



Survey on the Development of Kabaddi Sports among High School Students at SMA Negeri 3 Tebing Tinggi in 2025

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Abstract.

Background

This research is expected to provide deeper insights for schools, educators, and other stakeholders in developing more effective strategies for introducing and developing kabaddi among students. With a more comprehensive understanding of the development of kabaddi in schools,

Objectives

This study aims to determine the extent of the development of the sport of kabaddi among students at SMA Negeri 3 Tebing Tinggi.

Methods

The method used was quantitative descriptive survey. The research instrument was a questionnaire consisting of 20 items grouped into four main indicators: students' prior knowledge of Kabaddi, obstacles in introducing Kabaddi, student interest and participation, and expectations for the development of Kabaddi. The study subjects were 15 students who actively participate in Kabaddi activities.

Results

The results showed that the majority of students (73.3%) were in the adequate category, and the remainder (26.7%) were in the good category. No students were in the very good or poor categories. The main factors influencing these results were limited facilities, lack of socialization, and the absence of a structured guidance system.

Conclusion

No students achieved either the "very good" or "poor" categories. This indicates that students' understanding, participation, and interest in Kabaddi have not developed optimally.

Keywords: Kabaddi, Survey, Sports Development, High School Students.

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INTRODUCTION

Kabaddi is a sport originating from India and widely played in South Asia (Hendrawan, D., et al., 2023). According to Santika, I. G. P. N., & Subekti, M. (2020), Kabaddi is a sport that emphasizes teamwork. Kabaddi, a sport originating from India, has been known in South Asia for over 4,000 years, combining physical elements, strategy, and teamwork in every implementation. This sport involves two teams taking turns in attacking and defending, with the aim of improving cardiovascular endurance, muscle strength, agility, and emotional control. As one of the sports competed in the Asian Games, kabaddi has many significant physical health benefits, both for individuals and for the team as a whole. However, although kabaddi has long been a popular sport in South Asia, its presence in other countries, including Indonesia, is still relatively new and less well-known.

In Indonesia, kabaddi has not received the attention it deserves from students, educators, and the wider community. Ignorance of the potential benefits of kabaddi is a major factor hampering its development. Most schools prefer to introduce more popular sports, such as soccer, volleyball, and badminton, which have established competitive ecosystems and are widely recognized. As a result, kabaddi remains limited to select communities and has not yet become an integral part of the physical education curriculum in many schools. Yet, this sport can significantly contribute to students' physical, mental, and social development, as well as teaching important values such as strategy, teamwork, and self-control.

SMA Negeri 3 Tebing Tinggi is one of the schools that has taken the initiative to introduce kabaddi to students through extracurricular activities. However, so far, there is insufficient information regarding the development of this sport at the school, both in terms of student understanding and their participation in extracurricular activities. This indicates a lack of awareness regarding the development of kabaddi at this school, so a survey is needed to further explore students' level of knowledge and interest in the sport.

Although this initiative aims to provide an alternative sport that can support students' holistic physical and mental development, the introduction and development of kabaddi still face several challenges.

Some of the challenges faced include low student participation rates, minimal support from educators, and limited facilities to support the optimal implementation of the sport. Many students are more interested in sports they are more familiar with, resulting in low participation in kabaddi. Furthermore, most physical education teachers at this school lack a thorough understanding of the basic techniques and rules of kabaddi, making it difficult for them to effectively convey this knowledge to students. Therefore, training and coaching for educators are essential to enable them to teach kabaddi appropriately and optimize the student learning experience.

Improving teachers' understanding of kabaddi is also expected to overcome barriers in the teaching process, so that students can understand the sport well and actively participate in extracurricular activities. Furthermore, to support the development of kabaddi at the school level, adequate facilities are needed, such as standardized kabaddi fields and equipment to support training. Inadequate facilities can hinder students from practicing effectively, thus reducing their interest in participating. Therefore, investing in adequate sports facilities should be a priority for schools to ensure optimal development of kabaddi.

One way to increase student participation in kabaddi is to hold internal competitions at the class or inter-school level. These competitions can foster students' competitive spirit, provide them with practical experience in applying the skills they have learned, and introduce the sport to a wider audience. By involving other schools in these competitions, kabaddi becomes more widely known and provides students with opportunities to meet peers who share their interests. This can also encourage students to be more interested in and committed to the sport, and create a more positive atmosphere around extracurricular activities.

This study aims to conduct a survey on the development of kabaddi among students of SMA Negeri 3 Tebing Tinggi in 2025. This survey will explore the extent of students' understanding of kabaddi, their level of participation in kabaddi extracurricular activities, and the factors that influence their interest and involvement in this sport. In addition, this study will also identify obstacles faced in the development of kabaddi in schools, both in terms of infrastructure, coaching methods, and support from various related parties, such as schools, physical education teachers, and sports organizations.

