



Analysis of Sports Education Students Interest in Muhammadiyah University of Surakarta in Archery Sports

Alfin Wahyu Nugroho^{1*}, Gatot Jariono²

^{1,2} Sports Education, Teacher Training and Education Faculty, Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

Article Info

Article History :

Received : January 20223

Revised : March 2023

Accepted : March 2023

Keywords:

Analysis,
Archery Sports,
Interests,

Abstract

Archery, namely archery, is a static sport that requires good physical condition, including strength and endurance, especially in the upper body muscles. The purpose of the researchers was to find out how interested students are and how important sports are for students of Sports Education at the University of Muhammadiyah Surakarta. A sample is part of the number and characteristics possessed by that population. The study took samples on Sports Education students of Muhammadiyah University of Surakarta semester 1 which totaled 89. Based on the results and discussion of the data obtained, researchers can draw conclusions about the interest of Sports Education students of the University of Muhammadiyah Surakarta in archery, and that the interest of Sports Education students of the University of Muhammadiyah Surakarta in archery sports is low. It is proven that only 7.5% of Sports Education students of Muhammadiyah University of Surakarta chose to strongly agree. There are several indicators of the reasons why students of Sports Education at the University of Muhammadiyah Surakarta have a low interest in archery, namely in the question of the body to be healthy and fit, refresh the brain, and want to excel in archery sports 38.3 students of Sports Education of Muhammadiyah University of Surakarta choose to hesitate.



*Corresponding email: a810170024@student.ums.ac.id

INTRODUCTION

Sports are now widely loved by the public, for now among children, teenagers, adults and parents love sports. Because exercising has many benefits for physical and spiritual health. According to (Khairuddin 2017) Sports is one of a person's physical and psychic activities that is useful for maintaining and improving the quality of one's health after exercise. But with the development of the times, humans do sports not only to maintain and improve the quality of health, but through sports a person is able to develop his potential and talents. A person's talents will develop well if they are supported by good coaching as well. Sports coaching can be done through extracurriculars in the university and school environment.

Extracurriculars are lesson activities organized outside of ordinary class hours that are intended to develop one of the subject areas of interest to a group of students e.g. sports, the arts, and various skills and scouting activities" (Izzul Muttaqin, M. E. Winarno 2016). Extracurricular activities have a function, (1) a development function, namely that extracurricular activities function to support the personal development of students through the expansion of interests, potential development, and providing opportunities for character building and leadership training, (2) social functions, namely that extracurricular activities function to support the ability and sense of social responsibility of students, (3) creative functions, namely that Extracurricular activities are carried out in a relaxed, exciting, and fun atmosphere so as to support the development process of students, (4) career preparation function, namely that extracurricular activities function to develop students'

career readiness through capacity building (Build 2019).

Various kinds of extracurricular activities include the fields of art, spirituality, leadership, journalism and no less popular and almost every school there is an extracurricular field of sports. However, in choosing an extracurricular person must have more interest, according to sandjaja (Iqbal 2011) interest is a tendency that causes a person to try to find or try activities in a certain field. Interest is also defined as a positive attitude towards aspects of the environment. According to (Slameto 2003) interest is a fixed tendency to pay attention and reminisce about some activities. In addition, interest is also a fixed tendency to pay attention and enjoy an activity accompanied by a sense of pleasure. Sports interest means a person's tendency to choose a sport that is a desire that is carried out continuously to achieve goals, while talent is the potential possessed by a person to excel in a certain sport (Santoso 2012). According to (Utami 2019) interest in adding joy to every activity that a person pursues, excitement towards sports activities, self-satisfaction, and personal well-being make a person able to express themselves so that happiness can be achieved. Meanwhile, according to (Arif, M., & Hartati 2016) Interest is basically a special concern.

