



## Survey of Interest in Studying Physical Education Sports and Health of Public Elementary School Students 03 Sukodono

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### Abstract

There is a sense of interest that the students of SDN 03 Sukodono 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 such as a sense of comfort and pleasure when participating in the Sports and Health Physical Education learning, while external factors are factors that come from outside the student such as educators, family, friends, the environment that gives each other encouragement or motivation to students. The purpose of this study was to find out how interested students are and how important sports learning is for students of SDN 03 Sukodono. The sample in class V and VI students was 50 students of SDN 03 Sukodono, class V was 33 students while class VI was 17 students. The results of this study show that the interest of SDN 03 Sukodono students in learning Sports and Health Physical Education is quite high. It is proven that 90% of SDN 03 Sukodono students like sports and health physical education learning, there are several indicators of the reasons why SDN 03 students like sports and health physical education learning, namely: the body becomes healthy and fit, refreshes the brain, and wants to excel in the field of sports. In addition, many students of SDN 03 Sukodono want to excel in sports.



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## INTRODUCTION

At all times, the individual constantly gets information from the surrounding environment so that new information is formed in him. The formation of these experiences is called learning. According to (Nidawati, 2013), learning is a process of behavior change, due to the interaction of the individual with the environment. Furthermore (Djamaluddin and Wardana 2019), suggests that learning is an activity that the individual does consciously to get a number of impressions from what has been learned and as a result of his interaction with the surrounding environment. The same thing is also revealed by (Marfiyanto, & Rodiyah, 2018), that learning is a series of physical mental activities to obtain a change in behavior as a result of an individual's experience in interaction with his environment that concerns cognitive, affective, and psychomotor. Learning activities are not only in the school environment but can also be a family or community environment because learning is a process from not knowing to knowing either intentionally or unintentionally, a deliberate example is that we learn in school while for the unintentional is from the experience we get.

Education is the right tool in improving children's character, this formation can be done by instilling character values consistently both when the child is in a family environment, school environment, and community environment. Education has also been carried out by mankind throughout its life to be a means of transmitting and transforming both values and sciences development in the field of education is a very decisive effort in order to improve the quality of human resources. Where one of the efforts is to realize a healthy, strong, skilled and moral human being

through physical education. The development of education is directed to form a healthy physique and a good mentality, in order to produce a good, disciplined and responsible young generation.

Physical education is education through physical activity by participating in physical activity, students can master skills and knowledge, develop aesthetic appreciation, develop generic skills as well as positive values and attitudes, and improve physical conditions to achieve physical education goals, (Sudarsinah, 2021). Exercise 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. (Hadi 2020; Indarto, Subekti, & Sudarmanto 2018; Khairuddin 2017). In schools, sports can be used to teach students to develop good personality behavior as well as improve physical freshness in order to improve health and basic movement skills as well as various physical activities. (Erwin 2019) explained that physical education is sports education that is not solely for achieving achievements, especially carried out in school schools consisting of exercises with tools, carried out indoors and in open fields. In fact, psychologically, the interest in studying students at SDN 03 Sukodono is relatively low. The student's interest in learning can be seen from the student's indifferent attitude in learning and no effort to learn the learner. Meanwhile, the aspect of interest can be seen from the lack of enthusiasm of students in learning and the lack of attention in learning. As for the drive to learn, students have low learning motivation. On the other hand, interest is a tendency to be interested in something and interest in sports that are done seriously and looking for achievements is certainly very influential on the

development of each individual, besides that interest if done happily will certainly affect the feeling of pleasure, satisfaction and welfare of the individual will be achieved. (Wake 2019; Darminto 2017; Fatoni et al. 2021; Kusuma and Setyawati 2016; Syardiansah 2016; Utami and Kriswanto 2019). In the field of education, teachers are expected to help students to direct the field according to the interests of students in school.

