

The Role of Physical Education in Forming Students' Character Education (Systematic Literature Review)

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Abstract

The purpose of this systematic literary study is to study scientific literature on the role of physical education in the formation of student character education. This research uses the Google Scholar website and Harzing's Publish or Perish app to search for database articles, especially on Google Scholars over the past 5 years, to select articles that contain information about the role of physical education in shaping student character education. To perform journal searches, we used methods of systematic literature review, which continued with the process of filtering and data extraction using the flowchart PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analyses) to identify articles. Of the 400 articles downloaded, 10 final articles pass the process of filtering inclusion and exclusion based on criteria that are defined and will be analyzed. The results of the review of the article conclude that physical education has an important role in the formation of the character of pupils at all levels of education. Studies have shown that physical education contributes to the development of character values such as responsibility, discipline, enthusiasm, honesty, cooperation, and other social values.

Abstrak

Tujuan dari studi literatur sistematis ini adalah untuk mengkaji literatur ilmiah tentang peran pendidikan jasmani dalam pembentukan pendidikan karakter siswa. Penelitian ini menggunakan website *Google Scholar* dan aplikasi *Harzing's Publish or Perish* untuk mencari artikel database khususnya pada *Google Scholar* dalam kurun waktu 5 tahun terakhir untuk menyeleksi artikel-artikel yang memuat informasi tentang peran pendidikan jasmani dalam membentuk pendidikan karakter siswa. Untuk melakukan penelusuran jurnal digunakan metode *systematic literature review* yang dilanjutkan dengan proses penyaringan dan ekstraksi data menggunakan flowchart PRISMA (*Preferred Reporting Items for Systematic Review and Meta-Analyses*) untuk mengidentifikasi artikel. Dari 400 artikel yang diunduh, 10 artikel final lolos proses penyaringan inklusi dan eksklusi berdasarkan kriteria yang ditentukan dan akan dianalisis. Hasil dari review artikel tersebut menyimpulkan bahwa pendidikan jasmani mempunyai peranan penting dalam pembentukan karakter peserta didik pada semua jenjang pendidikan. Berbagai penelitian menunjukkan bahwa pendidikan jasmani berkontribusi terhadap pengembangan nilai-nilai karakter seperti tanggung jawab, disiplin, semangat, kejujuran, kerjasama dan nilai-nilai sosial lainnya.

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1. INTRODUCTION

Education in Indonesia is currently increasingly developing, although there are also those who state that education in Indonesia is experiencing a setback, in essence this is not caused by a decline in education, but rather an increase in educational standards every year (Lengkana & Sofa, 2017). Compared to developed countries, Indonesia's education level is still low, but compared to other developing countries, the quality of education in Indonesia can be said to be good. (Lengkana & Sofa, 2017). The many policies that regulate education provide convenience and space for Indonesian educators to continue to innovate in education that forms students with character.

The existence of a nation is largely determined by its character. Only by having a strong character can a nation become a dignified nation and be respected by other nations. Therefore, becoming a nation with character is our common goal and desire. Education is an important part of nation building because through education the foundation for the formation of human character begins. In fact, character education in Indonesia needs to receive more special attention because

so far it has only touched the level of introducing norms or values. The character education carried out has not yet reached the level of internalization into practical actions in everyday life. Current education in Indonesia tends to prioritize scientific and intellectual mastery rather than character education (Rosmi, 2016).

Education according to Law no. 20 Years concerning the national education system, namely, education is Education is a conscious and planned effort that enables students to actively develop their potential and have religious spiritual strength, self-control, personality, intelligence, noble character, and the skills he needs, society, nation and state. Character education is a country's hope for its nation, where character education will produce students who are highly expected, where these students can balance their cognitive, affective and psychomotor attitudes so that these students can compete later when they grow up. (Suriadi et al., 2021). Character education is expected to produce a generation that is intelligent and capable of having morals and personality that are useful for the Indonesian nation.

Physical education plays an important role in forming students' character and plays an indispensable role in students' physical, psychological and social development. With the development of time and society, the success of the education system depends not only on academic achievement, but also on the character and quality of students. Physical education is part of the general education program and specifically ensures the growth and development of children through movement experiences (Nugraha, 2015). Physical education is an educational process that helps students realize themselves according to the best stage of growth and development and reach a certain level of maturity through useful physical activities. (Rosmi, 2016).

