



The Interest of Class XI Students in Participating in Volleyball Learning at State Senior High School 1 Bangun Purba

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Abstract.

Background

Due to students' lack of interest in volleyball lessons, their lack of courage in playing volleyball, and the lack of research on student interest in participating in volleyball lessons, research is needed to address the above issues. Therefore, the researcher will conduct the research entitled "The Interest of Eleventh-Grade Students in Participating in Volleyball Lessons at State Senior High School 1 Bangun Purba."

Objectives

Penelitian ini bertujuan untuk mengetahui minat siswa kelas XI dalam mengikuti pembelajaran bola voli di SMA Negeri 1 Bangun Purba.

Methods

This research is a quantitative descriptive study. It uses a survey method. The data collection technique used a questionnaire. The sample was 384 eleventh-grade students at SMA Negeri 1 Bangun Purba. The instrument used was a questionnaire with 31 questions. The validation of this research instrument used expert judgment, in consultation with experts.

Results

The results of the study indicate that eleventh-grade students' interest in participating in volleyball lessons at SMA Negeri 1 Bangun Purba is moderate, with the highest frequency of 148 students (38.54%). The interest of eleventh-grade students in participating in volleyball lessons at SMA Negeri 1 Bangun Purba is categorized as very high by 42 students (10.94%), high by 61 students (15.89%), moderate by 148 students (38.54%), low by 123 students (32.03%), and very low by 10 students (2.60%).

Conclusion

The interest of eleventh-grade students in participating in volleyball lessons at SMA Negeri 1 Bangun Purba is moderate. This is based on the highest frequency, which falls into the moderate category, with 148 students (38.54%).

Keywords: Interest, Learning, Volleyball

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INTRODUCTION

Physical education is an educational process that utilizes systematically planned and consciously carried out physical activities aimed at developing and improving individuals both affectively, cognitively, and psychomotorically within the framework of the national education system. Physical education is essentially an integral part of the overall education system, aiming to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning, and moral action through physical activity and sports (Depdiknas, 2020: 2). Physical education is one part of the overall education system that focuses on developing several aspects of physical fitness, thinking skills, motor skills, social skills, emotional stability, and reasoning and moral action through physical activity (Depdiknas, 2020: 5).

According to experts, physical education is defined as an integral part of the entire educational process, aimed at developing physical, emotional, mental, and social skills through selected physical activities to achieve these goals. Meanwhile, Williams argues that physical education is all activities selected based on their type and implemented according to the desired goals (Utama, 2021: 2).

The general objectives of physical education are in the areas of (1) development of motor skills, (2) development of physical fitness, (3) development of perceptual motor skills, (4) development of social emotional skills, (5) development of reasoning skills, (6) development of use of free time (Rachman, 2021: 42). The goal of learning is to produce changes in each individual, through the learning process physical education wants to participate in the comprehensive development of students which begins with the existence of an interest. Interest greatly influences learning, because if the subject matter being studied does not match the student's interests, then the student will not learn well and optimally. Interest allows students

to concentrate their minds, and will also create joy in learning. If students have a high interest, then physical education learning will take place well. In other words, interest is a driving force for students in carrying out physical education learning.

To achieve these goals, physical education lessons in schools, especially volleyball, must be well-designed to ensure a smooth learning process. This provides a positive learning experience for children, and this learning experience will help students understand why humans move and how to perform movements safely, efficiently, and effectively (Ministry of National Education, 2020: 2). At SMA Negeri 1 Bangun Purba, specifically for grade XI, physical education lessons are already underway, and one of the topics taught is volleyball. Volleyball lessons are held in one to two sessions. Each session consists of three lesson hours, each lasting 45 minutes. Volleyball lessons are usually held on the outdoor volleyball court at SMA Negeri 1 Bangun Purba. The outdoor volleyball court at SMA Negeri 1 Bangun Purba is adequate and well-maintained, clean and level. The volleyball net is also well-maintained, as the net is not always installed and must be installed before use. The balls used in volleyball lessons are also standard and adequate, as SMA Negeri 1 Bangun Purba has a sufficient number of volleyballs, but the ones usually used are six.

