

Influence of Sports, Physical Education and Health Teacher Professionalism in Developing Students' Character

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Abstract

Character education through a variety of subjects including the Sports, Physical Education and Health in school has recently includes the introduction of norms or values, however the internalization of those norms are yet to be seen through actions in daily living. Professionalism of Sports, Physical Education and Health teachers is crucial for effective and efficient learning to occurs. Sports, Physical Education and Health teachers requires a series of professional courses to become teachers, who will produce smart, critical, innovative, democratic and dignified students with good character, and at the same time, be a role model for developing a high quality human resources. The research objective is to see the effect of Sports, Physical Education and Health teacher's professionalism toward the development of students' character. This research was designed using qualitative and quantitative approaches in the form of "cross-sectional" study. The population in this research were the certified Sports, Physical Education and Health teachers, the students and the principals of public junior high school in the city of Padang. The samples were determined by purposive sampling. Data was collected by questionnaire, observation and interview. The analysis results found that (1) Professionalism of Sports, Physical Education and Health teachers affects very significantly to the development of students' character, and (2) Professionalism of Sports, Physical Education and Health teachers is significantly associated with the state of the students' character.

Keywords: professionalism, physical education, health, teacher, student's character

1. Introduction

Teachers become the spearhead in improving the quality of human resources. To be a professional and dignified teacher is a dream for all teachers, because it will produce a nation who are intelligent, critical, innovative, democratic, moral, dignified, and provide role models for students. Professionalism of Sports, Physical Education and Health teachers is crucial to the effective and efficient learning activity, because it has a set of requirements for the profession of Sports, Physical Education and Health teacher.

Success or failure of students in learning at school is one of the factor that is dependent on the teacher. When students are at home, the students are in the parent's responsibility; but the responsibility is taken up by the school teachers when they are at school. Meanwhile, people have high expectations that their children experienced positive-constructive changes due to their interaction with the teacher.

The success of a teacher can be seen from the process and results. In terms of process, the teacher is able to engage successfully when the majority of learners are physically active both mentally and socially in the learning process. In terms of results, the teacher is successful when learning that was taught are able change the learners behavior for the better. In contrast, from the students side, the learning will be successful if it fulfills two requirements: (1) learning is a student's needs, and (2) there is readiness for learning, namely readiness to gain new experiences both knowledge and skills.

In the Law of the Republic of Indonesia Number 20 in 2003 about National Education System (Education), chapter IX Article 39 paragraph (2): "Educators are professionals in charge of planning and implementing the learning process, assessing learning outcomes, coaching and training, as well as perform research and community service, particularly for educators in higher education". Teacher's professionalism is at stake when it becomes a demand towards democratic learning, because the demands reflects an increasingly complex needs of

the students, not only the ability of teachers to master the learning process but also other skills that are psychological, strategic and productive. These demands can only be answered by a professional teacher. Therefore, as an educator, a teacher should be professional as defined in the law of National Education System. The presence of a professional teacher is never subsided, because it comes as the most reliable subject.

Character education in schools has been included by the introduction of new norms, and yet the internalization and action in everyday life has not occurred. The formation of character is generally only used as an accompaniment effect (nurturant effect) or a *hidden curriculum*, which is inserted in the cognitive and psychomotor domains. Competent educational institutions find an effective educational tool in shaping the character of students. Education or educating is not only limited to transfer knowledge, but the more important thing is to establish the character of students to be kind, courteous, ethical and aesthetic in everyday life.

The Law of the Republic of Indonesia No. 20 in 2003 on National Education System, also argued that the curriculum in primary and secondary education shall include, these items: *Education of Physical Sport and Health* (Sports, Physical Education and Health). Sports, Physical Education and Health, is a discipline which is a sub-system of national education which is prosecuted to appear as a key in the development of human resources, namely the man who has the ability, skills and personality to suit the demands of development.

Sports, Physical Education and Health utilizes the physical to develop integrity of human beings. Through physical activity the mental and emotional aspects leads to develop that contribute to the improvements in mind and body that affects all aspects of a person's daily life. Holistic approach to body and soul includes the emphasis on the three educational domains: psychomotor, cognitivity and affectivity. Robert Gensemer (in Freeman, 2001) expresses that Sports, Physical Education and Health is termed as the process of creating "a good body as a good place for the mind or soul". The importance of sport as one of the necessities of life is like being floated in the Indonesia national anthem lyrics "*Rise up his soul rise up his body for Indonesia Raya*".

Baron Piere de Coubertin in Lutan (2001) says, "the ultimate goal of sport and physical education lies in its role as a unique container of perfecting character, and as a vehicle to own and form a strong personality, good character and noble qualities; just people who has the moral virtues such as these characters will be useful citizens ". Sports does not only mean it is able to support the quality of human resources, but it is also able to foster a culture of social religious culture based on the values of sportsmanship, creativity, discipline and responsibility.

