

# Students' Parents' Perception of the 7 Habits of Indonesian Children is Great in Supporting Students' Sports Achievements

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## Abstract

This study aims to examine parents' perceptions of the 7 Great Habits of Indonesian Children (7KAIH) program in the context of character development and student athletic achievement. The research method employs a qualitative descriptive approach. The target population for this study consists of parents of students at SDN 3 Syamsuddin Noor whose children actively participate in sports activities and are already familiar with the 7KAIH program. The sample size for this study is 10 parents. Data analysis techniques include data reduction, data presentation, and drawing conclusions/verification. Data collection techniques were conducted through interviews and observations. Through the qualitative descriptive approach, data was collected through semi-structured interviews with ten parents of students at SDN 3 Syamsuddin Noor whose children are actively involved in sports activities. The results of the study indicate that some parents believe the 7KAIH program has a positive impact on children's independence, discipline, enthusiasm, and self-confidence in sports. Parents also play an important role in providing facilities, motivating, and accompanying children in developing their sports potential. However, there are still some obstacles, such as children's study time and social skills, which need to be improved. The conclusion of this study is that it has a positive influence on the development of children's attitudes, particularly regarding independence, discipline, enthusiasm, and self-confidence when they participate in sports activities. Support from parents, such as providing sports equipment and emotional encouragement, makes children more serious about training and participating in competitions.

**Keywords:** Sports achievements; 7 habits of students; parents of students

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## Introduction

According (Sinulingga, 2025) education is the main key in building a superior and dignified civilization. In the midst of increasingly competitive global developments, character formation from an early age is a necessity that cannot be ignored. Healthy character and noble character not only serve as the moral foundation of individuals, but also become the main pillar for the progress of the nation. Character education is one of the main pillars in forming a young generation who are qualified, have noble character, and have competencies that are in accordance with the demands of the times (Aini et al., 2024). According (Indahsari & Sumarsono, 2025), in order to strengthen character education in educational units, the government has issued a strategic policy.

The 7 great Indonesian children's habits movement is a commitment from the ministry of education in developing a national education system that is oriented towards strengthening the nation's character, by instilling the eight main characteristics of the nation of religious, moral, healthy, intelligent, creative, hard work, discipline, independent and useful. According to the Ministry of Education and Culture in the article, (Nur et al., 2025) it is hoped that with the existence of these 7 great Indonesian children, significant changes can be created in the habits of Indonesian society. With the 7 great habits of Indonesian children, we hope to build a positive character that will lead to an increase in productivity, quality of life, and overall welfare.

The noble values that form the moral foundation of the younger generation must be instilled from an early age, so that they grow up to be individuals of integrity with a high level of social awareness. (Sinulingga, 2025). Because in today's day and age, many children are wrong in their relationships, either from the surrounding environment or from their friends. Therefore, supervision from parents and teachers is needed so that children do not fall into promiscuity. Parents should direct their children more in healthy activities, such as exercising. This exercise is one way to maintain physical fitness to stay in good condition. This exercise is done by men and women, young or old in the field, on the streets, and indoors.

All of this is done so that health and physical fitness are maintained properly as an important basis for a happy and useful life. One of the sports that students are interested in is futsal. This sport has one positive impact, as it includes physical health and the development of children's character, social abilities, and mental health (Zainuddin, 2024). As an activity that requires technical expertise, game strategy, and team collaboration, futsal and karate require regular training and strong support from various parties, especially parents. With the support of parents, children can be confident and motivated to succeed in achieving sports achievements.

According (Jannah et al., 2025) it is said that through an approach to parents, an effective pattern can be found in teaching this positive habit. In addition, the role of the 7 Great Indonesian Children's Habits program in supporting the quality of learning is believed to have an influence on children's behavior. According to Anwar & Mulya in the article, there are seven habits of great Indonesian children, namely waking up early, worshiping, exercising, eating healthy and nutritious, fond of learning, socializing, and sleeping fast (Purwanti et al., 2025; Rofiqi et al., 2025). The seven habits of great Indonesian children are an important foundation

in shaping character and supporting children's achievements, especially in the field of sports and daily life.

