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Student interest in physical education learning: A study of COVID-19

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ABSTRACT

During the COVID-19 pandemic, students' interest in learning physical education was unknown. The purpose of this study is to see the extent of student interest in participating in the physical education learning process during the COVID-19 pandemic. The method used in this research is quantitative descriptive research. The population in this study consisted of 10th and 11th grade students of SMK Negeri 3 Tanjungpinang who participated in physical education lessons, and the sampling technique used in this study was total sampling, which amounted to 345 people. The test used in this study was a questionnaire test or a questionnaire test with a Likert scale. After the research was carried out, very satisfactory results were obtained, namely in a very high category. Students are very active during learning even though they are in a COVID-19 pandemic condition. Future research is expected to determine an effective approach for students who participate in physical education during a pandemic.

Keywords: Interest; learning process; physical education; covid-19

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INTRODUCTION

Currently, the world is experiencing a big problem with the COVID-19 outbreak (Morel et al., 2020). The novel coronavirus disease (COVID-19) has spread around the world, and social restrictions to contain the spread of the pandemic, such as lockdowns or quarantines, have had a huge impact on people's lives (Susilo et al., 2020). As of April 2020, schools have been closed in 195 countries, affecting 1.6 billion children (95% of the world's school-aged children), and closures last an average of 3.5 months in an academic year (Boukrim et al., 2021). In Indonesia, this outbreak is very concerning, with data and figures showing that there is a sharp increase every day from positive cases to those who show reactive symptoms, and not a few with asymptomatic people (OTG) (Peña et al., 2021). This outbreak has spread to all corners of the world, causing a negative impact on all sectors. One of the impacts of this outbreak is that the education sector, which was originally carried out face-to-face, must finally be transferred to an online system (Taufiq et al., 2021). Of course, this virus is very disruptive to all

community activities, including the world of education in Indonesia (Yunus & Rezki, 2020).

Education that is hampered by the COVID-19 virus certainly requires the world of education, in this case teachers, to be able to ensure that learning activities continue to run effectively even though students are at home (Yomoda & Kurita, 2021). Considering that physical education is a very important subject to be taught to students because it is able to grow and develop all of their potential (Latif et al., 2019). Social distancing has also raised concerns about potential risks to children's health, including physical activity, sedentary behavior, sleep patterns, screen exposure, and mental health issues (Febriani et al., 2021). In fact, studies have reported sleep disturbances and increased rates of depression and anxiety among children and adolescents due to the COVID-19 pandemic (Sonartra, 2021). In addition, the decline in physical activity among children can be attributed to school closures, the cancellation of practice clubs, and stay-at-home restrictions (Nurhadi & Fatahillah, 2020; Wicaksono, 2020). Regular physical activity habits in childhood are essential for acquiring basic movement skills, enhancing physical and psychological development, and are also important as they are associated with health-related lifestyle habits, obesity, and cardiovascular disease in adulthood (Tulchin-Francis et al., 2021).

The potential of students should be supported by high interest, which tends to improve student achievement in learning. Student interest in learning tends to be obtained from their own awareness; this is because interest is a sense of preference and a sense of interest in a thing or activity without anyone telling them to do so (Rahayu et al., 2018). So that the interest that exists in a person will provide an overview of activities in achieving a goal (Taufiq et al., 2021). This goal is inseparable from the results to be achieved in the learning process. Great interest makes someone obey the rules when following learning. Interest in learning is an attitude of obedience to learning activities, both regarding planning a study schedule and taking the initiative to make these efforts serious (Nurhasanah & Sobandi, 2016). In addition, interest can also add excitement to every activity that a person is engaged in (Nurhasanah & Sobandi, 2016). Children interested in an activity will be self-motivated to participate in the activity, and their experience will be much more enjoyable than that of children who have no interest (Cahyo et al., 2019).

Several previous researchers have examined student interest in physical education. As in learning floor gymnastics (Maulana et al., 2020), learning (Utami & Purnomo, 2019), and learning volleyball (Baidawi & Maidarman, 2019; Rukmana et al., 2021). Although there are already researchers who study it in general physical education learning (Nazirun et al., 2019; Saleh & Malinta, 2020). However, to the best of the researchers' knowledge, no one has examined it during the COVID-19 pandemic, especially in Tanjungpinang City. This study is important to provide an overview for teachers, especially physical education teachers in Tanjungpinang City, to prepare for learning in a pandemic situation and determine the approach that must be prepared. This study aims to see the extent of student interest in participating in the physical education learning process during the COVID-19 pandemic.

METHOD

The method used in this research is quantitative descriptive research. Quantitative descriptive research is a study that aims to find out and get a true picture or reality of the state of the object under study without any intention of drawing general conclusions (Sugiyono, 2013). The population in this study consisted of 10th and 11th grade

students of SMK Negeri 3 Tanjungpinang who participated in physical education during the CO-19 pandemic. The sampling technique used in this study was total sampling, which amounted to 345 people (Table 1).

