

The Relationship of Students' Personality, Attitude, and Spiritual Intelligence With Sportsmanship Orientation in Sports Extracurricular Activities SMP Negeri Rayon 5 Kota Semarang

Desy Imansari[✉], Soegiyanto Soegiyanto, Donny Wira Yudha Kusuma

Universitas Negeri Semarang, Indonesia

Article Info

History Articles
Received: 2 January
2020
Accepted: 4 March
2020
Published :15 April
2020

Keywords:
personality,
attitude,
sportsmanship,
sports
extracurricular

ABSTRACT

The purpose of this study was to determine the relationship between personality, attitudes, and spiritual intelligence of students with sportsmanship orientation in sports extracurricular activities at SMP Negeri Rayon 5 Semarang. This research is a correlational study using path analysis. Pearson correlation test results; (1) personality with sportsmanship orientation shows a correlation value 0.366 with F count in table 10.833 (2) Spiritual intelligence with sportsmanship orientation shows a correlation value 0.463 with F count in table 11.023 (3) Attitudes with sportsmanship orientation show a correlation value 0.357 with an F count 6.983 (4) Personality and spiritual intelligence with sportsmanship orientation showed a correlation value 0.366 and 0.344 with an F count 7.824. (5) Spiritual intelligence and attitude with sportsmanship orientation show a correlation value of 0.344 and 0.357 with an F count of 6.921. (6) Personality and attitude with sportsmanship orientation showed a correlation value 0.366 and 0.357 with an F count 6.811. (7) Personality, attitude, and spiritual intelligence with sportsmanship showed a correlation value 0.366 and 0.357 and 0.344 with an F count 5.693. The correlation value of all variables is positive and the correlation value of all the variables is greater than r-table that is 0.158 and all F arithmetic > F table is > 3.93. The conclusion is that there is a significant relationship between personality, attitude, spiritual intelligence, and sportsmanship orientation.

[✉] Correspondence address:
Kampus Pascasarjana UNNES Jl. Kelud Utara 3 Gajahmungkur
Semarang
Email: desysudarman55@gmail.com

INTRODUCTION

Basically, humans have the intent and purpose to improve the quality of life while doing sports activities. This means that every human being has the same opportunity to improve his quality of life, both for normal humans and those with special needs (Kurniawan, 2015: 9).

Global issues related to healthy lifestyles, one of which through physical activity has become a reference for various countries and institutions continue to encourage people to actively engage in physical activity, especially through sports activities (Soegiyanto, 2013: 18). In modern society, the sport has become one of the special phenomena, a matrix of mentality and behavior, especially interesting because all people with psychosis and spiritual aspects are involved in these activities. Sport as a segment of human life awakens men at all levels (Spehnyak, 2017: 44). Sports results prove to us every day that physical competence and sportsman body readiness are not sufficient factors to succeed in sports activities. Equally important, if not more so, are many psychological factors such as personal characteristics, self-confidence, sports anxiety, etc. (Velekić et al, 2014: 35).

The function, position, and nature of the sport itself will not change, but what will probably change is the purpose of the sport under the development of time, interests, and the development of human life (Romadhon, 2016: 25). In general, the understanding of sports is as one of the physical and psychological activities of a person which is useful for maintaining and improving the quality of one's health after doing sports. Speaking of sports, there will be many things, ranging from victories, championships, trophies, pride, even to disappointment, failure, dissension, riots and much more. All of these things are interrelated and blend into one in the form of a great passion for sports (Aditia, 2015: 2252).

One of the personality forming is environmental factors and individual interactions with the environment (Setiyawan, 2017: 110). The delivery of education in the academic and non-academic domains is a tool that contains

general educational goals and to realize the vision and mission of the school specifically. One of the goals of the organization of education is to develop the character of students to form a dignified personality. Improving the quality of education and investment in education and human resources is considered an effective factor that paves the way for the broad development of a country (Hakimi, 2011: 836).

