

The influence of learning interest and motivation on students' achievement in learning physical education

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Abstract

This study aimed to determine the influence of interest and learning motivation on physical education learning achievements of SMP Negeri 3 Walenrang students. This research used a quantitative descriptive method as outlined in the form of percentages. The population in this study were 171 students of SMP Negeri 3 Walenrang. The sample in this study was 30 students. The results show that the highest interest in the sample with a percentage of 98.4% was in the very good category. Learning motivation has an average percentage of 88.6% describing that students' motivation to study physical education at SMP Negeri 3 Walenrang is very good. The high influence of learning interest of class VII students on physical learning achievement of SMP Negeri 3 Walenrang is obtained from a probability value of 0.00 ($0.00 < 0.05$), then H_0 's decision is rejected and H_1 is accepted, meaning that there is a significant influence of learning interest on achievement learn penjas. While the motivation of VII Class students for physical education achievement at SMP Negeri 3 Walenrang is obtained from a probability value of 0.02 ($0.00 < 0.05$), then H_0 's decision is rejected and H_1 is accepted, meaning that there is a significant influence of interest in learning on physical education achievement.

Keyword: Interest; learning motivation; learning achievement; physical education

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh minat dan motivasi belajar terhadap prestasi belajar penjas siswa SMP Negeri 3 Walenrang, penelitian ini menggunakan metode deskriptif kuantitatif dituangkan dalam bentuk persentase. Populasi dalam penelitian ini adalah siswa SMP Negeri 3 Walenrang sebanyak 171 orang siswa. Adapun sampel dalam penelitian ini berjumlah 30 orang siswa. Hasil penelitian menunjukkan bahwa tertinggi dari sampel minat dengan persentase 98,4% kategori baik sekali. Motivasi belajar memiliki persentase rata-rata 88,6% menunjukkan bahwa motivasi siswa belajar penjas SMP Negeri 3 Walenrang Baik sekali. pengaruh yang tinggi minat belajar siswa kelas VII terhadap prsetasi belajar penjas SMP Negeri 3 Walenrang diperoleh dari nilai probabilitas 0,00 ($0,00 < 0,05$), maka keputusan H_0 ditolak dan H_1 diterima, artinya ada pengaruh yang signifikan minat belajar terhadap prestasi belajar penjas. Sedangkan motivasi siswa kelas VII terhadap prestasi belajar penjas SMP Negeri 3 Walenrang diperoleh dari nilai probabilitas 0,02 ($0,00 < 0,05$), maka keputusan H_0 ditolak dan H_1 diterima, artinya ada pengaruh yang signifikan minat belajar terhadap prestasi belajar penjas.

Kata kunci: Minat; motivasi belajar; prestasi belajar; pendidikan jasmani.

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Introduction

Education is a process that is needed to get balance and perfection in the development of individuals and society (Nurkholis, 2013). Humans born on earth have the same life goals, namely the goal of achieving success and intelligence (Sulton, 2019). The aim of national education is expected to be able to give birth to Indonesian people who are religious and moral, able to master knowledge and skills, physically and mentally healthy, have personality and be responsible (Sulthon, 2014). Success and intelligence can be owned by humans when experiencing the process of education or learning (Aswat et al., 2021). Education has the most important element in a nation because education has all the knowledge (Idris & ZA, 2017). With knowledge, the State can progress and develop rapidly in terms of its economic, cultural, political, and other structures (Rahmat, 2021).

Education is a means to educate, develop, improve the quality of human resources. Education provides advancement of human thought, so that their standard of living increases (Indy et al., 2019). Education is a reflection of the process of maturing a child, improving behavior in a better direction. Education is also a right for every citizen, it is stated in article 31 paragraph (1) of the 1945 Constitution "stipulates that every citizen has the right to education", and (2) every citizen is obliged to attend basic education and the government is obliged to finance it" paragraph (3) emphasizes that the government seeks and organizes a system national education that increases faith and piety as well as noble character in the framework of educating the life of the nation which is regulated by law (Ardi & Meidiasari, 2020).

