



DOI: <https://doi.org/10.38035/sijse.v2i4>
<https://creativecommons.org/licenses/by/4.0/>

Determination of Healthy Lifestyle Patterns and Physical Activity in Improving Physical Fitness

Siska Aprelyani¹

¹Student of Faculty of Economics & Business, Bhayangkara University Jakarta Raya, Bekasi, Indonesia, siskaaprelyani1@gmail.com

Corresponding Author: siskaaprelyani1@gmail.com¹

Abstract: Literature Review Determination of Healthy Lifestyle Patterns and Physical Activity in Improving Physical Fitness is a scientific article with the aim of analyzing whether physical fitness plays a role in healthy lifestyle patterns and physical activity. The method examines various studies, articles, and books that are relevant to the topic discussed. The results of this article are: 1) Healthy Lifestyle Patterns play a role in Physical Fitness; 2) Physical Activity plays a role in Physical Fitness. Apart from these 2 exogenous variables that affect the endogenous variable of Physical Fitness, there are still many other factors including health, sports, physical exercise.

Keywords: Healthy Lifestyle, Physical Activity, Physical Fitness.

INTRODUCTION

Physical education not only plays a role in developing motor skills, but also instills healthy and active living values in students. One important indicator of the success of physical education is the increase in students' physical fitness. Good physical fitness contributes to a higher quality of life, increased concentration in learning, and reduced risk of chronic diseases. Therefore, attention to the factors that influence physical fitness is very important in the development of physical education in schools.

A healthy lifestyle is one of the determining factors that has a direct impact on physical fitness. A healthy lifestyle includes the habit of consuming nutritious food, getting enough sleep, maintaining mental health, and avoiding a sedentary lifestyle. According to Permana and Budiana (2020), a healthy lifestyle that is consistently applied can improve the body's metabolic system, strengthen immunity, and increase physical work capacity. Thus, getting used to a healthy life is an important foundation in supporting physical fitness, especially at school age.

Physical activity also plays an important role in maintaining and improving physical fitness. Physical activity that is carried out regularly, whether recreational, functional, or structured sports, has been shown to improve heart function, lungs, muscle strength, and body flexibility. According to Maulana (2019), moderate physical activity of at least 150 minutes per week can improve fitness and reduce the risk of non-communicable diseases. In the context

of education, student involvement in programmed physical activity is an integral part of effective physical learning.

By considering the importance of these two factors, a deeper understanding is needed of how healthy lifestyles and physical activity contribute to improving physical fitness, especially among high school students. Given that adolescence is an important phase in the formation of long-term life habits, the implementation of an active and healthy lifestyle from an early age will have a positive impact on health in the future. Therefore, this article was compiled to theoretically examine the determination of healthy lifestyles and physical activity in improving physical fitness.

This study aims to determine whether healthy lifestyles and physical activity play a role in physical fitness. Based on references from the problems that have been explained previously. The questions of the scientific article Literature Review are as follows:

1. Does a Healthy Lifestyle Play a Role in Physical Fitness?
2. Does Physical Activity Play a Role in Physical Fitness?

METHOD

This study aims to examine the role of healthy lifestyle and physical activity in physical fitness. This article is compiled using the literature review method, which examines various studies, articles, and books that are relevant to the topic discussed. The main emphasis in this study is the main emphasis in this study is how the implementation of a healthy lifestyle, such as consuming nutritious food, getting enough rest, and exercising regularly, combined with involvement in structured and non-structured physical activities, can contribute directly to improving students' physical fitness. Both are important factors in maintaining endurance, improving organ function, and forming an active and productive lifestyle among students.

RESULTS AND DISCUSSION

Results

The results of this article based on the background of the problem, objectives and methods are as follows:

Physical Fitness

Physical fitness or commonly called physical fitness contains the meaning of the body's ability and capability to adjust to the physical load given without causing excessive fatigue. According to (Syairozi., 2017) Physical fitness is very much needed by students to carry out activities in school and outside school so that students can carry out these activities well and enthusiastically. Ideally, sufficient physical fitness is used to follow lessons at school from morning to noon, even until the evening.

According to Hartati (2017: 3) The importance of physical fitness for school children includes: being able to improve the ability of body organs, social emotional, sportsmanship, and competitive spirit. Physical fitness has a positive correlation with academic achievement.

According to (Widiastuti., 2017) physical fitness can be divided into several components of physical fitness and divided into two aspects of physical fitness, namely: 1) physical fitness related to health (health related fitness); 2) physical fitness related to skills (skill related fitness).