Message from the Minister of National Education on the occasion of National Education Day 2011 expressed the theme "character education as a pillar of national revival with subthemes achieve accomplishments and uphold morality". Character education has actually been done in schools for a long time, especially in learning Sports, Physical Education and Health. Sports, Physical Education and Health is an educational program through motion or *play* and *sport*. It contains the sense that movement, games, or certain sports are chosen merely as a means of educating. Sports, Physical Education and Health which is well-directed, is able to make participants engage in conducive activities to develop healthy lifestyle, to develop socially, and to contribute to physical and mental health.

The role Sports, Physical Education and Health teachers on the formation of students' character expressed generally by some practitioners that it has not demonstrated professionalism. Their performance is considered weak, not fully able to perform the role and function optimally for the development of students' character education. Most teachers that are less prepared with the Sports, Physical Education and Health learning device which is able to analyse values in each material for the formation of student character. A professional Sports, Physical Education and Health teacher is expected to address the question of the students' character that is needed to establish the quality of human resource.

2. Methodology

This is a qualitative and quantitative research using cross-sectional study design to analyze the characteristic of a population at a specific time or certain stage. The population of the study was certified Sports, Physical Education and Health teachers at 37 Junior High Schools, with a population of 27,596 junior high school students in the city of Padang, as well as the associated principal as the main informant. The research sample is determined in stages: *first*, to determine the research area in Padang; *second* and *third*, to determine the sample consisting of schools, teachers and students of class VIII Sports, Physical Education and Health. The study was set at four Junior High Schools, with a sample of 155 students.

Data was collected using a questionnaire, interviews, and direct observation of teacher's professionalism specifically for the development of students' character. Questionnaire was prepared by the researcher and then

was developed into the form of statements about the influence of professionalism of teachers for Physical, Sports and Health Education for the development of students' character. Data were analyzed descriptively, using *Spearman* correlation and *t-test*.

3. Results

Before testing the hypotheses, data obtained were analyzed descriptively Tests of normality and homogeneity of variance were conducted. The research hypothesis were tested using correlation and t-test, with a confidence level set at $\alpha = 0.05$ level. Hypothesis testing is done to determine: (1) the influence of professionalism of Sports, Physical Education and Health teacher to development of students' character, and (2) the relationship between professionalism of Sports, Physical Education and Health teacher with state of students' character.

Results showed that: (1) Professionalism of Sports, Physical Education and Health teacher has very significant influence on the development of student character (2) professionalism of Sports, Physical Education and Health teacher correlates significantly ($\alpha = 0.01$) with the state of the learners' character ($0.392 > r$ table 0.206).

4. Discussion

Results of the study showed that professionalism of Sports, Physical Education and Health teacher significantly influence the development of students' character, and professionalism of Sports, Physical Education and Health teachers correlates significantly with the state of the students' character. A professional Sports, Physical Education and Health teacher has competences such as: (a) able to make lesson plans, (b) able to educate students through physical activity in order to develop physical, neuromuscular, intellectual, emotional, cultural and spiritual abilities, (c) able to evaluate the process and outcomes of learning, (d) able to use the evaluation results for remedial purposes, and (e) use the results of research to improve the quality of learning.

Being a professional teacher according Zakiah Daradjat (1992) is not arbitrary, but must meet some requirements such as: (1) piety to Allah SWT, it is not possible to educate children to be obedient to God, if teachers did not fear Him. A teacher is a role model for the students. (2) Knowledgeable, a teaching certification is not merely a piece of paper, but the proof that the owner has to have a certain knowledge and abilities which are needed for a position. (3) Healthy body greatly affects the spirit of working. (4) Behave well, teachers' manner is very important for students' character education.

When Sports, Physical Education and Health teachers consider teaching as merely conveying the subject matter they will be different from teachers who think teaching is a process of providing assistance to students. These differences ultimately affect the ability of teachers to implement instructional strategies. The professional Sports, Physical Education and Health teachers thought that the aim of teaching is to change the attitude of students towards a better character.

Teachers who are materially oriented tends to apply learning with a one-way pattern, giving less freedom to the students to be creative in learning. The condition will affect the quality of learning. The process of learning activities is successful when students are actively engaged both physically and mentally in the learning process.

According to the Minister of National Education Regulation No. 41 of 2007 on the Standard Process of Education, include: Planning the learning process, doing implementation of the learning process and learning the outcome assessment. Implementation of learning is done in an interactive way, inspiring, having fun, challenging, and motivating the students to actively participate and provide enough space for innovation, creativity, and independence which fit to their talents, interests, as well as physical and psychological development of the students.

