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## THE ROLE OF PHYSICAL EDUCATION IN BUILDING STUDENTS' SELF-CONFIDENCE

Luky Sofiana Zebua<sup>1</sup>, Gita Febria Friskawati<sup>2</sup>, Diky Hadyansah<sup>3</sup>

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

### ABSTRACT

Previous research shows differences in contexts, teaching approaches and characteristics that influence research outcomes. Therefore, it is necessary to review the literature that identifies, analyzes and identifies findings from previous research. Physical education is expected to be a means of increasing physical activity, movement skills, health, and building confident character. This research uses the literature review method by analyzing various related articles. The results of the analysis show that students' self-confidence grows through; (1) a participatory and meaningful pedagogical approach; (2) a supportive learning environment; (3) students' movement competence, and (4) motivation to develop physically and psychologically. Interesting and relevant teacher behavior also influences the character building process. Pedagogical and social approaches can make students more confident, focused and comfortable in expressing themselves. Imitation of behavior requires physical abilities and motor skills, which if developed will increase students' confidence and active participation. In addition, learning motivation is an important factor in encouraging students to build confidence through physical education.

Keywords : Physical Education, Self Confidence

### INTRODUCTION

Character is the value of human behavior in relation to God Almighty, oneself, fellow humans, the environment and nationality which is manifested in thoughts, attitudes, feelings, words and deeds based on religious norms, laws, cultural manners and customs (Syafuddin et al., 2022). In education, there are various kinds of characters, one of which is a confident character that can determine a person's level of success. Self-confidence is not formed easily but must go through the process of forming a personality according to its development, understanding its strengths, understanding the positive reactions of weaknesses, with no embarrassment or inferiority and being able to adjust and make experiences to live their lives (Ummami et al., 2021).

Self-confidence can be interpreted as an individual's belief in himself that arises consciously and is influenced by personality values. Individuals who have a high level of confidence generally show a disciplined, consistent, and good behavior. Everyone needs to have self-confidence, because it is the basis for the ability to complete tasks optimally through various activities that support the formation of self-confidence (Nandana, 2020).

Character education can be built through physical education and sports, which involve motor activities in a sustainable manner (Iqbal, 2021). Through PJOK, students are taught about the importance of maintaining health, working together, respecting differences and sportsmanship, thereby fostering respect, fairness and responsibility (Nuraini et al., 2024). Physical education, sports and health also play a role in optimizing the child's development process, both in terms of physical and mental health by including aspects of knowledge, attitudes, and skills achieved with the active role of educators so that learning is in accordance with the desired goals (Saputra et al., 2022). Physical education and sports in schools are expected to be a means not only for physical activity in improving health and refining movement skills, but also to be able to contribute to fostering students' confident character in their survival.

The TIMSS (Trends in International Mathematics and Science Study) study said that the level of student confidence in Indonesia is still relatively low, with a figure below 30 percent. This is influenced by learning methods that focus more on lectures, which causes students to be more passive and not used to developing their confidence (Jelita & Sholehuddin, 2024). Learning physical education and sports at school has the potential to help shape students' confident character. But this potential has not been fully utilized. One of the reasons is the way of teaching that still uses the lecture method, which makes students less actively involved and ultimately not trained to increase their confidence. Therefore, an in-depth and systematic literature review is needed to identify general patterns, analyze differences and similarities in the findings, and summarize the contributions of each study, this study is also expected to provide a more comprehensive understanding of the topic being studied and become a strong basis for future researchers. Previous studies have shown that there are differences in context, teaching approaches, and characteristics of the subject or environment that affect the results obtained.

## ***METHODS***

The research method used in this study is a literature review to collect various information and data related to a certain topic, obtained from various sources such as scientific journals, textbooks and other relevant references (Arini et al., 2022). This research has the main focus, namely collecting and analyzing existing information and data. The sources used must be clear and relevant, so that the research can understand more deeply the topic based on previous data.

In this study, the stages taken include; 1) determining the topic, which is based on relevant, interesting, clear and in accordance with the main focus of the research, namely the role of physical education, sports and health in the formation of students' confident character; 2) determine the source of reference, with a high level of trust and academic recognition, such as articles from journals that have been indexed by Sinta and Scopus, articles that have been used

most recently in the last five years; 3) determine the criteria for inclusion and exclusion. The inclusion criteria focus on articles that are relevant to the research topic, include articles that specifically discuss the research topic, the information used is still relevant and reflects the latest developments. The exclusion criteria are articles that do not qualify, written in non-Indonesian or English, and do not directly address the research topic; 4) review the article, by reading and understanding the entire article, analyze, compare, adjust the novelty of the journal, objectives, sample method with other articles and write the results of the review with a logical and objective narrative; 5) Writing the results of the review, carried out by compiling and summarizing the findings and main conclusions of each article analyzed, combining information systematically to form a logical argument flow so as to produce a complete and easy-to-understand manuscript.

