

# Students' Perceptions of Physical Education

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**Abstract:** Physical education refers to learning that mostly focuses on physical activities that cause fatigue after doing so. This makes students assume that the physical education subject emphasizes movements only, so that the benefits and objectives are not well understood. This study aims to investigate Grade S students' perception of physical education objectives at SMK Muhammadiyah 2 Muntilan. This is a quantitative descriptive study using survey method. The research population consists of Grade X Students of SMK Muhammadiyah 2 Muntilan with a total of 95 students and all of them were included in the sample. The data analysis technique was descriptive statistics using percentages. The result of the study show that Grade X students' perception of physical education objectives at SMK Muhammadiyah 2 Muntilan were very positive (7,36%), positive (27,05%), moderately positive (36,84%), not positive enough (30,52%), and absolutely not positive (4,27%). Therefore, it could be concluded that Grade X students' perceptions of physical education objective at SMK Muhammadiyah 2 Muntilan were moderately positive.

## 1 INTRODUCTION

Physical education is an integral part of education as a whole, aimed at developing aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, aspects of a healthy lifestyle and the introduction of a clean environment through physical activities, exercises and health elected systematically in order to achieve national education goals. Physical education is a vehicle for educating children. Experts agree that physical education is a tool for fostering young people so that they would be able to make the best decisions about physical activities in the future and live a healthy lifestyle throughout their lives. This goal could be achieved through providing direct and tangible experiences in the form of activities.

Physical education is far more complicated than other fields of study. As a learning experience encapsulated in a curriculum, physical education is more complicated. What you want to achieve is comprehensive, because it is not only to improve physical aspects with some relevant elements, for example to stimulate the growth and development of intellectual, emotional, social, and health abilities. Secondly, the achievement of the intended purpose depends on teaching tasks, in this case, in the form of physical activities in the form of play or sports

activities. Physical education is a part of education in general which prioritizes motion activities as a medium in learning. Physical education has an important role to improve human quality. This is according to the opinion that, "Physical education is part of education in general. Physical education can be defined as an educational process aimed at achieving educational goals through physical movements. Physical education as one of the sub-systems of education which plays an important role in developing the quality of Indonesian people (Toho Cholik Mutohir & Rusli Lutan, 2001)".

Physical education is education that cannot be separated from other education. Physical education aspects that exist in students are developed optimally to support the achievement of overall educational goals. The purpose of physical education according to (Suherman A, 2000) includes, "In general, the purpose of physical education can be classified into four categories, namely: (1) physical development. (2) development of motion. (3) mental development. and (4) development social".

In its implementation, ideally, physical education does not only involve the physical but also involves the mind. Besides, it contributes to personality. Indeed physical education prioritizes physical activities in which the effects are less favored by students. That can be with physical education.

Learning orientation must be adapted to the development of the children, the content and description of the materials, and the method of delivery must be appropriate so that it is interesting and enjoyable. The learning goals are not only intended to develop sports skills but the personal development of the children.

A narrow perception of physical education will result in the educational goals contained in it will not be achieved. Perception is one of the most important cognitive aspects of humans, which enables it to know and understand the world around it. Without the right perception, human beings are not able to capture and interpret various phenomena, information or data that always surround them (Desmita, 2009). Perception is the experience of objects, events, or relationships that are obtained by deducing information and interpreting messages (Rakhmat, J., 2003).

Everyone has a different perception, this is influenced by one's knowledge, one's needs, someone's pleasure and one's lifestyle. The process of forming perceptions in the individual is very complex and does not just happen. With a good perception of physical education, students are expected to be able to develop and control themselves in positive things, be able to work together in the environment, love sports activities, and be creative, innovative, skilled, have physical fitness and healthy living habits. Each student is expected to know what physical education is, both from the importance of physical education in learning and other aspects. In addition, in the implementation of learning students are required to be active and not only as spectators, so students can internalize the values contained in physical education.

