

# Survey of Students' Interest in Extracurricular Sports Activities and Specialization in Sports Branches

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**Abstract:** This research aims to find out about students' interest in extracurricular sports at Muhammadiyah 4 Gedeg Middle School, Mojokerto Regency and to find out their interest in sports that are already running as extracurriculars at school, namely swimming, volleyball, pencak silat and futsal. For comparison, to find out students' interest in extracurricular sports, there will be arts and national defense activities included in the research. This research is descriptive research. The sample in this study was the entire population of Muhammadiyah 4 Gedeg Middle School students in Mojokerto district. The data collection technique uses a survey by distributing questionnaires. Next, the data that has been obtained is then analyzed using descriptive percentage analysis using the SPSS application. The results of the research show that the interest of students at Muhammadiyah 4 Gedeg Middle School, Mojokerto Regency, is very high in sports extracurricular activities at 64% and in the arts at 11% and national defense activities at 25%. Which is influenced by interest indicators such as: motivation and ideals, attitudes towards teachers during learning, family support, facilities and so on. And interest in the sport of swimming showed the highest number of enthusiasts at 59%, pencak silat 23% volleyball 10% futsal 8%. The conclusion that can be drawn from this research is that students' interest in sports is high, with the specific sport of swimming having the most interest compared to other sports which have become extracurricular at Muhammadiyah 4 Gedeg Middle School, Mojokerto Regency.

**Keywords:** student interest; extracurricular sports; sports

## 1. INTRODUCTION

Education is an activity that is carried out deliberately, structured, and planned with the aim of laying the foundation of knowledge to students and changing or developing the desired behavior. Therefore, educational activities need to be improved, especially regarding the quality, quality, facilities and infrastructure related to education. In line with the objectives of national education which reads to educate the nation's life and build a complete Indonesian human being, namely a human being who believes and is devoted to God Almighty, has noble character, has knowledge and skills, physical and spiritual health, a good and independent personality and has a sense of responsibility to the nation and state. Therefore, institutions that organize education that play an important role as a spearhead for the success of the objectives of national education must be concerned about their vision and mission, quality and the role of improving the skills of their students.

In today's competitive era, everyone is trying to improve the quality of their education, because the quality of education

is one of the indicators of the level of community welfare. Through quality education, it will produce more qualified human resources who are able to process natural resources effectively so that it is expected to be able to increase competitiveness and welfare in society. To achieve this goal, soft skills coaching needs to be held as well as improving the quality therein.

The learning system is oriented to the state of educators, students and several factors that influence it, one of which is the interest or curiosity of students to learn. Students' interest in learning is not only learning in the classroom, but learning outside the classroom is also of interest to students such as state defense learning, art learning and sports learning (Kanedi & Siswanto, 2020; Susanto & Sistiasih, 2023). Sports in schools are seen as an educational tool that has an important role in achieving overall teaching and learning goals (Fajarsari et al., 2023). Currently, sports have begun to be favored by various levels of society both in the regions and in big cities (Sabourin et al., 2023; Supriyadi, 2019). Therefore, sports also need to be improved among students so that it becomes one of the necessities of life to achieve physical health (Wang et al., 2022). Sports activities need to be improved and disseminated

thoroughly such as swimming, volleyball, athletics, soccer, and so on (Abi Jenar Pangestu & Riga Mardhika, 2022; Ferrari Valentino & Iskandar, 2020; Salahudin et al., 2023; Winarno et al., 2023). Through physical education is expected to stimulate the development and physical growth of students (Park et al., 2021). Through sports can also be used as a tool to educate students on good behavior, emotional sensitivity, social and spiritual sense.

In the Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System article 1 point 11 explains that sports education is physical education and sports carried out as part of a regular and sustainable educational process to gain knowledge, personality, skills, health, and physical fitness. Physical education is part of national education .

Attention to sports in Indonesia is focused on sharing activities including competitive sports, health sports, recreational sports and educational sports. As a developing country, Indonesia is actively carrying out development in all fields including in the field of sports (Qisthi et al., 2022). So that various sports are growing rapidly and getting careful attention both from the government and from the scope of society itself, for example in. The success or failure of the physical education teaching and learning process at school in accordance with the expected goals is determined by many factors both internal and external (Gultom & Dicky Hendrawan, 2020). Internal factors that come from within students that affect success in learning such as physiological, psychological, intelligence (intelligence) and maturity conditions, while external factors that come from outside students such as the school environment and the natural environment (Huang & Duan, 2023). To achieve good physical education learning outcomes, students must be able to develop mastery of the basic techniques of various sports taught. Therefore, students are the central point for every educational effort, so that the learning program cannot be separated from the consideration of the students themselves.

