



THE ROLE OF PARENTS IN IMPROVING DISCIPLINE AMONG TABLE TENNIS EXTRACURRICULAR STUDENTS AT SMP NEGERI 8 CIMAH

Yoesuff Palmy Rahman¹, Ricky Wirasasmita², Sony Hasmarita³.

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

Abstract

The writer's observation of the table tennis extracurricular activity at SMP Negeri 8 Cimahi revealed issues related to parental involvement and student discipline, which have become obstacles for the school in achieving optimal coaching objectives. The research problem is formulated as follows: How does parental involvement contribute to improving the discipline of students participating in the table tennis extracurricular activity? This study employs a quantitative descriptive method with a survey approach. The population consists of 50 active students enrolled in the table tennis extracurricular activity at SMP Negeri 8 Cimahi. The sampling technique used is purposive sampling, resulting in a total of 25 respondents. The research instrument utilized in this study is a questionnaire, with data analyzed using frequency distribution techniques. The results indicate that 76% of parents' roles are categorized as "good," while 24% fall under the "fair" category. This reflects a generally positive level of parental involvement in supporting student discipline. These findings demonstrate that parental involvement significantly influences the development of student discipline in extracurricular activities. Parents can reinforce students' character development, particularly discipline, through support provided both at home and within the school environment. In conclusion, in addition to teachers, parental involvement is also essential in improving student discipline. A persuasive approach should be applied to students categorized as having "fair" discipline, to help them build a stronger commitment toward positive behavioral changes in table tennis extracurricular activities.

Keywords : Parental Role, Discipline, Table Tennis Extracurricular Activity

INTRODUCTION

The sport of table tennis is one of the important aspects in the development of the younger generation, not only to improve physical health, but also to form positive characters such as discipline, hard work, and sportsmanship. One of the sports that is quite popular and in demand in the school environment is table tennis. At SMP Negeri 8 Cimahi, table tennis extracurriculars are a forum for students to develop their interests and talents in this sport. However, the success of an extracurricular program does not only depend on the quality of the trainer or facilities, but is also influenced by parental support as a very important external factor.

Extracurricular activities are held with the aim of developing the potential, talents, interests, willingness, personality, cooperation, and independence of students optimally in order to support the achievement of national education goals. The development of student potential as referred to in the national education goals can be realized through extracurricular activities which are one of the activities in the curricular program. Extracurricular is a curricular program whose time allocation is not set in the curriculum (Septian, 2020).

The implementation of table tennis extracurricular activities aims to increase achievements directed at the creation of quality table tennis athletes. To maximally improve the quality of athletes can be done with coaching and training from an early age, Harsono said: 1) It is necessary to strive for the development of athletes from an early age, 2) There are regular exercises and the training is gradual and programmatic, 3) An organized competition system according to the level and frequency both vertically and horizontally, 4) Providing sports facilities and infrastructure (Wibowo et al., 2020).

Discipline is a very important thing in life because it is one of the aspects of cultural progress of a society or nation. Discipline aims to make students obedient to follow learning, obedient to teaching and learning, obey school rules, and objective in running. Discipline that is well implemented in school can contribute to the growth and development of student achievements. The application of discipline in learning can encourage students' motivation to learn concretely and practically at school about positive things and stay away from negative things. Discipline for students is something very important that must always be done. Without high discipline all programs prepared by teachers, and school managers cannot run well (Jasmani et al., 2022). According to Slamet in the journal Yurasti and Rahmi Fura Putri, "Discipline is very important to comply with existing regulations, procedures, and policies, so that groups in an organization can produce good performance" (Yurasti & Putri, 2022).

Discipline is very closely related to an obedient and orderly attitude towards several values that exist around it. Discipline is related to strong efforts and meeting targets and the right time. The emergence of discipline attitudes in individuals can affect the individual's life to be more orderly, directed and balanced according to the values that apply around them. As for the factors that can affect discipline, this is in accordance with Tulus' opinion in the Madri journal. M, et al, namely about the existence of 4 dominant factors that can influence and shape discipline (in) including: "(1) self-awareness as self-understanding that discipline is considered important for one's well-being and success. In addition, self-awareness is a very strong motive for the realization of discipline, (2) binding and obedience as a step of application and practice on the basis of the rules that govern individual behavior (M et al., 2020).

Discipline means training oneself to form, straighten or perfect something, as a mental ability or moral character. Discipline requires control over behavior and self-control. Discipline is very important to be applied as a prerequisite for the formation of attitudes and behaviors. Discipline can provide support for the creation of non-deviant behavior, help students understand and adjust to the demands of the environment and regulate individual desires with each other (Habibi, 2020).

Discipline in training is essential to achieve the goals of the organization and the athletes themselves. Discipline is the key to the success of an organization in achieving predetermined goals. Discipline is a form of training that seeks to improve and shape the knowledge, attitudes and behaviors of athletes, so that they voluntarily try to work cooperatively with other people and improve their organizational achievements (Hermawan et al., 2021).

