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Correlation Of Physical Education Class Climate, Sleep Hygiene, And Physical Exercise Intentions On Physical Fitness In Adolescents

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Abstrak

Permasalahan yang terjadi pada remaja bermacam-macam, antara lain pelajaran pendidikan jasmani yang membosankan, pola tidur yang tidak tepat, dan tidak aktif melakukan latihan jasmani yang dapat menurunkan kebugaran jasmani seseorang. Penelitian ini bertujuan untuk menganalisis hubungan iklim kelas pendidikan jasmani, higiene tidur, dan niat latihan jasmani terhadap kebugaran jasmani remaja. Metodologi yang digunakan dalam penelitian ini adalah pendekatan kuantitatif korelasional dengan metode desain survei cross-sectional menggunakan kuesioner dan analisis menggunakan uji korelasi dengan SPSS. Hasil penelitian ini adalah 1) terdapat korelasi yang signifikan sebesar 0,753 antara iklim kelas pendidikan jasmani terhadap kebugaran jasmani, terdapat pengaruh signifikan sebesar 0,00 antara iklim kelas pendidikan jasmani terhadap kebugaran jasmani dan kontribusi variabel X1 terhadap Y sebesar 60,5%, 2) terdapat korelasi yang signifikan sebesar 0,747 antara higiene tidur dengan kebugaran jasmani, terdapat pengaruh signifikan sebesar 0,00 antara higiene tidur dengan kebugaran jasmani dan besarnya sumbangan variabel X2 terhadap Y sebesar 58,2%, 3) terdapat hubungan yang signifikan sebesar 0,717 antara niat latihan jasmani dengan kebugaran jasmani, terdapat pengaruh signifikan sebesar 0,00 antara niat latihan jasmani terhadap kebugaran jasmani serta sumbangan variabel X3 terhadap Y sebesar 53,9% dan, 4) terdapat korelasi yang signifikan 0,753, 0,747, dan 0,717 antara iklim kelas pendidikan jasmani, higiene tidur, dan niat latihan jasmani terhadap kebugaran jasmani, variabel bebas secara bersama-sama mempengaruhi variabel terikat sebesar 0,00 dan besarnya sumbangan variabel X11, X12, dan X3 terhadap Y sebesar 65,6% pada remaja. Penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara iklim kelas pendidikan jasmani, higiene tidur, dan niat latihan jasmani terhadap kebugaran jasmani remaja SMA di Kota Tegal

Kata Kunci : *kelas pendidikan jasmani, kebersihan tidur, niat latihan jasmani dan kebugaran jasmani remaja*

Abstract

The problems that occur in teenagers vary, including boring physical education lessons, inappropriate sleeping patterns, and not doing active physical exercise which can reduce a person's physical fitness. The problem formulation in this research is the relationship between physical education class climate, sleep hygiene, and physical exercise intentions on adolescents' physical fitness. This study aims to analyze the relationship between physical education class climate, sleep hygiene, and physical exercise intentions on adolescents' physical fitness. The methodology used in this research is a correlational quantitative approach with a cross-sectional survey design method using a questionnaire and analysis using a correlation test with SPSS. The results of this research are 1) there is a significant correlation of 0.753 between the physical education class climate and physical fitness, there is a significant influence of 0.00 between the physical education class climate on physical fitness and the contribution of variable X1 to Y of 60.5%, 2) there is a significant correlation of 0.747 between sleep hygiene and physical fitness, there is a significant influence of 0.00 between sleep hygiene and physical fitness and the contribution of variable X2 to Y is 58.2%, 3) there is a significant correlation of 0.717 between exercise intention physical education and physical fitness, there is a significant influence of 0.00 between the intention to exercise on physical fitness and the contribution of variable sleep hygiene, and physical exercise intentions towards physical fitness, the independent variables jointly influence the dependent variable by 0.00 and the contribution of variables X11, X12, and X3 to Y is 65.6% in adolescents. This research shows that there is a significant relationship between physical education class climate, sleep hygiene, and physical exercise intentions on the physical fitness of high school teenagers in Tegal City.

