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THE INFLUENCE OF MOTIVATION, NUTRITIONAL STATUS AND PARENTING PATTERNS ON THE PHYSICAL FITNESS OF PROSPECTIVE TENNIS ATHLETES

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Abstract

The purpose of this study is to reveal the possibility of a causal relationship between variables without manipulating a variable. This type of research is quantitative using path analysis techniques (path analysis). This research was conducted at Sijunjung 01 Public Elementary School. The population is 139 Prospective Tennis Athletes with a sample of 10-15% or 20-25% of the existing population. Data analysis techniques were carried out descriptively and interactively. Presentation of data using a frequency distribution list and histogram. The results obtained from the variables nutritional status of Prospective Tennis Athletes and Physical Fitness Prospective Tennis Athletes at SD Negeri 01 Sijunjung, there is a direct effect of nutritional status (X2) on Physical Fitness (Y) of $\beta_{yx2} = 0.190$. The variable parenting style and physical fitness has a direct effect on parenting style (X3) on physical fitness (Y) of $\beta_{yx3} = 0.176$. Calculation of path analysis, there is an indirect effect of motivation (X1) on physical fitness (Y) through parenting (X3) of 0.192. Calculation of path analysis, there is an indirect effect of nutritional status (X2) on physical fitness (Y) through parenting (X3) of 0.213. There is a simultaneous effect on motivation (X1), nutritional status (X2), parenting style (X3) and physical fitness (Y) obtained $R^2 = 0.338$ or an effect of 33%. Confirm to coach as a subject athletes needs a development and exercise effect nutrition

Keywords: Learning Motivation; Nutritional Status; Parenting Style; Physical Fitness

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INTRODUCTION

Sports and health physical education subjects aim to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action and aspects of a healthy lifestyle through physical activity. One of the goals of sports and health physical education is to improve physical fitness. According to (Syafuruddin, 2021) said that physical fitness is the main requirement in achieving the desired achievements in sports. So

it can be said that physical fitness is important in achieving the learning objectives of sports and health physical education. When doing activities, physical fitness is the main capital in carrying out activities related to physical performance. This is in accordance with the opinion of Prasetio (2017) saying that physical fitness in schools needs to be fostered which aims to achieve a good learning process, if a person has good majiraka fitness he is able to accept the learning load given by the teacher, but Prospective Tennis Athletes who do not have fitness who is good then he can not accept the burden of lessons given by the teacher.

Based on the results of observations and interviews with the author at SD Negeri 01 Sijunjung that physical fitness for sports is relatively low, this is evidenced when the physical education subject for sports and health takes place. there are still many Prospective Tennis Athletes who experience fatigue in carrying out sports activities. In achieving good physical fitness many factors can influence it including motivation. This is in accordance with the opinion of Amri (2016) saying that motivation as an inner factor functions to generate, underlie and direct learning actions. Someone who has high motivation in learning will be active and try, appear persistent, and do not want to give up, and read actively to improve better performance.

The learning model given by a teacher is very influential on the physical fitness of Prospective Tennis Athletes, where a teacher must be able to provide a lesson model needed by Prospective Tennis Athletes so that Prospective Tennis Athletes are enthusiastic about following the subjects they are studying and understand what is given by the teacher so that Prospective Tennis Athletes these results get good results, so that the Prospective Tennis Athlete becomes fit and enthusiastic in carrying out physical activities. Facilities and infrastructure also affect the physical fitness of Prospective Tennis Athletes because facilities and infrastructure can determine the success or failure of Prospective Tennis Athletes in achieving good fitness, if schools have complete facilities and infrastructure, then the Prospective Tennis Athlete is active and enthusiastic in participating in



sports and health physical education subjects so that the Prospective Tennis Athlete gets good physical fitness. Based on the problems found that are related to and affect physical fitness are

Motivation to learn

(Komarudin, 2013) explains that motivation is an encouragement that comes from within and outside of students to carry out an activity that can guarantee the continuity of the activity, and can determine the direction, direction and amount of effort that is deployed to carry out the activity so that it can achieve the goals that have been set. Mcdonalds in(Sardman, 2010) argues that motivation is a change in energy within a person which is characterized by the appearance of "feeling" and is preceded by a response to a goal. Motivation to learn is defined as an impulse that exists and arises in students for the purpose of adding to one's knowledge.

