

The Positive Impact of Football Schools on Students' Character Development: A Case Study at SSB Bintang Kejora Masbagik (Ages 14-15 Years)

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Abstract

This study aims to analyze the positive impact of football training programs on the character development of students aged 14-15 at Sekolah Sepak Bola (SSB) Bintang Kejora Masbagik. Character development in adolescents is a crucial aspect of shaping their identity and values, which will guide them in the future. Football, as a team sport, holds significant potential in instilling values such as discipline, sportsmanship, leadership, and cooperation, which are essential for character development. This research uses a qualitative approach with a case study design, collecting data through interviews with coaches and students, character questionnaires, and direct observation. The questionnaire results show that 64% of students fall into the moderate character development category, 21% into the low category, and 14% into the high category. While most students show progress, there is still room for further improvement in character development. Interviews with the coach revealed that the main challenge is maintaining a balance between technical skill development and consistent character building in every training session. The findings suggest that while the program has a positive impact, further efforts are needed to strengthen character development more evenly among students. This study provides valuable insights for SSB managers and other sports organizations to design more effective training programs for adolescent character development.

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1. INTRODUCTION

Character development in adolescents aged 14-15 years plays a crucial role in shaping their identity and the values they will carry into adulthood. At this age, adolescents are in a crucial transition phase, between childhood and adulthood. During this period, they begin to develop more complex thinking skills and begin to form values that will guide their future decisions and behavior. Research by Murtono et al. (2023) shows that developing good character in adolescents has a significant impact on their social and emotional well-being, which in turn influences their future quality of life. Therefore, character education must be well integrated into both formal and non-formal education systems to help adolescents develop fundamental values such as honesty, responsibility, and empathy.

In addition to formal education, sports can play a crucial role in shaping adolescent character. One sport that has a significant impact on character development is soccer. As interest in this sport grows, soccer focuses not only on physical skills but also becomes an important vehicle for developing social values and character in adolescents. Involvement in soccer teaches adolescents values such as sportsmanship, discipline, and leadership, which are key elements in developing good character. As explained by Nasrulloh et al. (2021), through soccer, adolescents learn to work as a team, respect their opponents, and develop disciplined habits that will be useful

in everyday life. The structured training process, where adolescents are faced with physical and mental challenges, teaches them to be more resilient and able to cope with various pressures.

Research by Purwanto (2022) adds that soccer provides an opportunity for adolescents to hone their quick decision-making skills, especially in unpredictable situations on the field. Furthermore, this sport also helps them develop mental strength, enabling them to learn to manage their emotions, both in the face of victory and defeat (Supriyanto 2023; Arisanti et al. 2022). Therefore, soccer not only develops physical skills but also serves as an effective medium for character development, which is crucial during adolescence.

The Bintang Kejora Masbagik Football School (SSB) was chosen as the object of this research because of its commitment to implementing a holistic learning program, combining soccer skill development with character building. This SSB focuses not only on the technical aspects of the sport but also strives to instill character values such as discipline and sportsmanship in students during each training session. As explained by Wedi and Sinulingga (2023), SSB Bintang Kejora is also known for its active involvement in the surrounding community, involving parents and the community to support the development of young athletes, creating an environment conducive to positive character development in students (Purwanto, 2022).

Evaluating the impact of a soccer training program on student character is crucial for measuring its effectiveness. This study aims to explore how the training program at Bintang Kejora High School contributes to the character development of 14-15-year-old students. By understanding the impact of these sports activities, we can determine the extent to which the program successfully achieves its intended character education goals. This evaluation is also crucial for identifying the correlation between sports activities and adolescent character development and providing recommendations for improving the curriculum that focuses on character education through sports (Wedi & Sinulingga, 2023).

From a management perspective, this study also aims to provide insights that can help the management of Bintang Kejora High School (SSB Bintang Kejora) design better programs in the future, prioritizing not only physical skills but also the holistic development of students' character. This research is expected to strengthen the belief that sports, particularly soccer, not only provide physical benefits but also shape a generation of young people with strong character and are ready to face life's challenges. Through an integrated and well-structured program, students not only acquire technical soccer skills but also grow into better individuals, with mature personalities and high integrity (Nasrulloh et al., 2021).

The importance of this evaluation is increasingly evident given the increasing number of SSB and similar sports programs offering opportunities to develop youth athletic talent. Therefore, this research is also expected to contribute to a better understanding of how sports can be utilized as an effective means to develop students' character, which in turn can lead them to a better quality of life.

Overall, character development in adolescents through sports such as soccer has a significant impact on the quality of their growth and development. Bintang Kejora High School offers a unique opportunity to evaluate how a soccer program can effectively shape the character of students aged 14-15, which in turn will contribute to the formation of a better young generation. As character education goals are increasingly gaining attention, this study aims to delve deeper into the positive impact that soccer training can have on student character development, with the hope of serving as a reference in designing more holistic and integrated sports programs in the future.

