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Student Attitudes Toward Physical and Health Education Learning Activities in Class XI at SMA N 1 Merauke

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ABSTRACT

This study aims to determine the attitude of class XI students of SMA Negeri 1 Merauke towards physical education learning activities. This research is a descriptive research using a survey method with data collection techniques using a questionnaire. The subjects in this study were class XI students of SMA Negeri 1 Merauke, totaling 54 respondents. The Instrument Reliability Test uses the Alpha Cronbach formula and the reliability gain coefficient is 0.922. temporary test validity of the 34 test items all declared valid. The data analysis technique uses descriptive analysis which is outlined in the form of proportions which are divided into 4 categories, namely very positive, positive, moderately positive, and less positive. The results showed that the attitude of class XI students of SMA Negeri 1 Merauke towards Physical Education, Sports and Health was stated to be positive. In detail, 0 people (0%) stated that they were less positive, 3 people (5.56%) stated that they were quite positive, 32 people (59.26%) stated that they were positive, and 19 people (35.19%) stated that they were very positive.

Keywords: *Attitude, Physical Education.*

1. INTRODUCTION

Physical education is one of the media to achieve educational goals [15]. Physical education is part of education in general which leads to the development of the whole person [1], namely harmony, balance, and inner and outer harmony. Through physical education it is hoped that there will be a harmonious and integral integration process in human dimensions, such as physical, intellectual, emotional, and ethical.

In the intensification of the implementation of education as a process of human development that lasts a lifetime, the role of physical education is very important, which provides opportunities for students to be directly involved in various learning experiences through physical activities, playing and sports which are carried out systematically [2]. The provision of learning experiences is directed to fostering, as well as forming a healthy and active lifestyle throughout life.

In accordance with the goals of national education, we can understand that national education leads to increased knowledge and skills, faith and piety, morals

and physical and spiritual health [6]. While physical education is basically an integral part of overall education, it aims to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and sport [5]. This implies that physical education is the provision of sports skills so that one day someone can carry out these activities in his spare time. Physical education as one of the subsystems of education that must be taught in schools has a very central and important role in the formation of the whole person. However, physical education does not only produce psychomotor changes but also produces cognitive and affective changes [14].

Based on the information above, in the implementation of teaching physical education in high school, students are required to be able to experience physical activity/sports in everyday life because getting used to doing physical activity will improve students' physical fitness. With good physical fitness it is hoped that it can also have a good influence on all students to improve their learning achievement.

With physical education students will be able to develop and control themselves in doing positive things, cooperate with the environment, enjoy sports activities, and obtain various expressions that are closely related to pleasant personal impressions and are able to express various creative, innovative, interesting, have physical fitness, healthy living habits [3]. To obtain maximum benefits, one should start practicing early and be regular through his free time. Daily physical education at school is one of the best forms to help individuals learn skills, knowledge, and values through physical education into their lifestyle [8].

The reality on the ground shows that the attitudes and behavior of female students towards physical education are not as expected [7]. Attitude is the level of feeling either positive or negative associated with some psychological object. the low level of physical fitness is caused by the low professionalism of physical education teachers, the implementation of the physical education curriculum uses a branching approach, and learning evaluation places more emphasis on sports achievement. This can also be indicated by the fact that female students are not yet interested in sports activities, both intra-curricular and extra-curricular at school. Whereas physical education makes a real contribution to students to learn how to use their bodies more efficiently and effectively in basic movements, sports, dancing, and aquatic skills. Attitude is an opinion, a person's belief about a relatively steady object or situation that is accompanied by certain feelings, and provides the basis for that person to make a response or behave in a certain way he chooses [9].

Even though the success of physical education goals in schools will be realized if female students in particular have tried to get used to living healthy and doing physical activities all the time. This it will be embedded in his soul, that physical fitness and health are necessities of life. Perhaps the less active female students are caused by the impact of the media and computers that take up more of the female students' time so they are less involved in physical activities and sports. The rapid development of science and technology makes it easier for humans, more enjoyable, faster and smoother, all because of the great influence of the development of science and technology in our country. Most female students prefer to sit in front of the TV for hours and indulge themselves so that those who were previously active now become passive and even tend to be lazy [4].