Physical fitness has been widely studied by previous researchers, including: (Supariyadi, T., Mahfud, I., & Aguss, R. M., 2022), (Rohmah, L., & Muhammad, H. N., 2021), (Kapti, J., & Winarno, M. E., 2022), (Idham, Z., Neldi, H., Komaini, A., Sin, T. H., & Damrah, D., 2022).

Healthy lifestyles

A healthy lifestyle is a lifestyle that pays attention to health determinants, including food and exercise, healthy food will certainly have a positive impact on the body, and if combined with regular exercise will support a fitter body condition According to (Blunden et al., 2014). Getting used to a healthy lifestyle is useful for maintaining, improving health, avoiding or preventing disease, protecting yourself from various diseases, and participating in improving the quality of health (Suyatmin & Sukardi., 2018).

A healthy lifestyle is a life with a style that focuses more on health, both through healthy lifestyle behavior, nutritional intake, even lifestyle greatly influences health and leads to a healthy life both spiritually and physically. A healthy lifestyle is a lifestyle that pays attention to health determinants, including food that meets nutritional needs and exercise that meets the portion of exercise (Suryanto., 2011).

Indicators of a healthy lifestyle include various aspects of behavior and habits that contribute to physical and mental health. Some of the main indicators include maintaining personal and environmental hygiene, consuming a balanced nutritious diet, doing regular physical activity, getting enough sleep, managing stress, and avoiding unhealthy behaviors such as smoking and excessive alcohol consumption.

Healthy lifestyles have been widely studied by previous researchers, including: (Bachri, S., & Mulyati, M., 2021), (Sumantrie, P., & Limbong, M., 2022), (Gumara, O. H., & Wahyuri, A. S., 2022), (Wahyudi, I., Simanjuntak, V., Bafadal, M. F., & Wardhani, R., 2023).

Physical Activity

Physical activity is any movement of the body due to the activity of skeletal muscles that results in energy expenditure. Each person does physical activity between individuals depending on the individual's lifestyle and other factors. Physical activity consists of activities during work, sleep, and leisure time. According to (P. Edwards & Ramulu., 2014) explains that physical activity is any force provided by skeletal muscles that results in energy expenditure above rest. Physical activity is very useful for the body, because without realizing it, frequent physical activity makes the body fit and healthy.

Physical activity is very important for humans for survival, because doing physical activity can reduce the risk of coronary heart disease and excess weight (Ardiyanto and Mustafa, 2021). According to the National Cancer Control Committee (2019), physical activity is an activity that involves skeletal muscle movement that requires more energy than, this is an important factor for energy balance.

Physical activity has been widely studied by previous researchers, including: (Cristanto, M., Saptiningsih, M., & Indriarini, M. Y., 2021), (Wirakhmi, I. N., & Purnawan, I., 2023), (Adhianto, K. G., & Arief, N. A., 2023), (Mufidah, R., & Soeyono, R. D., 2021).

Discussion

a) Healthy Lifestyle Patterns for Physical Fitness

A healthy lifestyle is a habit or behavior that reflects a person's concern for the balance between physical activity, nutritional intake, rest, and personal hygiene. According to Mulyaningsih, Widiastuti, and Hidayati (2022), a healthy lifestyle not only keeps the body fit but also forms a healthy mind to support daily activities, including physical learning activities. Physical fitness as an indicator of health is greatly influenced by the regularity and consistency in implementing a healthy lifestyle.

According to Arifin and Mulyono (2019), consuming nutritious food and getting enough rest will support the energy recovery process and accelerate the body's adaptation to the training load. A balanced diet accompanied by at least 7-8 hours of sleep a day helps the metabolism and muscle regeneration process, which is very important for maintaining physical

fitness. Therefore, discipline in eating and sleeping patterns is a basic element of a healthy lifestyle that is in line with the principles of physical education.

Prasetyo (2021) states that physical activity does not always have to be done in the form of heavy exercise, but can be through simple activities such as walking, cycling, or housework. This activity, if done routinely and consistently, plays an important role in maintaining and improving endurance, muscle strength, and body flexibility. An active lifestyle like this greatly supports students' physical fitness, especially in adolescence.

According to Maulana and Yusuf (2022), a healthy lifestyle must be part of physical education in schools because physical fitness is not only about physical exercise, but also includes students' awareness in maintaining a balanced lifestyle. Physical education teachers have a strategic role in instilling an understanding that exercise, nutrition, rest, and personal hygiene are interrelated and affect students' overall fitness.

