the research hypotheses, quick answers that are considered correct but need to be re-proven. This goal can be accepted if enough data prove it; this research hypothesizes that physical activity and healthy living behavior are generally quite good.

3) Identify the population, sampling frame, and sample

At this stage, the researcher selects the population and samples, which include the following. The population is all students of the Indonesian Education University, Sumedang Regional Campus, PGSD Penjas Study Program for the 2020-2021 academic year. The sample consisted of 40 samples consisting of four batches from the 2017 to 2020 batch, each composed of ten samples. Because the researcher used a sampling technique, namely proportionate stratified random sampling, researchers chose this technique because the population has members or elements that are proportionally stratified. Details are not homogeneous (Nurdin et al., 2018, p. 145). While the determination of the sample is based on Roscoe's theory, the appropriate sample size in the study is between 30-500 (Winastuti, 2015).

4) Determine survey design and data collection procedures

At this stage, the researcher chose a survey design, namely the cross-sectional type, because it only accessed one point in time, namely in the form of attitudes, opinions, or behavior. Data collection uses a web-based questionnaire; according to this questionnaire, one of the survey instruments collects data available on a computer. Researchers used a Google Form-based questionnaire.

5) Develop or define instruments

In this study, the instruments tested in the survey are tools that have been discussed and researched, according to Hartono (2013)

and Lestari (2019). Then the validity and reliability were repeated because the sample in the previous study was different from the sample that the researcher was going to test and prove that the instrument used was a valid instrument and could be used.

6) Administering instruments

At this stage, the researcher used a google form-based questionnaire. Researchers enter the standard instrument into the google form. If it is ready and tidy, the researcher looks for respondents by distributing the google form link via WhatsApp to the respondent to be addressed. The question is closed to the respondent because the researcher provides response options that have been previously set for the respondent.

7) Analyze data to answer research questions or hypotheses

After the data was collected from the respondents, the researcher immediately analyzed the data using the SPSS version 20 application. After the data was collected, the

researchers used tables to explain the data. Furthermore, the researchers analyzed and answered the research hypothesis with the data that had been collected.

8) Writing reports

After the data is calculated and produces the data needed by the researcher, the researcher then writes a report on the study results according to the information that the researcher finds.

FINDINGS AND DISCUSSION

Findings

1. Analysis of Physical Activity

After the data from the physical activity variables have been collected, they are processed using the percentage formula and categorized into suitable, sufficient, and less to produce the data described in table 1. The results of forty respondents from the calculation results with the percentage formula can be categorized as follows:

Table 1 Results of Physical Activity Data Processing

No.	Physical Activity	Frequency	Percentage
1.	Good	7	17,5%
2.	Enough	18	45%
3.	Not enough	15	37.5%
Total	40	100%	100%

Based on table 1 above, it can be seen that of the forty samples of students who filled out questionnaires from physical activity during the covid-19 pandemic, they were in the pretty good category, with a percentage of 45% of the eighteen samples while the others were in the less class with a rate of 37.5%,

from fifteen samples and good category by 17.5% from seven samples. So it can be concluded that the physical activity variable of physical education students during the covid-19 pandemic is categorized as quite reasonable.

Data from physical activity variables produces the following data:
obtained from each indicator in the instrument

Table 2 Results of Mild Physical Activity

No.	Mild Physical Activity	Frequency	Percentage
1.	Good	10	25%
2.	Enough	20	50%
3.	Not enough	10	25%
Total		40	100%

Based on table 2, the results of light physical activity can be obtained from data from forty physical education students during the covid-19 pandemic in the excellent category with a percentage of 50% of twenty respondents. Meanwhile, for the good and bad types, each gets a rate of 25% from each class with ten respondents. So it can be concluded

that student activities during the covid-19 pandemic went quite well on indicators of light physical activity. The weak activity that respondents often do is playing games on mobile phones. Based on this, respondents said that once playing a game or using a cellphone for approximately one hour, it could be done many times every day.