Physical education, sports and health in schools have an important role for student learning facilities, besides that the physical, sports and health education side also leads to aspects of achievement in the field of sports (Putra, 2015). Physical education is also a process through which physical activity is designed and structured systematically to stimulate growth and development, improve abilities and physical skills, intelligence, as well as character formation, as well as positive values for every citizen in achieving educational goals (Kahar et al., 2023). One of the motivations for student learning activities is that this motivation is absolutely owned by a student for successful learning (Azhuri et al., 2021). Then it was explained according to (Hendri & Aziz, 2020) motivation is to move someone to arouse their desire and willingness to do something so that they can get results or achieve certain goals.

Motivation can encourage someone to do something in order to achieve the goals they want to achieve (Kelwarani et al., 2023). Motivation can foster the value of self-confidence, discipline and thinking that all activities can be achieved with high motivation. Motivation is an activator or encouragement contained in humans that can generate, direct and organize their behavior (Faiha et al., 2023). And according to Mc. Donald quoted (Rubiana & Dadi, 2020) To achieve what students want, they are influenced by several factors, including from within and outside of the student.

Internal factors include: honest attitude, cooperative attitude, discipline attitude, and attitude to achieve. While external factors include parental support, good school facilities and infrastructure and media. Motivation is a series of efforts to provide certain conditions, so that someone wants and wants to do something and if they don't like it, they will try to negate

or avoid that feeling of dislike. So, motivation can be stimulated by external factors, but motivation grows within a person. The environment is one of the external factors that can foster motivation in a person to learn (Emda, 2017).

In addition, interest is also an element of personality that plays an important role in making future decisions (Kadir, 2015). With the emergence of interest from these students, in carrying out an activity students will result in the activities being carried out to be more influenceive compared to participants who have no interest at all (Nuraeni & Syihabuddin, 2020). Interest is a state in which a person has concern for something and is accompanied by a desire to know and learn or prove further Bimo Walgito in (Saleh & Malinta, 2020). Interest is said to be a desire or willingness which is a person's encouragement to do something or activity without coercion from others (Prayogi et al., 2022).

Interest is closely related to one's personality, the three functions of the soul, cognition, emotion and conation are contained in interest, sometimes interest arises by itself, and sometimes needs to be worked on (Sirait, 2016). Interest has a big influence on the learning process, because if the lesson material being studied is not in accordance with students' interests, students will not study well (Hatmoko, 2015). Interest can arise when there is attention, in other words, interest is a cause and influence of attention (Rohmatunisha et al., 2020). Interest is a tendency that lasts a long time towards an object or in carrying out an activity (action) based on feelings of interest, pleasure, which arise from within (Prasetyo et al., 2022).

Interest that exists in a person does not arise suddenly or spontaneously, but arises due to achievement, experience, habits, when studying or working interest will always be related to needs or desires (Kasandrawali, 2019). Profile of SMP Negeri 3 Walenrang, Luwu Regency, which was founded in 1997 which has adequate infrastructure including good study rooms, 12 class rooms, library room, laboratory, sports field, teacher room, UKS room, and 20 teachers people consisting of 5 male teachers and 14 female teachers and 1 sports teacher. Based on the study of theory, interest is a tendency to pay great attention to something, so that a happy feeling and positive attitude is formed (Soraya, 2015). Whereas student motivation can be driven from external factors such as the provision of material by the teacher which is arranged creatively, support from parents, while motivation from internal factors can be driven by an interest in learning from students (Kusumaningrini & Sudibjo, 2021).

Motivation is an individual's drive or desire for something that interests him which can be influenced by two factors, namely internal factors such as attention, pleasure, activity and external factors such as the role of the teacher and facilities (Munjiat & Syaefunisa, 2020). From these factors, the researcher used it to see students' interests and motivation towards learning physical education. Related to sports and health physical education learning activities, if students consider sports and health physical education learning to be related to themselves, it will influence and shape them and their awareness. That is, it can be said that interest and motivation in learning sports physical education can describe a student's behavior towards learning physical education (Raibowo & Nopiyanto, 2020).

