

The Relationship Between Basketball Extracurricular and the Characteristics of Students Attitudes at Kanisius Pati Junior High School

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Abstract

Extracurricular activities at school play an important role in shaping the character of students, not only from the academic aspect but also from attitude. One of the activities in demand is basketball extracurricular sports that train discipline, cooperation, and confidence. However, it is not widely known to what extent this activity is related to the characteristics of students' attitudes. This study aims to determine the relationship between basketball extracurricular activities and students' attitudes of discipline, cooperation, and confidence. This study uses a quantitative approach with a correlational method. The research population is students who participate in basketball extracurriculars at Kanisius Pati Junior High School. Data were collected using a Likert scale questionnaire and analyzed with descriptive statistics and Pearson correlation tests. The results of the study showed a significant relationship between basketball extracurricular activities and the characteristics of students' attitudes. In the confidence variable, a significance value of 0.0001 (<0.05) was obtained with a correlation coefficient of 0.617 which is included in the strong and positive categories. This shows that the higher the student involvement, the higher the level of confidence. These findings suggest that basketball extracurriculars play an important role in shaping student character.

Keywords: sports extracurriculars; basketball; student characters

1. Introduction

Education is an important process in shaping the quality of human resources who not only excel in academic aspects, but also have good character (Retno et al. 2023). The formation of students' character through education is one of the important efforts in improving the quality of human beings as a whole (Kuntadi and Hidayat 2022). Through the educational process, it is hoped that individuals who have good intellectual abilities, skills, and attitudes and moral values will be formed in community life (Pane, Suriyanti, and Sidabutar 2024). Research conducted by (Yanuar Surya Ramadhan, Cahyo Yuwono, Bambang Priyono 2021) shows that involvement in sports activities has an important role not only on the physical aspect, but also on the formation of positive habits and behaviors of individuals. Therefore, education focuses not only on academic achievement, but also on developing students' attitudes and character (Nasution, Dewi, and Ummah 2023).

In the context of education in Indonesia, strengthening character education is one of the main goals that is expected to be able to form a quality student personality (Yunanto and Kasanova 2023). Research conducted by (Amrullah, Priyono, and Pramono 2023) shows that sports activities in physical education have an important role in increasing learning motivation and forming positive attitudes of students. Character development can be done through various activities at school, both through learning activities in the classroom and outside the classroom (Khoiriyah, Santika, and Misrodin 2024). One of the activities that can support the development of students' character is

extracurricular activities. Extracurricular activities provide opportunities for students to develop their potential, interests, and talents, as well as practice social skills through various activities carried out together (Nia, Nurhattati, and Kamaludin 2024). In addition, these activities can also increase students' confidence and their ability to face various challenges (Syafitri and Listyaningsih 2023).

Sports extracurricular activities are a form of activity that is in great demand by students at school (Sinulingga et al. 2024). Through sports activities, students not only develop physical abilities and movement skills, but also gain learning experiences related to attitudes and character values such as discipline, cooperation, and confidence (Suyato et al. 2024). In team sports activities such as basketball, students are required to obey the rules of the game, cooperate with team members, and have courage and confidence in making decisions during the game (Wang and Ismail 2024). This shows that sports can be an effective medium in shaping students' attitudes and character (Wang et al. 2024).

Basketball is one of the team sports that is quite popular among students and is often used as an extracurricular activity in schools (Pocius and Malinauskas 2024). The game of basketball demands good teamwork, effective communication, and the ability of individuals to make decisions quickly during the game (Hulfian et al. 2025). In basketball extracurricular activities, students are trained to obey the rules of the game, follow a disciplined training schedule, and work together with team members to achieve common goals (Pocius and Malinauskas 2025). Through this process, students not only develop basketball skills, but also develop various positive attitudes related to character formation (Kurniawan et al. 2024).

