

## COACHING BEHAVIORAL ASPECTS THROUGH PHYSICAL EDUCATION : LITERATURE REVIEW

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### Abstracts

The focus of the data that will be displayed in the literature of this review is at least aimed at describing the education, physical activity, character building of children in the school period. The research method used is literature review by following the literature review procedure. Using keywords on google scholar "character" and "physical education". Character can determine a person in the way of thinking, behaving, and acting that becomes a habit displayed in social life. Individuals with good character are individuals who can make decisions and are ready to account for any consequences of the decisions made. In the current era of globalization, rapid development continues to occur in all aspects of human life, all these advances not only have a positive impact, but also have a negative impact. The emergence of various behavioral shifts, especially students, that are contrary to the culture, norms, rules, and ethics that exist in society, the increasing number of brawls between students, and other forms of juvenile delinquency in big cities. The findings of character education can be formed, one of which is through physical education and sports (gymnastics), through motor activities that are carried out continuously, so that it becomes a habit. Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual qualities, both in physical, mental, and emotional terms.

**Keywords:** *Character, Physical Education*

### INTRODUCTION

Indonesia as a nation prioritizes noble and dignified character, this is seen by behaviors and deeds that are guided by their respective religions. People can apply the noble values of the nation listed in Pancasila into their daily lives. Likewise with our first President Karno who once said, "This nation must be built with character building in mind, because character building will make Indonesia a great, developed, and victorious nation, as well as valuable." From Karno's words, it can be concluded that this character is very important for his future success. (Dhedhy, 2016) Character needs to be strengthened in order to build a strong mentality, with a strong mentality will give birth to a strong soul, never give up, dare to wade through a long process, and be able to face all problems experienced.

Character can determine a person in the way of thinking, behaving, and acting that become habitual displayed in social life. (Erfayliana, 2015) Character is a way of thinking and behaving, which is characteristic of each

individual to live and work together within the framework of family, society, nation and state. A person of good character is a person who knows how to make decisions and is willing to consider the consequences of the decisions made. This can be done if a person's character is formed early to form the expected character. Positive habits in early childhood help the child to behave well and politely, both at school and in the family and community. In the current era of globalization, rapid development continues to occur in all aspects of human life, as well as in the field of information technology which has contributed to the Industrial revolution 4.0. However, any such progress not only has a positive impact, but also a negative impact. The positive effect can be seen from the increasing openness and dissemination of information and knowledge that occurs rapidly across the boundaries of time and space. The negative impact is the emergence of various behavioral shifts that are contrary to the culture, norms, rules and ethics that exist in society. The emergence of a momentary generation that wants to enjoy what it wants without serious struggle,

moral degradation, consumerism and individualistic attitudes that do not want to care about each other are negative consequences of globalization. In addition, changes in people's attitudes and behaviors, especially among students, are increasingly concerning due to the emergence of school brawls and other forms of juvenile crimes in big cities in the form of extortion/violence against minors. phenomena that favor mass unrest, drug consumption and other phenomena.

The character becomes an identity that is to survive life-changing experiences. Human qualities are measured by the maturity of these traits. This character cannot be obtained overnight, but from birth, if this character is well trained, it will be expressed by people with good character, resulting in a strong character. There are many ways and means to encourage this personality in a child, especially through formal educational pathways. Education is one of the very important factors in a person's life, because with the help of education a person can improve his intelligence, skills, develop his potential and become a responsible, intelligent and creative human being. According to (Ginting, 2014) The objective of education today is to form a character that manifests itself in the essential unity of the subject with his behavior and attitude towards life.

Character education can be carried out in conjunction with teaching and learning activities that are integrated in every subject including physical education and sports. The educational process through learning physical education sports in schools, is one of the efforts to realize the whole person organized in schools, both from primary to secondary education levels. Physical education is not only a gesture, but also a strategic tool for building character. (Erfayliana, 2015) Physical education is an integral part of education as a whole that aims to develop physical fitness, movement skills, critical thinking, social skills, reasoning, emotional and moral stability, a healthy lifestyle and instill a clean environment. The development of ethics, positive values and the speed of decision-making are the fruits of a long process of physical education and sports. Sports can also be used to

foster integrity, promote integrity, and develop respect for others and communities.

Physical education is a conscious effort to create an environment that influences opportunities for students to develop positive behaviors through physical activity. Physical activity is a type of stimulus aimed at influencing physical education opportunities for school students from an early age to high school. Health and sports contain many character values that can be integrated into business activities and various games, such as sportsmanship, integrity, courage, perseverance, self-discipline, responsibility, cooperation, fairness and wisdom, and respect for opponents. From the above statement, it is clear that physical education and sports can be the first place to strengthen the character of the Indonesian nation. Physical education and sports should make a real contribution to the development of the child, not only intellectual and psychomotor development through movement, but also personality development especially in the character of the child.