Table 1. Research Sample Students of SMK Negeri 3 Tanjungpinang

No	Class	Number
1	10	160
2	11	185
	Total	345

This study uses a questionnaire method with a Likert scale. In this study, questionnaires were used to collect student data on interest in participating in the physical education learning process during the COVID-19 pandemic. The questionnaire that was made was adjusted to the existing indicators. The questionnaire indicators in this study are taken according to the indicators of student interest, namely feelings of pleasure, feelings of interest, attentiveness, a positive attitude, and the fulfillment of needs. The questionnaire is in the form of a statement, with the answer choices Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The questionnaire that has been made will later be tested by a validator and then distributed to the research sample, namely students of SMK Negeri 3 Tanjungpinang, to see students' interest in participating in physical education learning during the CO-19 pandemic.

RESULTS AND DISCUSSION

After conducting research on student interest in participating in the physical education learning process during the CO-19 pandemic at SMK Negeri 3 Tanjungpinang, the results of the study will be explained and described in accordance with the existing indicators.

1. Indicators of Pleasure About Student Interest

In the indicator of pleasure, to find out the responses of research respondents totaling 345 female students about student interest in participating in the physical education learning process during the CO-19 pandemic at SMK Negeri 3 Tanjungpinang, it can be seen from the frequency distribution of the score of the overall questionnaire score of female students in the following Table 2.

Table 2. Frequency of Indicators of Pleasure

No	Answer	Value	Total Answer	Total Score	Relative Frequency	Achievement Rate
1	Strongly Agree	4	418	1.672	24,24%	
2	Agree	3	698	2.094	40,47%	
3	Disagree	2	446	892	25,85%	88,65%
4	Strongly Disagree	1	163	163	9,44%	
	Total		1.725	4.821	100%	

Based on the table above regarding the indicator of pleasure, it can be seen that the respondents' answers to the statements submitted are as follows: value 4: the number of answers is 418; the total score is 1,672; the frequency is 24.24% answered strongly agree (SS); value 3: the number of answers is 698; the total score is 2,094; and the frequency is 40.47% answered agree (S); value 2: the number of answers is 446; the total score is 892; and the frequency is 25.85% answered disagree (TS); value 1: the

number of answers is 163; the total score is 163; and After seeing the explanation of the pleasure indicator above in accordance with the data in the table.

2. Interest Indicators About Student Interest

In the interest indicator, to find out the responses of research respondents totaling 345 female students about student interest in participating in the physical education learning process during the CO-19 pandemic at SMK Negeri 3 Tanjungpinang, it can be seen from the frequency distribution of the score of the overall questionnaire score of female students in the following Table 3.

Table 3. Frequency of Interest Indicator

No	Answer	Value	Total Answer	Total Score	Relative Frequency	Achievement Rate
1	Strongly Agree	4	458	1.832	14,76%	90,08%
2	Agree	3	1.087	3.261	35,00%	
3	Disagree	2	1.126	2.252	36,27%	
4	Strongly Disagree	1	434	434	13,97%	
Total			3.105	7.779	100%	

Based on the table above regarding the attraction indicator, it can be seen that the respondents' answers to the statements submitted are as follows: value 4: the number of answers is 458, the total score is 1,832, and the frequency is 14.76% answered strongly agree (SS); value 3: the number of answers is 1,087, the total score is 2,359, and the frequency is 35.00% answered agree (S); value 2: the number of answers is 1,126, the total score is 2,252, and the frequency is 36.27% answered disagree (TS); value 1: the number of answers is 434; the total score is 434; and the number of answers is 434; the total score is 434; the total score is 434; the total score is 434; the number of answers is 1,126; the total After seeing the explanation of the interest indicator above in accordance with the data in the table,

3. Attention indicators about student interest

In the attention indicator, to find out the responses of research respondents totaling 345 female students about student interest in participating in the physical education learning process during the CO-19 pandemic at SMK Negeri 3 Tanjungpinang, it can be seen from the frequency distribution of the score of the overall questionnaire of female students in Table 4.

Table 4. Frequency of Attention Indicator

No	Answer	Value	Total Answer	Total Score	Relative Frequency	Achievement Rate
1	Strongly Agree	4	415	1.660	15,04%	87,85%
2	Agree	3	1.178	3.534	42,68%	
3	Disagree	2	824	1.648	29,85%	
4	Strongly Disagree	1	343	343	12,43%	
Total			2.760	7,185	100%	

Based on the table above regarding the attention indicator, it can be seen that the respondents' answers to the statements submitted are as follows: value 4: the number of answers is 415, the total score is 1,660, and the frequency is 15.04% answered strongly agree (SS); value 3: the number of answers is 1,178, the total score is 3,534, and the frequency is 42.68% answered agree (S); value 2: the number of answers is 824, the

total score is 1,648; and the frequency is 29.85% answered disagree (TS); value 1: the number of answers is 443; the total score is 343; the number of answers is 4 After seeing the explanation of the attention indicator above in accordance with the data in the table.

