

# ABS 230

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***EFFECT OF PHYSICAL FITNESS, AND SELF-CONCEPT ON THE PERFORMANCE  
OF TEACHERS  
OF PHYSICAL EDUCATION IN AMBON CITY***

**SITI DIVINUBUN**

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***ABSTRACT***

*This study aim at determining the effect of Physical fitness, self-concept and sports motivation on performance of teacher elementary school. The research used quantitative approach with survey method and path analysis applied in testing hypothesis.*

*The research was conducted at Ambon City with a sample of 50 teachers physical education elementary school selected through random sampling. The analysis technique is a analysis regresi (ANALISA) with F test and t test at a significance level of  $\alpha = 0.05$ , and path analysis. The results of this study indicate that: (1) there is positive direct effect of Physical fitness on performance of teachers in the amount of 0,326, (2) there is positive direct effect of self-concept on performance of teachers in the amount of 0,333, (3) there is positive direct effect of self-concept on performance of teachers in the amount of 0,255, (4) there is positive direct effect of physical fitness on self-concept in the amount of 0,318, (5) there is positive direct effect of on self-concept in the amount of 0,307.*

*The conclusion showed that Physical fitness, self-concept and sports motivation are important determinants to decrease the performance of teachers on physical education at elementary school of Ambon City.*

## PRELIMINARY

The teacher is the spearhead implementing sufficient education plays a role in determining quality Human Resources (HR). In the face of developments an increasingly complex world, teacher professional abilities and educators need developed sustainably.

<sup>4</sup> Avalos's (2011) states: "Teacher professional learning is a complex process, which requires cognitive and emotional involvement of teachers individually and collectively, the capacity and willingness to examine where each one stands in terms of convictions and beliefs and the perusal and enactment of appropriate alternatives for improvement or change." Accordingly, in order to make improvements to quality of education and for facing the changing times, the professionalism of teachers and personnel educators need to be improved. As educators, teachers are expected to appear professional inside carry out its duties, because the teacher is the main component boosting student achievement. Facts in the field, teacher performance in Indonesia so far, the impression is not optimal, the teacher implements their duties are only as routine activities, space for creativity, innovation for teachers relative and creativity is not part of it of achievement. Quality is natural our education is far from hopes and needs. even though capacity is very wide, education has a role and positive effect on everything field of life and development humans with various aspects his personality. Former Minister of Education Nasional Wardiman Djoyonegoro in an interview with a private television station 16 August 2004 said that there is 43% of teachers who meet the requirements, most of the teachers 57% did not or not yet eligible, no competent and unprofessional .Lack of teacher understanding against their duties cause frequent occurrence process errors learn how to teach. To overcome the problem is needed by the teacher effective. Effective teachers will not shackled by mistakes. Cruickshank, Jenkins & Metcalf (Thompson et al., 2004) argues about effective teachers that is: "<sup>6</sup>...good teachers are caring, supportive, concerned about the welfare of students, knowledgeable about their subject matter, able to get along with parents...and genuinely excited about the work that they do...Effective teachers are able to help students learn".

Huysman on Willis & Varner (2010) Said That There are several factors which affect the quality of performance professional teachers, namely: "*Motivation, effort, and job satisfaction can be linked to teacher morale*". <sup>30</sup> Based on that statement it can be concluded that professionalism of teachers in learning wouldn't happen without the existence of motivation, effort and satisfaction

work. Physical education teacher has a strategic role in education, even sources other adequate educational power often less meaningful if not supported by that teacher quality because the physical education teacher is an educational staff much needed in all education level, namely from pre school to high school above, even in college. As stated by Lortie, Dewar & Lowson in Bryant & Sullivan (1997): *“physical education teachers tend to have the desire to work with and help others as well as believe the profession provides a valuable service to society”*. This is because of the benefits physical education already known the result, which is in order to mature students, namely education in all domains, domains affective, cognitive, physical, and psychomotor. In physical education, motion skills must be the main focus. As it is said by Akbari et. al (2009): *“Fundamental motor skills help children control their bodies, manipulate their environment, and form complex skills and movement patterns involved in sports and other recreational activities.”*

The Purpose motion skills to help students to develop mobility towards the performance of movement skills. When there is an internal failure develop movement skills elementary in the pre-school years and school will be dangerous physical activity in the future.