Based on the negative impact of globalization which results in a shift in character that harms oneself and others a lot, we propose this review literature. The focus of the data that will be displayed in the literature of this review is at least aimed at describing the education, physical activity, character building of children in the school period. The data obtained from this review literature is expected to be a source of education for many people, especially educators and parents, as well as reference material in similar research in the future.

## **METHOD**

This research uses a qualitative descriptive model in the form of a literature study that uses literature review in strengthening research analysis. This research begins with searching for related literature, then collecting literature used to analyze important terms in the study, and obtaining discussions, then compiling conclusions based on the results that have been obtained. A literature study is a research design by collecting data sources related to a topic. The information base used is google scholar. The way this method works is by analyzing journals and

then making summaries related to research questions and objectives, (Syofian & Gazali, 2021). The search time span for 2014-2022, the characteristics of the article are Accredited National and International Journals, SINTA Accredited Journals and or Scopus. Internet-based searches are directed to observe additional information obtained from several published research articles related to character building through physical education using the keywords on google scholar "character building" and "physical education".

## RESULTS AND DISCUSSION

The review process is carried out on scientific articles selected based on the keywords on google scholar "character building" and "physical education". There are 8 national articles and 1 international article that have been reviewed based on the author's name and year, journal index, research methods, and research findings. The following is a review of the journals that have been reviewed.

Table 1. Journal Review

Authors /year/Title	Journal Index	Research Methods	Research Findings
(Muhtar & Dallyono, 2020) <i>Character Education From The Perspectives Of Elementary School Physical Education Teachers</i>	Q3	Qualitative in the form of case studies and content analysis	The study revealed that character education is defined as the process of individual change of family, school, and social life. Meanwhile, the teachers stated that the curriculum was considered inappropriate for the development of character education because they were still confused about the implementation of the curriculum. However, they believe that physical education is effective for promoting character education.
(Dhedhy, 2016) <i>Character Building Of Children With A Sportive Spirit Through Physical Education Sports And Health</i>	Sinta 2	Descriptive	Character development will be carried out by habituation carried out in sports physical education. In addition to formal sports education, it is also able to provide the cultivation of a spirit of sportsmanship where the spirit of sportsmanship builds a sportive character. Admitting defeat, respecting opponents, enforcing fair play and being able to give credit to himself and others.
(Ginting, 2014) <i>Character In Physical Education And Sports</i>	Sinta 3	Descriptive	Physical education and sports, is one of the subjects in schools that are directly applied where students are always respectful to the teacher, obey the rules, obey instructions, discipline, responsibility, care about friends, are honest, and are willing to accept defeat from others and do not cheat. How do we teach character in schools through Physical Education and sports. In teaching character should be more exemplary, the saying goes that action is better than words, that is Physical education and sports.
(Meo, 2019) <i>Physical Education Sports And</i>	Sinta 4	Descriptive	Sports achievements will not succeed without being supported by the mental attitude of sports

*Health In Shaping  
 Character Values*

actors. Sports values such as enthusiasm, sportsmanship, fair play, responsibility, care, honesty, professionalism, considering opponents as sparring-partners must be applied. Character building must begin to be instilled early in school. The emergence of a gap between hope and reality to achieve world achievements is the responsibility of the education. In this case, the physical education teacher has a leading role as an agent of change to carry out the internalization of sports values through physical and sports education in order to support sports achievements.

(Erfayliana, 2015) <i>Physical Education In Shaping Ethics, Morals, And Character</i>	Sinta 4	Descriptive	Teaching ethics and moral values should be more exemplary, Action is better than words. Moral values are varied, including loyalty, benevolence, honor, truth, respect, friendliness, integrity, justice, co-operation and discipline. Self-discipline is important in every effort to build and shape a person's character. Because character contains an understanding of how to think and behave which is a typical cirri of each individual to live and work together, both within the scope of family, society, nation and state.
(Syafuruddin et al., 2022) <i>The Role Of Physical Education And Sports In The Formation Of The Character Of The Nation</i>	Sinta 5	Qualitative that generates descriptive data dengan studi literatur	Approaches in physical education can encourage psychological and character development of learners.
(Arifin, 2017) <i>The Role Of Physical Education Teachers In The Formation Of Student Character Education</i>	Sinta 3	Descriptive qualitative	Improving the quality of resilient human resources can be achieved through extra-curricular activities expected to develop the ability and sense of social responsibility, as well as the potential and achievements of students. Character education is supposed to lead learners to cognitive recognition of values, affective passion of values, and finally to real practice of values.
(Musa et al., 2022) <i>Shaping The Character Of Elementary School Students Through Education Sport</i>	Sinta 5	Descriptive qualitative	Character must be possessed by students as the younger generation of the Indonesian nation, because character is a characteristic or identity of a nation, and when the younger generation lacks character, the nation loses its dignity and dignity and is underestimated by other nations.
(Firman, 2018) <i>The Effect of Physical</i>	Sinta 4	This research is Expost facto	Based on data analysis and language, it can be concluded that: Physical Education, Sports and Health Education has a significant influence on

