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Physical Education Study Program Students Understanding of Healthy Living

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Abstract: This research aims to determine the understanding of students in the FKIP UMKO physical education study program about healthy living. This research is a quantitative descriptive research. The method used is a survey with test and measurement techniques. The population in this study were all students of the FKIP UMKO physical education study program. The sample in this research was 48 students of the FKIP UMKO physical education study program class of 2023. The sampling technique is total sampling. The instrument used is a multiplechoice test. The analysis technique used is quantitative descriptive statistics with percentages. The results of this research show that the 2023 FKIP UMKO physical education study program students' understanding of healthy living is in the very good category of 32 people or 66.67%, the good category is 10 people or 20.83%, the fair category is 3 people or 6, 25%, the less than 2 people or 4.17%, and the very less than 1 person or 2.08%.

INTRODUCTION

Everyone has the responsibility to maintain their health, both their own health and the health of the environment, through healthy living efforts. Healthy living is a life habit related to a person's activities to maintain and improve their health by applying the principles of learning (García-Pérez et al., 2023; Kinoshita et al., 2020). Healthy living will occur because of the learning process that is obtained every day from the family environment, school environment and community environment (Dyer, 2023; Suyatmin & Sukardi, 2018). Healthy living includes several things, including eating a balanced menu, exercising regularly, not smoking, not drinking alcohol and drugs, getting enough rest, controlling stress, and other lifestyles that are positive for health.

One source of learning to live a healthy life is obtained from the school environment(Suyatmin & Sukardi, 2018). The teacher's role is as a guide and as a good example for students to gain knowledge and adopt a healthy life (Brunette, 2017). Physical education teachers are one of the teachers who must be responsible for maintaining the health of the school environment. Health is part of physical education that must be taught to students (Tilga et al., 2019). Through physical education, sports and health subjects, physical education teachers are required to teach knowledge about healthy living and how to apply it (Miglioretti et al., 2013). Physical education teachers must have competence

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and good knowledge about health so that teachers are expected to be able to teach and provide examples for students about how to implement a healthy lifestyle.

According to García-Pérez et al (2023)a healthy lifestyle is a daily habit that is carried out comprehensively which includes efforts to implement physical, mental and spiritual balance, and is supported by consuming healthy food, balanced physical activity, adequate rest, and the ability to managing stress. According to Mesriah in de Ridder et al (2017) a healthy lifestyle is obtained from those who pay attention to the condition of their bodies, exercise diligently, eat and sleep enough, this causes a person's health level to be good, this will improve a person's quality of life. On the other hand, an unhealthy lifestyle comes from people who don't pay attention to their body condition, eating which is not balanced with their activities, and rarely exercising, which can lead to obesity.

Physical Education Study Program students as prospective Physical Education teachers are required to learn about health and must be able to adopt a healthy life based on what they gain from the learning process during college (Webster et al., 2016). Students in the Physical Education Study Program have activities that require good physical condition in theoretical and practical lectures. Students from the 2023 FKIP UMKO Physical Education Study Program are mid-semester students whose theoretical and practical lecture activities are still busy so they can describe what the daily activities of sports students should be like. Students from the 2023 FKIP UMKO Physical Education Study Program are being prepared to become prospective physical education teachers and when they become educators, they are expected to be able to teach and set an example of healthy living for students. Therefore, students of the Physical Education Study Program to implement healthy living related to healthy living such as eating and drinking with a balanced menu both in terms of quality and quantity, regular exercise which includes movement quality and frequency, not smoking, not consuming alcoholic beverages. and drugs, get enough rest and sleep every day and be able to control stress (Berra et al., 2017).

The problem is that there are often many students of the FKIP UMKO physical education study program class of 2023 whose behavior does not yet reflect someone who practices a healthy lifestyle, such as eating non-nutritious menus and liking random snacks. In fact, according to Phillips et al (2019) explaining that the lack of quality of food obtained can reduce a person's level of physical fitness so that it will affect students' physical activity. Sendall et al (2020) in his research explained based on observations that FIK students are still often found smoking in the campus environment even though the words "Smoke Free Campus" are clearly displayed. Several Physical Education students class of 2023 are still caught smoking during breaks or after lectures, even while waiting for lecturers in class. The rest time that students don't take care of because they often stay up late can be seen from their tired faces in the morning and they are still sleepy. The class of 2023 physical education students should understand and understand how to live a healthy life so that in the future when they become physical education teachers they are able to teach and set an example to students (Calder et al., 2018).

