



# ASEAN Journal of Sports for Development and Peace

Journal homepage: <https://ejournal.upi.edu/index.php/ajsdp/>



## DEVELOPMENT OF CHILDREN'S ATTITUDE AND BEHAVIOR THROUGH SPORTS AND PHYSICAL EDUCATION

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ABSTRACT	ARTICLE INFO
<p>This article investigates the development of children's attitudes and behaviour through the use of sport and physical education learning. By analyzing various related studies, we explore the significant role of sport in shaping character, leadership, cooperation and discipline in children. The literature review method is used to investigate empirical studies, theoretical reviews, and other related concepts in the relevant literature. A PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) design was adapted to identify, screen, and synthesize articles relevant to this topic. The results show that sports and physical education significantly positively impact the development of children's attitudes and behaviour. These findings' practical and theoretical implications are discussed to guide educators and policy makers in strengthening positive aspects of child development.</p> <p>© 2023 ASEAN Journal of Sport for Development and Peace</p>	<p><b>Article History:</b> <i>Submitted/Received 19 Mar 2024</i> <i>First Revised 24 April 2024</i> <i>Accepted 12 Jul 2024</i> <i>First Available online 30 Jul 2024</i> <i>Publication Date 30 Jul 2024</i></p> <hr/> <p><b>Keyword:</b> <i>Attitude and behavior,</i> <i>Sports,</i> <i>Physical education</i></p>

## 1. INTRODUCTION

The development of children's attitudes and behavior at school is an important aspect of education that influences their academic achievement and overall quality of life (Risdianto et al., 2020). Discipline is an attitude and behavior that can be introduced and accustomed to through the environment (Hasanah et al., 2021). Irmansyah et al. (2020), amidst the demands of globalization and technological development, education is about transferring knowledge and forming character, leadership, cooperation and discipline in future generations (Sihombing, 2020). with the times, it is also necessary to develop individual personality capacities that can minimize the weaknesses that arise in facing life in the future (Sugawara & Nikaido, 2014). In this context, sports and sports learning have become interesting research subjects due to their potential to strengthen these aspects.

Education is an effort to develop the knowledge, character and skills of students so that they become a young generation who are ready and able to face all challenges involving social change in people's lives (Ahmadi et al., 2020; Syafei, 2021) Education is a conscious effort to help children to be able to develop and actualize their potential so that they can live life as well as possible (Rohman, 2021). Education is a process that provides humans with various kinds of situations aimed at empowering themselves (Habibi, 2020). Education is very important for a nation, because the success and progress of a nation depends on the education emphasized to its population (Bete & Saidjuna, 2022). Education is part of the nation's investment, which aims to humanize humans (Nurhidayah, 2020). Educators and students are two types of status held by humans who play functional roles in areas of activity framed as the world of education (Nurjanah et al., 2023) . Sports not only provide physical benefits but also have a significant impact on children's social, emotional and cognitive development (Dewi & Rifki, 2020). The role of sport is very important and strategic in developing the quality of healthy, independent and responsible human resources (Nantara, 2022). Has a highly competitive nature. The educational process is organized to grow and develop the character and personality of the nation (Anisah et al., 2022; R. Rizqi Fasaldy Putera, 2007). Apart from that, it is also important in developing identity, nationalism and national independence.

Physical education learning only focuses on the sports content taught in schools, and such an understanding certainly reduces the scope of physical education and sports (Apriliyanto & Sulaiman, 2023). Meanwhile, sports can build a spirit of fair play, sportsmanship, teamwork, and nationalism (Rusdin et al., 2022). Physical education can teach values, ethics and character in learning by recognizing the correct possibilities in an individual approach (Syafuruddin et al., 2022).

Thus it can be stated that Physical Education, Sports and Health are part of education to develop abilities through movement (Ambarwati, 2023). This is also supported by Satriawan (2022) who states that physical education is education through physical activity by also paying attention to reactions that arise in relationships between individuals, behavior, mental, social and aesthetic education (Candra et al., 2023) through improving self-concept, efforts are made to achieve a profile of Indonesian human individuals who are ready intellectually, mentally, physically and spiritually to face the future (Putra & Bafirman, 2020). Through sports activities, children learn values such as sportsmanship, teamwork, perseverance, and self-responsibility (Penjakora et al., 2021). In addition, sports learning with a structured and directed approach can be an effective platform for teaching important life skills (Pradana, 2021).

However, although the importance of sport in children's education is widely recognized, there remains a need to better understand how sport and PE learning can be effectively integrated into the school environment to maximize its positive outcomes. (Iqbal et al., 2021; Kamaruddin et al., 2023). Education that teaches about attitudes and behavior will also guide students to better understand, be aware, and ultimately appreciate their own identity as creatures that coexist with other living creatures (Darmansyah et al., 2023).

