

## EXPLORATION OF THE APPLICATION OF HEALTH AND SPORTS PHYSICAL EDUCATION LEARNING IN SCHOOLS: A LITERATURE STUDY

Muhammad Sukron Fauzi<sup>1</sup>, Julianur<sup>2</sup>, Loso Judijanto<sup>3</sup>, Gingga Prananda<sup>4\*</sup>

Email: [sukronfauzipenjas@gmail.com](mailto:sukronfauzipenjas@gmail.com),

<sup>1</sup>Universitas Mulawarman, <sup>2</sup>Universitas Muhammadiyah Kalimantan Timur, <sup>3</sup>IPOSS Jakarta,

<sup>4</sup>Universitas Nahdlatul Ulama Sumatera Barat

### Abstract

The aim of this research is to explore the implementation of health and sports physical education learning in schools. This research is research using the literature study or literature review method. To conduct this research, the researchers used various search engines such as ProQuest, PubMed, ResearchGate, SagePub, and Scholar to search for online research journals. In the field of school education, sports physical education plays an important role by offering students the opportunity to actively engage in systematic physical activity and share their learning experiences. These experiences aim to encourage physical growth, psychological development, and the adoption of a healthy and active lifestyle throughout one's life. The effectiveness of physical education and sports teaching can, among other things, be assessed through the availability of adequate facilities and infrastructure. The existence of adequate facilities and infrastructure reflects the quality of the educational experience, which ultimately leads to the successful achievement of educational goals.

**Keywords:** Implementation, PJOK, School

### INTRODUCTION

Humans need education in their lives. Education is a conscious and planned effort aimed at an atmosphere and learning process so that people actively develop their potential to have spiritual strength, self-control, personality, intelligence, nobility and skills. which lasts a lifetime is necessary in the life of society, nation and state (Ichsan, 2019). Education is the right way to build quality human resources (HR) to support the realization of national development goals (Silalahi, 2022);(Pratiwi, 2021). The significance of education in the development of a nation cannot be overstated, as the advancement of a nation is contingent upon the caliber of its human capital. Consequently, in order to enhance the quality of human resources, it becomes imperative to enhance the quality of education. One way to achieve this is by enhancing the learning experience within educational institutions (Ilham, 2021);(Prananda, 2023). Achieving a high standard of education necessitates the presence of competent and dedicated teachers who are prepared to fulfill their professional responsibilities within both the school and community settings. Indonesian human development is essentially one of the efforts carried out in a planned and continuous manner towards change, progress and perfect improvement (Suwirman, 2019);(Sony, 2020). In carrying out this development, we are all required to try to add, deepen and improve the quality and quantity of knowledge and skills. For this reason, the education sector plays an important role in efforts to achieve these goals.

The functions and objectives of the education system above illustrate that physical education, sports and health are one of the factors that can help in improving the quality of national education (Rismayanthi, 2011). Therefore, physical education needs to be implemented well and consistently from elementary school to university. Based on the explanation above, physical education is part of all subjects taught at school and cannot be separated from other education. In fact, it is a very important part of education in supporting other educational processes.

Thus, PJOK is a means of encouraging physical growth, motor skills, knowledge and reasoning, appreciation of such as mental, emotional, sporting, spiritual attitudes and as well as to promote healthy lifestyles to stimulate growth. Balanced development of the physical and psychological qualities of students. Furthermore, the explanation above is clear that the Physical Education subject is one of the subjects in elementary, middle and high school which must receive quite serious attention because in the Physical Education material there are values including creativity, discipline, cooperation and training oneself to healthy living in the development of cognitive, affective, mental, moral and emotional aspects, in a broad sense and therefore physical education is a subject that also influences the development of students' personalities and contributes to achieving national education goals. Thus education must be carried out in an orderly and responsible manner.

In implementing PJOK practices, teachers must have knowledge about choosing lesson materials that will be given according to knowledge and level of motor learning and must be in accordance with the development of the student's body (Muhammad, 2018). It can be understood that the implementation of physical education is directed at physical fitness and movement experience. The movement activities carried out in the learning process of physical education, sports and health in this situation are aimed at improving and increasing motor abilities such as strength, flexibility, speed and agility, cognitive material is aimed at broad knowledge and views and the interdependence between bodily and psychological adaptation processes as well as Social material is aimed at an attitude of loyalty and willingness to help and have a sense of togetherness with passion in improving physical fitness.