Professional Sports, Physical Education and Health teachers who have responsibility for increasing physical fitness of students, lead the activity in which play or practice along with learning, as a motivator and disciplinarian. For the achievement of learning goals in each meeting is often encountered that some students have difficulty in mastering *skills* motion. Under these conditions as Penjasorkes teachers, they are required to have professionalism in service to the achievement of learning objectives.

Professionalism of Sports, Physical Education and Health teachers are able to give the best service (*to serve the common good*) which is accompanied by the dedication of to *human welfare*. This means that the teachers prioritize the human values rather than the material values. So even if a teacher has a high ability but does not have the self-motivation to perform these tasks he will not be able to carry out his duties in a professional manner (Ibrahim Bafadal, 2009).

Professionalism as a Sports, Physical Education and Health teacher means that he is able to master the field finely and deeply. Sports, Physical Education and Health teachers not only convey knowledge by words or

writing, but also performed skills directly in front of the students. Therefore, a Sports, Physical Education and Health teacher must be skillful in certain activities in the learning process, although he is not an expert in the sport. He has previously analyzed the values contained in any learning material in designing the learning process for the development of learners' character.

According Wiranto (1997), emotional intelligence can be developed through Sports, Physical Education and Health. Understanding the essence of emotional intelligence by Lutan (1997), includes four aspects: self-control, diligence, perseverance and the ability to motivate yourself. The conclusion is that emotional intelligence is an internal factor in determining student success. If the achievement motivation is enhanced, the learning outcomes of Sports, Physical Education and Health will increase as well. Conversely, if the students' achievement motivation is declining, achievement of Sports, Physical Education and Health learning outcomes will be low.

According to Singer (1980), achievement motivation is a motive for pacing with someone's own advantages and benefits of others. Achievement motivation is beneficial to draw the best predictor for students' achievement. Thus, Sports, Physical Education and Health teachers should consider an intervention to improve students' achievement motivation in order to assist the students in carrying out their duties with spiritfully and seriously.

Weinberg and Gould (2003) states that participation in an exercise program is able to build character, improve one's moral reasoning and educate him to apply sportsmanship. Learning sports activities through Sports, Physical Education and Health contain ethical values of *fair play*. *Fair play* is an awareness that opponent / friend who compete or play sports together is always attached. According Lutan (2001) *fair play* is a form of self-esteem as reflected in: (1) honesty and sense of justice, (2) respect for the opponent, either in defeat or victory, (3) attitude and selfless actions, (4) assertiveness and authority in the event of an opponent or spectators do not *play fair*, and (5) humility in victory, and peace / self-control in defeat.

Successful implementation of students' character values, relates to the quality of professionalism owned by Sports, Physical Education and Health teacher. According Sudarsono (2009) character is a trait that will manifest themselves in the ability to push out, which leads the person to perform a commendable display. Education which is building character oriented will produce students who will display a virtue that is commendable with appropriate levels of their knowledge.

Suharjana (2011) suggests that Sports, Physical Education and Health is an efficacy unquestionable media to build the nation's character. Development of ethics, positive values, discipline, sportsmanship, and quick decision making are products of Sports, Physical Education and Health. Sports, Physical Education and Health can also be used as an arena to develop honesty, promote integrity, and develop a sense of respect for other people's social environment.

According to Ruspendi (2008) there are five aspects to teacher professionalism: (1) Have a commitment to students and the learning process, (2) Master the instructional materials and the techniques on how to teach, (3) Have responsibility for monitoring the students' ability to learn through variety of evaluation techniques, (4) Have ability to think systematically in doing the task, and (5) Should be part of a learning community within their profession.

Professional Sports, Physical Education and Health teachers will carry out their duties well if they have the ability and motivation to carry out this task to change the attitude of students towards a better behavior and character. Although a teacher has high ability but does not have the motivation to carry out the task himself, the teacher will not be able to carry out their duties in a professional manner (Ibrahim Bafadal, 2009).

5. Conclusions and Recommendations

- 1) Professionalism of Sports, Physical Education and Health teacher has very significant influence on the formation of students' character. Therefore, Sports, Physical Education and Health teachers need to develop their professionalism to have competencies related to their duties as an educator in various ways, such as training, professional education of teachers (PPG), attending seminars and so on.
- 2) Professionalism Sports, Physical Education and Health teacher correlates significantly with the state of the students' character. It is recommended that teachers of Sports, Physical Education and Health be always creative in implementing the curriculum, analyzing the materials and the values contained in any learning material, and then design a learning process for the formation of character and improve the quality of physical fitness of the students, so that every content of the curriculum can be achieved better, and students become competent learners as expected.

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