Table 3 Results of Moderate Physical Activity

No.	Moderate Physical Activity	Frequency	Percentage
1.	Good	4	10%
2.	Enough	9	22,5%
3.	Not enough	27	67,5%
Total		40	100%

From table 3, the results of moderate physical activity, it can be concluded that of the forty physical education students during the covid pandemic, they were in the less category with twenty respondents and a percentage of 67.5%. As for the excellent type, nine respondents have a rate of 22.5%, and the superb variety of four respondents has a ratio of 10%. So it can be concluded that moderate physical activity in physical education students during the covid pandemic has a less category. Because of the forty respondents who rarely did moderate physical activity during the covid-19 pandemic and only some of the

respondents carried out moderate activities in the sufficient and good category. Moderate activity that respondents often do is skipping, and this activity is usually carried out because it is straightforward to do at home and anywhere. Moreover, during the Covid-19 pandemic, skipping sports can be done in a place that is not too large and can be done alone.

Table 4 Results of Heavy Physical Activity

No.	Heavy Physical Activity	Frequency	Percentage
1.	Good	6	15%
2.	Enough	15	37.5%
3.	Not enough	19	47.5%
	Total	40	100%

Based on table 4, the results of strenuous physical activity obtained data in the excellent category of six respondents who received a percentage of 15%, the moderate type of fifteen respondents obtained a rate of 37.5%, and the variety of fewer than 19 respondents who answered got a percentage of 47.5%. It can be concluded that the strenuous physical activity of forty physical education students can be categorized as ongoing with the less category with the highest percentage being 47.5% of the nineteen respondents. Most of the respondents in strenuous activities rarely do strenuous activities due to the Covid-19 pandemic in Indonesia. At the same time,

some respondents in this strenuous activity often carry out gym sports, self-defense, and soccer or futsal. Respondents said that because these activities were used to be done before the pandemic and the place to do it was close to the house even though there was a pandemic, doing so always adheres to health protocols.

2. Healthy Life Behavior Analysis

The description of data processing from the healthy behavior of physical education students at the Indonesian University of Education, Sumedang campus is described in the following table:

Table 5 Formulas and Results of Healthy Life Behavior Processing

No.	Interval	Processing results	Category
1.	$M + 1,5 SD > X$	$143 > X$	Very good
2.	$M + 0,5 SD < X \leq M + 1,5 SD$	$130 < X \leq 143$	Well
3.	$M - 0,5 SD < X \leq M + 0,5 SD$	$118 < X \leq 130$	Enough
4.	$M - 1,5 SD < X \leq M - 0,5 SD$	$106 < X \leq 118$	Not enough
5.	$X \leq M - 1,5 SD$	$X \leq 106$	Very less

Based on table 5, the data processing results are known from a total of forty respondents with thirty-one questions on healthy living behaviors from a sample of UPI Physical Education students, Sumedang Regional Campus. It is known that the mean is 124.20, and the standard deviation is 12.373.

The results of data processing are as follows. If the category is very good with a result of one hundred and forty-three big X, a good variety with a result of one hundred and thirty less X is less than one hundred and forty-three, a good category with a result of one hundred and eighteen less X is less than one hundred

and thirty, a poor type with a result of one hundred and six less X is less than one hundred and eighteen, and the category is

inferior with a consequence of X less than one hundred and six.

Table 6 Results of the Healthy Life Behavior Assessment

Interval	Category	Frequency	Percentage
144 and above	Very good	3	7.5%
131 – 143	Well	10	25%
119 – 130	Enough	16	40%
107 – 118	Not enough	6	15%
106 and below	Very less	5	12.5%
Total		40	100%

Based on table 6 above, it can be seen from the forty respondents who filled out the questionnaire on healthy living behaviors from Physical Education students, Universitas Pendidikan Indonesia, the Sumedang Regional campus in general, we're in the excellent category, with a percentage of 40% while the others were in the inferior class with a rate of 12.5%, more minor type with a ratio of 15%, good category with a percentage of 25% and excellent variety with a ratio of 7.5%. It can be concluded that the healthy living behavior of physical education students during the COVID-19 pandemic is going quite well.

Discussion

The discussion of the study results was carried out by understanding the data that had previously been obtained from the results of the study. The purpose of this research discussion is to answer the research questions set in the problem formulation. In addition, the results of this data processing will be used to justify the truth of the research hypothesis.