Student character is an important aspect in the education process because good character will affect students' behavior and attitudes in daily life (Nasution et al. 2023). Some of the important characters to develop in students include discipline, cooperation, and confidence. Discipline is related to the ability of students to obey rules and carry out responsibilities well (Fauzi, Sofyan, and Nurhayati 2025). Cooperative attitudes relate to the student's ability to work with others in achieving common goals (Munawar 2025). Meanwhile, confidence is an individual's belief in his or her ability to face various situations and challenges (Pearl 2024).

Various studies show that sports extracurricular activities have a positive relationship with student character development. Research conducted by (Nangare, Sayyed, and Kamble 2025) showed that students who actively participated in sports extracurricular activities had better levels of confidence than students who did not participate in those activities. In addition, the research (Ariawan 2025) It was also found that participation in extracurricular activities had a positive relationship with the development of students' social skills and confidence. Other research by (Saputri, Handayani, and Handini 2023) It also states that sports activities can help students increase their confidence and ability to work together in group activities.

Therefore, the novelty in this study lies in a more specific and comprehensive approach, namely examining the relationship between the level of student involvement in basketball extracurricular activities and three main character indicators at once, namely discipline, cooperation, and confidence. This study also uses a quantitative approach with Pearson correlation analysis to produce more objective and measurable empirical evidence, and is carried out in the context of junior high school students which are still relatively limited studied in previous studies.

Based on this description, this study aims to determine the relationship between basketball extracurricular activities and student attitude characteristics which include discipline, cooperation, and confidence. The results of this study are expected to make a theoretical contribution to the development of character education studies as well as practical contributions for schools in optimizing extracurricular activities as a means of fostering students' character.

2. Method

This study uses a quantitative approach with a type of correlational research. The quantitative approach is used because this study aims to determine the relationship between basketball extracurricular activities and student attitude characteristics which include discipline, cooperation, and confidence objectively through data in the form of numbers (Mahamid and Bdier 2021). The correlational method is used to determine the extent of the relationship between the extracurricular variables of basketball as a free variable and the characteristics of students' attitudes as related variables (Al-Khresheh and Alkursheh 2024).

This research was carried out at Kanisius Pati Junior High School on January 22, 2026. The population in this study is all students who participate in basketball extracurricular activities at the school. The sampling technique used is total sampling, namely all members of the population are used as research samples, the number of samples in this study is 39 students, consisting of 20 students of the men's basketball team and 19 students of the women's basketball team.

The data collection technique in this study uses questionnaire instruments. The questionnaire was compiled using a likert scale consisting of several extracurricular statements of basketball sports and characteristics of students' attitudes. The alternative answers used were strongly agree, agree, disagree, and disagree, which were then scored according to the provisions of the likert scale. The instrument used in this study has gone through a validity test using the Aiken's method with a value of 0.94 so that the instrument is declared valid and suitable for use in the study (AJI 2025).

The data analysis in this study was carried out using descriptive statistical analysis and inferential analysis. Descriptive statistical analysis is used to describe the characteristics of the research data, while inferential analysis is used to test the research hypothesis (Shao, Shirvan, and Alamer 2022). The hypothesis test was carried out using the Pearson correlation test to determine the relationship between basketball extracurricular activities and student attitude characteristics. The entire data analysis process is carried out with the help of a statistical program.

3. Result

The descriptive analysis in this study aims to provide an overview of the data obtained from respondents related to basketball extracurricular activities and student attitude characteristics which include discipline, cooperation, and confidence. The research data was obtained from the results of filling out questionnaires by 39 students who participated in basketball extracurricular activities at Kanisius Pati Junior High School.

Table 1. Descriptive statistics

Variabel	N	Minimum	Maximum	Red	Hours of deviation
Extra	39	23	37	31.05	4.058
Attitude	39	37	48	43.18	2.827

Based on the results of the analysis of 39 respondents, an extra minimum score of 23 and a minimum attitude score of 37 and an extra maximum score of 37 and a maximum attitude score of 48, with an extra mean score of 31.05 and a mean of attitude of 43.18 and a standard deviation of attitude of 2,827 and an extra standard deviation of 4,058.