Interest is very influential on student activities, students who are interested in an activity such as a preferred sport. Because interest in children is not carried from birth, but children's interest arises out of habit. There is a sense of interest that sports education students of Muhammadiyah University of Surakarta have, there are two supporting factors, the first is internal factors and the second is external factors. Internal factors, namely factors that come from the students themselves include

physical and psychological factors of students such as a sense of comfort and pleasure when carrying out these activities, while external factors are factors that come from outside such as family, friends, the environment that gives each other encouragement or motivation to students.

Sports Education at Muhammadiyah University of Surakarta itself students are facilitated by the study program to develop sports talent interests (MBO). There are several sports facilitated by the study program including Football, Volleyball, Basketball, Court Tennis, Martial Arts, Badminton, Petanque, Futsal and Archery. Of the several sports talent interests that exist in Sports Education at the University of Muhammadiyah Surakarta in participating in archery, there are still few enthusiasts for only 10 students, because there are still many who choose other sports, for example Football, Volleyball, Basketball, Court tennis, Martial arts, Badminton, and others. Meanwhile, the participating student archery sport is very lacking.

Archery (Kamal 2015) The sport of archery has been around for a long time in Indonesia, this sport requires a subtle touch of soul, patience, tenacity, concentration and high mental endurance and has a high level of anxiety. So that elemental elements such as posture, basic techniques, movement mechanisms, concentration and physical condition as a unit that must have a firmer. (Sukma 2014) archery is a static sport that requires good physical condition including strength and endurance, especially in the upper body muscles. At the time of performing archery techniques especially when pulling the bowstring, the muscles will experience isotonic contractions, especially those with initial pulls. And according to Prasetyo, et al (Tahaa Zahari, Musaa et al.

2018) Archery is a sport of fine and gross motor skills, in which success is determined by the capacity to score targets repeatedly with extraordinary precision and accuracy while according to (Nawir 2011) Archery is a sport that has its own characteristics in its class even though in its development it is less attractive to the public.

The above problems can be taken to be used as scientific research to solve problems that occur in the field, with the student population of Sports Education at the University of Muhammadiyah Surakarta. Own population According to (Darmawan 2019) The study population is a subject that meets the established criteria. Meanwhile, according to (Arikunto 2006) the population is the entire subject of the study. And what will be researched in this research is sports education students of Muhammadiyah University of Surakarta semester 1, therefore the author wants to conduct quantitative research by conducting through a survey through a scientific study with the title "Analysis of Interest of Sports Education Students of Muhammadiyah University of Surakarta there is Archery Sports"

METHODS

This research uses quantitative research methods, the population is the entire research subject. This study, the population is all students of Sports Education of the University of Muhammadiyah Surakarta semester 1.

Participants

Sampelous is part of the number and characteristics possessed by the population (Sugiyono 2016). The study took samples on Sports Education students of Muhammadiyah University of Surakarta semester 1 which totaled 89.

Sampling Procedures

The sampling technique in this study uses purposive sampling technique, where samples are selected with certain considerations or certain criteria (Sugiyono 2013).

Materials and Apparatus

The materials used in this study were: Questionnaire sheet, Stationery, and Calculator

Procedures

The collection techniques used are quantitative research, namely observation, interviews, distribution of questionnaires (questionnaires) and direct documentation (Sugiyono 2014) to determine student interest in archery.

Table 1. Questionnaire Indicators

Indicators	Sub Indicators
Internal	-Self Sediri
	-Ambition
	-Learning Conditions
External	-Family Environment
	-School Environment
	-Community Environment

Design or Data Analysis

With The Data Analysis Carried Out, This Research Is Expected To Find Solutions To Learning That Occur In The Field.

1. Data Collection : Collecting Data Or Looking For Data From Various Sample Sources That Have Been Determined In The Form Of Observation, Sharing Google Form Questionnaires, Documentation With The Form Of Data Collection Above Is Expected To Be Able To Collect Precise And Accurate Data And Focus With The Aim Of Exploring To Be Processed To The Next Stage

2. Data Reduction : Conducting A Selection Of Data That Has Been Taken On A Sample Of Research Objects By Having Data That Is Considered Correct And Discarding Data That Is Considered Unnecessary In The Research To Be Used, For Example Selecting The Data Obtained That Is Considered Necessary To Be Presented.
3. Presentation Of Data: Presenting Data By Grouping The Data That Has Been Collected, Either By Explanation Or Grouping In The Form Of Figures Or Labels, For Example, Grouping Data Statements That Are Considered Agreeable And Those That Disagree.
4. Data Conclusion: Conducting the final preparation of data that has been processed before, at the collection stage and continued with the stage of data reduction, data presentation, and finally conclusion to the data that has been produced by going through several stages and processes that are passed.

