



The Influence of Traditional Sports Invitation on Interest in Learning Physical Education Junior High School Students in Jayapura City

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Abstract

The purpose of this study was to determine the effect of traditional sports on the interest in learning Physical Education and Recreation in junior high school students in Jayapura City. This type of research is quantitative. Quantitative Research is research where research data is in the form of numbers. The approach used is One Group Pretest Post-test Design. based on the results of the hypothesis test, there is a significant influence between traditional sports invitations on the interest in learning Physical Education, Health and Recreation of junior high school students. Test the hypothesis using the help of SPSS version 22, namely using the t test. By making a decision, if the significance value (2 tailed) < 0.05 , there is a significant influence between traditional sports invitations on the interest in learning Physical Education, Health and Recreation of junior high school students in the city of Jayapura. From the results of the analysis using the paired sample test, the value of Sig.(2-tailed) is $0.000 < 0.005$, so there is a significant effect. the conclusion is that the effect of traditional sports invitations on the interest in learning Physical Education junior high school students in Jayapura City is in the high category. Extrinsic factors have a significant impact on physical education learning. By making variations in learning through traditional sports, it can increase student interest in learning.

How to Cite

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INTRODUCTION

Physical activity is a routine activity for every human being without exception. For children the need for movement is also an indicator of a child's health. Junior high school age is an instrument to see how children's physical activities are carried out. The physical activity carried out is more focused according to the enthusiasm of each. At this teenage age, the energy of teenagers can be said to be still prime. Not many have experienced internal disturbances, namely disease. The resistance of children at this age is still relatively strong.

"Sports is a physical activity in the form of a game that has rules that are contested or contested"(Frianto Tjahyo Kuntjoro et al., 2020). In the current era, sport has become a necessity for every human being. Without physical activity, in this case sports, other factors in the body that are affected are health will be disrupted. Indeed, the factors that affect human health are not just sports. However, what is free and can be done anytime and anywhere is exercise.

Sport today is also the identity of a nation. "Sports is a benchmark for the success of development(Indrawan, 2022). Today we can hear and even see how countries with sporting achievements have become global. Italy became famous for its football, America for its swimmers and China became famous for its dominance in all sports. The national anthem reverberates and the country's flag flutters in other countries is a dream for all countries.

"Interest in learning is a basic component in learning"(Rizkiandani, 2022). Students in focusing their attention in class must have interest. Interest is the main fuel for students in learning. This tendency to focus attention is often called interest. "Interest is attention, liking and inclination of the heart"(Rizkiandani, 2022) While learning is the activity of transferring knowledge from educators to students which is carried out repeatedly(Liow, 2022). Interest in learning is an interest in and a tendency towards transferring knowledge or learning activities.

Interest itself is influenced by two factors, namely internal and external(Indra Agustin, 2022). Internal factors arise from within oneself because they are dominant in feelings of pleasure, comfort, enthusiasm and emotion. While external factors arise due to stimulation or encouragement from outside himself such as the environment, parents and teachers. Based on this explanation, this interest is very easy to maximize because both can be done.

In his statement, Assistant Deputy for PMK Coordinating Ministry for Human Development

and Culture Alfredo Sani "Traditional Sports Games will be included in school learning"(Kemenko PMK, 2019). This positive support needs follow-up from stake holders in this case the university. As a provider of human resources in the world of education, at least universities can contribute to providing a platform for developing this program. Traditional sports are fun sports for all ages without exception. Adolescents need to be introduced or provided a place to preserve sports which are the culture of Indonesian society.

Traditional sports are embedded in cultural values and ethnic identity(Ardiyanto, 2018)Bamboo is a symbol of the struggle of the Indonesian people against the invaders. Bamboo also became a lot of plants at that time. The culture of enthusiasm and hard work of the Indonesian people at that time were not afraid to face colonialists. It is also described through traditional sports, namely stilts.

Traditional games have become a legacy that should not be forgotten with the times. Preserving and developing it is the duty of all of us. Because a great nation is a nation that values its history (Mulyasari, 2022)In addition, traditional sports have a positive impact on creating a healthy and fit society. Sports that are not too heavy because they do not require material capital can be played anywhere and anytime.