Nutritional status

If the body's nutritional needs can be met, good nutritional status is achieved or fulfilled, and if the body's nutritional needs are not met and vice versa, the content is according to the opinion(Supariasa et al, 2013) defines nutritional status as "an expression of balance in a certain form or the embodiment of nuriture in the form of certain variables".(Mary, 2011) found that Nutrition is useful for metabolic processes in living bodies to receive materials from their environment and use these materials in order to produce various important activities in the body. According to (Marmi, 2013) Nutrition in reproductive health is how an individual is able to meet the nutritional needs needed by his body, so that the individual remains in good health and both physically and mentally.(Almatsier S, 2011) found that nutritional status is the state of health of a group or individual which is determined by the degree of physical need for energy and nutrients obtained from food and food, whose physical impact can be measured anthropometrically. This opinion is also the same as (Ali, 2011) that "Nutritional status is greatly influenced and dependent on the quality and pattern



of diet on the food substances consumed, so that a good nutritional status will be achieved in producing energy. Meanwhile according to (Supriasa et al, 2013) defines nutritional status as "an expression of balance in a certain form or the embodiment of nurture in the form of certain variables. Can be understood Nutritional status is a description of a person's physical condition as a reflection of the balance of incoming and outgoing energy by the body.

Pattern Foster Parent

Parenting style is very influential on the development of a child. This is according to opinion (Anthony, 2018) said that parenting style has an influence in managing children's needs such as psychological, physical and learning needs. Meanwhile, according to Tridnanto in (Anthony, 2018) said that parenting is a process of interaction between parents and children, because parents can provide input or encouragement to children in changing behavior in a better direction, values that are considered important and knowledge so that children can be independent and develop optimally and have confidence and have the nature of curiosity so that the child becomes advanced or successful in life. According to Saiful (2014) defines parenting style as a pattern of behavior given by parents to their children that is relative and consistent over time. Besides that (Dasmo et al, 2012) This means that parenting is a series of forms or ways of educating, caring for and caring for their children that are consistent so that the interaction between children and parents is realized. And according to Sunarti in Delfriana (2016) says that parenting is the most prominent parental behavior in educating children, including in disciplining children, life values and teaching life skills so that they can form self-concepts.

Fitness Physical

Fitness is a person's ability to carry out daily work efficiently, which does not cause excessive fatigue so that he can still fill his free time with other activities according to the opinion of (Irianto et al, 2004). (Lutan, 2001) in a quote by Rismayanthi (2012) states that physical fitness related to health is whether or



not a person is able to carry out physical activities that require endurance and flexibility. Another definition states that physical fitness is whether or not a person is able to finish his work without being followed by fatigue and can still enjoy his free time and can still carry out unexpected tasks ((Sumarjo, 2017)in Rismayanthi, 2012).

Guta (2017) defines physical fitness as the ability to carry out daily tasks with enthusiasm and alertness without feeling tired and still have free time and energy to do unusual tasks and unexpected emergencies.(Kumar, 2012) stated that physical fitness is generally obtained through exercise, good nutrition, and adequate rest.(Shahara, 2011) stated that physical fitness is defined as the body's ability to carry out physical and psychological activities without suffering from extreme fatigue and still have the energy for other physical activities to fill spare time. According to(Muhajir, 2007)physical fitness is the ability and ability to make adjustments (adaptation) to the physical liberation given to him (from the work done on a daily basis) without causing excessive fatigue. According to(Lutan, 2001) Health-related physical fitness is a person's ability to perform physical tasks that require strength, endurance, and flexibility.

