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The Role of Discipline and Time Management in Improving Student Achievement in Sports

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Abstract: Literature Review the role of discipline and time management in improving student achievement is a scientific article with the aim of analyzing whether student achievement plays a role in discipline and time management. The method examines various studies, articles, and books that are relevant to the topic discussed. The results of this article are: 1) Discipline plays a role in Student Achievement; 2) Time Management plays a role in Time Management. Apart from these 2 exogenous variables that affect the endogenous variable of Student Achievement, there are still many other factors including learning interest, school environment, learning outcomes.

Keywords: Discipline, Time Management, Student Achievement.

INTRODUCTION

Sports are an important part of the world of education that not only functions as a means of improving physical health, but also as a medium for character building and developing students' potential. In the context of modern education, sports are not only seen as physical activity, but also as an integral part in forming mental attitudes such as sportsmanship, cooperation, and perseverance. Many students are able to show brilliant achievements in the field of sports thanks to structured and consistent coaching. However, to achieve these achievements, more than just natural talent is needed, but also good self-management skills.

Discipline is one of the important factors that greatly influences achievement in sports. According to Suryani (2020), discipline is a consistent attitude in obeying the rules and carrying out the responsibilities that have been set, including in the context of learning and non-academic activities such as sports. In sports activities, discipline is reflected through punctual attendance, obedience to the coach's instructions, and commitment to undergoing a regular training program. Students who have a high level of discipline generally show significant progress in terms of technical and physical skills, because they undergo a structured and continuous training process.

In addition to discipline, time management also plays a crucial role in supporting student achievement in sports. According to Ramadhani (2019), time management is an individual's ability to plan, prioritize, and allocate time effectively for various activities. Students who have

good time management skills are able to divide their time between academic activities, sports training, and rest proportionally. This makes them more focused, less tired, and able to carry out routines optimally. With efficient time management, students can maintain good performance in both academic and sports without sacrificing one or the other. Given the importance of the role of discipline and time management in supporting student success in sports, a deeper understanding is needed of how these two aspects contribute to each other in the process of achieving achievement. Discipline shapes mental attitudes and training consistency, while time management helps students balance academic obligations and physical activities. Therefore, this article aims to examine in depth how the role of discipline and time management can optimize student achievement in sports. This study is important to encourage educational practices that support the development of students' potential as a whole, both in terms of physical, mental, and self-management in carrying out sports activities sustainably.

This study aims to determine whether discipline and time management play a role in student achievement. Based on references from the problems that have been explained previously. The questions of the scientific article Literature Review are as follows:

1. Does Discipline Play a Role in Student Achievement?
2. Does Time Management Play a Role in Student Achievement?

METHODS

This study aims to examine the role of discipline and time management in student achievement in sports. This article is compiled using the literature review method, which examines various studies, articles, and books that are relevant to the topic discussed. The main emphasis in this study is how discipline in following training, obeying the rules of the game, and consistency in maintaining a healthy lifestyle, combined with the ability to manage time effectively between academic and sports activities, can encourage optimal achievement. Both are important foundations in forming an attitude of responsibility, focus on training, and efficiency in the training process and matches.

RESULTS AND DISCUSSION

Results

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

Prestasi Siswa

Achievement is what has been created, the results of work, results that please the heart that are obtained through hard work. Therefore, it can be understood that achievement is the result of an activity that has been done, created, which pleases the heart, which is obtained through hard work, both individually and in groups in certain fields of activity (Mas'ud Hasan Abdul Dahar., 2015). According to (Purwodarminto., 2019) achievement is the result of something that has been achieved. Achievement based on the severity of the figure can be narrowed down into an activity that produces.

According to (Haryadi, T., & Aripin, A., 2015) the indicators of student learning achievement can be described as follows:

1) Cognitive Domain

The cognitive domain is a topic related to cognition, with the ultimate goal of knowledge gained through experiments, research, discovery, and observation. The knowledge gained must be in accordance with the facts and experiences carried out, so that its truth can be proven. Cognitive is closely related to the mind, reason, intellectual, logic, and academics.

2) Affective Domain

Affective has a different scope from cognitive, because affective is more related to the psyche, soul, and feelings. In more detail, this intelligence includes: attitudes (enjoying, respecting), appreciation (rewards, punishments), values (morals, social), and emotions (sad, happy).

3) Psychomotor Domain

Psychomotor is defined as a physical activity related to mental and psychological processes, psychomotor is related to actions and skills. In the world of education, psychomotor is contained in practical subjects, psychomotor is correlated with learning outcomes achieved through manipulation of energy and physical.

