

# **ANALYSIS OF PHYSICAL AND HEALTH EDUCATION TEACHERS' PERFORMANCE TOWARD SCHOOL HEALTH UNIT PROGRAM IMPLEMENTATION IN PUBLIC ELEMENTARY SCHOOL IN SUKARAMI DISTRICT PALEMBANG**

Reza Resah Pratama  
Physical and Health Education Study Program Lecturer,  
Faculty of Teacher Training and Education, Sriwijaya University

## **Abstract**

Based on the survey done by the researcher in one of the public elementary school in Sukarami district, physical and health education performance and involvement toward school health unit implementation is still unclear, despite the fact that according to the theories and practices, physical and health teachers are those who are directly involved in health field. This research had a purpose to analyze how much is the performance of the physical and health teachers toward the implementation of school health unit program in the public elementary schools in Sukarami District of Palembang. This research was a descriptive research done by doing survey. The population of this research was the physical and health education teachers in public elementary schools in Sukarami district in Palembang, totaling 20 teachers. The instrument used in this research was questionnaire, which will be analyzed by using quantitative descriptive data analysis that uses percentage. The result showed that the performance of physical and health education teachers toward the implementation of school health unit program in public elementary schools in Sukarami district, Palembang, are 40% toward good category, 5% toward very good, 30% toward medium, 10% toward lacking, and 15% toward very lacking. It can be concluded that with a good teacher performance, healthy school environment can be realized, school health unit service performs well, and good physical and health education is maintained well.

**Keywords:** Performance, Physical and Health Education Teacher, School Health Unit Program.

## **BACKGROUND**

School is a formal organized institute used as media by parents to provide their children with education in terms of the children's character building in both behavior and attitude. School health unit is created with the purpose of maintaining health quality and living healthy habit of students as well as creating healthy environment. To promote students health, schools intend to optimize school health unit starting from elementary school in which this program is supervised by physical and health education teachers as the first step to improve students' welfare in schools. School health unit is the main supporter of students' health since it is also parts of health education in school. To support the school health unit program, there are aspects that are crucial, which are the teachers' knowledge on the subject, the condition of school health unit room that should

be hygienic. Aside from those, coordination between school committee and students' parents regarding health environment is also vital in the students' lives in school. Good performance of physical and health education teachers toward the program in both theoretical and practical aspects is what physical and health education teachers are expected to be fulfilled. Soenarjo (2002, 77) states that physical and health education teachers' performance in school health units is really important toward health education in school environment, in which the teachers must be involved in the students' health counselling and must have sufficient health education knowledge.

## **LITERATURE REVIEW**

Physical and health teachers do not only teach sports skills but also become the foundation of students' health welfare especially in elementary schools. In lessons, the teachers involve both physical performance and psychomotor performance in order to support school health unit programs by utilizing their knowledges and experiences. Erwin (2014) states that physical and health teachers' performance toward school health unit is really crucial in learning health in school environment, in which physical and health teachers are actively involved through health education done in structured lessons and health welfare in healthy environment enrichment program. School health unit is the medium to make students be able to increase the health welfare in the respective educational level in between pre-teenagers and teenagers age.

## **RESEARCH METHODOLOGY**

This research was done by using survey with close-ended questions in the form of dichotomous choice, where each statement is provided with four answers or alternatives and the respondent must choose one of the choices, which are: "always" (SL), "often" (SR), "seldom" (JR), and "never" (TP). The validity of the instrument was checked by using product moment correlation with significant level 5% or 0.05. The result of the validity test from 20 respondents who are school health unit supervisors of the public elementary schools in Sukarami district showed that 34 out of 43 items were valid. In the reliability test using Cronbach Alpha formula with  $r$  table 0,375, the instrument is valid.

This research was a quantitative descriptive research using descriptive analysis, which is defined by Sugiyono (2003) as analysis that pictures the object of research through samples or population as it is without analyzing and having a general conclusion. To analyze the data, descriptive analysis through percentage was used. The data was shown in percentage in order to make it easy to understand.

## **RESEARCH RESULTS AND DISCUSSION**

### **A. Research Results**

The analysis result of the performance of physical and health education teachers toward the school health unit program of public elementary schools in Sukarami District of Palembang shows that the maximum score was 132, minimum 82, standard deviation

13,7, mode 124, median 111, and mean 111,25. After the categorization process, the result showed that one teacher is categorized very good (5%), seven categorized good (40%), six categorized normal (30%), two categorized lacking (10%), and four categorized very lacking (15%). The table below shows the distribution:

Table. 1 Physical and Health Teachers' Performance toward School Health Unit

Interval	Category	Frequency	
		Absolute	Relative
	Very Good	1	5%
—	Good	7	40%
—	Normal	6	30%
	Lacking	2	10%
—	Very Lacking	4	15%
Sum		20	100%

Factors describing the role of physical and health teacher toward school health unit in public elementary school of Sukarami District in Palembang are: 1) Health education 2) Health unit service 3) Healthy school environment. The following is the analysis of each factor:

Analysis of Physical and Health Teachers' Performance Based on Health Education Program Physical and health teachers' performance toward school health unit was analyzed in nine items of the questionnaire with score range 1-4 with interval 6 - 36, followed by analyzing the data using Ms Excel and SPSS 16.0. The maximum score was 35, minimum score 18, standard deviation 4,58, mode 33, median 32 and mean 30,3. Table 2 is the detail.