Previous research has tried to analyze, such as research entitled The Influence of Learning Interest, Learning Motivation, and Intelligence on Students' PJOK Learning

Achievement (Suci et al., 2022). Other research also (Imawati & Maulana, 2021) surveys students' interest in learning in participating in physical education learning at SMPN 30 Makassar. However, there has been no previous research that has tried to examine the influence of students' interest and motivation in participating in physical education lessons, and the problems at SMP Negeri 3 Walenrang must be found out. Other reasons, as well as other reasons that are still unclear. Therefore, the researcher is interested in conducting research on the problem "The Influence of Learning Interest and Motivation on Students' Achievement in Learning Physical Education at SMP Negeri 3 Walenrang"

Method

This research was quantitative descriptive research using the same basic logic as experimental research, namely x to y variables, with a questionnaire as data collection material which aims to find out how the interests and motivations of students of SMP Negeri 3 Walenrang in participating in physical education learning. This research was conducted in April-May 2023 which took place at SMP Negeri 3 Walenrang. The data collection technique used a questionnaire. The values obtained from the questionnaire were then analyzed using a quantitative descriptive analysis as outlined in the form of a percentage. The population is all research subjects, meanwhile according to (Novita et al., 2013) states the population is all members of groups of humans, animals, events, or objects that live together in one place and are planned to be the target of conclusions from the final results of a study.

Based on this opinion, the population in this study was used as research data and the population in this study was 171 students of SMP Negeri 3 Walenrang. The sample is part of the population that we will use as data for research, meaning that there is no sample if there is no population (Sari et al., 2022:118). According to (Melyza & Aguss, 2021) that if the total population is above 100, the researcher may take a sample of 10-15% or 20-25%. The technique of determining the sample using purposive sampling technique (Lenaini, 2021). According to (Sari et al., 2022:123) purposive Sampling Technique is a sampling technique with certain considerations. For example, due to limited funds, manpower and time. The number of samples was then tested for motivational variables and interest variables. So that the sample in this study was class VII SMP Negeri 3 Walenrang with a total of 30 students.

This research is quantitative descriptive research using the same basic logic as experimental research, namely variables x to y, with a questionnaire as data collection material which aims to find out the interest and motivation of students at SMP Negeri 3 Walenrang in participating in physical education. According to 2 quantitative descriptive research in this research is to see, review and describe with numbers about the object under study as it is and draw conclusions about it according to the phenomena that appeared at the time the research was carried out. According to 1 in this article, we overcome this challenge and advance use of qualitative metasummary as a useful technique for synthesizing qualitative and quantitative descriptive findings.

The list represents the general logic of one or another in qualitative descriptiveness focusing on the participants' views. This research was carried out in April-May 2023 at SMP Negeri 3 Walenrang. The data collection technique uses a questionnaire. A data collection

instrument is a tool used to collect data sourced from respondents 3. One of the data collection instruments is a questionnaire. A questionnaire is a data collection instrument used to collect large amounts of data 4 (Pranatawijaya et al., 2019). The method is to provide a number of structured written questions to respondents regarding their responses to the various variables studied 5 (Fatimah, 2021).

Results and Discussion

Results

The results of research conducted on the interest and motivation of class VII students of SMP Negeri 3 Walenrang can be measured using a questionnaire totaling 20 interest and motivation questionnaire statements.

1. Interest and motivation of class VII students of SMP Negeri 3 Walenrang in learning physical education. The description of the results of the research on the interest of class VII students in learning physical education can be seen in the following table:

Table 1. Results of interest and motivation data analysis of class VII students of SMP Negeri 3 Walenrang

Indicators	N	Total number	Maximum value	Minimum value	Average
Student Interests	30	2765	98	78	4.33
Student Motivation		2668	99	67	4.43

The table above shows that statistics on the interest and motivation value of class VII students of SMP Negeri 3 Walenrang have the highest value, namely 98, the average value is 4.33, the lowest is 78, with an average value of 3.56. while the overall value of the questionnaire contained 2765 with an average value of 4.33. The table above describes that respondents with an interest in learning physical education at SMP Negeri 3 Walenrang have an average percentage of 84.6% describing that class VII students' interest in learning physical education at SMP Negeri 3 Walenrang is very good. the highest of the sample with a percentage of 98.4% very good category.

While student motivation has the highest value, namely 99 with an average value of 4.95, the lowest is 67 with an average value of 3.40. while the overall value of the questionnaire contained 2668 with an average value of 4.43. The table above describes that respondents from class VII students' motivation to learn physical education at SMP Negeri 3 Walenrang has an average percentage of 88.6% describing that students' motivation to learn physical education at SMP Negeri 3 Walenrang is very good.