Volleyball is a sport taught in high school and is a subtopic of physical education lessons because the subject matter is a large ball. Therefore, volleyball is included in the discussion or material of physical education lessons, volleyball games must be taught to students. By learning volleyball, students are expected to be able to achieve learning objectives which include students being able to maintain health through volleyball, students being able to do physical activities carried out in groups, students being active, happy and brave when participating in volleyball lessons. Teachers are also expected to provide fun learning to attract students' interest, and can also provide correct examples during volleyball lessons.

Based on the researcher's observations during the PK observation at SMA Negeri 1 Bangun Purba, which coincided with the implementation of physical education learning with volleyball material. It turned out that many students lacked interest in physical education subjects, especially volleyball. This was seen in several female students who simply sat around and lacked interest in participating in the lesson. When the teacher delivered the material, both male and female students followed well, but the students' courage was still lacking, especially female students. When it came to the game, many students lacked courage and lacked interest. In the researcher's observations, several students who lacked courage to play were not given the opportunity to play, so these students were less than optimal in participating in the lesson. However, in order for learning objectives to be achieved optimally, it needs to be supported by a high level of student interest.

Therefore, it can be seen that interest is a crucial element in education, especially physical education. If the activities students engage in are sufficiently engaging, they do not need external encouragement. Student interest in participating in the learning process can be one measure of a school's success. This can be seen in the field during the learning process, where students are engaged and active in following the teacher's instructions and participating effectively. Students appear cheerful, happy, and enthusiastic.

METHOD

Research Design

This research is a quantitative descriptive study, using a survey method and a questionnaire as the data collection technique. The scores obtained from the questionnaire were analyzed using quantitative descriptive statistics techniques and then expressed as a percentage. This study aims to determine the level of interest of eleventh-grade students in participating in volleyball learning at SMA Negeri 1 Bangun Purba.

Participant

The population in this study were 11th-grade students of SMA Negeri 1 Bangun Purba. A population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are applied by researchers to be studied and then conclusions drawn. The population of 11th-grade students of SMA Negeri 1 Bangun Purba was 392 students consisting of 2 majors, namely the science and social studies majors. The science major consists of 7 classes and the social studies major consists of 4 classes.

Data Analysis

This study used descriptive analysis techniques to analyze the data. In line with Arikunto's opinion (2020: 209), descriptive statistics is a subset of statistics that functions to collect data and determine graphs regarding something so that the data can be easily read and used. For data analysis, quantitative descriptive techniques with percentages were used (Arikunto, 2020: 209). The steps used for data analysis were: (1) assigning student scores for each item, (2) summing student scores for all items, (3) comparing student scores with expected scores to obtain percentages, (4) determining student criteria. The data was then

converted into a prediction table to clarify the interest of 11th-grade students in participating in volleyball learning at SMA Negeri 1 Bangun Purba. This will determine the percentage for each category.

RESULTS AND DISCUSSION

Results

The interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba has an average of 95.07, a median of 93, a frequently occurring value of 93, with a standard deviation of 9.61, the highest score of 122, and the lowest score of 68. From the test results, it can be categorized the interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba. The calculation can be presented in the table as follows:

Table 1. Categorization of Grade XI Students' Interests in Participating in Volleyball Learning at State Senior High School 1 Bangun Purba

No.	Interval	Frequency	Percentage (%)	Category
1.	$109,48 < X$	42	10,94	Very High
2.	$99,87 < X \leq 109,47$	61	15,89	Tall
3.	$90,26 < X \leq 99,86$	148	38,54	Currently
4.	$80,65 < X \leq 90,25$	123	32,03	Low
5.	$X \leq 80,64$	10	2,60	Very Low
Amount		384	100	

From the table above, it can be seen that the interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba is moderate, considering the highest frequency, namely in the moderate category of 148 students or 38.54%. The interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba which is categorized as very high is 42 students or 10.94%, the high category is 61 students or 15.89%, the moderate category is 148 students or 38.54%, the low category is 123 students or 32.03%, and the very low category is 10 students or 2.60%.