Table 2. Normality test

Variabel	Sig	Description
Basketball extracurricular	.126	Signifikan
Characteristics of student attitudes	.200	Signifikan

Based on the results of the normality test using the *Kolmogorov-Smirnov* Technique, the significance value of basketball extracurricular is 0.126 and the significance value of student attitude characteristics is 0.200 Because these significance values are greater than 0.05 ($0.126 > 0.05$) and ($0.200 > 0.05$), it can be concluded that basketball extracurricular data and student attitude characteristics are normally distributed.

Table 3. Linearity test

Deviation from linearity		
Variabel	Sig.	Description
Attitude * Extra	.767	Signifikan

Based on table 3. Sig. *Deviation from Linearity* in the variable Attitude with Extracurricular basketball sports was $0.767 > 0.05$. So it can be concluded that the data assumes linearity is fulfilled.

Table 4. Correlation test

Variabel	Sig(p)	Pearson correlation	Description
Extracurricular basketball * student discipline	0.000	0.578	Signifikan
Basketball extracurricular * student cooperative attitude	0.001	0.524	Signifikan
Basketball extracurricular * student confidence	0.000	0.617	Signifikan
Basketball extracurricular * Characteristics of student attitudes	0.000	0.751	Signifikan

Based on the correlation test in the table above on the variables of extracurricular basketball sports and student discipline attitudes, the result of Sig. 0.0001 so that it can be stated that the two variables have a correlation or relationship because the sig value < 0.05 , besides that a pearson correlation value of $0.578 < 0.610$ was also obtained where this shows a moderate relationship between the extracurricular variables of basketball sports and students' discipline attitudes.

In the variables of Extracurricular basketball sports and student cooperation attitudes, the result of Sig. 0.001 so that it can be stated that both variables have a correlation or relationship because the sig value < 0.05 , besides that a pearson correlation value of $0.524 < 0.610$ is also obtained

which shows a moderate relationship between the extracurricular variables of basketball sports and student cooperative attitudes.

Based on the correlation test in the table above on the variables of basketball extracurricular and student confidence attitude, the result of Sig. 0.0001 so that it can be stated that the two variables have a correlation or relationship because the sig value < 0.05 , besides that a Pearson correlation value of $0.617 > 0.610$ was also obtained which shows a strong relationship between the extracurricular variables of basketball sports and students' confidence.

Based on the correlation test in the table above on the basketball sports extracurricular variable and the characteristics of students' attitudes, it shows a result of Sig. 0.0001 so that it can be stated that the two variables have a correlation or relationship because the sig value < 0.05 , besides that a Pearson correlation value of $0.751 > 0.610$ is also obtained which shows a strong relationship between the basketball extracurricular variable and the characteristics of students' attitudes.

4. Discussion

This study aims to determine the relationship between basketball extracurricular activities and student attitude characteristics which include discipline, cooperation, and confidence. Based on the results of the data analysis that has been carried out, it was obtained that basketball extracurricular activities have a significant relationship with the characteristics of student attitudes. This shows that student involvement in basketball extracurricular activities can make a positive contribution to the formation of discipline, cooperation, and confidence.

The findings of this study are in line with several previous studies that show that sports extracurricular activities have a positive relationship with the formation of student discipline attitudes. Research by (Afif, Santoso, and Setiabudi 2025) states that student involvement in extracurricular sports activities correlates with the formation of disciplinary character. Similar results were also found by (Putry Julia 2022) which shows that sports activities in schools play a role in instilling student discipline. In addition, the research (Munawar 2025) revealed that structured sports have a positive influence on student discipline. Research (Prabowo et al. 2025) It also states that participation in sports activities helps students learn to follow rules and instructions, which is an important part of a disciplined attitude.

