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Strengthening of character education through physical education in the secondary schools

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Abstract

This study aims to identify the sports education in strengthening character education in high school. Sports education in Indonesia is an educational activity through a movement that has the potential to preserve, maintain and improve health, fitness and most importantly instill character values in the building during the learning process. This qualitative research in collaboration with 15 class XI IPS and 2 teachers in high school sports Perguruan Cikini South Jakarta, Indonesia. Data retrieved through in-depth interviews, participant observation and documentation. Good student character will affect students appearing in learning. The results of this study demonstrate the activity of providing advice, simulation, discussion.

Keywords: Character education, physical education, senior high school

1. Introduction

Moral degradation has also hit the world of education that most of their students are teenagers and young people (Paiman, 2013)^[1], That requires strengthening character education. Values in an individual character not studied contextual as other learning materials. Character education is very important but learned by the students. Students are learning the subject. Therefore, teachers do not need to replace the teaching materials but provide students with the opportunity and the possibility to learn and internalize the character education (Yufiarti, et.al., 2018)^[2], Participation in sports and sports education does not automatically produce a good or a bad person. Character does not come by itself, but is taught in physical education and sport programs, teaching moral reasons and values of sport that involves the use of a particular strategy that systematically (Winarni, 2011)^[3], How are characters and sports? Has become a common belief that sport activity requirement with character values such as honesty, sportsmanship, discipline, and leadership. Weinberg and Gould (2003, p. 527)^[4]said that the character is a concept of morality, which is composed of a number of characteristics that can be formed through sports activities, among others: a sense moved compassion, justice, (sport-personship), integrity (integrity). All value the -value implanted through obedience or adherence someone to compete in accordance with the rules of the game apply to the sport that they do. In the game rules attached to the spirit of fairness and honesty demands the students exercise while running the game. The noble character of learners is the cumulative result values are obtained from a variety of educational resources. Character education is not only the duty of religious education, and PKN alone, but other subjects also had a significant contribution, Physical Education is no exception. Subjects each other work together to form the character of the students. One of them Coulter, Mc Grane and Woods (2019)^[5]The formation of a positive attitude is a destination in sports education. Because students are more likely to engage in physical activity if they take a positive attitude toward physical education. Overall, students have a positive attitude toward physical education programs in their schools. Students learn to appreciate the fun in sports education program (affective component). Health and fitness as well as team sports discourse considered important by students.

There are slight differences in the affective or cognitive component of attitude across gender or class groups in each field being explored except in feedback about what you do and must do sports education in schools. Attention to the formation of character education to students is a feature of modern social history in many international contexts, driven by diverse social and

cultural. In England in the 19th century, for example, the elite 'public' school focuses on character development through team games and physical activity with the aim of instilling discipline and leadership qualities (Dishon, 2017)^[6], in Generally, the sport is understood as one of the physical and psychological activity which is very useful to maintain and improve the quality of healthcare. But in fact, not only that, exercise can also be used as a means for shaping the character of children (students) in school. In the United States the early twentieth century, the school is expected to contribute to the development of the nation, the belief that effective teaching is more effective for younger 'than' forcing adults' (Tyack and Cuban, 1995)^[7], Since the 1970s, along with Kohlberg's theory of moral development, teaching has been viewed by many educators as an 'intrinsic moral effort' relates to the moral development of children (Kristjansson, 2016)^[8], Student interest in developing character education has been based on the idea of 'produce' the character you want to increase nationalism. Bates (2019)^[9]in his research also explains that the importance to provide character education for students as cultivation of moral values. As the importance of reading, writing, and arithmetic, sports also occupy very important positions in education. Exercise can shape the character of the students (Jasinski, 2018)^[10], In the history of the subjects has long been used as a Physical Education effective means for the formation of character, character, and personality, and even the formation of leadership qualities (Kuravati & Malipatil, 2017)^[11], Exercise proper education, is also able to suppress deviant behavior of students. Therefore, physical education should be emphasized, particularly on the achievement of students in accordance with their nature character (Raman & Shukla, 2016)^[12], To achieve this, the government has issued Government Regulation (PP) No. 87 Year 2017 on Strengthening the Character Education (KDP). They say that the strengthening of character education is the responsibility of the educational unit (school) and community. Education in learning the sport, also included on the character formation of students expected. The role of sport increasingly important and strategic in the development of a healthy quality, independent, responsible, and have a highly competitive spirit. In the context of physical education and sport in schools there are at least 'four broad domains: physical, social, affective, and cognitive' which should accommodate the value and benefits of a broader education of physical education (Garrat, & Kumar, 2019)^[13], In Bredemeier research and Shields (2019)^[14]Character education in the context of sport can promote social justice. After defining key terms, Character team gave nexus to develop individual character, which is described in four types of characters: the moral, civic, intellectual, and character performance. To promote a commitment to social justice, educator characters can focus on the three elements of moral character: moral reasoning, moral appreciation circle, and moral identity. Character building must begin instilled early in school. The emergence of the gap between expectation and reality to achieve world becomes a shared responsibility. In this case the physical education teachers have a major role as a change agent (agent of change) to implement the internalization of the values of sport through sports education in order to support sports achievements. For this study focused on the strengthening of character education through sports education in high school.