Based on the experience of teaching researchers while carrying out Field Experience Practices (PPL) at Muntilan 2 Muhammadiyah Vocational School, Muhammadiyah 2 Muntilan Vocational School is one of the mid-level vocational schools in Magelang district with 3 program expertise, namely Computer Engineering Network (TKJ), Sharia Banking (PBS), and Office Administration (ADP). Muntilan 2 Muhammadiyah Vocational School is located on Jalan Tentara Pelajar No. 12 Jumbleng Muntilan. The characteristics of Grade X students of Muhammadiyah 2 Muntilan Vocational School are classified as active. Even though they only occupy Grade X which is in the process of adaptation to the school environment and between friends, they are able to live well. The majority of Grade X, 70% is female, more than men.

Grade X is a class where students are undergoing a transition from junior high school to vocational high school. The transition of Grade X students requires adaptation and a good foundation of personal guidelines according to the school's vision and mission which are also suitable with physical education goals. The importance of Grade X students to understand the purpose of physical education in order to have the ability to lay the foundation of a strong moral character through internalizing the values contained in physical education including sportsmanship, honesty, discipline, responsibility, cooperation, confidence and democracy. In addition, the importance of the purpose of physical education is to understand the concept of physical activity and exercise in a clean environment as information to achieve perfect physical growth, a healthy lifestyle and fitness, skilled, and have a positive attitude.

In implementing the physical education teaching and learning process at SMK 2 Muntilan, students of Grade X considers that the purpose of physical education is less important, not understood the benefits and objectives of physical education. This can be seen from when in the process of physical education teaching and learning activities in Grade X, there are problems namely students who are less enthusiastic in physical education learning. For example, when practicing in an open field with hot weather, many students take shelter in silence, although at that time was training with athletic materials. It is different when taking practice scores, students are very enthusiastic and enthusiastic in the process of taking the value. The impact of the students was not maximally doing the assessment, because the students when they were training were not enthusiastic and excited. These problems lead to the poor perception of physical education. Students only think about getting good grades without obtaining physical education goals. However, there are also students who are aware of the benefits of physical education goals, so that students follow and learn with enthusiasm and enthusiasm for physical education.

In teaching physical education material, a teacher must be able to adjust the material in accordance with the conditions or characteristics of vocational high school students (SMK), especially Grade X, which has a characteristic in being expressed through playing. The characteristics of these students must be raised to bridge between the wishes of the teacher and the children in order to create the objectives of physical education as expected. Therefore, a teacher must be able to make positive students assumptions so that a pleasant atmosphere occurs for students. A

teacher must also provide materials with varied and creative, so that students do not feel bored and would like the materials given. The teacher must also be able to explain the importance of physical education for the growth and development of students, so students would understand the purpose of physical education and have a positive perception of physical education on this basis, the researcher needs to conduct research and try to capture the perceptions of Grade X students on physical education goals Muhammadiyah 2 Muntilan.

## 2 RESEARCH METHODS

### 2.1 Types of research

The research is descriptive research. This study examines the perceptions of Grade X students on physical education goals, meaning that in this study, researchers only wanted to know the perception of Grade X students towards physical education goals when testing took place without testing the hypothesis. The research method used in this study was a survey using a questionnaire. This study is a study conducted on independent variables, namely without making comparisons or connecting with other variables.

### 2.2 Time and Place of Research

This research was conducted at Muntilan 2 Muhammadiyah Vocational School located in Jalan Tentara Pelajar No. 12, Jumbleng, Tamanagung, Muntilan, Magelang. It was conducted in April 2019 until May 2019.

### 2.3 Research subjects

The population in this study consists of all Grade X students of Muhammadiyah 2 Vocational High School Muntilan. This research is a population research because the entire population in the study was used as a sample. The research subjects were all students of Grade X of Muhammadiyah 2 Muntilan Vocational School with a total of 95 students.

### 2.4 Procedure

This research is a descriptive study with a percentage calculation of how positive students' perceptions of physical education goals. It was conducted by asking respondents to fill out a research questionnaire containing some statements.

