

STUDENTS' INTEREST AND MOTIVATION SURVEY ON BASKETBALL EXTRACURRICULAR ACTIVITIES AT SMP NEGERI 5 INDRALAYA UTARA

^{1*} Imam Rafii'u Darajat, ² Hartati, ³ Silvi Aryanti

Correspondence: ¹ Universitas Sriwijaya, Palembang, Indonesia

Email: imamrita9@gmail.com, hartati@fkip.unsri.ac.id², silviaryanti@fkip.unsri.ac.id³

Abstract

This study aims to determine the interest and motivation of students towards basketball extracurricular activities at SMP Negeri 5 Indralaya Utara District. This research method is a descriptive quantitative oneshot case study. The subjects in this study used a total sampling technique with 47 students taking basketball extracurricular activities. Collecting data in this study using a questionnaire that was distributed directly. Data analysis in this study used descriptive statistics of percentages in the form of a frequency table. Based on the research results obtained regarding the interest and motivation of students towards extracurricular activities of basketball at SMP Negeri 5 Indralaya Utara District with a percentage of 49.9% included in the sufficient category. The findings of this study that the interest and motivation of students in basketball extracurricular is sufficient because this basketball extracurricular is still relatively new at SMP Negeri 5 Indralaya Utara and requires adaptation for students because the initial response of students is good so extracurricular can run as it should. The implication of the results of this study is that students' interest and motivation in extracurricular activities can be increased again by improving the training program that is designed to be more attractive, the discipline of trainers and students in order to achieve the desired goals and improve extracurricular and school achievement.

Keywords: Interest, Motivation, Extracurricular, Basketball.

Introduction

Physical education is a conscious effort to create an environment that is able to influence the potential of students to develop towards positive behavior through physical activity. Physical activity is a form of stimulation that is created to influence the potentials of students in learning physical education in schools ranging from early childhood education to secondary education. Through this physical activity, it is hoped that educational goals covering the cognitive, affective, physical, and psychomotor domains can be realized. The form of physical activity presented in physical education learning can be in the form of sports or non-sports. Sports such as athletics, gymnastics, games, martial arts, and aquatics, are non-sports in the form of playing, modification of sports, and other physical activities.

In this competitive era, there are still many students who lack interest and motivation in participating in basketball extracurricular activities, so that basketball achievements at school also decline. Interest and motivation in extracurricular basketball can be increased through a variety of exercises and good games, and helps the development of students' motor movements. By providing the right coaching method and in accordance with the background of students' interests and motivations, it is hoped that the coaching process can run more conducive and there is an effective transfer of knowledge. Interest is an intrinsic factor that can affect a person's learning outcomes. Interest is closely related to feelings of like or dislike, happy or not happy, interested or not interested Sulistyani et al., (2016), While motivation is a person's encouragement consciously or unconsciously to do an activity to achieve its goals. Motivation can also come from within and from other people, be it teachers, family and friends Fauziah et

al., (2017) Therefore, interest and motivation are needed in the implementation of extracurricular activities.

Extracurricular activities are educational activities outside of subjects and counseling services to assist the development of students according to their needs, potential, talents, and interests through activities that are specifically organized by educators and/or educational staff who are capable and authorized at school (Yusuf, 2014). Of the many sports that exist, one of these sports is basketball, basketball extracurricular activities at this school also have a sporting goal of achievement. Likewise in sport extracurricular activities held at schools, where extracurricular activities aim to serve as a forum for students to develop their talents, abilities, and achievements in the fields they like. Basketball is a game with the aim of putting the ball into a basketball target that is above the floor as high as 305 cm. To be able to play the ball well, you need to make good movements or good technique. Good movements lead to work efficiency and thanks to regular practice get good effectiveness as well. To get an effective and efficient movement, every player is required to know the basic techniques of playing basketball. Basketball at school is one of the most popular sports for students in junior high school Supriadi et al., (2018).

