



Motivation of Class XI Students towards Learning Physical Education Sports and Health

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ABSTRACT

Purpose of the study: This study aims to determine the level of motivation of class XI students towards learning physical education, sports and health at Public High School 2 South Bengkulu.

Methodology: This research is a quantitative research, the method used is descriptive method with the type of survey. The population in this study were students of class XI Public High School 2 South Bengkulu, totaling 30 students. The sampling technique used was total sampling technique. The instrument used in this study used a Likert scale or questionnaire method which was distributed to respondents.

Main Findings: Based on the results of the research on the motivation of Class XI students towards learning physical education, sports and health are classified as low, this can be seen in the results of the percentage of 87% which is in the assessment range of 81% -100% with very high criteria.

Novelty/Originality of this study: This research provides a valuable contribution to further understanding of how motivation can be triggered and maintained at a high level among level XI students, particularly in the increasingly complex and diverse learning context of Physical Education, Sports and Health.

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1. INTRODUCTION

Education is a conscious and planned process for the learning process of students and society in order to build dignified human character and civilization [1], [2]. The characteristics of civilized and dignified humans are humans who believe and are devoted to God Almighty. Having noble character, being honest, fair, responsible, democratic, upholding humanitarian principles, respecting others, polite and considerate, tolerant and developing togetherness in diversity, building discipline and independence [3], [4]. Sports and Health Physical Education is a learning process through physical activities designed to improve physical fitness, develop motor skills, knowledge and healthy and active living behavior, sportsmanship and emotional intelligence [5], [6]. Physical Education, Sports and Health is one of the subjects that must be taught in schools.

Physical Education, Sports and Health is an integral part of education as a whole which aims to build aspects of physical fitness, movement skills, social skills, reasoning, emotions, moral actions, aspects of healthy lifestyles and the introduction of a clean environment through selected physical, sports and health activities that are planned systematically in order to achieve national education goals. The scope of physical education learning subjects at school includes aspects such as games and sports, development activities, gymnastics activities, rhythmic activities, water activities, and out-of-class education [7], [8]. Physical Education, Sports and Health is

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a vehicle for educating children. Learning Physical Education, Sports and Health at school, not only develops the physical realm, but students are required to have a positive attitude such as discipline, cooperation, honesty, sportsmanship, good behavior, obeying applicable rules and regulations. Among the many subjects taught in schools, only physical education, sports and health, seeks to achieve goals through physical activity [9], [10]. To achieve the goals in implementation, Physical Education, Sports and Health is one of the factors that can influence student motivation.

Motivation comes from the word motive. Motive means the effort that drives someone to do something. In reality, each person's motives for learning can be different from each other. There are students who study diligently because they want to increase their knowledge, there are also students who study because they are afraid of being scolded by their parents [11], [12]. The differences in motivation are influenced by intrinsic motivation that arises within oneself without being influenced by anything outside oneself. Extrinsic motivation that arises within a person due to external influences such as teachers, parents and the surrounding environment. A person with high motivation will show interest, attention, full concentration, high perseverance, and be achievement-oriented without ever getting bored, let alone giving up [13], [14]. On the other hand, students who have low motivation will appear indifferent, get bored quickly, easily give up and try to avoid activities. The connection with activities is that motivation is closely related to self-actualization so that the motivation that most characterizes students' needs in learning is learning motivation to achieve high achievement. Motivation is a concept that explains the reasons someone behaves [15], [16]. Motivation is a change in energy within a person which is characterized by the emergence of feelings and reactions to achieve goals. Motivation encourages someone to do something to achieve the goals they want to achieve. If there are two students who have the same abilities and are provided with the same opportunities and conditions to achieve goals, the performance and results achieved by motivated students will determine the level of success or failure of students' teaching and learning activities [17], [18]. Learning without motivation is difficult to achieve optimal success.

