

Analysis of Factors Influencing Students' Interest In Sports at Public Junior High School 5 Kodi Balaghar Southwest Sumba

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Article Info

Article history:

Received: 8 October 2025

Publish: 1 November 2025

Keywords:

Interests;
Sports.

Abstract

This study aims to determine the factors influencing students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. This research is descriptive and uses primary data obtained through questionnaires and measured using the Likert scale. The population and sample in this study were 230 students at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. At SMP Negeri 5 Kodi Balaghar, Southwest Sumba, interest in sports is still low. Therefore, efforts are needed to determine student interest in order to improve achievement in this area. The data analysis technique used was descriptive statistical analysis, with data presented in tables. The results showed that students' interest in sports was influenced by the enjoyment or interest factor, which scored 75.8% (strong category), the attention factor at 92.7% (very strong category), and the need factor at 76.3% (strong category).

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1. INTRODUCTION

Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System (UU-SKN), Article 1 paragraph 1 explains that "sports are all aspects related to sports that require regulation, education, training, coaching, development, and supervision." Then in this system, sports include 3 (three) scopes, namely educational sports, recreational sports, and competitive sports. Educational sports are sports carried out in schools delivered by physical education teachers to provide as much movement experience as possible and to understand and apply the values contained therein. There are various kinds of competencies that must be provided to students through physical education that have been regulated by the curriculum, one of which is the aspect of self-development.

Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have spiritual religious strength, self-control, 2 personality, intelligence, noble morals, and skills needed by themselves, society, nation, and state (NATIONAL SISDIKNAS Law chapter 1 article 1, 2009:2). Tirtarahardja & Sulo (2005:1) stated that education aims to help students develop their human potential. Widjoto (2011:3) stated that physical education is a psychomotor activity carried out on the basis of knowledge (cognitive), and when carrying it out, personal behavior related to attitudes/affective (such as discipline, honesty, self-confidence, resilience) and social behavior (such as cooperation, helping each other). National Education Standards (BSNP, 2006:512) explains that: Physical education, sports, and health are an integral part of education as a whole, aiming to develop aspects of physical fitness, motor skills, critical thinking skills, social skills, reasoning, emotional

stability, moral actions, aspects of healthy lifestyles and introduction to a clean environment through selected physical, sports, and health activities that are planned systematically in order to achieve national education goals. Law of the Republic of Indonesia No. 20 of 2003 concerning the National Education System, article 37, article (1) states that the curriculum of primary and secondary education must include: (a) religious education, (b) civic education, (c) language, (d) mathematics, (e) natural sciences, (f) social sciences, (g) arts and culture, (h) physical education and sports, (i) skills/vocational, (j) local content. So it is an indication that currently physical education is recognized as an integral part of education in general to achieve educational goals. In accordance with the Competency Standards and Basic Competencies, one of the scopes of the subject.

Sport is a planned and structured physical activity involving repetitive body movements with the goal of improving physical fitness and overall health. This activity has been an integral part of human life since ancient times, playing a vital role in maintaining physical and mental health. As civilization has progressed, sport has served not only as a means of maintaining health but also as a medium for building character, discipline, and teamwork. In educational settings, particularly in schools, sport plays a crucial role in supporting students' physical and mental growth. Through participation in various sporting activities, students can develop motor skills, improve physical fitness, and learn values such as sportsmanship, teamwork, and discipline. Furthermore, sport in schools also contributes to improved academic achievement. Regular physical activity has been shown to improve students' cognitive function, concentration, and memory, thus supporting the overall learning process. Therefore, integrating sport into the educational curriculum is essential for developing a healthy, intelligent, and character-driven generation.

Increasing student interest in sports is a challenge faced by many educational institutions. Some of the main issues contributing to low student interest in sports activities include:

Based on the background of the problem above, the researcher will conduct a factor analysis entitled "Analysis of Factors Influencing Students' Interest in Sports" at SMP Negeri 5 Kodi Balaghar Southwest Sumba"

2. RESEARCH METHODS

This research is descriptive and uses primary data obtained through a questionnaire and measured using the Likert scale. The population in this study was all students at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, in the 2024/2025 academic year. The sample of this study was all 81 students in the class. The data analysis technique used was descriptive statistical analysis, with data presented in tables.