RESULT

This study found out the interest of Sports Education students of Muhammadiyah University of Surakarta in archery, with a total number of respondents of 89 students. The respondents of this study were taken consisting of cells of UMS POR students in semester 1, and the results of this study were presented through the form of tabulation Figures and pie charts, of which there were 12 numbers of questions used in this study, these questions were used as a benchmark regarding the interest of the self-student of Sports Education, University of Muhammadiyah Surakarta semester 1 in archery.

The description of sports education students of Muhammadiyah University of Surakarta semester 1 on the sport of archery uses 12 questions addressed to respondents.

1. Is the Sport of Archery Important To Me ?

From the results of the analysis of research data that has been carried out, it can be described that the statement of the importance of archery sports, can be categorized in the following Figure:

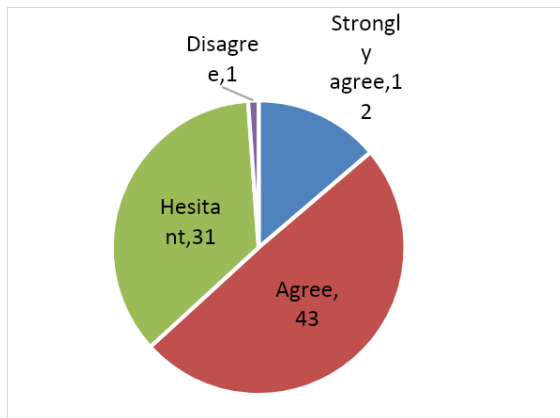


Figure 1. The Importance of the Sport of Archery

From the Figure above, it can be seen that the interest of students of Sports Education of Muhammadiyah University of Surakarta in semester 1 towards archery sports, the category strongly agrees with the number of 2 students or 13.5%, while from the category of agreeing 43 students or 50.6%, the Ordinary Category 31 students or 34.8%, the category disagrees with 1 student or 1.5%, and the category strongly disagrees with 0 students or 0.0%.

2. I love the sport of archery?

From the results of the analysis of research data that has been carried out, it can be described that the statement of

liking the sport of archery, can be categorized in the following Figure:

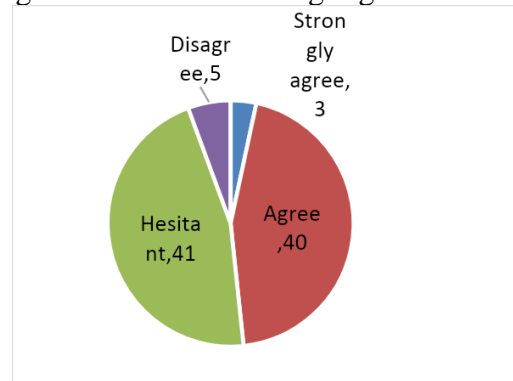


Figure 2 . Favoring the Sport of Archery

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 3 students or 3%, while from the category of agreeing 40 students or 44.9%, the Ordinary Category 41 students or 46.1%, the category disagreeing 5 students or 6%, and the category strongly disagreeing 0 students or 0.0%.