### **RESULTS AND DISCUSSION**

This research uses a literature method, which reviews and analyzes articles from journals that are in accordance with the scope of research and discusses the topic of the role of physical education in the formation of students' confident character. This study aims to explore a deep understanding of the contribution of physical education learning in shaping students' confident character. There were 11 articles used in this study. The articles analyzed are related to the level of confidence in the context of physical education, which is obtained through various stages based on research procedures and stages. The data obtained came from 15 articles that can be accessed through google scholar and indexed by sinta and scopus. 10 articles from Sinta indexed journals and 1 article from scopus indexed journals were used. Selected articles with a time vulnerability of the last five years. Including Scientific Journal of Stock Bina Guna Medan, Journal of Sports Achievement, Journal of Elementary School Teacher Education, Journal of Education and Counseling, Journal of Sports Science, Journal of Physical Education and Sports, Journal of Physical Education and Health Study Program, Journal of Sports Coaching Education, Scientific Journal of Education Profession, Journal of Physical Education and Sports, Journal of Sustainability, Physical Activity Journal and Journal of Sports and Health Sciences.

**Table 1. Topics in the Article**

No.	Title	Journal	Author	Method	Research Results
1	The Role of Physical Education and Sports in the Formation of the Nation's Character	S4	Muhammad Akbar Syafruddin, Andi Sahrul Jahrir, Ikad army, Akbar Yusuf	Qualitative method	Physical education shapes a child's character through physical activity, instilling positive traits such as honesty and responsibility. An inclusive approach allows for the implementation of student character development goals in physical education, sports, and health learning. Inclusive strategy refers to the learning model of a learning subject.

2	Implementation of Pedagogic Competencies in Strengthening Self-Confidence Through Online Learning	S2	Choirul Ummami, Ujang Jamaludin, Encep Andriana	Descriptive method Sample of grade I students of SD iks Banten.	This study aims to describe the application of teachers' pedagogic competencies in fostering students' confident character through online learning. Students demonstrate confidence, independence and responsibility in online learning through compliance, active participation, and punctuality in completing assignments.
3	Self Confidence and Its Development in Adolescents	S4	Muhammad Riswan Rais	Qualitative descriptive method Sample of early adolescents aged 11 to 17 years and late adolescents 16 to 18 years.	The purpose of this study is to find out the problem of confidence in early and late adolescent development. Confidence can be fostered and supported through the role of parents, educators and the surrounding environment with a positive, empathetic and empowering approach.
4	Teachers' Efforts to Increase Student Confidence	ISSN	Sindy Kinanty Jelita, Sholehuddi	Qualitative descriptive method Sample of 3rd grade students of SDN Pamulang Timur 02	Teachers at SDN Pamulang Timur 02 increase students' confidence through motivation, appreciation, responsibility and a positive learning environment. The strategies used include praise, rewards, seat rotation, and special assignments.
5	Increasing Students' Confidence Through Physical Education and Sports Activities	S5	Dianati Susani, Amung Ma'mun, Carsiwan	Metode systematic literature review (SLR) Source of journal article data.	Physical education shapes and increases students' confidence in movement activities through interaction with the environment. Movement learning allows learners to express confidence, which has a significant effect on competitive sports performance. Learning models such as inquiry and educational games, play a role in building students' confidence.
6	The Role of PJOK in the Formation of Children's Character	ISSN	Muhammad Iqbal	Literature Methods Source of journal article data	The formation of students' character in primary education can be optimized through moral principles. Holistic approach, integration and inclusive strategy. Character education in PJOK is carried out in a sustainable manner with the right methods and strategies, integrating character education in all learning materials