Physical education is also education that realizes the potential of human activity in the form of attitudes, actions and athletic abilities to achieve personal integrity. Physical education contributes to the overall development of students, including psychomotor development, knowledge and reasoning (cognitive), character and personality (emotional). Provide learning experiences designed to develop and shape a lifelong healthy and active lifestyle. The values included in physical education include honesty, justice, sportsmanship, self-confidence, respect and respect for others, respect for authority, fair play, discipline, empathy, leadership, cooperation, and others. In physical education there are educational components that encourage physical abilities, motor skills, cognitive development, and social emotional and spiritual development through movement experiences which play a role in forming character education. Therefore, this research aims to conduct a systematic literature review of the role of physical education in shaping student character.

Physical education does not only focus on physical aspects but also has a significant impact on the development of morals, ethics, leadership and cooperation between individuals. Through a careful systematic literature review, this research will explore various concepts, theories and research findings that are relevant to support the important role of physical education in shaping student character. The importance of character in the educational context highlights the need for in-depth research to understand the specific contribution of physical education in shaping attitudes, grades, and positive behavior in students. Therefore, it is hoped that this research can provide an in-depth exploration of various strategies, methods and approaches to optimize the role of physical education and improve the holistic character formation of students.

By detailing findings from current literature, this research aims to contribute to the development of better education policies and provide practical guidance to educators, coaches and policy makers to maximize the role of physical education in shaping students. The potential of character as an effective tool.

2. RESEARCH METHOD

This research was conducted using a systematic approach in the form of a systematic literature review. Systematic Literature Review (SLR) is a term that refers to a method of identifying, evaluating, and interpreting all available research that is relevant to the problem

statement or topic area being studied(Calderón & Ruiz, 2015). The systematic literature review method is a method of identifying, assessing and interpreting all studies related to a particular research problem, topic area or phenomenon of interest.(Kitchenham, 2014). This research was also guided through several systematic review processes using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses), namely (1) data search (identification), (2) data screening (screening), (3) assessment of data suitability (eligibility), (4) data assessment results (included).

The researcher then searched for articles by determining the database via the Google Scholar site and conducting a search using the help application by searching for specific articles (namely Google Scholar) via the Harzing's Publish or Perish application. The first search on the Google Scholar site, researchers searched using the keyword "Character Education in Physical Education" found 200 results. However, only 50 articles can be downloaded and are related to the keywords used by researchers. Then in the second specific search (namely Google Scholar) via the Harzing's Publish or Perish application, with the keyword "Character Education in Physical Education" 200 results were found. However, only 20 articles can be downloaded and are related to the keywords used by researchers. So the total number of articles that can be downloaded is 70 articles.

Table 1.*The Search Used in Collecting Data Process.*

Databases	Keywords
1. Google Scholar	"Character Education in Physical Education"
2. Harzing's Publish or Perish	

The next stage is the screening stage. At this stage, the author excluded 150 documents that were outside the scope of the research results on the Google Scholar site and when searching on the Harzing's Publish or Perish application by excluding 180 documents, including files that could not be accessed or downloaded. Therefore, at this stage there are 70 article documents that have been declared approved and can enter the next stage.

The third stage is the qualification stage. At this stage, the inclusion and exclusion process is carried out manually based on predetermined criteria. Articles that pass this stage will enter the final review stage or enter the systematic review process. At this stage, there are 3 documents that are included in the scope but are not research articles, and 47 documents that are not indexed by SINTA 1-6.