Another reason for the lack of activity of female students is that there seems to be a significant difference between males and females. In men, weight gain is mainly due to the arrangement of the tendons getting stronger, whereas in women it is due to the increase in the connective tissue under the skin. This is what makes the daughter feel embarrassed when her male student

friends notice the changes that are happening to her. They will be ashamed to run and do sports activities. This is also due to the fact that in Indonesia the prevailing education system is co-education, which means a mixture of male and female students. Another thing that allegedly happened was due to the presentation in the teaching and learning process from teachers who were relatively less varied, the lack of active teachers in promoting physical education in schools, the limited ability of physical education teachers and the resources used to support learning, students who did not know the purpose of physical education, the impact of the teaching and learning process does not meet the target, the teaching and learning process gives a negative impression, learning outcomes are less or not useful, students are less motivated so that the views of female students on physical education are less encouraging and finally the goals of physical education are not achieved.

2. RESEARCH METHODS

This research was conducted using a descriptive method with survey techniques, namely a study to collect data obtained by measuring and recording the results of the measurements. Sample 54 students. Data collection techniques use numbers distributed to students. The data analysis technique is percentage.

3. RESULTS AND DISCUSSION

This research is a descriptive research, so that the state of the object will be described in accordance with the data obtained. From the results of research on the attitudes of class XI daughters of SMA Negeri 1 Merauke towards Physical Education and Sports Health, it is necessary to describe each of the factors studied and the research subjects. the factors to reveal the attitude of the eleventh grade female students of SMA Negeri 1 Merauke towards Physical Education and Health Sports are the attitude factors towards Physical Education and Health Sports. The following will describe as a whole

Table 1. Frequency Distribution of Attitudes of Class XI Female Students of SMA Negeri 1 Merauke Toward Physical Education Based on Affective Factors

Interval	Category	Frequensy	Persentage
$10,7 < X \leq 19,1$	Less Positive	0	0,00%
$19,1 < X \leq 27,5$	Pretty Positive	5	9,26%
$27,5 < X \leq 35,9$	Positive	33	61,11%
$35,9 < X \leq 44$	Very Positive	16	29,63%
Total		54	100%

and a description based on each factor which is an indicator used to reveal the problems in this study.

Table 2. Frequency Distribution of Attitudes of Class XI Female Students of SMA Negeri 1 Merauke Towards Physical Education Based on Cognitive Factors

Interval	Category	Frequency	Percentage
$4,7 < X \leq 8,6$	Less Positive	0	0,00%
$8,6 < X \leq 12,5$	Pretty Positive	5	9,26%
$12,5 < X \leq 16,4$	Positive	36	66,67%
$16,4 < X \leq 20,3$	Very Positive	13	24,07%
Total		54	100%

The attitude of class XI female students at SMA Negeri 1 Merauke towards Physical Education and Sports Health is positive. This is checked with the highest frequency found in the positive category. Physical education is an integral part of education as a whole, so that physical education has a fairly representative meaning in developing humans in their preparation for becoming complete Indonesian humans. Physical education taught in schools has goals that are adapted to the conditions of students which consist of six aspects, namely: cognitive aspects, affective aspects, psychomotor aspects, physical/physical aspects, social aspects, and recreational aspects [11]. In learning physical education a person has his own attitude in following the student's learning. The attitude of students towards learning Penjasorkes is an opinion, a person's belief about a relatively steady object or situation which is accompanied by certain feelings, and provides a basis for that person to make a response or behavior in a certain way he chooses. Students have an opinion that physical learning that is taught in schools is positive because it already contains elements of cognitive, affective and cognitive components.

Attitudes of class XI female students of SMA Negeri 1 Merauke towards Physical Education and Sports Health based on affective factors as many as 0 people (0.00%) said they were not positive enough, 5 people (9.26%) said they were quite positive, 33 people (61.11%)) stated positive, and 16 people (61.11%) stated positive. The attitude of class XI female students at SMA Negeri 1 Merauke towards Physical Education and Sports Health is based on positive affective factors. This is checked with the highest frequency found in the positive category. The affective component is the component related to the feeling of pleasure or displeasure with the attitude object. In this case students begin to be able to choose the learning that is followed in schools, one of which is Penjasorkes. Students begin to be able to draw conclusions about interest in certain subjects. In Physical Education learning, students have shown interest in participating in good learning, following instructions in Physical Education learning.