Interest in children is not carried from birth, but children's interest arises out of habit. (Fikria 2021). There is a sense of interest that the students of SDN 03 Sukodono have, there are two supporting factors, the first is internal factors and the second is external factors. Internal factors are factors that come from students themselves, while external factors are factors that come from outside such as family, friends, the environment that provide each other encouragement or motivation of students.

The researcher's goal was to take the title "Survey of Learning Interests Pendidikan Jasmani Olahraga Dan Kesehatan Siswa Sdn 03 Sukodono" with the aim of knowing how much interest students are and how important sports are for the developmental period of elementary school children.

## **METHODS**

This research uses a type of quantitative approach method with a descriptive type of research where researchers want to find out how much interest students have in Physical Education learning by providing a question or questionnaire as a data collection tool.

### **Participants**

The study took samples on class V and VI students totaling 50 students of

SDN 03 Sukodono, class V totaling 33 students while class VI 17 students.

### **Sampling Procedures**

The sampling technique in this study used the total sampling technique, which is a sample determination technique when all members of the population are used as samples.

### **Materials and Apparatus**

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

### **Procedures**

The data collection technique used in this study was by providing questionnaire questionnaires to students in 2022 who were the subjects of this study. The Procedure is as follows: (1) Researchers looked for data on class V and class VI students at SDN 03 Sukodono; (2) Researchers spread questionnaire questionnaires to students of class V and class VI; and (3) After getting the results, researchers can process the data and draw conclusions and suggestions

### **Design or Data Analysis**

The data analysis method used to answer the formulation of this research problem uses statistical calculations of multiple linear regression based on the results of data acquisition from respondents on the questionnaire provided. The data analysis process carried out by the author is as follows:

- 1) Distributing questionnaires to predetermined respondents.
- 2) Take questionnaire answers from respondents.
- 3) Group data by respondents.
- 4) The data comes from a questionnaire that has been filled out by respondents, then tabulated in the form of quantitative data.

5) The answers in each respondent are presented in the distribution table.

**RESULT**

This study found out the interest of SDN 03 Sukodono students in Sports and Health Physical Education, with a total number of respondents of 50 students. The respondents of this study were taken consisting of classes V and VI, and the results of this study were presented through the form of tabulation tables and pie charts, of which there were 15 numbers of questions used in this study, these questions were used as a benchmark regarding the interest of SDN 03 Sukodono students in Sports and Health Physical Education. The description of the interest of the students of SDN 03 Sukodono towards Sports and Health Physical Education, especially in classes V and VI, uses 15 questions directed at the respondents.

1) Physical Education learning is important to me?

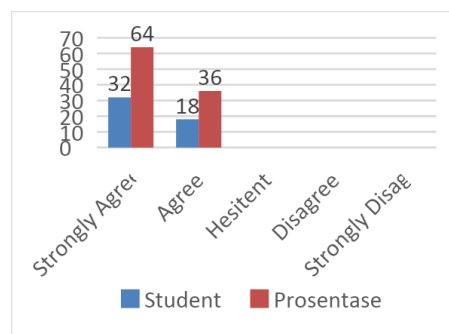
From the analysis of research data that has been carried out, it can be described that the statement of the importance of Physical Education learning, can be categorized in the following table:

**Table 1.** the importance of Physical Education learning

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	32	64%
2.	90 – 92	Agree	18	36%
3.	87 – 89	Hesitant	0	0%
4.	84 – 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that students' interest in Physical Education learning, the category

strongly agrees with the number of 32 (64%), while the category agrees with the number of 18 (36 %), the category of undecided 0 (0%), disagrees 0 (0%) and strongly disagrees 0 (0%).



**Picture 1.** Percentage

2) By following the Physical Education learning I feel fit and healthy?

