

## The Effect of Interest in Sports on the Learning Outcomes of Fifth Grade Students in Physical Education

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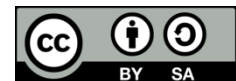
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### ABSTRACT

This study aims to examine the effect of interest in sports on the learning outcomes of fifth-grade students in physical education at SD Negeri Kampung Bakti in the 2025 academic year. This study uses a quantitative approach methodology. A quantitative research approach can be defined as a research method used to study a specific population or sample, with quantitative/statistical data analysis aimed at testing predetermined hypotheses. In this study, the sample was selected using the Purposive Sampling technique determined by the researcher with a total of 27 students. Data To collect data for this study, documentation, tests, and questionnaires were used. The results of this study are as follows: In the discussion of the sports interests of fifth-grade students at SD Negeri Kampung Bakti in the 2025 academic year, 19% were in the low category, 59% were in the medium category, and 22% were in the high category. Meanwhile, in the discussion of fifth-grade learning outcomes in the subject of Physical Education subject for fifth-grade students at SD Negeri Kampung Bakti in the 2025 academic year, the results are 11% in the low category, 78% in the moderate category, and 11% in the high category. Conclusion In this study, the analysis of the data found a significant effect between interest in sports and student learning outcomes in the subject of Physical Education, amounting to 19.9%. Thus,  $H_a$  is accepted and states that there is an effect of interest in sports on student learning outcomes.

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## 1. Introduction

The ups and downs of national sports, which have permeated the life of the Indonesian people since before independence, have indeed been greatly influenced by government policy and political factors. However, the shortcomings and strengths of the government policies that were launched were a real response by the nation's founding fathers and

the government to address the challenges of the times. Therefore, sports are essential for every individual to develop their inherent potential. Sports activities are now included as one of the mandatory subjects in schools. Through these school sports activities, each student can develop their potential, particularly in sports. Sports in Indonesia have begun to show achievements both domestically and internationally country. For this reason, there must be a regeneration of the nation's successors who can bring honor to the name of the Indonesian nation in the field of sports.

Learning is an activity that a person does intentionally in a conscious state to acquire a new concept, understanding, or knowledge so that a person can undergo a relatively permanent change in behavior, both in thinking, feeling, and acting. The purpose of learning (Aprianti & Sugito, 2022) is to create a change towards a better state, for example, a change in a person's understanding of something positive. The purpose of learning cannot be achieved easily without serious effort from everyone involved in the process, both the learner and the teacher. Learning outcomes are the changes that occur in students, both in terms of cognitive, affective, and psychomotor aspects as a result of learning activities. Learning outcomes can also be interpreted as the level of success of students in learning subject matter at school, as indicated by the scores obtained from tests on a number of specific subject matters.

Learning outcomes can be seen in tangible changes that occur when a person undergoes a learning process and take place within that person themselves (Karo et al., 2022). The above factors give rise to the assumption that interest can influence learning outcomes. Interest is essential for a person to engage in a learning process. A person's high level of interest in a particular activity will facilitate learning if what they are interested in is related to a specific subject matter. A person has certain limitations and expectations when they do something (Rindra Wijaya et al., 2021). If a person does not have a particular interest in the learning process they are undertaking, they will not achieve satisfactory results.

One of the subjects taught at school is physical education, which is closely related to sports. Sports are practiced so that a person can achieve balance within their body; a healthy body has a good level of physical and mental health. Currently, many students do not take the learning process at school seriously, as evidenced during physical education classes. Before the lesson begins, the physical education teacher asks the students to warm up on their own. After the warm-up is complete, the teacher explains the material and demonstrates the sports movements that will be performed. When the teacher asks the students to practice the movements individually, some students who have not yet had their turn to come forward just joke around and play on their own.

Not all students have an interest in sports activities, even though if students have an interest in sports, they will be able to achieve the expected learning outcomes (Amaruddin et al., 2021). Students' awareness to learn and follow the learning process is perceived to be declining. Many students do not pay attention and understand what the teacher is saying because they have no interest in the subject. Students' enthusiasm will decrease or even disappear if they participate in a learning process that they find uninteresting (Effendi, 2016), (Tarigan & Winata, 2020). From the description above, to determine the extent of the

influence of interest in sports on learning outcomes in physical education, the researcher is interested in conducting research entitled "The Effect of Interest in Sports on the Learning Outcomes of Fifth Grade Students in Physical Education at SD Negeri Kampung Bakti in the 2025 Academic Year.



