



Values of Physical Education and Sports as Character Development and Strengthening

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ABSTRACT

Physical education and sports are not just a presentation in the world of education that teaches about how to live a healthy life and maintain fitness, but in it there are values that can be used as a driving force for developing and strengthening character, some of the values in sports are referred to in this article. in the form of Fair play, cooperation and teamwork, discipline and independence, leadership and mental toughness, it is hoped that these values can become a reference that can build and strengthen character so that it grows into optimal character both personally and in social life. The research method used is a qualitative method which produces descriptive data using literature studies.

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INTRODUCTION

Physical education and sports function as an arena for human exploration, where the teaching and learning process must include ethics and values to foster character development. Physical education can be widely accepted as a model of "education through physical activity", which developed as a result of the widespread study of movement education (Abduljabar, 2011). This character is essentially related to the identity and essence of the Indonesian nation. This is not only the responsibility of every parent in the family, but can also be fostered through values-based education at school. In order to instill and develop the character of this nation, the role played by the world of education cannot be separated (Sudrajat, 2011). It is true, sport has demonstrated its efficacy not only in improving physical well-being, but also in acting as a medium for strengthening one's character. The ideals instilled in each sport not only create athletes who achieve success, but also create strong, ethical people who are ready to face various obstacles. The implementation of deep sporting ideals can be a crucial factor in developing exemplary



character. Starting from the principle of fair play which instills the principles of honesty, integrity and treating opponents as true allies on the field, to the value of cooperation which fosters team friendship and grows individuals who are able to collaborate harmoniously (Setyawan, 2016).

In the field of sports, discipline is more than just compliance with the rules; this requires acquiring the ability to self-regulate, value punctuality, and maximize one's innate abilities (Madri & Asnaldi, 2020). Practice and competition foster discipline, which in turn fosters a steadfast and conscientious character. Equally important, leadership skills developed in the field transfer to everyday life. Sports team leaders exert far-reaching influence by providing guidance, motivation, and setting compelling precedents. Therefore, leadership in sports not only develops athletes who excel, but also develops individuals who are ready to motivate the people around them. Mental toughness is a fundamental basis of character that fosters greatness in all areas of life. Individuals who have the ability to handle stress, bounce back from setbacks, and maintain concentration on goals not only have psychological resilience but also have the grit to thrive under a variety of circumstances.

Therefore, sports principles, if applied effectively, will be more than just lessons on the field; they are also important in cultivating exemplary character in everyday life. These principles, like the warmth radiated by sunlight, encourage the development of individuals who not only excel in sports, but also have strong character, abundant integrity, and a readiness to face life's challenges.

MATERIALS AND METHODS

The research method used is a qualitative method which produces descriptive data using literature studies (Harahap, 2020). Without carrying out hypotheses or calculations, this research aims to provide a detailed description of the social phenomenon that is the focus of the problem regarding the role of physical education and sports in developing and strengthening character. This method is intended to analyze the entire discussion regarding character strengthening adapted from the values in physical education and sports.

RESULTS

Understanding Character

Character comes from Latin which means carved, so character is a combination of various virtues and values carved into the stone of life which will embody true values. Meanwhile, according to Hermawan Kertajaya, "Character is a characteristic possessed by an object or individual. These characteristics are ingrained in a person so that they will become a driving force for acting, behaving and speaking" (Hidayatullah, 2019), while the Ministry of National Education defines character as a person's character, character, morals or personality which is formed from the internalization of various virtues (virtues). which is believed and used as a basis for ways of viewing, thinking, behaving and acting (Mughtar & Suryani, 2019).

According to Erich Fromm, social character, theoretically and generally, is a system of replenishing life energy and vital élan. This energy replenishment process is carried out by individuals by having good relationships with other humans. Another way is to adapt to nature to fulfill material needs accompanied by satisfaction. According to Fromm, this social character is a system so that its characteristics are related to each other. Changes in single properties can only occur if the system changes as a whole. This social character system becomes the basic reference for behavior. Individuals are distinguished from each other

based on their social character. Meanwhile, Fromm stated that the general similarity in these social characters is a basic physiological condition

To understand further, it is better for us to understand the meaning of character first, while the definition of character is "innate heart, soul, personality, manners, behavior, personality, character, temperament and character". So, what is called character is actually personality, behavior, character, disposition and character

Character is the nature, manners, character or disposition of a person that develops from birth to the end of his life. This character will clearly show a person's identity, even though it cannot be measured empirically, it can be felt by the people around him, whether a person has good character or not. Character is something that is invisible but manifests in a person's thoughts, perceptions, behavior and actions. Character determines a person's true qualities and values. Character education teaches habits of thinking and acting that help individuals to live and work together as a family and community and as a state and helps them to make responsible decisions.

