

Evaluation of Middle School Student Interests Toward Gymnastics in Montasik District, Aceh Besar

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Abstract: *Gymnastics is a beneficial activity for human bodies. Despite gymnastics is one of student's favorites activities and it also has great beneficial for their body and mind, this activity is hardly found in middle school of Montasik district, Aceh Besar. The problem of this research is the student interests toward physical fitness gymnastics application in all middle schools of Montasik district, Aceh Besar. The goal of this research is to quantify the junior high school student interest on gymnastics activities in Montasik district, Aceh Besar. A quantitative method with a descriptive feature will be utilized in this research. The population of this research is all the 4 middle schools with total of 561 students in Montasik district, Aceh Besar. A random sampling technique is utilized for sample collection. A questionnaire with a Likert scale is applied in this research for data collection. Data analysis is conducted using average and frequency distribution formula. Based on the data analysis conducted, the average value is 124 which falls in high category. This is evidenced by the percentage of 57 (100%) respondents that 37 (65%) have high interest, 18 (32%) moderate interest and only 2 (3%) are classified as low interest. In conclusion, the interest of middle school student in Montasik district, Aceh Besar on gymnastics is in high category.*

Keywords: *Evaluation, Student Interests, Gymnastics*

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I. Background

It is not adequate to only learn basic theories in Physical Education (PE) in school, a direct practice of the theories is also required such as physical fitness gymnastics. Physical Fitness Gymnastics at the school level is highly recommended by the government. In order to actualize this legal framework, the gymnastics in schools is carried out informally, meaning that it is outside the learning curriculum schedule. Student of middle school in Montasik district, Aceh Besar have a high interest toward the physical gymnastics. This is evidenced by many of student join various gymnastic activities that conducted outside the school. Because the gymnastics is not conducted in their school, many middle school students in Montasik district, Aceh Besar join the gymnastic activities outside their school particularly on holiday.

The evidence on the field also shows that some middle school students in Montasik district, Aceh Besar have less interest in gymnastics. It is showed by their low capabilities in following the movement of the gymnastics. Despite the gap in ability to participate in gymnastics, middle schools of Montasik district, Aceh Besar are master in scout and have won many scout competitions. Reality experienced in junior high schools in the Montasik district, Aceh Besar. For students whose interest is less due to the factor of students who prefer other sports.

The high interest of students in re-implementing the gymnastics at the school level as the results of a study conducted by Asriati (2014: 2) which says that the interest of students joining morning gymnastics at school is very great in their desire to carry out the gymnastics every morning. Factors that influence students' interest in joining morning exercise/gymnastics in school are intrinsic and extrinsic factors, consisting of sub-indicators of desire, fatigue, boredom/tiredness, interesting/unattractive activities and environmental indicators. Those factors are dominant factors influences students' interest in joining morning gymnastics in school.

The above explanation shows that the gap of student interest in Junior High School in Montasik district, Aceh Besar is occurred. Hence, the author proposed a research titled "**Evaluation of Middle School Student Interests Toward Gymnastics in Montasik District, Aceh Besar**".

II. Methodology

1. Research approach and type

The research utilizes quantitative approach with a descriptive research type where the result of the research is explained and illustrated so it can be easily understood by nonexperience people.

2. Sample and population

Population is all subjects that are used as research objects. The population of this research is all 4 middle school students in Montasik district, Aceh Besar accounted for 561 students.

Sample, in addition, is part of population with certain criteria (Faisal Sanafiah, 2007:67). The research sample of 57 students are determined using random sampling technique, a sample was chosen randomly (Faisal, 2007:56).

Table 1. The number of student and schools of research sample

No.	School	Number of Students
1	Middle School 1 Montasik	15 students
2	Middle School 2 Montasik	11 students
3	Middle School 3 Montasik	19 students
4	Middle School 4 Montasik	12 students
Total	4 schools	57 students

Source: Data of Montasik District Middle School, Aceh Besar Regency, 2019

3. Data Collection Technique

Data was collected using a questionnaire. The questionnaire contained confidential statements concerning the interest of students in the implementation of physical fitness activities in the Middle School in Montasik district, Aceh Besar. This means that respondents only need to choose the answers that have been provided by researchers.

4. Data Analysis Technique

A statistic formula is utilized to obtain the interest of student on re-implementation of gymnastics in the Middle school in Montasik district, Aceh Besar. The average value is obtained using the formula stated by Sudjana (2021):

$$\bar{X} = \frac{\sum X}{N}$$

Where:

\bar{X} = Mean or average value

$\sum X$ = Number of X score

N = Number of Sample

Data processing is conducted by a simple statistical analysis method with a percentage calculation called the frequency distribution. Hadi (1988: 229) mentions the formula below:

$$P = \frac{F}{N} \times 100\%$$

Where:

P = percentage

F = frequency

N = sample

100% = fix number

III. Results

1. Results

Research data collected from the questionnaires filled out by respondents are presented in table 2.

