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EXTENDED ABSTRACT

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A Systematic Review of The Relationship Between Socio-Emotional Competence, Physical Activity, and Healthy Lifestyle on Physical Fitness

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I. INTRODUCTION

Article aims to examine and develop The Relationship Between Social-Emotional Competence, Physical Activity, and Healthy Lifestyles and Physical Fitness Levels through an analysis of recent research findings (2020–2025). This study is expected to contribute to physical education teachers, coaches, and sports practitioners in implementing effective, and It is hoped that it will provide new insights regarding the importance of strengthening the social-emotional aspects as a foundation in building an active and fit lifestyle.

II. METHOD

This journal uses the PICO (Population, Intervention, Comparison, and Outcome) method as a guideline for article screening. The PICO approach helps researchers develop a systematic search strategy that aligns with the study's focus. According to past study by Khaulla Miandi & Peristiowati (2022), this method is effective in selecting literature because it can clarify the relationship between the study population, the intervention, the comparison, and the expected outcomes.

III. RESULTS AND DISCUSSION

After conducting an in-depth analysis of all selected articles, the author successfully identified 4 articles that met all eligibility criteria to serve as the primary data source for this study. Of these articles, Of these articles, 2 discuss social emotional competence, 1 discusses The Relationship between Physical Activity and Physical Fitness, and 1 discusses healthy lifestyles. To provide a clearer picture of the literature screening stages, the figure below shows a detailed flow of the article selection process.

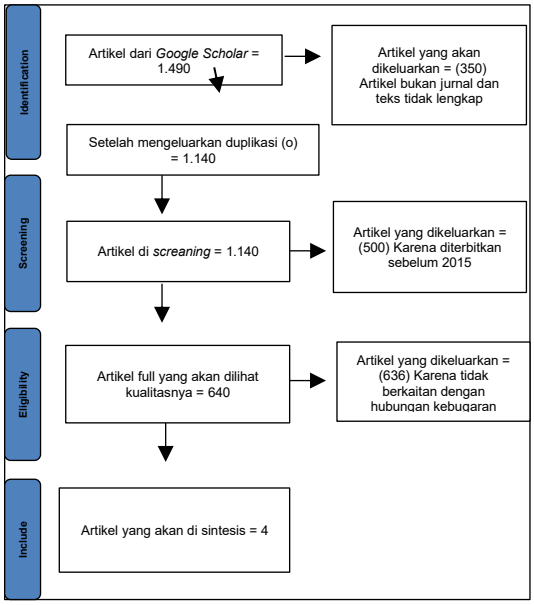


Fig. 1 Prism Flow Diagram

The results of the review of each article are presented in detail in Table 1 below, which displays a summary of the research findings and their relevance.

TABLE I
OUTCOME OF THE RELATIONSHIP BETWEEN SOCIAL-EMOTIONAL COMPETENCE, PHYSICAL ACTIVITY, AND HEALTHY LIFESTYLE AND PHYSICAL FITNESS LEVELS

No	Author Name & Year	Method	Results
1	Azizah Fitri Rahmawati (2024)	descriptive	The results of the data analysis indicate the development of social-emotional competencies in PJBL learning. This study was limited by the small sample size; it is hoped that further research can use larger samples and add interview instruments.
2	Faishol Zulfa Alghozi (2021)	(Correlational)	it can be concluded that there is a positive relationship between physical activity and physical fitness. The better the physical activity, the better the physical fitness.
3	Adjitama Yoga Wiguna (2021)	descriptive	It can be concluded that there is a positive relationship between physical activity and physical fitness. The better the physical activity, the better the physical fitness

IV. CONCLUSION

After analyzing several selected research articles, it can be concluded that there is a relationship between social emotional competence, physical activity, healthy lifestyle patterns and physical fitness.

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[3] Wiguna, AY (2021). Healthy lifestyle of seventh grade students of public junior high schools in Mlati District, Sleman. Unpublished thesis, Yogyakarta State University.