While the observations are done by, that, some teachers has not shown good performance in carrying out their duties and function, meaning in accordance with main duties and functions of teachers, such as: activities in planning teaching program, implementing learning activities, carrying out assessments, implementing daily tests, compiling and implementing a repair program and enrichment and conduct the development of the teaching field be his responsibility. Sebagai an overview of the teacher's profile Its performance is still low, including: teachers teach monotonously and without careful preparation. Teacher still using preparations teach very simply, not yet fully used. curriculum reference required, and inconsistent in scenario implementation lesson plan (RPP) which has been prepared and in the teacher learning process still dominant using method lecture. This phenomenon is observed at the time of the implementation of supervision in schools at the school Basic Negeri Sekota Ambon. There are teachers who teach only based on past experiences the past from time to time, so feel memorized by heart and do not want to change to new things, including methods learning, use of media, a lack of scoring system understood, teach by rote / without teaching preparation. This situation is small the possibilities and hence we hope that the principals basic as a leader have leadership abilities which is quite high. Headmaster is as a leader. Every primary school principal as organizational leaders need to master and have

the ability to motivate his subordinates, in order Primary school principals can influence their subordinates should understand what is becoming the needs of his subordinates. Very successful school management determined by human resource utilization activities. By because it's the principal as leader in an organization should be aware and responsive techniques to maintain job performance and satisfaction teachers, among others, by giving encouragement to teachers so that they can carry out their duties accordingly with rules and directions. Formulation of the problem

1. Is there an influence direct physical fitness on teacher performance school physical education the base of Ambon city?
2. Is there influence direct head leadership school on teacher performance school physical education the base of Ambon city?
3. Is there an influence direct self-concept towards physical education teacher performance Ambon city primary school?
4. Is there an influence direct physical fitness the self-concept of the teacher school physical education the base of Ambon city?
5. Is there an influence direct head leadership school towards self-concept physical education teacher Ambon city primary school?

## THE TEORETICAL STUDY

Teacher Performance .

The indicator of a nation determined by resource level people and source indicators human power is determined by level community education. When it's highes human resources then the better the level of education and vice versa. By therefore, the indicator is very determined by teacher performance. Performance success too determined by work as well one's ability in the field the. Work success too related to job satisfaction someone, this is also stated by (Harsa N, 2017), namely: Teachers' positive affectivity was shown to positively associate with their selfefficacy for teaching, engagement with and progress at valued work-related goals, and work satisfaction. Teacher positive effectiveness has been shown to be related positively with self-efficacy them for teaching, engagement with and progress on goals related to valued work, and job satisfaction. Performance success too determined by work as well one's ability in the field the. Another view argued (Schechner, 2017) which describing the performance are: A. "Performance" may be defined as all the activity of a given participant on a given occasion which serves to influence in any way any of the other participants. So, performance is the whole activity of particular participant on occasion certain that it works for affect in any way from other participants. Armstrong (2012)

stated that "Performance is the achievement of quantified objectives. But not only what people achieve but how they achieve it. The accomplishment, execution, carrying out, working out of anything ordered undertaken. Armstrong declared performance is achievement of measurable goals. But not only what was accomplished, but how to get there. Thus it can be concluded that the performance is achievement of work results in accordance with the workload given by the leadership to subordinates through the process work that has been specified in specific timeframe with dimensions.

