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Student Interest Survey on Sports Extracurricular Activities

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ABSTRACT	ARTICLE INFO
<p>This study aims to examine the level of student interest in sports extracurricular activities among senior high school students in Seremban, Malaysia. Utilizing a quantitative descriptive research design, the study involved a population of 1,294 students, with a sample of 201 students selected through cluster random sampling. The sample specifically focused on students who had not participated or were not currently participating in sports extracurricular activities, to better understand the underlying motivations and deterrents related to their interest. Data were collected using a Likert-scale questionnaire, and analyzed using descriptive statistical techniques to categorize student responses. The results of the analysis revealed that the average level of interest in sports extracurricular activities among students falls into the high category, with a percentage of 67%. This high level of interest is influenced by a combination of internal factors—such as personal motivation, physical ability, and self-confidence—and external factors, including peer influence, school facilities, and support from teachers and parents. These findings suggest that despite non-participation, students exhibit a strong latent interest in engaging with sports-based activities, highlighting the need for schools to create more inclusive and accessible extracurricular programs. The study provides valuable insights for educators and policy-makers seeking to enhance student involvement in sports, which is vital for promoting holistic development and healthy lifestyles.</p>	<p>Article History: <i>Submitted/Received 05 Jan 2024</i> <i>First Revised 21 Jan 2024</i> <i>Accepted 21 Feb 2024</i> <i>First Available online 28 Feb 2024</i> <i>Publication Date 01 Apr 2024</i></p> <p>Keywords: <i>student interest,</i> <i>sports extracurricular activities,</i> <i>physical education,</i> <i>descriptive study</i> <i>senior high school.</i></p>
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1. INTRODUCTION

Education semantically comes from the Greek paidagogia which means association with children. Pedagogos was a fisherman or footman in ancient Greece whose job was to pick up and drop off children to and from school. In addition, at home the child was always under the supervision and care of the paedagogos. This term comes from the word paedos which means child, and agogos which means I guide or lead (Frankla & Testamentu, 2011). Education is a major factor in the formation of human character, one of which is in sports education. Sports education is defined as a conscious and planned effort carried out through selected physical activities to develop the potential of students in a complete manner, both in terms of personality, intellectual, social, and skills (Standage et al., 2003). Then (Jack Meacham & Jerry G Gaff, 2016) stated: "Sport education in the upper elementary grades can be used effectively to teach sport participation competencies within naturalistic contexts that are modified to ensure full student participation in developmentally appropriate activities. (Hastie & Wallhead, 2016) From the above opinion, it can be concluded that sports education in schools can be used effectively to teach competencies regarding sports participation in naturalistic contexts that are modified to ensure full student participation in activities that are appropriate to student development. In other words, sports education can be one of the triggers for students to play an active role in various activities in their environment according to their developmental needs.

(Tudor, 2013) In schools there is non-formal education that supports students to get education that is not obtained in formal education as explained in the National Education System Law (UU SISDIKNAS-Number 20-Year 2003, Article 1 Paragraph 12) which states that non-formal education is an educational path outside of formal education that can be implemented in a structured and tiered manner. (Bartkus et al., 2012) Extracurricular activities are activities held outside of class hours listed in the school program structure according to the circumstances and needs of the school. Extracurricular activities aim to broaden students' knowledge about the relationship between various subjects, channel talents and interests and complement efforts to develop whole people. So at school is a place where students can develop their talents and interests through extracurricular activities, especially in the field of sports. According to (Brown et al., 2017) stated that: "Most research has considered one type of extracurricular activity participation (eg sports) in understanding its impact on adolescent development. While sports participation is important, it is likely that activity participation is more complex and multifaceted during adolescence. For example, adolescents who play for school sports teams may also serve on the student council and write for the school newspaper. (Pomohaci & Sopa, 2017) From this statement it can be concluded that extracurricular activities are important, especially in sports extracurricular activities, their influence is great on development when adolescents approach adulthood to find what they like, whether it is becoming a core team player at their school and so on, depending on their interests.