Parental involvement is a very strong influence so that its influence can last for many years and can increase children's participation and performance in various fields. Parents play a very important role in the development of sports talent, if parents never pay attention to children's talents, then it is very difficult for children to develop their talents. Social support from parents is also important because it helps improve athletes' achievements, such as the existence of other people who can be presented to provide help, encouragement, acceptance, and attention, so that it can improve individual welfare (Sentosa, 2023).

Based on the results of initial observations in April 2025 with several supervisory teachers at SMP Negeri 8 Cimahi, it was found that the level of student discipline in participating in table tennis extracurriculars still varies. Some students show high commitment by always showing up on time and following the coach's rules, while others are often absent or inconsistent in practice. In addition, the coach said that students who received full support from their parents tended to be more disciplined and persistent in participating in this activity, compared to those who received less attention.

The role of parents is one of the external factors that plays a very important role in the success of education, including in extracurricular activities. This research is important because it can provide a real picture of the relationship between parental support and the level of student discipline in participating in table tennis extracurriculars. The results of the study are expected to be a basis for consideration for schools and related parties to involve parents more actively in supporting sports activities in schools.

Research on student discipline in sports has indeed been done quite a lot. However, research that specifically examines the relationship between the role of parents and the level of student discipline in the extracurricular context of table tennis at the junior high school level, especially at SMP Negeri 8 Cimahi, is still very minimal. The novelty of this research lies in the

focus of the specific research object and the relevance of the local context that has not been raised much in previous scientific studies.

Some previous research has focused more on the influence of internal factors such as student motivation or training quality on sports performance. Meanwhile, research examining the role of parental support for discipline aspects in extracurricular activities, especially table tennis, is still rare. This is the gap (GAP) that this research wants to fill.

The problem of student discipline in participating in extracurricular activities is often an obstacle for schools in achieving optimal coaching goals. Lack of discipline can have an impact on the low quality of training and not optimal final results. External factors such as parental support are believed to have a great influence in shaping students' disciplined attitudes. Based on this background, the author considers it important to conduct a study entitled: "*The Role of Parents in Improving Discipline in Table Tennis Extracurricular Students at SMP Negeri 8 Cimahi.*"

METHOD

Types of research

The method used in this study is the survey method. Where this study chooses quantitative analysis. Sugiyono stated that quantitative methods can be interpreted as research methods based on the philosophy of positivism, used to research on certain populations or samples, data collection using research instruments, quantitative/statistical analysis, with the aim of describing and testing the hypotheses that have been set. In this study, questionnaires were used as a data collection tool. The survey method was chosen to determine the role of parents in improving discipline in table tennis extracurricular students at SMPN 8 Cimahi. According to Sugiyono, the survey method is a quantitative research method used to obtain data that occurred in the past or present, about beliefs, opinions, characteristics, behavior of variable relationships and to test several hypotheses about sociological and psychological variables from samples taken from certain populations, data collection techniques with in-depth observations (questionnaires), and research results tend to be generated (Masri Singarimbun, 2020).

This research strategy uses survey research methods, which are part of quantitative research. Where the survey method is used to obtain data from certain natural places, but the researcher conducts treatment in data collection, for example by distributing questionnaires, tests, structured interviews, and so on (Muzhiroh, 2020).

Population and Sample

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. Therefore, from the definition of population above, the population intake in this study is 50 students who participate in table tennis extracurricular at SMP 8 Cimahi. The sample used in this study amounted to 25 students at SMP 8 Cimahi. Samples were taken from students who actively participated in Table Tennis Extracurriculars.

Data Collection Techniques

The data collection technique in this study uses a closed questionnaire as the main instrument. The questionnaire was prepared based on time discipline indicators such as: Obedience to extracurricular activities at school and Obedience in carrying out training programs given by extracurricular trainers at home. Each indicator is developed into several statements that students must respond to using the Likert scale. In addition to questionnaires, data was also obtained through indirect observation and documentation as supporting data.

Research Instruments

The instrument used in this study is a questionnaire that has been tested for validity and reliability before being disseminated. Validity tests were performed using the Product Moment formula, while reliability was tested using the Alpha Cronbach formula. The test results showed that the 30 statements in the questionnaire met the valid and reliable requirements for use in the main data collection.