## METHOD

This research adopts library research or literature review methods. A literature review is a comprehensive review of research conducted on a particular topic, showing the reader what is known and not known about the topic, providing justification for research that has been conducted or ideas for further research (Sari & Ratnasari, 2021). Library research can be obtained from various sources including journals, books, literature, the internet and libraries. The library study method is a series of activities related to methods of collecting library materials, reading and taking notes, and managing written materials (Zed, 2008). The type of writing used is a literature review study which focuses on writing results related to the topic or writing variables.

### Data collection

The research data utilized in this study are derived from findings published in various online and international journals. To carry out this investigation, researchers performed an extensive search through internet-based research journals using search engines. ProQuest, PubMed, Research Gate, SagePub and Scholar.

Systematically, the steps in writing a literature review are as shown in the following picture:

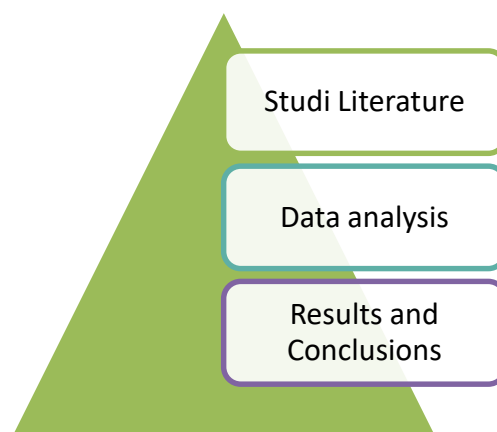


Figure 1. Steps in writing a literature review

## RESULTS AND DISCUSSION

Physical education, sports and health (PJOK) is an educational process through physical activity aimed at physical fitness, to develop motor skills, sportsmanship, emotions, knowledge and active healthy living behavior (Kanca, 2018). PJOK is a learning program that gives proportional attention to the areas of learning, namely psychomotor, cognitive and affective (Wiratama et al., 2022). The meaning contained in physical education is not just physical or bodily activities but is more broadly related to the overall educational goals and contributes to individual life (Wahyudi et al., 2020).

PJOK is considered to have a great influence on the world of education and society. The importance of this sport being implemented in schools is seen from the PJOK learning objectives, which include various factors, namely knowledge, attitudes and skills (Saputra, 2023). The physical education knowledge factor does not only include ability in insight, but it also includes knowledge of all movements in learning. In the attitude factor, the aim of PJOK is to realize self-concept and personality components such as the individual character traits of students (Srinatun, 2022). Meanwhile, in the psychomotor aspect, the aim of physical education is to utilize physical activity to improve physical fitness and movement skills in learning (Wake, 2012). Adapting PJOK learning materials is very important because it achieves educational goals. Therefore, teachers must understand and understand the learning material and recognize student characteristics in order to create a more interactive learning situation and achieve the desired goals.

Student participation in the learning process is a sign of the success of PJOK learning. The success of these students can be measured from their understanding and learning outcomes (Pradipta et al., 2023). The higher the level of success in understanding and mastering the material, the higher the level of success achieved (Carolyn et al., 2020). A teacher is required to have understanding and knowledge regarding media and learning models in order to make progress in the learning process. This can create a fun, active, creative and innovative learning atmosphere for students, as well as make students think more responsively and practice social and emotional skills so that they can achieve better learning goals. There are three stages in implementing PJOK that need to be considered, namely introduction, core and conclusion (Azhari, 2013). The preliminary stage includes perceptions carried out by the teacher, observation of the students' physical and psychological conditions, transmission of learning and warm-up. At the main stage, the teacher provides instructions to students based on the learning methods used and the material at the end includes an evaluation of the progress of the assignment submission process. homework and motivation and recovery during implementation. learning carried out by a teacher.

In the PJOK learning process, teachers must teach basic motor skills , techniques and strategies for and sports, internalize values and healthy lifestyle habits (Access & Arifin, 2017). Implementation is not through conventional classroom learning which is a theoretical study, involves physical, mental, intellectual, emotional and social elements. Learning sports and health services education at school is closely related to understanding and mastering the material as well as practicing what will be done in learning something. Apart from that, physical education, sports and health familiarize students with a healthy lifestyle.