Seeing how important healthy living is for students of the FKIP UMKO physical education study program, it is necessary to conduct research on students of the FKIP UMKO physical education study program class of 2023. What is being researched is

whether the 2023 Physical Education Study Program students have adopted a nutritious and balanced diet. both in terms of quality and quantity, do the 2023 Physical Education Study Program students exercise regularly which includes movement quality and frequency, do the 2023 Physical Education Study Program students not smoke, do The 2023 Physical Education Study Program students do not consume alcohol and narcotics, whether the 2023 Physical Education Study Program students have enough rest and sleep every day and are able to control stress. Based on the background of the problem above, the researcher was interested in researching "FKIP UMKO Physical Education Study Program Students' Understanding of healthy living".

METHOD

This research is descriptive research with a survey method. According to Kim et al (2017) descriptive research is research that is intended to investigate circumstances, conditions or other things that have been mentioned, the results of which are presented in the form of a research report. Data collection techniques use tests. This research instrument uses a test with multiple choice questions given to respondents, which is used as a data measurement tool regarding the understanding of students in the 2023 FKIP UMKO physical education study program about healthy living. Question items used in research where the answers are provided so that respondents only choose answers that match the correct answer. According to Fuhse (2022) a research instrument is a tool used to measure observed natural and social phenomena. The instrument grid in this research is as follows:

Table 1. Indicator Healthy Living

Variable	Factor	Indicator	Item	Total
Physical Education Students' Understanding of Healthy Living	1. Eat and drink a balanced nutritional menu	Quality and quantity of food and drink	1, 2, 3, 4, 5, 6, 7, 8	8
	2. Regular exercise	Frequency and intensity of exercise	9, 10, 11, 12, 13, 14	6
	3. Not Smoke	Dangers and effects of smoking	15, 16, 17, 18, 19, 20	6
	4. Do not consume alcohol and drugs	Dangers of alcohol and drugs	21, 22, 23, 24, 25, 26	6
	5. Get enough rest and sleep	Rest and sleep as needed	27, 28, 29, 30, 31, 32, 33	7
	6. Able to control stress	Able to solve a problem	34, 35, 36, 37, 38	5
	Number of questions			**38**

This research was conducted at the FKIP UMKO Lecture Building. The research location was chosen because the theoretical lecture venue for Physical Education students is in the FKIP UMKO Lecture Building so it is easier to meet Physical Education students class of 2023. This research was carried out in November 2024. The population in this study was all students of the FKIP UMKO physical education study program class 2019 to class of 2024, totaling 10 classes. Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics that are determined by researchers to be studied and then conclusions drawn. The sample is part of the number and

characteristics of the population. In this research, the samples taken were students of the FKIP UMKO physical education study program class of 2023

The data analysis technique used is descriptive statistical techniques. Descriptive statistics are statistics that are used to describe or analyze statistical research results, but do not make broader conclusions. The score is that the correct answer is given a score of 1 and the wrong answer is given a score of 0 with a value range of 1-100. The final score obtained was then categorized as very good, good, fair, poor and very poor.

RESULT AND DISCUSSION

Result

This research was used to determine the understanding of 2023 FKIP UMKO physical education study program students regarding healthy living. This research was conducted in November 2024 with a total of 48 respondents. The following are the results of the 2023 FKIP UMKO physical education study program students' understanding of healthy living.

Table 2. Healthy Living Research Results.

No	Intervals	Frequency	Percentage (%)	Category
1	81 – 100	32	66,67	Very good
2	61 – 80	10	20,83	Good
3	41 – 60	3	6,25	Quite
4	21 – 40	2	4,17	Less than
5	0 – 20	1	2,08	Very less than
Total		**48**	**100**	

From the table above it can be concluded that the 2023 FKIP UMKO physical education study program students' understanding of healthy living is categorized as very good at 32 people or 66.67%, good at 10 people or 20.83%, quite at 3 people or 6.25 %, less than 2 people or 4.17% and very less than 1 person or 2.08%. Most of the 2023 FKIP UMKO physical education study program students' understanding of healthy living is very good. The research results can be seen in the graph below.