Wibowo in Efendi Sinuhaji (2014) stated that performance as a result of work or work performance, but actually performance has more meaning broad, not just results, but including how the work process takes place. Refers from this view can be interpreted that someone's performance linked with tasks routine he worked on, for example as a teacher, his regular duties is carrying out the learning process school teaching, results are achieved optimally from the task teaching is performance of a teacher. Besides understanding in above, Pecheone & Chung, (2006) as well put forward the definition of performance, namely: "*performance assessments that include evidence from actual teaching practice have the potential to provide more direct evaluation of teaching ability*". Accordingly, performance is about doing work and the results achieved from work the.

The goal of the performance are stated by (Kagama & Irungu, 2018), *Every organization has an Objectives towards optimum performance and the employees are the key drivers in achieving that. It is necessary therefore that the employees' performance reach optimality for the success of the organization which is a primary goal of every organization including learning institutions*. Indeed many limits given by the performance terminology expert, Everyone has a somewhat different vision, but in principle they are agree that performance leads to an effort in order to achieve better work performance.

Katzenbach & Smith (2007), says that "*your performance will get a real boost when you shift from potential team to real team. That means holding yourself responsible for shared standards, a shared purpose and a shared approach to your work.*" Your performance will get a real boost when you switch off potential team to real team. It means hold yourself accountable responsible for common standards, goals together, and approach together for your work. An effectiveness of the performance success in organization can not be separated from the role leaders



and supervisors very much important motivation, this thing explained by Wardiah & Kristiawan (2018) *“With the supervision of the Headmaster is expected to solve all problems and difficulties faced by teachers, and ultimately achieve the predetermined educational goals. In addition to the Headmaster's supervision, the most important thing that should not be separated from the role is the achievement motivation itself.”* therefore, controlling of the head school is expected to solve all problems and difficulties faced by teachers, and in the end reach the goal predetermined education. Apart from the supervision of the Principal, the most important thing that shouldn't be released from role is motivation achievement itself. Teacher performance appraisal is a process aims to find out or understanding teacher performance level one with the level of teacher performance other or compared to standards that have been set. Handoko (2008) explains that *“Assessment of work performance (performance appraisal) is a through process where the organizations evaluate or assess achievement employee work ”*. Performance assessment is basically a factor the key to developing a organization effectively and efficiently, because of a policy or better program over source human power that is within organization.

(Finster & Milanowski, 2018) states *“agreement within schools about the fairness, credibility, and benefit of the evaluation system is a potential precursor to this development. A high level of agreement can be thought of as reflecting a strong evaluation climate within a school.”* The Deal in the school of justice, credibility, and the benefits of the system evaluation is a potential precursor for this development. Level high approval can thought to reflect the climate strong evaluation in school. Based on several concepts which has been described can synthesized that teacher performance Physical Education is the work of the teacher in educational teaching process physical standards teaching and achieving goals learning, with indicators, namely: 1) Characteristics of students; 2) achievement learning outcomes; 3) Development potential students; and 4) Means Infrastructure.

## <sup>2</sup> Physical fitness

Physical fitness is known with foreign terms "*physical fitness*." *Physical* means body or body while fitness means fresh. So what is meant by *physical fitness* (physical fitness) namely healthy and fresh body. Definition of physical fitness seen as a concept have that scope broad enough. So that, the experts defines according to the angle <sup>2</sup> view of expertise. For example, from in terms of medicine, it focuses more on the ability of the heart and lungs.

From the sports field more focuses on success do physical activity without cause significant fatigue. <sup>1</sup> Darla M. Castelli, Charles H. Hillman, Sarah M. Buck, & Heather E. Erwin (2007) states: *Educational and health professionals have intuitively believed that individuals who are physically active and fit perform better in school. Several studies have documented a positive relationship between physical fitness and academic achievement or other cognitive performance measures*. It can be interpreted that the experts education and health intuitively believes that individuals are physically active and work more good at school. <sup>21</sup> Several studies has documented the relationship positive between physical fitness and academic achievement or measure other cognitive performance. <sup>2</sup> Physical fitness is a one of the indicators inside determine dynamic healthy degrees someone who is of ability physical basis <sup>2</sup> to be able carry out the duties that must implemented. With that physique healthy and fit, one can carry out daily activities optimally. The fitness owned someone will give influence on one's performance and will also provide support which is positive for productivity work or study.