3. By following archery I feel fit and healthy?

From the results of the analysis of research data that has been carried out, it can be described that archery sports feel fit and healthy can be categorized in the following Figure:

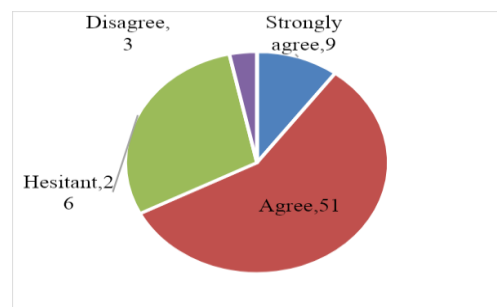


Figure 3. Archery Sports feel fit and healthy

From the Figure above, it can be seen that the interest of students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 9 students or 10.1%, while from the category of agreeing 51 students or 57.3%, the Ordinary Category of 26 students or 29.2%, the category of disagreeing with 3 students or 3.4%, and the category strongly disagreeing with 0 students or 0.0%.

4. Interesting archery sports to follow ?
From the results of the analysis of research data that has been carried out, it can be described that the sport of archery is interesting to follow. can be categorized in the following Figure:

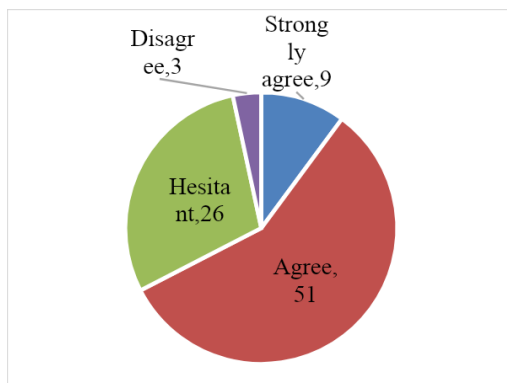


Figure 4. Interesting Archery Sports To Follow

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 8 students or 9%, while from the category agrees 44 students or 49.4%, the Ordinary Category 22 students or 24.7%, the category disagrees 2 students or 2.7%, and the category strongly disagrees 0 students or 0.0%.

5. I'm so excited about the sport of archery?

From the results of the analysis of research data that has been carried out, it can be described that Excited to participate in the Sport of Archery, can be categorized in the following Figure:

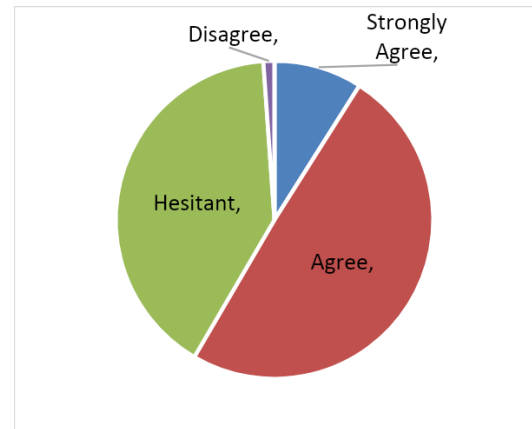


Figure 5. Excited to follow the Sport of Archery

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 8 students or 9%, while from the category of agreeing 44 students or 49.4%, the Ordinary Category of 36 students or 40.4%, the category of disagreeing with 1 student or 1.2%, and the category strongly disagrees with 0 students or 0.0%. The following is an illustrative picture of Eagerly following the Sport of Archery.

6. Archery sports refreshing for me ?
From the results of the analysis of research data that has been carried out, it can be described that the sport of archery as well as refreshing, can be categorized in the following Figure:

Figure 6. Archery Sports As Well As Refreshing

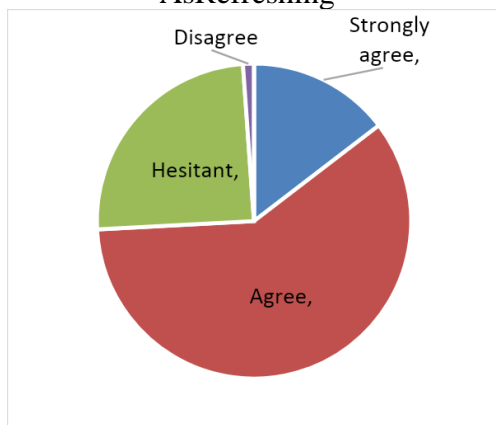


Figure 6. Archery Sports As Well As Refreshing

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 13 students or 14.6%, while from the category of agreeing 53 students or 59.6%, the Ordinary Category of 22 students or 24.7%, the category of disagreeing with 1 student or 1.1%, and the category strongly disagreeing with 0 students or 0.0%. The following is an illustrative image of the Sport of Archery As Well As Refreshing.