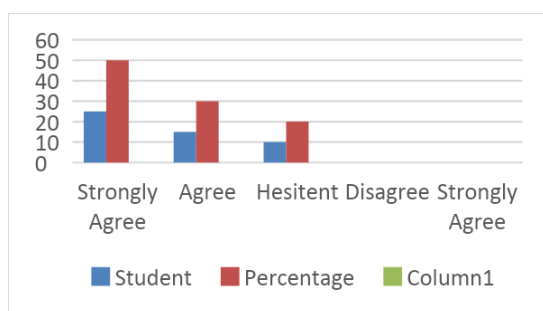
From the analysis of research data that has been carried out, it can be described that the realization by participating in Physical Education learning will feel fit and healthy, can be categorized in the following table:

**Table 2.** Physical Education Learning Makes You Fit and Healthy

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	42	84 %
2.	90 – 92	Agree	8	16 %
3.	87 – 89	Hesitant	0	0%
4.	84 – 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100 %

From the table above, it can be seen that students of Sd N 03 Sukodono grade 5 and 6 towards Physical Education learning, the category strongly agrees with the number of 42 (84%), the category agrees 8 (16 %), the category of undecided 0 (0%), the category of

disagrees 0 (0 %), and the category strongly disagrees 0 (0%).



Picture 2. Percentage

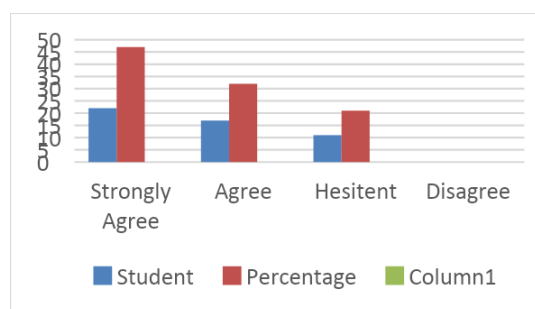
3) Physical Education learning in addition to sports is also refreshing for me.

From the analysis of research data that has been carried out, it can be described that the Physical Education learning statement as well as refreshing can be categorized in the following table:

Table 3. Physical Education Learning as Well as Refreshing

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	22	47%
2.	90 - 92	Agree	17	32%
3.	87 - 89	Hesitant	11	21%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that the Physical Education learning statement is refreshing at the same time, the category strongly agrees 22 (47%), the category agrees 17 (32%), the category of undecided 0 (0%), the category disagrees 0 (0 %), and the category strongly disagrees 0 (0%).



Picture 3. Percentage

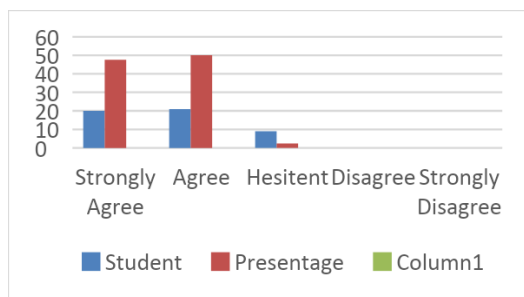
4) Physical Education learning is interesting to follow.

From the analysis of the research conducted, it can be described that the learning experience of Physical Education is interesting to follow can be categorized in the following table:

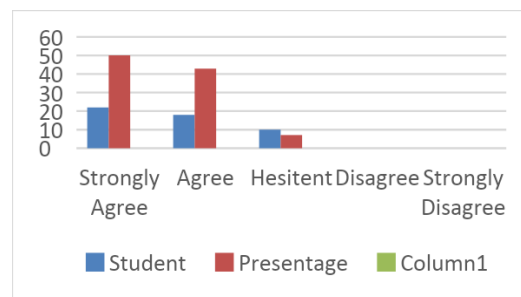
Table 4. Interesting Physical Education Learnings To Follow

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	20	47.6%
2.	90 - 92	Agree	21	50%
3.	87 - 89	Hesitant	9	2.4%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that the statement Learners in Physical Education Interesting In Follow, kategori strongly agrees 20 (47.6%), category agrees 21 (50%), category undecided 0 (0%), category disagrees 0 (0%), category strongly disagrees 0 (0%).



Picture 4. Percentage



Picture 5. Percentage

5) Physical Education learning makes me more enthusiastic in learning.