Keywords: physical education classes, sleep hygiene, physical exercise intentions and physical fitness of adolescents

INTRODUCTION

Adolescence is a transition period from childhood to adulthood. According to (Sawyer et al., 2018) adolescence is a phase of life that stretches between childhood and adulthood. According to (Alba-Martín, 2016) physical inactivity in adolescents has increased exponentially in recent years throughout the world. This spike can be caused by various things, according to (Efendi & Widodo, 2021) the shift in physical inactivity is characterized by increasingly sophisticated technology, especially in the use of electronic devices which are believed to cause sedentary behavior thereby reducing the fitness level of teenagers. reduce. Excessive use of electronic devices also has an impact on poor sleep patterns, according to (Keswara et al., 2019) 80% of teenagers say they use electronic devices for

more than 4 hours 17 minutes a day and globally the prevalence of sleep disorders is 15.3%-39, 2% and in Indonesia the majority of teenagers' sleep quality is inadequate, namely 63%. Limiting technology may be an unrealistic demand for young people who are used to computers and smartphones but are expected to use electronic devices wisely (Collins & Halverson, 2018). Various ways can be used to shape students' character so that they are responsible for themselves by building a conducive physical education classroom climate (Dörnyei & Muir, 2019). In the field of education, it shows that physical education classes are a favorable context for the creation of healthy physical exercise habits and self-motivation which will be a key level of physical activity (Gea-García et al., 2020). One of the goals is to prevent the emergence of various diseases, gain physical fitness, and maintain quality of life by implementing sleep hygiene and actively doing physical exercise (Piercy et al., 2018).

Sleep hygiene or a clean sleep pattern according to the National Sleep Foundation is a variety of practices needed to get a quality night's sleep and be ready to carry out activities the next day (Gupta et al., 2019). It is important to implement sleep hygiene among teenagers because of the density of their activities, with it positive things will be obtained in the lives of teenagers (Perrault et al., 2019).

Apart from implementing sleep hygiene, teenagers must also do physical exercise. Physical exercise is a body movement that is carried out in a planned, structured and repetitive manner that involves the use of energy to improve fitness (Pranata & Kumaat, 2022). Before doing physical exercise, it must be based on strong intention and determination so that physical exercise can be carried out and get the benefits (Montano & Kasprzyk, 2015). Intention in physical exercise is the urge to do physical exercise with various goals, including maintaining or improving physical fitness, increasing stamina and self-confidence. Physical fitness is not obtained for free. According to (Garcia et al., 2023), physical fitness is a series of attributes or characteristics (for example, muscle strength and endurance) that a person possesses or achieves that are related to the ability to perform physical activities. So, fitness can be obtained with perseverance and enthusiasm to achieve it. Physical fitness is the main point in physical learning (Gea-García et al., 2020). Being the main goal in physical education classes, physical education learning in schools should not be underestimated (Holt, Smedegaard, Pawlowski, Skovgaard, & Christiansen, 2019). Physical education has an important, irreplaceable role in the promotion and creation of healthy lifestyle habits related to an active lifestyle (Kljajević et al., 2021).

The importance of solving various problems that exist among teenagers. Getting support from people around you, rewards and punishments that can be carried out by yourself or others, as well as a supportive atmosphere to continue doing physical exercise

through physical education classes and a clean sleep pattern can help maintain the intention to implement physical exercise in your daily life life days to get physically fit for the rest of their lives. Therefore, this research has a problem formulation, namely the relationship between physical education class climate and physical fitness, the relationship between sleep hygiene and physical fitness, the relationship between physical exercise intentions and physical fitness, and the relationship between physical education class climate. , sleep hygiene, and intention. physical exercise and physical fitness among young women in Tegal City (Priscilia & Dewi Sartika, 2019).