In the era of society 5.0, where teenagers are currently side by side with technology, it is one of the supporting factors for reduced physical activity. Children who spend a lot of time with technology make activities less and less. If this continues, it will greatly affect the level of physical fitness of the children. The quality of fitness is also very influential on the health of children. In addition, the more advanced times make children no longer recognize their culture. Through the potential problems above, the researcher conducted a study entitled The Influence of Traditional Sports Invitations on Interest in Learning Physical Education, Health and Recreation of Middle School Students in Jayapura City.

Formulation of the problem is there an influence of traditional sports on the interest in learning Physical and Physical Education among junior high school students in Jayapura City?

Research purposes to determine the effect of traditional sports on the interest in learning Physical education and Junior High School students in Jayapura City.

Benefits of research

Theoretical Benefits

This research can later become study material and reference for developing classroom learning. In addition, for the reader, it will add to the scientific repertoire which can later be used as a basis for the

development of further research.

Practical Benefits

Assist teachers in developing learning potential. As a motivation for students in participating in learning because learning becomes more interesting.

METHODS

This type of research is quantitative. Quantitative Research is research where research data is in the form of numbers. (Tabrani, 2023). The approach used is One Group Pretest Posttest Design **Table 1.**

O1	X	O2
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Table 1. Research Design

Information :

- O1 : Pre test treatment
- X : Treatment Treatment
- O2 : Post Test Treatment

Source : (William & Hita, 2019)

The initial test (Pretest) is carried out by distributing questionnaires at the beginning to measure how much interest students have before being given treatment

Treatment (Treatment) was carried out 8 times, namely on 4 – 20 May 2023. Treatment was given in accordance with 4 types of invitation activities, namely stilts, clogs , blocks and fortifications.

The final test after treatment is to find out how enthusiastic or interested students are after traditional sports invitation activities.

The aim is to conduct an experiment on a group that is given a treatment. The group studied was junior high school students in the city of Jayapura with a sample of schools namely Abepura Muhammadiyah Middle School, Sato Paulus YPPK Middle School, Papua Kasih Middle School and Abepura N 2 Middle School. The number of samp-

les is 40 students representing the school.

The treatment was given through a Traditional Sports Invitation activity which was carried out on May 27 2023. It took place in the Cenderawasih University FKIP field. The independent variable in this study is the traditional sports invitation. The dependent variable in this study is interest in learning physical education. This invitation activity itself consists of 4 types of traditional sports namely stilts, clogs hadang and fort. Meanwhile, interest in learning uses a questionnaire that was made by Supriyadi with intrinsic and extrinsic indicators. (Supriyadi, 2007).

Interest in learning is an interest in and a tendency towards transferring knowledge or learning activities push

The instrument used in this study must be in a valid and reliable condition so that it can be used. (Tabularasa,2009). After the instrument has been tested for validity and reliability, a prerequisite test is carried out, namely a normality and homogeneity test. The test was carried out using the Kolmogorov Smirnov test. This normality test aims to determine whether the data is normally distributed or not. While homogeneity is to find out whether the data is similar or not. The test carried out was $F_{count} < F_{table}$ so that the data was declared homogeneous. For the norms of categorization of interest in learning (Deltanus, 2021)are as follows **Table 3.**

Table 3. Learning Interest Norms

Mark	Category
$X > M + 1.5 SD$	Very high
$M + 0.5 SD < X \leq M + 1.5 SD$	Tall
$M - 0.5 SD < X \leq M + 0.5 SD$	Currently
$M - 1.5 SD < X \leq M - 0.5 SD$	Low
$X \leq M - 1.5 SD$	Very low

Table 2. Learning Interest Indicators

Draft	Aspect	Indicator	Items	Amount
Interest in learning is an interest in and a tendency towards transferring knowledge or learning activities	push	Attention	25,26	2
		Teacher	27,28	2
		Facilities and infrastructure	29,30	2
		Business	23	1
		Diligent exercise	24	1
	Desire	Desire to do penjas	14,15,16,17	4
		Want to make the body condition to be better	18,19	2
		Achievement desire	20,21	2
	Attitude	Visionary	22	1
		Student attention	1,2,3	3
		Student condition	4,5	2
		Appreciate teachers	6,7,8,9	4
		Appreciate friends	10	1
		Obey the rules	11,12,13	3