Changes in human behavior are understood as a result of the learning process. Someone active in sports activities will have the character under the values contained in the sport (Lukmana, 2014: 46). One of the values contained in sports is sportsmanship. Sports can be as an instrument or agent for the formation of values and personalities that ultimately lead to behavior (Murdiansyah, 2015: 135). Sports as a means of forming personality is also a means of knowing personality characteristics having a supporting science that can be used as a way of knowing one's personality.

Personality can be formed through character education towards educational goals. Character education has the role of helping students and schools to understand good values, and behave based on these values. Through the character, education is expected to get good human beings and be able to develop the potential of himself, the nation, and his country (Anggraeni, 2017: 29). Personality is shaped by childhood experience and it becomes an important role in energizing and directing daily behavior. A great discovery is that if students have advanced discipline, responsibility, and motivation, they will have good learning achievements and vice versa. It would be better if parents always provide motivation, discipline, and responsibility verbally or physically so that student performance is better (Haryanto, 2020: 64).

Extracurricular activities are educational activities outside the subjects and counseling services to help students develop according to their needs, potential, talents, and interests through activities specifically organized by educators and education staff who are capable and authorized in schools/madrasas (Septiani,

2012: 425). Extracurricular activities aim to increase and develop the interests and talents possessed by each student to the maximum, develop their knowledge in the field of arts and culture that they are interested in with extracurricular activities (Priyanti, 2014: 71). Extracurricular activities are outside regular school hours aimed at broadening knowledge, channeling students' talents and interests.

The purpose of holding extracurricular sports activities is expected to be able to influence the interests, talents, and potential possessed by students. Through extracurricular activities in the school environment, students can meet the needs of their interest in gaining knowledge and experience on various subjects which could one day be useful for themselves in everyday life (Suparyo, 2017: 41).

Researchers conducted a preliminary study by conducting interviews with extracurricular teachers/trainers at SMP Negeri 20 Semarang and Filial Negeri 20 Semarang Junior High School to get an initial picture of the personality, attitudes, and spiritual intelligence of students in sports extracurricular members. The results of the preliminary study illustrate the discipline, honesty, speech attitude, courtesy, spirituality, responsibility, and sportsmanship of students in general from the sports extracurricular teacher/trainer at SMP Negeri 20 Semarang and Filial Negeri 20 Semarang. Furthermore, researchers are interested in conducting further research on the relationship of personality, attitudes, and spiritual intelligence of students with sportsmanship orientation in sports extracurricular activities at SMP Negeri Rayon 5 Semarang.

METHOD

This research is a correlational study using path analysis. Where there are four variables related to the correlation between the four variables. Data collection was carried out using a questionnaire that is by distributing a list of questions to respondents. The results of path analysis are intended to determine the direct and indirect effects of the variables in this study and

to determine the significance of the relationships between the predicted variables. In other words, path analysis is used to test the research hypotheses that have been formulated. In addition, path analysis can be used to determine the amount of contribution of independent variables that influence directly or indirectly on the dependent variable.

The validity of the data in this study is emphasized on the validity and reliability of research instruments. The validity and reliability test of the research instrument was carried out at SMP Negeri 20 Semarang with 40 extracurricular sports participants.

Figure 1 is an analysis of the research path variables:

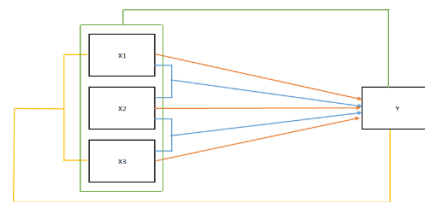


Figure 1. Path Analysis of Research Variables
(Source: Researcher)

Explanation:

X1 : Personality

X2 : Spiritual Intelligence

X3 : Attitude

Y : Sportivity orientation

The research subjects in this study were PJOK teachers at SMP N 20 Semarang and Filial Negeri 20 Semarang Middle School and students of sports extracurricular members at Rayon 5 State Junior High School in Semarang which included SMP 4 Semarang, SMP Negeri 6 Semarang, 20 Semarang, Filial Negeri Junior High School 20 Semarang and SMP Negeri 38 Semarang. As a source of data in the preliminary study were 3 PJOK teachers in SMP N 20 Semarang and Filial Negeri 20 Semarang.