2. Materials and Methods

2.1 Qualitative Methods

The research method is the type of research and the researchers used the approach in examining a problem. In this study, researchers used qualitative methods (Creswell, 2014)^[15], The research method is a scientific way to get valid data to the destination can be discovered, developed, and demonstrated a certain knowledge that in turn can be used to understand, solve, and anticipate problems. Qualitative research has a specific research design. In this research method used is descriptive method. Descriptive method is a method used to examine the status of human groups an object, a set of conditions, a system of thought, and class events in the present. Descriptive method with qualitative approach that aimed to describe strengthening education Character education through sport in high school.

2.2 Participants

In this qualitative study used purposive sampling technique sampling. Purposive sampling is a sampling technique with particular consideration of data sources. The population in this study is an individual that is a class XI student and teacher Education High School sports Perguruan Cikini South Jakarta. Researchers can conduct a face-to-face interview with participants. Interviewing is the main data collection techniques in qualitative research. Semi-structured interviews were conducted with speakers while recording. This interview types are categorized in-depth interview, where implementation is freer when compared to structured interviews, semi-structured interviews. The purpose of this to find more open issues related to the strengthening of Education Character education through sport.

2.3 Data analysis technique

The data obtained from the observation cross-checked with data from interviews via triangulation techniques and also from the documentary study. If the results are different, the authors further discussions pertinent to the data source or the other, the aim is to ensure that the data which are considered to be true, or maybe everything is correct, just from the standpoint that different

2.4 Materials

In this study, the authors made some observations on the material Football and Volleyball. Observations made during 12 hours x 45 minutes of football material and 9 hours x 45 minutes for the material volleyball. Once the material is complete, the authors conducted in- depth interviews with 15 students of class XI in 2019 respectively with a time of 45 minutes. Then, the authors conducted in- depth interviews of two sports teachers each with a time of 50 minutes. Basic competence in the matter of football and volleyball are Analyzing the movement skills one big ball games and to develop an improvement plan and the results of analysis of motor skills Practicing one big ball games and to develop an improvement plan.

3. Results and Discussion

3.1 Findings

From observations and interviews were conducted there were several points which focused namely the activity of providing advice, simulations, discussions, and examples in practice through games and learning activities can enhance character education students that is spiritual, patriotism, discipline, responsibility, and optimism. Then the authors ask about what values embodied in physical education?