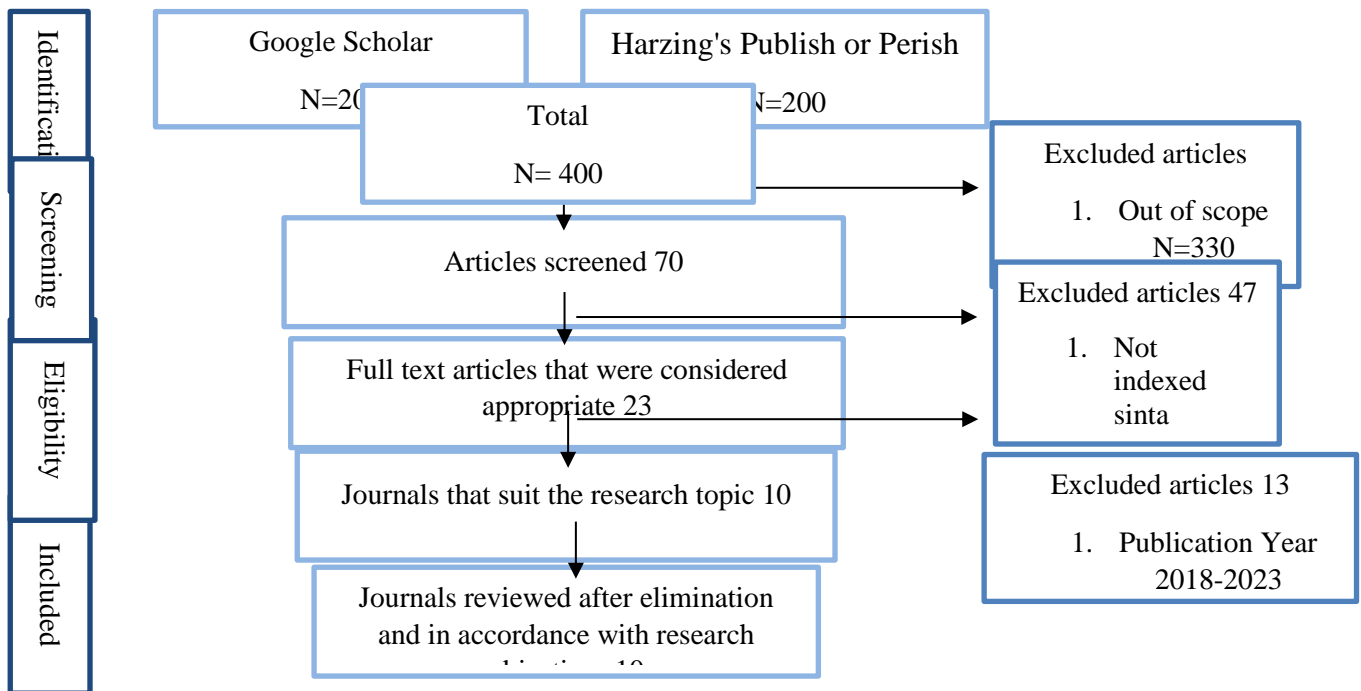
Table 2.*Inclusion and Exclusion Criteria.*

Type	Inclusion	Exclusion
Article Type	Research Result Articles	Research report (thesis, dissertation, seminar)
Language	Indonesia	Apart from Indonesian
Participants	Primary & Secondary School Students, Teachers and Education	Apart from Primary & Secondary School Students, Teachers and Education
Publication Year	2018 -2023	Under 2018
Research variable	Physical Education, Character Education	Apart from those related to Physical Education, Character Education
Scope of Discussion	Physical education	
Index	Sinta	Non- Sinta

After going through the screening stage, 23 documents were obtained. So then we entered the eligibility stage, as many as 13 documents were deleted at this stage because they did not comply with the inclusion criteria for the year the article was published in the last 5 years from 2018-2023. From the eligibility stage, there were 10 articles that met the inclusion criteria

determined by the author. The following is a PRISMA flowchart (Figure 1) that guides this research.

Figure 1. PRISMA Flowcharts



3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1. Research result

Based on a systematic literature review, 10 articles were found that were suitable for analysis. The goods used are goods from Indonesia. This research is about "The Role of Physical Education in Forming Students' Character Education." Articles were searched via the Harzing's Publish or Perish application via the Google Scholar website database and a specially designated assistant application (namely Google Scholar). Researchers conducted a search first using the keyword "character education in physical education" and the time range was 2018-2023. A search on Google Scholar produces 200 articles and 50 articles according to the discussion topic. A search in Harzing's Publish or Perish application yields 200 articles and 20 articles match the discussion topic for a total of 70 articles that can be downloaded. After data selection was carried out based on inclusion and exclusion criteria using the keyword "character education in physical education" there were 23 journal articles that underwent a quality assessment. Based on the results of the quality assessment (QA), there were 10 relevant journal articles, which were then grouped based on the development platform and methods used for research.

Table 2. Article Review Results

No	Author / year	Title	Research methods	Index/ Journal	Results
1	(firman, suwirman 2, 2018)	The Influence of Physical Education, Sports and Health Learning on Student Character Development	Ex-post facto research	Sinta 4 / sport science: journal of sports science and	Learning physical education, sports and health has a significant influence on student character development