This study aims to analyze the relationship between physical education class climate and physical fitness, analyze the relationship between sleep hygiene and physical fitness, analyze the relationship between physical education intentions and physical fitness, and analyze the relationship between physical education class climate, sleep hygiene, and physical exercise intentions. with physical fitness in adolescent students in Tegal City.

METHODS

This research uses a correlational quantitative approach with a cross sectional survey design method using data collection techniques such as the Physical Education Climate Classroom Scale (Alshammari, Saguban, Pasay-an, Altheban, & Al-Shammari, 2017), Adolescents Sleep Hygiene Scale, Intentions of Physical Exercise for Adolescents, and the value of physical fitness carried out at school. Sampling used a probability sampling technique with proportionate stratified random sampling among teenagers attending high school in Tegal City (Yusran & Almira, 2020). Data analysis uses normality tests, linearity tests, and correlation tests.

RESULTS AND DISCUSSION

The results of this research are 1) there is a significant correlation of 0.753 between the climate of the physical education class on physical fitness, it has a significant influence of 0.00 between the climate of the physical education class on physical fitness and the contribution of variable X1 to Y of 60.5%, 2) there is a significant correlation of 0.747 between sleep hygiene and physical fitness, it has a significant influence of 0.00 between sleep hygiene and physical fitness and the contribution of variable X2 to Y is 58.2%, 3) there is a significant correlation of 0.717 between physical exercise intentions and physical fitness, there is a significant influence of 0.00 between physical exercise intentions on physical fitness and the contribution of variable X3 to Y of 53.9% and, 4) there is a significant correlation of 0.753, 0.747, and 0.717 between physical education class climate, sleep hygiene, and physical

exercise intentions on physical fitness, the independent variables together influence the dependent variable by 0.00 and the contribution of variables X11, X12, and X3 to Y is 65.6% in adolescents. This research shows that there is a significant relationship between physical education class climate (Braithwaite, Spray, & Warburton, 2011), sleep hygiene, and physical exercise intentions on the physical fitness of high school teenagers in Tegal City.

Respondent characteristics

This research involved 370 teenage respondents who were in high school in Tegal City (Cangbai Wang & Huang, 2020). Consisting of 152 male students and 218 female students. Respondents consisted of male and female students with an age range of 15-17 years. Respondent data was taken randomly from classes X, XI and XII.

Correlation analysis prerequisite test results

The results of the normality test get a significance value for all data of 0.000 (<0.05). This means that the data is not normally distributed, so the appropriate correlation test to use if the data is not normally distributed is the correlation test using Rank Spearman's rho (Schober, Boer, & Schwarte, 2018). Furthermore, the linearity test produces a probability value of 0.060 (>0.05). If one of the conditions is not met, then use a non-parametric test.

Correlation between physical education class climate to physical fitness

The results of this study show a significant correlation of .753** (>0.05), meaning there is a significant relationship between physical education class climate and physical fitness, showing a regression with a significance of 0.000 (>0.05), meaning there is a significant influence between climate physical education classes on physical fitness, and the contribution of physical education class climate variables in influencing physical fitness variables is 60.5%, this shows a contribution at a moderate level. This research supports the findings of previous research, namely research conducted by (Gillison et al., 2013) which tested the potential for manipulating adolescents' goals and motives for participation in physical education lessons at school resulting in findings that students felt physical education lessons were more meaningful and capable. in controlling and forming stronger future intentions for physical exercise or sports. So, it is important to manipulate the learning climate in physical education learning at school to get maximum benefits for students.