### Implementation of Physical Education, Sports, Health Learning in Schools

Learning Physical education and sports are part of global education (Main, 2011). An education that has a complete goal in educating the nation's children. So physical education has a goal that will be realized in physical activity as a learning medium to educate. According to Bete, (2022) Physical education is an educational process aimed at humans as individuals or members of society, which is consciously and systematically through physical activities to stimulate students' interest in subjects physical education. Health and physical education are important subjects they contribute to the development of students as individuals social beings, allowing them to grow and develop naturally (H & Riady, 2018). Indeed, the implementation of physical education prioritizes physical activity, particularly sport and healthy lifestyle habits. Physical education is a physical activity organized to become a support for educational activities. (Wake Up, 2016). In addition to learning activities, PJOK

learning at school is a type of learning designed to provide learning experiences that involve mental and physical processes through the interaction of students, because there are many activities on the ground so that students learn to socialize directly with their friends (Munir et al., 2023). Friends' characters can also train students' attitudes and behavior so that they become a place for play and discussion.

Sports physical education taught in schools plays a very important role, in particular by offering students the opportunity to get directly involved and to share their learning experiences in sports physical activities practiced systematically (Lengkana & Sofa, 2017). Propose learning experiences that aim to encourage better physical and psychological development by establishing a healthy and fit lifestyle throughout life (Sudirjo et al., 2019). One way to measure the smoothness of PJOK learning is the availability of facilities and infrastructure (Jusnaedi, 2016). Adequate facilities and infrastructure will reflect the quality of which is implemented, so that education is (Pratomo, 2014). On the other hand, inadequate facilities and infrastructure impact the poor quality of education, and the program cannot even be implemented.

Facilities and infrastructure will be adequate if they are of sufficient quality and quantity to meet the learning needs of all students. The process of PJOK learning absolutely requires facilities and infrastructure to achieve the objectives, as it focuses more on the development of students' motor skills (Wiguna, 2020). The condition of schools in Indonesia in general does not have adequate facilities and infrastructure for sports related to Physical Education and Sports material. Most schools, especially in city centers, do not have very large yards as infrastructure for the Physical Education and Sports learning process. It only has a few adequate facilities and infrastructure and many of the facilities and infrastructure have been modified in such a way, for the implementation of Physical Education and Sports learning. Facing this, Physical Education teachers should be able to develop learning by modifying the size of the field, equipment and regulations to suit school conditions (Sudibyo & Nugroho, 2020). Teachers must be able to teach in schools that have limited facilities and infrastructure and can modify them.

Many Physical Education and Sports materials cannot be implemented because there are no adequate facilities and infrastructure. As an alternative to overcome this condition, a learning model with a modified approach must be developed in schools that have limited facilities and infrastructure. In this model, the implementation of certain learning materials is designed by the teacher in the form of games using simple equipment and modifications according to needs, provided that the modifications to the facilities and infrastructure still meet safety standards. The reality shows that there are still some schools that think that the facilities and infrastructure for Physical Education and Sports are considered less important than the infrastructure and facilities for other learning, such as Automotive, Accounting, and Information and Communication Technology. In fact, quite a few schools ignore the existence of infrastructure for learning Physical Education and Sports, so that the learning that is carried out seems haphazard.

## CONCLUSION

Studying sports requires facilities and infrastructure, especially at the general education level. Learning experiences in physical education and sports subjects are designed to encourage better physical growth and mental development, as well as to build a healthy and healthy lifestyle throughout life. Providing learning experiences in the areas of sport, sport and health is not only about providing prescriptive materials for teachers, but also about how students best use the facilities and infrastructure they have to support the learning process.

## BIBLIOGRAPHY

- Access, O., & Arifin, S. (2017). Internalisasi Nilai Sportivitas Melalui Pembelajaran Pendidikan Jasmani Di Sekolah Dasar. *Sosio Religi: Jurnal Kajian Pendidikan Umum*, 15(2), 20–29.
- Azhari, H. (2013). Pelaksanaan Pembelajaran Pendidikan Jasmani Keshatan Dan Olahraga. *Persepsi Masyarakat Terhadap Perawatan Ortodontik Yang Dilakukan Oleh Pihak Non Profesional*,

53(9), 1689–1699.