7	Integration of Character Values in Physical Education, Sports, and Health (PJOK) Learning at the Elementary School Level	ISSN	Anindya Syifa Nuraini, Haifa Annisa, Ismi Rahmayaan, Lailatul Qurrota Ayuni, Naila Zahra Nur Makiyyah, Siti Nur Aprilianti, Agus Mulyana	Qualitative Method Sample of PJOK teachers from various elementary schools	Structured PJOK learning is effective in shaping students' character such as discipline, cooperation, responsibility and sportsmanship. Through regular exercises, group activities, facility maintenance, reflection and evaluation, students learn to apply these values in their daily lives.
8	PJOK learning activities in the formation of students' character	S3	Lulut Gilang Saputra, Imam Hariadi, Eko Hariyanto, M.E. Winarno	Literature methods Respondents aged 12 to 15 years.	PJOK learning contributes to shaping students' confident character through positive physical activities and sports so as to foster sportsmanship, learning motivation, responsibility, discipline, self-control, and activeness in developing their potential.
9	Student Confidence Level in Penjas Learning at Al Fath Dormitory Junior High School, Bekasi City	ISSN	Krisno, Resty Gustiawati, Rahmat Iqbal	Survey methods Sample of grade VII students of Al Fath Dormitory Junior High School, Bekasi City	The level of confidence of students VII of Al Fath Junior High School Al Fath Bekasi City in PJOK learning, is influenced by internal factors including indicators of self-concept, self-esteem, physical condition and life experience while external factors consist of indicators of education, work and environment
10	The relationship between confidence levels and learning outcomes to swim	S3	Fifukha Dwi Khory, Setiyo Hartoto, Bayu Budi Prakoso	quantitative-correlational The sample is students of the basic swimming skills program	Confidence has a significant effect on students' swimming learning outcomes through high participation in the implementation of physical activities by doing repetitive exercises to get satisfactory results and high movement skills.
11	The Influence of Self-Confidence, Learning Motivation on Physical Education Learning Achievement	S4	Gumilar Mulya, Anggi Setia Lengkana	Descriptive-correlational methods The sample was 32	Confidence and motivation to learn have a relationship and influence in physical education learning by providing space for students to express and try and through a supportive learning environment so as not to cause awkwardness or insecurity.

No.	Title	Research Results	Analysis Results
12	Teachers' Efforts to Increase Student Confidence Through Active Learning at SMAN 3 Bekasi City	S4 Abdul Khoir, Akmal Rizki Guawan, Hasibuan, Nafi'ah, Indah Nurazizah, Almas Syafa Syaharoh, Ahmad Afif Ramadhan	students in grade VI Qualitative descriptive method Sample of 10 students of SMAN 3 Bekasi City This study identifies that the application of <i>the active learning model</i> by teachers is able to increase student confidence, through the role of teachers that are not limited to teachers but include roles as facilitators, motivators, evaluators, counselors, administrators and supervisors. Teachers also implement a variety of interactive learning models that make students feel comfortable and encourage active involvement in the learning process.
13	Influence on Students' Empowerment and Self-Confidence in High School Physical Education Classes	Q1 Cristiana Bessa, Peter Hastie, António Rosado, Isabel Mesquita	Method experiment Sample of 10th, 11th and 12th grade students from 8 schools in Portugal Confidence increases with the sport education model through active participation in activities such as being a team captain, referee or coach so that they are able to face the challenges and tasks given (Cristiana Bessa, Peter Hastie, 2021).
14	Differences in confidence in students who participate in sports extracurriculars	S3 Andri Kamnuron, Yusuf Hidayat, Nuryadi	Descriptive method Sample of 30 students of SMAN 1 Jatinangor This study concluded that the two extracurriculars had high confidence and there was no significant difference. Karate extracurricular activities are able to increase confidence by implementing individual sports activities that prioritize discipline, courage, sportsmanship, alertness and emotional control. Extracurricular football training that demands physical ability, technique, cooperation and confidence with teammates (Kamnuron et al., 2020).
15	Students' Confidence in Tiger Jumping Learning	S3 Tarlem Febriyani, gebi kurniawan, rustam effendi	Metode survey Sampel 40 siswa SMPN 2 Majalaya Students' confidence increases in carrying out learning tiger jumping floor gymnastics through more repetition of movements so that movement skills are well trained (Febriyani et al., 2020).

After the results are displayed, the next step is to analyze all the research results regarding the role of physical education in the formation of students' confident character. This table will explain the analysis of the results of the research.

**Table 2. research data analysis results**

No.	Title	Research Results	Analysis Results
1	The Role of Physical Education and Sports in the	Physical education shapes a child's character through physical activity, instilling positive traits such as	Physical education forms students' character through physical activity by instilling positive values such as

