

Student Learning Interest in Following Health and Sports Physical Education in Madrasa Studentsalياهو Al-Falah Debowae Kabupaten Buru

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Abstract

The aim of this study was to determine the learning interest of Madrasa Aliyah Al-Falah Debowae Debowae students in Buru Regency in the subjects of physical education, sport and health. The specific objectives of this study were to find out: Students' interest in PJOK subjects at Madrasah Aliyah Al-Falah Debowae Buru District. This research is a quantitative study using a survey approach, while the variable studied is interest in learning sports physical education at MA al-falah Debowae, Buru district. By using a questionnaire or questionnaire as a data collection tool, in addition to that, this study attempted to describe and generalize data or events that occurred to all members of the population based on the research sample. From the results of the research and discussion that have been described, it can be concluded that: a. That the interest of students in participating in physical education, sports and health lessons at MA Al-Falah Debowae, Buru Regency, is in the medium category with 27 students or 45%. b. In students' interest in learning Physical Education, Sports and Health, there are 5 indicators, namely attention, feelings of pleasure, activity, the role of the teacher and facilities. With the results of each indicator, namely: attention indicators have the most categories, namely moderate (28 students) with a percentage of 46.7%, indicators of feeling happy have the most categories, namely moderate (19 students) with a percentage of 31.6%, activity indicators have categories the most is moderate, (34 students) with a percentage of 56.7%, the teacher's role indicator has the most category, namely medium (26 students) with a percentage of 43.4% and the category of facilities has the most category, namely high (29 students) with a percentage of 48.3%. 1. Schools must be able to foster student interest in learning by increasing the factors that influence student learning interest. 2. The research instrument is less broad in scope so that it is possible that there are more important elements that are not included / not disclosed in the research instrument. because of that there is an instrument to add so that this research is even better. 3. With these results it can be used as a reference for schools and teachers to control student learning interest as a supporter of successful learning.

Keywords: Interest, PJOK

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INTRODUCTION

Education is a need for someone to live a life in a society that understands their own dignity and worth, with education it is easier for them to live their lives. Education is carried out not only in the school environment, but in the family and community environment. According to Law No. 20 of 2003 concerning the National Education system, Education is a planned conscious effort to create a learning atmosphere and learning process so that students actively develop their

potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by himself, society, nation and state.

Sports and Health Physical Education is an integral part of education as a whole, aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, aspects of a healthy lifestyle and recognition of a clean environment through physical activity, selected sports, and health that are planned systematically in order to achieve national education goals (Law No.20 of 2003).

Physical education in general is part of the education system as a whole which has the goal of developing aspects of physical fitness, emotional stability, reasoning, health, social skills as well as moral action with physical sports activities in order to foster a level of self-discipline and increase learning success (Hartati, Priambodo, and Kristiyandaru. 2013; Dombrovskis, Guseva, Capulis; 2014).

According to Sukintaka (2000); and Achmad (2012) sports and health physical education is a learning process through selected sports physical activities to achieve educational goals, which is designed to improve physical, mental, social and emotional fitness for the community and develop motor skills, knowledge and healthy behavior, active and sportsmanlike attitude.

Interest is a tendency that persists in the subject or object to feel interested in something. Interest is a strong source of motivation to encourage someone to learn and can add joy to every activity they do. Besides that, student interest is needed to support the course of the teaching and learning process of physical education, sports and health. Based on the preliminary study, it turns out that not all MA students are active in participating in physical education lessons. Some are lazy, some are not serious about taking physical education lessons, and some even try not to take physical education lessons under various pretexts. Based on student behavior tendencies, it is possible that the interest factor is one of the contributing factors to the inactivity of most students.

Interest in learning Sports and Health Physical Education aims to arouse students' enthusiasm for learning so that the learning objectives of Sports and Health Physical Education can be achieved properly. because that's what a strategy is needed so that students have an interest in being able to follow the learning process.

While making observations at MA Alfalah Debowae, the authors found that many students were less interested in physical education, sports and health. This is because the existing infrastructure at the school, namely badminton, futsal, and basketball courts is not yet available properly. It can also be seen that not all students are active in participating in physical education, sports and health lessons. There are students who are lazy to take part in sports and health physical education, including; students who deliberately do not go to school during physical education, sports and health subjects, there are also those who are not serious when the learning process begins, and there are also those who have reasons such as experiencing stomach pain due to menstruation in female students/girls, so they miss the lessons they are studying. impact on the value of physical education subjects.

Based on the description that has been described above, it supports the writer's interest in conducting research with the title "*Student Learning Interest in*

Participating in Physical Education, Sports and Health Learning in Madrasah Aliyah Al-Falah Debowae Students, Buru Regency.

1. Physical Education Learning Facts

Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual quality, both physically, mentally and emotionally.