Republic of Indonesia Law no. 20 of 2003 concerning the National Education System article 3 states that national education functions to develop abilities and shape the character and civilization of a dignified nation in order to educate the life of the nation, aiming to develop the potential of students to become human beings who have faith and are devoted to God Almighty, with good morals. noble, healthy, knowledgeable, capable, creative, independent and a democratic and responsible citizen (National, 2003).

Responding to the current condition of society's moral values, the government through the Ministry of National Education has initiated the implementation of character education at all levels of education, from elementary school to university. The concept of character education emerged in the field of education as a response to the perceived failure of the education system in developing individuals who have strong moral values and virtues. Education is often criticized for its failure to cultivate character, resulting in a large number of graduates and school leavers having strong intellectual abilities but lacking mental resilience, displaying timidity, irresponsibility, and engaging in inappropriate behavior.

Character refers to the true values that exist in life and is demonstrated through behavior that has a positive influence on oneself and the surrounding environment. Character is manifested through the results of a person's cognition, emotions, physical activity, and sentiments and motivations individually or collectively. Character refers to the qualities and attributes inherent in an individual or collective, which include values, abilities, moral capacity, intellectual intelligence, emotional intelligence, and spiritual intelligence. It also includes traits such as resilience, determination, assertiveness, and self-confidence in facing various challenges. The fundamental aspect of character education in physical education centers on the affective domain. Efficient cultivation and empowerment of the affective domain can be achieved by implementing it at the educational unit, family and community levels. The development of emotional values is integrated into the teaching and learning process at the educational unit level. This is achieved through combining daily habits and extracurricular activities. The problem facing Indonesia is the degradation of ethical values and national identity among the younger generation. The emotional significance of education is gradually diminishing among the younger generation as a result of the impact of globalization and industrialization. Instilling emotional values from a young age is a deliberate effort to cultivate an individual's moral fiber. Of the 100% RPPs that contain educational or character values, however, only 65% or 13 of the physical education teachers' strategies or methods are used to implement these educational values (Widiyatmoko & Hudah, 2017). The main focus of character education content in physical education lies in the realm of affective learning. The main emphasis of learning in the

affective domain is related to emotions, principles, interpersonal behavior, and character related to human movement. Affective domain learning in the context of physical education and sports refers to the acquisition of ideas such as sportsmanship, fair play, respect for others, respect for equipment, self-control, responsibility and motivation by students.

Values in Sports

Fair Play

Fair Play or Sportsmanship relates to the ethos of fair competition, showing respect for opponents, and graciously acknowledging results. Fair Play, or the practice of adhering to the principles of fairness, is not only limited to the field of sports, but serves as a fundamental ethical framework that makes a significant contribution to the development of one's character (Simon, 2018). This understanding includes elements of sportsmanship, integrity and constructive involvement within the framework of competition. In the realm of character development, Fair Play not only influences behavior in the realm of sports, but also shapes attitudes and deep life values outside the boundaries of the sports arena. Sportsmanship is the main value that is closely related to Fair Play. Sportsmanship means showing a polite attitude towards opponents and strict adherence to the rules of the game (Herdiyana & Prakoso, 2016). Having an understanding of the importance of sportsmanship in sports competitions contributes to the development of a friendly attitude, the ability to recognize an opponent's efforts, and the ability to handle victory or failure calmly. Sportsmanship fosters the development of virtues such as courtesy, recognition of diligent effort, and a sense of accountability toward the team and opponents. Integrity and honesty are key components of fair play. Obeying the rules and refraining from engaging in deceptive tactics will promote moral principles such as fairness and honesty. This forms a strong basis of moral character, where the individual understands that achievements achieved through righteous actions have far greater value than success achieved through unethical means. Simply put, Fair Play cultivates individuals who demonstrate unwavering integrity, not only in sports, but also in everyday life, resulting in success in both areas.