From the analysis of the research conducted, it can be described that the Physical Education Learning statement makes more enthusiastic in learning can be categorized in the following table:

**Table 5.** Physical Education Learning Makes Me More Enthusiastic in Learning

No.	Interval	Category	Siswa	%
1.	92 >	Strongly Agree	22	50%
2.	90 - 92	Agree	18	42.9%
3.	87 - 89	Hesitant	10	7.1%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that the Physical Education Learning statement makes more enthusiastic in learning, the category strongly agrees 22 (50%), the category agrees 18 (42.9%), the category of hesitation 10 (7.1%), the category disagrees 0 (0%), the category strongly disagrees 0 (0%).

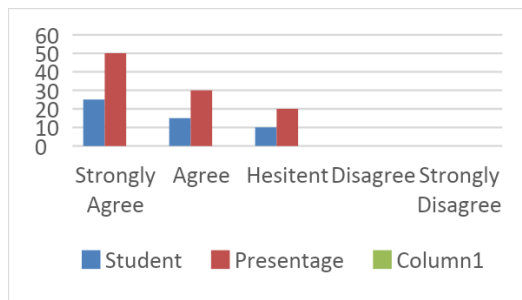
6) Physical Education learning is not boring.

From the analysis of the research carried out, it can be described that the Physical Education Learning statement is not boring can be categorized as follows:

**Table 6.** Physical Education learning is not boring

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	25	50
2.	90 - 92	Agree	15	30
3.	87 - 89	Hesitant	10	20
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that the Physical Education Learning statement is not boring, the category strongly agrees 25 (50%), the category agrees 15 (30%), the category simply 0 (0%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



Picture 6. Percentage

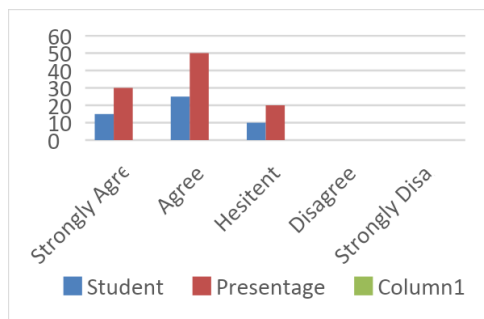
7) I want to excel in sports

From the analysis of the research carried out, it can be described that the statement Want to excel in the field of sports can be categorized as follows:

Table 7. I Want to Excel in Sports

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	15	30%
2.	90 - 92	Agree	25	50%
3.	87 - 89	Hesitant	10	20%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that the statement I Want to Excel in Sports, category strongly agrees 15 (30%), category agrees 25 (50%), category undecided 10 (20%), category disagrees 0 (0%), category strongly disagrees 0 (0%).



Picture 7. Percentage

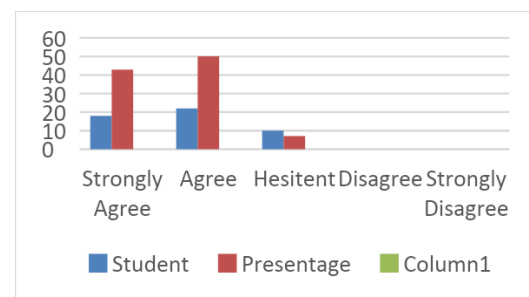
8) I enjoy participating in sports learning because the teacher provides fun material.

From the analysis of the research carried out, it can be described that the statement I like to participate in sports learning because teachers provide fun material can be categorized as follows:

Table 8. I love to follow sports learning because the teacher gives fun material

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	18	42.9%
2.	90 - 92	Agree	22	50%
3.	87 - 89	Hesitant	10	7.1%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that my statement is happy to participate in sports learning because the teacher provides pleasant material, the category strongly agrees 18 (42.9%), the category agrees 22 (50%), the category of indecision 10 (7.1%), the category disagrees 0 (0%), the category strongly disagrees 0 (0%).