## 2.5 Data collection technique

The data collection in this study was carried out using questionnaires. The research instrument used in the form of a closed and direct questionnaire, in the form of four scales where there were four alternative answers in the questionnaire. The questionnaire used in this study was a closed questionnaire that had been provided with the answers so that respondents only need to choose alternative answers, namely strongly agree, agree, disagree, and strongly disagree. Granting score items statement variable perception of Grade X students on physical education goals at Muhammadiyah 2 Muntilan Vocational School Magelang Regency provided four alternative answers namely strongly agree 4, agree 3, disagree 2, and strongly disagree 1.

The statements proposed are two categories, namely positive and negative statements. Statements submitted both positive statements and negative statements are considered by the subjects to strongly agree, agree, disagree, strongly disagree. The four alternative answers to each item have a score of 4,3,2,1.

Table 1: Alternative Score Answers.

Alternative answers	Alternative answer score	
	Positive	Negative
Strongly Agree	4	1
Strongly	3	2
Disagree	2	3
Strongly Disagree	1	4

## 3 RESULTS AND DISCUSSION

### 3.1 Research result

The results of the analysis of research data are described by descriptive analysis of the percentage presented as follows:

This research was conducted at Muhammadiyah 2 Muntilan Vocational School at Jalan. Tentara Pelajar No 12 Jumbleng, Muntilan, Magelang, Central Java. Data collection was carried out on April 28, 2019. The subjects of this study were Grade X students at Muhammadiyah 2 Muntilan Vocational School, amounting to 95 respondents. It is a descriptive study, so that the state of the object would be

described according to the data obtained. To find out the perceptions of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational High School measured by a questionnaire amounting to 29 items with 4 alternative answers provided, namely: SS (Strongly Agree), S (Agree), TS (Disagree), STS (Very Disagree). The score given is between 1 and 4. After all respondents filled out the questionnaire, then calculated the score on each item statement. The researcher used SPSS 20 program to help processors and minimize errors. The data was described in order to facilitate the presentation of data so that it is easy to understand this research.

From the results of research on the perceptions of Grade X students on physical education goals at Muhammadiyah 2 Muntilan Vocational School, it is necessary to describe them as a whole and each of the factors and indicators that underlie the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational School the underlying factors are internal and external factors that have several indicators in them. The internal factors include physical and mental development. Meanwhile, the external factors are social development. The following can be described as a whole and based on each of the factors and underlying indicators. The results of the research statistics have been obtained and are presented as follows:

Table 2: Research Statistics Perception of Grade X Students on the Purpose of Physical Education at Muhammadiyah 2 Vocational School in Muntilan.

No	Explanation	Score
1	Score maximum	96
2	Score minimum	55
3	Mean (average)	76,81
4	Median	76
5	Mode	76
6	Standard Deviation	8,28

The results of the study are described in five categories, the results of which can be seen in the table below:

Table 3: Norms for Assessment of Perception of Grade X Students on the Purpose of Physical Education at Muhammadiyah 2 Vocational School in Muntilan.

Interval	Category	Absolute	%
$X > 89,23$	Very Positive	7	7,36
$80,95 < X \leq 89,23$	Positive	20	21,05
$72,67 < X \leq 80,95$	Quite Positive	35	36,84
$64,39 < X \leq 72,67$	Less Positive	29	30,52
$X < 64,39$	Very Less Positive	4	4,21
Total		95	100

From the results of the study, it was known that the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational High School were in the very positive category with a percentage of 7.36% (7 children), in the positive category with a percentage of 21.05% (20 children), at the category is quite positive with a percentage of 36.84% (35 children), in the less positive category with a percentage of 30.52% (29 children) and a very less positive category with a percentage of 4.21% (4 children). From the results of the study, it was interpreted that the perception of Grade X students on physical education goals at Muhammadiyah 2 Muntilan Vocational School was based on a fairly positive social development category.