RESULTS AND DISCUSSION

Based on 4 indicators of student Description of Traditional Sports. Based on the results of observations at junior high schools in Jayapura City, that:

Observations were made in the field of Jayapura 2 Public Middle School, Muhammadiyah Abepura Middle School, St. Paulus YPPK Middle School and Papua Kasih Middle School. During physical education lessons, the teacher practices several traditional sports, namely stilts, clogs, blocks and forts. This sport is not practiced at the same time during learning but is interspersed in each lesson. The enthusiasm of the children was so happy and excited.

It is important to implement traditional sports at junior high school age to improve abilities locomotor, nonlocomotor and manipulative. This observation was reinforced by interviews with Physical Education teachers, Sekolah Papua kasih, junior high school YPPK Santo Paulus, junior high school Muhammadiyah and junior high school N 2 Jayapura. By asking what traditional sports are practiced during learning? They replied:

”Traditional sports have become a habit for children in schools, the majority of which are often used are stilts, clogs, blocks and forts. Not only during learning when the bell rings before class and during recess students take advantage of the empty field to play this traditional sport”

Apart from interviews with teachers, this observation was also strengthened by interviews with the Principal. With the question whether schools allow children to practice traditional sports at school? With relatively the same answer, that:

”The school always supports student activities that have a positive direction, moreover what is being practiced is a traditional sport which is the original culture of our country. We really need to support this, because in the digital era now children’s physical activities are limited because they are more engrossed in the digital world. With the existence of traditional sports that are easily played and practiced by all genders and without any restrictions such as facilities and infrastructure. Schools feel concerned about the ability of schools that are not optimal because they do not provide proper places or infrastructure for students to be able to move all around.”

From the results of the observations and interviews above, it can be concluded that in schools, especially the junior high school level in the city of Jayapura, they have realized and preserved the importance of cultural heritage, one of which is traditional sports. Apart from the historical value of the health value, this sport also makes students move

optimally because it is very fun. In terms of education, the preservation of traditional sports makes learning more interesting and varied.

The most decisive interview to what extent this influence has been given is with students. This interview became a reinforcement of the questionnaire given. Are your studies interspersed with traditional sports? How do you respond to this traditional sport? And the average answer is the same, namely:

”Yes, ladies and gentlemen, teachers always provide some traditional sports in every lesson. We are very happy with this traditional sport. we are all happy that we are all active and involved because we feel it is a loss if we don’t participate. Hopefully there will be competition between schools because we often play this sport. While establishing unity and friendship, competition is needed to make this sport more vibrant”

There are several values that researchers find from the existence of this traditional sport, that is :

1. Train strength, endurance, sensorimotor, fine and gross motor.
2. Develop creativity, strategy, imagination and contextual understanding.
3. Organize yourself to be empathetic and able to control yourself
4. Establish relationships, cooperation and social maturity

Description of Learning Interest

Based on 4 indicators of student interest in learning, namely Attitude, Desire, Perseverance and Encouragement, the distribution of data for the level of student interest is shown in the table below.

Table 4. Norm of Interest

Category	Attitude		Desire		Perseverance		Drive	
	f	%	f	%	f	%	f	%
Very high	-	-	2	22	-	-	1	20
High	9	69	6	67	2	100	4	80
Medium	4	31	1	11	-	-	-	-
Low	-	-	-	-	-	-	-	-
Very Low	-	-	-	-	-	-	-	-

Attitude

The table above shows that the attitude of junior high school students in Jayapura City towards interest in physical education lessons is in the high category of 69%, this can be seen during the implementation of activities where student attention, respect for friends and teachers is seen when learning

in class takes place. To illustrate how the magnitude of the attitude indicator can be seen from the diagram below **Figure 1.**