The habit of waking up early is the beginning of the formation of discipline and respect for time (Hasanah & Islamiyati, 2025). Children who are used to waking up early are generally more productive, ready for activities, and have better physical and mental health because their rhythm is in harmony with the body's natural cycles. Furthermore, the habit of worship is also an important aspect because it fosters spiritual values, discipline, and deep gratitude in children's lives. Worship is a form of spiritual responsibility that not only has a spiritual impact, but also strengthens moral values and positive behavior (Zulfikri et al., 2025). Exercise habits are essential in shaping a healthy body and a strong soul. Physical activity, as explained by WHO (2024), includes various forms of movement, whether in recreational activities, travel, work, and household activities.

This helps the child to stay active and fit, as well as increase immunity. Furthermore, the intake of healthy and nutritious food is no less important. Foods rich in vitamins and minerals support optimal growth and development and maintain the child's immune system to remain strong in carrying out daily activities and sports exercises. On the other hand, the habit of love to learn is an important pillar in children's intellectual and academic development (Ayu et al., 2025). Children who are used to learning have sharper thinking and the ability to absorb information better. Then, the habit of socializing or socializing teaches children to be active in social life and have sensitivity to the surrounding environment (Bujuna Alhadad et al., 2020).

Through activities such as mutual cooperation, social service, and involvement in school, children will develop empathy, a sense of responsibility, and the ability to work together (Kanza et al., 2025). Finally, the habit of resting quickly or getting enough sleep at night is a form of gratitude for Allah's grace and a natural way to maintain the health of the body. Adequate and quality sleep is important for a child's immune system, metabolism, and emotional stability. The circadian rhythm that is maintained through a good night's rest has a great effect on the child's fitness and readiness for activities the next day. By instilling these seven habits consistently, children will grow into a balanced person, physically and spiritually healthy, and ready to excel in various fields (Fauzi et al., 2024)

The fact in the field in my opinion in SDN 3 Syamsuddin Noor is that many parents of students support their children to participate in matches. Because according to the parents of students, it is more beneficial to follow the game than to be at home to play games. A student's sports achievement is influenced not only by physical training and individual abilities, but also by environmental support, including the role of parents. In the context of character formation and positive habits, the "7 Great Indonesian Children's Habits" program initiated by the Ministry of Education and Culture aims to form the character of children who are disciplined, responsible, and accomplished. However, the extent to which parents understand and support the application of these 7 habits in the context of sports is still not widely researched.

This research is important to explore parents' perceptions of the contribution of these character values in supporting children's sports achievements. The results of this research are expected to be a foundation for schools and stakeholders to involve parents more actively in fostering students' character and sports achievements. Through this study, we can understand the views of students' parents regarding the application of 7 great Indonesian children's habits

in children's daily activities, especially in the field of sports. In addition, the purpose of this study is to explore the type of parental support in the development of children's character in the realm of sports.

When I did research on parents' views on the 7 Great Indonesian Children's Habits (7KAIH) program, I had difficulty getting really in-depth information from parents. You see, there are still many parents who do not really understand this program. In addition, some children also still have difficulty dividing time between studying and practicing sports. To overcome this problem, I talk directly with the parents using the open-ended questions that I have prepared, so that they can tell the story honestly and more as it is. From the results of my approach, most parents see that the 7KAIH program has a good influence on their children, especially in terms of independence, enthusiasm, discipline, and confidence when exercising. Although there are still obstacles, such as children who are not consistent in learning or are not very good at getting along, but the support of parents, both enthusiasm and the equipment needed can make children more motivated and achieve in the field of sports. This research also shows how important cooperation between parents and schools is in shaping children's character and achievements.

## Method

This study uses a qualitative descriptive approach, the goal is to understand more deeply how parents view the 7 Great Indonesian Children's Habits (7KAIH) program, especially about the formation of children's character and achievements in sports. This research was made in a qualitative way because the main focus is to dig into the stories, experiences, and personal opinions of parents in depth and according to their circumstances. This design was chosen because the qualitative method is considered more suitable for seeing the social situation as it is and can describe the opinions of parents directly, not using numbers, but through meaningful stories.