"There are some fundamental things inherent in sports. First,

discipline. It is a feeling obedient and submissive to the value of trust that have penetrated into the responsibility. Second, the responsibility, the base value for human beings understand that morals are always expensive high-low moral. "(Teacher 1, interview, 2019)

"I think that this fundamental value than the responsibility and discipline unisex cooperation. This attitude is always embedded in particular on the type of exercise groups. In practice, this will form a child a person who can work together. Like the time a student football game. "(Guru2, interview, 2019)

Results of interviews indicate that the basic values embodied in physical education, namely responsibility, discipline and cooperation. In line with the results of these interviews authors also found that teachers have some core competencies are:

Understand and practice the teachings of their religion. Understand and practice the honest behavior, discipline, manners, caring (gotong royong, cooperation, tolerance, peace), responsible, responsive and pro-active in interacting effectively in accordance with the development of students in the neighborhood, family, school, community and the natural environment around, nation, state, regional, and international areas".

Understand, implement, and analyze the knowledge of factual, conceptual, procedural, and metacognitive by curiosity about science, technology, art, culture, and humanities with insights into humanity, nation, state, and civilization-related causes of phenomena and events, as well as apply knowledge procedural in the specific field of study according to their talents and interests to solve the problem

Processing, reasoning, and present in the realm of the concrete and the abstract realm associated with the development of learned in school independently, to act effectively and creatively, and are able to use the method according to the rules of science.

Character education can basically be integrated in the learning in each subject. Instructional material relating to norms or values on each subject needs to be developed, explicit, associated with the context of everyday life. Thus, learning the values of character not only on the cognitive level, but touched on internalization, and real practice in the lives of young people in the community daily. This is in line with Yetri and Firdaos (2017)^[16] school efforts in strengthening community-based character education, particularly with respect to how to build participation and collaboration between the school and community in the success of strengthening the implementation of character education. Authors also conduct interviews to students associated with the existing character education in sports Education:

"Education through sport I feel that there is a growing sense of confidence as well as improve a sense of responsibility on yourself. Because in the ball game students are given the opportunity to choose their respective positions and are responsible for the position. "(Student 1, 2019 interview)

"Discipline is the key factor in making a game. Character is what I get. Especially in collaborating teams at the ball game. "(Student 2, 2019 interview)

"I think that sports education is not just a physical activity but also learn to practice the discipline, responsible and honest. Because in the game of volleyball there should be no cheating. Character is what I get from the physical education "(student 3, 2019 interview)

"With the rules in the game of volleyball, me and the other students are required to follow these rules like doing passing techniques down, up and smash good. It trained me to be disciplined and responsible "(Student 4, 2019 interview)

The above results indicate that students get the values of character education sports education particularly in the matter of football and volleyball. To develop effective learning, physical education teachers must understand and pay attention to the characteristics and needs of students. By understanding the developmental characteristics of students, teachers will be able to help students learn effectively. Adolescence and the accompanying change is a phenomenon that must be faced by teachers. Details of the development aspects of the psychomotor, cognitive, and affective that exist on the characteristics of high school students. High School Sports Education Learning Curriculum 2013 is through a scientific approach. The scientific approach (scientific approach) is a learning approach that emphasizes the active and interactive learning. This approach is used in the curriculum in 2013, which includes activities to observe, ask, to reason, to try and form a network. Ministry of Education and Culture Regulations No. 65 of 2013 concerning the standard process to strengthen the scientific approach that needs to use research-based instructional or disclosure. In the process of scientific approach in terms of learning material that is based on facts or phenomena that can be explained by a certain logic or reasoning, not merely roughly, fantasy, legend or fable alone. Thus, providing an understanding and experience that will be a meaningful learning, thus forming a qualified learner.