Figure 1. Learning Process of Fifth Grade Students in Physical Education Subjects at Kampung Bakti Public Elementary School



Figure 2. Learning Process of Fifth Grade Students in Physical Education Classes Outside the Field at Kampung Bakti Public Elementary School



Figure 2. Group Photo Before The Learning Process For Fifth-Grade Students In The Subject Of Physical Education At Kampung Bakti Public Elementary School



Figure 3. Group photo before the learning process for fifth-grade students in the subject of Physical Education at Kampung Bakti Public Elementary School

## 2. Research Methodology

This study uses a quantitative approach methodology (Oktariana & Hardiyono, 2020). A quantitative research approach can be defined as a research method used to study a specific population or sample, with quantitative/statistical data analysis aimed at testing predetermined hypotheses. In this study, the sample was selected using the Purposive Sampling technique (Fadilah & Wibowo, 2018), which was determined by the researcher with a total of 27 students. Data to collect data for this study were obtained using documentation, tests, and questionnaires (Dede Sumarna & Muhamad Al Imron, 2020).

### 3. Result and Discussion

After the researchers conducted the study and obtained normal data, the data could not be understood before data analysis was carried out. After collecting data from the student sports interest questionnaire, the questionnaire scores were then categorized according to the categories that had been created, namely high, medium, and low.

Table 1. Results of Sports Interest Questionnaire Score Categories

No	Survey Score	Frequency	Category	Percentage
1	59-67	5	Low	19 %
2	68-80	16	Currently	59 %
3	81-84	6	Height	22 %

Table 2. Categories of Learning Outcomes for Physical Education Subjects

No	Survey Score	Frequency	Category	Percentage
1	57-66	3	Low	11 %
2	67-91	21	Currently	78 %
3	92-94	3	Height	11 %

After the data was collected and normalized, whether it was data on students' interest in sports or their learning outcomes in physical education for fifth graders, it was then tabulated. This was done to determine whether there was an influence of interest in sports on the learning outcomes of fifth graders in physical education at Kampung Bakti Public Elementary School in the 2025 academic year. The researcher used a simple regression formula. For more details, see the following table:

Tabel 3. ANOVA

Model	Sum of Squares	df	Mean square	F	Sig.
Regression	229.659	1	229.659	6.215	.020a
Residual	923.748	25	36.950		
Total	1153.407	26			

Based on the F value from the ANOVA table, the calculated F value is 6.215 with a significance level/probability of  $0.020 < 0.050$ , so the regression model can be used to predict the Sports Interest variable. In this study, the author observed two main topics, namely the effect of interest in sports on the learning outcomes of fifth-grade students in physical education at Kampung Bakti Public Elementary School in the 2025 academic year.

In the discussion of the interest in sports of fifth-grade students at Kampung Bakti Public Elementary School in the 2025 academic year, 19% were in the low category. 59% were in the moderate category, and 22% were in the high category. Meanwhile, in the discussion of the learning outcomes of fifth-grade students in the subject of physical education at Kampung Bakti Public Elementary School in the 2025 academic year, 11% were in the low category, 78% were in the moderate category, and 11% were in the high category. From the data analysis, a significant influence was found between interest in sports and student learning outcomes in Physical Education, amounting to 19.9%. Thus,  $H_a$  was accepted and stated that there was an influence of interest in sports on the learning outcomes of fifth-grade students in Physical Education at Kampung Bakti Public Elementary School in the 2025 academic year.

### **Discussion**

The goal of physical education is to provide children with opportunities to develop their personal abilities, such as physical, mental, social, emotional, and moral aspects (Hendrawan, 2020). In the world of education, these aspects cover three domains, namely psychomotor, cognitive, and affective aspects of children (Achmad Jayul, 2002). In addition, one of the objectives of physical education is to motivate students so that they are able to move and perform physical activities.

The tendency within an individual to be attracted to or enjoy a certain object. Because of their desires and interests, a person will do things or activities to the best of their ability because they feel that they have a need for them. Interest is defined as a person's psychological tendency towards something (usually accompanied by feelings of pleasure), because they feel a connection to that thing and are aware that an object, a person (Supiati, Awaluddin, 2021), an issue, or a situation is related to them. Based on this statement, it can be concluded that interest is a tendency of a person's soul that is accompanied by feelings of pleasure that are related to themselves.

By knowing their goals, individuals will be able to direct their interests in the best possible way. In addition to specific goals, an interest in sports can arise due to the expansion of an individual's environment and increased interaction with people outside their circle to broaden their knowledge of that interest. In developing interests, personal relationships are far more important than specific training processes. For example, if someone dislikes their coach, they tend not to give their best effort in sports and may even dislike that person. Thus, it is clear that “liking” or “disliking” plays an important role in the development of interests. Although each person develops specific sports interests that are individual in nature, everyone in a particular environment will develop interests that are common among people from that environment.

### **4. Conclusion**

From the results of data analysis, a significant effect was found between interest in sports and student learning outcomes in physical education. Thus,  $H_a$  is accepted and states that

there is an effect of interest in sports on the learning outcomes of fifth-grade students in physical education at Kampung Bakti Public Elementary School.

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