Therefore, this article aims to explore the role of sport and sports learning in the development of children's attitudes and behavior at school, by reviewing related literature and adopting the PRISMA design for systematic and comprehensive analysis. It is hoped that a better understanding of the relationship between sport and children's behavior can provide valuable insights for educators and policy makers in their efforts to create more holistic and effective educational environments.

## 2. METHODS

This article uses a systematic literature review research method. The use of a systematic literature review research method was chosen because it is a systematic and orderly method so that when compiling work data it becomes more efficient, accurate and transparent. Meanwhile, the literature review system is a literature review that uses systematic, orderly and sequential arrangement. The advantage of using this research method is that it makes it easier for researchers to analyze the literature that will be used, making it easier to conclude the results obtained.

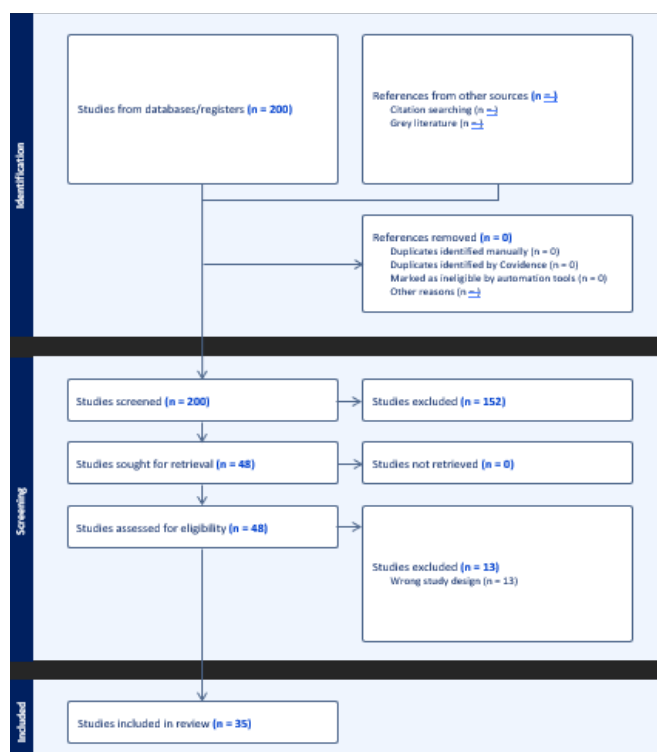


Figure 1. PRISMA Methods

In this research, the search for database data via Hartzing's publish or perish that was chosen to search for articles was Google Scholar with almost the same keywords, for Google Scholar, namely "development of attitudes and behavior, sports and physical education" `The

articles selected are articles from the year 2020 until 2024, in Indonesian, and does not include books, essay sections and book chapters. With the criteria mentioned, a search on Google Scholar with the keyword "development of attitudes and behavior, sports and physical education" found 200 scientific works that had not been filtered, through convention, for the keyword "development of attitudes and behavior, sports and physical education" After trying to accessed, there were some that did not match the title or topic that the researcher wanted. Leaving 152 scientific papers, after the scientific works were selected based on the title, the researchers then filtered them again based on keywords and 48 articles could be filtered. After leaving 48 articles of scientific work, the researchers checked all journals, there were 13 that did not match the study design and left 35 journal articles that met the criteria.

### 3. RESULTS AND DISCUSSION

The development of sports in Indonesia has actually been developed for a long time, we need to be proud of this hall, so by cultivating society and popularizing sports, it will have a huge impact on sports because it is not just who wins and who loses, but sports must be more than that, everything is a form of feeling. Respect, sportsmanship, respect for each other, cooperation and a nationalist spirit are contained in sports. Through sports and physical education, it is a vehicle and container that actualizes the potential of human activity in the form of attitudes, actions and work to be given the form of content and direction towards a unified personality in accordance with human ideals. Sports and physical education) as an inseparable part of education as a whole have an important position because of their unique contribution to the growth and development of children. A unique contribution to the growth and development of children because the world of sports and education is a movement that includes various sports activities."

Table 1. The Result of SLR

No	Authors	Title	Results
1	Susanto	EFFORTS TO DEVELOP STUDENTS' CHARACTER THROUGH PHYSICAL EDUCATION AND SPORTS (2021)	natural teach character should more natural example, the proverb say that action more Good from words. More carry on stated in this article a number of mark character in education physical and sports are also included in The Six Pillars of Character as has been stated on that is: Honest (trustworthy), respectful (respect), responsibility, caring, peace and justice,
2	Zainur Rohman	Shaping character child through sport Shape child character through sport Zainur ( 2021)	Under construction character individual, education physical have very important role especially in increase quality source Power humans do with various activity physical, so obtained health and fitness body. Through track education physical, good aspect physical ( quality physical) or non-physical aspects (non- physical