The interest that a person has is something that cannot be guessed and does not come just like that, because the interest that exists in a person arises as a result of participation, experience, habits at the time of learning (Yanti et al., 2021). Attention to the current sports field is not only in the field of education but sports are currently also focused on developing recreational sports and sports achievements (Cahya & Pradipta, 2021). So that various sports are growing rapidly and getting careful attention both from the government and from the scope of society itself (Gunawan et al., 2023). The success or failure of the physical education teaching and learning process at school in accordance with the expected goals is determined by many factors both internal and external. Internal factors that come from within students that affect success in learning such as physiological, psychological, intelligence (intelligence) and maturity conditions, while external factors that come from outside students such as the school environment and the natural environment.

According to KBBI, the meaning of the word interest is a high inclination towards something. Interest is an impulse that causes the binding of individual attention to a particular object (Lestari & Daryono, 2021). Meanwhile, according to (Azizah & Sudarto, 2021) interest is a mental device consisting of a combination, blend, and mixture of feelings, hopes, prejudices, anxiety, fear, and other tendencies that can direct individuals to a particular choice. Interest is a long-lasting tendency towards one object or in doing an activity (action) based on feelings of interest, pleasure that arise from within (Situmeang et al., 2021). From all opinions that interest itself can be concluded is an effective interest in a situation or object or activity that takes place. Needs are conditions that require satisfaction, these needs encourage the emergence of attention and interest. Attention is a selective characteristic of mental life. Attention is the concentration of psychic energy on an object. Motivation is a factor in the organism that arouses, maintains manages and brings behavior to a certain goal (Musyaffa et al., 2023).

Motivation is a factor in the organism that arouses, maintains managing and bringing behavior to a certain goal (Ramli & Hakim, 2020). With strong support and motivation from students themselves or from the environment, it will be able to help students' interest in certain fields. Students act because they get encouragement from within and from outside so that if students play or do sports activities it is based on their own desires which are expected to be more focused and responsible for goals. Student motivation that comes from within themselves is shown from actions and actions to participate in sports activities, motivation also comes from the family and the surrounding environment which is very influential (Sutrisno, 2021).

SMP Muhammadiyah 4 Gedeg which is a junior high school in Mojokerto Regency which was founded in 2019 and only obtained an operational license in 2020 (KEMENDIKBUD Main Data 2023) at a very young age of the establishment of this school, therefore the need to identify the interest of Muhammadiyah 4 Gedeg junior high school students in extracurricular sports that are held, As for the identification of extracurricular interests including swimming, volleyball, futsal, athletics and pencak silat from the 5 sports, researchers also compare state defense activities and art in it to find out the motivation of students to follow the chosen sport and become material for agency evaluation of student interest in extracurricular sports at SMP Muhammadiyah 4 Gedeg Mojokerto Regency.

## **2. METHOD**

The data that has been collected in this study will be processed in the form of descriptive research using the survey method, and collecting information or data using a questionnaire as the main data collection tool (Arikunto 2006: 136). Descriptive in question is to provide an overview of student interest in participating in extracurricular sports activities and provide an explanation of student interest in sports. The sampling technique using a total sample is a

sampling technique where the number of samples is the same as the population. The variables in this study are student interest in participating in extracurricular sports and specialization in sports that have taken place as extracurricular activities at SMP Muhammadiyah 4 Gedeg, Mojokerto Regency. The data collection techniques used are Observation / Survey and Questionnaire / Questionnaire. For data analysis techniques the data in this study used descriptive data analysis techniques. While the calculation in the questionnaire uses descriptive percentage.

### 3. RESULT AND DISCUSSION

#### 3.1 RESULT

From the results of research that has been conducted on students' interest in participating in extracurricular sports at SMP Muhammadiyah 4 Gedeg Mojokerto Regency through filling out a questionnaire that has been distributed to all students, the results are depicted by the diagram as follows.

