

ABSTRACT

Martien, Rya. 2021. *Efforts to improve physical fitness in the new normal era of the covid-19 pandemic with physical exercise for vii class students at mts tarbiyatus shibyan*. Physical Education Study Program Thesis. Faculty of Pedagogy and Psychology, PGRI Adi Buana University, Surabaya. Supervisor : Dr. Suharti, SPd., M.Si., M.Pd

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The research was motivated by low physical fitness in the era of the COVID-19 pandemic for seventh grade students at MTs Tarbiyatus Shibyan. The low physical fitness of students in this study aims to improve physical fitness in the new normal era of the COVID-19 pandemic with physical exercise for class VII students of MTs Tarbiyatus Shibyan.

This study uses a quantitative research approach with a quasi-experimental type of research using one group pretest – posttest design. The subjects used in this experiment were 23 grade VII students.

Based on the results of the paired samples test using the SPSS version 20 application, the results of t count = 6.432, with a total N of 23 and a significance level of 0.00 with a sample of seventh grade students at MTs Tarbiyatus Shibyan. Which means that there is an impact of physical exercise on physical fitness to improve physical fitness in the new normal era of the Covid-19 pandemic. The results of the calculation of data analysis techniques using the Statistical Package For the Social Sciences (SPSS) computer program showed that there was a difference between the average fitness results and the posttest pretest 1.30435, so that physical exercise treatment can improve physical fitness. Based on the independent sample t test, the Sig (2-tailed) value is 0.00, because the Sig (2-tailed) value is less than 0.00 ($0.00 < 0.05$), so the hypothesis states that there is an impact of physical exercise on physical exercise. in class VII MTs Tarbiyatus Shibyan.

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