

The Influence of Physical Education on the Character Development of Students at Mis Al Hafza Islamic Global School

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Abstract – Pembinaan karakter dan perilaku harusnya dimulai dari sejak dini, dalam hal tersebut pendidikan. Pendidikan merupakan hal penting yang diajarkan kepada masyarakat dan pada usia dini seseorang menerima berbagai macam informasi yang akan berpengaruh pada tumbuh kembangnya. Pendidikan Jasmani merupakan salah satu sector penting pada perkembangan karakter dan perilaku serta akan berpengaruh pada pembentukan karakter anak sejak dini dimana merupakan sebuah bagian yang tidak terpisahkan dari pendidikan pada umumnya yang mempengaruhi potensi peserta didik dalam hal kognitif, afektif, dan psikomotor melalui aktivitas jasmani. Perilaku yang didapatkan melalui program sekolah tidak hanya sebatas dilingkup tersebut faktor dari luar sekolah juga berpangruh terhadap perkembangan karakter dan perilaku anak terutama anak usia dini dan sekolah dasar. Usia dini merupakan periode awal yang paling penting dan mendasar dalam rentang pertumbuhan serta perkembangan kehidupan manusia mengalami masa-masa perkembangan motorik dan keterampilan yang berbeda-beda.

Kata kunci : Pendidikan, Jasmani, Karakter Siswa, Nilai Kognitif

Abstract – Character and behavior development should start from an early age, in this case education. Education is an important thing that is taught to the community and at an early age a person receives various kinds of information that will affect their growth and development. Physical Education is one of the important sectors in the development of character and behavior and will affect the formation of children's character from an early age which is an inseparable part of education in general which affects the potential of students in terms of cognitive, affective, and psychomotor through physical activity. The behavior obtained through school programs is not only limited to the scope of factors from outside the school also affects the development of character and behavior of children, especially early childhood and elementary school. Early childhood is the most important and fundamental initial period in the span of growth and development of human life experiencing different periods of motor and skill development.

Keywords: Education, Physical Education, Student Character, Cognitive Value

1. INTRODUCTION

Exercise is one of the many activities we can do to live a healthy life. One of the benefits of exercise is that it can extend our life expectancy, increase blood flow throughout the body, and form a healthy body and strong soul. One type of sport that is popular is martial arts. This martial art has many benefits, one of which is to protect ourselves from the dangers around us. In addition, nowadays, martial arts are not only used to protect ourselves, but also to train our personality, character and behavior. So, apart from making the body healthy, practicing martial arts can also help us become better people.

"Exercise will increase energy and increase serotonin in the brain," according to David Atkinson, director of the Cooper Venture Development Program, a division of the Cooper Aerobic Center in Dallas, United States. Serotonin is a hormone in the brain that functions as a modulator of brain work capacity which includes regulating emotional stability, understanding and appetite. People who get enough exercise will find their productivity increases. A person's productivity does not only mean that the person can provide good quality work, but he can also contribute to a happy atmosphere.

By exercising, we can be closer to other people, whether family or friends. For example, if we exercise with our family, we will feel more familiar and close to them. Likewise if we exercise with friends. Apart from that, exercising can also help us to make new friends. With a supportive environment, our behavior and character will also become more positive. So, exercising is not only good for physical health, but can also strengthen relationships with other people and form better character. Character education is education to shape a person's personality through character education, the results of which can be seen in a person's real actions, namely good and honest behavior, responsibility, respect for the rights of others, hard work, and so on, this can be linked to destiny, namely introduction and affirmation or actualization of the results of the introduction (Aneess, 2010: 99).

Physical education is an important part of children's education that helps shape their character from an early age. Through physical activities such as sports or non-sports activities, children can develop their various potentials, such as



cognitive (mind), affective (emotions) and psychomotor (body movements). For example, through playing basketball, children not only learn about cooperation and physical skills, but also hone their intelligence and attention.

Thus, physical education is not only about physical fitness, but also about the overall development of children's character and potential. Through physical activity, children can gain valuable experiences that will help them in their daily lives.

2. RESEARCH METHODOLOGY

This research uses qualitative descriptions and observations at MIS AL HAFZA ISLAMIC GLOBAL SCHOOL with the aim of this research being able to explain everything that is taking place and interpret existing and ongoing conditions. The data collection techniques used are observation, interviews, literature review from websites and books and journals that are related to sports, children's behavior and character, physical education, as well as observing changes in behavior that occur when studying physical education.

3. RESULTS AND DISCUSSION

Physical Education

Physical education is one of the subjects in schools that has a relatively large role in the development of student behavior such as cognitive, affective, and especially psychomotor aspects. It is explained that physical and health education is essentially an educational process that utilizes physical activity and health to produce holistic changes in individual quality, both in physical terms, mental and emotional (Husdarta 2013).

It is explained that: "The term physical education (*physical education*) " is an educational activity that utilizes physical activities, including sports. Physical education, sports and health are an integral part of education which aims to develop aspects of physical fitness, movement skills, *critical thinking skills*, social skills, reasoning, emotional stability, moral actions, healthy lifestyles and introduction to a clean environment through selected physical, sports and health activities. planned systematically in order to achieve national education goals (Lutan2000:6).

From the opinions above, it can be concluded that physical education is an educational process through conducive physical activity where students are helped to realize themselves according to their optimal stage of growth and development in reaching a certain level of maturity. Apart from that, physical education is education that actualizes the potential of human activity in the form of attitudes, actions and movement abilities towards complete personal wholeness (BSNP 2006: 702)

Character Development

Development is the increasing structure and function of the body which is more complex in the ability of gross movement, fine movement, speech and language as well as socialization and independence. Development is the result of the interaction of the maturity of the central nervous system with neuromuscular, speech abilities, emotions and socialization. All of these functions play an important role in a complete human life.