				physical education	
2	(novitriyanti, trisharsiwi, 2019)	Implementation of Character Education through Physical Education, Sports and Health Class III Elementary School 2 Padokan Bantul	Qualitative descriptive research	Sinta trihayu: elementary school education journal	5/ Character values in the implementation of character education through physical education subjects, sports and health in class III SD 2 Padokan Bantul include religious values, religion, integrity (discipline, responsibility, honesty, respecting time and keeping promises), independence, nationalism, and mutual cooperation. -cooperation (cooperation)
3	(wardana et al., 2020)	The Influence of the Jigsaw Learning Model and Teams Games Tournament on the Character of Social Concern and Honesty in Physical Education Sports Health	Experimental research with a 2x2 factorial design	Sinta 4/jossae (journal of sport science and education)	Based on the findings of this research, it can be concluded that the jigsaw and team games tournament learning models in the corner learning process do not have any differences in the level of social awareness character based on gender, therefore the jigsaw and team games tournament models can be recommended as learning models that can be used in corner learning. However, the teams games tournament learning model provides better results in improving the character of honesty in corner learning
4	(Ahmad Aji Pradana, 2021)	Strategies for Forming Student Character at the Basic Education Level Through Physical Education, Sports and Health Subjects	Literacy studies	Sinta 5/premiere : journal of Islamic elementary education	The formation of student character at the basic education level can be optimized through physical education, sports and health subjects through a continuous process, appropriate learning methods, and the use of appropriate techniques and strategies.
5	(arisman, maria herlinda dos santos, ardo okilanda, tiara noviarini, hasnah, a. Anwar ishar, andi	The Concept of Physical Education in Building Character in the 5.0 Era	Online seminar via the zoom meeting platform.	Sinta 5 / journal pkm educational sciences	Physical education not only helps build physical strength and agility, but also contributes to mental health and character development in the 5.0 era. It gives students the opportunity to learn how to interact with people from different backgrounds, develop social skills, increase self-confidence and gain a better understanding of their

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walinga,
2022)

own identity. In addition, physical education encourages students to live a healthy lifestyle by teaching proper nutrition and exercise habits that can be applied to everyday life. Thus, he plays an important role in the process of character formation in this era of digitalization.

6	(musa & annur, 2022)	Shaping the Character of Elementary School Students Through Sports Education	Descriptive qualitative research using literature survey techniques.	Sinta 5/basic education research journal	Sports education can help shape the character of elementary school students. In sports education itself there are character values contained in sports consisting of social and moral values. Social values such as respect, fair play, cooperation and friendship. Meanwhile, moral character values such as honesty, responsibility, hard work, and never giving up.
7	(Syafrudd in et al., 2022)	The Role of Physical Education and Sports in Forming National Character	Qualitative method that produces descriptive data using literature studies	Sinta 5/scientific journal of construction stock for field use	The conclusion from this study is that approaches in physical education can encourage the psychological and character development of students.
8	(wahyuni ngsih, 2023)	The Role of Physical Education, Sports and Health in Building Student Character at Tegalrejo State Elementary School 1	Qualitative descriptive	Sinta 5/trihayu: elementary school education journal	The results of research on the role of physical education, sports and health in forming student character at SD Negeri Tegalrejo 1 class 5A show that: 1) physical education, sports and health support the formation of student character well through learning activities. /activity. 2) the teacher's efforts to build character values in class 5A of SD Negeri Tegalrejo 1 through habituation that occurs during corner learning or sometimes outside corner learning, assisted by school culture, where teachers have their own approaches apart from teaching. Students who still need orientation. 3) The application of the character values of class 5A students at SD Negeri Tegalrejo 1 as proven from the results of

observations and interviews, including: religious, honest, tolerant, disciplined, socially caring, environmentally caring, curious and responsible. The application of these values can be seen in elementary school lessons and outside of elementary school lessons.

9	(Wahyudi et al., 2023)	Implementation of a Healthy Lifestyle in Physical Education to Improve the Disciplined Character of Mas Khulafaur Rasyidin Students	Class action research	Sinta riyadhoh sports education journal	4/	The results obtained in implementing a healthy lifestyle through physical education can improve the discipline character of Mas Khulafaur Rasyidin students, namely that there is an increase in student discipline, namely in the pre-cycle implementation there are 23.3% of students experiencing good discipline, whereas in cycle I there is a 50% increase in value. The results obtained were 26.7% of students who experienced changes when implementing a clean and healthy lifestyle. Apart from that, it continued with cycle II with a fairly high score, namely 93.33%, with an increase of 43.33%. The conclusion of this research is that the application of a healthy lifestyle in physical education learning shows an increase in the discipline of Mas Khulafaur Rasyidin students. This increase can be seen from the increase in student participation which includes student activity, student discipline, student interest in carrying out healthy living habits, there are role model from the teacher, pleasant communication is established, there are consequences
10	(Indria Susilawati, 2023)	Physical Education Learning Model Through Circuit Games for Character Building for Upper Class School Students	Development research.	Sinta 5/journal of physical health and recreation	of	The results of the assessments of experts and teachers as practitioners in the field stated that the game learning model that was developed was very good and suitable for use in learning to develop

(penjaskesre the values of character,
k) cooperation, responsibility
and honesty.

