

Student Behavior Formation through Learning Physical Education, Sports, and Health at Madrasah Aliyah Hidayatul Mubtadi'in

Faisal Hidayat^{1✉}, Tandiyu Rahayu², Endang Sri Hanani²

¹MA Hidayatul Mubtadiin, Demak, Jawa Tengah, Indonesia

²Physical Education, Health, and Recreation, Universitas Negeri Semarang, Indonesia

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Abstract

Students lack discipline in participating in learning. This study aims to describe the role of physical education, sport, and health on the behavior formation of Madrasah Aliyah Hidayatul Mubtadi'in students, the role of learning physical education, sport, and health in cognitive, affective, and psychomotor formation in MA Hidayatul Mubtadi'in students. These factors influence behavior formation through learning physical education, sport, and health in Madrasah Aliyah Hidayatul Mubtadi'in students. This research is qualitative. In this study, the main subjects were students and physical education, sports, and health teachers. The research location is Madrasah Aliyah Hidayatul Mubtadi'in Bulusari, Sayung District, Demak Regency, Central Java Province. Data collection techniques using observation, interviews, and documentation. Data analysis used data reduction, data display, and conclusion/verification. The study results include the formation of attitudes through physical education, sport, and health, which can form honesty, discipline, care, respect, cooperation, responsibility. The role of physical education, sport, and health learning in the formation of cognitive, affective, and psychomotor application of learning includes three domains, the cognitive, affective, and psychomotor domains. These three domains are very important for students. Two factors influence student behavior: internal factors within oneself, such as instinct, belief, and conscience desire. In addition, there are also external factors such as the environment, home and school, and association with friends. The conclusion of this study is the contribution of physical education and sports in the formation of student behavior, among others, as follows to build honesty, strengthen discipline, encourage hard work, build responsibility, build cooperation, develop a fair and wise attitude. Physical education includes three important aspects, namely cognitive, psychomotor and affective. The factors that play an important role in human behavior are internal and external.

✉ Correspondence address:

Genuk - Pamongan KM 07 Bulusari, Sayung,

Demak, Jawa Tengah (59563)

E-mail: faisalguru3@gmail.com

INTRODUCTION

According to Samsudin (2008), physical education, sport, and health are learning processes through a physical activity designed to improve a learning process by developing motor skills, physical fitness, knowledge, and behavior to be healthy and active, emotional intelligence and sportsmanship.

Lutan (2001) emphasized that the ultimate goal of physical education and sports lies in its role as a unique container for character improvement and a vehicle for forming a strong personality with a noble heart.

Adolescence is a time for the search for a free identity that will determine the identity of the next teenager (Laning, 2018). At this time, a teenager experiences physical changes and psychological changes. However, at the same time, a teenager experiences confusion, anxiety, awkwardness, confusion, or misbehavior (teenage clumsiness), which is influenced by hormonal changes in the body that cause identity struggles in adolescents (Surbakti, 2008).

In searching for identity, a teenager will look for a pattern of life that suits himself, and this will be done by trial and error with various methods, which will often lead to an error (Sumara et al., 2017).

Delinquency that occurs in adolescents is influenced by various factors, namely internal and external factors. Internal factors consist of age, adolescent self-control, which is still weak, and intelligence factors in adolescents, while external factors include family environment, community environment or playgroups/peers, and the influence of mass media (Octawati, 2017).

Suyanto (2009) defines character as a way of thinking and behaving that characterizes each individual to live and work together within the family, community, nation, and state. Individuals with good character can make decisions and are ready to

take responsibility for every consequence of the decisions they make.

According to Lumpkin (2008), in physical education and sports, characters are depicted in the form of sportsmanship, respect for others, respect for facilities, self-control, willingness, and responsibility. Character is a pattern, be it thoughts, attitudes, or actions firmly attached to a person and are difficult to remove (Munir Abdullah, 2010).

Andi Rida and St. Rajiah Rusydi (2016), with a research entitled *The Influence of the Family and School Environment on Student Behavior*. Based on the results of the data analysis conducted. Then the significance value obtained is 0.000, while the value of r square shows 0.58, meaning that there is an influence of the family and school environment on student behavior at Hang Tuah Makassar Senior High School by 58%.

From the researchers' observations, on March 4 and 6, 2019, 15 students carried out learning activities for physical education, sports, and health and lacked participation in learning activities. Because at that time, the subject was about sprints and the lack of a field to do sprint material if doing it in the village field took longer to get to the field. There are some students taking shelter on the school terrace. In the athletics material, students tend to be lazy to follow the teacher's instructions, and some even ask for permission not to take part in the lesson. The researcher concludes that students are less enthusiastic about physical education in sports and health. It can be concluded that while there is no appropriate perception of learning, students tend to judge learning physical education in sports and health by playing big ball games.

From the explanation above, the researcher examines behavior closely related to character and morals, namely the rules and provisions given to humans to relate to God, connect to fellow humans, and link to the natural environment.

METHODS

This research is qualitative. Qualitative research methods are used to examine the condition of natural objects (as opposed to experiments) where the researcher is the key instrument, the data collection technique by triangulation (combined), the data analysis is inductive, and the results of qualitative research emphasize the meaning of generalizations (Sugiyono, 2014).

The main research subjects are students and teachers of physical education, sports, and health. The research location is Madrasah Aliyah Hidayatul Mubtadi'in Bulusari, Sayung District, Demak Regency, Central Java Province.

This study's data collection techniques were observation, interviews, and documentation. Data analysis activities include data reduction, data display, and conclusion/verification.

RESULTS AND DISCUSSION

Based on the research results with observations, interviews, and data documentation, research results can be submitted.

Participation in physical education and sports does not automatically make people good or bad. Through physical education, sport, and health, the formation of attitudes can form honesty, discipline, care, respect, cooperation, and responsibility. According to Lumpkin (2008), character is described in sportsmanship, respect for others, facilities, self-control, willingness, and responsibility in physical education and sports. Character does not come by itself but is taught in physical education and sports programs; teaching moral reasons and sports values involves systematically using specific strategies.

The role of physical education, sport, and healthy learning, among others, is in the formation of cognitive, affective, and psychomotor, the application of learning that includes three domains, the cognitive,

affective, and psychomotor domains. Physical education is education through physical activity that focuses on achieving all parts of learning objectives consisting of cognitive, affective, and psychomotor domains, simultaneously developed in a standardized learning design (Deniz, 2011).

According to Hasan Alwi et al. (2001), behavior is a response or individual reaction to stimuli or the environment. Several factors play an essential role in human behavior itself. These factors are internal and external. Internal factors exist within oneself, such as instincts, beliefs, conscience desires. This factor is very influential on the formation of student behavior. In addition, there are also external factors such as the environment, home and school, and association with friends.

CONCLUSION

Some of the contributions of physical education and sports in shaping student behavior include the following (a) Physical education and sports can build honesty, (b) Physical education and sports can strengthen discipline, (c) Physical education and sports can promote caring, (d) Physical education and sports can build an attitude of respect, (e) Physical education and sports can build cooperation, (f) Physical education and sports can develop responsibility. Physical education includes three essential aspects, namely cognitive, psychomotor and affective. These three aspects are interrelated. Psychomotor learning outcomes are a continuation of cognitive learning outcomes (understanding something) and affective learning outcomes (which appear in the form of behavioral tendencies). Factors that play an essential role in human behavior are internal and external. Internal factors exist within oneself, such as instincts, beliefs, conscience desires. These factors are very influential on the formation of student behavior.

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