Data Analysis Techniques

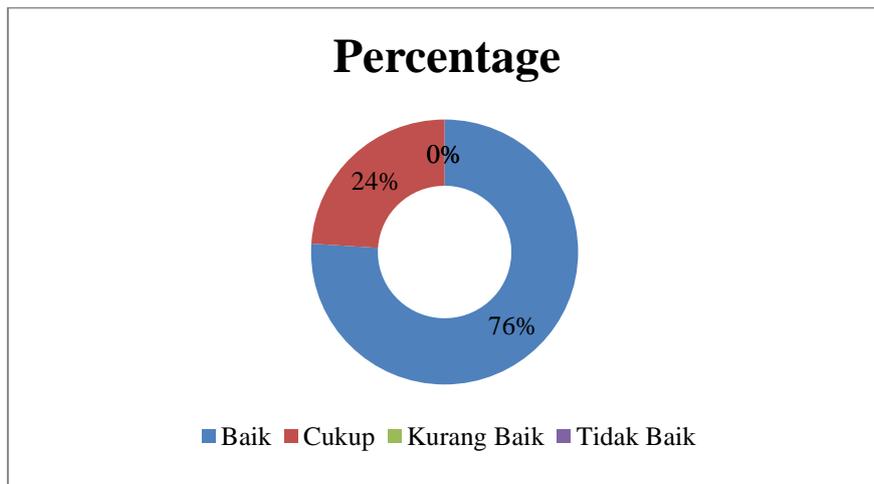
The data obtained from the questionnaire was analyzed using descriptive statistics. The steps in data analysis include calculating the number of scores for each indicator, converting it to percentage form, and categorizing the results into social skills classifications based on specific score ranges (excellent, good, adequate, low, and very low). The results of the analysis are then displayed in the form of tables and bar charts for easy interpretation.

RESULTS AND DISCUSSION

This study aims to find out how the role of parents in improving discipline in table tennis extracurricular students at SMP Negeri 8 Cimahi. Based on the results of the questionnaire distributed to 25 students, it shows that the percentage results show that the role of parents in improving discipline in table tennis extracurricular students at SMP Negeri 8 Cimahi varies, but the majority of students are in the "good" category, namely 76% (19 people), 24% (6 people) are in the "adequate" category, 0% (0 people) are in the "poor" category, and 0% (0 people) are in the "not good" category. With an average of 97.40 and a standard deviation of 6.35.

Table 1
Frequency Distribution

No	Interval Classes	Frequency	Presentase	Category
1	76% - 100%	19	76%	Good
2	56% - 75%	6	24%	Enough
3	40% - 55%	0	0%	Less good
4	<40 %	0	0%	Not good
Total		25	100%	



Based on these results, it can be said that the role of parents in improving discipline in table tennis extracurricular students at SMP Negeri 8 Cimahi is on average in the "Good" category.

Is there a Role of Parents in Improving Children's Discipline

The results of a study conducted on 25 table tennis extracurricular students at SMP Negeri 8 Cimahi showed that the role of parents in improving student discipline was 19 students with a percentage of 76% in the "Good" category. Most students become disciplined in participating in table tennis extracurricular activities due to mandatory rules from the school, besides that students also channel their hobbies in playing table tennis to become outstanding students. As in the research (Ahnaf Sujana & Wijaya, 2022) instilling discipline character in students, the contribution of all school residents is very important in developing disciplined character and behavior in students. A teacher as an example in practicing a discipline culture has optimal efforts so that character cultivation must be realized to the maximum. This must be done so that students not only become good individuals, but also develop self-discipline habits

in all aspects of their lives, not only at school. Many students are not able to fully implement discipline in the school environment. Therefore, we need planning, implementation, and structure in developing related policy strategies to ensure everything runs smoothly.

What is the Role of Parents in Improving Children's Discipline

Based on the data analysis conducted by the author, it was obtained that there were 6 students with a percentage of 24% in the "Sufficient" category and there were no students in the "Not Good" and "Not Good" categories. This shows that the level of discipline in the category of sufficient still requires further direction from the environment, especially the role of parents. Based on the results of the study, it shows that there are still students who violate school rules such as not wearing sportswear during extracurricular activities, arriving late, going out during activities, skipping and lack of attention and supervision from parents. School efforts to form student discipline through the implementation of school discipline need to be carried out to reduce student habits that violate school discipline, by providing strategies in improving discipline. In addition, it takes the role of teachers and parents to take a persuasive approach to students who are still in the "Enough" category so that the students have a strong commitment to changing the behavior of table tennis extracurricular disciplines.

In the results of the data analysis grouping on 6 people who were categorized as "Adequate" with a percentage of 24%, the average obtained from each question item on several indicators almost all indicators could not be applied by the 6 students. Indicators that were not met by the 6 respondents in the sample included indicators of discipline enforcing rules, attitude discipline, time discipline, parenting, communication, and decision-making, which will later be the main discussion in this study so that students who are categorized as "Sufficient" will be given special treatment or treatment to improve their discipline based on references from journals in existing research related to the problem.

CONCLUSION

In the conclusion of this study, based on the hypothesis test calculations, the results were obtained that the role of parents in improving discipline in table tennis extracurricular students has different levels. The role of parents in improving student discipline was obtained by 76%, which means that showing the role of parents in improving discipline in table tennis extracurricular students is in the "Good" category.

Based on the above explanation, the author can conclude that there are still 24% of students who have not implemented discipline rules. Thus, in addition to teachers, the role of parents is also needed in improving student discipline by means of a persuasive approach to

students who are still in the "Enough" category so that the student has a strong commitment to changing the behavior of table tennis extracurricular discipline.

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