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## Learning Participation of Learners in Athletic Materials at SMP Negeri 1 Halong

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### ABSTRACT

This study aims to determine the level of student learning participation in athletic materials at SMP Negeri 1 Halong. This study uses a quantitative descriptive method. The research population is 41 students in the 8th grade of SMP Negeri 1 Halong. The sampling technique used purposive sampling with a sample of 25 students. The instrument used is a questionnaire with a Likert scale that has been validated by experts. Data analysis uses percentage descriptive statistics to determine the level of student participation. The results showed that 9 students were 36% in the "medium" category, 7 students were 28% "high", 5 students were 20% "low", 3 students were 12% "very low", and 1 student 4% was "very high" in athletic material learning participation. It can be concluded that the majority of students have varying levels of involvement in athletic sports learning. This research also provides the perspective that obstacles such as low motivation and inadequate facilities can be overcome with more creative teaching techniques, teacher support, and a conducive school atmosphere.

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A. Conception and design of the study;  
B. Acquisition of data;  
C. Analysis and interpretation of data;  
D. Manuscript preparation;  
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## INTRODUCTION

Physical Education, Sports, and Health (PJOK) is an integral component of the education system, Physical education, sport, and health (PJOK) helps students build the skills necessary to support the achievement of their overall learning goals (Pill & Stolz, 2017). Sport and physical education both emphasize social and physical, with human movement functioning as a formal object in sports science. The development of physical skills is the goal of physical education (Dirgontoro et al., 2023). Through various physical exercises, PJOK aims to improve physical fitness (Mashud, 2019).

Student learning participation is a very important learning process for its effectiveness, especially in sports and physical education. One of the basic sports in the physical education curriculum, Athletics helps children develop their motor skills,



physical health, and sense of discipline and sportsmanship (Purba et al., 2022). But in practice, There are a number of internal and external barriers that prevent students from participating in sports learning. Students' interest and involvement in the sports learning process may be affected by elements including low motivation, inadequate facilities, and less engaging teaching strategies (Lin et al., 2020).

In addition to being one of the competitive sports that involves walking, running, jumping, and throwing. Athletics serves as the basis for the development and improvement of optimal performance in other sports because it is very effective in improving one's physical condition through programmed athletic movements (Liputo & Biki, 2019). From elementary school to higher school in high school, students are required to take Physical Education classes, including Athletics.

Several previous studies have highlighted the importance of innovative learning strategies in increasing student participation in sports. For example, research by Rohmah (2023) shows that the use of a game-based learning approach can increase student engagement in athletic sports. In addition, this strategy not only increases participation, but it also helps students develop important social and emotional skills in the context of teams and competitions. In addition, other research conducted by (Muhammad, 2019) emphasises the role of teachers in creating a supportive and adaptive learning environment for students' needs and interests. However, there is still a gap in research on how student learning participation in athletic materials can be improved specifically in certain school settings, such as SMPN 1 Halong.

It is very important to conduct this research to gain a deeper understanding of how students at SMPN 1 Halong learn through their involvement in sports materials. This research is intended to help educators and stakeholders create more engaging and successful learning strategies by identifying elements that affect student learning participation. The contextual analysis approach to the specific elements that affect student engagement in sports learning at SMPN 1 Halong and the investigation of instructional strategies that can increase their engagement are what makes this study different.

The purpose of this study is to ascertain how many students at SMP Negeri 1 Halong are participating in sports learning activities using athletic resources. It is expected that the findings of this study will aid in the creation of learning models that are more suited to the needs of students participating in sports. Furthermore, the results of this study can serve as a guide for physical education instructors as they develop more creative ways to engage students in sports teaching. Future studies on learning engagement in junior high school physical education settings could also use this research as a guide.

## METHODS

This research is quantitative and conducted using a quantitative descriptive approach method (M. Khairin Fazri et al., 2024). The purpose of this study is to describe quantitatively how students at SMP Negeri 1 Halong participate in athletic materials.

According to (Amirudin & Abdillah, 2020), the Population is the group from which

researchers collect data and from which conclusions will be drawn. Students of SMP Negeri 1 Halong play the role of a research population of 41 students. Because the sample is part of the population used to collect research data, it is impossible to determine a sample without a population (Kusumawati, 2015). Twenty-five eighth-graders made up the research sample, and the researcher used a sampling strategy known as purposive sampling (Aunilah et al., 2024).

