The Correlation between Physical Fitness and Study Performance in High School Students after 1200 M Run Training

Abstrak:

Exercise will increase Brain Derived Neurotrophich Factor (BDNF), a substance which is one of neurotrophic factor which stimulate neuron growth, improving brain survival, neurotransmitter and rapid impuls in neuron. All of this will lead to better quality of brain. In Indonesia, National physical fitness level in students was only 45.9% which is shown low level and very low level of physical fitness. The purpose of this research was to analyze correlation between physical fitness and results study in high school students. Subject was 79 high school students in Bandung, West java, Indonesia. This research was using correlational analytical survey. The student was given training 1200 m run and examine before and after training for the result study. Results showed there was significant difference result study after given this training (p=0.000) and positive correlation between physical fitness and results study, (rs =0.690). In conclusion, physical fitness will lead improvement in work study.

Keyword:

Physical fitness, results study