The results showed that physical education students' physical activity and

healthy living behavior during the second covid-19 pandemic went quite well. It can be seen from the results of the research that what the respondent has done should have been done by the theory that has been described. This can happen because physical education students are accustomed to carrying out sports activities and healthy living behaviors in their daily lives. Especially when the COVID-19 pandemic is being hit, students are still carrying out activities that should not just sit back and do bad behavior for themselves. By maintaining their health, keeping active, and having a healthy lifestyle, of course, they will keep conditions to stay fit and avoid various kinds of diseases and viruses that are not known to roam around their homes and surroundings. According to the World Health Organization, as Bryndin and Bryndina (2019) say, health is a state of complete physical, mental and social well-being. The definition of health in the law on health protection: Health is a state of physical, psychological, and social well-being in the absence of disease, as well as

disturbances in the functioning of the body and systems of an organism.

Physical activity is a role for physical fitness, so that someone who does not have appropriate or adequate physical fitness, then his productivity will not be as good as a person who has a good fitness category (Permata Dewi, 2019). When a person carries out activities and activities in his daily life, it can be called physical activity. The activities carried out are of various kinds, including bathing, going to school, breakfast, cycling, walking, praying, eating, working, playing, and many others (Surani, 2018). So Afandi (2020) explains that physical activity is a movement carried out by the body that can increase the energy generated from muscle action while referring to the purpose, structure, planned, and systematic physical activity resulting from physical activity. (Hasan et al., 2020) WHO itself continues to promote movements to stimulate people so that they are not lazy to do physical activities because the lack of activity will impact cardiovascular disorders.

Based on the findings from data processing from data collection for each respondent regarding the physical activity variable, it resulted from the light physical activity indicator that was often done by physical education students during the covid pandemic, playing games on cellphones. Based on Steve et al. (2021), light activities often include playing HP/Laptop/Computer, watching TV, reading, and sitting relaxed. As for moderate physical activity, skipping is

usually done, and the indicator for heavy physical activity in the gym. According to Hanifah (2015), which includes light physical activity, I play games on mobile phones, sit relaxed, and sweep the floor. The moderate activity itself consists of playing skipping and heavy physical activity, namely gym and self-defense sports.

Healthy living is a condition that should be done by everyone, looking at the benefits of health that are very meaningful for all and every human starting from daily activities and concentration while working, of course, requires health, both health for children and their families—a family who can get harmony from family and personal health (Suminar, 2018). According to Maryanto and Akmal (2020), healthy living behavior is a collection of behaviors that are practiced both based on awareness, and it will create a family and someone who can also help himself in the health sector, including disease prevention, playing an active role and maintaining health in realizing health. from society. According to WHO, health improves the human condition, both physically, spiritually, and socially, and not merely eradicating disease (Wahyudi, 2015). Maintaining a healthy lifestyle will prevent infection from settling in the body by maintaining a healthy lifestyle.

For the variable of healthy living behavior itself, from the results of data processing, it results in healthy living behavior from behavioral indicators towards food and drinks on this indicator the respondents as breakfast before 08.00 am the food consumed

mostly directly rice using 3T (tofu, tempeh, and eggs) In addition, respondents eat at least three times a day with breakfast at eight in the morning, lunch at one in the afternoon and dinner at seven in the evening. The respondent consumes a delicious drink, approximately two liters a day, and cleans vegetables and fruit before consumption. According to Soenarjo (2002), for the body, food functions for the formation of energy or energy and the growth of new cells. In addition, food companion, namely drinks, is an important thing. Water that is clean, colorless, odorless, does not contain harmful chemicals, and does not contain any types of pests is water that can be called healthy.

In behavioral indicators on personal hygiene, respondents constantly clean their noses when they are dirty and when they take a bath, always take a shower twice a day, in the morning and evening or at night, always take a shower using clean water, always wash their hands with soap, always clean their ears regularly, always brush their teeth. With toothpaste, always brushing your teeth before going to bed, always taking care of your teeth to the doctor, but rarely and rarely brushing your teeth after eating, constantly washing your hands before eating, always washing your feet before going to bed, constantly washing clothes with soap, and always washing your clothes. Dirty. For this indicator, some respondents always behave towards personal hygiene, although some rarely brush their teeth after eating because they often brush their teeth when bathing. Arin (2009) includes

cleaning the nose, cleaning nails and hands, washing twice, cleaning the ears, brushing teeth, maintaining the home environment, and caring for clothes.