Development is qualitative in nature, the measurement of which is more difficult than measuring growth. Development is the increasing ability in the structure and function of the body's organs to become more complex in the correct pattern, as a result of the maturation process so that the organs can carry out their functions.

From the definition above, it can be concluded that development is a stage of increasing body structure and function that is more complex in terms of fine and gross motor skills, speech, language and personal socialization . Development is the result of the interaction of the maturity of the central nervous system with neuromuscular, speech abilities, emotions and socialization.

Character according to the Ministry of National Education Language Center is stated as "innate, heart, soul, personality, manners, behavior, personality, nature, character, temperament, character". According to Musfiroh, character refers to a series of attitudes, behaviors, motivations and skills (UNY, 2008).

Character comes from Latin meaning "carved. A life is like a ring of stone that is carved, so carving it should not be careless, but must be done well. Character is a combination of virtues and values carved into human life. There are several characters that can lead to someone's success, namely: courage, namely having the courage to do good things, loyalty, being steadfast about something that has been achieved, diligence, always being diligent in learning and implementing good knowledge, humility, namely not being arrogant or haughty. to other people, thriftiness, getting used to buying what you need, not what you want, honesty, always instilling an honest attitude no matter what the circumstances, gentleness, namely always maintaining your attitude and actions, respect, namely always respecting others, and gratitude, always making a habit of yourself to say thank you (Rutland M. 2003)

From the explanation above, the author draws the conclusion that character is interpreted as a unique way of thinking and behaving for each individual to live and work together, both within the family, community, nation and state. The aim is none other than to create humans who believe and are devoted to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens .

So character development is a stage that brings children to cognitive recognition of values, affective appreciation of values, and finally to real value practice. However, in the character development stage, there is a very important thing

that must happen within the child, namely the emergence of a very strong motivation or desire (determination) to practice moral values (Andiyana 2013).

Based on the results of research conducted by the author at MIS AL HAFZA ISLAMIC GLOBAL SCHOOL, Thursday 30 May 2024, it was found that the results of an interview conducted by the author with a sports subject teacher named Mr. Mrs. Khair Sagala, S.Pd.I, he said "that the subject It can really influence the development of a child's character, for example, when practicing in the field, physical activity can make muscles more flexible and stronger, bones denser, and blood circulating more smoothly. A further impact of this condition is increased fitness and health status. Mentally, physical activity can make children more cheerful, *relaxed* and calm so they are *stress-free*. Socially, physical activity can be a way to learn more about the outside world, including socializing with peers. Thus, physical activity can be beneficial physically, mentally and socially so that it also influences learning activities, both inside and outside the classroom. Behavior obtained through school programs is not only limited to this scope, factors from outside the school also have an influence on the development of children's character and behavior. In this way, children feel cared for, so they are more motivated to do physical activities. The community must also participate in providing opportunities for children to engage in physical activities."

Based on the students that the author studied in their motor and skill development, they experienced different periods of motor and skill development. In grades 1-3, children begin to deal with body management abilities and basic skills such as locomotor skills, static movement in place (*nonlocomotor*) and movement using limbs (*manipulative*). In grades 4-6, they begin to mature in mastering specific skills, from advanced manipulative skills, to rhythmic activities and games, gymnastics, water activities, and activities to develop physical fitness. In several sports, the stages of achieving high-level skills can begin to be implemented, for example gymnastics, diving and swimming.

Based on the facts in the field, the author can understand that students at MIS AL HAFZA ISLAMIC GLOBAL SCHOOL carry out physical activities repeatedly, thereby raising awareness of obeying the applicable rules, and ultimately giving rise to the habit of living disciplined, sporty and responsible for what they do. Character will be seen from the affective dimension and cannot be represented by the affective dimension. A person's character will be visible from everyday life. Honesty, discipline, sportsmanship, cooperation and responsibility are built through behavior, "not theoretical", so that the intervention that can be carried out is to design activities in the form of certain activities in the form of carrying out activities, for example in the form of festivals, tournaments or competitions. Character is not theoretical, but rather the application of "good" knowledge that is already possessed in the form of practical activities in the field. Character development can be done through certain activities, for example: game simulations, playing, and other activities that are carried out practically, for example the fact that a few students are late, if they find something that is not theirs they report it to the teacher, if they are wrong, they are willing to admit their mistake. , their picket officers are solid and work together.

4. CONCLUSION

The concept of character education is abstract, so it must focus more on constructive behavior and examples. Physical education as an educational tool accelerates children's development of character. Observing the reality of character critically will be closer to a form of play, where observing moral reality is character education. School and community environmental support must be maintained to maintain a good social environmental climate, in order to support character education. Physical education teachers can teach character education outside of class hours, organizing school sports clubs by seeing the right opportunities in an individual approach. So it is hoped that physical education and sports are a laboratory for human experience, therefore teachers. Physical education must try to teach character education in the teaching and learning process, which leads to opportunities to shape children's character. Physical education at MIS AL HAFZA ISLAMIC GLOBAL SCHOOL can be said to be successful in bringing students' character development to a better level, as is the fact that the author describes above, for example, a few students are late, if they find something that is not theirs they report it to the teacher, if they are wrong, they are willing to admit it. mistakes, their picket officers are solid and work on it together.

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