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## STUDENTS INTEREST AND MOTIVATION IN PARTICIPATING IN WRESTLING EXTRACURRICULAR ACTIVITIES IN SENIOR HIGH SCHOOL

**Bastian Tito Adiatma<sup>1</sup>, Ferry Fendrian<sup>2</sup>, Elzas Nurajab<sup>3</sup>.**

*Physical Education Health and Recreation, STKIP Pasundan, Cimahi, West Java, 40512,  
Indonesia*

### **Abstract**

This study aims to find out the level of interest and motivation of students in participating in wrestling extracurricular activities at SMAN 1 Batujajar. Extracurricular activities are an important part of character formation and the development of students' potential, one of which is extracurricular wrestling which has physical and mental benefits. However, the low participation of students in this activity is suspected to be influenced by a lack of interest and motivation. This study uses a quantitative descriptive method with a survey approach. The population in this study is all students who participate in wrestling extracurricular as many as 30 students, and the sampling technique used is total sampling. The instrument used was a questionnaire to measure students' interest and motivation. The results of the study showed that the level of student interest in participating in wrestling extracurricular activities was in the high category, and student motivation was also relatively high. Factors that influence interest and motivation include personal interests, intrinsic drives, environmental support, and the role of coaches. These findings are expected to be material for evaluation and consideration for schools and extracurricular coaches in improving the quality of extracurricular activities, especially wrestling sports.

**Keywords:** Interest, Motivation, Extracurricular, Wrestling, Students.

### **INTRODUCTION**

One of the activities that is necessary in daily life is sports, because sports have an important role in maintaining the human body and health[1]. Sports activities are a necessity that you have and train yourself[2]. To form quality human beings, one of them can be realized through the development of the younger generation with sports activities that are carried out systematically, regularly, and directed to improve and maintain physical and spiritual fitness[3]. Sports physical education as a whole aims at physical fitness, encourages the development of motor skills, has healthy living habits, and has knowledge and experience of human movement[4]. Extracurricular is an internal part of the learning process that emphasizes meeting the needs of students[5].

Extracurricular is a sports activity that is carried out outside school hours with the aim of further developing skills in a sport that suits their talents and choices[6]. Extracurricular programs are sports activities that are carried out outside school hours with the aim of further developing skills in a sport according to their choices/talents and pleasures[7]. One of them is extracurricular wrestling. Wrestling is one of the sports carried out by two people who knock each other down, control and lock the opponent in a supine state using the correct technique so as not to endanger the safety of the opponent[8].

However, the reality is that student participation in wrestling extracurriculars is still relatively low. Early conjectures suggest that interest and motivation play an important role in determining the extent to which students are willing and consistent to participate in the activity. This is in line with the results of previous research which explains that each student will become a superior person if their interests and motivations can be developed optimally and carried out by students with pleasure[9]. Interests and motivations affect a person who performs activities, activities and behaviors. Students' interest can be read from the expression of liking or disliking an object[10]. Interest means a high inclination and passion or a great desire for something[11].

Motivation is a process that gives encouragement, direction, and persistence to behavior, meaning that motivated behavior is a behavior that is full of energy, direction, and long-lasting[12]. Motivation is the tendency in the direction and selectivity of supervised behavior with its connection to consequences, and its tendency to maintain goals until they are achieved[13]. Motivation is the desire that arises from a person to perform an action[14]. This research is motivated by the importance of knowing how high the level of interest and motivation of students is in the wrestling extracurricular at SMAN 1 Batujajar, as well as identifying the dominant factors that influence it. The results of this research are expected to be a basis for consideration for schools and extracurricular coaches in increasing the effectiveness of coaching and student participation in martial arts activities.

## ***METHODS***

This study uses a quantitative descriptive approach with survey techniques. The definition of population is a generalized area consisting of objects/subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions[15]. The population in this study is all students who participate in wrestling extracurricular activities at SMAN 1 Batujajar which totals 30 students. Sugiyono (2017 p.85) stated, The total sampling technique is a sampling technique where the number

of samples is equal to the population. This technique is often used when the population is relatively small, less than 30 or 50 people, or when the researcher wants to make generalizations with very small errors[16]. Sampling in this study used a total sampling technique.

A research instrument is a tool used to collect data or measure objects from a research variable. To obtain the right data to draw conclusions according to the actual circumstances, a valid and consistent and accurate instrument is needed to produce reliable research data[17]. The instrument used is a questionnaire that contains statements based on indicators of interest and motivation. The data obtained was analyzed using the SPSS Program Version 26 in the form of a percentage to find out the level of interest and motivation of students. Validity and reliability tests have been conducted in advance to ensure that the instrument used is feasible as a data collection tool.