Student motivation can be seen from their seriousness in carrying out the activities the teacher provides. If a student carries out a movement with a sense of sincerity, it can be seen that the student has high motivation in carrying out the movement or activity that the teacher provides [19]. However, on the other hand, if students in carrying out the movements or activities given by the teacher seem lazy, indifferent, and not serious about carrying out the movements, then it can be concluded that the students do not have the motivation to carry out the activities given by the teacher. Students' motivation to take part in physical education, sports and health can be caused by several factors, including the students' own hobbies, such as football, badminton, rounders, which are of course fun and without thinking hard [20], [21]. Motivation can arise because of a person's strong encouragement, in learning activities, motivation plays a very important role as a force that will encourage students to learn. Many things are thought to cause children's lack of motivation to learn about sports and health, including the lack of attractive presentation of sports activities by educators and teachers at school [22]. Teachers must realize that a lack of variety in teaching will cause someone to feel bored which will ultimately reduce their own motivation.

The implications of this research are important to help inform educational strategies and policies that are more effective in increasing the motivation of class XI students towards learning Physical Education, Sports and Health. The research results can be used as a basis for developing training programs for Physical Education, Sports and Health teachers to motivate students more effectively, for example by utilizing an approach that pays attention to students' intrinsic needs and desires [23], [24]. In addition, understanding the impact of technology and social media on student motivation can also be a basis for developing learning strategies that are more up-to-date and relevant to today's digital reality, such as integrating technology in Physical Education, Sports and Health curriculum design [25].

Fear is also the cause of a lack of motivation for a sport, with the emergence of fear the student will feel less confident about his abilities and talents. The lack of holding competitions and extracurriculars in sports learning can also be the cause of students' lack of motivation towards learning physical education, sports and health. Likewise, incomplete facilities and infrastructure will cause students to lack motivation because students cannot feel what the tools and fields actually look like [26]. Therefore, teachers can provide more interesting learning and can modify tools to match their original form. Seeing and understanding the descriptions of the problems above, the researcher is interested in conducting research with the title "Motivation of class XI students towards physical education, sports and health."

2. RESEARCH METHOD

2.1 Type of Research

This research is quantitative research which provides an overview of the object under study, the method used is a descriptive method with a type of survey using a questionnaire as the instrument. Descriptive research is research conducted to determine the value of independent variables, either one or more variables (independent) without making comparisons, or connecting one variable with another variable.

2.2 Population and Sample

Population is the total number consisting of objects or subjects that have certain characteristics and qualities determined by the researcher to be examined and then drawn conclusions. The population in the research was class XI Public High School 2 South Bengkulu students, totaling 30 students. The sample is part of a number of characteristics possessed by the population used for the research. In this research the sampling technique used was Total Sampling. Total Sampling is taking samples that are the same as the existing population.

2.3 Data Collection Technique

The research instrument used in this research is a Likert scale or questionnaire mode in the form of questions developed in accordance with the research objectives and these questions do not make it difficult for respondents. A questionnaire is a written question that is used to obtain information from respondents in the sense of personal reports about their personality and the things they know. Data collection was carried out by distributing questionnaires to respondents with a total of 20 questions.

2.4 Data Analysis Technique

After the data was collected through a questionnaire, the data was first converted into percentages to see a picture of the motivation of class XI Public High School 2 South Bengkulu students towards learning sports. Next, after obtaining the percentage, it is then confirmed with qualitative standards or by stating the percentage criteria stated. The criteria for each percentage obtained are:

| Table 1. The criteria for each percentage | | |
|---|------------|-------------|
| No. | Percentage | Criteria |
| 1. | 81%-100% | Very high |
| 2. | 61%-80% | High |
| 3. | 41%-60% | High enough |
| 4. | 21%-40% | Low |
| 5. | 0%-20% | Very low |

3. RESULTS AND DISCUSSION

After describing the data from the indicator research, the next step is to find the overall average score to determine the level of motivation of class XI Public High School 2 South Bengkulu students towards learning physical education, sports and health. Later, the score will be compared with the percentage criteria previously described. From the description of the data above per indicator, the next step is to find the total score, maximum score and percentage results for each indicator, namely:

| Table 2. Description of the data above per indicator | | | | |
|--|------------------------|-------------|---------------|-----|
| No. | Indicator | Total score | Maximum score | % |
| 1. | Health | 294 | 300 | 95% |
| 2. | Attention | 276 | 300 | 92% |
| 3. | Interest | 416 | 450 | 77% |
| 4. | Talent | 520 | 600 | 87% |
| 5. | Teaching methods | 526 | 600 | 88% |
| 6. | Lesson tools | 360 | 450 | 80% |
| 7. | Environmental location | 262 | 300 | 87% |
| Average | | | | 87% |