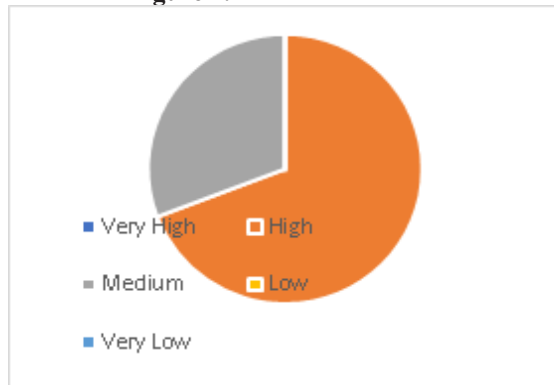


Figure 1. Attitude Indicator

Desire

The second indicator is Desire with a distribution of indicators including: Desire to be able to do physical education, Want to improve body condition, Desire to achieve. Data obtained 22% are in the Very High Category, 67% are in the high category and 11% are in the medium category. Besides being seen from the questionnaire that has been distributed. This desire can also be seen when learning in class, children want learning in class by always contacting the teacher the previous day or before learning begins. In addition, during practical learning in the field, all students move to follow the movements exemplified by the teacher, the reason is so that their muscles and bodies are healthy. For more details can be seen from the image diagram below **Figure 2.**

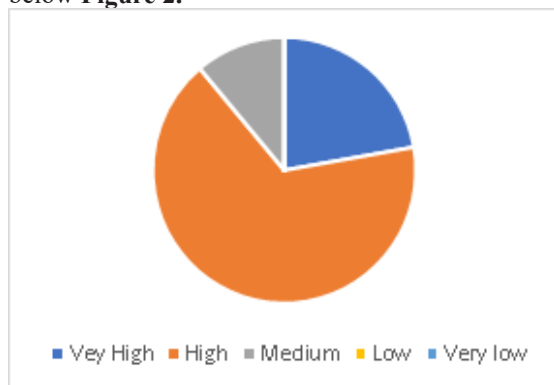


Figure 2. Desire Indicator

Perseverance

The third indicator is persistence where the distribution of these indicators is Effort and Diligent practice. For this indicator all students are in the high category because 100% of students chose this answer. This is also supported by learning behavior in class. All students looked diligent and tried to work on or practice the material and movements

taught by the teacher. To see more details can be seen from the diagram below **Figure 3.**

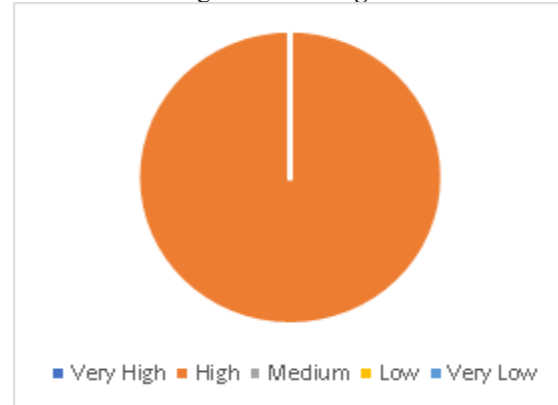


Figure 3. Persverance Indicator

Push

The last indicator of interest is encouragement, where the distribution of indicators includes attention, teachers, facilities and infrastructure. For this indicator the push factor is in the very high category of 20% and for the high category it is 80%. Students answered that if the school was equipped with complete facilities and infrastructure, it would increase their interest in learning, this was because their curiosity was great. They like to try new things, especially sports facilities and infrastructure that are complete and good. On the other hand, students are also aware of the condition of their school, they know the limited facilities and infrastructure that occur.