Student achievement has been widely studied by previous researchers, including: (Kurniawati, D., 2020), (Afniola, S., Ruslan, R., & Artika, W., 2020), (Illahi, N., 2020), (Asih, D., & Hasanah, E., 2021).

Discipline

According to Aqib in (Palar et al., 2021) discipline is an aspect of life that is definitely manifested in society. Discipline also has a close relationship with a person's morals and behavior in terms of self-control to act and behave according to what is expected and regulated by the norms that apply in the residential environment.

Discipline is a condition that is created and formed through a process of a series of behaviors that show the values of obedience, order, and order (Sudarto, 2019). According to (Farida & Hartono., 2016) discipline is a person's awareness in obeying all applicable regulations and social norms.

According to (Hasibuan., 2016) discipline is defined as a person's awareness and willingness to obey all applicable regulations. The indicators of discipline are: 1) Compliance with regulations; 2) On-time attendance; 3) Responsibility for tasks; 4) Avoiding violations of rules.

Discipline has been widely studied by previous researchers, including: (Utami, S. W., 2019), (Mudarris, B., & Rizal, M. S., 2023), (Chandra, L. M. K. S. B., & Listiani, T., 2023), (Susanti, F., Zakariyah, Z., Komalasari, M., & Warlizasusi, J., 2023).

Time Management

Time management is how we can use time effectively and efficiently to achieve certain goals in life in the world, both short-term, medium-term and long-term goals and goals of life in the afterlife. In addition, the best use of time, as optimal as possible by planning activities in an organized and mature manner (Dwi Nugroho Hidayanto., 2019). According to (Hidayanto., 2019) said that time management is a personal process by utilizing analysis and planning in using time to increase benefits and efficiency.

According to (Yunita., 2022) time management is one of the internal factors, namely the process of managing oneself. What is more interesting here is the inability required to manage oneself, namely the ability to plan, delegate, organize and control.

The indicators of time management according to (Mardelina., 2021) are: 1) Setting goals; 2) Setting priorities correctly; 3) Making a schedule; 4) Minimizing interference.

Time management has been widely studied by previous researchers, including: (Apriyanti, M. E., & Syahid, S., 2021), (Munawwaroh, N., Indreswari, H., & Hotifah, Y., 2022), (Vinahapsari, C. A., & Rosita, R., 2020), (Bela, A., Thohiroh, S., Efendi, Y. R., & Rahman, S., 2023).

Discussion

a) Discipline in Student Achievement

Discipline is an attitude that reflects a person's ability to obey rules, carry out responsibilities, and maintain consistency in acting. In the context of education, discipline is an important foundation for students to achieve success, both in academic and non-academic fields such as sports. According to (Purwaningsih, A. Y., & Herwin, H., 2020) student discipline reflects strong self-regulation including compliance with rules, consistency in carrying out schoolwork, and punctuality. This disciplined attitude is formed through a process of habituation, teacher supervision, and ongoing coaching. Students who have high discipline tend to show significant progress in achievement because they are able to go through the process regularly and consistently. In the field of sports, discipline is essential in terms of regular training, compliance with coach directions, and self-control when competing. According to (Sukma Sharifah Andria, & Ari Suriani., 2025), discipline includes compliance with class rules, learning ethics, and a sense of responsibility in completing assignments. This attitude is formed through a process of socializing values with teachers and friends, and is supported by a conducive school environment. Therefore, discipline is not only an indicator of behavior but also a determinant in the success of achieving goals.

The application of good discipline can shape the character of students who are responsible, independent, and consistent in pursuing achievement targets. Discipline encourages students to try their best not to delay assignments and to be able to manage time more effectively. Disciplined students tend to be more likely to show achievement, because they have strong self-awareness and are able to direct their actions to achieve certain goals. Discipline is also an important provision for students in facing challenges and pressures outside the school environment.

Given the important role of discipline in achieving student achievement, fostering a disciplinary attitude needs to be carried out early on through an educational and sustainable approach. Schools, families, and the social environment have a shared responsibility in creating a positive culture of discipline for students. According to (Putri, M. R., 2023). shows that teacher competence and parental attention have a significant effect on the discipline of high school students. This collaboration is the foundation for a strong and high-achieving character. With a supportive environment both at home and at school, students will be more motivated to apply discipline in their daily lives, including in efforts to achieve achievements in sports and academics.