7. I want to excel in the field of archery?

From the results of the analysis of research data that has been carried out, it can be described that achievements in the field of archery sports can be categorized in the following Figure:

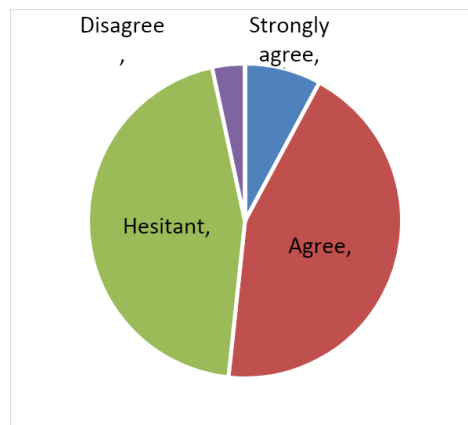


Figure 7. Achievements in the sport of archery

From the Figure above, it can be known that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 7 students or 8%, while from the category of agreeing 39 students or 43.8%, the Ordinary Category 40 students or 44.9%, the category disagreeing 3 students or 3.3%, and the category strongly disagreeing 0 students or 0.0%. The following is an illustrative picture of an accomplished in the field of archery.

8. I joined the sport of archery because I wanted to be an athlete?

From the results of the analysis of research data that has been carried out, it can be described that following the sport of archery because you want to be an athlete, it can be categorized in the following Figure:

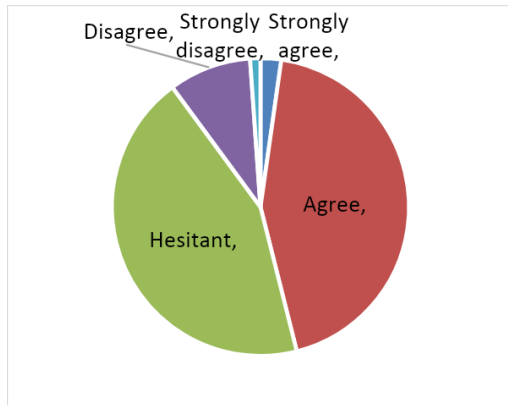


Figure 8. follows the sport of archery because you want to be an athlete

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 2 students or 2%, while from the category of agreeing 39 students or 43.8%, the Ordinary Category 39 students or 43.8%, the category disagreeing 8 students or 9%, and the category strongly disagreeing 1 student or 1.4%. The following is an illustrative picture of following the sport of archery because you want to be an athlete

9. I follow the sport of archery because it is fulfilled?

From the results of the analysis of research data that has been carried out, it can be described that following the sport of archery because is fulfilled, can be categorized in the following Figure:

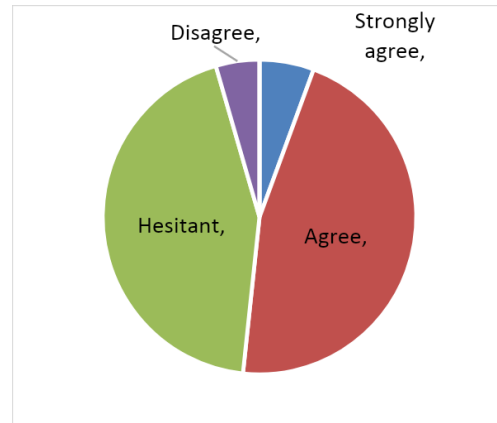


Figure 9. follows the sport of archery as is fulfilled

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 5 students or 6%, while from the category of agreeing 41 students or 46.1%, the Ordinary Category 39 students or 43.8%, the category disagreeing 4 students or 4.1%, and the category strongly disagrees 0 students or 0.0%. The following is an illustrative picture of following the sport of archery as is fulfilled.