Based on relevant research conducted by (Rohmatunisha et al., 2020). Results of Data Analysis of Sub-Variable Internal Factors with Indicators of Attention, Pleasure, and Interest Activities of Extracurricular Basketball Students at SMP Negeri 5 Bojonegoro with percentages of (1) Attention: 97%, (2) Happy Feelings: 100%, (3) Activity: 85 % with a total percentage of 94%, and the results of data analysis of sub-variable external factors with indicators of the role of coaches, facilities, environment, and families of students' interest in basketball extracurricular at SMP Negeri 5 Bojonegoro with percentages of (1) Coach's Role: 79%, (2) Facilities :80%, (3) Environment:37%, (4) Family:69% with a total percentage of 66%. Therefore, researchers are interested in conducting similar research with the title and concept of the study.

Interest is a sense of preference and a sense of interest in a thing or activity, without any sense of command. Interest is basically the acceptance of a relationship between oneself. The stronger or closer the relationship, the greater the interest. An interest can be appreciated through a statement that shows that students prefer to like one thing over another, it can also be manifested through participation in an activity. Interest is the acceptance of a relationship between oneself and something outside oneself, which can be a person, an object, a situation, an activity and so on (Siagian, 2015). Starting from the word "motive", then motivation can be interpreted as a driving force that has become active. Motives become active at certain times, especially when the need to achieve goals is felt / urges Sardiman in (Sarnoto, 2012). Motivation refers to the factors and processes that encourage a person to react in various situations. Motivation is a process to activate motives into actions or behavior, which regulates behavior or actions to satisfy needs or become goals. According to the Regulation of the Minister of Education and Culture of the Republic of Indonesia Number 62 of 2014 concerning Extracurricular Activities paragraph (2) in Yanti et al., (2016) namely: Extracurricular activities are held with the aim of optimally developing the potential, talents, interests, abilities, personality, cooperation, and independence of students in order to support the achievement of national education goals. Basically, basketball is a team game but players are also required to be able to play individually. To get optimal performance in the game of basketball, in addition to each player must have strength, speed, agility, flexibility, accuracy, endurance must also master the basic skills of playing. (Setiawan, 2016). Meanwhile, according to (Ningsih et al., 2019). Basketball games are strongly influenced by the ability of skills and teamwork in

basketball games, all players must have basic skills such as dribbling, shooting, rebounding, and others. The game of basketball certainly cannot be separated from the basic techniques of the game, one type of throw is shooting. In the game of basketball, shooting is a throw that has a very important role. Players who shoot well are a dangerous threat to their opponents because players can easily put the ball into the opponent's ring and earn points for the team. (Rustanto, 2017). Menurut Lukyani & Agustina (2020) *Passing dan Catching* which is an important component in the game of basketball. In order to play basketball optimally, these two basic techniques must be mastered well. Catching the ball can be done with one hand or with two hands, either in a state of stopping, walking or running. Menurut Lukyani & Agustina (2020) *Dribbling is a technique that plays a role in regulating the rhythm and tempo of a basketball game.*

Based on the observations of researchers at SMP Negeri 5 Indralaya Utara, the game of basketball is a new sport in the odd semester of 2020 for students, because there is no basketball court and other basketball facilities at school. So, it can be said that interest and motivation about the game of basketball has not been given at the junior high school level and is only a basic introduction. Based on the description above, the researcher wishes to conduct a study with the title "Survey of Student Interests and Motivations on Basketball Extracurricular Activities at SMP Negeri 5 Indralaya Utara".