Character development through Fair Play also includes the skills to regulate emotions and handle stress effectively (Herdiyana & Prakoso, 2016). Competitive situations can give rise to feelings of dissatisfaction and stress. Nonetheless, Fair Play instills in individuals the ability to regulate emotions, react to defeat calmly, and withstand pressure without compromising sportsmanship. The ability to regulate emotions has a beneficial influence on a person's character growth, resulting in a person who has calm, endurance and the ability to adapt in facing life's challenges. Apart from that, Fair Play encourages the growth of empathy. When someone shows respect for their opponent's feelings and encounters, this fosters emotional connection and deep understanding. Gaining the ability to understand a situation from another person's perspective is an invaluable social talent that will prove beneficial to you in all aspects of life. By engaging in fair sports, individuals develop an understanding and appreciation for each person's uniqueness, fostering better and more significant relationships outside the sporting arena.

The importance of Fair Play in developing one's character is also seen in how individuals react to both success and disappointment. Emotional maturity and a positive outlook on life are demonstrated when a person gracefully accepts defeat or celebrates victory without belittling his opponent. The Fair Play principle emphasizes that success or failure should not be viewed as an end result, but rather as an opportunity for personal development and the acquisition of knowledge (Akhmad, 2010). This fosters a constructive mindset and fortitude of character which is very important in facing life's difficulties. In educational settings, Fair Play meetings at schools or sports clubs offer significant prospects

for shaping student character. Teachers and coaches act as influential mentors, orienting students towards the concept of Fair Play and helping them apply these values to their daily lives. Physical education and sporting activities offer unique opportunities for character development because of their involvement in direct involvement, accountability, and decision making. To encourage character development through Fair Play, it is essential to value and respect each individual, regardless of their accomplishments or physical abilities. This fosters a cultural environment where individuals experience a sense of worth, recognition, and inclusion, thereby facilitating desired personal development and qualities.

Cooperation and Teamwork

Cooperation or teamwork is not just an abstract idea limited to the field of work or sports, but a fundamental principle that shapes a person's character. In the field of character development, collaboration functions as a catalyst for cultivating social attitudes, values and talents that are important for achieving success in everyday life. Communication skills are a key benefit of collaboration. By engaging in collaborative teamwork, individuals gain the skills to communicate successfully, articulate ideas, listen actively, and voice perspectives clearly. Effective communication skills are a fundamental basis for fostering positive relationships, both in the world of work and personal interactions. Engaging in collaboration allows individuals to perfect their communication skills, thereby encouraging the growth of a character who appreciates different points of view and is able to interact constructively with others. In collaborative scenarios, the idea of mutual trust emerges as a basic principle. The success of a team depends on the establishment of mutual trust between its members. By engaging in collaboration, individuals develop a sense of dependence on one another, carry out their responsibilities, and realize that team success requires constructive contributions from each member (Aqobah et al., 2020). The formation of this mutual trust will foster individuals who are reliable, accountable, and have an awareness of the importance of unity in achieving common goals. Furthermore, collaboration instills the importance of valuing and respecting individual differences. Within a team, each individual contributes different talents, diverse backgrounds, and diverse experiences. Appreciating and utilizing this diversity will enhance the collaborative process and produce an all-inclusive atmosphere. By collaborating, individuals gain an appreciation for diverse points of view, develop a deep understanding of each other's abilities, and build character that has the ability to adapt to various circumstances.

The importance of collaboration is also seen in its capacity to address and resolve conflict. Conflict is a reality that cannot be avoided in every team. By engaging in cooperative activities, individuals gain the skills to manage conflict in a productive manner, convey information effectively, and collectively find resolution. These skills not only provide a beneficial influence in a team setting, but also foster a mature disposition that allows a person to be adept at handling conflict in everyday life. Collaboration functions as a means to observe growth and improvement of leadership abilities (Rantauwati, 2020). Leadership positions within a team can be rotated or shared, allowing individuals to develop effective leadership skills, inspire team members, and make impactful decisions through collaboration. These leadership skills, especially in collaborative situations, contribute to the development of a character capable of not only providing guidance, but also fostering mutual achievement. Collaboration in the field of education encourages the development of people who have the capacity to acquire knowledge from others, exchange information, and adapt well to various circumstances. Education can encourage the development of cooperative character by involving students in group projects or collaborative activities.