2. The influence of learning interest on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang. The data analysis was carried out to determine the influence of the independent variable on the dependent variable. The intended data analysis is an analysis with a significance level of 0.05 (5%). The complete analysis results can be seen in the following table

Table 2. The influence of learning interest on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang.

Variable	N	Mean	SD	R	P
Learning Interest (X1)	30	4,23	0,27	0,75	0,00
Learning achievement (Y)	30	4,20	0,23		

Data on the influence of class VII students' learning interest on physical education learning achievement at SMP Negeri 3 Walenrang is 0.75 with a significance level of 0.05 (5%). the positive sign describes the direction of positive influence, while the closeness of the influence of class VII students' learning interest on physical education learning achievement of SMP Negeri 3 Walenrang from the reliability test is $r = 0.75$ (r is between $0.600 < r_{11} < 0.800$) in the high category.

Hypothesis t-test: There is a high influence of class VII students' learning interest on physical education learning achievement of SMP Negeri 3 Walenrang with a value of $r = 0.75$, thus H_0 is rejected. While the learning interest of class VII students with physical education learning achievement at SMP Negeri 3 Walenrang obtained from a probability value of 0.00 ($0.00 < 0.05$), then H_0 's decision was rejected and H_1 was accepted. This means that there is a significant influence on the learning interest of class VII students on physical education learning achievement at SMP Negeri 3 Walenrang.

- The influence of learning Motivation on Physical Education Learning Achievement of Class VII Students at SMP Negeri 3 Walenrang. The data analysis was carried out to determine the influence of the independent variable on the dependent variable. The intended data analysis is an analysis with a significance level of 0.05 (5%). The complete analysis results can be seen in the following table

Table 3. The Influence of Students Motivation on Physical Education Learning Achievement of Class VII Students at SMP Negeri 3 Walenrang

Variable	N	Mean	SD	R	P
Learning Motivation (X2)	30	4,43	0,34	0,39	0,02
Learning Achievement (Y)	30	4,20	0,23		

The results of data on the influence of learning motivation of class VII students on physical education achievement at SMP Negeri 3 Walenrang is 0.39 with a significance level of 0.05 (5%) which is positive describing the direction of positive influence. While the closeness of the influence between the motivation of class VII students on physical education achievement of SMP Negeri 3 Walenrang from the reliability test is $r = 0.39$ (r is between $0.200 < r_{11} < 0.400$) in the low category.

The hypothesis t-test shows that there is a low influence between students' motivation on physical education achievement at SMP Negeri 3 Walenrang with a value of $r = 0.39$, thus H_0 was rejected. Meanwhile, data on the motivation of class VII students on physical education achievement at SMP Negeri 3 Walenrang was obtained from a probability value of 0.02 ($0.00 < 0.05$), so H_0 's decision was rejected and H_1 was accepted.

This means that there is a significant influence of learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang.

4. The Influence of Interest and Learning Motivation on Physical Education Learning Achievement of Class VII Students at SMP Negeri 3 Walenrang. Data analysis was carried out to determine the influence of the independent variable on the dependent variable. Data analysis with a significance level of 0.05 (5%). The complete analysis results can be seen in the following table

Table 4. The Influence of Interest and Learning Motivation on Physical Education Learning Achievement of Class VII Students at SMP Negeri 3 Walenrang.

Variabel	N	Mean	SD	R	P
Minat Belajar (X1)	30	4,33	0,25	0,76	0,00
Motivasi Belajar (X2)					
Prestasi Belajar Penjas (Y)	30	4,20	0,23		

The results of data on the influence of interest and learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang is 0.76 with a significance level of 0.05 (5%) which is positive describing a positive influence. While the closeness of influence between interest and learning motivation on physical learning achievement of class VII students of SMP Negeri 3 Walenrang from the reliability test is $r = 0.76$ (r is between $0.600 < r_{11} < 0.800$) in the high category.

The hypothesis test shows that there is a high influence between interest and learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang with a value of $r = 0.76$, thus H_0 was rejected. Data on the influence between interest and learning motivation on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang was obtained from a probability value of 0.00 ($0.00 < 0.05$), then H_0 's decision was rejected and H_1 was accepted. This means that there is a significant influence of interest and learning motivation on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang.

