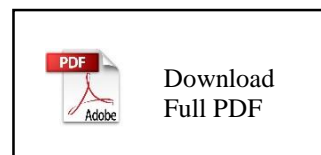


Perubahan Prestasi Fizikal dan Tumbesaran dalam Kalangan Murid Berumur di antara 9 hingga 12 Tahun

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Keywords:

Keywords: Growth, physical performance, height



Abstract:

The aim of this study was to determine the changes in physical performance and growth among the male and female students aged in between 9 to 12 years old. This cross-sectional study involves a sample of 400 students (i.e., male = 200, female=200) who were categorized into four age groups (i.e., 9 years, 10 years, 11 years and 12 years). The standing heights of the students were used as an indicator of growth. Six types of physical performances tests were used to test the students' level of physical performances, namely (i) Push-up Test (TT), (ii) Standing Long Jump Test (LJB), (iii) 30 meters Dash Test (LP), (iv) Sit and Reach Test (DJ), (v) 10 meters Shuttle Run Test (LUA), and (vi) Bleep Test (UB). The findings showed that male students experienced their peak growth at the age of 9 to 10 years old (9.1cm). The female students, on the other hand, experienced their peak growth at the age of 10 to 11 years of age (7.6cm). Besides that, changes in physical performances for male students were found to increase accordingly along with their growing process, while the female students showed a decline in their physical performance as they grow up. Overall, changes in physical performances occur at different ages for male and female students. The study found out that the growth (i.e., height) of male and female students are significantly correlated with the changes in physical performances of the age group of 9 to 12 years.

Kata kunci:

Kata kunci: Tumbesaran, prestasi fizikal, ketinggian

Abstrak:

Tujuan kajian ini adalah untuk mengenal pasti perubahan prestasi fizikal dan tumbesaran pelajar lelaki dan pelajar perempuan berumur antara 9 tahun hingga 12 tahun. Kajian ini adalah berbentuk rentas silang (*cross-sectional*) melibatkan sampel sebanyak 400 orang (murid lelaki=200, murid perempuan=200) yang dibahagikan kepada empat kumpulan umur (9 tahun, 10 tahun, 11 tahun, 12 tahun). Petunjuk tumbesaran didalam kajian ini adalah ukuran tinggi berdiri murid. Enam ujian prestasi fizikal dijalankan untuk menguji tahap prestasi fizikal murid iaitu ujian tekan tubi (TT), ujian lompat jauh berdiri (LJB), ujian lari pecut 30 meter (LP), ujian duduk jangkau (DJ), ujian lari ulang alik (LUA), dan ujian bleep (UB). Dapatan kajian ini menunjukkan tumbesaran puncak pelajar lelaki berlaku ketika berumur antara 9 tahun hingga 10 tahun iaitu meningkat sebanyak 9.1 cm. Manakala, tumbesaran pesat pelajar perempuan berlaku ketika berumur 10 tahun hingga 11 tahun dengan peningkatan sebanyak 7.6 cm. Perubahan prestasi fizikal pelajar lelaki meningkat seiring dengan proses tumbesaran dan perubahan prestasi fizikal pelajar perempuan menunjukkan kemerosotan prestasi seiring dengan proses tumbesaran. Selain itu, perubahan terhadap prestasi fizikal berlaku pada umur yang berbeza bagi pelajar lelaki dan pelajar perempuan. Secara keseluruhannya, tumbesaran (tinggi) pelajar lelaki dan pelajar perempuan mempunyai hubungan yang signifikan dengan prestasi fizikal bagi kumpulan umur 9 tahun hingga 12 tahun.