The questionnaire results were processed by the SPSS program, namely the Pearson Product Moment (r). Pearson Product Moment (r) is used to examine differences and relationships between two data groups. The

Pearson Product Moment (r) formula is as follows:

$$r = \frac{\sum xy - \frac{(\sum x)(\sum y)}{n}}{\sqrt{(\sum x^2 - \frac{(\sum x)^2}{n})(\sum y^2 - \frac{(\sum y)^2}{n})}}$$

RESULT AND DISCUSSION

The relationship of personality with the sportsmanship orientation of the students of extracurricular sports in SMP Negeri Rayon 5 Semarang with a total sample of 107 students analyzed from the questionnaire data tested using the Pearson Correlation test results can be seen in table 1.

Table 1. The relationship of personality with the sportsmanship orientation Significant test Result

		Personality	Sportsmanship
Personality	Pearson Correlation	1	,366**
	Sig. (2-tailed)		,000
	N	107	107
Sportsmanship	Pearson Correlation	,366**	1
	Sig. (2-tailed)	,000	
	N	107	107

** . Correlation is significant at the 0.01 level (2-tailed) (Source: SPSS 16.0)

The significance test is based on the regression of personality questionnaire results with sportsmanship orientation shown in table 2.

Table 2. The Personality and Sportsmanship Orientation Regression ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4,321	1	4,321	10,833	,001 ^b
	Residual	41,884	105	,399		
	Total	46,206	106			

a. Dependent Variable: Sportivitas
 b. Predictors: (Constant), Kepribadian
 (Source: SPSS16.0)

The test results are based on the sig. (2-tailed) between personalities with attitudes 0.00 less than 0.05 which indicates a significant relationship between variables. Regression test results on the probability of 0.05 results of

personality questionnaires with sportsmanship orientation showed a significance number 0.01 <0.05 so that it was declared significant. And F count > F table is 10.833 > 3.93 which means that personality has a significant effect on sportsmanship orientation. Based on the results of the research data processing, hypothesis I (Ho1) was accepted and it was stated that there was a significant relationship between the personality of the students of sports extracurricular members and the orientation of sportsmanship in sports extracurricular activities at SMP Negeri Rayon 5 Semarang.

The relationship of spiritual intelligence with sportsmanship orientation was analyzed from the results of a questionnaire tested using the Pearson Correlation test with the following results:

Table 3. The relationship of spiritual intelligence with sportsmanship orientation Significant Test Result

		Spiritual	Sportsmanship
Spiritual	Pearson Correlation	1	,463**
	Sig. (2-tailed)		,000
	N	107	107
sportsmanship	Pearson Correlation	,463**	1
	Sig. (2-tailed)	,000	
	N	107	107

** . Correlation is significant at the 0.01 level (2-tailed). (Source: SPSS 16.0)

Significance results based on the regression results of spiritual intelligence questionnaire with sportsmanship orientation are as follows:

Table 4. Spiritual Intelligence with Sportsmanship Orientation Regression ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4,390	1	4,390	11,023	,001 ^b
	Residual	41,816	105	,398		
	Total	46,206	106			

a. Dependent Variable: Sportivitas
 b. Predictors: (Constant), Spiritual
 (Source: SPSS16.0)

The test results are based on the sig. (2-tailed) between spiritual intelligence with sportsmanship orientation of 0,000 is less than 0.05 which indicates a significant relationship between variables. Regression test results on the probability of 0.05 results of spiritual intelligence questionnaire with the orientation of the sportsmanship of members of the extracurricular members of the Junior High School Sports Rayon 5 Semarang showed a significant number $0.01 < 0.05$ so that it was declared significant. And $F_{count} > F_{table}$ is $11.023 > 3.93$ which means that spiritual intelligence significantly influences sportsmanship orientation. Based on the results of the research data processing, hypothesis II (Ho2) was accepted and stated that there was a significant relationship between the spiritual intelligence of students in sports extracurricular members and sportsmanship orientation in sports extracurricular activities at SMP Negeri 5 Rayon Semarang.