In this study, the perception of Grade X students on physical education goals at Muhammadiyah 2 Muntilan Vocational School was measured based on internal factors and external factors. Internal factors include: physiology, attention, interests, needs, experiences, and moods. Meanwhile external factors, namely family background, information obtained, knowledge, needs around, repetition of motion, new things, and familiar or unfamiliar objects. In detail, the following data would be described regarding each factor and indicators of the perception of Grade X students on physical education goals at Muhammadiyah 2 Muntilan Vocational School.

### 3.1.1 Internal factors

Internal factors are one of the factors found in the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational School. From these internal factors, there are two

indicators, including: physiology, attention, interests, needs, experiences, and moods.

### 3.1.2 External Factors

External factors are one of the factors found in the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational School. From these internal factors, there are indicators, namely: family background, information obtained, knowledge, surrounding needs, repetition of motion, new things, and familiar or unfamiliar objects.

## 3.2 Discussion

Based on the results of the study, it can be concluded that overall, the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational School was very positive category 7.36%, positive category 21.05%, quite positive 36.84%, less positive 30.52% , and a very less positive category of 4.21%. The results above show that the perceptions of students are mostly quite positive. These results show that most of the students' perceptions of the physical education learning objectives as a whole have assumed quite positive. Doubt of these students because students have less than optimal participation in learning. These results are intended with the attention and sincerity of students in following the learning in theory and sincerity in carrying out the practice in the field, with a lack of attention and sincerity, then the material delivered cannot be well received by students. Students' perceptions that are in the positive and very positive category are interpreted by students as really having an interest in physical education, thus encouraging them to take learning well and seriously. Meanwhile students who have less positive perceptions and are very less positive because students lack even awareness of participating in physical education learning, including awareness of health and other physiological needs. This also resulted in students' lack of enthusiasm/ interest in physical education.

Perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational School is influenced by two factors, namely internal factors and external factors. From these internal factors, there are indicators in it, including: physiology, attention, interests, needs, experiences, and moods. Looking at physical education goals proposed by (Suherman A, 2000), one of which mentions mental development, this goal

relates to the ability to think and interpret the overall knowledge of physical education into the environment so as to enable the growth and development of attitudes, and personal values. From these results, it can be seen that the perceptions of students think positively towards their mental development. With results that show positive categories, students can enjoy fun and excitement through physical activity. They dare to make moves that are difficult for them to do, and they often try to practice. The tasks succeed in fostering a sense of pleasure in students, so as not to feel afraid in doing physical activities.

Based on external factors, the perception of Grade X students towards the goal is achieved. Perception is a person's assumption of something object. This assumption arises after someone receives information or a stimulus that has been experienced before. Judging from the indicators in it, namely indicators of family background, information obtained, knowledge, needs around, repetition of motion, new things, and familiar or unfamiliarity of an object. Seeing the opinion of (Lutan R, 2001) which mentions physical education provide opportunities for students to participate in physical activities that can develop social skills that enable students to function effectively in relationships between people. Physical education provides opportunities for students to participate in physical activities that can develop social skills that enable students to function effectively in relationships between people.

## 4 CONCLUSIONS AND SUGGESTIONS

### 4.1 CONCLUSIONS

Based on the results of the research above, it can be concluded that the perception of Grade X students on physical education goals in Muhammadiyah 2 Muntilan Vocational High School is in the very positive category with a percentage of 7.36% (7 children), in the positive category with a percentage of 21.05% (20 children), in the fairly positive category with a percentage of 36.84% (35 children), in the less positive category with a percentage of 30.52% (29 children) and a very less positive category with a percentage of 4.21% (4 children).

## 4.2 SUGGESTION

Based on the research conclusions above, suggestions that can be submitted are presented as follows:

- Researchers only conduct research in one school, so other researchers can use different samples and a wider population. It is expected that the factors of student perception of physical education learning objectives can be widely identified.
- For schools, it should be necessary to further improve facilities and infrastructure, to complete and to support the physical education learning process.
- For teachers, they should provide a good learning method, giving more attention intended to increase students' participation in physical education learning, so that all students both boys and girls are able to attend learning well and smoothly.

For future researchers, these results can be used as a comparison for the next study and should be able to develop more by adding variables.

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