

# Character Building Values in Sports Development

Herita Warni<sup>1</sup> and Ramadhan Arifin<sup>2</sup>

<sup>1</sup>Lambung Mangkurat University, Jln. Taruna Praja Raya, Banjarbaru, Indonesia

<sup>2</sup>Lambung Mangkurat University, Banjarbaru, Indonesia  
hwarni@unlam.ac.id

Keywords: Values, Character, Sports Development.

Abstract: This article discusses the analysis on the character building values in sports development. The main issue discussed in this study is: What values are built in sports development? The method for this study was qualitative with naturalistic inquiry paradigm. The data collection was done through interviews, observations and document analysis. The participants for this study were 45 wrestlers and weightlifters consisting of athletes, coaches, instructors and the athletes families. The result showed that the values built in the sport developments are: honesty, independence and determination.

## 1 INTRODUCTION

The main issue discussed in this paper is the role of sports values in building one's character. Physical education and sports are closely related to universal values perceived by every individual. There is no game in sports is value-free, all are organized in order and attachment to be obeyed. However, the sport has undergone distortion, no longer an expression of homo ludens but has moved towards homo economicus which is reduced to "win or lose and reward", which ultimately encourages the tendency to underestimate sportsmanship which is the basic spirit of the sport itself. The materialistic element has defeated the noble values that the sport has to offer, the more important is winning or losing. This is inevitable in the chaotic condition of our nation that lose its own identity. However Zeljko (2011) said that moral and fair play values in sports are needed and crucial in a competition. The sportsmanship and fair play values offered in sports are so sublime, yet there are still many cheats committed. What sportsmanship is believed so far is a compliance to the rules written solely, which is usually shown and witnessed by others. Deep down inside, it is all about conscience. In this case, a high ego from an athlete may lead to something inappropriate as what Boixados (2004) pointed out that players who have a high ego tend to pass fraud in a game.

Sports has the potential to build good character, but on the other hand there are also many negative sides of concern. Kleiber (1981) said that sports build characters. Desy (2015) mentioned that the

value of honesty, cooperation, fair play, responsibility, justice, tolerance, respect, leadership can be applied in sports. Although in different traits or tribes but sports can unify such differences as the phrase (Jovo and Milan, 2008) mentions that sport can unite a person who has different characters. Sri (2011) revealed the development of good character is through sports activities. Competitive value in sports tends to make people forget good behavior. and what is more worrying is that this negative side is more surfacing, so there is an opinion that sport tends to create violence. In this case, care should be taken in the process of coaching. therefore the level of sports coaching is not intended to achieve the highest achievement alone, but the mental attitude needs to be instilled early on. It starts from the coaching from the trainer to his athletes. Philippe and Nathalie (2007) says a coach should make strict rules to create good character on an athlete who will lead to high achievement. Samah (2013) a high level of motivation among athletes is based on the influence of trainer behavior to obtain achievement. So the role of the coach will produce a good character to become an outstanding athlete.

From the description above, it is implied that sports is loaded with value, which can be transformed to individuals to form themselves to have a certain character. Sports activities are also believed to promote a sense of tolerance, and be an effective communication medium with a sense of togetherness and mutual respect, as well as a means to improve fitness and health. Positive attitudes will be embedded in the athletes if the values of character formers are always instilled in the athletes, such as

the value of discipline, honesty, cooperation, high sportsmanship, group pride and responsibility. What values are built in sports development?

## 2 METHODS

The method for this study was qualitative with naturalistic inquiry paradigm. Shoshanna (2002) said that qualitative may increase quality from every dimension. Inductive content analysis such as athletes, coaches and athlete's parents (Richard, et al., 2009) are conducted to determine behavior among these social agents that affect the key outcomes. The participants for this study were 45 wrestlers and weightlifters consisting of athletes, coaches, instructors and the athletes families.

## 3 RESULTS AND DISCUSSION

### 3.1 Honesty

Honest attitude appears in the athlete because of the awareness that success is self-determined process. Honesty in following or conducting a program that has been drawn up by the trainer seems to be one thing that must be done, because if it is dishonest or deliberately cheat the portion of the exercise that has been charged then the impact will be seen clearly through the physical appearance and skill of the athlete himself. Honesty is also the key to success, although it is also known that many dishonest people succeed in their jobs and careers. But not so with the athletes. Honesty becomes one of the keys, because if dishonesty is practiced in terms of following an exercise program then the result is apparent in the individual athlete himself physically.

