



## **Learning Motivation of Female Students in Physical Education, Sports, and Health Subjects through Playing Badminton Sports**

**Elzas Nurajab<sup>1</sup>, Budiman<sup>2</sup>, Ruslan Rusmana<sup>3</sup>**

<sup>1,2,3</sup> PJKR study program, STKIP Pasundan, Jalan Permana No. 32B Cimahi City, West Java, 40553, Indonesia

### **Abstract**

This study aims to determine the learning motivation of female students in learning physical education, sports and health through badminton games at SMAN 1 Simpenan. The research method used in this study is a quantitative descriptive method, while the data collection technique uses a questionnaire. In this study the population used in this study were all female students of class XI IPS SMAN 1 Simpenan Kab, Sukabumi, totaling 20 people. The sampling technique used was the purposive sampling technique. Referring to the sampling technique used, the number of samples in this study was 20 people. Based on the results of research that has been obtained by data analysis, the learning motivation of female students in learning physical education, sports and health through badminton sports at SMAN 1 Simpenan from 20 subjects. The results of this study indicate that the learning motivation of female students in learning physical education, sports and health through badminton sports at SMAN 1 Simpenan is in the "Medium" category, seen from the percentage table of 20 people there are 6 very high category with a percentage of 30%, 3 people in the high category with a percentage of 15%, 7 people in the medium category with a percentage of 35%, 2 people in the low category with a percentage of 10%.

**Keywords:** Motivation, PJOK, Badminton

### **INTRODUCTION**

Education is one of the main factors in the implementation of national development, especially in preparing human resources (Nugraha, 2015). In other fields, education can be a driving force for humans to be more innovative and more productive in other fields (Anwar, 2015).

Schools are formal education providers that have a very important role in realizing national education goals through the teaching and learning process. National education can be seen from Law no. 20 of 2003 article 1 which explains that national education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to

have religious spiritual strength, self-control, personality, intelligence, noble character, and the skills needed himself, society, nation and state (Education, 2003).

Sports and Health Physical Education (Penjasorkes) is a subject that equips students with knowledge about physical movement in sports and the health factors that influence it, skills in carrying out physical movements in sports and maintaining their health, as well as the attitude of behavior required in exercising and maintaining health as a unified whole, so as to form students who are aware of physical fitness, are aware of sports and are aware of health (Sari, 2019). Physical education is part of overall education that prioritizes physical activity and fostering a healthy life for harmonious, harmonious and balanced physical, mental, social and emotional growth and development (Munandar, 2016).

The quality of physical education learning can be determined from the learning process and learning methods used. The learning method used must be fun and can help students achieve learning goals. game activities can be used to train student character (Sujarwo, 2021). When students carry out game activities, they have carried out learning activities that can make the students' psyche happy (Rustiana, 2011). Many students prefer physical education subjects because students can reduce boredom.

However, in reality after being observed, it turns out that there are still many students whose motivation in participating in PJOK learning at school is still lacking, one of the reasons that affects students who are not motivated is the learning process which is boring because the teacher does not provide variety in conveying material (Rizky Ary Buana & Kristiyandaru, 2021 ), this can be proven by the number of students who do not participate in PJOK learning activities, especially female students at SMAN 1 Simpenan district. Sukabumi.

Motivation is one of the psychological aspects that encourages a person to express the ability of an action to achieve the desired goal. In the teaching and learning process student motivation is very important in encouraging activities in the learning process to achieve teaching goals, in order to get the desired learning outcomes. Students who have good learning motivation tend to follow the teaching and learning process in a good class. Vice versa, students who lack good motivation to learn so that the learning outcomes they get tend to be not good either.

An individual in showing his behavior is not only influenced by environmental factors. But because the emergence of energy from within the individual itself is also called intrinsic motivation. Intrinsic motivation is very closely related to one's feelings without being influenced by external factors. These feelings can be in the form of comfort, satisfaction, pleasure, joy, and also interest (Nur, 2019).

## **METHOD**

The method used in this study is a descriptive analysis method which is intended to obtain information and a clear picture of the learning motivation of female students in learning sports and health physical education through playing badminton sports.

The population used in this study were female students of class XI IPS in 2 classes with a total of 20 people. The sampling technique used in this study is a non-probability sampling technique of purposive sampling. The sample used in this study was the entire population used in this study, namely all female students of class XI IPS SMAN 1 Simpenan Kab. Sukabumi with a total of 20 people. The instrument used in this research is a questionnaire or questionnaire.

The data analysis technique in this study used a percentage descriptive data analysis technique.