Discussion

Based on the description of the research results on the interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba, it can be presented that the overall level of interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba is moderate. By considering the highest number of frequencies in the moderate category with 148 students or 38.54%. The interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba which is categorized as very high is 42 students or 10.94%, the high category is 61 students or 15.89%, the moderate category is 148 students or 38.54%, the low category is 123 or 32.03%, and the very low category is 10 students or 2.60%.

The results of the study indicate that the interest of eleventh-grade students in participating in volleyball learning at SMA Negeri 1 Bangun Purba is in the moderate category. This is due to the diverse interests of eleventh-grade students in participating in volleyball learning at SMA Negeri 1 Bangun Purba which are influenced by different factors. High student interest is influenced by students who have a high level of attention to volleyball learning, have a sense of enjoyment in volleyball learning, and can also be influenced by students' desire to be more active in volleyball learning. There are also influences originating from outside the students themselves, as well as preparation and the learning process that can attract students' interest in participating in volleyball learning.

Volleyball learning at SMA Negeri 1 Bangun Purba is able to attract and maintain students' interest in participating in volleyball learning, so that overall student interest is in the moderate category. This is obtained through the results of two influencing factors, namely internal and external factors, which are on average in the moderate category. This situation indicates that student interest is influenced by both internal and external factors, which are equally strong. Internal factors, consisting of student attention, student enjoyment in learning, and student activity, are the factors that first influence students' participation in volleyball learning. This means that internal factors are the first factor that influences student interest in participating in volleyball learning.

Internal factors, namely student attention to volleyball lessons, enjoyment of volleyball lessons, and student activity in volleyball lessons, were all in the moderate category. This is consistent with student responses, which indicated very high levels of attention in volleyball lessons (10.16%), high levels (12.5%), moderate levels (53.38%), low levels (20.57%), and very low levels (3.39%). Enjoyment in volleyball lessons also aligns with student responses, which stated very high levels (10.16%), high levels (12.76%), moderate levels (53.64%), low levels (16.15%), and very low levels (7.29%). Meanwhile, student activity in volleyball lessons was very high (10.68%), high levels (13.80%), moderate levels (43.49%), low levels (27.08%), and very low levels (4.95%).

External factors, namely the role of teachers in volleyball learning, are in the low category, with 195 students or 50.79%. This situation is because teachers have not optimally implemented volleyball learning in terms of providing examples of correct movements and have not been optimal in providing material that is easy for students to understand. From student responses, teachers also need to improve the delivery of game techniques in the sport of volleyball to students. This is in accordance with student responses that stated the role of teachers is very high at 11.19%, high at 16.40%, moderate at 18.75%, low at 50.79%, and very low at 2.87%. Another external factor, namely facilities, is in the medium category. This is in accordance with student responses that stated the facilities are very high at 10.68%, high at 21.09%, moderate at 60.94%, low at 6.77%, and very low at 0.52%.

CONCLUSION

Based on the research results and discussions that have been presented, it can be concluded that the interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba is moderate. This was obtained by considering the highest number of frequencies in the moderate category with 148 students or 38.54%. The interest of class XI students in participating in volleyball learning at SMA Negeri 1 Bangun Purba which is categorized as very high is 42 students or 10.94%, high is 61 students or 15.89%, moderate is 148 students or 38.54%, low is 123 students or 32.03%, and very low is 10 students or 2.60%.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Amsal Silvester Alfonsius Hutabarat, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Eka Abdurrahman performed data analysis, interpreted the findings, and contributed significantly to the preparation 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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