	Formation of the Nation's Character	honesty and responsibility. An inclusive approach allows for the implementation of student character development goals in physical education, sports, and health learning. Inclusive strategy refers to the learning model of a subject.	honesty, responsibility, discipline and cooperation. An inclusive approach can be done so that all students are actively involved and support overall character development.
2	Implementation of Pedagogic Competencies in Strengthening Self-Confidence Through Online Learning	This study aims to describe the application of teachers' pedagogic competencies in fostering students' confident character through online learning. Students demonstrate confidence, independence and responsibility in online learning through compliance, active participation, and punctuality in completing assignments	Students' confidence is also influenced by the way teachers build relationships and manage the learning process, even online. Teachers' pedagogic competence can determine the growth of students' confidence through adjusting learning methods to students' character and needs.
3	Self Confidence and Its Development in Adolescents	Confidence can be fostered and supported through the role of parents, educators and the surrounding environment with a positive, empathetic and empowering approach.	Confidence shows that interaction and parenting play an important role. A positive approach focused on individual potential as well as empathy allows for unconditional acceptance in building self-confidence.
4	Increasing Students' Confidence Through Physical Education and Sports Activities	Physical education shapes and increases students' confidence in movement activities through interaction with the environment. Movement learning allows learners to express confidence, which has a significant effect on competitive sports performance. Learning models such as inquiry and educational games play a role in building student confidence.	Physical education plays a role in increasing students' confidence through positive movement experiences and social interactions. A learning approach that involves exploration and educational games by providing space for students to express themselves.
5	PJOK learning activities in the formation of students' character	PJOK learning contributes to shaping students' confident character through positive physical activities and sports so as to foster sportsmanship, learning motivation, responsibility, discipline, self-control, and activeness in developing their potential.	PJOK has a big role in shaping students' confident character through fun and meaningful physical activities from movement learning, self-potential development and identity formation.
6	The relationship between confidence levels and learning to swim outcomes	Self-confidence has a significant effect on students' swimming learning outcomes through high participation in the implementation of physical activities by doing repetitive exercises to get satisfactory results and high movement skills.	Confidence has an influence on learning outcomes because it encourages active participation and consistent practice in order to be able to master movement skills more effectively in achieving optimal learning.
7	The Influence of Self-Confidence, Learning Motivation on Physical Education Learning Achievement	Confidence and motivation to learn have a relationship and influence in physical education learning by providing space for students to express and try and go through a supportive learning environment so as not to cause awkwardness or inferiority.	Confidence and motivation to learn influence each other in physical education learning through a pedagogical approach that provides space for students to express and try, as well as the creation of a supportive learning environment. Teachers play an active role in the learning process to support students' confidence so that they are motivated to develop physically and psychologically.
8	Teachers' Efforts to Increase Student Confidence Through Active	This study identifies that the application of the active learning model by teachers is able to increase student confidence, through the role of	The active learning model by teachers is effective in increasing student confidence through the role of teachers who become teachers, facilitators,

	Learning at SMAN 3 Bekasi City	teachers that are not limited to teachers but include roles as facilitators, motivators, evaluators, counselors, administrators and supervisors. Teachers also implement various interactive learning models that make students feel comfortable and encourage active involvement in the learning process.	motivators, evaluators, counselors, administrators and supervisors. This approach enhances interactive and convenient learning, and encourages active student participation.
9	Influence on Students' Empowerment and Self-Confidence in High School Physical Education Classes	Confidence increases with the sport education model through active participation in activities such as being a team captain, referee or coach so that they are able to face the challenges and tasks given.	The application of the Sport education model has been proven to increase student confidence through active participation and involvement in providing real experience in facing challenges and responsibilities with the assigned tasks.
10	Differences in confidence in students who participate in sports extracurriculars	This study concluded that the two extracurriculars had high confidence and there was no significant difference. Karate extracurricular activities are able to increase confidence by implementing individual sports activities that prioritize discipline, courage, sportsmanship, alertness and emotional control. Extracurricular football training that demands physical ability, technique, cooperation and belief with teammates.	Extracurricular activities such as football and karate at school are able to increase confidence through different approaches to individual activities with aspects of discipline, courage and emotional control while football activities require physical ability, technique, and teamwork but there is no significant difference between the two extracurriculars.
11	Students' Confidence in Tiger Jumping Learning	Students' confidence increases in carrying out tiger jumping floor gymnastics learning through more movement repetition so that movement skills are well trained.	Students' confidence in floor gymnastics learning can be increased with intensive movement repetition. Through repeated exercises, students become skilled in making movements, so that fear and doubt are reduced. Consistency in training improves motor skills, increases confidence because you are able to master skills gradually and safely.

The learning process through observation takes place effectively as described in Bandura's theory, which states that there are four main stages in social learning, namely attention, retention, behavioral reproduction and motivation (Putu et al., 2025). These findings are in line with the results of the analysis of the review article which shows that children's confidence will appear when (1) Using a pedagogical approach of active and meaningful participation; (2) Creating a supportive learning environment; (3) Students have movement competence; and (4) Motivation of students to develop physically and psychologically.