The results of this study are expected to provide deeper insights for schools, educators, and other stakeholders in developing more effective strategies to introduce and develop kabaddi among students. With a more comprehensive understanding of the development of kabaddi in schools, it is hoped that appropriate solutions can be found to increase student participation, improve the coaching system, and make kabaddi an alternative sport that can enrich students' physical education experiences. Furthermore, this study can also serve as a reference for other educational institutions wishing to develop kabaddi as part of their school sports development programs.

METHOD

Research Design

This research uses a survey method, which is a systematic approach to collecting data from a group of individuals or a sample that represents a specific population. Surveys are conducted using instruments such as questionnaires or interviews to obtain relevant information.

Participant

The population in this study included all 1,002 students at SMA Negeri 3 Tebing Tinggi. The sample was selected using a purposive sampling method. Purposive sampling is a sampling technique that intentionally selects individuals or groups deemed to possess specific characteristics or criteria relevant to the research objectives. The sample selected in this study was all 15 students participating in the kabaddi extracurricular activity at SMA Negeri 3 Tebing Tinggi. This was done to facilitate the researcher's data collection regarding the development of kabaddi at the school.

Data Analysis

The data analysis process involves organizing and compiling research results in a structured manner, using various methods, such as observation. The purpose of this step is to deepen the researcher's understanding of the topic and to present the research findings clearly through data simplification, clarification, editing, and presentation. This process ensures that the findings are easily understood and presented systematically.

In this survey research, the analysis was conducted using a quantitative descriptive approach, aiming to assess the development of kabaddi at SMA Negeri 3 Tebing Tinggi, including students' enthusiasm,

knowledge, experience, and readiness to participate. Data was collected through a questionnaire and analyzed using relevant formulas to classify the results into predetermined categories.

RESULTS AND DISCUSSION

Results

This study aims to determine the extent of development of Kabaddi among students at SMA Negeri 3 Tebing Tinggi in 2025. This study was conducted using a descriptive quantitative approach, using a 4-point Likert scale questionnaire as the data collection technique. The instrument consisted of 20 statements grouped into four indicators: (1) students' level of understanding of Kabaddi, (2) students' participation in Kabaddi activities, (3) factors influencing interest, and (4) obstacles to developing Kabaddi in schools.

The number of respondents in this study was 15 students. The maximum score per respondent was 80 and the minimum score was 20. Based on the tabulation and classification results, there were no students in the "very good" or "poor" categories. A total of 11 students (73.3%) were in the "adequate" category with scores between 21 and 40 points, while 4 students (26.7%) were in the "good" category with scores between 41 and 60 points.

Table 1. Statistical Description of Research Results

Predicate	Value	Frequency	
		Absolute (f)	Percentage (%)
Very Good	61 – 80	0	0
Good	41 – 60	4	27%
Fair	21 – 40	11	73%
Poor	≤20	0	0
Total		15	100%

Based on the table, it can be concluded that the majority of students (73.3%) showed progress in the "sufficient" category, and only a small proportion (26.7%) were in the "good" category. No students were classified as "very good" or "poor." For deeper analysis, the researchers grouped the statement items based on four main indicators. Each indicator group was analyzed based on the dominant responses from all respondents.

Discussion

Based on the results of processing questionnaire data from 15 students at State Senior High School 3 Tebing Tinggi who participated in Kabaddi activities, it was found that the majority of students (73.3%) fell into the "adequate" category in terms of understanding, participation, and interest in Kabaddi. Only 26.7% of students fell into the "good" category, and no students fell into the "very good" or "poor" category. These findings indicate that Kabaddi in the school environment has not yet developed optimally and still requires intervention from various parties to achieve the ideal level of development.

To further understand the results of this study, we examined the four groups of indicators that served as the basis for developing the questionnaire: (1) students' initial knowledge of Kabaddi, (2) obstacles to introducing Kabaddi, (3) student interest and participation, and (4) student expectations regarding the development of Kabaddi in schools.

This research reinforces previous findings that the successful development of new sports like Kabaddi depends heavily on collaboration between educational institutions, sports teachers, communities, and sports federations. Therefore, schools need to take strategic steps to incorporate Kabaddi into their future student sports development agenda.

CONCLUSION

Based on the research results and previous discussions, it can be concluded that the development of Kabaddi among students at SMA Negeri 3 Tebing Tinggi is still considered adequate. Of the 15 respondents, 73.3% of students were classified as "adequate" and 26.7% were classified as "good." No students achieved

the "very good" or "poor" categories. This indicates that students' understanding, participation, and interest in Kabaddi have not yet developed optimally.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Amsal Efrado S. Depari, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Ramadan Ginting performed data analysis, interpreted the findings, and contributed significantly to the drafting of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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