3.2. Discussion

Based on the results of exclusion and inclusion as well as data analysis, 1 theme emerged from the 10 articles reviewed through thematic analysis, as described below. The main theme is the role of physical education in forming students' character education. Based on results of a review of research journals regarding character education in physical education learning.

Physical education plays an important role in shaping students' character through a physical approach. Etymologically, character education is defined as character, mental traits, morals, or behavior that differentiates a person from other people, as the saying goes, "A person with character is a person who has character, personality, behavior, or noble character." (Wahyuningsih, 2023). Character education is an effort to improve or build human resources with character and quality considering the increasingly rapid development of science and technology (Nawawi, 2017). Physical education is very supportive in developing students' character through the learning activities carried out.

First, the role of physical education in forming students' character education explained through research with the title "The Influence of Physical Education, Sports and Health Learning on Student Character Development." The focus of this research is to obtain information and find out the influence of physical education, sports and health learning on student character formation in secondary schools. From this research, it can be seen that the responsibility indicator is included in the sufficient category with a degree of achievement of 74.2%; Discipline indicators are included in the sufficient category with a degree of achievement of 77%; Motivation indicators are included in the sufficient category. Sufficient category, with a degree of achievement of 77%. The compliance rate reached 73.6%. Therefore, it can be concluded that the average overall work motivation is in the sufficient category with an achievement level of 75%. Based on the results of the hypothesis test analysis, for 75 samples, at the significance level $\alpha = 0.05$, the value of $t_{count} (-6.1894) > t_{table} (1.6853)$ can be concluded that H_0 is rejected and H_a is accepted. It can be seen that learning physical education, sports and health has a significant influence on the character development of NMP students in Rao District.

Second, this research entitled "Implementation of Character Education through Physical Education, Sports and Health Class III Elementary School 2 Padokan Bantul" focuses on this research to find out how the actual situation occurred and the actual phenomena in this research. From the conclusion of the article, it can be concluded that character values in the implementation of character education through physical education, sports and health subjects for class III SD 2 Padokan Bantul include religious values, spiritual values, integrity (discipline, responsibility, honesty, and respect for others).) time, trustworthy), independence, nationalism, mutual cooperation (cooperation).

Third, this research entitled "The Influence of the Jigsaw Learning Model and Teams Games Tournament on the Character of Social Care and Honesty in Physical Education, Sports and Health" focuses on this research to reveal differences in the level of character of social care and honesty based on gender resulting from physical education, sports and health (PJOK) through learning. Treatment of the Jigsaw learning model and team games tournament. The results of the research can be concluded that the Jigsaw and Team Game Tournament learning models in the PJOK learning process do not have differences in gender-based social awareness personality levels, therefore the Jigsaw and Team Game Tournament models can be recommended as learning models. . Models are available for learning PJOK. However, the team game tournament learning model provides better results in improving honest character in PJOK learning.

Fourth, this research entitled "Strategies for Forming Student Character at the Basic Education Level through Physical Education Subjects, Sports and Health" focuses on this research on physical education as part of character education, strategies for developing student character through physical education learning. The results of this research resulted in the conclusion that the character formation of students at the basic education level can be optimized through physical education, sports and health subjects through a continuous process, appropriate learning methods and the use of appropriate techniques and strategies.

Fifth, this research entitled "The Concept of Physical Education in Building Character in Era 5.0" focuses on this research to provide understanding and concepts for building character through Physical Education. Physical education not only helps improve physical strength and agility, but also contributes to mental health and character development in the 5.0 era. This research provides students with the opportunity to learn how to interact with people from various backgrounds, develop social skills, increase self-confidence and better understand self-identity. In addition, physical education encourages students to live a healthy lifestyle by teaching proper nutrition and exercise habits that can be applied to everyday life. Therefore, sport plays an important role in the character development process in the digital era.

Sixth, this research is entitled "Shaping the Character of Elementary School Students through Sports Education." The focus of this research is shaping the character of elementary school students through sports education. This research proves that physical education helps shape the character of elementary school students. Physical education itself contains the character values contained in sports, including social values and moral values. Social values such as respect, fair play, cooperation and friendship. As well as moral character values such as honesty, responsibility, perseverance, and never giving up.