- Bangun, S. Y. (2012). Analisis Tujuan Materi Pelajaran dan Metode Pembelajaran Dalam Pendidikan Jasmani. *Jurnal Cerdas Sifa*, 1(1), 1–10.
- Bangun, S. Y. (2016). Peran Pendidikan Jasmani Dan Olahraga Pada Lembaga Pendidikan Indonesia. *Publikasi Pendidikan*, 6(3).
- Bete, D. E. M. T. (2022). Implementasi Permainan Tradisional Benteng Dalam Pembelajaran Penjas Terhadap Pembentukan Perilaku Sosial Siswa Sekolah Dasar. *Ciencias: Jurnal Penelitian Dan Pengembangan Pendidikan*, 3(1).
- Carolyn, L. L., Astra, I. K. B., & Suwiwa, I. G. (2020). Pengembangan Media Video Pembelajaran dengan Model ADDIE pada Materi Teknik Dasar Tenda. *Jurnal Kejaora: Jurnal Kesehatan Jasmani Dan Olah Raga*, 5(2), 12–18.
- H, H., & Riady, A. (2018). Survey Sarana Dan Prasarana Pendidikan Jasmani Di SMP/ MTS Swasta Kabupaten Pangkep. *SPORTIVE: Journal Of Physical Education, Sport and Recreation*, 1(2), 27.
- Ichsan, F. N. (2019). Implementasi Perencanaan Pendidikan Dalam Meningkatkan Karakter Bangsa Melalui Penguatan Pelaksanaan Kurikulum. *Al-Riwayah: Jurnal Kependidikan*, 3(1).
- Ilham, I. (2021). Kebijakan Kepala Sekolah untuk Meningkatkan Mutu Pendidikan Sekolah Dasar. *Ainara Journal (Jurnal Penelitian Dan PKM Bidang Ilmu Pendidikan)*, 2(3), 154–161.
- Jusnaedi, wisnu hari. (2016). View metadata, citation and similar papers at core.ac.uk brought to you by CORE provided by Jurnal Mahasiswa Universitas Negeri Surabaya Jurnal Pendidikan Olahraga dan Kesehatan Volume 03 Nomor 03 Tahun 2015, 834 - 842 SURVEI TINGKAT KEMAJUAN PENDIDIKAN J. *PENGARUH PENGGUNAAN PASTA LABU KUNING (Cucurbita Moschata) UNTUK SUBSTITUSI TEPUNG TERIGU DENGAN PENAMBAHAN TEPUNG ANGKAK DALAM PEMBUATAN MIE KERING*, 15(1), 165–175.
- Kanca, I. N. (2018). Guru Pendidikan Jasmani Olahraga dan Kesehatan di Abad 21. *Prosiding Seminar Nasional IPTEK Olahraga*, 1(1), 21–27.
- Lengkana, A. S., & Sofa, N. S. N. (2017). Kebijakan Pendidikan Jasmani dalam Pendidikan. *Jurnal Olahraga*, 3(1), 1–12.
- Muhammad, S. (2018). Olahraga, Gelanggang Jasmani, Jurnal Pendidikan Volume, Olahraga. *Pendidikan Jasmanidanolahraga*, 1(2), 64–73.
- Munir, A., Nia, T. A., Jasmani, P., Pendidikan, I., Ngawi, S. M., Jasmani, P., Pendidikan, I., & Ngawi, S. M. (2023). Analisis Pelaksanaan Pembelajaran PJOK di Era New Normal Terhadap Sekolah Menengah Pertama Kabupaten Lampung Selatan sebenarnya , dan guru harus memiliki pemahaman tentang kemampuan dan sikap profesional. *SUBLIM: Jurnal Pendidikan*, 02(02), 238–252.
- Pradipta, I. K. Y. W., Astra, I. K. B., & Semarayasa, I. K. (2023). Implementasi Model Pembelajaran Problem Based Learning untuk Meningkatkan Hasil Teknik Shooting dalam Permainan Sepak Bola. *Ilmu Keolahragaan Undiksha*, 11(3), 252–258.
- Prananda, G., Judijanto, L., Purwoko, B., Lestari, N. C., & Efendi, N. (2023). The Application of Demonstrated Learning Methods to Increase Primary School Students' Science Learning Results. *Jurnal Penelitian Pendidikan IPA*, 9(12), 12175–12181.
- Pratiwi, D. A., Lawe, Y. U., Munir, M., Wahab, A., Prananda, G., Safiah, I., ... & Rame, T. (2021). Perencanaan Pembelajaran SD/MI. In *Yayasan Penerbit Muhammad Zaini*.
- Pratomo, A. T. (2014). Survei sarana dan prasarana pembelajaran pendidikan jasmani olahraga dan kesehatan pada sekolah menengah pertama negeri se-Kota Purbalingga. *Journal of Physical Education, Sport, Health and Recreations*, 3(9), 1265–1270.
- Rismayanthi, C. (2011). Optimalisasi Pembentukan Karakter Dan Kedisiplinan Siswa Sekolah Dasar