Table 2.

Raw Data of Students' Interest on Gymnastic application in Middle School of Montasik District

No	Name	Score	No	Name	Score
1	Reihan Azizi	100	29	Dinda Dwi Novelia	140
2	M. Rizki	97	30	Husnul Khatimah	130
3	M. Al-Azik	120	31	Fara Anana	140
4	Fitri Rahmadhan	130	32	Siska Safira	125
5	Nafisatul Azkia	127	33	Auni Zulfa	126

No	Name	Score	No	Name	Score
6	Rismaja Akmara	134	34	Lia Mauliza	132
7	Salsa Azra	137	35	Izzatul Kifani	120
8	Risa Azkia	121	36	Alaful Ula	141
9	Ridar Yurari	140	37	M. Yusran	113
10	Annisa Aprilia	135	38	M. Rajulul Amsar	123
11	Tasya	120	39	M. Afril	126
12	Asni Maulidar	131	40	M. Aziz	107
13	Nurul Dahlia	118	41	M. Ikram	133
14	Firda Nurhasana	133	42	Hibbatullah	109
15	Ashifa Urikah	144	43	Haikal	140
16	Ahmad Fata	112	44	Imam Saputra	132
17	Maulizar	143	45	Wahyu	129
18	Syahrul Abrar	74	46	Miftahul Jannah	137
19	Salman Alfarisi	137	47	Shaibul Akram	128
20	Putri Raisah	120	48	Aidil Fitri	96
21	M. Ariasndi	141	49	M. Tomi Aulia	95
22	Khairul Akhyar	118	50	Reza Maulana Putra	118
23	M. Abizar	119	51	Mutaza Ifa	140
24	Rinal	140	52	M. lucky Suhendra	129
25	Suci Ananda	136	53	Erdiva Jihan Flavia	126
26	Safira Nuzia	118	54	Miftahul Jannah	126
27	Afifaton Nahara	130	55	Helvi Tiana	122
28	Aza Fazila	145	56	Asmaul Husna	80
			57	Rahmad Adi	122
				Total	7105
				Average	124

The following steps are utilized to analyze the data of students' interest on gymnastic application in middle school of Montasik District:

Completion steps:

1. Maximum Range = highest score x number of questions
 $= 4 \times 41$

$= 164$

2. Minimum Range = lowest score x number of questions

$= 1 \times 41$

$= 41$

3. Distance Distribution = Maximum range – minimum range

$= 164 - 41$

$= 123$

4. Deviation (σ) = $\frac{123}{6}$

$= 20$

5. Theoretical Mean (μ) = $\frac{\text{maximum score} + \text{minimum score}}{2}$

$= \frac{164 + 41}{2}$

$= \frac{205}{2}$

$= 102$

6. Classification of subjects or answers into 3 categories of interest level diagnosis using the following formula:

$X < (\mu - 1,0 \sigma)$ low interest

$(\mu - 1,0 \sigma) < X < (\mu + 1,0 \sigma)$ moderate interest

$(\mu + 1,0 \sigma) < X$ high interest

The next step is to input the values of μ and σ into the above categorization, as follows.

1. Low interest categorization

$X < (\mu - 1,0 \sigma)$

$X < (102 - 1,0 \times 20)$

$X < (102 - 20)$

$X < 82$ (score less than 82 falls to low interest category).

2. Moderate interest categorization

$$(\mu - 1,0 \sigma) \leq X < (\mu + 1,0 \sigma)$$

$$(102 - 1,0 \times 20) \leq X < (102 + 1,0 \times 20)$$

$$(102 - 20) \leq X < (102 + 20)$$

82 ≤ X < 122 (score between 82 –122 falls to moderate interest category)

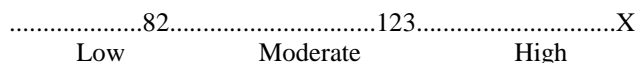
3. High interest category

$$(\mu + 1,0 \sigma) \leq X$$

$$(102 + 1,0 \times 20) \leq X$$

$$(102 + 20) \leq X$$

122 ≤ X (score 123 and above falls to high interest category).



Based on the data analysis using the above categorization, the middle school student interest on gymnastics in Montasik district is tabulated below.