Indicators of behavior on environmental cleanliness in this behavior respondents often clean the bathroom and toilet once a week by closing the tub, cleaning the toilet, constantly flushing the bathroom and toilet after defecating, and always throwing garbage in its place to create a clean and free from pollution. Flood, in addition to maintaining the health of the environment around the healthy environment, the body is healthy. According to (Hartono, 2013) environmental cleanliness includes the cleanliness of the environment and the house. Environmental hygiene is not a treatment aspect but refers to prevention because environmental cleanliness is directed at efforts to make human health, especially the physical environment.

In this indicator's behavioral indicators for illness and disease, respondents always use a handkerchief or tissue when sneezing. They can also use the elbow, but they are less or less likely to avoid unhealthy drinks such as soda and energy drinks, and some always avoid fizzy and energy drinks. Always use clean water for cooking and washing by knowing the criteria for clean water that is odorless and colorless, constantly washing fruit before eating to remove dirt and dust on the fruit, continually washing the bathroom to prevent disease by closing the tub, so it doesn't become a mosquito nest, always take medicine from a doctor's recommendation so that there is no

overdose of medicine and the wrong medicine, and rarely clean the wound with alcohol before treatment so that it can eliminate bacteria in the damage before treatment. According to Wawan and Dewi (2010), behavior towards illness and disease includes how to respond to illness and disease, including attitudes and knowledge of illness and pain, then to the health care system, besides that to food is a response to the needs for one's daily life regarding perceptions food processing, attitudes, knowledge, and health, namely the response of a person's environment as a determinant of health.

The last variable indicator of healthy living behavior is behavior towards balancing activities, rest, and exercise. From this indicator, respondents are enough to take a nap to rest, and some respondents do it on holidays, often dividing their time to play and learn this to avoid boredom. In the teaching and learning process and maintaining body condition and exercising regularly or every day, respondents often make a weekly exercise schedule three or four times a week. Carrying out physical activity continuously and not resting will interfere with health. According to Istiana (2010), it should be done regularly to appreciate and feel the benefits of physical activity and relax to achieve a healthy life. So exercise, activity, and rest must be balanced to maintain a healthy body. Likewise, conversely resting continuously without moving will decrease physical fitness, so it must be balanced between them.

To implement a healthy life in everyday life, knowing what things must be done to create a healthy life is necessary—knowing how and what behavior to do will make it easier to carry out. According to (Notoatmodjo) in Hartono (2013), the behavior of improving and maintaining health is closely related to the stimulus by one's response, which is related to food, personal hygiene, environmental hygiene, behavior towards illness and disease, and the balance between rest, recreation and exercise.

CONCLUSION

Based on the data processing and analysis that has been carried out regarding the research "Analysis of Physical Activity and Healthy Life Behavior in Physical Education Students during the Covid-19 Pandemic," obtain answers to the formulations in the proposed research problems. The answer to the formulation in this study is a conclusion. The conclusions in this study from the physical activity variable in physical education students during the covid-19 pandemic were reviewed from eleven questions, namely producing a good category paying 7.5%, having enough to make 45%, and less, creating 37.5%. So the physical activity of physical education students during the COVID-19 pandemic went quite well.

Variables of healthy living behavior in physical education students during the covid-19 pandemic were reviewed from thirty-one questions, producing an outstanding category making 7.5%, good at having 25%, creating

enough at 40%, less producing 15%, and significantly less producing 12,5%. So the healthy behavior of physical education students during the COVID-19 pandemic is going quite well. It can be seen from the results of the research that what has been done by physical education students at the Indonesian Education University during the Covid-19 pandemic has done what it should have done, by the criteria described in the previous theory. Physical education students can undoubtedly carry out their fields according to their sports and healthy behavior areas, which will be very useful as graduates of physical education one day. Moreover, it is beneficial to maintain the body's condition to stay healthy mentally and physically and avoid various kinds of diseases and viruses.

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