# DEVELOPMENT OF SELF BODYWEIGHT TRAINING METHOD TO IMPROVE PHYSICAL FITNESS IN THE TIME OF THE COVID-19 PANDEMIC

## by Ahmad Nasrulloh, Krisnanda Dwi Apriyanto, Rina Yuniana

ABSTRACT

Physical fitness is now very important to deal with the spread of COVID 19. As a preventive effort, we need a physical activity that can help improve physical fitness. Currently, all Indonesian citizens are required to carry out health protocols and social distancing, so it is necessary to choose physical activities that prioritize these recommendations. Physical activities that can be done independently and done at home are gymnastics, jogging, bodyweight training. Therefore, the researcher intends to research the form of developing the Self Body Weight Training Method to improve Physical Fitness during the Covid 19 Pandemic.

This research is development research with the procedural descriptive method which outlines the steps to be followed to produce the product. The development of the Self Body Weight Training Method to improve Physical Fitness During the Covid 19 Pandemic was carried out in 9 steps, namely: 1) Preliminary Study, 2) Initial Draft Design, 3) Initial Draft Validation, 4) Small-Scale Trial, 5) Product Revision, 6) Large-Scale Trial, 7) Product Revision, 8) Final Product Manufacture, 9) Product Feasibility Test. The subjects of this research and development are material experts, instructors, and members. Data were collected through questionnaires and observation data. Data in the form of product assessment results, suggestions for product improvement, and qualitative data are used to revise the product. The data analysis technique in this study used a feasibility test. Based on the results of the calculation of validity using the Aiken's V Index, the results of the 10 statement items obtained the lowest V score of 0.857 and the highest V score of 1,000. Drawing conclusions whether or not the item is valid is done by comparing the calculated V score with the V table value. The value of the V table for items assessed by 7 raters/validators with 5 alternative scale options at a significance level of 5% obtained a V table value of 0.750. It can be concluded that all items have a V score greater than the V table (0.750), meaning that all items are declared valid. Based on the results of the validity test, it can be concluded that the self-body weight training method is declared valid in terms of clarity of goals, clarity of exercise dosage, methods according to needs, methods to help facilitate exercise, easy methods to do.

Kata Kunci: *Weight training, bodyweight training, pandemic period*