Research (Precillas 2025) It also states that extracurricular sports programs significantly improve teamwork skills through teamwork dynamics and joint problem-solving. In addition, (Sembiring, Maya, and Br 2025) It also states that participation in sports extracurriculars has a positive contribution to students' social skills, which include the ability to work together, communicate, and interact in groups. Research (Benjamin 2019) found that students who engaged in extracurricular sports activities showed significant improvements in social skills, including teamwork, communication, and tolerance in groups. This research is also in line with (Farahani 2018) which states that team sports such as basketball and soccer significantly improve students' ability to work together, respect the opinions of friends, and complete joint team strategies.

Previous research has shown that participation in sports activities has a positive relationship with increased student confidence. Research (Siti et al. 2024) found that involvement in sport can improve *self-confidence* students, especially in social interaction, and the ability to express themselves. In addition, the research (Pearl 2024) It also shows that students who actively participate in sports

extracurricular activities such as basketball, futsal, and volleyball have a higher level of confidence compared to students who do not participate in these activities.

Research (Wei et al. 2024) It also shows that sports extracurricular activities can boost students' confidence. Research on the confidence levels of students who participate in sports extracurriculars shows that students who are active in sports activities have a good level of confidence because they are used to interacting, cooperating, and demonstrating their abilities in sports activities (Zhu and Wen 2025).

In addition, the research (Son, Ko, and Kim 2021) Regarding students who participate in extracurricular basketball, it also shows that these activities are able to increase student confidence. Research results (Fernandes et al. 2024) It shows that students who participate in basketball extracurricular activities have a high level of confidence because they are used to facing challenges in the game as well as dare to take on a role in the team.

Research (Shi 2025) It also shows that sports extracurricular activities play a role in the formation of students' character. The study conducted by (Precillas 2025) showed that students who participated in extracurricular sports activities had a higher level of discipline and cooperation than students who did not participate in those activities. In addition, the research (Verner-Filion et al. 2025) It also shows that sports extracurricular activities can boost students' confidence. Research on the confidence levels of students who participate in sports extracurriculars shows that students who are active in sports activities have good levels of confidence because they are used to interacting, cooperating, and demonstrating self-worth in sports activities.

In addition to discipline, basketball extracurricular activities also play a role in increasing student cooperation attitudes. In the game of basketball, each member of the team has an important role so the team's success depends heavily on cooperation between players. Research (Fauzi et al. 2025) shows that sports extracurricular activities are able to improve students' cooperation and social interaction skills. Research (Benjamin 2019) It was also found that students who engaged in extracurricular sports activities had better social skills including teamwork and communication. In line with that, research (Ariawan 2025) showed that students who actively participated in extracurricular activities, including sports had higher levels of confidence than students who were inactive. In addition, the research (Khan and Kakar 2024) It was also found that involvement in sports had a strong association with increased confidence in students.

Based on the results of the research and various findings of the previous research, it can be concluded that basketball extracurricular activities have an important role in shaping the characteristics of students' attitudes. Through practice activities, teamwork, and social interaction that occur in basketball activities, students can develop an attitude of discipline, cooperation, and confidence. Thus, basketball extracurricular activities not only function as a means of developing physical abilities, but also as an effective character education medium in supporting the development of positive attitudes of students in the school environment.

5. Conclusion and Recommendation

Based on the results of the research that has been conducted, it can be concluded that basketball extracurricular activities have a significant relationship with the attitude characteristics of Kanisius Pati Junior High School students. The results of the analysis showed that student involvement in basketball extracurricular activities contributed positively to the formation of discipline,

cooperation, and confidence. This shows that the more actively students participate in basketball extracurricular activities, the better the characteristics of the attitude that students have. In addition, basketball extracurricular activities provide a learning experience that is not only related to physical skills, but also related to the formation of students' character through the practice process, teamwork, and competitive experience. Therefore, basketball extracurricular activities can be an effective means of supporting the development of students' character in the school environment, especially in fostering discipline, cooperation, and confidence.

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