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The Role of Physical Activity and Discipline in Character Formation (Literature Review Sport Education)

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Abstract: Literature Review The Role of Physical Activity and Discipline in Character Formation is a scientific article with the aim of analyzing whether physical activity and discipline play a role in character formation. A method that examines various research, articles and books that are relevant to the topic discussed. The results of this article are: 1) Physical activity plays a role in character formation, 2) Discipline plays a role in character formation. Apart from these 2 exogenous variables which influence the endogenous variable Job Satisfaction, there are many other factors, including health, achievement and physical condition.

Keywords: Physical Activity, Discipline, Character Building.

INTRODUCTION

Sports education is an important aspect in the education system which not only focuses on improving physical abilities, but also plays a major role in developing individual character and discipline. As time progresses, sport is no longer seen simply as a fun or competitive physical activity, but also as a means to form strong moral, social and mental values. One of the main goals of sports education is to instill positive character and discipline in students, which in turn will influence their attitudes and behavior off the field.

Physical activity carried out in the context of sports education can function as a medium for teaching the importance of cooperation, responsibility, perseverance and self-control. Through sport, individuals learn to face failure with their heads held high, manage their time wisely, and respect existing rules and regulations. Apart from that, sport also teaches social values, such as empathy, tolerance and respect for other people, both teammates and opponents.

The importance of building character and discipline through physical activity is not only visible in sports achievements, but also has an impact on daily life, including in the family, school and community environments. In this context, this article will discuss how sports education can be an effective means of forming good character and improving individual discipline, as well as the long-term impacts that can result from regular and targeted sports practice.

This research aims to find out whether physical activity and discipline play a role in character formation. Based on references from the problems previously explained. Questions for Literature Review scientific articles are as follows:

1. Does physical activity play a role in character formation?
2. Does discipline play a role in character formation?

METHOD

This research aims to examine the role of physical activity and discipline in character formation through a sports education approach. This article was prepared using the literature review method, which examines various research, articles and books that are relevant to the topic discussed. The main emphasis in this research is how physical activity and discipline in sports can contribute to the development of individual character, such as perseverance, a sense of responsibility, cooperation and self-discipline.

RESULTS AND DISCUSSION

Results

The results of this article based on problem background, objectives, and methods are as follows:

Character Formation

Warsono et al quote Jack Corley and Thomas Phillip in Samani and Haryono stating that character can be defined as the attitudes and behavior of each individual that can facilitate moral actions. Character can be interpreted as a way of thinking and behaving for each individual to live and socialize, both within the family, school, community and country. Individuals with good character are individuals who can make decisions and are ready to take responsibility for the consequences of their decisions.

Character formation is an important thing to implement in schools. Because character education is a cornerstone in every subject and can be a determining factor for students to become human beings. The growth and development of good character education can be an encouragement for students to do positive things and have the right goals in life.

Character formation has been widely studied by previous researchers, including: (H. Ali., 2017), (Yunarti, 2017), (Fatmah, 2018), (Ainiyah, 2013).

Physical Activity

Physical activity refers to all forms of body movement produced by skeletal muscles that require energy expenditure. Physical activity can take the form of structured sports such as soccer or running, as well as lighter daily activities, such as walking or climbing stairs (World Health Organization, 2010). Physical activity can be divided into two main categories: 1) Light physical activity (eg walking, gardening), 2) Moderate or heavy intensity physical activity (such as sports or fitness training).

Physical activity in sports education can be an effective medium for instilling positive values and developing character. Through various types of sports, training, and hands-on experience, students not only learn physical skills, but also develop social, emotional, and mental skills that are important in everyday life. Sports education that focuses on character development will create individuals who are not only physically healthy, but also have integrity, discipline and the ability to work together with other people.

Physical activity has been widely studied by previous researchers, including: (Muhammad et al., 2020), (Hotma., H. Ali et al., 2023), (Deandra., H. Ali et al., 2020), (MIF Ali et al., 2024).

Discipline

According to Baumeister and Tierney, discipline is the ability to choose actions that support long-term goals, even though this may be at the expense of short-term desires or comfort. Discipline according to this theory can be learned and strengthened with practice, such as physical exercise or daily routines that require individuals to control impulses and follow predetermined procedures or rules.

