



## Child Character Education Through Health and Sports Physical Education

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### Abstract

The purpose of this study was to determine the results of the formation of children's character through play activities in physical education, sports and health. The type used in this research is descriptive quantitative. Data collection was used by distributing research questionnaires. The population and sample in this study were Class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency, which consisted of 60 students. The instrument to be used in this research is a questionnaire. Based on the research data obtained in this study it can be concluded that Character Education Through Physical Education Sports Health is in the "Moderate" category with a percentage of 61.66%.



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## INTRODUCTION

Physical education has a major contribution to the process of student development, which in practice makes physical activity a tool to achieve educational goals (Band, 2011) . In line with Abduljabar's statement that physical education emphasizes physical fitness, mastery of skills, knowledge, and social development (abduljabar, 2011) . Education is one of the main factors in realizing progress and improving the quality of life of a nation. In the implementation of education, the factors of character formation and life skills are things that need attention. The term character closely relates to the terms morals, ethics, and personality. Kesuma explained that character education is a process of transporting life values to be developed in a person's personality so that they become one in the person's life behavior Widodo & Lumintuarso ( 2017).

Implementation of Physical Education in the formation of the characteristics of students who are influential to development and growth of students at the age of children in order to form better behavior. One of the important roles of PJOK subjects is being able to internalize affective values in every learning experience through sports activities. Affective values such as honesty, fair play, sportsmanship, empathy, sympathy, speaking politely, good mental attitude, can be recognized as an integral part of physical education and sports. The formation of one's personality should ideally be done early on to form the character as expected. The habit of doing positive things in early childhood can help children become polite and well-mannered people, both in the school environment, family environment and community environment. (Hidayati, et al, 2020) .

The process of learning physical education, students often feel bored with the same learning. Students are more interested in taking part in physical education learning in the form of games or games “further Physical Education (Rahman, Ginanjar, and Agustin 2022). Physical activity programs can be made in various environments both at school and in the community. The physical and social environment created by preschool can have a huge impact on children's physical development. The authors believe that childcare settings can provide an ideal environment for emphasizing the development of movement patterns that will be used throughout life (Engel et al. 2018) . Through well-directed physical education, children will develop skills that are useful for filling their free time, engaging in activities that are conducive to developing healthy lives, developing socially, and contributing to their physical and mental health (Husdarta, 2009) .

Play has an important role in life that can be seen from the psychological, physical, and social aspects. Several components of the psychological aspect will develop through play, including in terms of intelligence, motivation, emotion, mentality, self-confidence, interest, will, anxiety, aggressiveness, attention, concentration, and so on. Play is studying. Some of the main characteristics of playing are entertainment and having fun (Dorothy, et al, 2006) . Therefore, games are very important tools to enable learning in 'interesting' or novel ways. As well as being the context in which most of the learning related to children's lives can occur, games also provide children with a context for learning about their own culture. In other words, play can be an effective and important tool for children's cultural learning. This is because most interactions with one another are

influenced by the cultural context in which they live (Neuliep, 2011) .

The teacher's skill in understanding the feelings and desires of students makes the classroom atmosphere more lively and dynamic. The greater opportunity given by educators to be involved in the learning process causes students to feel valued and feel they belong. This kind of atmosphere will be effective in fostering enthusiasm and spurring students' learning enthusiasm, such a process will support the formation of positive character. Physical education is an educational process that utilizes systematically planned physical activity aimed at developing and improving individuals organically, neuromuscularly, perceptually, cognitively and emotionally within the framework of National education. Physical education learning begins at an early age to stimulate organic growth, motor, intellectual and emotional development (Solihin, et al, 2013) . This indicates that at an early age, physical education has a very important role in shaping character.

Physical education is essentially an educational process that utilizes physical activity to make changes to the quality of individuals both physically and spiritually, so that physical education is one of the most important and primary education for the progress of a nation. Physical education aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, moral action and socialization of a clean environment through selected physical, sports and health activities that are systematically planned in order to achieve the goals of National education. Physical, sport and health education seeks to achieve educational goals through physical activity so that it can have a good impact on the health, growth and development of Indonesian people (Solihin, et al, 2013) .

The purpose of PE is that PE is one of the subjects that can improve the development of movement, so that as PE teachers we are expected to be able to improve basic movement skills in every sport contained in the Learning Program Plan (RPP). (Mudzakir and Kharisma 2019) . The educational context can be used as a provision for the importance of physical activity to improve health, physical fitness, social relationships, emotional control, and morale.