10. Do my parents support participating in the sport of archery?

From the results of the analysis of research data that has been carried out, it can be described that the statement of the importance of archery sports, can be categorized in the following Figure:

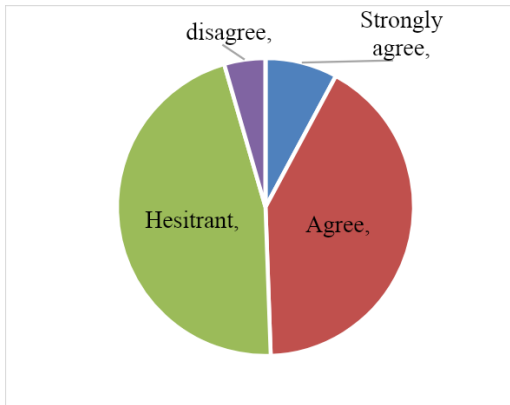


Figure 10 . Parents in favor of participating in the sport of archery

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 7 students or 7.9%, while from the category of agreeing 37 students or 41.6%, the Ordinary Category 41 students or 46.1%, the category disagrees 4 students or 4.4%, and the category strongly disagrees 0 students or 0.0%. The following is an illustrative picture of parents supporting the sport of archery.

11. Many of my friends follow the sport of archery?

From the results of the analysis of research data that has been carried out, it can be described that many friends who follow the sport of archery, can be categorized in the following Figure:

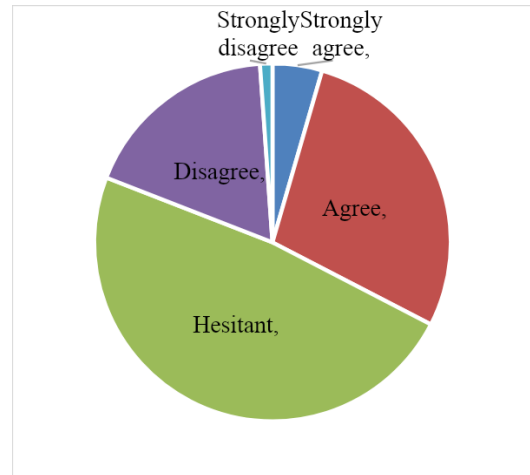


Figure 11. Many friends who follow the sport of archery

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 4 students or 4.9%, while from the category of agreeing 25 students or 28.1%, the Ordinary Category 43 students or 48.3%, the category disagreeing 16 students or 18%, and the category strongly disagreeing 1 student or 0.7%. The following is an illustrative picture of many friends who follow the sport of archery.

12. I do archery sports not only at university, but also at home?

From the results of the analysis of research data that has been carried out, it can be described that carrying out archery sports is not only carried out by universities, but also at home, can be categorized in the following Figure:

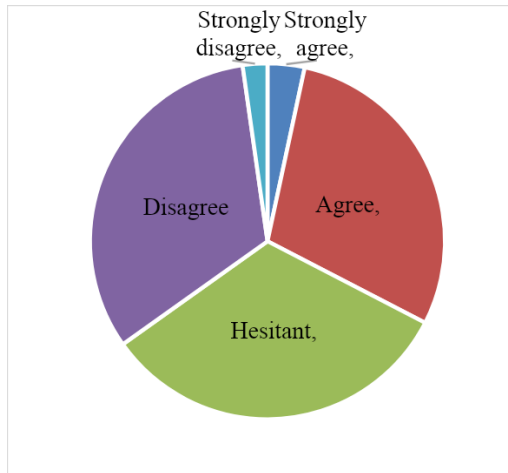


Figure 12. Shows that archery is not only done by universities, but also at home

From the Figure above, it can be seen that students of Sports Education of Muhammadiyah University of Surakarta semester 1 towards archery sports, the category strongly agrees with the number of 3 students or 3%, while from the category of agreeing 26 students or 29.2%, the Ordinary Category of 29 students or 32.6%, the category of disagreeing with 29 students or 32.6%, and the category strongly disagreeing with 2 students or 2.6%. The following is an illustrative picture of the sport of archery not only done by universities, but also.

