



Students' Interest in Physical Education Learning at State Junior High School 1 Banjarbaru, South Kalimantan

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ABSTRACT

Futsal is favored by various groups, ranging from children to adults. The purpose of this research is to determine students' interest in learning Physical Education at SMP Negeri 1 Banjarbaru. This type of research is quantitative descriptive. The population in this research was 320 students at SMP Negeri 1 Banjarbaru class VIII. The sampling technique uses the Slovin formula with an allowance of 20% for a sample size of 25 students. The indicators of interest in learning in the questionnaire are divided into 4 indicators, namely: 1) Feelings of joy, 2) student interest, 3) Attention, 4) student involvement. The number of statements designed was 27 statements. The results of this research are students' interest in learning Physical Education at SMP Negeri 1 Banjarbaru with an average of 62% in the strong category.

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INTRODUCTION

Education is educating carried out by a teacher to students, it is expected that adults in children can provide examples of role models, learning, direction, and improving ethics and morals, as well as exploring the knowledge of each individual (Pristiwanti et al., 2022). From the opinion above, we can conclude that education is very important for individuals or everyone, including one of the educations in schools, namely physical education. Physical education is part of learning in schools that is dominant in terms of practicing movement in the field to maintain and even improve the physical fitness of students at school.

Physical education is a teaching process through physical activities and at the same time as a teaching process to master physical skills (Lengkana & Sofa, 2017). According to Arifin (2017) Physical education is not only an isolated physical development activity, but must be in the context of general education. We can conclude that physical education is



one part of education to achieve elements of skill movement development. Like schools in general, Junior High School (SMP) Negeri 1 Banjarbaru also teaches physical education which is one of the general subjects in school. The materials taught in physical education are big ball games (football, volleyball, basketball), small balls (badminton, table tennis and baseball), athletics (running, long jump and shot put), martial arts (Pencak Silat), then development activities (physical fitness), floor gymnastics and rhythmic gymnastics as well as outdoor education and healthy living culture. In order for the objectives of Physical Education learning to be achieved properly, students' interest is needed to follow the learning process seriously and happily. Interest here is so that students are always interested in physical education learning at school, this is why it is important because if students do not have an interest in learning in a lesson, it will be difficult to achieve learning goals.

Interest in learning is where a student feels happy, likes and is very interested in paying attention to learning to gain knowledge that is of great interest to him (Sabilullah, 2021). According to Suciati (2023), interest is a feeling of joy towards something that happens, which gives a passionate or enthusiastic effect from within a person spontaneously or through prior experience. Based on this opinion, with high student interest, students will become active in the teaching and learning process of physical education which is poured into sports activities. Interest has a great influence on learning, because if the learning material being studied does not match the interests of the students, the students will not learn seriously, because there is no attraction for them to the lesson. Students are reluctant to learn and do not get satisfaction from the lesson. Learning materials that interest students will be easier for students to learn and remember. High interest in students will make students try hard to overcome problems that may arise in sports activities at school, and vice versa, low interest will cause a decrease in students' desire to do sports activities which will ultimately hinder the achievement of quality human resources as stated in the objectives of physical education itself.

Based on the results of observations at SMP Negeri 1 Banjarbaru, it is known that quite a lot of students do not seem serious in following the physical education learning process to the implementation of activities related to physical education. Students look lazy, lack enthusiasm, and feel unhappy in following Physical Education subjects because they do not want to do a series of activities that cause them to sweat and make them tired. In contrast to students who are so interested in learning Physical Education, they are not worried about their clothes getting wet because they sweat a lot, they know they are so interested and enjoy learning Physical Education. From the problems above, researchers need to know how interested students are in learning Physical Education at SMP Negeri 1 Banjarbaru. Hopefully this can be an evaluation material for Physical Education learning if the results of student interest are stated to be low. The first indicator of feelings of happiness according to Kartika (2019) feelings of happiness are feelings of students who do not feel burdened when learning, actively participate during the learning process and always pay attention to the teacher when explaining. According to Gumelar (2015) Interpersonal interest between students and teachers can positively influence the student learning process.

According to Nisa (2015) In the teaching and learning process, teachers are required to create effective learning conditions, develop teaching materials in order to increase students' interest and attention. And according to Dharmayana (2015) in achieving high academic achievement, the role of psychological characteristic factors is needed which can increase student involvement in school. From several opinions above, it can be concluded that the selected indicators greatly influence students in participating in learning in a school.

Therefore, this indicator is used to determine students' interest in participating in physical education learning at SMP Negeri 1 Banjarbaru.

MATERIALS AND METHODS

This study uses a survey method. Descriptive quantitative research uses a questionnaire instrument. According to Rahayu as quoted (Mayasari et al., 2021) descriptive research is research conducted to determine the value of independent variables, either one or more variables without making comparisons, or connecting with other variables. The method used is a descriptive research method with the data analysis technique used in this study is descriptive statistics with percentages.

$$P = \frac{F}{N} \times 100\%$$

Description:

P = Percentage

F = Number of values/score

N = Number of data/samples

Tabel 1. Research Criteria

NO	Value	Category
1	0% - 20%	Very Weak
2	21% - 40%	Weak
3	41% - 60%	Fair
4	61% - 80%	Strong
5	81% - 100%	Very Strong

In this study, the population of SMP Negeri 1 Banjarbaru who are in class VIII is 320 students. From the population, sampling was determined using probability sampling techniques and more specifically, the researcher used simple random sampling. The researcher used the Slovin formula with a percentage of leeway of 0.2 (20%). After calculating using the Slovin formula from a population of 320 students in class VIII of SMP Negeri 1 Banjarbaru, a sample of 25 students in class VIII of SMP Negeri 1 Banjarbaru was obtained.