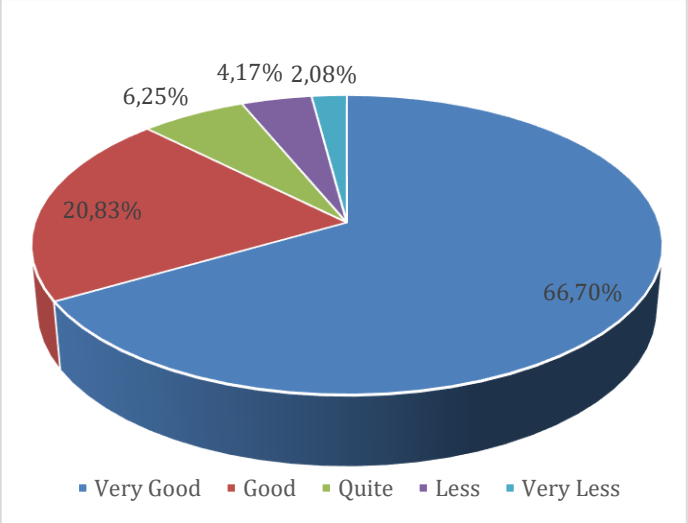


Figure 1. Students' Understanding of Healthy Living

Discussion

This research aims to determine the understanding of 2023 FKIP UMKO physical education study program students regarding healthy living. The results of the research show that the 2023 FKIP UMKO physical education study program students' understanding of healthy living is dominant in the very good category with a percentage of 66.67%. The results of this research are different from initial observations that students of the FKIP UMKO physical education study program class of 2023 did physical activity only during lecture hours, smoked during breaks or after lectures and even when waiting for lecturers in class, often stayed up late and still had difficulty controlling their emotions. However, from the research results, it turns out that only a few students do not understand healthy living (Aceijas et al., 2017; Walsh et al., 2018).

A total of 32 respondents or 66.67% were in the very good category, meaning they really understand about healthy living. 10 respondents or 20.83% were in the good category, meaning they understood healthy living. 3 respondents or 6.25% were in the moderate category, meaning they understood a little about healthy living. 2 respondents or 4.17% were in the poor category, meaning they didn't understand enough about healthy living and 1 respondent or 2.08% was in the very poor category, meaning only 1 person didn't understand about healthy living.

This is because most students already know that the nutritious food and drinks they consume will affect the body when carrying out activities, especially physical activities (Herbert, 2022), because some of the 2023 FKIP UMKO physical education study program students are athletes so they also carry out sports activities outside of lecture hours. According to Marsman et al (2018) maintaining optimal body health is one way of maintaining a balanced nutritional status, meaning that all the nutrients the body needs must be met appropriately. Food that fulfills balanced nutrition plays an important role so that players are healthy, fit and successful. Apart from that, they also understand the dangers of smoking, alcohol and drugs (Ahmed et al., 2021). Students also know the amount of sleep needed according to their activities so that they can restore their body's condition to being fresh and fit again. The majority of students are also able to control stress (Snenghi et al., 2018).

Even though the research results prove that the FKIP UMKO physical education study program students' understanding of healthy living is dominantly in the very good category, there are other things that are not optimal, such as; some students who come from outside the city choose cheap food rather than nutritious ones to save pocket money, some students don't care about sports activities anymore outside of lecture hours, some students prefer smoking even though they already know the dangers. Another thing that is not optimal is that some students are still working on tight assignments with deadlines, so they choose to stay up late making assignments and some students are still unable to control stress, as evidenced by frequent clashes between students at the events they participate in.

CONCLUSION

This study aims to determine the understanding of students in the FKIP UMKO Physical Education study program, class of 2023, regarding a healthy lifestyle, using a survey method and descriptive quantitative measurement techniques. The research results show that the majority of students have a very good understanding (66.67%) of a healthy lifestyle, followed by good (20.83%), fair (6.25%), poor (4.17%), and very poor (2.08%) categories. These findings indicate that students' understanding of the concept of a healthy lifestyle is quite high, although there are still some aspects that need improvement, particularly in real-life practices such as balanced nutrition, stress management, and smoking habits. Compared to previous studies, which emphasized the importance of nutritional balance in supporting physical activity, this research provides additional contributions by directly evaluating students' understanding within the context of physical education in higher education. The impact of these findings shows that a good understanding of a healthy lifestyle can support students in their academic and professional lives as future physical education teachers who will be responsible for their students' health. The strength of this research lies in its quantitative approach, which provides a clear statistical representation of students' levels of understanding. In the future, research should explore in greater depth the factors influencing the implementation of a healthy lifestyle among students and develop more effective interventions to enhance their health practices. The implications of this study emphasize the importance of physical education in shaping healthy living habits for future educators, enabling them to serve as role models for their students in the future.

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