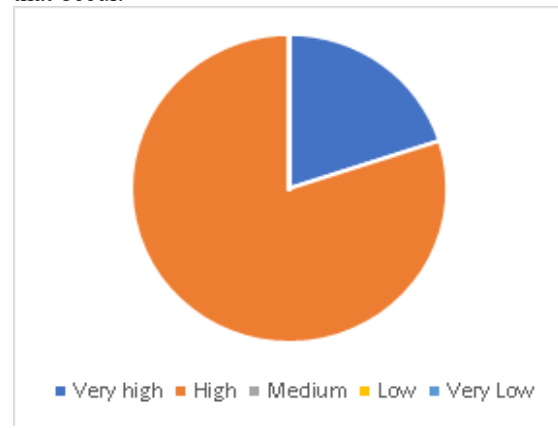


Figure 4. Push Indicator

Seeing the teacher’s convincing appearance, conveying varied and innovative material as well as good authority makes them encouraged to take part in physical education lessons with a happy heart. In addition, teachers who are concerned about not imposing students during practice and then cannot and are not scolded for make this external encouragement very influential on students’ interest in learning in class. For more details, see the diagram

below.

From the data above qualitatively the researcher can see how the influence of this traditional sports invitation has a significant influence on learning. Nuance and atmosphere of joy reflected on the field. All students move to follow the teacher or independently but still in the context of learning. This is supported by the theory presented by Fitri Handayani 2022 that children will learn with focus if they are in a conducive environment (Fitri Handayani, 2022). This directly implies that joy and happiness can make students in conducive conditions so that their interest in learning is getting better.

The need to make variations in learning by adding traditional sports to learning so that indirectly teachers and schools also participate in preserving and developing these traditional sports in the digitalization era. Apart from that, to foster a sense of unity, collaboration with other schools is also needed so that we can both maintain this culture. On the other hand, it has to do with an independent curriculum, where students' assessments vary. Therefore, students can build relationships not only within the school's internal environment but with other schools as well.

Before testing the hypothesis, the researcher conducted a prerequisite test, namely the normality test and homogeneity test. The normality test uses the Kolgomorov Smirnov test with the help of SPSS version 22. The normality test results are Sig. (2-tailed) > 0.05, so the data is normally distributed. From the table data below, the Sig. (2-tailed) value is 0.134, which means it is greater than 0.05.

Correction.

The homogeneity test also shows a value greater than 0.05, namely 0.101, thus the data is also said to be homogeneous.

The focus of this study is that traditional sports invitations have an influence on students' learning interest in Physical Education learning. The pre-test score on learning interest was 58, which means that the average interest of junior high school students before being given the traditional sports invitation treatment was in the low category. This is due to aspects of encouragement, desire, persistence and attitude that are not maximized by the teacher. So that the involvement of students in learning is very low.

The results of research conducted in class at the first and second meetings showed that students were still adjusting and awkward to demonstrate existing movements. Like there are still many students who fall up using stilts. The students also moved the clogs but were still not coherent and often

stopped or fell. To block students, they have not used strategies or tactics to get grades. Likewise, the fortress still did not dare to attack. From the results of observations made in the field in the third to eighth meetings it appears that students are starting to be active and enthusiastic about participating in learning and trying to do all traditional sports.

As an influence of traditional sports invitations, the results of the analysis of the interest in learning Penjaskesrek on post-test shows the results that have experienced an average increase reaching a value of 83. This figure indicates student interest in learning is in the high category. This is because all students are actively involved in activities. The teacher also gives students the opportunity to try and ask questions. For more class categories of student learning interests are illustrated in the table below **Table 5**.

Table 5. Norm of Interest

Mark	Category
X > 93	Very high
76-92	Tall
60 - 75	Currently
43-59	Low
X < 42	Very low

Furthermore, based on the results of the hypothesis test, there is a significant influence between traditional sports invitations on the interest in learning Physical Education, Health and Recreation of junior high school students. Test the hypothesis using the help of SPSS version 22, namely using the t test. By making a decision, if the significance value (2 tailed) < 0.05, there is a significant influence between traditional sports invitations on the interest in learning Physical Education, Health and Recreation of junior high school students in the city of Jayapura. From the results of the analysis using the paired sample test, the value of Sig. (2-tailed) is 0.000 < 0.005, so there is a significant effect.

CONCLUSION

Based on the results of this study, the conclusions are as follows:

The Influence of Traditional Sports Invitations on Interest in Learning Physical Education Junior High School Students in Jayapura City is in the high category

Extrinsic factors have a significant impact on Physical Education learning. By making variations in learning through traditional sports, it can increase student interest in learning.

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