Discussion

There is a positive influence from the interest and learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang. In the distribution of respondents according to the level of learning interest of class VII students on physical education achievement at SMP Negeri 3 Walenrang, it was obtained that the average value category was 84.6% describing the very good category, the highest value with a percentage of 98.4% was the very good category. the lowest value is 78% with an average value of 3.56 in the good category. So, it can be interpreted that the level of learning interest on physical education achievement of class VII students at SMP Negeri 3 Walenrang is very good by looking at the percentage value of the average questionnaire results with the respondents obtained.

This research is in line with previous research (Rohaya, 2022) whose research results show that the students' interest in learning Physical Education subjects (70.43%) and Physical Education learning outcomes are good with an average value of 83.5. And also in line with research from (Andriani & Rasto, 2019) with the title influence of interest and motivation on learning achievement in Social Sciences at Junior High Schools in Kebumen Regency. In the distribution of respondents according to the level of learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang, the average value category was 88.6% describing very good category, the highest value was 99%, the category was very good and the lowest value was 67% good category.

So, it can be interpreted that the level of learning motivation on physical education achievement of class VII students at SMP Negeri 3 Walenrang is very good by looking at the percentage value of the average questionnaire results with the respondents obtained. Motivation to learn in the world of education is one of the important things. Without motivation, someone certainly will not get a good learning process. Motivation is the first step to good learning (Andriani & Rasto, 2019). Motivation to learn can be interpreted as a driving force for carrying out certain learning activities that come from within and also from outside the individual so as to foster enthusiasm for learning (Daulay et al., 2022). Based on the analysis of data that has been calculated through hypothesis testing, it is found that learning interest and motivation have an influence on physical education achievement at SMP Negeri 3 Walenrang.

Signed positive describes the direction of positive influence of interest and motivation to learn highly related to learning physical education in the high and significant category. This is in line with research conducted by (Alfazani & Khoirunisa A, 2021) interest is the awareness that arises, that certain objects are very liked and give rise to high attention for individuals towards these objects so that awareness arises in a person and gives rise to high attention to carry out an activity, thus giving encouragement to pay attention to activities that based on actual experience. Likewise, according to (Djarwo, 2020) state that learning motivation is internal and external encouragement to students who are learning to make changes in behavior.

Conclusion

Interest in studying physical education at SMP Negeri 3 Walenrang has an average percentage of 84.6% describing that student interest is very good. the highest of the sample with a percentage of 98.4% very good category. Meanwhile, the motivation of students learning physical education has an average percentage of 88.6% describing that the motivation of students learning physical education at SMP Negeri 3 Walenrang is very good. There is a high influence between learning interest on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang with a value of $r = 0.75$, thus H_0 is rejected. Meanwhile, the influence of learning interest on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang obtained from the probability value is 0.00 ($0.00 < 0.05$), then H_0 's decision is rejected and H_1 is accepted.

This means that the influence of interest in learning on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang is significant. There is a low influence between learning motivation on physical education learning achievement of class VII students of SMP Negeri 3 Walenrang with a value of $r = 0.39$. Thus, H_0 is rejected. Meanwhile, the influence of motivation on physical education learning achievement of class VII students at SMP Negeri 3 Walenrang was obtained from a probability value of 0.02 ($0.00 < 0.05$), then H_0 's decision was rejected and H_1 was accepted.

This means that learning motivation with physical education learning achievement of class VII students at SMP Negeri 3 Walenrang is significant. These results provide empirical evidence that overall, the variables of learning interest and learning motivation can influence physical education learning achievement of class VII students at SMP Negeri 3 Walenrang with a probability value of 0.00 ($0.00 < 0.05$), then H_0 's decision is rejected and H_1 is accepted. This means that the influence of interest and learning motivation on physical education learning achievement of class VII students of SMP Negeri 3 Walenrang is significant.

Author Statement

A statement that the article made has never been published in another journal. The article entitled "The Influence of Learning Interest and Motivation on Student Achievement in Physical Education Learning at SMP Negeri 3 Walenrang" however the article was written in English. As for the Author in this article Rajid, Irsan Kahar, Rasyidah Jalil, Syahrir.

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