Honesty is the main thing in sports and for anyone who wants success. Honesty in the sport will be very easy to find, because exercise is a form of physical presence, where the impact will be apparent on the performance. A person's toughness can be seen from his honesty, because honesty contains an attitude of trust, responsibility, respect, and readiness to do something. Desy (2015) states that the value of honesty, cooperation, fair play, responsibility, fairness, tolerance, respect, leadership can be applied in the sport So it can be argued that honesty is the value of forming a formidable character that can be transformed in the sports coaching achievements.

### 3.2 Independence

From the results of observations and interviews, it has been illustrated that every athlete has a very high degree of independence and individuality, without relying on the help and wishes of others. The independence of athletes can arise when circumstances require them to be so. With low socioeconomic background, they are accustomed to self-serving, even to self-sustaining by self-effort. On average, athletes have an exceptional attitude of individuality and independence. This is due to the strong assumption that success begins from oneself. They are used to living away from their parents, this has forged the athletes to get used to serving themselves, not waiting for support or recognition from others. Individuality and independence are also caused by various motives, among others is the motive of achievement, and economic motives.

Sports activity requires an attitude of independence. How an athlete can achieve any success if he still relies on others. An athlete must have initiatives to act and do things, in which case courage is necessary. Individuality in relation to independence gives rise to the courage and strength to nurture its integrity in any situation. Individuality can be explained in two ways. First, it refers to the authenticity of a person and his life habits. Second, it refers to the courage and strength of the individual's independence to navigate his own life. All true activities of individuality are done oneself, calmly and cautiously, not waiting for support or acknowledgment of others. In other words, all activities are done on the basis of encouragement in his heart, and understand that what he is doing is the right thing, without expecting praise and appreciation from other people. (John, 2010: 161-162). The person who has individualistic is certainly courageous, because if there is no element of courage in him then what he does is hesitate and always expect the help of others. The formation of independence must be built from an early age and derived from a culture. as it was discovered (Gano, 1999) the formation of the value of self-reliance born in the culture of an athlete.

### 3.3 Determination

From the results of these interviews and observations, it can be stated how high the level of their confidence and courage in facing all the risks in to get a good achievement. The researcher ask a beautiful athlete on what her future expectation is? A3Rd replied, I actually want to play class 56, now

I'm at 64 kilos "why wanna play there, asked the researcher. "Because my coach said that I have a chance to become a world champion". What are you doing to get there? asked the researcher. Now I try to lose weight with diet, and study nutrition. Unlike in other countries, it is difficult to find food with the nutritional composition listed here. That is why i study nutrition.

The observations made when a beautiful female athlete climb the rope, you can imagine how beautiful women like her climb the rope in such a way with extraordinary spirit. In addition to the necessary strength is also the courage required to be able to climb a rope so high. The researcher asked her, why did you not use thigh clamps, is climbing difficult?, "if my hands are strong enough, why i should use the thigh clamps. This must be done to strengthen my hands, this exercise is different from pull up " she added. It is true what she said, to climb a 17-meter rope is not that easy, it requires arm muscle strength and gripping power in order to move with agility.

Her tenacity was also observed during joint exercise between junior and senior athletes, illustrated as follows: at precisely 16:00 the athlete have begun the practice, preceded by prayer and respect. The exercise is done approximately two hours and fifteen minutes from 16.00 to 18.15 minutes. All the athletes looked enthusiastic about the exercises, sweat pouring all over their bodies dampening their clothes. The instructions given by the trainer were followed seriously. When there is an instruction from the trainer "now 40% individual training", they are simultaneously facing each other to take a position to slam each other. There was a sound of slamming voices from the athletes. When researchers ask what is the meaning of 40%, one of the trainers named Indra Safri replied, "That is, individual practice with direct practice but not maximal. "Let them search for problems and solve them". This statement implies that in practice it has been conditioned too for athletes accustomed to dealing with problems and finding their own solutions. Here intelligence, speed, and precision are needed in the same mind.