A closed-ended questionnaire created using the Likert scale serves as a research instrument. A closed-ended questionnaire is a type of research tool in which respondents can choose answers based on their experiences or perceptions by choosing from predetermined possibilities (Sugiono, 2012). The purpose of this tool is to collect comments based on signs that offend the investigation of the research theory. There are fifteen statements in the student participation questionnaire. The scale used in measuring student participation is a modification of the Likert scale with five choice categories, namely: strongly agree (5), agree (4), neutral (3), disagree (2), and strongly disagree (1). Before being used in research, this questionnaire has been validated by experts, namely lecturer Drs. Perdinanto, M.Pd. as an athletics expert.

Descriptive data analysis techniques are used in the data analysis methodology of this study. Descriptive statistics are calculated using percentage descriptive statistics. The purpose of the descriptive analysis is to determine the level of student participation in learning athletic materials at SMP Negeri 1 Halong. Each item in the questionnaire is calculated using percentages and formulas (Kartini & Putra, 2020) that is :

$$p = f/n \times 100\%$$

Information :

$p$  = Percentage Quantity

$f$  = frequency that is being searched

$n$  = total number of frequencies

**Table 1.**  
Assessment Norms

No	Interval	Category
1	$X > M + 1,5 \text{ SD}$	Very High
2	$M + 0,5 \text{ SD} < X < M + 1,5 \text{ SD}$	Tall
3	$M - 0,5 \text{ SD} < X < M + 0,5 \text{ SD}$	Keep
4	$M - 1,5 \text{ SD} < X < M + 0,5 \text{ SD}$	Low
5	$X < M - 1,5 \text{ SD}$	Very Low

## RESULTS AND DISCUSSION

### Result

According to Table 2, as many as 25 questionnaires were distributed to SMPN 1 Halong students. Respondents were given each questionnaire and it was anticipated that they would be able to complete a statement based on the actual circumstances.

**Table 2.**  
Data description Questionnaire distribution

Class	Questionnaire Distributed	Questionnaire Back
8	25	25
Total Respondents	25	25

**Table 3.**

Descriptive Statistics of Learning Participation of Learners in Athletic Materials at SMP Negeri 1 Halong

Statistik	
N	25
Mean	52,92
Std. Deviation	5,86
Maximum	66
Minimum	41

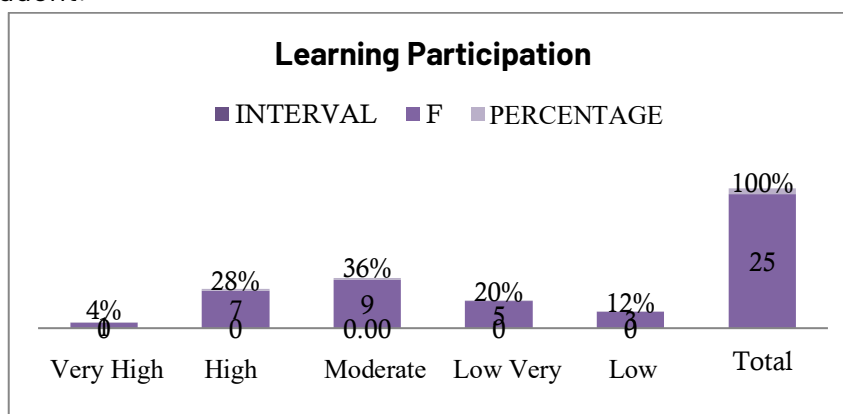
Descriptive statistical data of assessment results on the level of Learning Participation of Learners in Athletic Materials At SMP Negeri 1 there is the lowest score (minimum) is 41, the highest (maximum) score is 61, the mean is 52.92, and the standard deviation (SD) is 5.86, according to descriptive statistical data on the findings of the evaluation of the level of student learning participation in athletic materials at SMP Negeri 1 Halong.