From demonstrated a sincere and deep concern for the interactions between individuals and society. This phenomenon can be observed in certain cultures. This is clearly visible in certain aspects of his perspective. Humans have inherent and fundamental characteristics. Society was founded by humans to satisfy their inherent nature. No society in history has succeeded in fulfilling the basic requirements for human existence. It is possible to build a society that adequately meets the basic requirements for human survival.

Discipline and Independence

Engaging in sports fosters the development of personal discipline, responsibility, and self-management abilities. Sport has an important role in developing individual character by increasing discipline and independence. Sport includes more than just physical activity; This also provides an opportunity to cultivate attitudes, behavior and principles that contribute positively to everyday life (Aulina, 2013). Sports discipline includes strict adherence to rules, unwavering commitment to training, and respect for the journey of personal growth. By consistently adhering to a practice schedule, diligently following the coach's directions, and demonstrating respect for the laws of the game, a person builds a solid foundation of discipline. This discipline fosters a character that is reliable, responsible, and ready to face problems (Musbikin & others, 2021). Discipline in sports not only includes physical aspects, but also mental aspects such as concentration and determination. For example, when an athlete acquires the skill of maintaining concentration on a goal, even under challenging circumstances, they develop cognitive abilities that are important for overcoming obstacles and achieving desired outcomes. This cognitive training not only influences sporting prowess, but also fosters a firm attitude when facing life's trials.

Getting involved in sports offers a great opportunity to foster independence. Athletes gain the ability to engage proactively in training, allocate their time effectively, and take responsibility for their well-being and physical condition. Independence includes readiness to acquire knowledge, adapt, and progress as an individual (Sa'Diyah, 2017). Additionally, athletes often face impromptu choices and personal responsibility for their actions. This fosters autonomy in decision making, thereby establishing character accountability for the results of each action. Independence includes the ability to overcome personal challenges, cultivating a character that is not only independent but also ready to help others in their endeavors.

In the world of team sports, active participation and a sense of responsibility towards the team are very important components. Each team member has different roles and responsibilities, and the success of the team depends on the active participation of each individual. This encourages the development of personalities who understand the importance of collaboration, respect each other's tasks, and are committed to achieving victory together. The leadership component is also part of the team's responsibilities. Successful athletes often have the opportunity to take on leadership roles or act as a motivating factor on a team. This enhances leadership abilities, forming a personality that has the capacity to inspire and encourage others.

The acquisition of discipline and independence through sport fosters individuals with a strong foundation of character, enabling them to not only thrive in sporting achievements but also face the intricacies of life. Therefore, sport includes more than just physical activity; they serve as important life lessons that foster resilience and grit.

Leadership

Participating in a leadership position on a sports team helps grow and improve one's leadership abilities and accountability. Leadership in sports involves more than just guiding a team or holding the position of captain; it is also a basic principle that shapes a person's personal character (Situmorang, 2012). Participating in leadership roles in sports allows individuals to develop skills, attitudes, and beliefs that prove beneficial not only in the sporting arena, but also in their everyday lives. Participating in leadership positions in sports offers the opportunity to acquire and improve important leadership abilities. The role of a leader on a sports team typically entails responsibility for inspiring, directing teammates, and formulating strategic decisions. These experiences allow individuals to gain in-depth communication, organizational, and decision-making skills. Effective leadership in sports requires the ability to make decisions quickly and decisively, especially at critical moments that ultimately determine the outcome of the match (Ginting, 2018). Participation in the decision-making process, particularly in a team capacity, instills in individuals the ability to assume accountability for their actions and choices. This creates a character who not only dares to accept responsibility, but is also able to gain knowledge from these choices.

Sports leaders are often catalysts of motivation and inspiration among their peers. A particularly valuable leadership skill is the ability to motivate individuals, provide support during difficult times, and encourage optimal performance. By engaging in these activities, individuals cultivate character characteristics that can provide constructive assistance to others, fostering an enthusiastic and cooperative atmosphere. Effective leadership in sports requires strong interpersonal skills. A skilled leader must have the ability to understand and appreciate the abilities and limitations of each member on the team. This encourages the development of characters who have the ability to interact with others in a compassionate and perceptive manner, thereby building strong relationships within the team.