			qualities) are involved ability work, thinking and skills can resolved.
3	Muhammad Muhibbi At All	Sport As Activity Positive in Muhammadiyah 2 Kebumen Middle School Students (2023)	Importance activity positive to middle school students with objective For avoid things that No parents want as well as teachers at school, and its creation students with character Good. One of activity positive the that is do exercise on time free.
4	Rabwan satriawan	Difference Empathy Attending Students Extracurricular Sports and What Don't Follow Extracurricular Sports (2022)	Extracurricular sport can form empathy because in extracurricular sport there is values empathy such as, cooperation, helping each other respect and sportsmanship.
5	Heru Mardianto et al.	ANALYSIS OF STUDENTS' CHARACTER FORMATION THROUGH SPORTS LEARNING	Sports education hold very important role in development character individuals, especially in increase quality source Power man through various activity sport, use reach health and strength physical. Sports education can answer aspect physical (physical quality) and non- physical aspects (non-physical quality) that influence ability work, thinking and skills. Sport provide environment social possibilities he obtained values and behavior positive in a way culture. It means student can apply outlook positive students get from sport to in life daily.
6	Ikbal M	The role of PJOK in the formation of children's personality characters (2021)	<ol style="list-style-type: none"> <li>1. Formation character student through education character can optimized at levels education base with notice a number of principle among others; a). Universal Moral Values; b). Holistic; c). Integrated; d). Participative; e). Wisdom Local; f). XXI Century Skills; g). Fair and Inclusive; h). Aligned with Development Learners; i). Measurable.</li> <li>2. Formation character students at level education basic can optimized through eye lesson education physical, sports and health through a continuous process, method proper learning, as well use appropriate techniques and strategies.</li> <li>3. Build character participant educate through learning</li> </ol>

			education physical sport and health can held with inclusive strategy. Strategy inclusive is an educational model character integrated into all material presented during the learning process at a time eye lesson
7	Muhammad Akbar Syafuruddin et al.	THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN FORMING THE CHARACTER OF THE NATION	<ol style="list-style-type: none"> <li>1. Sports and physical education is form education that relies on mobility For carry out the goal. Development character is a lifelong process life is influenced by circumstances somebody. Character positive will appear If education sport become part from life person and experience in education sport impact on development character. Honesty, justice, responsibility answer, peace, trust self, respect, and caring towards other people only a number of from that's all Lots type characteristic physical form Lots type characteristic Very important characters are developed through education physical.</li> <li>2. Approach inclusive can used For implement objective development character student through education physical, sports and health. Educational model integrated characters to in all information offered during the learning process in something eye lesson known with an inclusive strategy.</li> <li>3. Principles discovered in sport can used For form psychology and behavior with make it part from everyday life develop character.</li> </ol>

Muhibbi et al. (2023) Forming a child's attitudes and behavior can be done in various ways, one of which is how to implement the development of attitudes and behavior through sports and physical education according to (Susanto, 2021) in efforts to develop students' character through physical education. And Sports, there are several character values in physical education and sports which are also included in The Six Pillars of Character, such as honesty, trustworthiness, respect, responsibility, caring, peace and justice. Sport is also an important pillar because the spirit of fair play, sportsmanship, team work and nationalism can be built through sport (Disas, 2021) . This has become an important role in the world of sports and the world of education which is strengthened by a statement from (Mustafa, 2020). Mustafa(2022) that the contribution of the PJOK curriculum is very important, in the 21st century four

skills are needed, including: (1) critical thinking and problem solving; (2) communication, (3) collaboration, and (4) creativity and innovation.

#### 4. CONCLUSION

Based on the results of research and discussions, sports education plays a very important role in developing individual character, especially in improving the quality of human resources through various sports activities, in order to achieve health and physical strength. Sports education can answer physical aspects (physical quality) and non-physical aspects (non-physical quality) which influence work ability, thinking and skills (Chinta, I., Putra, GD, & Padli, 2024). Sport provides a social environment that allows the acquisition of culturally positive values and behavior. This means students can apply the positive insights students gain from sports into everyday life. In this case, sport is an element of social development that enables its players.

Development of positive attitudes and behavior. Sport with the slogan "community sport and popularizing sport" is a strategic first step in character development. Many positive traits in sports behavior are formed through sports activities. Through sport, people can learn responsibility, respect and concern for other people (Rohman, 2021). The values of resilience, honesty and courage can be obtained from sports activities and of course from various other activities. Even so, this is the first step in repositioning sport in character development. Every move delivers.

Development is very important for human life. The development of children's movements from childhood to adulthood has a major impact on their physical, mental, social and emotional development. Sports give people responsibility, respect and concern for others. (Kristiyandaru & Ristanto, 2020). The conclusion of this research shows that physical education and sports can be implemented as a means of education and character development, because physical education and sports can build character. The values in sports improve the character of students, namely physical education can shape character, so it can be concluded that physical education can be used as an educational tool.

#### 5. AUTHOR'S NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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