Picture 8. Percentage

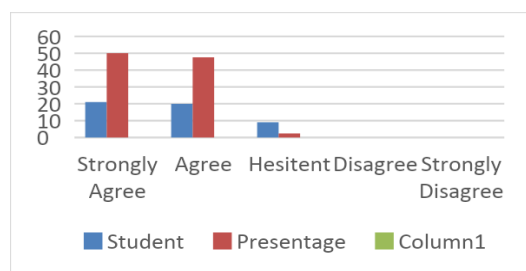
9) I want to be the best through sports.

From the analysis carried out, it can be described that my statement of wanting to be the best through sports can be categorized as follows:

**Table 9.** I Want to Be The Best Through Sports

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	21	50%
2.	90 - 92	Agree	20	47.6%
3.	87 - 89	Hesitant	9	2.4%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 21 (50%), the category agrees 20 (47.6%), the category of undecided 9 (2.4%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



**Picture 9.** Percentage

10) I love sports learning because it's easy to understand.

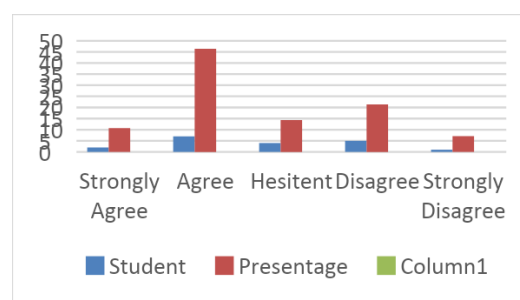
From the analysis carried out, it can be described that my statement likes sports learning because it is easy to understand can be categorized as follows:

**Table 10.** I Love Sports Learning, Because It's Easy to Understand

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	5	10.71%
2.	90 - 92	Agree	24	46.4%
3.	87 - 89	Hesitant	6	14.3%

4.	84 - 86	Disagree	12	21.4%
5.	< 84	Strongly Disagree	3	7.1%
Total			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 5 (10.71%), the category agrees 24 (46.4%), the category of undecided 6 (14.3%), the category disagrees 12 (21.4%), and the category strongly disagrees 3 (7.1%).



**Picture 10.** Percentage

11) I followed the Physical Education study seriously.

From the analysis carried out, it can be described that my statement of following Physical Education learning seriously can be categorized as follows:

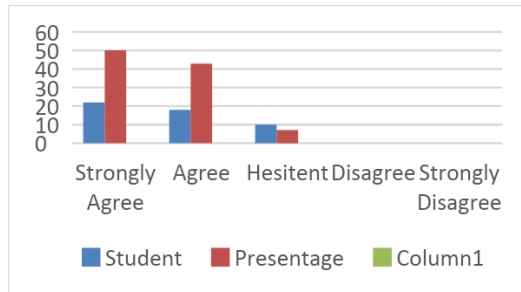
**Table 11.** I Take Physical Education Seriously

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	22	50%
2.	90 - 92	Agree	18	42.9%
3.	87 - 89	Hesitant	10	7.1%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 22 (50%), the category



agrees 18 (42.9%), the category doubtful 0 (0%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



Picture 11. Percentage

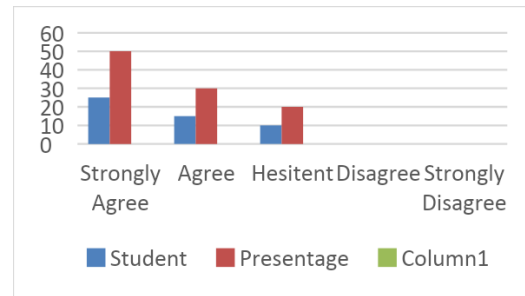
12) I was happy when the Physical Education teacher didn't come.