Physical fitness is important so it is hoped that all Prospective Tennis Athletes will have good physical fitness so that they can carry out physical activities for a relatively long time without significant fatigue so they can enjoy the remaining free time. In other words, good physical fitness will affect the learning activities of Prospective Tennis Athletes where Prospective Tennis Athletes will be more enthusiastic about participating in learning.

METHOD

This type of research is quantitative research. This study aims to reveal the possibility of a causal relationship between variables without manipulating a variable. This research will be conducted at Sijunjung 01 Public Elementary School. The population is 139 Prospective Tennis Athletes with a sample of 10-15% or 20-25% of the existing population. Data analysis techniques were carried

out descriptively and interactively. Presentation of data using a frequency distribution list and histogram. Data analysis techniques were carried out descriptively and interactively.

RESULT

Physical Fitness for Prospective Tennis Athletes

Table 1. Physical Fitness Frequency Distribution (Y)

Total Value	Classification	F	%
22-25	Very well	1	5.00
18 - 21	Well	3	15.00
14 - 17	Currently	5	25.00
10 -13	Not enough	10	50.00
5 - 9	Less Once	1	5.00
Total		20	100.00

Based on the table above, the physical fitness of the 20 Prospective Tennis Athletes who were used as the research sample was in the very good category (1 person 5.00%), in the good category (3 people 15.00%), in the medium category (5 people 25.00%) and in the less category (10 people 50.00%). As well as in the less than once category (1 person 5.00%). So it can be said that the physical fitness of Prospective Tennis Athletes in SD Negeri 1 Sijunjung which is in the Less category.

Learning Motivation for Prospective Tennis Athletes

Table 2. Motivation Frequency Distribution (X1)

Classification	Criteria	F	%
86%-100%	Very good	2	10.00
76% - 85%	Well	2	10.00
60% - 75%	Enough	6	30.00
55% - 59%	Not enough	8	40.00
<54%	Less Once	2	10.00
total		20	100.00

Based on the table above, the motivation of Prospective Tennis Athletes from 20 Prospective Tennis Athletes who were used as research samples, in the classification of 86% -100% (2 people 10.00%) in the very good category, in the classification 76%-85% (2 people 10.00%) in the good category. in the classification 60%-75% (6 people 30.00%) in the sufficient category. On classification 55% - 59% (8 people 40.00%) in the less category. on value < 54%

(2 people 10.00%) in very poor category. Based on the explanation above, it can be said that the motivation of Prospective Tennis Athletes at SD Negeri 1 Sijunjung is in the less category.

Description of Nutrition Status Data

Table 3. Frequency Distribution of Nutritional Status (X2)

Threshold	Category	F	%
<-3 SD	Very thin	1	5.00
-3 SD to <-2 SD	Thin	2	10.00
-2 SD to 1 SD	Normal	11	55.00
>1 SD to 2 SD	Fat	3	15.00
>2 SD	Obesity	3	15.00
Amount		20	100.00

Based on the table above, the Nutritional Status of the 20 Prospective Tennis Athletes who were sampled were in the Very Thin category (1 person 5.00%), then in the Underweight category as much as (2 people 10.00%). in the Normal category (11 people 55.00%) and in the Fat category as much as (3 people 15.00%). As well as in the Obesity category as much (3 people 15.00%). Based on the explanation above, it can be said that the Nutritional Status of Prospective Tennis Athletes in SD Negeri 01 Sijunjung which is in the Normal category.

Parenting Data Description

Table 4. Parenting Parenting Frequency Distribution (X3)

Classification	Criteria	F	%
86%-100%	Very good	1	5.00
76% - 85%	Well	2	10.00
60% - 75%	Enough	4	20.00
55% - 59%	Not enough	8	40.00
<54%	Less Once	5	25.00
Amount		20	100.00

Based on the table above Parenting Patterns of the 20 Prospective Tennis Athletes who were selected as the research sample, were in the classification of 86% - 100% (1 person 5.00%) in the Very Good category, in the classification 76% - 85% (2 people 10.00%) in the good category. in the classification 60% - 75% (4 people 20.00%) in the sufficient category. On classification 55% - 59% (8 people 40.00%) in the less category. on value <54% (5 people 25.00%) with very less category.