The relationship between attitude and sportsmanship orientation is analyzed from the results of the questionnaire tested with the following results: Hasil uji berdasarkan uji signifikansi sig. (2-tailed) antara kecerdasan spiritual dengan orientasi sportivitas 0,000 lebih kecil dari 0,05 yang menunjukkan adanya hubungan yang signifikan antar variabel.

Table 5. The Relationship between Attitude and Sportsmanship Orientation Significant Test Result

		Attitude	Sportsmanship
Attitude	Pearson Correlation	1	,357**
	Sig. (2-tailed)		,000
	N	107	107
Sportsmanship	Pearson Correlation	,357**	1
	Sig. (2-tailed)	,000	
	N	107	107

** . Correlation is significant at the 0.01 level (2-tailed). (Source: SPSS 16.0)

The significance results based on the regression results of attitude questionnaire with sportsmanship orientation are as follows:

Tabel 6. Attitude and Sportsmanship Orientation Regression

		ANOVA ^a				
Model		Sum of Squares	Df	Mean Squares	F	Sig.
1	Regression	2,881	1	2,881	6,983	,009 ^b
	Residual	43,325	105	,413		
	Total	46,206	106			

a. Dependent Variable: Sportivitas

b. Predictors: (Constant), Sikap

(Source: SPSS16.0)

The test results are based on the sig. (2-tailed) between attitudes with a sportsmanship orientation of 0,000 less than 0.05 which indicates a significant relationship between variables. Regression test results on the probability of 0.05 results of attitude questionnaire with the orientation of the sportsmanship of the extracurricular members of the sport of Rayon 5 Junior High School in Semarang showed a significance value of $0.01 < 0.05$ so that it was declared significant. And $F_{count} > F_{table}$ is $6.983 > 3.93$ which means that the attitude significantly influences the orientation of sportsmanship. Based on the results of research data processing, then hypothesis III (Ho3) is accepted and it is stated that there is a significant relationship between the attitudes of students in sports extracurricular members and sportsmanship orientation in sports extracurricular activities in SMP Negeri 5 Semarang.

The relationship of personality and spiritual intelligence with orientation tested using the Pearson Correlation test is as follows:

Table 7. The Relationship between Personality and Spiritual Intelligent with Sportsmanship Orientation Significant Test Result

		Personality	Spiritual	Sportsmanship
Personality	Pearson Correlation	1	,463**	,366**
	Sig. (2-tailed)		,000	,000
	N	107	107	107
Spiritual	Pearson Correlation	,463**	1	,344**
	Sig. (2-tailed)	,000		,000
	N	107	107	107
Sportsmanship	Pearson Correlation	,366**	,344**	1
	Sig. (2-tailed)	,000	,000	
	N	107	107	107

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

(Source: SPSS 16.0)

The significant result based on the questioner result regression of personality and spiritual intelligent with sportsmanship orientation as follows:

Table 8. Personality and Spiritual Intelligent with Sportsmanship Orientation Regression

ANOVA ^a					
Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	6,043	2	3,021	7,824	,001 ^b
Residual	40,163	104	,386		
Total	46,206	106			

a. Dependent Variable: Sportivitas

b. Predictors: (Constant), Spiritual, Kepribadian

(Source: SPSS16.0)