Table 3.
 Category of Students Interest on Gymnastic application in Middle School of Montasik District

No	Score	Category	No	Score	Category
1	100	Moderate	29	140	High
2	97	Moderate	30	130	High
3	120	Moderate	31	140	High
4	130	High	32	125	High
5	127	High	33	126	High
6	134	High	34	132	High
7	137	High	35	120	Moderate
8	121	Moderate	36	141	High
9	140	High	37	113	Moderate
10	135	High	38	123	High
11	120	Moderate	39	126	High
12	131	High	40	107	Moderate
13	118	Moderate	41	133	High
14	133	High	42	109	Moderate
15	144	High	43	140	High
16	112	Moderate	44	132	High
17	143	High	45	129	High
18	74	Low	46	137	High
19	137	High	47	128	High
20	120	Moderate	48	96	Moderate
21	141	Moderate	49	95	Moderate
22	118	Moderate	50	118	Moderate
23	119	Moderate	51	140	High
24	140	High	52	129	High
25	136	High	53	126	High
26	118	High	54	126	High
27	130	High	55	122	High
28	145	High	56	80	Low
			57	122	High

Based on the above data, the average value of student interest on gymnastics in Middle School of Montasik district is accounted for 124 (**High** category).

The next step is to calculate the classification percentage of the level of student interest in the implementation of gymnastics in Middle School of Montasik district. The result is as follow:

Table 4.
 Percentage of Student Interest on the implementation of Gymnastics in Middle School of Montasik District

Category	Frequency	Percentage
High	37	65 %
Moderate	18	32 %
Low	2	3 %
Total	57	100%

In the above table, it can be seen that the average of student interest on the re-implementation of gymnastic is high, 65% out of 100% of students in the sample are strongly agree on the re-implementation.

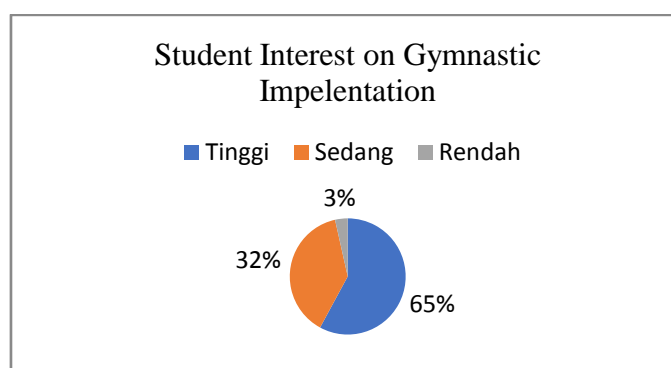


Figure 1. Percentage of Student Interest on Implementation of Gymnastics in Middle Schools of Montasik District

IV. Discussion

Based on the calculation of research data on the interest of student toward the gymnastics implementation in middle school of Montasik district, Aceh Besar, the average score is 124 which falls into high category. The breakdown of each category percentage from the total of 57 (100%) respondents are 37 (65%) in high interest category, 18 (32%) in moderate interest category and only 2 (3%) in low interest category. The high interest of the students indicates that the middle school students of Montasik district are happy, interested, attentive toward the learning and training as well as are actively involved in the implementation of gymnastics at school. Those features are the interest indicators (Slamento, 2010:180). As stated by Hajjah (2015: 16-18) that the indicators of measuring the interest can be in form of feelings of pleasure, interest, attention and involvement of someone in an activity.

The high interest of middle school students in Montasik district towards the implementation of gymnastics in their school can be seen from their involvement in participating in various gymnastics activities conducted outside the schools. This is due to the absence of gymnastics implementation in most of the Junior High Schools or Middle School in Montasik district, hence the students expect the gymnastics to be re-implemented.

V. Conclusion

1. Summary

Based on the research result, it is can be concluded that the interest of middle school students in Montasik district toward the gymnastics implementation is in high category with the average value of 124. It indicates that the students are strongly agree toward the gymnastics activities. This is evidenced by the percentage of 57 (100%) respondents that 37 (65%) have high interest, 18 (32%) moderate interest and only 2 (3%) are classified as low interest.

2. Recommendation

In order for this study to be actualized, a number of suggestions were submitted to the school, students and the government of Montasik district, Aceh Besar.

1. The school, to continuously attempt for the implementation of gymnastics for each element of the school; headmaster, teachers and students.
2. The students, to continuously participate in the gymnastics implemented by the school by joining all the exercise schedule set by the school, at least twice a week on Thursday and Saturday.
3. The Aceh Besar Education Department, to continuously provide support for the Middle schools of Montasik district, Aceh Besar in the form of facilities such as gymnastics uniforms, musical instrument and gymnastics instructors.

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Evaluation of Middle School Student Interests Toward Gymnastics in Montasik District, Aceh Besar

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