The people targeted in this study are the parents of students at SDN 3 Syamsuddin Noor, whose children actively participate in sports activities and are familiar with the 7 Great Indonesian Children's Habits (7KAIH) program. The sample in this study was chosen deliberately, with certain conditions, namely children who are active in sports and have participated in or run the 7KAIH program. There were 10 parents who were used as the main resource persons in this study. The tool used in this study is a semi-structured interview guide, containing a list of open-ended questions that can be adjusted, so that researchers can chat more deeply and follow the flow of answers from parents. Data collection techniques are carried out through:

1. Semi-structured interviews in person with parents;
2. Observation of children and the surrounding environment;

The data analysis technique refers to the Miles and Huberman interactive model, which consists of:

- Data reduction (filtering and grouping data),
- Presentation of data in the form of narratives or category tables,

- Conclusions/verifications are carried out through data triangulation (comparing the results of interviews, observations, and theories) and member checking (confirming back to the informant to ensure the validity of the data).

This research uses a qualitative descriptive research method, whose focus is on studying the state of nature and the importance of research results in their context (Waruwu, 2024). to describe in depth the perception of students' parents towards the 7 Great Indonesian Children's Habits (7KAIH) program and its role in supporting children's sports achievements. This type of research was chosen because it is able to reveal the meaning, experience, and perspective of informants holistically through verbal and contextual data. The research subjects consisted of parents of students (fathers/mothers) whose children were active in sports at school and familiar with the 7KAIH program. The selection of informants was carried out by purposive sampling based on certain criteria, such as children's involvement in sports activities and understanding of 7KAIH.

Data collection was carried out through semi-structured interviews with open-ended question guides, for example about parents' understanding of 7KAIH. The data was supplemented by observation and distribution of questionnaires related to the 7KAIH program in schools. The data analysis technique refers to Miles and Huberman's interactive model through three main stages: data reduction, data presentation, and verification. At the data reduction stage, the results of interviews, observations, and documentation were selected, focused, and grouped into categories such as parents' understanding of 7KAIH, the implementation of habits, and their impact on sports achievement through the coding process.

Furthermore, data is presented in the form of a matrix or descriptive narrative to identify patterns of relationships between themes, such as a comparison of parents' perceptions of certain habits. The verification stage is carried out by drawing conclusions based on data triangulation and confirmation to informants (member checking), as well as comparing the findings with supporting theories to ensure the validity of the research results. This analysis process is cyclical until it achieves consistent data saturation and findings.

Tabel 1. Assessment indicators

No	Indicator	Sub Ind	Source
1	Manage your time between studying and practicing	How do you view your child's independence in managing their time between practice and study?	(Suhartono et al., 2024)
2	It's not easy to give up when you fail.	How do children respond to failure or challenges in sports competitions?	(Mahmud et al., 2024)
3	Be on time for training and school	Are children disciplined in undergoing training and schooling?	(Royan & Faruk, 2021)
4	Provide facilities or equipment that children need to exercise.	What form of facilities are given to children to support sports achievements?	(Widiyanto et al., 2023)
5	Able to communicate with coaches and teammates	Is your child comfortable communicating with the coach or teammates?	(Purbaningrum & Wulandari, 2021)
6	Show enthusiasm and excitement while exercising	Do your children feel very excited when going to practice or matches?	(Sumarsono & Riyanto, 2021)
7	Dare to participate in competitions	Do children appear confident when participating in sports competitions?	(Adam, 2023)



## Result

### a. Manage the time between study and practice

Most parents state that their child is starting to show independence and responsibility, especially in managing the time between practice and study. Despite this, it is still found that some children need reminders and guidance, especially in the consistency of learning at home. Independence in Managing Time Between Study and Practice As many as 8 out of 10 parents (80%) stated that their children are quite independent in dividing their time between practice and study. However, 2 parents (20%) still feel their child needs special tutoring, especially when it comes to academics at home.

### b. It's not easy to give up when you fail

Discipline is also an important point in parental assessment. Children are considered to be quite consistent in carrying out training and school schedules, although not all have shown the same discipline outside the formal environment. In terms of goals and the spirit of achievement, parents see a high level of motivation from their children, especially when facing matches. This shows that children have a forward orientation and determination to achieve the best results. However, the ability to manage emotions and think positively when facing failure is still a challenge for some children. Parents support this mental reinforcement through motivation and emotional mentoring. Responding to Failure in the Game Most parents, namely 9 out of 10 (90%), observe that their children are able to be sportsmanlike and stay enthusiastic after experiencing failure. 1 parent (10%) said that their child still tends to ponder and needs further mental strengthening.