Physical education is carried out as a tool in achieving national education goals, covering cognitive, affective, psychomotor and physical aspects. According to Ngalm Purwanto (2007) Physical education is a really important aspect of education, which cannot be separated from other aspects of education. Tri Ani Hastuti (2008) Physical education is a form of learning that uses physical activity, namely learning to move and learning through motion.

According to H.J.S Husdarta (2011), physical education is a process education through physical activity, games or selected sports to achieve educational goals. According to Agus Susworo DM and Fitriani (2008), Physical education is a process of education with learning experience through conscious physical activity, systematic, and intensive to stimulate growth and development physical, motor, thinking, emotional, social, and moral.

Some of the opinions above can be concluded that physical education is an effort to educate through physical activity. Physical education is a process of education through movement or physical activity carried out by someone who aims to develop and foster physical strength in every human being.

2. The Reality of Learning

Learning is a combination composed of human elements, materials, facilities, equipment, and procedures that influence each other to achieve learning objectives (Oemar Hamalik 2008)

Learning comes from the word learning. Learning is a process of change, namely the process of changing behavior as a result of interaction with the surrounding environment in meeting the needs of life in society. According to Sukintaka (2001) "Learning implies how teachers teach something to students, but besides that, events also occur how students learn it".

Learning is a process characterized by change in someone. These changes can be demonstrated in various ways forms such as knowledge, understanding, attitude and behavior, skills, abilities, reaction power, receptive power, and others (Nana Sudjana, 2005)

3. Fact of Interest

According to Suryabrata (2012) interest is one of the factors that can influence a person's business. Strong interest will lead to effort seriously and not easily give up in the face of challenges. Students who have a desire to learn, students are fast and can understand and remind them. Meanwhile, Sadirman and Arif (2013) said that interest functions as encouraging one's desires, reinforcing desires and as a driving force in doing things that come from within a person to do something with the aim and direction of daily behavior, some of the functions of interest in learning are as follows:

1). Encouraging humans to act, namely as a mover or motor that releases energy

- 2). Determining the direction of action, that is, towards the goal to be achieved.
- 3). Selecting actions, namely determining what actions are compatible in order to achieve goals. The function of interest in relation to the implementation of the study: (a). Interest gives rise to immediate attention, (b) Interest facilitates the achievement of concentration, (c) Interest prevents distraction from outside attention, (d) Interest strengthens the attachment of learning material in memory, (e) Interest reduces boredom of study within oneself (Gie, 2014).

From all of the above understandings, it can be concluded that interest in learning is a unit that can give birth to self-potential for creativity, ideals, and students' thinking power towards the material being studied both internally and externally.

RESEARCH DESIGN

This research is a quantitative study using a survey approach, while the variable studied is interest in learning sports physical education at MA al-Falah Debowae, Buru district. By using a questionnaire or questionnaire as a data collection tool, in addition to that, this study attempted to describe and generalize data or events that occurred to all members of the population based on the research sample.

The method used in this study is a method with techniques questionnaire or questionnaire. A questionnaire or questionnaire is a list containing questions that must be answered or carried out by students who want to be investigated, who are also called respondents. With this questionnaire, facts or opinions can be obtained (*opinion*). The questions in the questionnaire depend on the aims and objectives to be achieved. These aims and objectives affect the form of the questions in the questionnaire (Walgito, 2010).

RESULTS AND DISCUSSION

The instrument used in the questionnaire consisted of 24 valid statement items. alternative answer instrument consists of 4 kinds of scales from 1-4. so as to obtain a score range between 24 to 96. Based on the calculation results above, the categorization criteria can be seen as follows:

1. Very high
 $X > M + 1,5 SD$
 $= 77,8 + 11,575$
 $= X > 89,37$
2. Height
 $M + 0,5 S < X \leq M + 1,5 S$
 $= 77,8 + 3,85 \leq 89,37$
 $= 81,65 \leq 89,37$
3. Currently
 $M - 0,5 S < X \leq M + 0,5 S$
 $= 77,8 - 3,85 \leq 81,65$
 $= 73,96 \leq 81,65$
4. Low

$$\begin{aligned}
 &M - 1,5 S < X \leq M - 0,5 S \\
 &= 77,8 - 11,575 \leq 73,96 \\
 &= 66,22 \leq 73,96
 \end{aligned}$$

5. Very low
 - $X \leq M - 1,5 SD$
 - $X \leq 66,22$

Table 1. Categorization of students' learning interest in participating in physical education and sports and health lessons for MA Al-Falah Debowae students, Buru Regency.