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

This research is quantitative descriptive research with survey method; the purpose of this research is to determine the interest of students in sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba. The factors of student interest in sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba are intrinsic and extrinsic. The following will be described as a whole as well as a description based on the function that is the basis of the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba. The survey of student interest in sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba as a whole was measured using a questionnaire consisting of 30 statements. The results of the study from 81 respondents in this case will later be included in the assessment table. The overall data obtained from respondents are as follows:

Table 1 Score Data Obtained from the Sample

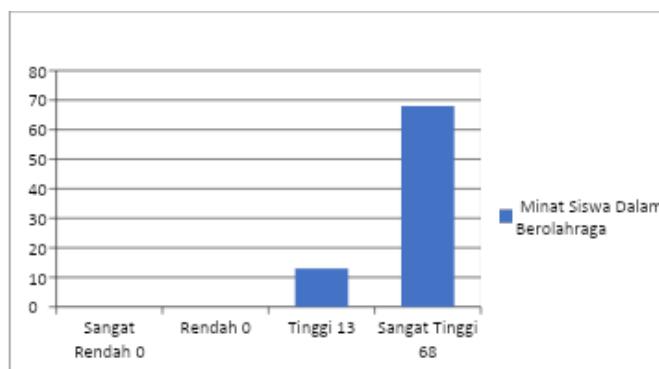
N	81
Rate-rate	71
Max Value	90
Min Value	45
Median	70
Modus	71
Standard deviation	7,4

Based on the data obtained from the survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, it is included in the very high category ($X > 60.0$) with an average value of 71. Furthermore, it will be categorized into 4 categories: very high, high, low, and very low based on the Mean and Standard Deviation. Referring to the categorization of these tendencies, the frequency distribution of the survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba based on the responses of the research subjects can be known.

Table 2 Distribution of Student Interest Survey in Sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba

No.	Interval Class	Category	Frequency	Percentage
1	$X > 60,0$	Very high	68	84
2	45,0 - 60,0	High	13	16
3	30 ,0 - 45,0	Low	0	0
4	$X < 30,0$	Very Low	0	0
		TOTAL	81	100

From the table above, it is obtained that the survey of students' interest in exercising at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, shows that 13 students (16%) have an interest in exercising in the high category and 68 students (84%) have an interest in exercising in the very high category. The average value of 71 is located in the interval $X > 60$, and the highest frequency is also in the interval $X > 60$ at 84%, so the survey of students' interest in exercising at SMP Negeri 5 Kodi Balaghar, Southwest Sumba as a whole obtained a very high category. The complete description of the results related to the survey of students' interest in exercising at SMP Negeri 5 Kodi Balaghar, Southwest Sumba to clarify the data description, the following is a presentation of the obtained bar chart:

**Figure 1 Histogram of Student Interest Survey in Sports**

At Public Middle School 5 Kodi Balaghar Southwest Sumba

In detail, the following will describe the data regarding each indicator that underlies students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba.

1. Intrinsic

Intrinsic or interest originating from within an individual is one of the factors found in a survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. In this study, the intrinsic factor consists of three indicators: feelings of pleasure, activity, and attention. In this study, the intrinsic factor is described in 13 statement items that have been declared valid and suitable for use as a research instrument for a survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. The results obtained from all respondents are as follows:

Table 3 Intrinsic Score Data Obtained From the Sample

N	81
Rate-rate	31
Max Value	39
Min Value	19
Median	32
Modus	32
Standard deviation	3,7

Furthermore, it will be categorized into 4 categories, very high, high, low, and very low based on the Mean and Standard Deviation. Referring to the categorization of this tendency, the frequency distribution of the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba based on intrinsic factors can be known.