4. Indicators of Involvement About Student Interest

In the involvement indicator, find out the responses of research respondents totaling 345 students about student interest in participating in the physical education learning process during the COVID-19 pandemic at SMK Negeri 3 Tanjungpinang, it can be seen from the frequency distribution of the score of the overall student questionnaire score shown in the following table 5.

Table 5. Frequency of Engagement Indicator

No	Answer	Value	Total Answer	Total Score	Relative Frequency	Achievement Rate
1	Strongly Agree	4	669	2.674	14,91%	92,92%
2	Agree	3	1.678	5.034	37,41%	
3	Disagree	2	1.571	3.142	35,02%	
4	Strongly Disagree	1	567	567	12,64%	
Total			4.485	11.417	100%	

Based on the table above regarding the involvement indicator, it can be seen that the respondents' answers to the statements submitted, namely the value of 4 for the number of answers is 669, the total score is 2,674 and the frequency is 14.91% answered strongly agree (SS), the value of 3 for the number of answers is 678, the total score is 5,034 and the frequency is 37.41% answered agree (S), the value of 2 for the number of answers is 1,571, the total score is 3,142, and the frequency is 35.02% answered disagree (TS), and the value of 1 for the number of answers is 567, the total score is 567 and the frequency is 12.64% strongly disagree (STS). After seeing the explanation of the engagement indicator above in accordance with the data in the table,

Students' interest in participating in the learning process is one of the aspects that affect the success of the learning process at school. The teaching and learning process will not be well achieved without a strong interest in gaining knowledge from students at school. Therefore, interest is the most important aspect of the success of the teaching and learning process. Based on this, researchers are interested in discussing interest in learning at school, especially in physical education subjects. Due to the COVID-19 outbreak, physical education learning, which is usually carried out outside school and face-to-face, indirectly affects the learning process.

Based on the research criteria that have been determined and after conducting research and direct discussion of various indicators, So it can be concluded that students' interest in participating in the physical education learning process during the CO-19 pandemic at SMK Negeri 3 Tanjungpinang is classified as "very high" with an average percentage of interest of 89.88%, which lies in the percentage between the values of 75% and 100% said to be "very high".

From the results that have been obtained in the "very high" category, it is hoped that it can be maintained by all parties to continue to be able to motivate students so that in the future they can increase their interest in learning. The results above show the great interest of students in participating in the physical education learning process during the CO-19 pandemic. The Very High category can be used as a lesson for all subjects to

be able to increase students' interest in learning during the COVID-19 pandemic. From the categories that have been obtained, it is hoped that they can serve as a benchmark for subject teachers to be able to increase children's interest with various methods that vary again in teaching so that it is hoped that in the future student interest in participating in physical education learning can continue to increase, especially at SMK Negeri 3 Tanjungpinang.

Research with the same discussion has also been conducted by Taufiq et al. (2021), who state that the results of this study indicate that there is a positive and significant effect of learning interest and learning motivation together on online learning in physical education subjects. This means that interest and encouragement among students can improve the online learning process. The interest and motivation that exist in students are shown by getting high grades, so this becomes a finding that grades as learning outcomes are the source of the greatest interest and motivation in class X MAN-1 Lamongan students. Students are expected to be able to foster interest and motivation with other aspects, such as a sense of love for the lesson and encouragement that comes from within without reasons such as grades or prizes.

On another occasion, Dewi and Sepriadi (2021) also conducted research with the same discussion, with the results stating that students' interest in learning physical education, sports, and health online during the new normal period at State Junior High School 29 Padang included in the good classification with a percentage of interest in learning 76%. So it can be concluded that student interest in this study is in the good category.

In addition, research discussing the same study was also conducted by Nopiyanto and Ibrahim (2021), and the results obtained stated that data processing obtained information that student interest in terms of indicators of feelings of pleasure was at 22 students in the very high category with a percentage of 85%; in terms of attention indicators, it is known that there are 12 students or 46% in the very high category; there are 19 or 73% of students showing very high interest; in terms of involvement indicators, there are 15 or 57% of students showing very high involvement. So, it can be concluded that students' interest in participating in online learning in sports subjects is in a very high category.

CONCLUSION

After conducting research on student interest in participating in the physical education learning process during the COVID-19 pandemic at SMK Negeri 3 Tanjungpinang, very satisfying results were obtained, namely, a very high category. This is because students are active during learning despite the COVID-19 pandemic. However, keep in mind that there are limitations to this study. The research was only conducted at SMK Negeri 3 Tanjungpinang, so the results cannot be generalized to student populations in other schools or different regions. In addition, the study only evaluated students' interest in participating in the physical education learning process during the COVID-19 pandemic and did not cover other aspects such as learning effectiveness or student academic achievement. The study did not evaluate external factors that may affect students' interest in physical education, such as family support or students' health conditions. In addition, the study only sampled students who were active during the lesson, so it did not include students who were inactive or absent during the lesson. Therefore, future research is expected to determine a more effective approach to be given during the COVID-19 pandemic to students who take part in physical education.

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