*Education, Sports  
and Health  
Learning on  
Student Character  
Building*

the Character Development of Junior High School Students in Rao District.

<p>(Haq et al., 2021) <i>The Effectiveness of Physical Education Learning on Character Building of MTsN 2 Bekasi Students</i></p>	<p>Sinta 5</p>	<p>In this study, relationship analysis was carried out using Correlation analysis techniques,</p>	<p>The effectiveness of Physical Education Learning is related to the Character Building of MTs Negeri 2 Students, Bekasi Regency. The effectiveness of physical education learning affects the character building of MTs Negeri 2 students, Bekasi Regency.</p>
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From the results of the literature study that has been discussed previously, there are several related discussions that are mutually sustainable, in training aspects of behavior through physical education. Education is the saving of the future. Through education, mental and characters can be awakened (Sitepu, 2017). Based on the results of the review from Table 1, it shows that character building needs to be carried out in an educational environment. This is because education is one of the very important factors in a person's life, because through education a person can increase intelligence, skills, develop self-potential and can form a responsible, intelligent and creative person. (Syafuruddin et al., 2022) Approaches in physical education can encourage in the psychological and character development of learners. Character development is carried out through three stages of knowledge (knowing), implementation (acting), and habit. The existence of characters is not limited to knowledge alone. A person who has knowledge of kindness is not necessarily able

to act according to the knowledge gained, if it is not trained (becomes a habit) to do that good. Thus character education can be formed, one of which is through physical education and sports (gymnastics), through motor activities that are carried out continuously, so that it becomes a habit. Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual qualities, both in physical, mental, and emotional terms. (Firman, 2018) In essence, education is character building, which is the fact that society is already crowded with an atmosphere of chaos and discomfort. Soothing expectations seem to be further eroded by the behavior and practice of various deviations. For this reason, it is necessary to create an atmosphere that is conducive to life that can give rise to hope. Physical education treats the child as a whole, a total being, rather than simply thinking of him as someone with separate physical and mental qualities.

**Character Definition**

Character or disposition is a combination of all human characters that are fixed so that they become a special "sign" to distinguish between one person and another. (Erfayliana, 2015) Character is a way of thinking and behaving that is characteristic of each individual to live and cooperate, both within the scope of family, society, nation and state. Individuals with good character are individuals who can make decisions

and are ready to account for any consequences of the decisions made. Character education teaches habits of thinking and acting that help individuals to live and work together as a family and society and state and help them to make accountable decisions. Character to be achieved through formal education channels.

## Physical Education

Physical Education is an integral part of education as a whole, so physical education has a fairly representative meaning in developing human beings with character in their preparation towards the whole Indonesian people. Physical education is an educational process in which, using physical activity, changes in individual characteristics are achieved both physically, mentally and emotionally. Physical education treats the child as a whole, a complete being, and does not consider him only as a person with different physical and mental characteristics. More specifically, physical education deals with the relationship of human movement with other areas of education, the relationship of the development of the physical body with its spirit and soul.

According to (Erfayliana, 2015) The objectives of sports education are (1) the development of body organs to improve health and physical fitness, (2) neuromuscular development, (3) emotional mental development, (4) social development, and (5) intellectual development. The ultimate goal of sports and physical education is its role as a unique means of realizing inclinations and as a means of possessing and forming a strong personality, good character and noble character only for people who have such morals. virtue makes the citizens of society useful.

## CONCLUSION

Physical education is one of the conscious efforts to create an environment that is able to influence the opportunity for students to develop positive behavior through physical activity. Physical activity is a form of stimulation designed to influence physical education opportunities for students in schools from early childhood to secondary education. Within the penjas and sports include many characteristic values such as sportsmanship, honesty, courage, hard work, self-control, responsibility, cooperation, fairness and wisdom, respect for opponents, etc., which can be integrated into movements and various forms of play.

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