Effective sports leadership often requires skillful management of interpersonal conflict within a team. Managing stress well, resolving disputes effectively, and fostering cohesion among team members are key qualities of effective leadership. This promotes the development of a fully developed personality and allows a person to successfully navigate interpersonal obstacles. Sports leaders also facilitate individuals in understanding and forming their name and personality. Leadership experience allows individuals to identify their own strengths and weaknesses, thereby cultivating an honest and confident character.

Therefore, leadership in sports does not only include the official role as a team leader, but also includes ideals and skills that shape character. Leadership experience in sports creates individuals who can motivate, inspire and interact with others effectively, bringing a positive impact in the sports environment and extending into everyday life (Putra et al., 2021). Leadership is not only about directing a team to victory, but also about forming characters that inspire and make positive contributions to society.

Mental Toughness

Engaging in sport can facilitate the development of mental resilience, the ability to manage stress effectively and face obstacles. Mental fortitude, especially in sports, is more than just resilience in the face of challenging physical circumstances. In addition, mental toughness includes the ability to handle stress effectively, regulate emotions, and maintain concentration in the face of adversity. Gaining mental toughness through sport significantly improves various aspects of daily life in character development. Mental resilience includes the ability to overcome setbacks and recognize wins without being unduly affected. In the world of sports, every athlete always encounters failure and success, and their reactions to these situations are proof of their psychological resilience. Cultivating the ability to draw

knowledge from failure, maintain humility in moments of triumph, and continually strive for self-improvement contributes to the development of a strong and resilient character.

Sports activities often require a high level of mental attention and focus. An athlete with a strong mentality has the ability to maintain focus even in the midst of high pressure situations (Adi, 2016). Having the capacity to maintain concentration on goals, even when there are distractions or challenges, fosters a resilient and resilient disposition. Mental resilience includes the capacity to regulate and direct one's emotions effectively. Emotions often play an important role in determining the outcome of competitive situations, such as matches or tournaments. Mentally strong individuals are able to manage stress, worry and anger effectively. This fosters the development of an emotionally resilient character, capable of maintaining inner balance in challenging circumstances. Athletes who have mental fortitude are able to face pressure and expectations calmly. They not only survive in challenging circumstances, but also excel under pressure. Mental fortitude gives birth to individuals who show courage in facing obstacles and have the ability to grow and develop in difficult circumstances.

Failure is an inherent aspect of the sporting experience. An athlete with a strong mentality not only endures defeat, but also uses his experiences as a catalyst for self-improvement. Mental fortitude will give birth to individuals who show unwavering toughness and determination when faced with challenges. Athletes with strong mental fortitude have the ability to accept criticism easily. They view criticism as an opportunity for personal development and progress, not as an obstacle. The ability to accept criticism with maturity fosters a character that is receptive to learning and consistently seeks to develop oneself.

Mental resilience includes deep self-awareness. An athlete with a strong mentality has the ability to differentiate individual strengths and weaknesses, thereby enabling them to regulate their behavior effectively (Sin, 2016). This self-awareness fosters a character who not only has physical strength, but also mental fortitude.

By engaging in sports activities that increase mental fortitude, individuals develop a tough character, supported by high self-confidence, and are ready to face life's trials. Mental toughness is not only beneficial in sporting achievements, but also has a significant and beneficial influence in forming a complete and tough personality.

CONCLUSION

In closing this article, it can be concluded that character strengthening is instilled through physical education and sports activities. This emphasizes the importance of sports values in character development and how physical education and sport is more than just about health and physical fitness but also to instill values and traits that are important for personal growth, character development, emphasizing that sport is not only contributes to physical fitness but also plays an important role in cultivating the values, social skills, and personal traits essential for holistic personal growth. Effectively emphasizes the holistic impact of sport on character development, highlighting the values and traits instilled through sporting activities and their significance for personal growth. It provides a comprehensive overview of the role of sport in shaping character, covering ethical values, social skills, and personal traits that are important for holistic development.

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CONFLICT OF INTEREST

All authors declare that there is no conflict of interest in this research.

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