In the context of sports education, discipline can be improved through giving rewards or recognition for disciplined behavior, such as practicing regularly or following the coach's instructions well. On the other hand, punishment or consequences for breaking rules also play a role in strengthening discipline.

The discipline has been widely studied by previous researchers, including: (Suharyono & H. Ali., 2017), (Utami, 2019), (Wirantasa, 2017).

Discussion

a) The role of Physical Activity in Character Formation

Physical activity or sport can be an effective forum for developing students' character. According to a number of studies, sport not only trains physical skills, but also helps form strong character through the experience gained during training and matches. Physical activity teaches the importance of hard work, perseverance, and good emotional management, which are important aspects in character formation (Gordon, 2013).

Research by Weiss and Wiese-Bjornstal (2009) shows that sport has the potential to shape character through teaching values such as honesty, fairness and sportsmanship. Children who are involved in physical activity tend to be more able to control themselves, have higher self-confidence, and have respect for others. Involvement in sports also increases the ability to work together and communicate well in teams (Zhou & Lee, 2014).

This research is in line with research conducted by: (Setiawan et al., 2024), (AMB Utama, 2011), (Maksum, 2005).

b) The role of Discipline in Character Formation

Discipline is a basic value that can be taught through sports education. Through discipline, individuals learn to respect rules, adhere to schedules, and strive to achieve set goals. In the context of sports, discipline leads to the development of an organized attitude and is focused on achieving optimal results.

Research by MacDonald et al. (2015) show that the discipline gained from sports training can help children and adolescents in other aspects of life, including academic and social. Sport teaches the importance of order and responsibility in action, which is the key to forming a strong character.

This research is in line with research conducted by: (Barokah et al., 2023), (Febriyanto et al., 2020), (Azizi, 2018).

c) The relationship between physical activity, discipline and character formation

Physical activity carried out regularly in an environment that supports discipline will accelerate character formation. Through disciplined practice, good time management, and persistence in training, individuals not only develop physically but also mentally and emotionally. The integration of discipline and physical activity has a positive impact on the formation of better character in the long term.

A study by Orlick (2010) revealed that combining discipline in sports education can help individuals develop more mature personalities. Through the routines involved in physical training, children learn to be more independent, responsible for their actions, and appreciate the hard work they do.

Conceptual Framework

Based on the problem formulation, theoretical studies, relevant previous research and discussion of the influence between variables, the framework for this article is as follows.

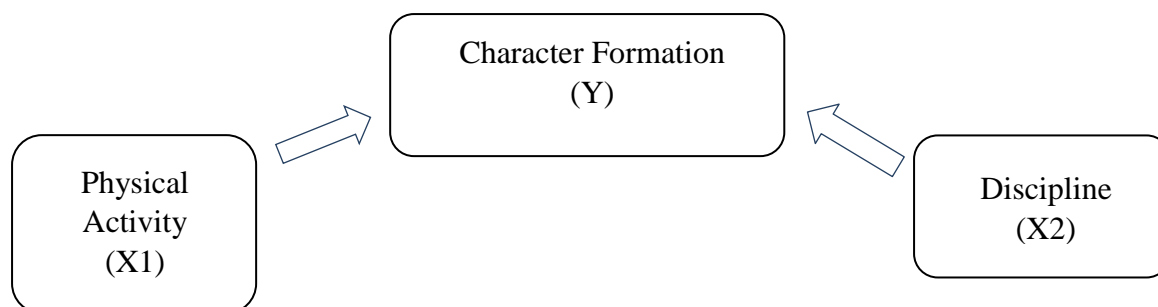


Figure 1. Conceptual Framework

And there are many other factors that influence Character Formation (Y), including:

- a) Health : (Alqawi & H. Ali et al., 2024), (Qonita, 2021), (Sari et al., 2014), (Chaeroni et al., 2021).
- b) Sporting Achievements : (Suharyono & H. Ali., 2017), (Ali et al., 2008), (Wahid et al., 2018), (Afif et al., 2024), (Prasetyo et al., 2018), (Laksana et al., 2017).
- c) Fitness : (Prativi, 2013), (Santoso, 2016), (Mahfud et al., 2020), (Arifin, 2018), (Safaringga et al., 2018).

CONCLUSION

This research aims to find out whether physical activity and discipline play a role in character formation. Based on the article questions, conclusions can be drawn from this research, namely as follows: 1) Physical activity plays a role in character formation, 2) Discipline plays a role in character formation.

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