DISCUSSION

The results of research on the interest of Sports Education students of the University of Muhammadiyah Surakarta in archery are qualitative and quantitative. This study produced data in the form of numbers and then explained in the form of a description of the real situation in the field with a total of 89 respondents. The questionnaire in this study used a questionnaire on a likert scale of 1-5. The questionnaire contained 12

questions about the satisfaction of Sports Education students of the University of Muhammadiyah Surakarta. The description of the results of the research that has been confirmed about the interest of sports education students of the University of Muhammadiyah Surakarta in archery sports obtained respondents of 89 active students and who have filled in 89 students thus the survey has exceeded 50% of all active students.

Exercise is an activity to exercise one's body. Archery can be used as an alternative to healthy activities that can be done with friends. Not only physically but also spiritually. Now more and more people who try the sport of archery, ranging from young children, adults, parents, can participate in the sport of archery. This sport is indeed fun because it is still relatively new in Indonesia, making people curious about the sport of archery. As is the case in POR UMS with the existence of archery can facilitate students in developing techniques in the sport of archery.

Based on the research above, students of Sports Education at the University of Muhammadiyah Surakarta agreed that archery is important to them, out of the total 89 students who agreed that archery is important to them, there were 43 (50.6%) students. They think that archery is good for body health and as a means of refreshing. But there are some students of Sports Education at Muhammadiyah University of Surakarta (1.1%) who disagree that the sport of archery is important to them. In contrast to other sports that have a greater risk of injury such as football, volleyball, basketball, archery sports have a smaller risk of injury. Just like the Sports Education students of Muhammadiyah University of

Surakarta who agreed (57.3%), archery can help the body stay healthy and fit. Archery sports have several benefits, namely improving hand and eye coordination and balance, increasing flexibility of hands and fingers, building body strength, increasing patience, increasing focus, building self-confidence, as well as being able to make a means to sharpen and refresh the brain, as well as 59.6% of Sports Education students of Muhammadiyah University of Surakarta semester 1 agree that archery can be a means of refreshing the brain.

The sport of archery has progressed very rapidly, which was once very unpopular, now inversely proportional to before, it is proven that 64% of Sports Education students of the University of Muhammadiyah Surakarta feel interested in participating in archery but there are 2.7% of sports education students of the University of Muhammadiyah Surakarta semester 1 nor is he interested in the sport of archery. Currently, archery at POR UMS has been favored by students, this is influenced by the response from students, which is proven that 44.9% of students of Sports Education at the University of Muhammadiyah Surakarta in semester 1 agree that they like archery. Recently, the sport of archery is no less interesting for students of Sports Education at the University of Muhammadiyah Surakarta in semester 3. It is proven that 49.4% of the sports education students of Muhammadiyah University of Surakarta admitted that they were excited to participate in archery.

Archery sports can make the body healthy and fit, the benefits of exercise are unquestionable. But apparently, sports can also make children smart and perform brilliantly in

school. Terbukti sports education students of Muhammadiyah University of Surakarta semester 1 in archery sports, not just sports. But they also want to excel in sports, especially archery. 43.8% of Sports Education students of Muhammadiyah University of Surakarta semester 1 have the determination to be able to excel in archery. For maximum achievement, in addition to the facility factor that supports the implementation of exercises, the role of the coach is also very supportive to improve the achievement of students. Many Sports Education students of Muhammadiyah University of Surakarta want to become athletes, 43.8% of Sports Education students of Muhammadiyah University of Surakarta are committed to becoming successful athletes.

They realize that the athletes who will succeed are the athletes who strive to give the best results. They must be diligent in every practice, must not give up or despair. At POR UMS, lecturers also facilitate students in archery sports, 46.1% of Sports Education students of Muhammadiyah University of Surakarta agree with it. With the support of students in archery sports makes parents support because for their own equipment archery sports are quite expensive, as 41.6% of Sports Education students of Muhammadiyah University of Surakarta agree with it. With such a lack of student interest in doing archery sports other than at university, only 29.2% agreed with doing archery sports at home and because of the lack of interest of friends in the environment made the interest of students of Muhammadiyah Surakarta University Sports Education to participate in archery sports only 28.1% agreed that they would choose archery.