(Levinson, 1992) stated that interest is a constant tendency to pay attention to and remember some activities. Activities that someone is interested in are paid attention to continuously and accompanied by a feeling of pleasure. If attention is temporary (not for a long time) and is not necessarily followed by a feeling of pleasure, while interest is always followed by a feeling of pleasure and from there satisfaction is obtained. According to (Silvia, 2001) interest is the tendency to feel attracted or motivated to pay attention to someone, something, or an activity in certain fields. According to (Rempel et al., 1985) states that interest is basically the acceptance of a relationship between oneself and something outside of oneself. The stronger or closer the relationship, the greater the interest. (Frankfurt, 2003)

From the several opinions above, it can be concluded that interest is a desire that arises from within a person to do something he wants, tends to pay attention to things that encourage someone to relate to something in his environment. Like students at school who have to sort out their activities outside of formal education which is clearly an obligation as a student, non-formal education in schools, namely extracurricular activities, is one way to support the goals of education.

Many factors can influence students' interest in participating in extracurricular sports, both factors originating from within themselves such as emotions, pleasure, attention and so on, as well as factors arising from outside such as parents, the environment, the influence of friends, facilities, teachers/coaches, and lessons from formal education that pile up and require students to actively participate in them (Eastwell & Rennie, 2002). This will affect students' interest in participating in extracurricular sports. That is also the problem in non-formal learning activities. If these problems often arise, it will result in poor achievement by schools, especially in non-academic fields (Gloria et al., 2014). These problems are factors that in fact the activities held by schools must be in accordance with the goals of national education that have character values. One strategy for developing student character in schools can be done through extracurricular activities (Huber, 2004).

Senior high school is one of the most favorite and accredited high schools in seramban because it emphasizes academic intellectual achievement rather than non-academic achievement to its students, which results in a lack of achievement in non-academic fields and requires students to have high intellectual. There are two majors in the school in 2020, namely Natural Sciences seven classes and Social Sciences two classes.

It can be concluded from what has been explained above that the influence of schools so that students play an active role in formal learning and the piling up of learning tasks given by subject teachers to students and the time that is almost used up by subject hours in formal learning, many students are reluctant to participate in extracurricular sports.

Based on the introduction that has been explained by the researcher above, the problem that will be studied in this study is formulated, namely how much interest do students have in sports extracurricular activities at senior high school?

2. METHODS

The population in this study were all students of grades X, XI and XII of senior high school seremban in the 2020/2021 academic year totaling 1294 students. Sampling Procedures The sample of this study was students of grades X, XI and XII who did not participate in sports extracurricular activities at senior high school totaling 1005 students. Then the researcher reduced the number of samples because if the number of subjects was large, 10-15% or 20-25% could be taken. Therefore, the researcher reduced it to 20% of 1005 students or samples because 20% was enough to represent the total number of research samples, so the number of samples representing it was 201 students. To optimize this study, the researcher took samples using the cluster random sampling technique.

In this study, the instrument used by the researcher is an interest scale instrument, with a questionnaire in the form of questions determined from the indicators of interest variables. Then the questionnaire was tested for validity using product moment with the help of the SPSS 24 computer program and this validity test was carried out on 60 student respondents outside the sample that had been previously determined by the researcher, with 46 questionnaire questions, the researcher found the results;

Validity Test			
Information	N	%	r table
Valid	32	70.0	0.20
Excluded	14	30.0	
Total	46	100.0	

Reliability Statistics	
Alpha	N
0.702	32

Researchers conducted research through a survey using a closed questionnaire in the form of a Google Form to respondents, then respondents only chose the answer "yes" or "no" for each question item in the questionnaire.

This research method is a descriptive percentage analysis which is in accordance with the research approach, the formula used in this research is:

$$DP = \frac{n}{N} * 100\%$$

Information :

DP : Percentage

n : Total Score Obtained

N : Ideal/maximum Score Amount

3. RESULTS

From the findings obtained from the survey of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak, as many as 135 students (67%) have high category sports extracurricular interests and as many as 66 students (33%) have low category sports extracurricular interests. The average value is 21.4 and the highest frequency is in the high category, so the survey of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak as a whole obtained a high category.