Table 4 Distribution of Student Interest Survey in Sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba Based on Intrinsic

No.	Interval Class	Category	Frequency	Percentage
1	$X > 60,0$	Very high	73	90
2	45,0 - 60,0	High	8	10
3	30,0 - 45,0	Low	0	0
4	$X < 30,0$	Very Low	0	0
		TOTAL	81	100

From the table 4 above, it was obtained that the survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, showed that 8 students (10%) had a high interest in sports and 73 students (90%) had a very high interest in sports. The highest frequency, 90%, was in the very high category, so the students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, based on intrinsic factors, was in the very high category. If depicted in the form of a bar chart, it is as follows:

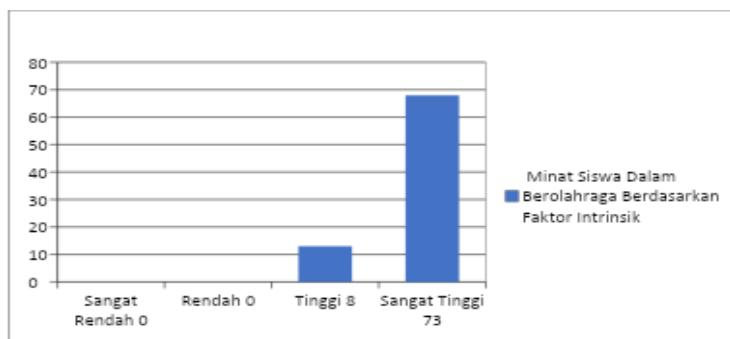


Figure 2 Histogram of Student Interest Survey in Sports At SMP Negeri 5 Kodi Balaghar Southwest Sumba Based on Intrinsic

2. Extrinsic

Extrinsic or external interest is one of the factors found in the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. In this study, extrinsic factors consist of 4 indicators: feelings of teachers/coaches, family, facilities and infrastructure, and the environment. In this study, extrinsic factors are described in 17 statement items that have been declared valid and suitable for use as research instruments for the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba. The results of the study obtained from all respondents are as follows:

Table 5 Extrinsic Factor Score Data Obtained from the Sample

N	81
Rate-rate	37
Max Value	52
Min Value	27
Median	41
Modus	42
Standard deviation	4,4

Furthermore, it will be categorized into 4 categories, very high, high, low, and very low, based on the Mean and Standard Deviation. Referring to the categorization of this tendency, the frequency distribution of the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba based on extrinsic factors can be determined.

Table 6 Distribution of Student Interest Survey in Sports at SMP Negeri 5 Kodi Balaghar Southwest Sumba Based on Extrinsic

No.	Interval Class	Category	Frequency	Percentage
1	X > 60,0	Very high	61	75
2	45,0 - 60,0	High	20	25
3	30 ,0 - 45,0	Low	0	0
4	X < 30,0	Very Low	0	0
		TOTAL	81	100

From the table above, it was obtained that a survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, showed that 20 students (25%) had a high interest in sports and 61 students (75%) had a very high interest in sports.

The highest frequency, 75%, was in the very high category, so the students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, based on extrinsic factors, was in the very high category. If depicted in the form of a bar chart, it is as follows:

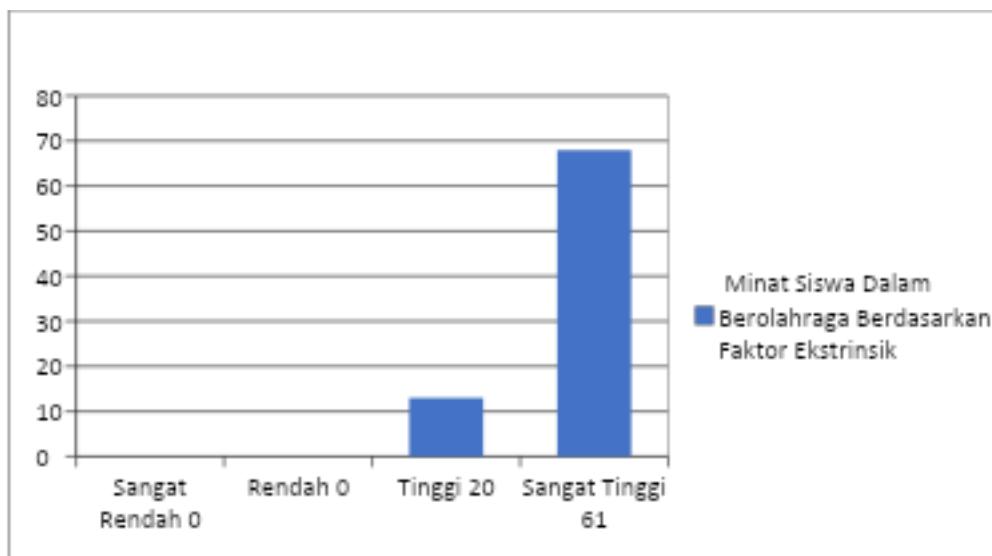


Figure 3 Histogram of Student Interest Survey in Sports At SMP Negeri 5 Kodi Balaghar Southwest Sumba Based on Extrinsic.