Method

The type of research that will be used in this research is descriptive quantitative research with a one shot case study approach. This research method uses a survey method, while the data collection uses a questionnaire or questionnaire. Research location: SMPN 5 Indralaya Utara, Tanjung Baru Village Street, Kec. North Indralaya, Kab. Ogan. Ilir. The research subjects used in this study were students of SMP Negeri 5 Indralaya Utara District, Ogan Ilir Regency using total sampling or the whole to be studied. This research uses an instrument in the form of a questionnaire/questionnaire. The type of questionnaire used in this study is a closed questionnaire. Closed questionnaire is a questionnaire that contains questions or statements whose answers have been given by the researcher and the contents are in the form of choices that students can choose. The questionnaire given uses the Guttman scale in order to get a firm answer to the statement given. The questionnaire used has several questions to determine the process of basketball extracurricular activities at SMP Negeri 5 Indralaya Utara District, Ogan Ilir Regency. The data collection technique chosen and used in this study was to analyze the Survey of Student Interests and Motivations on Basketball Extracurricular Activities at SMP Negeri 5 Indralaya Utara District, Ogan Ilir Regency. For data collection, researchers distributed a questionnaire to students at SMP Negeri 5 Indralaya Utara District. The data analysis technique in this study used descriptive analysis techniques with the percentage of Student Interest and Motivation Surveys for Basketball Extracurricular Activities at SMP Negeri 5 Indralaya Utara District, Ogan Ilir Regency for the 2020/2021 academic year.

Discussion

Research results Based on the description above, it can be concluded that the results of the study of student interest in participating in basketball extracurricular activities were 50% in the sufficient category. Meanwhile, the motivation to participate in basketball extracurricular is 49.8% in the sufficient category. For the results of the overall data regarding interest and motivation in participating in extracurricular basketball at SMP Negeri 5 Indralaya Utara with

an overall percentage of 49.9%, it is categorized as sufficient. This is because the basketball extracurricular at SMP Negeri 5 Indralaya Utara is still relatively new and requires adaptation for students. However, the students' initial responses and responses were good so that extracurricular activities could be carried out properly. Based on the pleasure indicator with 1 question, students chose yes to want to practice the techniques taught in basketball extracurricular activities. In line with opinion Sirait (2016) states that the interest of a person's inclination to something starts from a sense of pleasure, attention, seriousness and the desire to achieve a goal. Whereas Kartika et al., (2019) According to him, interest is a sense of liking and feeling interested in a thing or activity, without anyone telling him to do it. Interest is basically the acceptance of a relationship between oneself and something outside oneself. This means that interest arises when individuals feel happy, interested and want to do the same thing as carrying out basketball extracurricular activities at school. Based on this, students of SMP Negeri 5 Indralaya Utara have sufficient interest in participating in basketball extracurricular activities. Suprihatin (2015) argues that motivation is a number of processes, which are internal or external to an individual, that cause enthusiasm and persistence in carrying out certain activities. This can be improved when practicing and learning basketball game techniques. According to Emda (2018) Learning is a conscious effort to change attitudes and behavior. The results of the research data above were obtained by distributing a questionnaire/questionnaire which was distributed to 47 students who took part in basketball extracurriculars. Of the 297 students, 47 students were selected as the sample because the sample was taken using a total sampling technique. According to Sugiyono (2014) said that total sampling is a sampling technique when all members of the population are used as samples. Based on data processing regarding a survey of students' interests and motivations for basketball extracurricular activities at SMP Negeri 5 Indralaya Utara with a percentage of 49.9% included in the sufficient category.

Conclusion

Based on the description above, it can be concluded that the results of the research on student interest in participating in basketball extracurricular activities are 50% in the sufficient category. Meanwhile, the motivation to participate in basketball extracurricular is 49.8% in the sufficient category. For the results of the overall data regarding interest and motivation in participating in basketball extracurricular at SMP Negeri 5 Indralaya Utara with an overall percentage of 49.9%, it is categorized as sufficient. This is because basketball extracurricular at SMP Negeri 5 Indralaya Utara is still relatively new and requires adaptation for students. However, the students' initial responses and responses were good so that extracurricular activities could be carried out properly.