### c. Arrive on time during training and school

They believe that exercising is not only physically beneficial, but also a way to shape a child's character. However, the disciplined aspects of learning at home, emotional management, and social cooperation still need to be strengthened. With the full support of parents, coaches, and the school environment, these amazing habits can continue to grow and help children achieve higher achievements in the world of sports. Discipline in Training and School A total of 9 parents (90%) assessed that their children were quite disciplined in following the training and school schedule. 1 parent (10%) stated that discipline still needs to be strengthened outside of school hours.

### d. Provide facilities or equipment that children need to exercise

Parents consistently show real support for their child's sports interests and achievements by providing the necessary facilities or equipment. This support is provided in the form of sports equipment, participation in sports clubs, and responses to children's seriousness in pursuing sports. This reflects the commitment of parents in supporting the development of children's potential, enthusiasm, and achievements in the field of sports. Sports Facilities and Equipment Support All parents (100%) admitted to providing full support for their children's sports equipment and facilities, including purchasing equipment, as well as enrolling their children in sports clubs if needed.

### e. Able to communicate with coaches and friends

On the other hand, the ability to work together and communicate is also important. Most parents reveal that their children feel comfortable interacting with coaches, but not all of them are able to establish good communication with their teammates. This shows that social skills still need to be improved, especially in a team sports environment. Comfort of Communicating with Coaches and Friends A total of 7 out of 10 parents (70%) say their children feel comfortable communicating with coaches and teammates. While 3 parents (30%) stated that there are few barriers in children's social communication, especially with peers.

### f. Show enthusiasm and excitement while exercising

Most children show high enthusiasm and excitement when exercising. Enthusiasm is evident both in training and in the game, even in a minor injury situation or before the game starts. This reflects

that sports are fun activities for children, as well as a means to express their interests and positive energy. Support from parents also strengthens this spirit, making children more motivated and enjoying the process of exercising consistently. Enthusiasm and Enthusiasm during Training and Matches All parents (100%) said that their children were very excited when they were going to practice or participate in matches, some even showed high enthusiasm long before the match.

g. Dare to participate in the competition

The majority of children show high courage and confidence in participating in sports competitions. They performed enthusiastically, were mentally prepared, and were able to manage the pressure during the match. This courage is supported by a positive environment, especially the role of parents in providing motivation and emotional support. Although some children still experience nervousness or have not received direct assistance from their parents when competing, in general children have shown readiness to compete and develop achievements through active participation in competitions. Confidence when Participating in Competitions As many as 9 out of 10 children (90%) look confident when competing. However, 1 parent (10%) stated that they could not assess because they did not accompany their child during the competition, even though the child still showed readiness.

Based on the results of interviews with ten parents of students, it can be concluded that the 7 Great Indonesian Children's Habits have had a positive impact in supporting children's sports achievements. The majority of parents state that their children show high independence and discipline in managing the time between sports and studying, although some still require parental assistance, especially in terms of academics. Children also have good mental resilience in the face of failures or challenges during matches, with a sportsmanship attitude and motivation to keep improvising. Facility support from parents, such as the provision of sports equipment, also supports the enthusiasm and seriousness of children in practicing (Jahrir & Hasyim, 2024).

From a social point of view, almost all parents consider that children are comfortable communicating with coaches and teammates, reflecting good collaboration skills. In addition, children show strong enthusiasm and confidence during training and competition, although some still need to improve focus and emotional control. Overall, positive family and environmental support is a key factor in developing this great habit, while strengthening the child's potential in sports. However, more attention is still needed on aspects of time management, discipline consistency, and mental strengthening so that children's achievements can continue to be optimal (Semarayasa et al., 2024).

## Discussion

The results of this study show that the 7 Great Indonesian Children's Habits (7KAIH) program has a positive influence on children's character development, particularly in the context of sports achievement. These findings reinforce the study by (Jannah et al., 2025) which stated that parental involvement in the implementation of 7KAIH plays a significant role in shaping students' character within the school environment. However, that study focused more on the context of Islamic schools (madrasah) and did not specifically address sports as part of character development. Furthermore, the study by (Fauzi et al., 2024) highlighted the importance of adapting the 7KAIH program in the digital era, but also placed greater emphasis on academic and social aspects of students' lives.