N0	Score	Frequency	Presentase	Criteria
	$X > 89,37$	3	5 %	Very high
	$81, 65 \leq 89,37$	15	25 %	Height
	$73,96 \leq 81, 65$	27	45 %	Currently
	$66,22 \leq 73,96$	11	18,3 %	Low
	$X \leq 66,22$	4	6,7 %	Very low
	Amount	60	100 %	

Based on the table above, it can be concluded that students who get the most categories are in the medium criteria, namely 27 students with a percentage of 45%. The following is an illustrative graphic of students' interest in taking part in Physical Education, Sports and Health lessons at MA Al-Falah Debowae, Buru Regency

An analysis of students' learning interests in taking part in Physical Education and Sports and Health lessons for MA Al-Falah Debowae students in Buru Regency from each indicator can be explained as follows:

- 1) Attention
 - a. Indicators of attention regarding students' learning interest in learning Physical Education, Sports and Health are measured by 4 statement items namely, 1, 2, 3, 4.
 - penscore = 1 - 4
 - lowest value = 4 x 1 = 4
 - highest value = 4 x 4 = 16
 - mean = 12,48
 - standard deviation (SD) = 1.65
 - 1,5 SD = 2,47
 - 0,5 SD = 0,82
 - b. categorization criteria
 - the instrument used in the questionnaire consisted of 24 valid statement items. alternative answer instrument consists of 4 kinds of scales from 1-4. so as to obtain a score range between 24 to 96.
 - Based on the calculation results above, the categorization criteria can be seen as follows:
1. Very high
 - $X > M + 1,5 SD$

- $$= 12,48 + 2,47$$
- $$= X > 14,95$$
2. Height
- $$M + 0,5 S < X \leq M + 1,5 SD$$
- $$= 12,48 + 0,82 \leq 14,95$$
- $$= 13,3 \leq 14,95$$
3. Currently
- $$M - 0,5 S < X \leq M + 0,5 SD$$
- $$= 12,48 - 0,82 \leq 13,3$$
- $$= 11,66 \leq 13,3$$
4. Low
- $$M - 1,5 S < X \leq M - 0,5 SD$$
- $$= 12,48 - 2,47 \leq 11,66$$
- $$= 10,01 \leq 11,66$$
5. Very low
- $$X \leq M - 1,5 SD$$
- $$X \leq 10,01$$

DISCUSSION

The description of the results of the research conducted on students' interest in participating in physical education lessons, sports and health at MA Al-Falah Debowae, Buru Regency, showed that students' interest in participating in physical education lessons, sports and health at MA Al-Falah Debowae, Buru Regency was in the medium category with consideration the highest frequency is in the medium category with 27 students or 45%.

In looking at students' interest in learning sports and health physical education, there are 5 indicators, namely attention, pleasure, activity, teacher's role and facilities. The results of each indicator show that the attention indicator has the most categories, namely moderate (28 students) with a percentage of 46.7%, the feeling of joy indicator has the most categories, namely moderate (19 students) with a percentage of 31.6%, activity indicators have the most categories namely medium (34 students) with a percentage of 56.7%, the teacher's role indicator has the most category, namely medium (26 students) with a percentage of 43.4% and the facility category has the most category, namely High (29 students) with a percentage of 48.3%.

It can be seen in detail from each indicator of student interest in learning Physical Education, Sports and Health at MA Al-Falah in the table below

Table 2. Indicators of students' interest in learning physical education, sports and health at MA Al-Falah

Category	Attention		Feeling happy		Activity		Teacher Role		Facility	
	F	%	F	%	F	%	F	%	F	%
Very high	7	11,7%	5	8,3%	1	1,7%	2	3,3%	2	3,3%
Height	8	13,3%	15	25%	14	23,3%	15	25%	29	48,3%

Currently	28	46,7%	19	31,6%	34	56,7	26	43,4%	7	11,7%
Low	13	21,7%	17	28,3%	6	10%	15	25%	18	30%
Very low	4	6,6%	4	6,6%	5	8,3	2	3,3%	4	6,7%

From the results of the research, it can be seen that the highest category of students' interest in learning Physical Education, Sports and Health at MA Al-Falah is in the medium category. There is also a High category on the Facility indicator. This shows that indicators of student interest in learning physical education, sports and health at MA Al-Falah are encouraged because of the facilities provided by the school in the practice of learning physical education, health and sports. The existence of interest will help students to be active in learning and have the opportunity to master the skills being taught and achieve maximum learning achievement.

CONCLUSION

From the results of the research and discussion that has been described, it can be concluded:

That the interest of students in taking part in Physical Education, Sports and Health lessons at MA Al-Falah Debowae, Buru Regency, is in the medium category with 27 students or 45%.

In students' interest in learning Physical Education, Sports and Health, there are 5 indicators, namely attention, feelings of pleasure, activity, the role of the teacher and facilities. With the results of each indicator, namely: attention indicators have the most categories, namely moderate (28 students) with a percentage of 46.7%, indicators of feeling happy have the most categories, namely moderate (19 students) with a percentage of 31.6%, activity indicators have categories the most is moderate, (34 students) with a percentage of 56.7%, the teacher's role indicator has the most category, namely medium (26 students) with a percentage of 43.4% and the facility category has the most category, namely high (29 students) with a percentage of 48.3 %.

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