Value of 0.366 and 0.344 is positive, indicating the relationship between variables is also positive. The test results are based on the sig. (2-tailed) between personalities with attitudes 0,000 less than 0.05 which indicates a significant relationship between variables. Regression test results on the 0.05 probability questionnaire results of the relationship of personality and spiritual intelligence with the sportsmanship

orientation of student's extracurricular members of the Junior High School Sports Rayon 5 Semarang showed a significant number 0.01 <0.05 so that it was declared significant. And the F count > F table is 6.983 > 3.93 which means that personality and spiritual intelligence significantly influence the orientation of sportsmanship. Based on the results of data processing, hypothesis IV (Ho4) is accepted and it is stated that there is a significant relationship between the personality and spiritual intelligence of students in sports extracurricular members and sportsmanship orientation in sports extracurricular activities at SMP Negeri Rayon 5 Semarang.

The relationship of spiritual intelligence and attitude with sportsmanship orientation was tested using the Pearson Correlation test with the following results:

Table 9. The Relationship of Spiritual Intelligence and Attitude with Sportsmanship Orientation Significant Test Result

		Attitude	Spiritual	Sportsmanship
Attitude	Pearson Correlation	1	,508**	,357**
	Sig. (2-tailed)		,000	,000
	N	107	107	107
Spiritual	Pearson Correlation	,508**	1	,344**
	Sig. (2-tailed)	,000		,000
	N	107	107	107
Sportsmanship	Pearson Correlation	,357**	,344**	1
	Sig. (2-tailed)	,000	,000	
	N	107	107	107

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

(Source: SPSS 16.0)

The significance results based on the regression results from the questionnaire of spiritual intelligence and attitude with sportsmanship orientation are as follows:

Table 10. The Spiritual Intelligence and Attitude with Sportsmanship Orientation Regression

ANOVA ^a						
Model		Sum of Squares	Df	Mean Squares	F	Sig.
1	Regression	5,427	2	2,714	6,921	,002 ^b
	Residual	40,778	104	,392		
	Total	46,206	106			

a. Dependent Variable: Sportivitas
b. Predictors: (Constant), Spiritual, Sikap

(Source: SPSS16.0)

Value of 0.344 and 0.357 is positive, indicating the relationship between variables is also positive. The test results are based on the sig. (2-tailed) between attitudes with a sportsmanship orientation of 0,000 less than 0.05 which indicates a significant relationship between variables. Regression test results on the probability of 0.05 results of the questionnaire the relationship of spiritual intelligence and attitude with the sportsmanship orientation of students in extracurricular members of sports in SMP Negeri Rayon 5 Semarang showed a significance value of 0.02 < 0.05 so that it was declared significant. And the F count > F table is 6.921 > 3.93 which means that spiritual intelligence and attitude significantly influence the sportsmanship orientation. Based on the results of research data processing, hypothesis V (Ho5) is accepted and it is stated that there is a significant relationship between spiritual intelligence and the attitude of students in sports extracurricular members and sportsmanship orientation in sports extracurricular activities at SMP Negeri Rayon 5 Semarang .

The relationship between personality and attitude with sportsmanship orientation is analyzed from the results of the questionnaire as follows:

Table 11. The relationship between personality and attitude with sportsmanship orientation Significant Test Result

		Personality	Attitude	Sportsmanship
Personality	Pearson Correlation	1	,330**	,366**
	Sig. (2-tailed)		,001	,000
	N	107	107	107
Attitude	Pearson Correlation	,330**	1	,357**
	Sig. (2-tailed)	,001		,000
	N	107	107	107
Sportsmanship	Pearson Correlation	,366**	,357**	1
	Sig. (2-tailed)	,000	,000	
	N	107	107	107

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

(Source: SPSS 16.0)

The significance results are based on the regression results of personality and attitude questionnaires with sportsmanship orientation as follows:

Table 12. The Personality and Attitude with Sportsmanship Orientation Regression

ANOVA ^a						
Model		Sum of Squares	Df	Mean Squares	F	Sig.
1	Regression	5,351	2	2,676	6,811	,002 ^b
	Residual	40,854	104	,393		
	Total	46,206	106			

a. Dependent Variable: Sportivitas
b. Predictors: (Constant), Sikap, Kepribadian

(Source: SPSS16.0)