Table 1
Results Of Correlation Analysis Tests Between Physical Education Class Climate And
Physical Fitness

Correlations			PEC	
			C	PF
Spearman 's rho	PECC	Correlation Coefficient	1.00	.753**
		Sig. (2-tailed)	.	.000
	N		370	370
	PF	Correlation Coefficient	.753	1.000
Sig. (2-tailed)			.000	
N		370	370	

**. Correlation is significant at the 0.01 level (2-tailed).

Furthermore, secondary data in this research is that 68.9% of male teenage students think that physical education learning is fun, then 28.1% consider physical education learning to be normal, and the remaining 3% think that physical education is boring. Meanwhile, 49.8% of female adolescent students think that physical education learning is fun, then 48.1% consider physical education learning to be normal, and the remaining 2.1% think that physical education is boring. It is hoped that an interesting physical education class climate will ensure that physical education learning activities can be enjoyable and boredom can be reduced among students (Pangrazi & Beighle, 2019).

Classroom climate is associated with the atmosphere or circumstances that arise in learning activities as a result of interactions between teachers and students (Ming Te Wang & Degol, 2016). Physical education and sport are declared a meaningful and beneficial experience in school, leading to enjoyment, variety and engagement with increased physical activity and participation. The atmosphere in physical education learning can form good character and physical literacy (Sum, Li, Choi, Huang, & Ma, 2020). Physical education at school can have a big influence in building a lifelong physical activity mindset (Sallis & McKenzie, 1991). Other research reveals that in a physical education teacher's learning, apart from forming leadership traits, self-confidence, enthusiasm and vitality, the teacher must really participate in learning activities and interact more with students so that students have a positive evaluation and identity towards the teacher. physical education. Thus, teachers are important in establishing a classroom climate that is full of support, affinity, and involvement and can positively influence students' autonomous motivation in learning (Jiang & Jia, 2018).

This research shows that there is a correlation between physical education class climate

and physical fitness in adolescents (Braithwaite et al., 2011). A pleasant physical education class climate will encourage students to be more active both during learning at school and in their free time. According to (Ács et al., 2020) the benefits resulting from regular practice of physical activity are varied, with an emphasis on improving cardiovascular and respiratory function, reducing levels of anxiety and depression, increasing a sense of well-being, and developing cognitive and social skills. In contrast, a sedentary lifestyle has been associated with decreased functional ability, and increased rates of morbidity and mortality, as well as an increased prevalence of chronic diseases in the future (González-Gross & Meléndez, 2013).

Physical education plays a fundamental role in promoting healthy habits and lifestyles, as well as in the development of individual and cognitive skills (Silva, 2022). It is important to implement a physical education class climate among students, especially teenagers (Shen, McCaughy, Martin, Fahlman, & Garn, 2012), when students enjoy physical education learning well, it will encourage enthusiasm for learning and hopefully they will gain physical fitness. Thus, a physical education class climate with good methods and approaches will influence the physical fitness of teenagers attending school.

Correlation between sleep hygiene to physical fitness

The results of this study show a significant correlation of .747 (>0.05), meaning there is a significant relationship between sleep hygiene and physical fitness, showing a regression with a significance of 0.000 (>0.05), meaning there is a significant influence between sleep hygiene and physical fitness. physical fitness, and the contribution of the sleep hygiene variable in influencing the physical fitness variable was 58.2%, this shows a contribution at a moderate level. This research is in line with research conducted by (Wolfson et al., 2015) on teenagers which resulted in the finding that the sleep smart program by implementing sleep hygiene has clarity in helping teenagers in urban school environments maintain the effectiveness of healthy sleep, improve academic performance and reduce behavioral problems. internalisation. Thus sleep hygiene has a relationship with a person's physical fitness.

Table 2

Results of correlation analysis tests between sleep hygiene and physical fitness

		Correlations		
			SH	PF
Spearman's rho	SH	Correlation	1.000	.74
		Coefficient		.77**
		Sig. (2-tailed)	.	.000
		N	370	370
				0
	PF	Correlation	.747**	1.0
		Coefficient		.77
		Sig. (2-tailed)	.000	.
		N	370	370
				0