2. METHOD

This research uses a case study approach to analyze the impact of a soccer training program on student character development at the Bintang Kejora Masbagik Soccer School (SSB). The main focus of this research is to understand how involvement in soccer training influences character aspects such as discipline, sportsmanship, leadership, and cooperation among students aged 14-15.

The population in this study was students actively practicing at Bintang Kejora High School, aged 14-15 years. The sample used consisted of 14 students selected using purposive sampling, based on certain criteria relevant to the research objectives, such as their level of involvement in training and the time they had spent at Bintang Kejora High School.

Data collection was conducted using three main instruments. First, in-depth interviews were conducted with coaches to explore their perspectives on the impact of soccer training on students' character. Second, a questionnaire was used to measure changes in students' character, focusing on aspects of cooperation, sportsmanship, leadership, and discipline. Third, direct observations of student behavior were conducted during training sessions and matches to assess the application of the taught character values in real-life contexts.

Data analysis was conducted using two approaches. First, qualitative descriptive analysis was used to identify key themes emerging from interviews and observations, which were then interpreted to understand the training program's influence on character development. Second, quantitative data from the questionnaires were analyzed to statistically examine trends in student character change based on their participation in soccer training.

3. DISCUSSION

Character of Bintang Kejora SSB Students

Based on the results of the questionnaire distribution conducted at Bintang Kejora High School, the character of students who participated in the soccer training program can be seen through character scores categorized into three levels: low, medium, and high. The analysis results show that the majority of students, namely 64%, are in the medium character category, with only 14% of students showing high character scores and 21% included in the low category. For more details, see the table below. These findings provide an illustration that the majority of students have shown stable character development, although there is still room for further strengthening.

Table 1: Student character categories at Bintang Kejora SSB

Score	Criteri a	Frequenc y	Percentag e
<143	Low	3	21%
144 – 161	Currentl y	9	64%
>161	High	2	14%
Amount		14	100%

This moderate character score indicates that students have begun to apply the values of discipline, sportsmanship, and cooperation taught in the soccer training program, but have not yet fully reflected them in their daily lives. The emphasis on discipline and cooperation, an integral part of soccer training at Bintang Kejora High School, has had a positive impact on students' character, but more sustained reinforcement is needed to raise their character scores to a higher level.

Although a small proportion of students fall into the low character category, this indicates that not all students fully internalize the character values taught. Therefore, a more specific approach to strengthening students' character aspects is needed, taking into account the diversity of student responses to the teaching of these values. Therefore, although positive impacts are already beginning to be seen, training programs need to be further developed to achieve a more holistic goal of character development.

Football Training Program at Bintang Kejora High School

The soccer training program at the Bintang Kejora Masbagik Soccer School (SSB) is designed with a holistic approach that focuses not only on improving players' technical skills but also on building students' character, particularly those aged 14-15. Based on an interview with SSB Bintang Kejora coach Rizal Abdi, this training program has a dual purpose: improving soccer

skills and shaping students' character so they grow into disciplined, responsible individuals with a strong spirit of sportsmanship. This aligns with the principles put forward by González et al. (2020), which state that while developing technical skills is crucial in forming the foundation of a soccer player's abilities, character is equally important in shaping their personality.

The training methods implemented at Bintang Kejora High School (SSB Bintang Kejora) combine various practical and character-oriented approaches. Coach Rizal emphasizes the importance of practicing technical skills such as dribbling, passing, and shooting as the main foundations that players must master. Furthermore, frequent match simulations provide students with opportunities to apply these skills in a more realistic context. This not only hones soccer skills but also teaches them teamwork, respect for opponents, and sportsmanship (Linder et al. 2022).

In addition to technical aspects, this program also focuses on students' mental and emotional development. Coach Rizal stated that it is important for students to learn to manage stress, increase self-confidence, and develop leadership skills in a competitive environment. This aligns with the views of Linder et al. (2022), who stated that sports provide an opportunity to build mental resilience and improve communication and decision-making skills in stressful situations.

Regular evaluations are also implemented within the training program to monitor student development, both in technical skills and character. The results of a character questionnaire distributed to students showed that the majority (64%) were in the moderate character category, with only 14% of students showing high scores and 21% of students in the low category. These findings indicate that although most students showed progress in character development, there is still room for improvement in character development, particularly in aspects of discipline and teamwork (Rosidah et al., 2022).

Overall, the training program at Bintang Kejora High School strives to provide a balanced approach between developing soccer skills and character. With a structured and integrated approach, Bintang Kejora High School creates an environment that supports the holistic development of students, both as skilled athletes and individuals with strong, positive character.

Positive Impact on Student Character

The soccer training program at Bintang Kejora Masbagik High School has had a significant positive impact on student character development, particularly in aspects of teamwork, sportsmanship, leadership, and discipline. According to an interview with coach Rizal Abdi, character development through sports, particularly soccer, has been shown to significantly contribute to shaping students' personalities, not only as skilled athletes but also as strong characters.