The test results are based on the sig. (2-tailed) between personality and attitude with the sportsmanship of 0,000 is smaller than 0.05 which indicates a significant relationship between variables. Regression test results on the 0.05 probability questionnaire results of the relationship of personality and attitude with the sportsmanship orientation of the students of extracurricular members of the Junior High School Sports Rayon 5 Semarang showed a

significant number of $0.02 < 0.05$ so that it was declared significant. And the $F_{count} > F_{table}$ is $6,811 > 3.93$ which means that personality and attitude significantly influence the sportsmanship orientation. Based on the results of data processing, hypothesis VI (Ho6) was accepted and stated that there was a significant relationship between the personality and attitudes of students in sports extracurricular members and sportsmanship orientation in sports extracurricular activities at SMP Negeri 5 Rayon Semarang.

The relationship of personality, attitude and spiritual intelligence with sportsmanship orientation were tested with the following results:

Table 13. The Personality, Attitude and Spiritual Intelligence with Sportsmanship Orientation Significant Test Result

		Personality	Attitude	Spiritual	Sportsmanship
Personality	Pearson Correlation	1	,330**	,463**	,366**
	Sig. (2-tailed)		,001	,000	,000
	N	107	107	107	107
Attitude	Pearson Correlation	,330**	1	,508**	,357**
	Sig. (2-tailed)	,001		,000	,000
	N	107	107	107	107
Spiritual	Pearson Correlation	,463**	,508**	1	,344**
	Sig. (2-tailed)	,000	,000		,000
	N	107	107	107	107
Sportsmanship	Pearson Correlation	,366**	,357**	,344**	1
	Sig. (2-tailed)	,000	,000	,000	
	N	107	107	107	107

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

(Source: SPSS 16.0)

The significant results based on the personality questionnaire, attitude, and spiritual intelligence with sportsmanship orientation regression results as follows:

Table 14. The Personality, Attitude and Spiritual Intelligence with Sportsmanship Orientation Regression

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	6,572	3	2,191	5,693	,001 ^b
	Residual	39,634	103	,385		
	Total	46,206	106			

a. Dependent Variable: Sportivitas

b. Predictors: (Constant), Spiritual, Sikap, Kepribadian

(Source: SPSS 16.0)

The test results are based on the sig. (2-tailed) the score of the three variables is smaller than 0.05 which indicates a significant relationship between variables. Regression test results on the 0.05 probability questionnaire results of the relationship of personality, attitudes and spiritual intelligence with the sportsmanship orientation of the students of the extracurricular members of the Sports State Junior High School 5 Semarang showed a significance value of $0.01 < 0.05$ so that it was declared significant. And the $F_{count} > F_{table}$ is $5.693 > 3.93$ which means that personality, attitude and spiritual intelligence significantly influence the orientation of sportsmanship. Based on the results of data processing, hypothesis VII (Ho7) is accepted and it is stated that there is a significant relationship between the personality, attitudes and spiritual members of sports extracurricular members and sportsmanship orientation in sports extracurricular activities at SMP Negeri Rayon 5 Semarang .

Limitations in this study are as follows; (1) Researchers do not classify samples with the same or more specific characteristics and types of sports but rather take a portion of all sports extracurricular members found in sample schools (2) Researchers do not differentiate samples from team sports and individual sports in data processing that can so it has different personality characteristics.

CONCLUSION

Between personality, attitude, spiritual intelligence and sportsmanship orientation there is a significant relationship. Antara kepribadian, sikap, kecerdasan spiritual dan orientasi sportivitas terdapat hubungan yang signifikan.