In contrast, the present study focuses specifically on how character values promoted in the 7KAIH program such as independence, discipline, and self-confidence directly influence children's interest, enthusiasm, and performance in sports activities such as futsal and karate. This research also differs from (Jahrir & Hasyim, 2024) which emphasized the role of parents in supporting children's sports achievements, but did not explicitly link it to character-building programs like 7KAIH. Therefore, the current study addresses a gap in previous research by integrating the character-building approach of 7KAIH into the development of children's sports performance, while also exploring parental perceptions in greater depth.

This study aims to find out how parents view the 7 Great Indonesian Children's Habits (7KAIH) program in supporting children's sports achievements. From the results obtained, most parents said that this program has a positive influence, especially in shaping children's character such as becoming more independent, disciplined, enthusiastic, and confident when exercising. These results are in accordance with the initial goal of the study, which is to see how far parents understand and support the 7KAIH program in children's lives, especially those related to sports activities. From the results, it can be concluded that the greater the understanding and support of parents for this program, the greater the influence on children's enthusiasm and achievements in the field of sports.

In simple terms, the results of this study support the opinion of (Hardiansyah et al., 2024) who said that children's character can be formed and strengthened through sports activities. In addition, the results are also in line with opinions that emphasize the importance of getting used to healthy living through sports lessons. Children who exercise regularly not only become healthy, but also learn to manage emotions, cooperate with friends, and become more confident (Mashud, Pebriyandi, et al., 2024). According (Haffyandi et al., 2025) students learn about health and fitness topics and how to create and implement exercise and training programs that suit their individual interests and needs in online sports courses.

But on the other hand, the study also found some challenges. There are still children who are not fully independent in managing their time and need help to develop social skills. This shows that although the 7KAIH program has had a positive impact, its implementation still needs further supervision and guidance from families and schools. You see, not all children can accept and live these character values in the same way, because each child has different conditions and environments. When compared to previous research, such as the one carried out and, the results of this study also show the same thing that the role of parents and cooperation between home and school are very important to shape children's character.

But what makes this research different and newer is because the focus is not only on character in general, but more on how 7KAIH can help children excel in sports. So, the difference here is that this study is more specific to sports achievements, while others are more about academic issues or children's social behavior in general (Fauzi et al., 2024; Jannah et al., 2025). From the results of this study, it can be concluded that schools should involve parents more in shaping children's character, including through sports activities. In addition, programs such as 7KAIH also need to be checked and updated to keep them in line with the development of today's children.

According to Rubiyatno in the article (Mashud, Arifin, et al., 2024) said that Thus, to allow a person to be healthy and able to do daily physical activities without causing excessive fatigue, good



physical fitness is needed. So that they can still enjoy their free time and can carry out their activities again (Mashud, Arifin, et al., 2024). In the future, it is suggested that this research can also be carried out in other schools, and not only using interviews, but also combined with calculation methods (quantitative). The goal is to get a more complete picture of how effective the 7KAIH program is in supporting children's achievements, both at school and in other activities outside of school.

## Conclusion

This study tries to answer the question of how parents view the 7 Great Indonesian Children's Habits (7KAIH) program in supporting children's sports achievements. From the results of conversations with ten parents of students at SDN 3 Syamsuddin Noor, most of them said that the 7KAIH program has a good influence on the development of children's attitudes, especially about independence, discipline, enthusiasm, and confidence when they participate in sports activities. Support from parents, such as providing sports equipment and emotional enthusiasm, turns out to make children more serious in training and participating in competitions.

Children who receive this support can usually show responsibility, be mentally ready during matches, and also be comfortable when chatting or working with coaches. But on the other hand, there are still children who need guidance, especially in managing time, studying diligently, and how to get along with others. Overall, the results of this study show that cooperation between parents, schools, and character building programs such as 7KAIH is very important to help children become individuals who excel in sports. This program has indeed run well and has a positive impact, but its implementation can still be improved, especially in terms of teaching children to socialize and train their emotions.

This study still has limitations because it only involves one school, so the results cannot be representative of other schools in general. Therefore, in the future, it is recommended that the research involve more schools and use a combination of interview methods and numerical data (qualitative and quantitative), so that the results are more complete and accurate about how effective the 7KAIH program is in supporting children's achievements. The results of this research can also be input for schools and the government so that they can make a more planned and continuous strategy in involving parents to shape children's character.

## Author's Statement

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