**. Correlation is significant at the 0.01 level (2-tailed).

Furthermore, secondary data obtained in this research was that male teenage students felt that the quality of their sleep was 24%, then they felt that their sleep was normal at 67.1%, and the rest felt that their sleep was of poor quality at 8.9%. Female adolescent students felt that their sleep quality was 12%, then they felt that their sleep was normal at 67.8%, and the rest felt that their sleep was not of good quality at 20.2%. Some teenage students, both male and female, still think that they do not experience good quality sleep. This will affect their physical fitness so that it can disrupt their daily activities (Newbold, Rudnicka, & Cox, 2021). A person can implement sleep hygiene or a clean sleep pattern to sleep better according to (Meldrum et al., 2018), namely by optimizing a sleep schedule, carrying out a routine before going to bed, and carrying out a daily routine is part of utilizing habits to make sleep quality feel better. Creating a pleasant bedroom environment can promote rest and sleep. Some tips or methods can help but the things explained above are not rigid requirements, one can adapt according to the circumstances and make a sleep hygiene checklist to help get the best sleep (Mutluer, Doenyas, & Aslan Genc, 2020).

Correlation between physical exercise intentions to physical fitness

The results of this study show a significant correlation of .717** (>0.05), meaning there is a significant relationship between physical exercise intentions and physical fitness, showing a regression with a significance of 0.000 (>0.05), meaning there is a significant influence between exercise intentions. physical fitness on physical fitness, and the contribution of the physical exercise intention variable in influencing the physical fitness variable is 53.8%, this shows a contribution at a moderate level (Chaudhury, Campo,

Michael, & Mahmood, 2016). In line with the research conducted (Lu et al., 2022), it produced findings that support that the main constructs of the theory of planned behavior can effectively determine the intention to exercise regularly among adolescents and the results of this research can serve as a reference for health and school sectors in physical education learning when formulating effective strategies to encourage adolescents to engage in physical exercise practices.

Table 3 Results of correlation analysis tests between sleep hygiene and physical fitness

			Correlations	
			IPE	PF
Spearman's rho	I	Correlation	1.000	.717**
	F	Coefficient		
	E	Sig. (2-tailed)	.	.000
		N	370	370
	F	Correlation	.717**	1.000
	F	Coefficient		
		Sig. (2-tailed)	.000	.
		N	370	370

** . Correlation is significant at the 0.01 level (2-tailed).

Furthermore, secondary data obtained by researchers on teenagers showed that 95.2% of male students had the intention to do physical exercise and the remaining 4.8% did not have the intention to do physical exercise. Meanwhile, 89.7% of female students have the intention to do physical exercise and the remaining 10.3% do not have the intention to do physical exercise. Thus, male students have higher physical exercise intentions compared to female students.

Intention is defined as the aim or goal of an action. Having an intention to do physical exercise is a combination of several complex components that will encourage carrying out various kinds of physical exercise and when implementing physical exercise the benefits will automatically be obtained. The theory of planned behavior explains several factors that cause a person to do physical exercise, including attitude toward the behavior, subjective norms, and perceived behavioral control (perceived behavioral control) (Ajzen, 2012). The first factor, attitude towards the behavior (attitude towards behavior) where someone will want to do physical exercise if they have a positive belief that physical exercise is an activity that is profitable and beneficial for them, on the other hand, teenagers' intention to do physical exercise will be low if they perceive that doing physical exercise will be detrimental for them. The second factor, subjective norm (subjective norm) when a teenager is faced with situations and conditions such as an environment that supports physical exercise, for

example in an educational unit there is a physical education teacher who explains how to be active in physical exercise and sports, a family who applies healthy living behavior, or peers who invite them to do physical exercise every weekend in these situations and conditions, plus an explanation of the various advantages and benefits obtained when someone does physical exercise, this will encourage teenagers who hear and understand this information to do so. physical training. Furthermore, the third factor, perceived behavioral control (perceived behavioral control) is an experience from individuals, families, teachers or colleagues regarding positive physical exercise, so this can form the perception or belief that someone is capable of doing physical exercise (Aguilera-Hermida, 2020). According to (Lu et al., 2022) confirms that the core constructs of the theory of planned behavior, namely attitude toward the behavior (attitude towards behavior), subjective norm (subjective norm), and perceived behavioral control (perceived behavioral control) can significantly influencing adolescents' physical exercise intentions.