The motivation of class each student's motivation is different, some are high and some are low. Then the percentage of each Health indicator is 95%, Attention 92%, Interest 77%, Talent 87%, Teaching Methods 88%, Learning Tools 80%, and Environmental Location 87%. From each indicator it can be seen that the highest percentage lies in the Talent indicator, and it can be concluded that the motivation of class XI students towards learning physical education, sports and health lies in the talent possessed by the students. The criteria which are classified as low are due to the teacher's lack of attention in the learning process so that students do not have interest in learning physical education, sports and health, as well as the lack of motivation from outside the individual student to carry out learning also makes students not motivated to carry out the learning process in learning physical education, sports and health seriously. The way teachers teach by giving direction to students to increase their interests and talents can give students motivation to develop further. Likewise with the methods used during the teaching and learning process.

The talent possessed by a student is a specialty of that student, in honing the interests and talents possessed by the student it would be good if everything related to the student can encourage the student to

further develop the interests and talents that the student has. Motivational encouragement, both from within and from outside, greatly influences students' interests and talents [27]. Motivation to learn physical education is the urge to do something that students like or interest in physical education lessons to master knowledge and experience, which is demonstrated through participation and activeness in participating in the learning process, which is measured using a motivation questionnaire. Motivation is a persistent tendency to pay attention to and remember some activity. Someone who is interested in an activity will pay close attention to that activity [28]. Motivation is a change in energy within a person which is characterized by the emergence of feelings and reactions to achieve goals [29], [30]. Motivation encourages someone to do something to achieve the goals they want to achieve. Children who are motivated to carry out an activity without any coercion from outside the individual will create their talents. Motivation makes students feel excitement in carrying out certain activities due to the feeling of challenge that exists within them.

The results of this research are relevant to research conducted by Gus Hendri and Ishak Aziz. The results of this research show that 1) Student motivation in the learning process of physical education and health sports at Public High School 1 Padang Sago Padang Pariman on the intrinsic motivation indicator is 78.90%, is in the "Good" classification. 2) Student Motivation in the Learning Process Physical Education Sports Health at Public High School 1 Padang Sago Padang Pariman In the Extrinsic Motivation Indicator in the extrinsic motivation sub-indicator is 60.28%, in the "Pretty Good" classification. This may be due to the large amount of support from various school parties, teachers or coaches, as well as the student's parents.

This research presents several important novelties in understanding the motivation of class XI students towards learning Physical Education, Sports and Health. One of the main contributions is the application of current motivation theories, such as self-determination theory and goal-setting theory, to analyze the factors that influence student motivation in the context of Physical Education, Sports and Health. Apart from that, this research also explores the impact of technology and social media on students' motivation in taking Physical Education, Sports and Health lessons, illustrating the growing dynamics between the digital world and sports and health learning in the educational environment. Thus, this research provides a valuable contribution to further understanding of how motivation can be triggered and maintained at a high level among level XI students, particularly in the increasingly complex and diverse learning context of Physical Education, Sports and Health.

This research has several limitations that need to be considered. First, the research sample is limited to class XI students in one or several specific schools, so the results may not be generalizable to the entire population of class XI students in various regions. Second, this research relies on questionnaires as the main data collection tool, which can cause respondent bias and limitations in exploring more in-depth information. In addition, other variables that may influence student motivation, such as family environment and socio-economic factors, were not extensively examined in this study. The research method used also did not include direct observation or in-depth interviews, which could provide more comprehensive insight into student motivation. Finally, rapid technological developments and social dynamics may mean that the findings of this research need to be adjusted periodically to remain relevant and accurate.

4. CONCLUSION

The conclusions that researchers can draw in this research are students class XI Public High School 2 South Bengkulu has a low level of motivation learning physical education, sports and health, all of that can be seen in the form of achieving a percentage of 87% which is at the assessment range is 81%-100% with the percentage criteria being very high.

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