Someone who has owns level of physical fitness will be able do its job well without experiencing the fatigue, and his body remains fresh when it stops working and at the moment break. Otherwise level low physical fitness is an inner constraint carry out its job.

Physical fitness according to Wahjoedi (2008) is an ability body to perform tasks and daily work actively, without experiencing yan fatigue means as well as with energy reserves what was left he was still capable of enjoy free time and face things that emergency unexpected.

Further said by Wahjoedi that in life everyday physical fitness will describe life someone harmoniously, fully passionate and creative. With words otherwise, a person who is fit is a person a healthy, bright outlook against life is good for present and future, maintain self-respect and belonging association with fellow humans.



According to Mutohir and Maksum (2007: 51) physical fitness is the body's ability to do activities without experiencing fatigue which means. A fit person means he is not easily tired and tired. He can do daily work optimally, not lazy or even quit before the time. Furthermore according to Fletcher and Trejo inside Alex, Neto, & Perkusich (2016) states that *State that recommendations are customized according to age, weight, history, and predisposition to certain diseases, fitness, health, etc.* its mean interpreted that, physical condition is related to customized recommendations by age, weight, history, and a predisposition to certain diseases, fitness, health, etc. If refers to that definition, it looks like this condition has not owned by most our society. According to Nurhasan (2005) physical fitness is a the condition of one's body has an important role in activity or activity daily. Physical fitness too it means ability do daily activities with great vitality and vigilance without experiencing that fatigue so mean and still enough energy to move on time free and face things which is an emergency. Bustam (2011: 17) stated that physical fitness is very good important in supporting activities everyday life, especially in doing work / duties everyday, so the fitness value physical needs each people vary according to duties / professions respectively.

Physical fitness is a very important aspect of physical fitness the whole, which will be give undertaking to

someone to live life productive and able adjust to any physical load appropriate, given below diagrams that pay attention to properties relative physical fitness (Physical Fitness). According to Mukholid (2007: 34) physical fitness associated with the organs one's body to carry out daily chores with both without experiencing the fatigue mean. Concept or characteristics learn motion or learn motor can not be separated from the term fitness physical in general. Learn can be understood as stages changes in whole behavior relatively sedentary individual as the results of experiences and interactions with an engaging environment cognitive processes. Learning is a a process in it there are many things that are possible happens to every person individual. Based on some of the explanations above, it has been synthesized that physical fitness is abilities and physical abilities to carry out daily tasks with spirit effectively and efficiently in a relatively long time without cause significant fatigue, and still have backup power to carry out activities other.

### Self concept.

Self concept (self concept) according to Muijs is perception someone about himself, that is formed through experience, with the environment, his interactions with other people which has an important meaning (significant others), and attribution about his own behavior (Reynolds, 2008). The meaning of which the same was said by Cooper & Thatcher (2010) where in his writing states, "self-concept orientations are the general tendency to think of the self in terms of individual characteristics, role relationships, or group memberships".

The term self-concept is translation of the English word namely self concept. The word self is deep psychology has two meanings, namely, (1). As an object, it refers on what someone was thinking about himself in the form of an attitude, feelings, perceptions, observations, and one's evaluation of himself itself, and (2). As a process, that is, one unit of the whole process and observe. While the word concept means ideas or understanding in the form (f) self-concept about appearance; and (g) self-concept about

sports ability. Human is a being who has advantages compared to other God's creatures, because it is equipped with the potential to develop itself which is called the self-concept. With that potential, they are think of himself, see himself, conduct and assess interactions social. That matter lets someone realize

a state of itself called self concept. Recruiting Chen, Yeh, Hwang, & Lin in Herbert W. Marsh (Herbert W. Marsh, 2018) stated that Academic self-concept (ASC) is also widely accepted as a critical psychological