## **RESULTS AND DISCUSSION**

### **Results**

#### *Data Description and Frequency Distribution*

This study was used to determine the learning motivation of female students in learning sports and health physical education through badminton at SMAN 1 Simpenan Kab. Sukabumi. This research was conducted on June 17 2022 and had 20 respondents, and all respondents had filled out and returned the questionnaire. The results of this study can be described as follows:

**Table 1. Description of Statistics Learning Motivation of Female Students**

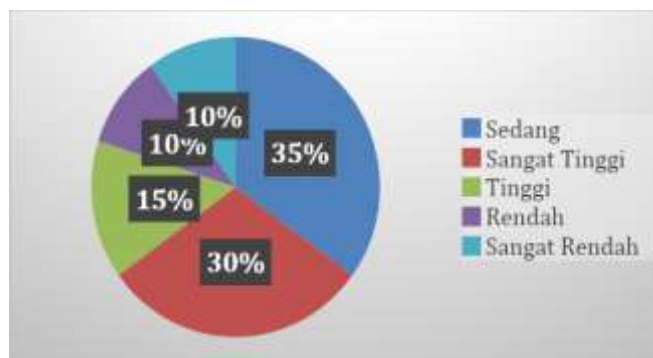
MOTIVATION		
N	Valid	20
	Missing	0
Mean		70.75
Std. Error of Mean		1.727
Median		71.00
Mode		70 <sup>a</sup>
Std. Deviation		7.725
Variance		59.671
Skewness		-.527
Std. Error of Skewness		.512
Kurtosis		-.432
Std. Error of Kurtosis		.992
Range		27
Minimum		54
Maximum		81
Sum		1415

Based on the data above, it can be described the motivation of female students in learning physical education, sports and health through the sport of badminton at SMAN 1 Simpenan Kab. Sukabumi with the lowest (minimum) score of 54.00, highest (maximum) score of 81.00, mean (mean) 70.75, median (median) 71.00, frequently occurring value (mode) 70.00, Standard Deviation 7.73. From the test results it can be presented in the following categorization:

**Table 2. Frequency Distribution of Female Students' Learning Motivation**

Interval	Category	Frequency	Presentase %
$102 < X$	Very high	6	30
$89 \leq X < 95$	Height	3	15
$81 \leq X < 88$	Currently	7	35
$74 \leq X < 80$	Low	2	10
$X \leq 73$	Very low	2	10
Amount		20	100

The frequency distribution data above shows that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi can also be seen in the following diagram:



**Diagram 1. Percentage Distribution of Learning Motivation Frequency of Female Students**

Data from table 2 and diagram 1 above show that the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi which is in the very low category 2 students with a percentage of 10%, low category 2 students with a presentation of 10%, medium category 7 students with a percentage of 35%, high category 3 people with a percentage of 15%, and very high category 6 people with a percentage of 30%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi is in the “Medium” category.

#### *Internal factors*

Description of the frequency distribution of research results on the learning motivation of female students in learning physical education, sports and health through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors obtained the following data, minimum score 28.00, maximum score 42.00, mean (mean) 36.15, median score (median) 38.50, value that often occurs (mode) 39.00, Standard Deviation (SD) 4.11. The description of the data results can be seen in the following table:

**Table 3. Learning Motivation of Female Students Intrinsic Factor**

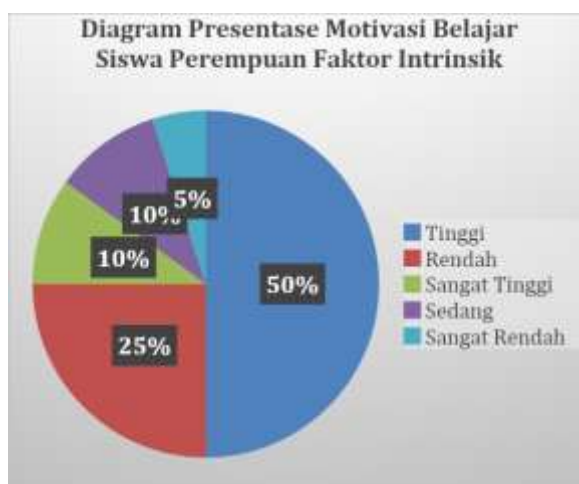
<b>Descriptive Statistics</b>		
INTRINSIK		
N	Valid	20
	Missing	0
Mean		36.15
Std. Error of Mean		.918
Median		38.50
Mode		39
Std. Deviation		4.107
Variance		16.871
Skewness		-.681
Std. Error of Skewness		.512
Kurtosis		-.955
Std. Error of Kurtosis		.992
Range		14
Minimum		28
Maximum		42
Sum		723

From the data shown above, we can know the description of the results of the frequency distribution of female students' learning motivation in learning physical education, sports and health through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors. We can also present the results of the intrinsic factor frequency distribution data in the following categorization:

**Table 4. Categorization of Intrinsic Factors in Learning Motivation of Female Students**

Interval	Category	Frequency	Presentase %
$100 < X$	Very high	2	10
$87 \leq X < 93$	Height	10	50
$80 \leq X < 86$	Currently	2	10
$72 \leq X < 79$	Low	5	25
$X \leq 71$	Very low	1	5
Amount		20	100

The frequency distribution data above shows that the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi can also be seen in the following diagram:



**Figure 2. diagram Presentation on Learning Motivation of Female Students Intrinsic Factors**

Data from table 4 and diagram 2 above show that the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors which are in the very low category 1 student with a percentage of 5%, low category 5 students with a presentation of 25%, medium category 2 students with a percentage of 10%, high category 10 people with a percentage of 50%, and very category height of 2 people with a percentage of 10%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors in the "High" category.

#### *Extrinsic Factors*

Description of the frequency distribution of research results on the learning motivation of female students in learning physical education, sports and health through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on extrinsic factors obtained the following data, minimum score 26.00, maximum score 43.00, mean (mean) 34.60, median score (median) 33.50, value that often occurs (mode) 31.00, Standard Deviation (SD) 5.71. The description of the data results can be seen in the following table:

**Table 5. Learning Motivation of Female Students Extrinsic Factors**

<b>Descriptive Statistics</b>		
EKSTRINSIK		
N	Valid	20
	Missing	0
Mean		34.60
Std. Error of Mean		1.276
Median		33.50
Mode		31
Std. Deviation		5.707
Variance		32.568
Skewness		.003
Std. Error of Skewness		.512
Kurtosis		-1.296
Std. Error of Kurtosis		.992
Range		17
Minimum		26
Maximum		43
Sum		692

From the data shown above, we can know the description of the results of the frequency distribution of female students' learning motivation in learning physical education, sports and health through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on extrinsic factors. We can also present the results of the extrinsic factor frequency distribution data in the following categorization:

**Table 6. Categorization of Extrinsic Factors in Learning Motivation of Female Students**

Interval	Category	Frequency	Presentase %
$100 < X$	Very high	5	25
$87 \leq X < 93$	Height	4	20
$80 \leq X < 86$	Currently	1	5
$73 \leq X < 79$	Low	6	30
$X \leq 72$	Very low	4	20
Amount		20	100

The frequency distribution data above shows that the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi can also be seen in the following diagram:



**Figure 3. diagram Presentation on Learning Motivation of Female Students Intrinsic Factors**

Data from table 6 and diagram 3 above show that the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on extrinsic factors which are in the very low category 4 students with a percentage of 20%, low category 6 students with a presentation of 30%, medium category 1 student with a percentage of 5%, high category 4 people with a percentage of 20%, and very category height of 5 people with a percentage of 25%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors in the "Low" category.

## DISCUSSION

This research was conducted with the aim of knowing the learning motivation of female students in learning sports and health physical education through the sport of badminton at SMAN 1 Simpenan Kab. Sukabumi. Where the results of this study stated that the learning motivation of female students in learning physical education sports and health through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi which is in the very low category 2 students with a percentage of 10%, low category 2 students with a presentation of 10%, medium category 7 students with a percentage of 35%, high category 3 people with a percentage of 15%, and very high category 6 people with a percentage of 30%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi is in the "Moderate" category. This is influenced by intrinsic factors and extrinsic factors, where intrinsic factors are influenced by health, attention, interests, and talents. While extrinsic factors are influenced by teaching methods, learning tools, and environmental conditions.

Intrinsically, the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors which are in the very low category 1 student with a percentage of 5%, low category 5 students with a presentation of 25%, medium category 2 students with a percentage of 10%, high category 10 people with a percentage of 50%, and very category height of 2 people with a percentage of 10%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors in the "High" category.

Furthermore, extrinsically the learning motivation of female students in learning sports and health physical education through playing badminton sports at SMAN 1 Simpenan Kab. Sukabumi based on extrinsic factors which are in the very low category 4 students with a percentage of 20%, low category 6 students with a presentation of 30%, medium category 1 student with a percentage of 5%, high category 4 people with a percentage of 20%, and very category height of 5 people with a percentage of 25%. Based on the explanation above, it can be explained that the learning motivation of female students in learning physical education, sports and health at SMAN 1 Simpenan Kab. Sukabumi based on intrinsic factors in the "Low" category

Based on the statement above, motivation is the ability to encourage or attempt to carry out a certain activity in order to achieve a goal, whether it is encouragement from outside or from within. Motivation is a process of actualizing psychological energy that can move someone to move (Mylsidayu, A and Kurniawan, 2015). Motivation is a change in energy within a person which is characterized by the emergence of feelings or reactions to achieve goals (Hamalik, 2014). Motivation is seen as a mental drive that drives and directs human behavior including learning behavior (Dimyati, 2016).