3.2 Discussion

Students' interest in sports is influenced by intrinsic factors, including attention, enjoyment, and activity, as well as intrinsic factors such as coaches, facilities and infrastructure, family, and the environment. With strong interest, students will be motivated to work towards achieving their goals and objectives because they are confident and aware of the benefits, importance, and benefits. For students, this interest is very important because it can drive their behavior in a positive direction, enabling them to face all demands, difficulties, and bear the risks in their studies. Interest can determine whether or not they are successful in achieving their goals, so the greater the interest, the greater the learning success. Interest as an inner factor functions to generate, underlie, and direct learning activities. Someone with strong interest will be diligent in trying, appear persistent, unwilling to give up, and actively participate in learning.

From the results of the analysis that has been carried out, it is shown that students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba is known. 68 (84%) students have a very high interest, 13 students (16%) students have a high interest, 0% students have a low interest, and 0% students have a very low interest in sports.

For the discussion of each factor related to students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, namely intrinsic and extrinsic, the following is an explanation:

1. Intrinsic

The survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba based on intrinsic factors obtained a very high category or 9.0%. Intrinsic is an interest that comes from within a person. There are several factors that influence or encourage students' interest in exercising, namely attention, feelings of pleasure and activity. Based on the data obtained, the intrinsic factor is included in the very high category. This means that the intrinsic interest of students

of SMP Negeri 5 Kodi Balaghar, Southwest Sumba is very high. Some students of SMP Negeri 5 Kodi Balaghar, Southwest Sumba have a feeling of pleasure from themselves in exercising. The sense of attention found in students who exercise at SMP Negeri 5 Kodi Balaghar, Southwest Sumba is very high. This means that students of SMP Negeri 5 Kodi Balaghar, Southwest Sumba have a very high interest in exercising to achieve achievements. The feeling of pleasure in exercising among students of SMP Negeri 5 Kodi Balaghar, Southwest Sumba is very large. In addition, student activities in exercising are very serious in practicing movements and when doing exercises. From the results above, it can be concluded that students of SMP Negeri 5 Kodi Balaghar, Southwest Sumba have a sense of interest with their own will in exercising. Where the internal factor of students is very large in exercising and doing sports activities with a sense of interest in sports.

2. Extrinsic

A survey of students' interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, based on extrinsic factors obtained a very high category, or 75%. This is not much different from the intrinsic function, where extrinsic factors fall into the very high category. Where external factors strongly support students' interest in sports. Students are very happy to exercise because the sports facilities at school are very supportive. In addition, the role of coaches in explaining strategies in sports is very clear, so that students' interest in sports is very high. In this study, the role of parents or families also influences the level of student interest in participating in extracurricular sports, because parental encouragement and the facilities that have been provided to students increase student interest in sports. In this case, extrinsic factors obtained a very high category. This proves that students are very happy with the facilities provided by the school, experienced coaches, and encouragement from families. Based on the description above, intrinsic and extrinsic factors obtained a very high category. Meanwhile, overall, the survey of student interest in sports at SMP Negeri 5 Kodi Balaghar, Southwest Sumba obtained a very high category. Thus, the school should maintain its students' interest in sports.

4. CONCLUSION

Based on the results of the study, it was found that students' interest in exercising at SMP Negeri 5 Kodi Balaghar, Southwest Sumba, as many as 13 students (16%) had an interest in exercising in the high category, as many as 68 (84%) had an interest in exercising in the very high category. In detail, each indicator can be explained, in the intrinsic indicator, students who are in the very high category are 73 (90%), in the extrinsic indicator, students who are in the very high category are 61 (75%). Overall, the results can be drawn that students' interest in exercising at SMP Negeri 5 Kodi Balaghar, Southwest Sumba is in the very high category at 84%.

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