DISCUSSION

The Direct Effect of Motivation on Physical Fitness

The research results that have been obtained from the motivational variables of Prospective Tennis Athletes and physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung, found that there is a direct effect of motivation (X1) on the physical fitness of Prospective Tennis Athletes (Y). These results can be seen in the coefficient table which shows an effect of $\text{pyx1} = 0.159$. Their motivation also influences the physical fitness they achieve.

This is in accordance with the opinion of Mc Donald in (Sardman, 2010) also gave his views on motivation, he argued that motivation is a change in energy within a person which is marked by the appearance of "feeling" and is preceded by a response to a goal. Whereas (Komarudin, 2013) explains that motivation is an encouragement that comes from within and outside of students to carry out an activity that can guarantee the continuity of the activity, and can determine the direction, direction and amount of effort that is deployed to carry out the activity so that it can achieve the goals that have been set.

Motivation to learn is defined as an impulse that exists and arises in students for the purpose of adding to one's knowledge. In accordance with the above opinion about motivation, it can be said that motivation has an important role in achieving one's plans in achieving the goals he wants. If a person does not have the motivation to do what is done then the goal will not be achieved.

Direct Effect of Nutritional Status on Physical Fitness

The research results that have been obtained from the nutritional status and Physical Fitness variables for Prospective Tennis Athletes at SD Negeri 01 Sijunjung, found that there is a direct effect of nutritional status (X2) on Physical Fitness (Y). These results can be seen in the coefficient table which shows an effect of $\text{pyx2} = 0.190$. The nutritional status of Prospective Tennis Athletes also influences the physical fitness they achieve.

If the body's nutritional needs can be met, nutritional status is either achieved or fulfilled, and if the body's nutritional needs are not met and vice versa



in terms of content according to Supariasa's opinion (2013) defines nutritional status as "an expression of balance in a certain form or embodiment of nuriture in the form of certain variable".(Mary, 2011)put forward the opinion that Nutrition is useful for metabolic processes in living bodies to receive materials from their environment and use these materials in order to produce various important activities in the body. According to(Marmi, 2013)Nutrition in reproductive health is how an individual is able to meet the nutritional needs needed by his body, so that the individual remains in good health and both physically and mentally. As well as being able to carry out the metabolic and reproductive systems, both functions and processes naturally with a healthy body impression.(Almatsier S, 2011) put forward the opinion that nutritional status is the state of health of a group or individual which is determined by the degree of physical need for energy and nutrients obtained from food and food, the physical impact of which can be measured anthropometrically. This opinion is also the same as(Ali, 2011)that "Nutritional status is greatly influenced and dependent on the quality and pattern of diet on the food substances consumed, so that a good nutritional status will be achieved in producing energy. Meanwhile according to(Supariasa et al, 2013) defines nutritional status as "an expression of balance in a certain form or the embodiment of nuriture in the form of certain variablesCan be understood Nutritional status is a description of a person's physical condition as a reflection of the balance of incoming and outgoing energy by the body.

Direct Influence of Parenting Patterns on Physical Fitness

The results of the research that were obtained from parenting and physical fitness variables at SD Negeri 01 Sijunjung found that there was a direct effect of parenting style (X3) on physical fitness (Y). These results can be seen in the coefficient table which shows an effect of $\beta_{33} = 0.176$. The parenting style of prospective tennis athletes also influences the physical fitness they achieve.

