



Implementing a Democratic Attitude in the Physical Education Learning System

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Abstract

There are still learning conditions in Indonesia that have not implemented a democratic attitude in physical education. The factor that causes this problem is the lack of communication between teachers and students. The aim of this research is to see the extent of closeness between teachers and students in physical education. A qualitative approach with a survey method was used by researchers to determine the performance of physical education teachers through students with a number of resource persons from various sources. This research was conducted at the Indonesian Education University by asking students to become resource persons with the aim of finding out what the democratic attitude towards physical education learning was while they were still there. high school. The technique used to collect data is interviews, resource persons are asked to answer 5 questions given by the examiner. The method used in this research is the method qualitative. The results of the research show that some teachers have not implemented a democratic attitude. Based on the research findings, it can be concluded that there is still a lack of full implementation of democratic attitudes in physical education lessons. Field observations are necessary for future study in order to observe directly how democratic attitudes are implemented in physical education instruction.

Keywords: *Democratic Attitude, Learning, Corner*

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INTRODUCTION

There have been many studies that have studied the application of democratic attitudes, but each study has its own characteristics related to the title. Apart from that, the focus of the problem studied is more on the application of democratic attitudes in physical education learning, which has not been carried out by many previous researchers. Research conducted by (Ayu et al., 2020) entitled "implementation of democratic attitudes in civics learning for primary students" examined the application of civics learning.

The findings from the research are that teachers have implemented democratic attitudes and taught them to their students. This research is important because every citizen must apply a

democratic attitude, (Schein, E.H. (1997) Explains that character is a pattern of basic life assumptions that are shared, put forward, created or developed by society and can be used to overcome life's problems. Character education aims to improve the quality of implementation and results of school education to achieve the formation of students' character and noble morals in a complete, integrated and balanced manner, according to graduate competency standards (Sofan Amri, et al. 2011: 31). whereas in this research there is more application of a democratic attitude in physical education learning.

Indonesia is a country that implements a democratic attitude, this attitude needs to be implemented by every citizen, According to Koesoema (2012: 189), democracy is a way of thinking, acting and behaving that values the rights and obligations of oneself and others equally, Therefore, apart from being given knowledge about life skills as democratic citizens through citizenship education, they must also experience firsthand how democratic character and culture manifest in the school reality, which they experience every day Rosyada(2007:24). The government also regulates compulsory education or education for 12 years for Indonesian children. Aristotle stated that education is one of the functions of a state, and is carried out primarily for the benefit of the state itself,(Pribadi, 2022). According to Noor (2012: 35-36) character education is the process Teachers are an important component in the learning process.

Teachers play a role in improving human resources. The definition of a professional teacher according to experts is a person who has authority and responsibility regarding the education of students both at school and outside the school environment(Hamid, 2017) , according to Srijanti (2009:64-65) there are several things that teachers need to pay attention to, namely: (1) making students friends in the learning process. Giving students the opportunity to express their own opinions in answering a question; (2) as a good educator, teachers are able to learn to be tolerant in accepting student criticism. criticism is a natural thing as a correction to improve teacher performance; (3) teachers must be fair, open, consistent and wise in giving punishment to students who are guilty; (4) teachers should avoid verbally abusing students in front of their friends because it will damage students' mental health of giving direction to participants/students to become complete human beings with character in heart, mind, body, as well as feelings and intentions.

Students need to be made aware of their expectations, what challenges they will face and what their abilities are, but any efforts made to improve the quality of education will not be achieved if they are not supported by qualified teachers,(Gustiawati et al., 2014). Physical education is one of the subjects in the Indonesian Education curriculum. Physical education is an integral part of education as a whole, the aim is to develop aspects of physical fitness, healthy lifestyles and introduction to a clean environment through physical activity, movement skills, critical thinking skills, social skills, reasoning, sports and Health are selected in order to achieve national education goals. So that through regular, planned, directed and guided physical education, it is hoped that this can change the behavior of students and can achieve goals that involve guidance and formation for growth and development,(Palinata et al., 2023) . Physical education is education that can train movement experiences that encourage physical abilities, motor skills, cognitive development, social-emotional and spiritual development.(Nugraha et al., n.d.)