## **METHODS**

This research is quantitative descriptive. Descriptive quantitative research is used to describe, explain, or summarize various conditions, situations, phenomena, or various research variables according to incidents as they exist which can be photographed, interviewed, observed, and which can be expressed through documentary materials (Arikunto 2010) . Research with a description in the form of numbers.

### **Sampling Procedures**

The population in this study were Grade VIII students of SMP Negeri 2 Rambah Samo, Rokan Hulu Regency. The sampling technique is total sampling. The number of samples in this study amounted to 60 people.

### **Materials and Apparatus**

Research instruments are tools or facilities used by researchers in using data to make their work easier and the results better, in the sense that it is more complete and systematic so that it is easier to process (Arikunto 2010) . This research instrument was arranged based on research grids in the form of research variables. The instrument to be used in this study is a questionnaire or questionnaire. Instruments are tools that are selected and used by researchers so

that these activities become systematic. This instrument will be distributed using a Questionnaire. The scale used in this study is the Likert Scale which is used to measure attitudes, opinions and perceptions of a person or group of people about social phenomena . The questions compiled in the questionnaire are based on aspects related to the research variables, namely the Formation of Children's Character through Playing Activities in Physical Education Sports Health with a Likert Scale, so the variables to be measured are translated into variable indicators. Questionnaire score criteria as stated in the table below:

**Table 1.** Character Indicator Questionnaire Items

Indicator	Sub-Indicators
Honesty	1. Able to be fair 2. Not lying
Sportsmanship	1. Respect Opponents 2. Totality in play 3. Humble and big hearted
Discipline	1. Be on time 2. Have the principle to achieve achievement
Leadership	Invite and direct friends to do good

### Design or Data Analysis

After conducting trials, the authors carry out data collection and then perform data processing in the following ways:

$$P = \frac{F}{N} \times 100\%$$

Information :

- F : Frequency
- N : Total Frequency
- Q : Presentation

Drawing conclusions by using assessments from data tabulations, the authors use the following method.

**Table 2.** Assessment Percentage Standards

Percentage	Category
90 % - 100 %	Very high
80 % - 89 %	Tall
70 % - 79 %	High enough
60 % - 69 %	Currently
50 % - 59 %	Low
Below 49 %	Very low

## RESULTS

In accordance with the problems contained in the previous sections that have been described, this chapter will present the results of data research. The data were obtained from distributing questionnaires to the sample, namely the analysis of children's character education through physical education, sports and health in class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency, with a total of 60 students. The analysis of the questionnaire was carried out based on the indicators that have been made and classically from all indicators of the child's character through physical education, sports, health . Categorization of sports activities in identifying the character of Students VIII of SMP Negeri 2 Rambah Samo Rokan Hulu Regency based on the total score obtained by the respondents can be done with the following formula:

**Table 3.** Categorization Norms

Category	Formula	Results
Low	$X < M - 1SD$	$X < 93$
Currently	$M - 1SD \leq X < M + 1SD$	$93 < X < 146$
Tall	$M + 1SD \leq X$	$146 < X$

The complete description of the analysis of the character questionnaire data for children through physical education, health sports, class VIII is as follows:

### 1. Honesty

Based on the results of distributing a questionnaire with 8 statements of honesty to 40 samples, the results obtained from the analysis of

children's character education through sports and health physical education in class VIII SMP Negeri 2 Rambah Samo Rokan Hulu Regency include the Moderate Level with a percentage of 60% and the high level with 40%, for more details see in table 4.

**Table 4.** Honesty

No	Category	Frequency	Percentage
1	Currently	36	60 %
2	Tall	24	40%
Total		60	100%

## 2. Sportsmanship

Based on the results of distributing a questionnaire with 12 statements of honesty to 40 samples, the results obtained from the analysis of children's character education through sports health physical education in class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency include the Moderate Level with a percentage of 53.33% and the high level with 46.66%, for more details see table 1.

**Table 5.** Sportsmanship

No	Category	Frequency	Percentage
1	Currently	32	53.33 %
2	Low	28	46.66%
Total		60	100%

## 3. Discipline

Based on the results of distributing a questionnaire with 14 statements of honesty to 40 samples, the results obtained from the analysis of children's character education through sports health physical education in class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency include the Moderate Level with a percentage of 53.33% and the high level with 46.66%, for more details see table 6.