The instrument used in this study was a questionnaire, which is a statement developed in accordance with the objectives of the study and the statement does not make it difficult for respondents and respondents choose one of the answers from the alternative answers in the questionnaire. The questionnaire grid can be seen in table 2.

Tabel 2. Questionare

Variable	Research Indicators	Item		Total item
		Positive	Negative	
Interest	Feeling happy	1, 2, 4, 5	3, 6, 7	7
	Student interest	8, 9, 10, 12, 13, 14, 16	11, 15	9
	Attention	17, 18, 20, 22, 23	19, 21	7
	Student involvement	24, 24, 26	27	4
Total				27

The questionnaire used has been used and its validity has been tested in a study by Wahyudi entitled "Students' Interest in Physical Education Learning at SMP Negeri 1 Banjarbaru". After the validity test, it became 27 statement items.

RESULTS AND DISCUSSION

After a detailed recapitulation of each indicator of student interest in the subject of Physical Education at SMP Negeri 1 Banjarbaru, the researcher then recapitulated the respondents' answers to each indicator with the results can be seen in Table 4. In the Happy Feelings indicator consisting of 7 statement items, there were 167 answers stating that they strongly agree or 32%, there were 258 answers stating that they agree or 50.4%, there were 84 answers stating that they disagree or 16.4%, there were 6 answers stating that they strongly disagree or 1.2%. In the Student Interest indicator consisting of 9 statement items, there were 92 answers stating that they strongly agree or 16.6%, there were 261 answers stating that they agree or 47.1%, there were 172 answers stating that they disagree or 31%, there were 29 answers stating that they strongly disagree or 5.2%.

In the Attention indicator consisting of 7 statement items, there are 96 answers stating strongly agree or 20.3%, there are 258 answers stating agree or 54.7%, there are 106 answers stating disagree or 22.5%, there are 12 answers stating strongly disagree or 2.5%. In the Student Involvement indicator consisting of 4 statement items, there are 36 answers stating strongly agree or 14%, there are 141 answers stating agree or 54.9%, there are 72 answers stating disagree or 28%, there are 8 answers stating strongly disagree or 3.1%. Meanwhile, for the overall average value obtained by respondents, it has 62% in the interval 61% - 80% which indicates a strong category. The following is a detailed description of respondents' answers about interest in learning Physical Education at SMP Negeri 1 Banjarbaru from all indicators as stated in table 3.

Table 3. Research Results Recapitulation

No	Indicator	SA		A		D		SD		Total score		Mean
		F	%	F	%	F	%	F	%	F	%	
1	Feeling happy	184	32%	258	50,4%	84	15,4%	6	1,2%	512	100%	62% (Strong)
2	Students interest	92	16,6%	261	47,1%	172	31%	29	5,2%	554	100%	
3	Students' attention	96	20,3%	258	54,7%	106	22,5%	12	2,5%	472	100%	
4	Students' involvement	36	14%	141	54,9%	72	28%	8	3,1%	257	100%	

Based on the results obtained, it shows that students' interest in participating in physical education is in the "Strong" category. This condition is influenced by several indicators such as feelings of pleasure, student interest, attention and student involvement. These results show how much interest students have in participating in physical education and what factors influence it.

Students' interest in participating in physical education greatly influences the success of learning packaged by teachers. This is because students as learning actors are the most important part in the success of learning. So that learning must be packaged in such a way and try to foster students' interest in learning so that learning can run optimally. Problems that often arise in physical education learning must be minimized by teachers so that students can be interested in participating in physical education learning actively. Various

problems from students and learning packaging will affect students' interest in participating in learning.

The role of teachers in learning is very central to package learning and control classroom conditions. Learning by utilizing facilities and controlling students' psychology so that they have a high interest in learning needs to be planned. High interest in learning will help students to be active in learning and have the opportunity to master the skills taught and achieve maximum learning achievement.

CONCLUSION

Based on the results of the research and discussion that has been done. It can be concluded that the interest of students in physical education learning at SMP Negeri 1 Banjarbaru, shows an average value with a percentage of 62% (25 students) included in the "strong" category, for the indicator of feelings of pleasure shows an average value of respondents' answers of 68% with a percentage included in the "strong" category, the interest indicator shows an average value of respondents' answers of 57% with a percentage included in the "sufficient" category, the attention indicator shows an average value of respondents' answers of 62% with a percentage included in the "strong" category, and the involvement indicator shows an average value of respondents' answers of 59% with a percentage included in the "sufficient" category.

Based on the discussion and conclusions that have been put forward above, some suggestions that researchers can provide are as follows: (1) students are expected to always increase their love for physical education learning because physical education is one of the supports in the development of movement and knowledge. (2) Teachers are expected to provide motivation and encouragement to students so that their interest in learning Physical Education improves day by day, (3) schools will be better at providing support in terms of sports facilities at school.

CONFLICT OF INTEREST

There are no conflicts of interest in this article.

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