Based on the statement above, it can be concluded that motivation is a person's encouragement in a mental form where activities with the achievement of a goal carried out by humans can run smoothly. Motivation is very important for students in participating in the learning process, especially in learning physical education, sports and health so that the learning objectives can be achieved. Physical education is learning through physical activity and games that are planned in an effort to achieve educational goals (Ambarwati, DR., Widiastuti, W., & Pradityana, 2017). Learning motivation is one of the factors that encourage students to want to learn (Hendri, 2020).

## **CONCLUSION**

Motivation is an activity that causes, distributes and maintains human behavior, the simplest reflection of motivation can be seen from this aspect of behavior. Motivation is one of the psychological aspects that encourages a person to express the ability of an action to achieve the desired goal. In the teaching and learning process student motivation is very important in encouraging activities in the learning process to achieve teaching goals, in order to get the desired learning outcomes. Students who have good learning motivation tend to follow the teaching and learning process in a good class. Vice versa, students who lack good motivation to learn so that the learning outcomes they get tend to be not good either.

Based on the results of data processing and analysis regarding the learning motivation of female students in learning sports and health physical education through the sport of badminton at SMAN 1 Simpenan Kab. Sukabumi. It can be concluded that the learning motivation of female students is in the "Moderate" category with a percentage of 35%.

## **REFERENCES**

- Ambarwati, D. R., Widiastuti, W., & Pradityana, K. (2017). Pengaruh daya ledak otot lengan, kelentukan panggul, dan koordinasi terhadap keterampilan tolak peluru gaya O'Brien. *Jurnal Keolahragaan*, 5(2), 207–215.
- Anwar, P. (2015). *Sumber Daya Manusia Perusahaan*. Bandung: Rosda Karya.
- Arikunto, S. (2013). *Prosedur Penelitian : Suatu Pendekatan Praktik (Revisi IV)*. Jakarta: PT Rineka Cipta.
- Dimiyati, J. (2016). *Pembelajaran Terpadu Untuk Taman Kanak-kanak/ Raudhatul Athfal dan Sekolah Dasar*. Jakarta: Prenadamedia Group.
- Hamalik, O. (2014). *Kurikulum dan Pembelajaran*. Jakarta: Bumi Aksara.
- Hendri, G. (2020). Motivasi Siswa Dalam Proses Pembelajaran Pendidikan Jasmani Olahraga Kesehatan Di SMAN 1 Padang Sago Padang Pariaman. *Jurnal Patriot*, 2, 171–181. Retrieved from <http://patriot.ppj.unp.ac.id/index.php/patriot/article/view/533>
- Munandar, D. (2016). Perbandingan Motivasi Siswa Dalam Mengikuti Pembelajaran Pendidikan Jasmani, Olahraga Dan Kesehatan Pada Siswa Kelas 3 Dan Kelas 5 Di Sdn Jatilangkung Mojokerto. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 04(01).
- Mylsidayu, A dan Kurniawan, F. (2015). *Ilmu Kepelatihan Dasar*. Bandung: Alfabeta.
- Nugraha, B. (2015). Pendidikan Jasmani Olahraga Usia Dini. *Jurnal Pendidikan Anak*, 4(1), 557–564. <https://doi.org/10.21831/jpa.v4i1.12344>
- Nur, D. (2019). Physical Education Learning Motivation: A Gender Analysis. *Jurnal*

Pendidikan Jasmani Dan Olahraga, 4(1).

- Pendidikan, U. S. (2003). Undang- Undang No. 20 Tahun 2003 Tentang Sistem Pendidikan Nasional. *Acta Pædiatrica*, 71, 6–6. <https://doi.org/10.1111/j.1651-2227.1982.tb08455.x>
- Rizky Ary Buana, I., & Kristiyandaru, A. (2021). Motivasi Siswa Mengikuti Pembelajaran Pendidikan Jasmani, Olahraga, Dan Kesehatan: Intrinsik Dan Ekstrinsik. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 9(1), 421–426.
- Rustiana, E. R. (2011). Efek psikologis dari pendidikan jasmani ditinjau dari teori neurosains dan teori kognitif sosial. *Sport Science Journal*, 1(2), 198–200. Retrieved from <https://journal.unnes.ac.id/nju/index.php/miki/article/view/2035>
- Sari, D. (2019). Pengaruh Motivasi Belajar, Perhatian Orang Tua, Dan Kebugaran Jasmani Terhadap Hasil Belajar Pendidikan Jasmani Olahraga an Kesehatan.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta, CV.
- Sugiyono, D. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan Tindakan*.
- Sujarwo. (2021). Survei Pembelajaran PJOK di Sekolah Dasar pada Masa Pandemi Covid 19 di Daerah Istimewa Yogyakarta, 1(1), 1–5.