- Melalui Pendidikan Jasmani Olahraga Dan Kesehatan. *Jurnal Pendidikan Jasmani Indonesia*, 8(1), 10–17.
- Saputra, R., Sukron, M. ., & Prasetyo, D. E. . (2023). The Link between Physical Fitness and Learning Outcomes of Physical Education, Sports and Health of Students at SMA Negeri Unggul Dharmasraya. *TOFEDU: The Future of Education Journal*, 2(3), 540–544.
- Sari, D. D., & Ratnasari, F. (2021). Studi Literatur Efektivitas Ablasi Tali Pusat Menggunakan Kassa Kering Dan Teknik Terbuka. *Jurnal JKFT*, 6(1), 38.
- Silalahi, S. (2022). Manajemen Sumber Daya Manusia dalam Membangun Kualitas Pendidikan. *Jurnal Pendidikan Dan Konseling*, 4(20), 1349–1358.
- Sony, E. (2020). Pengembangan Sumber Daya Manusia Di Era Milenial Membentuk Manusia Bermartabat. *J-KIs: Jurnal Komunikasi Islam*, 1(1), 1–27.
- Srinatun. (2022). Penerapan Model Pembelajaran Timbal Balik (Resiprokal) Dalam Pembelajaran Variasi Dan Kombinasi Gerak Dasar Lompat Jauh Untuk Meningkatkan Hasil Belajar Siswa Kelas VI SDN Kelun Kecamatan Kartoharjo Kota Madiun Tahun Pelajaran 2019/2020. *Jurnal Pendidik Profesional Mandiri*, 2(1), 1–4.
- Sudibyo, N. A., & Nugroho, R. A. (2020). Survei Sarana Dan Prasarana Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan Pada Sekolah Menengah Pertama Di Kabupaten Pringsewu Tahun 2019. *Journal Of Physical Education*, 1(1), 18–24.
- Sudirjo, E., Susilawati, D., Lengkana, A. S., & Alif, M. N. (2019). Mentoring and Training of Body Balance on Primary. *Multilateral: Jurnal Pendidikan Jasmani Dan Olahraga*, 18(1), 93–101.
- Suwirman. (2019). PENINGKATAN KUALITAS PELATIH PENCAK SILAT DI KABUPATEN DHARMASRAYA. *Jurnal Abdi Ilmu*, 4(1), 141–148.
- Utama, A. M. B. (2011). Pembentukan Karakter Anak Melalui Aktivitas Bermain Dalam Pendidikan Jasmani. *Jurnal Pendidikan Jasmani Indonesia*, 8(1), 1–9.
- Wahyudi, Rahmat, Z., & Irfandi. (2020). Persepsi Orang Tua Peserta Didik Terhadap Mata Pelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan di SD Negeri 2 Neuhun Kabupaten Aceh Besar. *Jurnal Ilmiah Mahasiswa Pendidikan*, 1(1), 1–14.
- Wiguna, I. N. T. P. (2020). Ketersediaan Sarana dan Prasarana Penunjang Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan. *INDONESIAN JOURNAL OF SPORT & TOURISM*, 3(1).
- Wiratama, A. D., Raibowo, S., & Prabowo, A. (2022). Proses pembelajaran pendidikan jasmani olahraga dan kesehatan ( pjok ) di SLB kota bengkulu di masa pandemi covid-19 Learning Process of Physical Education Teachers in Sports and Health During the Covid-19 Pandemic at the State Junior High Schools in Beng. *Jurnal Ilmiah Pendidikan Jasmani*, 3(1), 54–61.
- Zed, M. (2008). Metode Penelitian Kepustakaan. In *Jakarta: Yayasan Obor Indonesia*.