1. Cooperation

Soccer, as a team sport, teaches students the importance of teamwork in achieving common goals. Through practice and matches, students learn to coordinate and communicate well among team members to achieve victory. Coach Rizal Abdi emphasized the importance of this aspect because it builds trust and solidarity among team members. The questionnaire results showed that the majority of students (64%) were in the moderate character category, reflecting progress in teamwork, although there is still room for further improvement. Research by Chmelárová and Pasiar (2023) and Ngo (2024) supports these findings by showing that involvement in team activities can improve students' ability to collaborate and build better relationships with others.

2. Sportsmanship

In soccer, students are taught to celebrate victories with humility and accept defeat with a positive attitude. This is crucial for developing student character that prioritizes integrity and respect, both on and off the field. Coach Rizal revealed that sportsmanship is a highly emphasized aspect in every match. This attitude significantly supports the development of good character qualities, which are evident in students' social interactions off the field. Research by Mach et al. (2021) and Bates et al. (2021) shows that sports, such as soccer, can reinforce norms of sportsmanship and provide students with tools to deal with challenges and pressure positively.

3. Leadership

The soccer training program at Bintang Kejora High School also plays a role in developing leadership qualities among students. Coaches provide opportunities for students to take on roles as team leaders or strategists in matches, which contributes to the development of their leadership skills. In interviews, coaches mentioned that through practice and matches, students learn to make sound decisions and communicate effectively with team members. Research by Salisbury (2021) and Metin and Şirin (2022) suggests that sports experience can significantly contribute to the development of leadership skills, including effective decision-making and communication.

4. Discipline

Discipline is a crucial aspect taught in the soccer training program at Bintang Kejora High School. Consistent training routines and the need to adhere to coaches' instructions teach students responsibility and time management. Coach Rizal emphasized that the discipline developed during training applies not only on the field but also in everyday life, such as during learning activities and social interactions. Research by Ngo (2024) and Bates et al. (2021) revealed that the discipline developed through sports contributes to students' academic achievement and overall self-development. Questionnaire results also indicated the development of discipline, although some students (21%) still ranked low, indicating the need for further efforts to strengthen this aspect.

Challenges in Character Development Through Football

Through an interview with the Bintang Kejora High School coach, the main challenge faced in developing student character through soccer is maintaining a balance between improving technical skills and building character. Coach Rizal Abdi stated that students often focus too much on match results, leading to an emphasis on physical and technical skills, while character values such as discipline, teamwork, and sportsmanship must be consistently instilled in every training session. Therefore, character development cannot be achieved solely through winning or achieving, but rather through a continuous process of training that integrates these values.

This challenge is also reflected in the results of the student character questionnaire. According to Table 1, the majority of students (approximately 64%) scored in the medium category, while 21% scored in the low category. Only 14% of students scored high. These findings indicate that although most students have a good level of character development, there is still room for further improvement. This reflects the importance of continuity in the training process that teaches character values in a structured manner, as expressed by the trainer, who emphasized discipline, leadership, and sportsmanship as key aspects in each training session.

However, other challenges also arise from limited time and resources. The coach explained that to overcome these challenges, efficient training session management and optimal utilization of existing facilities are the solutions implemented. Cooperation between players is also strengthened to support a training process that focuses not only on equipment but also on developing positive interactions between individuals within the team.

4. CONCLUSION

Main Conclusion

This study shows that the soccer training program at Bintang Kejora High School (SSB Bintang Kejora) has a significant positive impact on the character development of students aged 14-15. Through a holistic approach that integrates technical and character aspects, students are taught values such as discipline, sportsmanship, and leadership. Although the majority of students demonstrated stable character development, a significant portion remained in the moderate character category, indicating the need for continued efforts to strengthen their character formation. The program has proven effective, but challenges remain in maintaining a balance between technical skills and character values in each training session.

Implications for Sports Education and Development

This study shows that the soccer training program at Bintang Kejora High School (SSB Bintang Kejora) has a significant positive impact on student character development, particularly in the areas of discipline, sportsmanship, and leadership. However, questionnaire results indicate that most students still fall within the moderate character development category, with only a few scorings high. This suggests that despite the program's success, there is still a need to strengthen character development more evenly among students.

The implication of these findings is the importance of integrating character values into every aspect of sports training. Character education can be achieved not only through theory or formal education, but also through direct experience in non-formal activities such as sports. Therefore, soccer training programs at SSB and similar institutions must continue to focus on strengthening students' character holistically. Furthermore, resource and time constraints must be addressed with more efficient and creative approaches, involving collaboration between coaches, students, and parents to maximize adolescent character development.

Suggestions for Further Research

This study provides useful insights into the positive impact of a soccer training program on student character development at Bintang Kejora Islamic Boarding School (SSB Bintang Kejora). However, for further research, it is recommended that the study include a more in-depth analysis of external factors that may influence student character development, such as the role of parents and the surrounding social environment. Research could also develop more diverse character measurement variables and use longitudinal methods to monitor changes in student character over a longer period. Furthermore, it is important to involve a larger sample size and conduct comparisons across different SSBs or other similar sports programs to explore whether the impacts found in this study are consistent across different contexts. Thus, future research can provide a more comprehensive picture of the effectiveness of sports programs in developing adolescent character more broadly.

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