In achieving the development of a child can not be separated from parenting done by parents. Because parenting style is very influential on the



development of a child. This is in accordance with the opinion(Anthony, 2018) said that parenting style has an influence in managing children's needs such as psychological, physical and learning needs. Meanwhile, according to Tridnanto in(Anthony, 2018) said that parenting is a process of interaction between parents and children, because it is parents who can provide input or encouragement to children in changing behavior towards a better direction. Meanwhile, according to Saiful (2014) defines parenting style as a pattern behavior given by parents to their children that is relative and consistent over time. Besides that(Dasmo et al, 2012)This means that parenting is a series of forms or ways of educating, caring for and looking after their children that are consistent so that the interaction between children and parents is realized. and according to Sunarti in Delfriana (2016) says that parenting is the most prominent parental behavior in educating children, including in disciplining children, values in life and teaching life skills so that they can form self-concepts.

Indirect Influence of Motivation on Physical Fitness through Parenting Patterns

The results of path analysis calculations, it was found that there was an indirect effect of motivation (X1) on physical fitness (Y) through parenting parents (X3) of 0.192 so that H0 was rejected and Ha was accepted, meaning that there was an indirect effect of motivation on physical fitness through parenting. parents at SD Negeri 01 Sijunjung. Based on previous findings, namely the direct effect of motivation on physical fitness is 0.159 or 15.9%. The effect of learning motivation (X1) through parenting (X3) on physical fitness (Y) is 16.53%. From the description of the values above, it can be said that the influence obtained is quite significant. The results of these findings indicate a direct influence between motivational variables (X1) on physical fitness (Y).

Indirect Effect of Nutritional Status on Physical Fitness through Parenting Patterns

The results of path analysis calculations found that there was an indirect effect of nutritional status (X2) on physical fitness (Y) through parenting (X3) of



0.213 so that H_0 was rejected and H_a was accepted, meaning that there was an indirect effect of nutritional status on physical fitness through parenting style at SD Negeri 01 Sijunjung.

Based on previous findings, namely the direct effect of nutritional status on physical fitness is 0.190 or 19.0%. the effect of nutritional status (X2) through parenting (X3) on physical fitness (Y) is 4.5%. From the description of the values above, it can be said that the effect obtained is quite significant. This means that nutritional status through parenting parents has a major influence on the physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung. This finding can be said that Prospective Tennis Athletes who have good nutritional status will affect the physical fitness of Prospective Tennis Athletes, when combined with good parenting styles it will have a better effect and in accordance with the theory and explanation above.

The Influence of Motivation, Nutritional Status, and Parenting Patterns on the Physical Fitness of Prospective Tennis Athletes.

From the results of research that has been carried out on the variables of motivation, nutritional status, parenting style, and physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung, it was found that there is a simultaneous influence on motivation (X1), nutritional status (X2), parenting style (X3) and physical fitness (Y) obtained $R^2 = 0.338$ or an effect of 33.8% so that H_0 is rejected and H_a is accepted, because there is a stimulant effect between motivation, nutritional status, and physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung .

The influence obtained from these three exogenous variables is motivation (X1), nutritional status (X2), parenting style (X3) and physical fitness, (Y) obtaining a score of 0.338 which is equal to 33.8%. The results of these findings after conducting statistical research show that physical fitness is supported by three variables in this research. The rest is caused by other factors that the researchers did not discuss in this study.



CONCLUSION

Variables of motivation, nutritional status, and parenting patterns have a real effect on physical fitness and can be empirically accepted. That tThere is a direct influence of motivation on the physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung. There is a direct effect of nutritional status on the physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung. There is a direct influence of parenting style on the physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung. There is an indirect effect of motivation on the physical fitness of Prospective Tennis Athletes through the upbringing of parents at SD Negeri 01 Sijunjung. There is an indirect effect of nutritional status on the physical fitness of Prospective Tennis Athletes through parenting parents of Prospective Tennis Athletes at SD Negeri 01 Sijunjung and There is a significant influence between motivation, nutritional status, and parenting style on the physical fitness of Prospective Tennis Athletes at SD Negeri 01 Sijunjung.

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