From the analysis carried out, it can be described that my statement when the Physical Education teacher is not dating can be categorized as follows:

Table 12. I am happy when the Physical Education teacher does not come

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	25	50%
2.	90 - 92	Agree	15	30%
3.	87 - 89	Hesitant	10	20%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 25 (50%), the category agrees 15 (30%), the category of undecided 10 (20%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



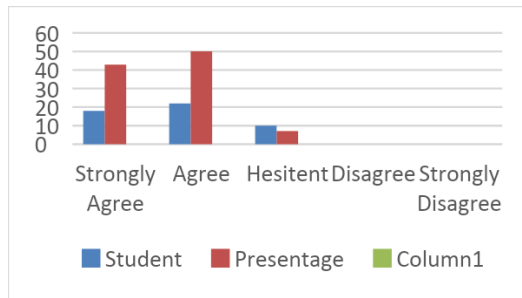
13) I am very excited to participate in sports learning because I want to be a school representative in competitions.

From the analysis carried out, it can be described that my statement is very excited to participate in sports learning because I want to be a school representative in the competition can be categorized as follows:

Table 13. I was very excited to participate in sports learning because I wanted to be a school representative in the competition.

No.	Interval	Category	Student	%
1.	92 >	Strongly Agree	18	42.9%
2.	90 - 92	Agree	22	50%
3.	87 - 89	Hesitant	10	7.1%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Total			50	100

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 18 (42.9%), the category agrees 22 (50%), the category of undecided 10 (7.1%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



Picture 13. Percentage

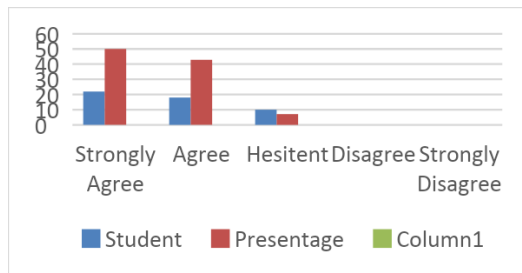
14) I am given a + grade if I am able to practice sports movements well.

From the analysis carried out, it can be described that my statement is given a value + if able to practice sports movements well can be categorized as follows:

Table 14. I'm in Give a Value + If Able to Practice Sports Movements Well

No.	Interv al	Categor y	Studen t	%
1.	92 >	Strongly Agree	22	50%
2.	90 - 92	Agree	18	42.9%
3.	87 - 89	Hesitant	10	7.1%
4.	84 - 86	Disagree	0	0%
5.	< 84	Strongly Disagree	0	0%
Jumlah			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 22 (50%), the category agrees 18 (42.9%), the category of undecideding 10 (7.1%), the category disagrees 0 (0%), and the category strongly disagrees 0 (0%).



Picture 14. Percentage

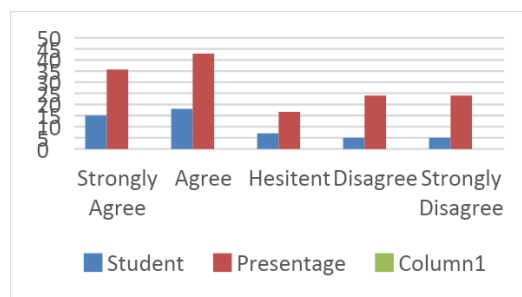
15) I feel happy to take part in Physical Education learning because I get good grades.

From the analysis carried out, it can be described that my statement that I feel happy following Physical Education learning because I get good grades can be categorized as follows:

Table 15. I feel happy to follow Physical Education learning because I get good grades

No.	Interv al	Categor y	Studen t	%
1.	92 >	Strongly Agree	15	35.7%
2.	90 - 92	Agree	18	42.9%
3.	87 - 89	Hesitant	7	16.7%
4.	84 - 86	Disagree	5	2.4%
5.	< 84	Strongly Disagree	5	2.4%
Total			50	100%

From the table above, it can be seen that my statement wants to be the best through sports, the category strongly agrees 15 (35.7%), the category agrees 18 (42.9%), the category of undecideding 7 (16.7%), the category disagrees 5 (2.4%), and the category strongly disagrees 5 (2.4%).