Seventh, this research entitled "The Role of Physical Education and Sports in Forming National Character" focuses on this research to explain the role of physical education in shaping the character of students. This research proves that physical education methods can improve students' psychological and character development. Sports and physical education is a form of education that relies on mobility to achieve its goals. Character development is a lifelong process that is influenced by a person's environment. If physical education becomes part of a person's life and the physical education experience has an impact on character development, positive character will be formed. Honesty, fairness, responsibility, equanimity, self-confidence, respect and concern for others are just a few of the many physical traits that make up the many very important character traits that are developed through physical education. The principles contained in sports can shape psychology and behavior, thereby building character, by making it part of everyday life.

Eighth, this research entitled "The role of physical education, sports and health in building student character at SD Negeri Tegalrejo 1" focuses on this research to describe the role of physical education, sports and health in building the character of class 5A students at SD Negeri Tegalrejo 1. Results of research on the role of physical education, sports and health on the formation of students' character shows that physical education, sports and health both support the formation of students' character through learning activities. /Activity. SD Negeri Tegalrejo 1 the efforts of teachers in Class 5A to build character values through habits occur during PJOK lessons and sometimes outside, with the help of school culture, where teachers have their own methods apart from teaching. Students who still need guidance. SD Tegalrejo 1 The implementation of the character values of class 5A students is proven by the results of observations and interviews, including: religion, honesty, tolerance, discipline, and concern for society, concern for the environment, curiosity and responsibility. The application of these values can be seen both within the PJOK curriculum and outside the PJOK curriculum.

Ninth, this research is entitled "Application of a Healthy Lifestyle in Physical Education to Improve the Disciplined Character of Mas Khulafaur Rasyidin Students." The focus of this research is to find out whether students carry out clean and healthy living behavior as a form of disciplined character. This research proves that the results achieved by implementing a

healthy lifestyle through physical education can improve the quality of discipline of MAS Khulafaur Rasyidin students, namely that there is an increase in student discipline, namely 23.3% of students experienced good discipline during the pre-cycle implementation, while in Cycle I the scores obtained increased by 50%, namely 26.7% of students experienced changes in adopting a clean and healthy lifestyle. Apart from that, cycle II continued with an increase in score of 93.33%, an increase of 43.33%. The conclusion of this research is that the application of a healthy lifestyle in physical education shows an increase in the discipline of MAS Khulafaur Rasyidin students. This increase can be seen from the increase in student participation which includes student activities, student discipline and student interest. In the process of developing healthy living habits, there are consequences if the teacher is a role model and enjoyable communication is established.

Tenth, this research is entitled "Physical Education Learning Model through Circuit Games for Character Formation for Upper Class School Students". The focus of this research is to produce a physical education learning model through circuit games for character formation for elementary school students, especially upper class students, which is integrated with character values, cooperation, responsibility and honesty. This research proves that the evaluation results of experts and teachers as practitioners in the field show that the game-based learning model developed is very good and suitable for learning to develop character values, cooperation, responsibility and honesty.

Based on the results of the review, the author provides a view of the role of physical education in forming students' character education that physical education, sports and health have a significant role in forming students' character at various levels of education. Various studies show that physical education learning can contribute to the development of character values such as responsibility, discipline, enthusiasm, honesty, cooperation and other social values.

4. CONCLUSION

Physical education, sports and health have a significant role in forming the character of students at various levels of education. Various studies show that physical education learning can contribute to the development of character values such as responsibility, discipline, enthusiasm, honesty, cooperation and other social values. Physical education learning can be done through various models and strategies, such as the Jigsaw learning model, team games tournament, and circuit games. Apart from that, the application of character values can also occur through the implementation of character education in physical education, sports and health subjects.

The important role of physical education in character formation is not only limited to the physical aspect, but also involves the psychological and moral aspects of students. Physical education is able to provide a holistic learning experience, including the development of social skills, increased self-confidence, and understanding of self-identity. In the digital era or Era 5.0, physical education remains relevant in creating student character, providing an understanding of healthy living, and encouraging positive social interactions. The principles contained in sports can be the basis for shaping student psychology and behavior, creating positive characters such as honesty, fairness and responsibility.

Thus, the research results show that physical education, sports and health are not only about physical development, but are also an integral part of efforts to shape students' character at various levels of education.

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