construct that leads to success in educational settings. Can be interpreted that the Academic Self-Concept (ASC) also widely accepted as critical psychological constructs ones leads to success within educational settings. Next according to K. M. Cooper, Krieg, & Brownell, (2018) self-concept is one's perception of his or her ability in formed by comparing oneself to other. In general terms the concept of self is a combination of thoughts, feelings, and attitudes owned person against himself. The self-concept is a combination of all beliefs and attitudes someone against himself. Further explained that the concept self refers to belief, desires, values, and traits that someone set against himself. Elizabeth B. Hurlock (2018) argues that self-concept is the picture that is owned someone about himself who is is a combination of beliefs about himself, his physical character,

psychological, social, emotional, and achievement. Further said that, someone's belief against this self, determine actions and his view of the world and other people. Further explained that the self-concept is the whole perception of self that includes his own attitude towards oneself and ones language used to explain yourself alone. Self-concept is a set of thoughts and feelings calm yourself down someone who is develop gradually. Concept self is a belief, attitude, and thoughts about oneself relates to a picture about physical, social and quality psychologically himself. Dariyo (2002) argues that the self-concept is a picture self that is comprehensive against one's self existence. This self-concept is multi-aspect, which includes: (1) physiological aspects; mental images are formed because the compilation of information on someone about one or more object, event, idea, or process so that there is a structure of information it allows individuals to distinguish fact or the description of the object is one

with others and can connect it with the appropriate group. Furthermore Muijs quotes the opinion of Shavelson, that self-concept among children and adolescence there are seven dimensions most importantly, namely: (a) self-concept about the lessons on school; (b) self-concept about English; (c) self-concept about mathematics; (d) self-concept about peer relationships (other children); (e) self-concept about relationships with parents; (2) psychological; (3) psychosociological; (4) psycho-spiritual; and (5) psychoethics and morals. Self-concept is a view someone about himself which concerns what he knows

and feel about his behavior, content his thoughts and feelings, as well how his behavior is influence on others (Djaali, 2008). Self concept referred to is a person's shadow about the state itself was on right now, and is not an ideal image of itself as expected or liked by the individual concerned. Campbell in (Liu, Sprott, Spangenberg, Czellar, & Voss, 2018) explain that self-concept usually considered to consist of two dimension namely knowledge (for example, something used to define yourself) and evaluative namely (self-esteem), check the impact of modifications threat of self-concept goes hand in hand with research in yourself. Self-concept is the image a person has about himself, which was formed through experiences

obtained from interaction with environment. Further quotes opinion of William H. Fitts, explain that self-concept is an important aspect in yourself someone, because of the self-concept a person is a skeleton reference (frame of reference) in interact with the environment. One's self-concept can influenced by several factors, among others: (a) Experience, especially interpersonal

experience evokes positive feelings and feelings of worth; (b) Competence in areas valued by individuals and others, and (c) Self-actualization, namely implementation and the realization of one's personal potential in fact. Hierarchical self-concept divided into three, namely the general self-concept, academic self-concept and self-concept Non-Academic. General self-concept is a combination of self-concept academic and non self-concept academic. According to Huitt, self-concept This academic consists of two levels, namely general academic self-concept, that is, a related self-concept with how kind man is as a whole, and self-concept specific academic, namely self-concept which is related to the good humans in understanding variety subjects at school, such as math, science, languages, arts and social sciences. The following is presented self-concept structure which is core to each individual's personality. Non-academic self-concept related to social courage, physical abilities, physical appearance, relationships with peers and relationship with family (Jeanne Wrasman Reynolds, 2004). More detailed non-academic self-concept consists from social self-concept, self-concept emotional and physical self-concept. The physical self-concept is concerned with physical abilities and appearance physical. Social self-concept concerns with relationships with friends peers and relationships with people meaning to him, like family. Meanwhile, self-concept emotional is a part of psychological self-concept. The psychological self-concept is a self-concept based upon thoughts, feelings, and emotions consists of quality, ability, and traits that play a role important in adapting to life like courage, honesty, independence, self-confidence, hopes and ideals as well other types of abilities that are different. When viewed from its content self-concept consists of two elements, namely cognitive elements and elements evaluative. The cognitive element is individual knowledge about the state of itself, while the elements evaluative is an assessment individual towards self. Assessment it will form acceptance of self (self-acceptance), and self-esteem (self-esteem) of individuals Based on several concepts which has been described above, then synthesized that self-concept is the picture the teacher has concerning himself that accumulates in view, feelings, and judgments about physical, social, and psychological qualities it has.