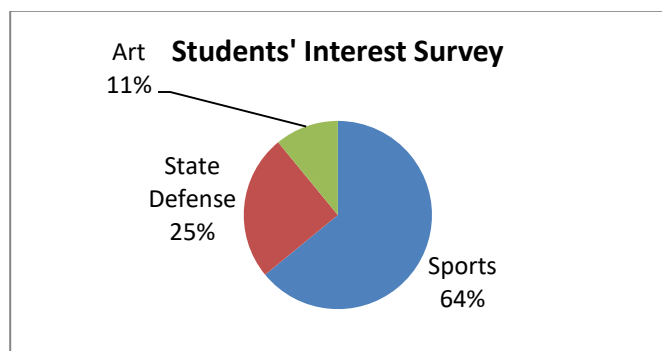


Fig. 1. Survey results of students' interest in sports

The diagram illustrates that student interest in sports is very high at 64% then in the field of state defense 25% in the arts as much as 11%. Then the results of the specialization survey in sports branching get results that will be illustrated by the following diagram.

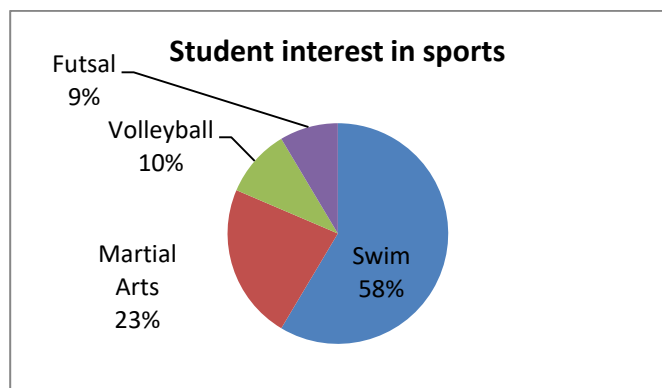


Fig. 2. Students' interest in sports branching out

In the sports branching survey, futsal ranks the last of the 4 sports that have been determined, which is only 8% followed by volleyball which ranks third at 10% then pencak silat 23%

then swimming ranks first or the most enthusiasts in the sports field which is 59%.

#### 3.2 DISCUSSION

Interest is one part of motivation, because people who have or have a high interest in an activity that will or is being pursued will contain a sense of pleasure, passion and enthusiasm so that it will have a good effect or result (Risaldi et al., 2023). In essence, interest is the beginning of a condition to like something. From this pleasure, an urge to do the activity is born to answer the conditions created. Interest in sports can form a motivation to always be active in sports activities, for example a positive attitude shown in certain sports, for example in swimming which has the most enthusiasts from other sports (Gani et al., 2021). Then the individual will strive to be the best, and to achieve an optimal level of skill in the sport. These conditions can stimulate students to learn the techniques of movement skills in swimming so that they can master basic swimming techniques better when compared to students who have no motivation or low interest in sports.

Students' interest in swimming at SMP Muhammadiyah 4 Gedeg Mojokerto Regency is high with a percentage reaching 59% which is influenced by several indicators of interest such as motivation and goals, the attitude of the coach or teacher during learning and support from family and so on.

##### 1) Motivation and goals

Motivation is closely related to the goals to be achieved. In determining the goal, it is necessary to do, while the cause of doing is the motive itself as a driving force or driver. With the support of strong motivation from within or from outside a person, it will be able to raise people's interest in an object (Fattah, 2021). Individuals behave because they get encouragement from within and from outside so that if students play or do sports activities based on their desires from within themselves, and get support from outside, the sports activities carried out will maximally lead to a goal.

Furthermore, related to motivation, some psychologists say motivation is used to explain desire, direction, intensity and behavior aimed at goals. In motivation includes several concepts such as the need to achieve, the need for affiliation, habits and one's curiosity about something. The emergence of motivation can be due to an interest in the field of sports, for example, students are interested in sports because they want to become athletes so that they will be motivated to realize their interests by learning the techniques through formal education or non-formal education such as extracurricular or sports club clubs.

When viewed from the source of its appearance, motivation in students of SMP Muhammadiyah 4 Gedeg Mojokerto Regency includes two types, namely intrinsic motivation and extrinsic motivation.