This research is in line with research conducted by: (Dwiningrum, R., & Nuruhidin, A., 2022), (Afdinda, R., Saputra, E., & Iqroni, D., 2021), (Priono, J., Rahman, A., & Stevani, M., 2022), (Samudera, F. D. B., Wahjuni, E. S., & Hidayat, T., 2024).

b) Physical Activity on Physical Fitness

Physical activity is any form of body movement produced by skeletal muscles and requires energy (WHO, 2018). This activity is not limited to sports, but also includes daily activities such as walking, climbing stairs, or cleaning the house. Meanwhile, physical fitness is a person's ability to carry out daily physical tasks without experiencing excessive fatigue and still having energy reserves for other activities (Karim, Nurhasan, & Sulaiman, 2018).

According to Rahmawati (2020), physical activity functions as a stimulus for the body to increase the functional capacity of the cardiovascular system, muscle strength, and endurance. Activities that are carried out regularly will trigger body adaptation, so that physical fitness can be formed optimally. In addition, physical activity also helps improve posture, coordination, and flexibility that support balance of movement.

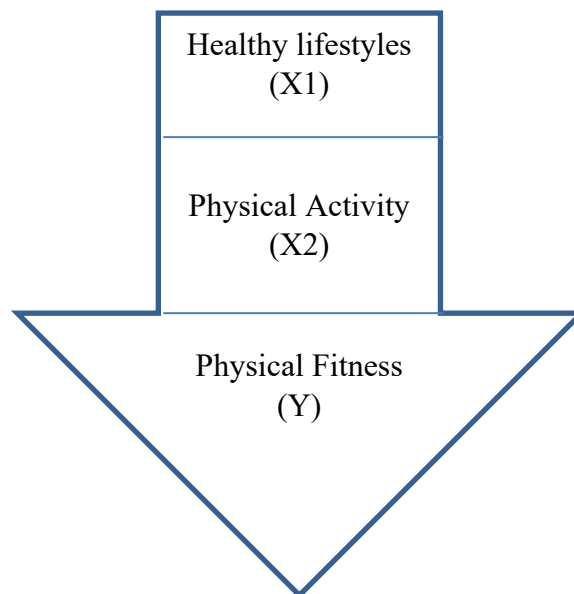
Each type of physical activity has a different effect depending on its intensity and duration. Light activities such as walking are useful for maintaining basic fitness, while moderate to heavy activities such as running or strength training have a significant impact on improving physical fitness components such as muscle strength, cardio-pulmonary endurance, and flexibility (Ningsih & Sugiharto, 2021).

In physical education, physical activity is not only a means of exercise, but also a method to instill an active and healthy lifestyle from an early age. According to Karim et al. (2018), physical education teachers play an important role in designing activities that are appropriate to students' abilities and providing motivation so that students become accustomed to physical routines that are beneficial to their physical fitness throughout their lives.

This research is in line with research conducted by: (Putro, B., & Winarno, M., 2022), (Fatoni, R. A., Suroto, S., & Indahwati, N., 2021), (Arta, R. D., & Fithroni, H., 2021), (Baresi, M. R., Permadi, A. A., & Hermawan, I., 2022).

Conceptual Framework

Based on the formulation of the problem, theoretical studies, relevant previous research and discussion of the influence between variables, then obtained the framework of thinking articles such as below.



Picture 1. Conceptual Framework

And there are many other factors that influence Physical Fitness (Y), including:

- a) Health: (Alqawi, D., Ali, H., & Fauzi, A., 2024), (Sumantri, H., 2015), (Calundu, R., 2018), (Pintabar, A. J., Rafianti, F., & Saragih, Y. M. (2024), (Farika, S. A., Mirza, M. N., & Romas, A. N., 2024).
- b) Sport : (Hasmarita, S., & Meirizal, Y., 2024), (Sauji, F. M. R et al., 2024), (Efendi, M. K., Fachrurrozy, M. I., & Malaura, S., 2024), (Safitri, K. N et al., 2024), (Karim, N. N. F., & Hambali, B., 2024).
- c) Physical Exercise: (Pranata, D., & Kumaat, N. A., 2022), (Anuar, R., Imani, D. R., & Norlinta, S. N. O., 2021), (Hidayat, S., & Haryanto, A. I., 2022), (Tumaloto, E. H., Kadir, S. S., Ilham, A., & Syaputra, R., 2024), (Sukarno, D. A., 2021).

CONCLUSION

This study aims to determine whether a healthy lifestyle and physical activity play a role in physical fitness. Based on the article's questions, the following conclusions can be drawn from this study: 1) A healthy lifestyle plays a role in physical fitness; 2) Physical activity plays a role in physical fitness.