Student activity is very influential in the process of thinking, emotion and social development. Several efforts can be made by teachers to develop active learning in learning subjects by increasing student interest, using media in learning and raising student motivation,(Wibowo, 2016). Through physical education, it is hoped that students will be able to gain various experiences to express personal impressions that are fun, creative, skilled, improving, innovative and maintaining physical fitness and understanding of human movement,(Iswanto & Widayati, 2021)

METHOD

Bungin (2001) explains that research is the most important position in science, because it aims to develop and protect it from extinction. Quantitative research is research to explore and understand the meaning of a number or group of people originating from social or humanitarian problems, (Котлер, 2008) A qualitative approach with a survey method was used by researchers to determine the performance of physical education teachers through students with a number of resource persons from various sources. This research was conducted at the Indonesian Education University by asking students to become resource persons with the aim of finding out what the democratic attitude towards physical education learning was while they were still there. high

school. The technique used to collect data is interviews, resource persons are asked to answer 5 questions given by the examiner.

This data obtained comes from the conclusion of the interview (Prasetya et al., 2017) that qualitative research is research that uses qualitative data (data in the form of sentences, schemes, graphs, images and narratives). This research uses interview techniques to obtain information directly, Mulyana (2006: 180) explains that interviews are a form of two-way communication, between someone who wants to obtain information from someone else by asking questions, based on certain goals. Sugiono (2006:337) states that activities in qualitative data analysis are carried out interactively and continue continuously until completion, so that the data is clear, (Siregar et al., 2022) Data analysis is by collecting answers to questions obtained from sources using the interview method

RESULTS AND DISCUSSION

Results

After conducting research, namely interviews, how to apply democratic attitudes in physical education learning during high school, involving health and recreation physical education students to become resource persons in this research. This research aims to find out: 1. to know the role of sports teachers in channeling talents and interests. 2) whether during learning you apply a democratic attitude. 3) whether during learning activities you feel that you are not cared for. 4) how students evaluate the teacher's way of teaching. 5) Is there a sense of caring between fellow students who have an introverted attitude? The resource person asked to answer with good and bad choices.

Tabel 1. Interview Data Above

evaluation	good	not good
question 1	8	3
question 2	8	3
question 3	10	1
question 4	10	1
question 5	9	2
total=11 people		

Discussion

From the interview data above, it was found that on average physical education teachers have implemented a democratic attitude in learning, although there are some who still do not apply a democratic attitude. According to Elvani (2010), the nature of democracy is mutual respect for differences, which involves openness, honesty, respect for other people, humility and tolerance. As stated by Zamroni (Winarno, 2006), democratic values consist of 12, namely, freedom to express opinions, a sense of tolerance, respecting differences of opinion, understanding diversity in society, openness and communication, upholding human values and dignity, self-confidence, not depending on others, respecting each other, being able to control oneself, togetherness and balance Abdul Aziz&Sapriya (2011:42) stated building very strategic democratic education, namely in the school environment. Teaching knowledge of democratic values is the main task of schools (Dharman Kesuma et al 2012)

The role of a sports teacher is very important to channel and improve the talents and interests of their students. Sometimes there are sports teachers who do not apply a democratic attitude so that they do not know the talents and interests of their own students. The role of the teacher is really needed in determining talents and attracting students' interests. A teacher must can encourage students' abilities. Physical education learning must have a democratic attitude, in fact there are still teachers who have not implemented this democratic attitude, so that students do not experience effective learning, in physical education a democratic attitude is needed, both between fellow students and students towards teachers, physical education is not just studying sports. but it must also be able to develop students' attitudes, both psychomotor and cognitive attitudes

In the learning process there may be one student who isolates himself, the role of the teacher here is really needed to enable the student to socialize and must be given more attention, on average teachers only pay attention to active students so that the others are not paid attention to, as teachers we should Pay attention to all students, not just one student. Teachers are an example for their students, a teacher can assess students, so can students, they can assess teachers, students assess teachers by looking at how the teacher teaches and how they approach their students, teaching is not the only thing that educators must pay attention to, This approach is very necessary so that

students feel comfortable when learning takes place so that students do not feel bored while learning.

In a class there are bound to be students who are introverts. So here we need a teacher who can show how a student cares. Physical education is not only about learning about physical health and sports, but also teaches how to interact and instill a caring attitude towards the surrounding environment, there are some students who have a high selfish attitude, and teachers must create a sense of caring and a sense of embracing each other. A successful teacher is a teacher who can create students who are active and have a caring attitude towards others. The results show that they are in accordance with previous research, namely that teachers have implemented a democratic attitude towards students and there are also some teachers who still have not implemented a democratic attitude towards students

CONCLUSION

The conclusion from the results of this research is that the application of democratic attitudes in physical education learning still does not fully implement democratic attitudes. For further research there must be field observations so that we can see firsthand how democratic attitudes are applied in physical education learning

ACKNOWLEDGMENT

Thank you to friends from Indonesian educational universities who were willing to share the information we needed and answer the interview questions we gave.

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