**Table 6.** Discipline

No	Category	Frequency	Percentage
1	Currently	45	75 %
2	Tall	15	25%
Total		60	100%

## 4. Leadership

Based on the results of distributing a questionnaire with 6 statements of honesty to 40 samples, the results obtained from the analysis of children's character education through sports health physical education in class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency include the Moderate Level with a percentage of 53.33% and the high level with 46.66%, for more details see table 7.

**Table 7.** Leadership Indicators

No	Category	Frequency	Percentage
1	Currently	28	46.66%
2	Low	32	53.33%
Total		60	100%

The overall results of the research on children's character education through physical education and health sports in class VIII SMP Negeri 2 Rambah Samo Rokan Hulu Regency with a total sample of 60 students, of which are in the low category with a frequency of 8 or 13.33%, the medium category with a frequency of 37 or 61.66% and high category with a frequency of 15 or 25%. Then it can be seen in table 8 as follows.

**Table 8:** Recapitulation of children's character education through physical education, sports and health

No	Category	Frequency	Percentage
1	Low	8	13.33%
2	Currently	37	61.66%
3	Tall	15	25%
Total		60	100%

## DISCUSSION

Physical education is education through physical activity to achieve overall educational goals in cognitive, affective and psychomotor aspects. Through sports activities children will experience various hands-on experiences in playing and help improve various aspects of education such as intelligence, creativity, positive attitude, skills,

sportsmanship, honesty, discipline and much more that they get through sports activities. Based on the results obtained, it shows that the overall results of the research on children's character education through physical education, sports and health in class VIII SMP Negeri 2 Rambah Samo, Rokan Hulu Regency with a total sample of 60 students, of which are in the low category with a frequency of 8 or 13.33%. medium category with a frequency of 37 or 61.66% and high category with a frequency of 15 or 25%.

The physical aspect is part of the aspect of human personality that must be nurtured and improved optimally. Good physical aspects will support the quality of human life in general. The goal of physical education in the physical aspect is to help grow and develop physically well, to help improve and maintain students' physical fitness, to help improve basic movement abilities, to develop the abilities of the elements of the physical condition of students. Play activities carried out by children are more related to physical activity. (Main Band 2011). The results of this research are relevant to research that has been done (Sukarmin 2011) which says that there are noble values contained in sports which are actually values that exist in everyday life. These values, no matter how good and noble, will not have any meaning if they are not actualized and implemented in real life. Therefore, what is important is the willingness of each individual to start a good life based on the values of virtue and supported by the example of all parties.

This opinion is also reinforced by the statement according to (Nuryasana and Indarti 2017) that character values can be instilled first through the family, school or community. Cultivating character is a process of forming or developing maturity while at the same

time making a wise and responsible person through the daily habits of his environment. Character education through traditional games can be an option amidst the declining interest of students in traditional games which are beginning to erode with the times. (Nuryasana & Indarti 2017).

Character education, especially in Indonesia, generally uses two development strategies. Namely the macro character development strategy and the micro character development strategy. The macro character development strategy means that the entire planning and implementation context of value/character development involves all national education stakeholders. The character development strategy in the micro context takes place in the context of educational units or schools in a holistic manner ( the whole school reform ). Schools, as the leading sector, seek to utilize and empower all existing learning environments to initiate, improve, strengthen and continuously perfect the process of character education in schools. Furthermore according to (Yusmarti 2017) Character development can be seen in two domains, namely the macro background and the micro background. The macro domain is national in nature which covers the entire context of character development planning and implementation which involves all national education stakeholders. On a macro level, character development can be divided into three stages, namely planning, implementing, and evaluating results

Character is a behavior shown by someone in everyday life that has a positive or negative trend. In education, of course, the positive character that you want to instill in students. Students with this character are always expected by all parties. According to this view, character is a way of thinking, behaving, and acting

that characterizes a person who becomes a habit that is displayed in social life. Moderate (Bandi 2011) states that character is defined as composed of characteristics that will guide a person to do the right thing or not to do the wrong thing. While people who have good character according to (Utama 2011) is a person who is able to control himself, has enthusiasm, is flexible, has a sense of humor, has high integrity, always feels grateful, is steadfast in heart, works hard, has love without discrimination, is humble, wise, and fair (Rosyad & Zuchdi 2018).

## CONCLUSION

Based on the research data obtained in this study, it can be concluded that Character Education Through Physical Education Sports Health is in the "Moderate" category with a percentage of 61.66% .

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