CONCLUSION

Based on the results and discussion of the data obtained, researchers can draw conclusions about the interest of Sports Education students of the University of Muhammadiyah Surakarta in archery, and that the interest of Sports Education students of the University of Muhammadiyah Surakarta in archery sports is low. It is proven that only 7.5% of Sports Education students of Muhammadiyah University of Surakarta chose to strongly agree. There are several indicators of the reasons why students of Sports Education of Muhammadiyah University of Surakarta have a low interest in archery., namely: in the question of the body becoming healthy and fit, refreshing the brain, and wanting to excel in archery sports 38.3 students of Sports Education of Muhammadiyah University of Surakarta choose ordinary.

ACKNOWLEDGEMENT

We would like to express our deepest gratitude to the Faculty of Teacher Training and Education, Sports Education Study Program for providing full support to researchers and Students of Education Olahraga University of Muhammadiyah Surakarta Semester 1 who are respondents in research.

REFERENCES

- Arif, M., & Hartati, S. C. Y. (2016). Sasminta Christina Yuli Hartati Pengertian Modifikasi Permainan Esensi Modifikasi Adalah Menganalisis Sekaligus. Pendidikan Olahraga Dan Kesehatan.
- Arikunto. (2006). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Bangun, S, Y. (2019). “Peran Pelatih Olahraga Ekstrakurikuler Dalam Mengembangkan Bakat Dan Minat Olahraga Pada Peserta Didik.” *Jurnal Prestasi* 2(4):29. doi: 10.24114/jp.v2i4.11913.
- Darmawan, D. 2019. “Metode Penelitian. *Journal of Chemical Information and Modeling*.”
- Ikbal, M. (2011). “Pengaruh Motivasi Terhadap Minat Mahasiswa Akuntansi Untuk Mengikuti Pendidikan Profesi Akuntansi.”
- Izzul M, Winarno, & Agung K. 2016. “Kegiatan Ekstrakurikuler Kepramukaan.” *Pendidikan Jasmani* 26(02):133–40.
- Kamal, S, N. (2015). “Pengaruh Latihan Weight Training Terhadap Daya Tahan Otot Lengan Dan Prestasi Memanah Jarak 30 Meter Pada Cabang Olahraga Panahan.”
- Khairuddin. (2017). “196-Article Text-285-1-10-20181203.” 1–14.
- Nawir, N. (2011). “Kontribusi Kekuatan Otot Tangan Dan Daya Tahan Otot Lengan Dengan Kemampuan Memanah Jarak 30 Meter Pada Atlet Panahan Sulawesi Selatan.”
- Santoso, S. (2012). “Panduan Lengkap SPSS Versi 20.”
- Slameto. (2003). *Belajar Dan Faktor- Faktor Yang Mempengaruhinya*. Jakarta: Rineka Cipta.
- Sugiyono.(2016). *Metode Penelitian Kuantitatif, Kualitatif Dan R&D*. Bandung: Alfabeta.
- Sukma, D, C. (2014). “Hubungan Pengetahuan Dan Sikap Dalam Memilih Makanan Jajanan Dengan Obesitas Pada Remaja Di SMPN 2 Brebes.”
- Tahaa Z. M. B, Rabiul M, Alima M. A. P.P. A, Abdullah M. M, & Mohamad R. (2018). “The Identification of High Potential Archers Based on Fitness and Motor Ability Variables: A Support Vector Machine Approach.”
- Utami. (2019). “Pengaruh Penerapan Model Pembelajaran Learning Cycle 7E Terhadap Keterampilan Proses Sains Peserta Didik Pada Materi Koloid Di SMA Negeri 10 Pekanbaru. *Journal of Natural Science and Integration*.”