REFERENCE

- Afdinda, R., Saputra, E., & Iqroni, D. (2021). Kontribusi pola hidup sehat dan circuit training terhadap kebugaran jasmani. *Jurnal Olahraga dan Kesehatan Indonesia (JOKI)*, 1(2), 136-142.
- Arifin, A., & Mulyono, H. (2019). *Pengaruh Pola Makan dan Istirahat terhadap Kebugaran Jasmani Siswa Sekolah Menengah*. *Jurnal Pendidikan Olahraga dan Kesehatan*, 7(1), 45–51.
- Arta, R. D., & Fithroni, H. (2021). Hubungan tingkat stres dan aktivitas fisik terhadap kebugaran jasmani pada mahasiswa semester akhir di Universitas Negeri Surabaya. *Jurnal Kesehatan Olahraga*, 9(0), 261-270.
- Baresi, M. R., Permadi, A. A., & Hermawan, I. (2022). Pengaruh aktivitas fisik terhadap kebugaran jasmani resimen mahasiswa batalyon viii/tarumanagara. *Bima Loka: Journal of Physical Education*, 2(2), 71-79.

- Dwiningrum, R., & Nuruhidin, A. (2022). Edukasi peran pola hidup sehat terhadap kebugaran jasmani di atlet futsal Porprov Tanggamus. *Jurnal Pengabdian Kepada Masyarakat Ungu (ABDI KE UNGU)*, 4(3), 175-177.
- Fatoni, R. A., Suroto, S., & Indahwati, N. (2021). Pengaruh aktivitas fisik program gross motor skill terhadap indeks massa tubuh dan tingkat kebugaran jasmani. *Multilateral: Jurnal Pendidikan Jasmani Dan Olahraga*, 20(1), 1-10.
- Karim, A., Nurhasan, N., & Sulaiman, S. (2018). Aktivitas fisik sebagai dasar pembentukan kebugaran jasmani siswa sekolah dasar. *Jurnal Pendidikan Olahraga dan Kesehatan*, 6(1), 1-7.
- Maulana, R., & Yusuf, I. (2022). *Integrasi Pola Hidup Sehat dalam Kurikulum Pendidikan Jasmani di Sekolah Menengah*. *Jurnal Olahraga dan Kesehatan*, 10(2), 78-86. <https://doi.org/10.21009/jok.v10i2.2022>
- Mulyaningsih, R., Widiastuti, F., & Hidayati, A. (2022). *Pengaruh Aktivitas Fisik dan Pola Hidup Sehat terhadap Kebugaran Jasmani Siswa SMP Negeri 2 Mlati*. *Jurnal Pendidikan Jasmani Indonesia*, 12(1), 13-20. <https://ejournal.uny.ac.id/index.php/jpji/article/view/42422>
- Ningsih, A., & Sugiharto, S. (2021). Kontribusi aktivitas fisik terhadap kebugaran jasmani siswa SMA. *Jurnal Keolahragaan*, 9(2), 112-118. <https://doi.org/10.21831/jk.v9i2.2021>
- Prasetyo, H. (2021). *Aktivitas Fisik Harian dan Dampaknya terhadap Kebugaran Jasmani Remaja*. *Jurnal Ilmu Keolahragaan*, 15(3), 101-109. <https://doi.org/10.24176/jik.v15i3.2021>
- Priono, J., Rahman, A., & Stevani, M. (2022). Sosialisasi Pola Hidup Sehat dan Senam Kebugaran Jasmani (Skj) Pada Siswa SMK Negeri 1 Perbaungan Kabupaten Serdang Bedagai. *Journal Liaison Academia and Society*, 2(4), 125-131.
- Putro, B., & Winarno, M. (2022). Analisis aktivitas fisik dan status gizi terhadap kebugaran jasmani junior high school: Literature review. *Sport Science and Health*, 4(1), 1-11.
- Rahmawati, L. (2020). Hubungan intensitas aktivitas fisik dengan tingkat kebugaran jasmani pada remaja. *Jurnal Ilmu Keolahragaan*, 7(1), 45-53.
- Samudera, F. D. B., Wahjuni, E. S., & Hidayat, T. (2024). Dampak Status Gizi, Pola Hidup Sehat dan Aktivitas Fisik terhadap Kebugaran Jasmani pada Siswa Sekolah Dasar Pasar Ikan Sidoarjo. *EduInovasi: Journal of Basic Educational Studies*, 4(1), 774-790.
- World Health Organization. (2018). *Global action plan on physical activity 2018-2030: More active people for a healthier world*. Geneva: World Health Organization. <https://www.who.int/publications/i/item/9789241514187>