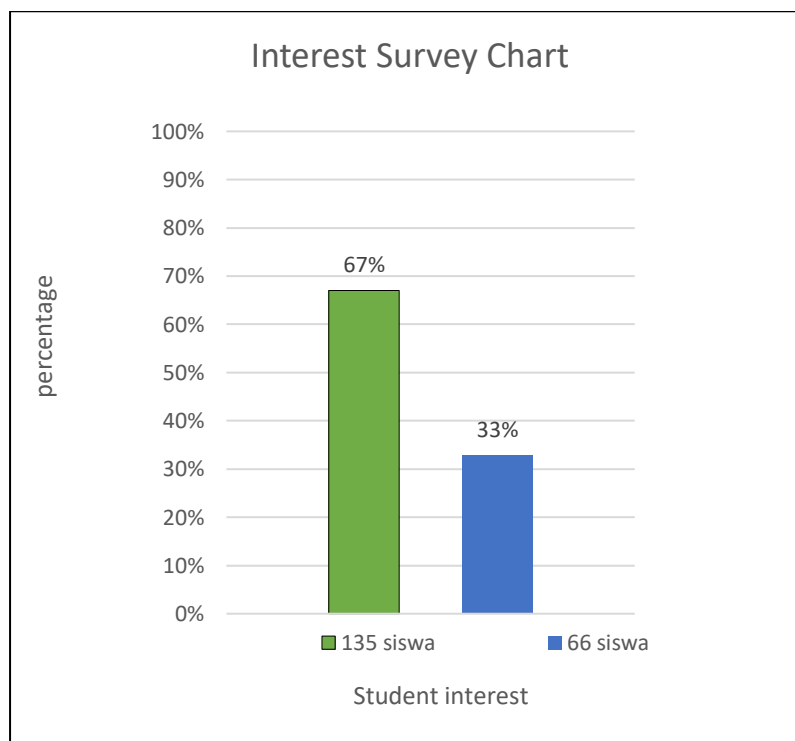
From the table above, it is obtained a survey of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak based on internal factors, as many as 110 students (55%) have an interest in sports extracurricular activities in the high category and as many as 91 students (45%) have an interest in sports extracurricular activities in the low category. The average value is 4.4 and the highest frequency is in the high category, so the survey of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak based on internal factors obtained a high category.

From the survey results of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak based on external factors, 143 students (71%) have high category sports extracurricular interests and 58 students (29%) have low category sports extracurricular interests. The average value is 17.02 and the highest frequency is in the high category, so the survey of students' interest in sports extracurricular activities at State Senior High School 1 Cibadak based on external factors obtained a high category.

From a questionnaire survey consisting of 32 statement items. The results of the study from 201 respondents. The overall internal and external data obtained from respondents are as follows:

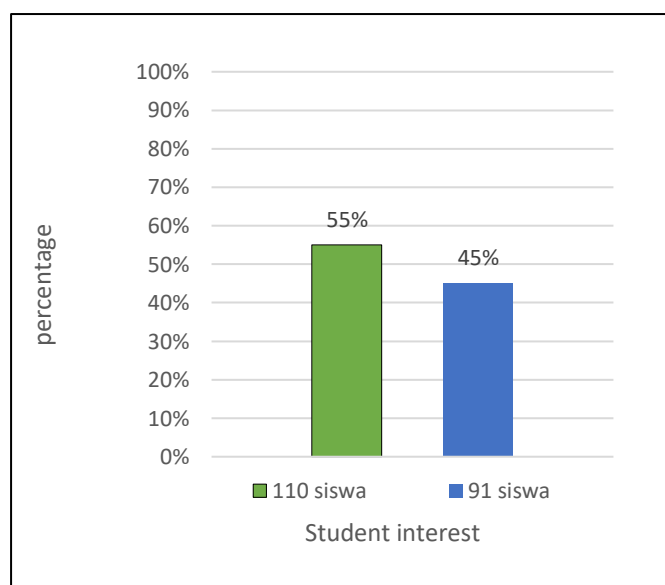
No	Description	Results
1	Number of respondents	201
2	Average / Mean	21.4
3	Median	21
4	Mode	21
5	Maximum value	31
6	Minimum value	12
7	Maximum score	6432
8	Score achievement	4297
9	Percentage of score obtained	67 %