## **RESEARCH METHODOLOGY**

The purpose of this research is to know there is influence variable physical fitness, principal leadership, and self-concept on teacher performance physical education. As for the place research



in Ambon City, month October - December 2018. Research using this approach quantitative by survey methods and path analysis techniques. As for analysis the path used to analyze three exogenous variables and one endogenous variables. Exogenous variables consists of physical fitness (X1), principal leadership (X2) and self-concept (X3) meanwhile endogenous variable is teacher performance penjas (Y). Figure 8. Research constellation The target population of this study are all education teachers physical space in the City area Madya Ambon, Maluku Province as many as 100 participating teachers Teacher Professional Education and Training (PLPG), with the technique of taking sample using random sampling of 50 Physical Education teachers. Data collection techniques with using research instruments. The data analysis technique used for this research is statistics descriptive and inferential statistics. To test the research hypothesis by using the requirements test analysis, namely normality test, test linearity, and path analysis.

## RESEARCH RESULTS AND DISCUSSION

Data descriptions include data physical education teacher performance variable (Y), physical fitness variable (X1), head leadership variable school (X2),

**Tabel 4 Rangkuman Pengaruh Langsung Antar Variabel**

No.	Pengaruh Langsung	Koefisien Jalur	dk	t <sub>hitung</sub>	t <sub>tabel</sub> $\alpha = 0,05$
1.	X <sub>1</sub> terhadap Y	0,326	41	3,006 **	2,02
2.	X <sub>2</sub> terhadap Y	0,333	41	3,073 **	2,02
3.	X <sub>3</sub> terhadap Y	0,355	41	3,137 **	2,02
4.	X <sub>1</sub> terhadap X <sub>3</sub>	0,318	42	2,273 **	2,02
5.	X <sub>2</sub> terhadap X <sub>3</sub>	0,307	42	2,197 **	2,02

### Discussion

#### 1. Positive Direct Influence Physical Fitness (X1) on the Performance of Physical Education Teachers (Y)

The results of the analysis of the first hypothesis yielded that finding physical fitness matters directly against Physical Education teacher performance. Coefficient value the path of physical fitness towards Physical education teacher performance of 0.326 with a tcount of 3.006. Therefore the value of t count is greater from the ttable value at dk = 41 for  $\alpha = 0.05$  for 2.02