Interval	Category	Frequency	Percentage
$33,1 < X \leq 59,1$	Less Positive	0	0,00%
$59,1 < X \leq 85$	Pretty Positive	3	5,56%
$85 < X \leq 110,9$	Positive	32	59,26%
$110,9 < X \leq 136,9$	Very Positive	19	35,19%
Total		54	100,00%

Because students already know the importance of studying physical education.

cognitive factors, as many as 0 people (0.00%) stated that they were not positive enough, 5 people (9.26%) stated that they were quite positive, 36 people (66%) (67%) stated positive, and 13 people (24.07%) stated very positive. The attitude of female students of class XI at SMA Negeri 1 Merauke towards Physical Education and Sports Health based on cognitive factors stated positively. This is checked with the highest frequency found in the positive category. The cognitive component is the component related to the tendency to act towards the attitude object. This component shows the tendency of the size of someone to act or behave towards the attitude object. The attitude shown by students towards Physical Education learning at school. They follow and carry out the orders in physical education. Physical Education learning in schools provides treatment to students whose consequences are felt by students, so students consciously tend to be interested in Physical Education learning because they have felt the consequences of this learning.

Based on the results of the study as a whole, it showed that the attitude of class XI female students at SMA Negeri 1 Merauke towards Physical Education and Sports Health was positive. In detail, 0 people (0%) stated that they were not positive enough, 3 people (5.56%) stated that they were quite positive, 32 people (59.26%) stated that they were positive, and 19 people (35.19%) stated that they were very positive.

In learning Physical Education Sport and Health in schools, it has provided many motivations to students or students, so that students can view and make decisions by showing an attitude towards learning Physical Education Sport and Health [10]. From the attitude shown, Physical Education learning in schools can run according to the objectives with maximum student results.

The attitude that exists in a person will give color or style to the behavior or actions of the person concerned. By knowing a person's attitudes, other people can predict how the response or behavior that will be taken by the person concerned, to a problem or situation that he faces. So by knowing someone's attitude, other people will get an idea of the possible behavior that arises from the person concerned. This situation illustrates the relationship between attitudes and behavior.

Attitude as one of the mental aspects, attitudes can lead to patterns of thought and behavior for a person

then these patterns will affect the individual's daily activities [12]. Attitude plays a role in determining thoughts, giving responses to attitude objects in this case physical education subjects. Students' emotional experiences that are produced as a product of teaching and learning situations are a reflection of the teacher as a person]. Attitudes are not uncommon from accidental individual experiences. That attitude results from everyday life at home, in the classroom, or on the field where they play. Student attitudes can also be influenced by instructions and examples from the teacher.

Success in learning is determined by many factors, in general these factors can be divided into two, namely, (1) Internal factors, which are factors that influence student learning success that come from within the student. (2) External factors are factors that influence the success of student learning that come from outside the student self. These two factors both influence student learning success both jointly and alternately, attitude is one of the apprentice factors that greatly influences student success. Having a positive attitude towards a subject is a sign of a good start for the student's learning process. Fighting students' negative attitudes towards subjects when accompanied by negative responses can cause difficulties for the teaching and learning process. To anticipate the emergence of possible negative attitudes of students, teachers are required to have a high sense of responsibility. By respecting and loving the subjects, students are expected to have a positive attitude towards physical education subjects. By believing in the benefits of a particular field of study, students will feel a need and from this feeling of need a positive attitude will arise towards the field of study of physical education.

4. CONCLUSION

Based on the results of the study, it was shown that the attitude of class XI female students at SMA Negeri 1 Merauke towards Physical Education, Sports and Health was stated to be positive. In detail, 0 people (0%) stated that they were not positive enough, 3 people (5.56%) stated that they were quite positive, 32 people (59.26%) stated that they were positive, and 19 people (35.19%) stated that they were very positive.

THE AUTHOR'S CONTRIBUTION

THE RESEARCH ENTITLED ATTITUDE OF CLASS XI STUDENTS OF SMA N 1 MERAUKE TOWARDS PHYSICAL AND HEALTH EDUCATION LEARNING ACTIVITIES HAS A PARTICULAR CONTRIBUTION TO THE DEVELOPMENT OF EDUCATION AND SPORTS AT UNIVERSITAS MUSAMUS.

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