Students pay attention to the model in this case the teacher to understand the behavior and its consequences and form a mental representation of the behavior. The level of attention is strongly influenced by the characteristics of both the model and the observer, as well as the extent to which the observer is interested in the behavior or the degree of similarity between the two (Putu et al., 2025). The pedagogical approach refers to the methods, strategies and principles used by educators in the learning process. This includes how teachers design, organize and organize

learning activities that are in accordance with the needs of students and curriculum goals. In the context of physical education, this approach involves the way teachers develop students' movement skills, encourage active participation in physical activities, and instill social values through sports activities. One example of a pedagogical approach is a humanistic approach that supports the formation of students' character such as confidence, empathy and the ability to work together. This approach also encourages students to explore and enjoy sports activities freely, without worrying about failing or the demands of performing perfectly (Harahap et al., 2025).

Curriculum and teaching methods that are based on a deep understanding of students' needs and interests to make learning materials more relevant and engaging. Increasing the duration of physical learning is also part of the learning development strategy where the application of brain-based learning in physical education is able to create an active, challenging learning environment and encourage the development of thinking skills through meaningful learning experiences (Rahardian et al., 2024). Physical education is a process of interaction between teachers, students and the learning environment that is directed through physical activities in a planned manner to support human formation effectively and efficiently (Mulya & Lengkana, 2020). The role of teachers in the learning process greatly determines the success of education, mastery of the material, having educational pedagogical skills, so teachers can create a pleasant learning atmosphere for students, which ultimately has a positive impact on students' learning achievements. The role of teachers as educators to shape students' mindsets includes fostering learning motivation, so physical education teachers are required to be able to arouse students' enthusiasm for learning through the application of consistent, measurable and disciplined training methods (Azizah et al., 2023).

Retention refers to the individual's ability to retain and recall information or material that has been learned (Warini et al., 2023). A supportive learning environment strengthens the retention stage in bandura theory by creating psychological and social conditions that allow students to be more focused and able to retain information from the learning process through observation (Putu et al., 2025). Physical education teachers need to have a good understanding of the physical and psychosocial changes experienced by students, in order to create a supportive and safe learning environment for students. Teachers also present a variety of physical activities that are interesting and in accordance with the student's developmental stage, as well as provide encouragement and motivation so that students remain actively involved in physical activities (Pratiwi et al., 2024).

Said physical education can provide opportunities for students to express themselves through various activities related to pleasant personal experiences (Mustafa & Sugiharto, 2020). These physical activities can be realized in the form of games, competitions or training sessions.

Understanding students' talents and providing a harmonious learning environment is a crucial step in supporting optimal growth and potential in developing confidence (Sari et al., 2024).

Behavioral reproduction refers to a person's ability to imitate actions that the model has just demonstrated. Individuals need to have the ability and movement skills to physically mimic the behavior they observe. This means that the behavior must be in accordance with their capacity, because otherwise they will not be able to learn it (Putu et al., 2025). Observation of individuals who perform motor task exercises and learning can accelerate skill mastery, as this process involves cognition that is essential in the learning process (Mustafa & Sugiharto, 2020).

Learning motivation is an internal drive in a person that consciously encourages optimal learning activities, so that it leads directly to the achievement of an effective learning process and desired learning outcomes (Mulya & Lengkana, 2020). The results of observations will be displayed or not have a great effect on the will or motivation of the individual. Motivation can come from external factors such as rewards or punishments, as well as from internal factors, such as personal satisfaction. Without motivation, a person may not perform a behavior even though they have noticed, remembered, and have the ability to imitate it (Putu et al., 2025).

Of the four stages presented, these conditions are different for each student, so they show different behaviors and ways. Bandura's (1986) social cognitive theory puts forward several assumptions, namely; (1) one can learn through observation of others; (2) learning is an internal process that does not always cause behavior change and (3) learning can take place without being followed by behavior change (Putu et al., 2025).

## CONCLUSION

The results of the study showed that students' attention to teacher behavior was influenced by the interest, similarity and characteristics of both, which played a role in the formation and imitation of behavior. A pedagogical approach that involves active and meaningful participation can increase student involvement in physical education learning. A supportive learning environment is also important to create a conducive environment that encourages concentration, security and confidence. Imitation of behavior requires adequate physical skills and mastery of basic gestures plays a role in increasing students' confidence and active participation. In addition, learning motivation is a key factor in encouraging students to pay attention, remember and imitate behavior, thus having an impact on learning effectiveness and confidence building.

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