To be a champion requires a long struggle, requires a high level of patience, because success in the sport can not easily be obtained. To achieve fitness or health alone, it takes time to obey the principle with all the provisions that must be obeyed by the whole body. Especially to be a champion. An athlete must be willing to sacrifice his time by reducing and even avoiding any fun activities, even his energy will be drained by the exercise. This kind

of thing if an individual lacks commitment and patience then he will never win. Athletes must have a strong mentality to become champions. Rogers (2006) stated that there need to be a mental preparation for an athlete in a match. In addition, an athlete is required to be able to think quickly in making decisions, because a little off guard would be fatal. This is in accordance with one of the principles of sports achievement with the motto "citius" that means mental quality in making faster and smarter decisions Lutan, R. 2003. It implies that an athlete must have a high intelligence. It can be concluded that determination is one of the character building values that need to be transferred in developing sports achievement.

## 4 CONCLUSIONS

Based on the results of research and discussion, it can be concluded that the value of honesty, independence and determination that comes from universal values are the character building values in sports coaching

## ACKNOWLEDGEMENTS

Acknowledgments the author conveyed to the Dean of the Faculty of Teacher Training and Education of Lambung Mangkurat University who has provided support in the form of financial assistance in my participation in this International seminar. The researcher also say his gratitude to the seminar organizers who are willing to accept his script.

## REFERENCES

- Boixados, Met al., 2004. Relationships Among Motivational Climate, Satisfaction, Perceived Ability, And Fair Play Attitudes In Young Soccer Players. *Journal of applied sport psychology* 16.4 : 301-317.
- Desy Anggar Aditia, 2015. Penerapan Nilai-Nilai Positif Olahraga Dalam Interaksi Sosial Antar Siswa di SMA. *Journal of Physical Education, Sport, Health and Recreation*. DOAJ. Vol. 4 No 12.
- Gano, Overway, L. A., Duda, J. L. 1999. Interrelationships Between Expressive Individualism And Other Achievement Goal Orientations Among African And European American Athletes. *Journal of Black Psychology*, 25(4), 544-563.
- Jovo and Milan, 2008. Ethics And Changes In Sport. *Sport Mont Journal*. DOAJ. VI (15-16-17):395-401.

- John, A. 2010. *Membangun Karakter Tangguh: Mempersiapkan Generasi Anti Kecurangan*. Portico Publishing, Surabaya.
- Kaluderovic, Zeljko, 2011. Sport Rules, Sport Moral Values And Fair Play. *JAHN European Journal of Bioethics* 2.3: 43-53.
- Kleiber, D. A., & Roberts, G. G. 1981. The Effects Of Sport Experience In The Development Of Social Character: An Exploratory Investigation. *Journal of Sport Psychology*, 3(2), 114-122.
- Keegan, Richard J., et al. 2009. A Qualitative Investigation Exploring The Motivational Climate In Early Career Sports Participants: Coach, Parent And Peer Influences On Sport Motivation. *Journal Psychology of sport and exercise* 10.3 361-372.
- Lutan, R. 2003. *Olahraga Kebijakan dan Politik; Sebuah Analisis. Proyek Pengembangan & Kesenian Kebijakan Olahraga*. Dirjen Olahraga Departemen Pendidikan Nasional. Jakarta.
- Romand, Philippe, and Nathalie Pantaléon, 2007. A Qualitative Study Of Rugby Coaches' Opinions About The Display Of Moral Character. *Human Kinetics Journals The Sport Psychologist*. 21.1: 58-77.
- Rogers, R. G. 2006. Mental Practice And Acquisition Of Motor Skills: Examples From Sports Training And Surgical Education. *Elsevier: Obstetrics and Gynecology Clinics of North America*, 33(2), 297-304.
- Shoshanna Sofaer, 2002. Qualitative Research Methods, *International Journal for Quality in Health Care*, Volume 14, Issue 4, 1 329-332.
- Sri Winarni, 2011. Pengembangan Karakter dalam Olahraga dan Pendidikan Jasmani. *DOAJ: Jurnal Cakrawala Pendidikan*, 2011, Th. XXX, Edisi Dies Natalis UNY.
- Samah, A., Irza Hanie, and S. Olutokunbo. 2013. Influence of Coaches' Behavior on Athletes' Motivation: Malaysian Sport Archery Experience. *International Journal of Research in Management* 5.3: 136-141.