Other research (Gulley & Boggs, 2014) produced findings that the theory of planned behavior can be used to predict physical activity among adolescents. Researchers reveal that increasing participation in physical activity will result in better health and physical fitness outcomes for adolescents (Fedewa & Ahn, 2011). Understanding the theory of planned behavior related to physical activity will guide practitioners in developing effective intervention strategies targeting physical activity behavior. Interventions that encourage positive attitudes and increase control beliefs towards physical activity will increase the intention and likelihood of more participation in physical activity to gain better physical fitness maximum (Artinian et al., 2010).

It is important to have the intention to do physical exercise well supported, adolescent students need to be guided well so that they have a strong intention and determination to do physical exercise so that physical fitness can be useful in everyday life throughout life. A person who has a positive attitude, support from people around him and few obstacles to carrying out a behavior (O'keefe, 2018), then a person will have stronger intentions compared to when he has a positive attitude and support from people around him but there are many obstacles to carrying out that behavior.

Correlation between physical education class climate, sleep hygiene, and physical exercise intentions to physical fitness

This research discusses physical education class climate, sleep hygiene, and physical exercise intentions on physical fitness in adolescents. According to the results of the analysis, this research shows a significant correlation of $.753^{**}$, $.747^{**}$, and $.717^{**}$ (>0.05), meaning

that there is a significant relationship between physical education class climate, sleep hygiene, and physical exercise intentions on physical fitness. Next, showing a regression with a significance of 0.000, 0.000, and 0.000 (>0.05), meaning that there is a significant influence between physical education class climate, sleep hygiene, and physical exercise intentions on physical fitness, and the contribution of the physical education class climate variable, sleep hygiene and physical exercise intentions influence physical fitness variables by 65.6%, this shows a contribution at a moderate level. A physical education class climate that supports achieving learning goals, one of which is living an active life throughout life, having quality sleep by implementing sleep hygiene (Bentlage et al., 2020), and having a strong intention and determination to do physical exercise and implementing it will have an influence on physical fitness in adolescents.

Table 4 Results of correlation analysis tests between physical education class climate, sleep hygiene, and physical exercise intentions to physical fitness

		Correlations				
		PECC	SH	IPE	PF	
Spearman's rho	PECC	Correlation	1.000	.81	.777**	.75
		Coefficient		2**		3**
		Sig. (2-tailed)	.	.00	.000	.00
		N	370	37	370	37
	SH	Correlation	.812**	1.0	.774**	.74
		Coefficient		00		7**
		Sig. (2-tailed)	.000	.	.000	.00
		N	370	37	370	37
	IPE	Correlation	.777**	.77	1.000	.71
		Coefficient		4**		7**
		Sig. (2-tailed)	.000	.00	.	.00
		N	370	37	370	37
PF	Correlation	.753**	.74	.717**	1.0	
	Coefficient		7**		00	
	Sig. (2-tailed)	.000	.00	.000	.	
	N	370	37	370	37	

** Correlation is significant at the 0.01 level (2-tailed).

Furthermore, secondary data obtained by researchers on teenagers showed that male students had a frequency of doing physical exercise every week, namely more than 5 times, 9%, 3 to 5 times, 14.4%, 1 to 3 times, 68.3% and the remaining 8.3% did not do physical exercise. Meanwhile, the frequency of female students doing physical exercise every week is more than 5 times, 3%, 3 to 5 times 3.9%, 1 to 3 times 79.8%, and the remaining 13% do

not do physical exercise. This is an illustration of the frequency of physical exercise carried out every week by teenage students.