Picture 15. Percentage

## DISCUSSION

The results of research on the interest of class v and vi students in Physical Education learning are qualitative and quantitative. This study

produced data in the form of numbers then explained in the form of a description of the real situation in the field with a total of 50 students. The questionnaire questionnaire in this study used a questionnaire on a likert scale of 1-5. The questionnaire contained 15 questions about the interests of students of sdn 03 sukodono. The description of the results of the research that has been confirmed about the interest of sdn 03 sukodono students in sports and health physical education, obtained respondents of 50 active students. Exercise is an activity to exercise one's body. Sports learning is very important for every level of school, especially at the elementary level where students can find and forge sports interests and talents from an early age to obtain future achievements. Learning in schools is also a means for students to maintain a balance between studying and sports where students can refresh their bodies and brains after being tired while studying. Based on the research above, that the students of sdn 03 sukodono agreed that Physical Education learning is important to them, out of 50 students who stated that the category agreed with the number of 18 (36%), while the category strongly agreed with the number of 32 (64%) they thought sports were important for maintaining health, seeking interests and talents and seeking achievements through Physical Education lessons. this is shown by the high number of statements that strongly agree with the statement, learning helps students to improve motor skills and maintain stability between learning and playing in an elementary school environment, especially at sdn 03 sukodono, Physical Education learning helps students to stay healthy and fit this is evidenced by the category agreeing with the number of 8 (16%), the category

strongly agrees 42 (84%), this shows that learning plays an active role in maintaining the level of fitness and health of students where nowadays children rarely do physical activities at home because children prefer to play smartphones so that Physical Education learning is needed for students to still have sufficient physical activity, in this case in addition to school Physical Education hours also facilitate routine gymnastics activities that it is done every friday, but there are about (21%) who are hesitant to choose sports to be used as refreshing activities to unwind. Sports learning remains a favorite lesson and it is always awaited that this is evidenced (50%) agree and (47.6%) strongly agree the material presented on Physical Education learning is very enjoyable. This is in line with the response from students to Physical Education learning to make them more enthusiastic in learning, the category agrees 18 (42.9%), the category strongly agrees 22 (50%), the category is quite 10 ( 7.1%) who admit that sports learning helps reduce pressure in learning at school.

Learning exercise 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. It is proven that the students of SDN 03 Sukodono are doing sports learning, not just exercising. But they also want to excel in sports. 25 (50%), category strongly agree 15 (30%), category enough 10 (20%) have the determination to be able to excel in sports and become representatives of schools to participate in competitions. For maximum achievement, in addition to the facility factor that supports the implementation of the exercise, the role of Physical Education teachers is also very

supportive to improve student achievement. 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. Students of SDN 03 Sukodono also feel happy when they can practice the movements taught by Physical Education teachers and get good scores, this is explained in the response of students who agree 22 (50%), the category strongly agrees 18 (42.9%) this is a satisfaction for students with the results of sports learning, each class has diverse students in the absorption of material in sports learning from those who quickly understand and have good motor movements and there are those who lack students disagree 12 (21.4%), and categories strongly disagree 3 (7.1%) are dissatisfied with the learning results of Physical Education, this is due to the absorption of material in different individuals and the lack of time in practicing in Physical Education class hours, However, the interest of SDN 03 students Sukodono is very high as evidenced from the data above which states that Physical Education learning is very interesting and can help students to stay focused in participating in teaching and learning activities in the classroom.

## CONCLUSION

Based on the results and discussion of the data obtained, researchers can draw conclusions about the survey of interest in learning Physical Education Sports and Health Students of SDN 03 Sukodono, that the interest of SDN 03 Sukodono students in learning Sports and Health Physical Education is quite high. It is proven that more than 70% of SDN 03 Sukodono students like Sports and Health Physical Education

learning, There are several indicators of the reasons why SDN 03 students like sports and health physical education learning, namely: the body becomes healthy and fit, refreshes the brain, and wants to excel in the field of sports. In addition, many students of SDN 03 Sukodono want to excel in sports.

## ACKNOWLEDGEMENT

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