**Table 4.**

Frequency Distribution of Student Learning Participation in Athletics Material at SMP Negeri 1 Halong

Category	Interval	Frequency	Percentage
Very High	$X > 61,74$	1	4%
High	$55,89 < X < 61,74$	7	28%
Moderate	$50,03 < X < 55,89$	9	36%
Low	$44,18 < X < 50,03$	5	20%
Very Low	$< 44,18$	3	12%
<b>Total</b>		<b>25</b>	<b>100%</b>

Table 4 shows that the level of student learning involvement in sports materials at SMP Negeri 1 Halong falls into the following categories. 3 students in the "very low" category (12%), 5 students in the "low" category (20%), 9 students in the "moderate" category (36%), 7 students in the "high" (28%) and "very high" (4%) categories, which includes 1 student.



**Image 1.**

Learning Participation

Diagram of the Results of Research Results of Learning Participation of Learners in Athletic Materials at SMP Negeri 1 Halong

## DISCUSSION

According to the findings, 36% of students at SMP Negeri 1 Halong were in the "moderate" category for their level of learning involvement in sports materials, compared to 28% in the "high" category (7 students), 20% were in the "low" category (5 students), 12% were in the "very low" category (3 students), and 4% were in the "very high" category (1 student). Based on the findings, the majority of students participated in different sports learning.

The results of previous research are in line with this research by Michael Winetu (2019), titled "Student Participation in Participating in PJOK Learning at Mangunan Experimental Junior High School in 2019" is strengthened by these findings. The study shows that low participation is linked to a lack of student motivation, inadequate facilities, and the use of traditional teaching methods. The study highlights how important it is to innovate PJOK teaching strategies and provide adequate infrastructure and resources to increase student participation in physical activity. More relevant research by Kholis (2024), titled "Analysis of Interest and Participation of SD Kwadungan Lor Students in Physical Education, Sports, and Health Learning" claims that fun and engaging teaching strategies that suit students' needs can increase their interest in learning. Teachers' teaching strategies, school atmosphere, and students' innate interests all have an impact on engagement. In order to increase student participation in physical exercise and overall PJOK learning, this study highlights the importance of creative teaching methods.

However, the findings of this study also provide a new perspective, especially concerning the elements that lead to different levels of participation in athletic sports learning. The findings of this study are different from the findings of (Michael Winetu, 2019), who found that low motivation and lack of facilities often hinder student engagement in sports learning. This suggests that obstacles that were previously considered major barriers can be overcome with internal variables such as more creative teaching techniques, teacher support, and school atmosphere.

The novelty of this study lies in the finding that the obstacles that have been considered the main barriers, such as low motivation and lack of facilities, can be overcome by internal variables such as more creative teaching techniques, teacher support, and a conducive school atmosphere. This provides a new perspective that increased participation does not only depend on external factors but is also heavily influenced by innovative learning approaches and supportive learning environments. Thus, this study confirms that in addition to motivational and facility factors, Innovation in teaching methods such as game-based learning and creative teacher support are crucial in increasing student participation. This is a new contribution that enriches understanding of how to increase student learning engagement in sports learning in junior high school.

Even though the findings of this study offer insightful information, it is important to consider some limitations. First, because this study only looked at one school, It may be necessary to conduct more research with larger sample sizes to extrapolate the

findings to other schools. Second, this study has not thoroughly examined certain elements that are most important in increasing student engagement, even though varying levels of participation in athletic sports learning. Additional qualitative research can provide a more thorough explanation of the factors that contribute to this increase in participation.

## CONCLUSION

Based on the results of research at SMP Negeri 1 Halong, Student learning participation in athletic materials shows quite diverse variations. The results of the study with a sample of 25 students show that 9 students 36% were in the "moderate" category, 7 students were 28% "high", 5 students 20% "low", 3 students 12% "very low", and 1 student 4% "very high". This shows that the majority of students have varying levels of involvement in athletic sports learning. This study confirms previous findings that student participation in PJOK learning is influenced by motivation, facilities, and teaching methods. However, this study also provides a new perspective that obstacles such as low motivation and inadequate facilities can be overcome with internal variables, namely more creative teaching techniques, teacher support, and a conducive school atmosphere. Learning method innovations, such as game-based learning, are effective in increasing student engagement.

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