## RESULTS AND DISCUSSION

**Table 1**

**Interest and Motivation Questionnaire Results**

Questionnaire	Ideal Score	Total Score	Percentage
Interest	2880	2044	70,97%
Motivation	2520	1766	70,07%

The results of the study showed that the level of student interest in participating in wrestling extracurriculars was in the high category with a percentage of 70.97%. Indicators that show high interest include talent, positive experiences, confidence, personal outlook, and ideals. Students who feel they have a talent and interest in martial arts such as wrestling tend to be more enthusiastic about participating in these activities. The level of student motivation is also relatively high with a percentage of 70.07%. Intrinsic motivations such as the desire to achieve and the drive from within are the main factors driving participation.

Meanwhile, extrinsic motivation such as support from coaches, peers, and the school environment also contributes to students' enthusiasm to actively participate. These findings are in line with research by Widiastuti et al. (2021) which showed that the school environment has a significant influence on student interest[18]. Similarly, Karwati & Priansa (2013) argue that interest and motivation are the main factors in character formation and student success in non-academic activities[19].

**Table 2**  
**Normality Test Results**

One-Sample Kolmogorov-Smirnov Test		
N		Unstandardized Residual 30
Normal Parameters <sup>a,b</sup>	Mean	0.0000000
Most Extreme Differences	Hours of deviation	5.75712476
	Absolute	0.228
	Positive	0.228
	Negative	-0.171
Test Statistic		0.228
Asymp. Sig. (2-tailed)		.228 <sup>c</sup>
1. Test distribution is Normal. 2. Calculated from data. 3. Lilliefors Significance Correction.		

According to Sugiyono (2019: p.234), the first data analysis technique was a data normality test[20]. Based on the results of the normality test using *the One-Sample Kolmogorov-Smirnov Test*, a significance value (Asymp. Sig. 2-tailed) was obtained of 0.228, which is greater than 0.05. This shows that residual data is normally distributed, because there is no significant difference between the data distribution and the normal distribution. This means that the data in this study meets the assumption of normality, so that it can be further analyzed using parametric statistical tests, such as linear regression, because the normality requirements have been met.

**Table 3**  
**Homogeneity Test Results**

Test of Homogeneity of Variances					
		Levene Statistic	df1	df2	Sig.
X	Based on Mean	0.493	1	58	0.485
	Based on Median	0.381	1	58	0.539
	Based on Median and with adjusted df	0.381	1	57.907	0.539
	Based on trimmed mean	0.448	1	58	0.506

Based on the results of the variance homogeneity test using Levene's Test, a significance value (Sig.) was obtained in all calculation methods Based on Mean 0.485, Median 0.539, Trimmed Mean 0.506 was above 0.05. Therefore, it can be concluded that the data in this study has a homogeneous variance. This means that the assumption of variance homogeneity is met, so that the data is suitable for analysis using parametric

statistical tests, such as regression tests or ANOVAs, which require the similarity of variance between groups. Sugiyono (2018: p. 150), Homogeneity tests can be carried out with levene, fisher tests or barlett tests. For example, T-Test and Anova. This test is used to ensure that a group of data is indeed from the same sample.

### **CONCLUSION**

Based on the results of research that has been conducted on students of SMAN 1 Batujajar who participate in wrestling extracurricular activities, it can be concluded that in general students show a fairly high level of interest in participating in these activities, with a percentage of 70.97%. Students' interests are reflected through indicators of talent, confidence, previous positive experiences, personal views on wrestling, as well as personal goals that drive their participation. Most students feel that wrestling is an activity that suits their interests and potential, and has positive value in terms of discipline and courage.

Meanwhile, student motivation is also seen to be quite high, with a percentage of 70.07%, both from intrinsic and extrinsic aspects. Intrinsic motivation is demonstrated by a personal desire to excel, a sense of pleasure in participating in training, as well as a long-term aspiration to develop in the field of martial arts. On the other hand, extrinsic motivation is shown by encouragement from the surrounding environment such as support from parents, coach guidance, the availability of adequate facilities, and the opportunity to participate in championships or achieve achievements.

The results of the data recapitulation showed that there was no motivation score or extremely low interest. This indicates that the majority of students have a strong urge both from within and outside themselves to be active in wrestling extracurricular activities. Thus, it can be concluded that the interest and motivation of students at SMAN 1 Batujajar for wrestling extracurricular activities is in the medium to high category, and this is an important foundation for the school in designing strategies to maintain and increase student participation in these activities continuously.

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