then H<sub>0</sub> is rejected and H<sub>1</sub> is accepted, which means there is a positive direct effect physical fitness variables against Physical education teacher performance variables significant. Physical fitness is a quality and quantity of a person teachers in doing activities according to the job optimally without causing a problem health or heat exaggerated. According to Voelckerrehage, Godde, & Staudinger (2010): Fitness, however, is multi-faceted concepts that don't just cover physical (i.e. cardiovascular fitness and muscle strength) but also motor fitness is indexed by component such as flexibility, speed, balance and good coordination. It can be interpreted that, Physical fitness is a concept multi-faceted not only includes physical (i.e. fitness cardiovascular and muscle strength) but also physical fitness which is included in the component flexibility, speed, balance and coordination well. Furthermore, according to Moliner et al. (2010), "Health-related physical fitness refresh to cardiorespiratory fitness, muscular strength, speed/agility and body composition". Could That means, the fitness of the times health-related refers to fitness cardiorespiratory, muscle strength, agility speed and composition body. Both terms of the above understanding it can be concluded that someone who has a condition physical consistency endurance, strength, speed, agility, balance, coordination and good body composition will be make the body will be fit and healthy. Physical education teachers as professional workforce in charge of planning and implementing learning in the field and in the classroom, assessing results learning, conducting coaching and training, doing research, help development and management of school programs and develop their professionalism. The task of the education teacher the body has a duty excess in teaching in the field. This shows that the task a physical education teacher very heavy and labor-consuming extra and have to prepare extra physical condition. this matter disclosed in the journal A. Santana et al., (2016), "*Physical fitness is a construct of health and skill related attributes which have been associated with academic performance*". Physical fitness is a construct health attributes and skills that has been linked to performance. Furthermore, other opinions too said that "Physical fitness, an important component of total force fitness, is the amount of physical training required to achieve a physical work capacity" (Tanja C. Roy et al., 2010). It can be interpreted that, Physical fitness is a essential component of strength total ie the amount of physical exercise that is needed to reach capacity physical labor. This statement explains that fitness linkage bodily by increasing performance. Thus tntuk support such work solid, one of them a teacher must have a level physical fitness (physical condition) the good

one. Based on the findings it can be concluded that Physical education teacher performance is affected directly positive by physical fitness. Increasing physical fitness will result in increased teacher performance of penjas

## 2. Positive Direct Influence Self Concept (X3) towards Physical Education Teacher Performance (Y)

The results of the third hypothesis analysis yields findings that concept self directly influences positive on the performance of Physical Education teachers. The coefficient value of the self-concept path to the performance of Physical Education teachers of 0.355 with a tcount of 3, 137. Therefore the tcount is more the value of t table at  $dk = 41$  for  $\alpha = 0.05$  is 2.02 then  $H_0$  rejected and  $H_1$  accepted, which means there is a positive direct effect

self-concept variable to variable significant performance of Physical Education teachers. Self-concept is the whole view of oneself in various dimensions of yourself, like its physical dimensions, characteristics, personality, motivation, weakness, cleverness, and failure. Slotter, Gardner, & Finkel (2010) states that: The self-concept as a person's sense of "me." It is comprised of the physical appearance, material belongings, set of roles, prototypes, scripts, attitudes, beliefs, and attributes that individuals think or feel are characteristic of who they are. Can be interpreted that, concept oneself as one's feelings about me." Consists of physical appearance, belongings material, a set of roles, prototypes, scripts, attitudes, beliefs,

and attributes that are thought out or perceived by that individual is characteristic about who they are. In this case the relationship between self-concept and one's performance. Someone who have a good self-concept will increase current performance carry out that task implemented in individuals, agencies or organization. This is said by Thatcher (2010): We suggest self-concept orientations as a key individual characteristic likely to be associated with identification motives and to influence

identification processes in organizations. That means, we are suggests a self-concept orientation as key individual characteristics which is associated with that motivation affect determine a organization. Self-concept is self-strength in carrying out activity tasks. Self-concept tends to is an internal factor of the teacher become a basic power teacher. Attitude the self-confidence possessed by the teacher in the teacher himself as well see his own image as well views of others in carrying

out their duties as educators (Rauh, 2013). Next the influence of self-concept on teacher performance is very significant. This statement is also expressed in journal by Dwiatmaia (2010) which states that concept self positive and influential significant to teacher performance. Based on the findings it can be concluded that Physical education teacher performance is affected directly positive by concept self. Increased self-concept will resulting in increased performance Physical Education teacher.