This research is in line with research conducted by: (Hasan, H., Putra, A., Amin, M. A. M., & Astuti, K. P., 2024) , (Kristiani, E., & Pahlevi, T., 2021) , (Wahab, V., Rahman, N., & Fitri, M., 2021) , (Susanti, I., & Atmini, N. D., 2022).

b) Time Management in Student Achievement

Time management is the skill of planning, organizing, and allocating time effectively for various activities such as studying, practicing, resting, and recreation. According to (Evi Tri Anjani., 2023) explains that students with good time management have higher discipline and are able to achieve optimal learning outcomes. That time management is not only about the accuracy of the schedule, but also forming a consistent and responsible attitude in achieving educational goals.

One important aspect of time management is the ability to create a daily schedule that is balanced between studying, resting, and other activities. Research by Wibowo and Utomo (2020) shows that students who consistently use a daily study schedule experience a significant increase in understanding the material and test results. This shows that with good time management, students are able to allocate study time according to their needs, thereby

increasing efficiency and learning outcomes. In addition, the use of time in a planned manner also strengthens self-discipline and personal responsibility.

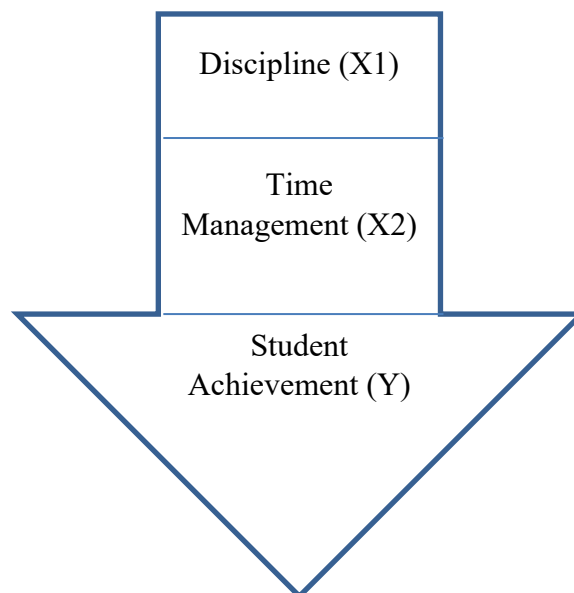
Students' ability to manage time is also closely related to the achievement of non-academic achievements such as sports, organizational, and artistic activities. According to Lestari and Wulandari (2021), students who are active in various activities but are still able to maintain academic achievement demonstrate high time management skills. This indicates that time management not only has an impact on academic success but also supports the development of self-potential as a whole. Therefore, it is important for schools and parents to equip students with time management skills from an early age to support their achievements in various fields.

Time management skills also play an important role in forming structured and sustainable learning habits. Students who have good time planning tend to be better prepared to face exams, complete assignments on time, and have enough time to self-evaluate their learning achievements. According to Ramadhani and Nugroho (2022), good time management helps students divide their focus between academic and non-academic activities without sacrificing one, thus creating a balance that supports overall achievement. Thus, mastery of time management skills is an important indicator in improving the quality of student achievement in an era that demands high efficiency and productivity.

This research is in line with research conducted by: (Yulyani, R. D., 2022) , (Eudya, A., Prihatin, I., & Saputro, M., 2021) , (Saksana, J. C., 2024) , (Anjani, E. T., 2023).

Conceptual Framework

Based on the formulation of the problem, theoretical studies, relevant previous research and discussion of the influence between variables, then obtained the framework of thinking articles such as below.



Picture 1. Conceptual Framework

And there are many other factors that influence Student Achievement (Y), including:

- a) Interest in Learning: (Mohzana, M., 2023) , (Ndraha, I. S., Mendrofa, R. N., & Lase, R. E., 2022) , (Setiawan, A., Nugroho, W., & Widyaningtyas, D., 2022) , (Reski, N., 2021) , (Charli, L., Ariani, T., & Asmara, L., 2019).

- b) School Environment : (Nurfirdaus, N., & Sutisna, A., 2021) , (Hikmawati, H., Yahya, M., Elpisah, E., & Fahreza, M., 2022) , (Ningsih, P. O., 2023) , (Putri, A. N., & Mufidah, N., 2021).
- c) Learning Outcomes : (Yandi, A., Putri, A. N. K., & Putri, Y. S. K., 2023) , (Fernando, Y., Andriani, P., & Syam, H., 2024) , (Wiriani, W. T., & Indonesia, U. T., 2021) , (Handayani, E. S., & Subakti, H., 2020) , (Rahman, S., 2022).

CONCLUSION

This study aims to determine whether discipline and time management play a role in student achievement. Based on the article's questions, the following conclusions can be drawn from this study: 1) Discipline plays a role in Student Achievement; 2) Time Management Discipline plays a role in Student Achievement.

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