

## ABSTRACT

### **Student Health Journal: A Tool for Maintaining Students' Healthy Lifestyle in Physical Education Curricula at ABC Christian High School in Tangerang**

(xix + 124 pages; 8 figures; 15 tables; 52 appendices)

This qualitative case study documents and explores the Students' Health Journal (SHJ) policy and practice within a Christian school in Tangerang, and examines the impact of the Physical Education Curricula in this school. Specifically, the research explores whether this kind of assessment truly affects students' lives. The research documents practice at this school at the time of data collection.

This case study was done from August until November 2015 with five selected mixed gender classes and five PE teachers including the Head of the Sport Department at the ABC Christian School. Five PE teachers and five students were interviewed. Data analysis focused on the status and expression of health practices with particular attention to SHJ policy and practice prior to and following the Physical Education (PE) Curriculum. This analysis also explored the factors influencing the delivery of SHJ in the PE department.

The case study element of the research included several weeks of lesson observation of a unit of work on health-related aspects of PE. This included a physical fitness examination for endurance, agility, strength, and speed. A survey collected data from almost 13% of all students in grades 10-12 in this school. The findings show that delivery of SHJ in this school was based on the students' eating, sleeping, and exercise habits. These were analyzed from a fitness for sports performance perspective, utilizing fitness testing and training. The SHJ was also used as a tool for maintaining healthy lifestyles. This was despite many teachers reporting a philosophy for physical education that reflected a fitness for life perspective with students adopting healthy lifestyles as its goal. This study shows that the SHJ positively influenced students' healthy lifestyles.

**Keywords : Student Health Journal, Physical Education, Discipline,  
Qualitative Research, Case Study, Grade 10 – 12**

References : 47 (1969-2014)

## ABSTRAK

### **Student Health Journal: Sebuah Alat untuk Mengatur Pola Hidup Sehat Siswa di dalam Kurikulum Pendidikan Jasmani di SMA Kristen ABC Tangerang**

(xix + 124 halaman; 8 gambar; 15 tabel; 52 lampiran)

Penelitian yang menggunakan metode kualitatif case study ini membahas tentang penggunaan dan penerapan Student Health Journal (SHJ) di sebuah sekolah SMA Kristen di Tangerang, dan menguji pengaruh dari kurikulum Physical Education di sekolah ini. Secara spesifik, penelitian ini memaparkan sebuah sistem penilaian yang dapat mempengaruhi kehidupan para siswa. Data-data penelitian sudah digunakan di sekolah tersebut.

Penelitian ini dilakukan selama selang waktu Agustus hingga November 2015 dengan siswa-siswi yang dipilih serta guru-guru PE dan Kepala Departemen Olahraga di Sekolah Kristen ABC. Beberapa guru PE dan siswa-siswi diwawancarai. Analisa data berfokus kepada status dan ekspresi dari praktek dan penggunaan Health Journal di dalam mata pelajaran Physical Education. Analisa-analisa ini juga membahas faktor-faktor yang mempengaruhi bagaimana Student Health Journal ini diterapkan di Departemen Olahraga.

Adapun bagian-bagian penelitian ini dikumpulkan berupa beberapa minggu observasi dari kegiatan olahraga di sekolah ini. hal-hal di atas meliputi tes fisik, kebugaran tubuh seperti latihan kekuatan, ketahanan, kelincahan, dan kecepatan. Survey yang dilakukan melibatkan 13% dari keseluruhan siswa-siswi kelas 10-12 di sekolah ini. hasilnya menunjukkan bahwa Student Health Journal berbasis terhadap pola makan, pola tidur, dan olahraga. Kebiasaan-kebiasaan tersebut dianalisa dari perspektif kebugaran jasmani, tes-tes kebugaran, serta latihan yang teratur. Student Health Journal juga digunakan sebagai alat untuk meningkatkan pola hidup sehat. Ini terjadi karena guru-guru PE telah berhasil mengajarkan perspektif PE yang benar, yakni 'fitness for life' yang menjadikan pola hidup sehat sebagai sasaran. Penelitian ini menunjukkan bahwa SHJ secara positif mempengaruhi pola hidup sehat siswa.

**Kata kunci : Student Health Journal, Physical Education, Kedisiplinan, Penelitian Kualitatif, Studi Kasus, Kelas 10-12**

Referensi : 47 (1969-2014)