"The game of football in my character education training exercise for optimism, confidence and discipline" (Student 5, 2019 interview)

"Explaining mistakes and how to correct common mistakes made when doing basic engineering skills motion soccer game explain how to correct common mistakes made when performing motor skills of football games and make conclusions. Imitate the basic techniques of football games correctly in accordance with that exhibited by the teacher is the way that the students are responsible for what they do."(Student 6, 2019 interview)

Education is very significant exercise to instill the values of characteristics. Education learning process sport need to be attention meaningfulness in learning, that is what is meaningful to the students point to the world interest (center of interest). From the interview above reinforce that physical education through the material soccer and volleyball provide values related to the strengthening of character education

3.2 Discussion

Along with Waters and Russell (2014)^[17] implementation of learning should be based on the aim to develop students' potential through: Sports heart, to strengthen faith and piety, increasing the noble character, character, or moral, forming a superior personality, build leadership and entrepreneurship; If thought to build the competence and independence of science and technology; Olah sense to improve the sensitivity, power of appreciation, creativity, and artistic expression and cultural power; and exercise to improve health, fitness, endurance, and physical readiness and kinesthetic skills. The findings above in accordance with the results of research Jeynes (2019)^[18] character education are also associated with higher levels of expression of love, integrity, compassion, and self-

discipline. Overall, character education has the effect of somewhat larger for students in high school. The process of interaction between the learner and the environment through physical activity that should be systematically towards complete Indonesian man. Physical education to focus more on the physical development and skills of students, by using the means of sports branches to achieve the goal of physical education. The function of the sport as one of the means used to carry out the process of physical education. In addition, exercise serves as a means for (1) the distribution of emotions, (2) the strengthening of identity, (3) social control, (4) socialization, (5) an agent of change, (6) distribution of conscience,^[19] Thus the sports education is a process of education through physical activity and sport as a means to achieve the goals of general education.

Furthermore, education through the activities of football games and volleyball means that in achieving educational goals means used through physical activity. Consistently sports education provides beneficial effects on physical and mental health (Sinehnikov and Hastie, 2008)^[20], Personal physical activity can control, increasing the emotional nature of the positive and minimize the negative impact for their students. Furthermore, physical education is one of the educational process that aims to improve performance and develop students' skills through physical activity were chosen. That is, the focus is on the sports education in general education goals, namely to establish an attitude, personality, social behavior, and intellectual students through physical activity. The purpose sports education in schools to lay and develop (1) The foundation of the character through the internalization of values, (2) the runway personality (pacifist, social tolerance in the cultural diversity of ethnic and religious), (3) critical thinking, (4) sportsmanship, honest, disciplined, responsible, cooperative, confident, and democratic, (5) motor skills, techniques, strategy games and sports, gymnastics, activity rhythm, aquatic and outdoor education class, (6) the skills of self-management, maintenance of physical fitness and a healthy lifestyle, (7) skills maintaining the safety of themselves and others, (8) the concept of physical activity to achieve health, fitness and healthy lifestyle, and (9) spare time are recreational. For this reason, the results of this study is in line with the Jones (2005) in his article argues that the potential for physical education lessons and physical education teachers to contribute to the development of moral character, good habits and a decent player, can be realized well.

4. Conclusion

It is expected that physical activity can improve and refine motor skills, improving physical fitness and maintaining a healthy, having knowledge of physical activity and exercise, instill a positive attitude that physical activity can improve student performance. To that end, a health education as part of the educational process that utilizes physical activity should be planned in a systematic way to develop and improve individual neuromuscular, organic, perceptual, cognitive, social, and emotional in the national education system. Accordingly, it is an integral function of physical education can give students the opportunity to be directly involved in a variety of learning experiences through physical activity, play and sport are carried out systematically. Formation of achievement that is with embedded establishment of achievement is expected to develop as well as be able to overcome the obstacles faced either for itself or for groups in the environment of formation social that is through sports

education of children will get the guidance of social life in accordance with the norms and regulations with social elements. Mental balance, where fertilization of the child's emotional stability will be obtained effectively through direct experience in the world of reality, because they work directly in the field in an atmosphere of excitement. Increase the speed of the thinking process in which the physical education of children is required to have a high sensitivity to the power situation. They are required to have speed in the process of thinking and decision-making capabilities to quickly and accurately to keep up with his opponent. The formation of the child's personality where sports education serves as a means to establish and develop the personality traits of positive parenting.

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