### 3. Positive Direct Influence Physical Fitness (X1) against Self-Concept (X3)

The results of the fourth hypothesis analysis provide that finding physical fitness matters directly positive towards self concept. Path coefficient value physical fitness concept self of 0.318 with tcount amounting to 2.273. Causes the value the coefficient of  $t$  is greater than the value  $t$  table at  $dk = 42$  for  $\alpha = 0.05$  amounting to 2.02 then  $H_0$  is rejected and  $H_1$  accepted, which means there is variable positive direct influence physical fitness to variables significant self-concept. In educational learning physical, the teacher must be able teach a variety of skills basic movements, techniques and strategies games / sports, internalization self-concept values (self-confidence, motivational, sportsmanship, honest, cooperation, and others). Values that is meant for teacher provide an overview of the child students. This was said by Health & Vedul-kjels (2011), namely a strong relationship between physical fitness, motorcompetence and self perception in children. Which means that strong relationship between physical fitness, ability motor and self-perception in children. Next with that body fit, a teacher will not easy to experience fatigue and raises that motivation maximum in implementing learning process. With words another link between fitness physical influence directly to teacher psychology and students. This matter stated by Cox & Ullrichfrench, (2010): Motivation that is self-determined emanates from sources within the self (e.g., nexperiencing enjoyment and atisfaction from the activity) rather than sources outside of the self (e.g., pressure fromothers, avoiding punishment) and is purported to lead to more positive cognitive, affective and the behavioral consequences. It can be interpreted that, Self-determined motivation comes from inside sources self (for example, experiencing enjoyment and satisfaction from activity) rather than sources outside of oneself (for example, pressure from others, avoiding punishment) and meant to lead on a more positive cognitive, affective. When talent, creativity, abilities, and expertise develop for the better, then someone it will be more respect himself, will have positive assessment of imself and have self-esteem (self-esteem) positive (Saputra, 2017).

Next in the journal others also produce that physical fitness with a very self-concept so strong. Rohendi (2018) stated that, "The learning approach (exploratory fitness education) done in groups give opportunity to student to develop self-control skills in oneself they". Thus based on these findings can be concluded that self-concept is influenced by immediately positive by fitness physical. Increased fitness physical will result increased self-concept.

## **Conclusions and recommendations**

### **A. Conclusion**

The conclusion of this study is:

1. There is an immediate effect positive physical fitness on the performance of physical education teachers
2. There is a direct influence positive head leadership school on teacher performance Physical Education
3. There is a direct influence positive self-concept towards Physical Education teacher performance
4. There is an immediate effect positive physical fitness against self-concept
5. There is a direct effect positive head leadership school towards self-concept

### **B. Implications**

- a. There is a fitness effect physical to skill physical education teacher performance Ambon city primary school. In this case it raises the implication of that physical factor very important role, namely physical fitness has an impact positive on teacher performance physical education.
- b. There is an influence School leadership against performance skills physical education teacher Ambon city primary school In this case it raises implication of that factor leadership is very important important is leadership positive impact on education teacher performance physical.
- c. There is an influence of self-concept against performance skills physical education teacher Ambon city primary school. In this case it raises the implication of that mental factor very

important role, namely self-concept has a positive impact on teacher performance physical education.

d. There is a fitness effect physical to skill self-concept of education teachers physical city primary school Ambon. In this case raises that implication physical factors play a role important, namely physical fitness positive impact on self-concept of education teachers physical.

e. There is an influence principal leadership towards concept skills self-physical education teacher Ambon city primary school. In this case it raises implication of that factor leadership utterly plays an important role namely leadership has a positive impact the self-concept of the teacher physical education.

### **C. Suggestions**

Based on conclusions and implementation in research this, as for the following suggestions:

1. For teachers on order school more increasing variations other teaching styles and teaches psychology to students especially good self-concept.
2. Share the head of the school for can improve his leadership towards
3. teachers, order teachers has a deep disciplinary nature teach.
4. Other researchers for improve teacher performance physical education with further research.

### **NOVELTY (UPDATED)**

1. Prior research focuses to one of the variables only leadership and concepts self to teacher performance
2. There is no research which examines fitness physical, leadership, self-concept concurrently against Physical Education teacher performance
3. This research was conducted to Elementary School Physical Education teachers which is being implementing PLPG
4. This research produce work regarding "Fitness Primary Physical Education Teacher Physical



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