Various ways to obtain physical fitness include a pleasant classroom atmosphere and conditions that provide motivation to students (Aşıksoy, 2018), especially in physical education learning activities that attract interest and are fun with encouragement that makes the physical education class climate provide enthusiasm for students, giving them an understanding of being active in activities. physical fitness that is planned, structured, repetitive and has the aim of improving and maintaining all components of fitness in a person's body. Quality physical education learning provides the foundation for a healthy and active lifestyle that supports all learning and helps ensure success in future teaching (Diamond, 2015). Through physical education, students can be directed to be able to carry out appropriate physical exercises to get maximum benefits so that physical fitness can be obtained as physical education learning activities progress and there is a better hope of being able to do physical activities in their free.

Implementing sleep hygiene is one way to gain physical fitness. Sleep hygiene or clean sleep patterns as a set of behavioral and environmental recommendations intended to promote healthy sleep are encouraged to improve sleep quality by avoiding possible disturbances (Sianoja et al., 2020), for example, avoiding caffeine, eliminating noise from the sleep environment, maintaining a regular sleep schedule, and physical exercise. consistently (Irish et al., 2016). Complying with the appropriate sleep hygiene stages and recommendations will achieve optimal sleep quality, thereby helping to maintain a person's physical fitness. Adolescents who implement sleep hygiene can be interpreted as having created an environment that allows them to sleep soundly (Wolfson, Harkins, Johnson, & Marco, 2015), sufficiently and comfortably so that they feel energetic, alert and mentally and emotionally balanced every day. Applying sleep hygiene helps minimize and overcome sleep pattern disorders in teenagers. According to (Kansagra, 2020), implementing sleep hygiene in adolescents must be implemented in a disciplined manner by maintaining a consistent sleep schedule, keeping the sleeping environment cool and free from noise, and avoiding anything that disturbs sleep (Kansagra, 2020). In order to get quality sleep results and continue to achieve good fitness, practical instructions must be followed properly.

Intention is a real image of a person's readiness to carry out a behavior or action. If you really have the intention to do physical exercise, the greater the chance of gaining physical fitness. Several factors cause someone to do physical exercise, including attitude toward the behavior (attitude towards behavior), subjective norms (subjective norms), and perceived behavioral control (perceived behavioral control). The factors in the complex physical

exercise intention that will string together the actions in physical exercise become realized. According to (Lu et al., 2022) confirms that the core constructs of the theory of planned behavior, namely attitude toward the behavior (attitude towards behavior), subjective norm (subjective norm), and perceived behavioral control (perceived behavioral control) can significantly influencing adolescents' physical exercise intentions. In research (Archer, 2014) physical exercise in adolescents provides quite complete health impacts including muscles and bones being able to function optimally, increased strength and endurance, angiogenesis and neurogenesis, reduced risk of chronic diseases such as overweight and diabetes, increased price self and psychological well-being of adolescents, reducing stress, anxiety and depression. According to (Alvarez-Pitti et al., 2020) physical exercise is medicine, while sedentary or sedentary and inactive behavior can cause disease. Therefore, physical exercise has been identified as a key opportunity to produce significant benefits, including one's physical fitness (Whitehead, 2019).

Physical education class climate, sleep hygiene, and physical exercise intentions have a relationship and influence each other on adolescent physical fitness. Various ways can be done to shape the character of students so that they are responsible for themselves by building a favorable physical education class climate. One of the goals is to prevent the emergence of various diseases, gain physical fitness, and maintain a good quality of life by implementing sleep hygiene and being active in physical exercise.

CONCLUSION

This research answers questions related to correlation, namely, there is a correlation between physical education class climate and physical fitness, there is a correlation between sleep hygiene and physical fitness, there is a correlation between physical exercise intentions and physical fitness, and there is a correlation between physical education class climate, sleep hygiene, and physical exercise intentions towards physical fitness among adolescent students in Tegal City high schools. This research contributes to the world of education, especially physical education in schools, related to sleep among teenagers, and the intention that is emphasized in doing physical exercise so that if it is carried out perfectly, a person will get good physical fitness.

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