Table. 2 Health Education Indicator

Interval	Category	Frequency

		Absolu te	Persentas e
	Very Good	0	0%
—	Good	9	45
—	Normal	8	40
	Lacking	1	5
—	Very Lacking	2	10
Sum		20	100%

Based on the health education indicator, the physical and health education teachers were in these criteria: 0% Very good, Good 45%, Normal 40%, Lacking 5%, and Very Lacking 10%.

Analysis of Physical and Health Teachers' Performance Based on Health Unit Service Physical and health teachers' performance toward school health unit program was analyzed in 12 items of the questionnaire with score range 1-4 with interval 12 - 48, followed by analyzing the data using Ms Excel and SPSS 16.0. The maximum score was 147, minimum score 26, standard deviation 5,65, mode 33, median 37 and mean 36,65. Table 3 is the detail.

Table. 3 Health Unit Service Indicator

Interval	Category	Frequency	
		Absolute	Persentase
	Very Good	1	5%
—	Good	6	30%

—	Normal	10	50%
	Lacking	1	2%
—	Very Lacking	2	10%
Sum		20	100%

Based on the health unit indicator, the physical and health education teachers were in these criteria: 5% Very good, Good 30%, Normal 50%, Lacking 5%, and Very Lacking 10%.

Analysis of Physical and Health Teachers' Performance Based on Healthy School Environment Program Physical and health teachers' performance toward healthy school environment program was analyzed in 13 items of the questionnaire with score range 1-4 with interval 13 - 42, followed by analyzing the data using Ms Excel and SPSS 16.0. The maximum score was 50, minimum score 29, standard deviation 6,32, mode 46, median 40,5 and mean 39,8. Table 4 is the detail.

Table. 4 Healthy School Environment Program Indicator

Interval	Category	Frequency	
		Absolute	Persentase
	Very Good	6	30%
—	Good	2	10%
—	Normal	7	35
	Lacking	3	15%
—	Very Lacking	2	10%
Sum		20	100%

Based on the healthy school environment indicator, the physical and health education teachers were in these criteria: 30% Very good, Good 10%, Normal 35%, Lacking 15%, and Very Lacking 10%.

#### B. Discussion

Based on the result of physical and health education teachers' role, the teachers were in these criteria: 5% Very good, Good 40%, Normal 30%, Lacking 10%, and Very Lacking 15 %. It can be inferred that the teachers' performance was considered good. In the implementation, there are several indicators which are explained below:

Health Education Program Health education is a combination of learning experience that affects the mind and action of students to achieve personal and social life welfare. Based on the health education indicator, the physical and health education teachers were in these criteria: 0% Very good, Good 45%, Normal 40%, Lacking 5%, and Very Lacking 10%. This can be interpreted as a sign that the teachers of public elementary school in Sukarami district are good in applying health education. The teachers are already emphasizing not only on the physical education but also the health education, despite several failures such as in keeping skin, nail, hair, and mouth hygiene.

#### Health Unit Service

Efforts to improve students' health welfare can be from the health service. Health service is a promotive, preventive, curative, and rehabilitative effort done toward students and their environment.

Based on the research result, the physical and health education teachers were in these criteria: 5% Very good, Good 30%, Normal 50%, Lacking 5%, and Very Lacking 10%. This means that the teachers are still uninvolved in the health unit service, in which they are supposed to be the one to serve as fast and as effective as needed.

Healthy School Environment Program Healthy school environment is a condition where the environment supports the growth of students during their time in school. Based on the research result, the physical and health education teachers were in these criteria: 30% Very good, Good 10%, Normal 35%, Lacking 15%, and Very Lacking 10%. It can be said that the teachers' performance is near perfect despite some weaknesses and it is considered normal. It is a mandatory that the teachers should be the example in situations such as throwing rubbish into the bin, water management and sanitation, which are done by the physical and health education teachers in Sukarami district.

### CONCLUSION AND SUGGESTION

#### A. Conclusion

Based on the result of physical and health education teachers' performance toward the implementation of school health unit in public elementary schools in Sukarami district Palembang, the teachers were in these criteria: 5% Very good, Good 40%, Normal 30%, Lacking 10%, and Very Lacking 15 %. It can be inferred that the teachers' performance was considered good.

Suggestion Based on the conclusion, several suggestions can be given:

The teachers should maintain and improve their involvement in school health unit in order to achieve clean and healthy school environment. The schools should create better Standard Operating Procedure of school health unit which fulfills the standardized infrastructure of the health unit. Further researches should increase the population in order to get more relevant result which represents the condition of the place.

## **REFERENCES**

Sukirno. 2014. psikologi olahraga dan kepelatihan. Palembang; Unsri Press

Soenarjo. 2002. Pengertian kinerja . [www. Education.blogspot.co.id](http://www.Education.blogspot.co.id). di akses 29 Oktober 2017.

Stya Kiiswanto Erwin (2014) JPJI Peran Guru penjasorkes dalam UKS di SMP Negeri Se-Kabupaten Sleman Yogyakarta. UNY

Sugiyono. 2003. Pengantar Statistik Pendidikan. Jakarta. Alfabeta