References

- Emda, A. (2018). Kedudukan motivasi belajar siswa dalam pembelajaran. *Lantanida Journal*, 5(2), 172–182.
- Fauziah, A., Rosnaningsih, A., & Azhar, S. (2017). Hubungan antara motivasi belajar dengan minat belajar siswa kelas IV SDN Poris Gaga 05 kota Tangerang. *Jurnal Jpsd*, 4(1), 47–53.
- Kartika, S., Husni, H., & Millah, S. (2019). Pengaruh Kualitas Sarana Dan Prasarana Terhadap Minat Belajar Siswa Dalam Pembelajaran Pendidikan Agama Islam. *Jurnal Penelitian Pendidikan Islam*, [SL], 7(1), 113–126.
- Lukyani, L., & Agustina, R. S. (2020). *Buku Jago Bola Basket*. Ilmu Cemerlang Group.

- Ningsih, T. W., Hartati, H., & Aryanti, S. (2019). Latihan Shuttle Run Terhadap Hasil Dribble Bola Basket Siswa Putra Kelas X. *Altius : Jurnal Ilmu Olahraga Dan Kesehatan*, 7(1), 91–96. <https://doi.org/10.36706/altius.v7i1.8126>
- Rohmatunisha, S., Wahyudi, U., & Yudasmaras, D. S. (2020). Survei minat siswa dalam mengikuti kegiatan ekstrakurikuler bolabasket pada peserta sekolah menengah pertama. *Sport Science and Health*, 2(2), 119–129.
- Rustanto, H. (2017). Meningkatkan Pembelajaran Shooting Bola Basket Dengan Menggunakan Media Gambar. *Jurnal Pendidikan Olah Raga*, 6(2), 75–86.
- Sarnoto, A. Z. (2012). Belajar dalam Perspektif Psikologi dan Islam. *Madani Institute*, 1(2), 41–50.
- Setiawan, F. (2016). Pengaruh Latihan Ballhandling Terhadap Keterampilan Menggiring Bola Dalam Permainan Bola Basket (Studi Pada Ekstrakurikuler SMP Negeri 9 Surabaya). *Jurnal Pendidikan Olahraga Dan Kesehatan*, 4(3).
- Siagian, R. E. F. (2015). Pengaruh minat dan kebiasaan belajar siswa terhadap prestasi belajar matematika. *Formatif: Jurnal Ilmiah Pendidikan MIPA*, 2(2).
- Sirait, E. D. (2016). Pengaruh minat belajar terhadap prestasi Belajar Matematika. *Formatif: Jurnal Ilmiah Pendidikan MIPA*, 6(1).
- Sugiyono, M. (2014). Educational Research Methods Quantitative, Qualitative Approach and R&D. *Bandung: Alfabeta*.
- Sulistiyani, A., Sugianto, S., & Mosik, M. (2016). Metode Diskusi Buzz Group dengan Analisis Gambar untuk Meningkatkan Minat dan Hasil Belajar Siswa. *UPEJ Unnes Physics Education Journal*, 5(1).
- SUPRIADI, S., Baharuddin, B., & Juhanis, J. (2018). *Survei Minat Siswa Terhadap Kegiatan Ekstrakurikuler Olahraga Bola Basket Pada Siswa SMP Negeri 27 Makassar*. UNIVERSITAS NEGERI MAKASSAR.
- Suprihatin, S. (2015). Upaya guru dalam meningkatkan motivasi belajar siswa. *Jurnal Pendidikan Ekonomi UM Metro*, 3(1), 73–82.
- Yanti, N., Adawiah, R., & Matnuh, H. (2016). Pelaksanaan kegiatan ekstrakurikuler dalam rangka pengembangan nilai-nilai karakter siswa untuk menjadi warga negara yang baik di SMA KORPRI Banjarmasin. *Jurnal Pendidikan Kewarganegaraan*, 6(11).
- Yusuf, M. (2014). Motivasi Siswa Dalam Mengikuti Kegiatan Ekstrakurikuler Bola Basket Di Smpn Se-Kecamatan Kutorejo Mojokerto. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 2(2).