Table. 1 Data obtained from respondents



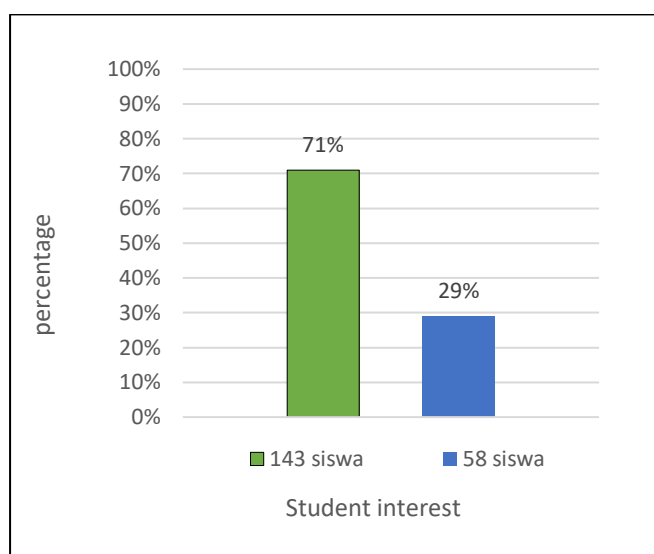
Graptic. 1 Survey of Student Interest in Sports Extracurricular Activities at senior high school

No	Description	Results
1	Number of respondents	201
2	Average / Mean	4.4
3	Median	5
4	Mode	5
5	Maximum value	8
6	Minimum value	0
7	Maximum score	1608
8	Score achievement	877
9	Percentage of score obtained	54.5%

Table. 2 Internal score data**Graphic. 2** Interest Survey Based on Internal Factors

No	Description	Results
1	Number of respondents	201
2	Average / Mean	17.02
3	Median	17
4	Mode	17
5	Maximum value	24
6	Minimum value	6
7	Maximum score	4824
8	Score achievement	3421
9	Percentage of score obtained	71%

Table.3 External score data



Graphic.3 Interest Survey Based on External Factors

4. DISCUSSION

From the results of the analysis that has been carried out, it shows that students' interest in sports extracurricular activities at senior high school from the questionnaire distributed to 201 respondents with 32 questions and an average score of 21.4, it can be seen that the score obtained was 4297 from a maximum score of 6432, so it can be expressed as a percentage of 67% (135 students) have an interest in the high category, and 33% (66) students have an interest in the low category.

Based on internal factors, it obtained a high category of 55%. Internal factors are interests that come from within a person. There are several sub-factors that influence or encourage students' interest in sports extracurricular activities, namely attention, feelings of pleasure and activity.

Based on external factors, it obtained a higher category of 71%. The role of parents or family, and friends also affect the level of student interest in participating in sports extracurricular activities, because parental encouragement and facilities that have been provided to students make students' interest in sports extracurricular activities even higher.

External factors get a higher category than internal factors. This proves that students are happy with the facilities provided by the school, experienced coaches/teachers and encouragement from family and friends.

5. CONCLUSION

Based on the results of the study, it was obtained that students' interest in sports extracurricular activities at senior high school was 135 students with a percentage (67%) who had an interest in sports extracurricular activities with a high category, 66 students with a percentage (33%) who had an interest in sports extracurricular activities with a low category. In detail, each indicator can be explained, in the internal indicator, students who are in the high category are 110 students with a percentage (55%) while 91 students with a percentage (45%) are included in the low category, then in the external indicator, students who are in the high category are 143 students with a percentage (71%) while 58 students with a percentage (29%) are included in the low category. With the known interest of students in sports extracurricular activities at senior high school in Seremban is included in the high category, the results of this study can be used as a consideration or reference for schools, in order to

further improve sports extracurricular activities in schools. Then the school should maintain and even improve sports extracurricular activities well for the development and improvement of the quality of skills and especially non-academic achievements of students in sports extracurricular activities.

6. AUTHORS' NOTE

It is suggested to future researchers to conduct further similar research but by connecting with other variables not included in this study. Such as how to improve student achievement outside formal school hours (extracurricular) and so on.

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