- Intrinsic motivation comes from within himself or who does not need stimulation from outside because of the stimulation from within the student, because it suits his needs.

- Extrinsic motivation arises because of external stimuli, such as his desire to excel in sports or his desire to become a professional athlete who has participated in a match to become first place. So his desire to be first place is a factor that comes from outside the individual.

Students' motivation that comes from within themselves is shown from their fondness for extracurricular swimming activities and their aspirations to be able to excel in the future. Meanwhile, student motivation that comes from outside themselves is shown from their motivation, feelings and actions when exercising swimming also comes from the environment, family, friends and the environment where they live. This shows that students who are respondents in the current study get encouragement or support from families related to the swimming sports they participate in. This is shown by the number of friends who take part in extracurricular swimming activities and is shown by the willingness of parents to deliver, follow and buy swimming equipment needed by their children.

Apart from family support, support from peers is also very high. This is shown by the number of students who like and follow sports, especially swimming, who often influence them to do swimming training activities. In fact, some of them often invite them to practice swimming techniques together. The results of this study indicate that community support for the interest of Muhammadiyah 4 Gedeg Junior High School students in doing sports activities is high, this is indicated by the frequent sports activities in the neighborhood to commemorate certain days, the existence of sports associations in the neighborhood in an environment where people work in the field of sports, then at least already have attention to the field and allow him to be interested in the sport.

## 2) Family

The family is the first and foremost source of education, because most of the student's life is in the family environment, so family circumstances greatly affect student interest (Rodrigues et al., 2018). A calm home atmosphere, a harmonious family is one that gives encouragement to children to do sports activities.

Students can study quietly, so it is beneficial for student learning progress. Therefore, with family attention to student activities and learning facilities, it will be able to support students' interests so that they can increase their interest even higher.

The role of the family is very influential in encouraging students who have done sports activities including swimming. If the family supports their child to do sports activities, then usually the child's interest will increase higher, meaning that he is motivated by the family (Bahamonde et al., 2018). However, if the family does not support the activities that their

children are interested in, then the child's interest will decrease, and may even disappear (Ramli, 2020).

## 3) Teacher attitude during learning

The attitude of students towards physical education teachers in swimming sports is also a supporting component of student interest in swimming sports. At this time the attitude of students of SMP Muhammadiyah 4 Gedeg Mojokerto Regency is one of the factors that provide high support for students' interest in the field of swimming sports.

This is because the success in the teaching and learning process occurs between teachers and students by the attitude of students towards teachers and PE subjects. The attitude towards the teacher includes how the student's interaction with the PE teacher will affect the interest in the lesson to be given by the PE teacher, otherwise if the student cannot interact well with the PE teacher, the student will become antipathy towards the lesson to be given. If there is good interaction between students and PE teachers, the students will like the teacher so that the learning process can run well. Apart from that, students will also like the subjects given by the teacher so that students will make every effort to follow the lessons as well as possible. This fact is supported by in the entire educational process, especially school education, the teacher plays the most central role.

In the learning process, teachers are required to carry out various roles, so that teachers can present a conducive, effective and efficient learning process. Teachers who can carry out their roles well will be able to make students actively involved in the classroom. (Martínez-de-Quel-Pérez et al., 2019) says the role of the teacher can be measured through four indicators, namely the teacher as a demonstrator, classroom manager, facilitator and mediator, and evaluator and the teacher as a learning agent is required to organize the learning process as well as possible, in order to develop the quality of education.

## 4) Facilities

A sports activity will run smoothly with the availability of supporting facilities. The existence of supporting facilities will encourage students' interest in sports activities. It does not mean that without inadequate facilities a sports activity does not run well, but most likely it will not maximize the results.

From the results of research conducted at SMP Muhammadiyah 4 Gedeg Mojokerto Regency, it shows that sports facilities have supported the field, PE teachers and coaches during extracurricular swimming activities. Adequate facilities are one of the drivers of students to take part in sports activities even more.

## 4. CONCLUSION

From the results of research and discussion, it shows that students of SMP Muhammadiyah 4 Gedeg Mojokerto Regency show a very high interest in sports, then the branching in the field of sports is known that swimming is the most



popular sport for students of SMP Muhammadiyah 4 Gedeg Mojokerto Regency.

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