REFERENCES

- Aditia, Desi Anggar. 2015. "Survei Penerapan Nilai-Nilai Positif Olahraga dalam Interaksi Sosial Antar Siswa Di SMA Negeri Se-Kabupaten Wonosobo Tahun 2014/2015". *ACTIVE Journal of Physical Education, Sport, Health and Recreations*. 4 (12): 2.251-2.259. ISSN 2252-6773.
- Anggraeni, Fanisa Asfianti & Heny Setyawati. 2017. "Pendidikan Karakter Melalui Ekstrakurikuler Pencinta Alam di SMK Negeri 1 Bawen" *Journal of Physical Education, Sport, Health and Recreation* 6 (1): 28-36. ISSN 2252-6773).
- Hakimi, Soraya., et all. 2011. "The Relationships Between Personality Traits and Students' Academic Achievement". *Procedia-Social and Behavioral Sciences*. 29: 836 – 845. ISSN: 1877-0428.
- Haryanto, Ery., Sulaiman & Donny Wira Yudha Kusuma. 2020. "The Relationship between Discipline, Responsibility, and Motivation Study to Study Achievement". *Journal of Physical Education and Sports*.9(1):64-70. ISSN 2502-4477.
- Kurniawan, Jian Andri., Hari Amirullah Rahman, & Soegiyanto KS. 2015. "Manajemen Pembelajaran Penjasorkes Sekolah Luar Biasa Negeri Se-Kota Denpasar". *Journal of Physical Education and Sports (JPES)*. 4(1):8-13. ISSN 2252-648X.
- Lukmana, R. Candra Hadi & Ali Maksum. 2014. "Hubungan Antara Aktivitas Olahraga Dengan Kemampuan Memecahkan Masalah". *Jurnal Pendidikan Olahraga dan Kesehatan*. 2 (1): 45 – 48. ISSN : 2338-798X.
- Murdiansyah, Bayu Nugraha. 2015. "Perbedaan Kepribadian Antara Atlet Individual dan Atlet Berkelompok". *Dewantara*. 1(2): 134-146.
- Priyanti, Wina et all. 2014. "Pelaksanaan Ekstrakurikuler di SMP N 1 Payakumbuh". *E-Jurnal Sendratasik FBS Universitas Negeri Padang*. 2 (2): 71-77.
- Romadhon, Sandi Akbar & Tri Rustiadi. 2016. "Motivasi dan Minat Masyarakat Dalam Berolahraga Sepeda di Kota Semarang". *Journal of Physical Education, Sport, Health and Recreation*. 5(1): 24-28.
- Septiani, Irma & Bambang Budi Wiyono. 2012. "Manajemen Kegiatan Ekstrakurikuler dalam Meningkatkan Kualitas Sekolah". *Manajemen Pendidikan*. 23 (5): 424-433.
- Setiawan, Darul. 2015. "Perbandingan Sportivitas Antara Atlet Religius Dan Non-Religius (Studi Pada Atlet Unit Pelaksana Teknis Sma Negeri Olahraga Jawa Timur)". *Jurnal Pendidikan Olahraga dan Kesehatan*. 3 (1): 231 – 234. ISSN : 2338-7981.
- Soegiyanto. 2013. "Keikutsertaan Masyarakat dalam Kegiatan Olahraga". *Jurnal Media Ilmu Keolahragaan Indonesia*. 3(1):18-24. ISSN: 2088-6802.
- Spehnyak, Marijan. 2017. "The Impact of the Sports Spirituality on Moral and Ethical Actions of Athletes. *IOSR Journal of Sports and Physical Education (IOSR-JSPE)*. 4(2):44-56. ISSN: 2347-6737.
- Suparyo. 2017. "Pengaruh Pembinaan Ekstrakurikuler dan Ketersediaan Sarana Prasarana Terhadap Pengembangan Olahraga: Studi Pada SMA Negeri Se-Kabupaten Majalengka". *Indonesian Journal of Education Management & Administration Review*. 1(1):41-54.
- Velekic, Dejana et all. 2014. "Relations Of Some Personality Traits And Characteristics Of Sportsmen With The Level Of Sports Anxiety". *Sport Logia*. 10(1): 35–43. ISSN 1986-6119.