



Literature Study on the Role of Physical Education Philosophy in Character Formation and Student Health

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Abstract

This article presents a literature review that aims to explore the role of physical education philosophy in shaping character and improving students' health degrees. Physical education is not solely aimed at developing physical aspects, but also contains self-development values that include moral, social, and emotional dimensions. Through a philosophical approach, physical education is seen as a vehicle for the formation of a whole and balanced human being. This research was conducted by researching various scientific sources, such as reference books, journal articles, and research reports with sources from Scopus, which are relevant to time brackets from 2015-2024. The search results show that values such as sportsmanship, discipline, responsibility, and cooperation, are clearly embodied in physical education practices. These values contribute directly to the formation of students' attitudes and character. On the other hand, targeted and sustained physical activity also has a positive impact on students' physical fitness and mental health. Thus, it can be concluded that the philosophy of physical education has a strategic role in supporting character formation and improving the quality of life of students. Understanding this philosophical foundation is important for educators to have, to ensure that the learning process takes place thoroughly and worthwhile.

Keywords: *Physical Education, Philosophy, Moral Values, Health, Student Character*

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INTRODUCTION

Physical education is an integral part of the national education system which not only aims to develop the physical abilities of students, but also to form personality, character, and noble moral values. In practice, physical education does not stand alone as a physical activity, but contains a deep philosophical meaning. The philosophy of physical education places the body and movement as a learning medium that can shape students' attitudes, ethics, and outlook on life as a whole. Therefore, physical education should be interpreted as a complete educational process, which combines physical and spiritual aspects in the framework of the formation of a whole human being.

In the midst of today's educational challenges that tend to focus on cognitive aspects, the role of physical education is often overlooked. In fact, physical activities that are directed and based on philosophical values have a great contribution in instilling discipline, responsibility, sportsmanship, and cooperation. These values are very relevant to the purpose of character education which is the main focus in fostering the younger generation. Through this literature review, the author seeks to further examine how the philosophy of physical education can contribute significantly in shaping character while supporting the improvement of the quality of students' health.

Character is the way of thinking, attitudes, and actions that determine a person to develop habits that are expressed in social life (Puling, 2022). According to (Syafurudin & Asri, 2022), Character is described as a collection of attributes that influence a person's decision to do the right thing or refrain from doing the wrong thing. According to (Erfayliana, 2017), A person with good character is a person who can control motivation, enthusiasm, flexibility, sense of humor, high integrity, continuous gratitude, fortitude, work ethic, love without prejudice, love without prejudice. humility, wisdom, and justice.

The definition of character has a meaning that is identical to the term morality in Islam. According to (Susiana et al., 2019) The stated meaning of morality is a science that explains the meaning of good and bad, explains what each human being should do to others, states the goal that human beings must aim for in their actions, and shows the way to do what must be done. In recent years, physical education has undergone a paradigm shift, focusing on narrow physical skills to be broader and inclusive, encompassing psychomotor and cognitive aspects. Physical development refers to a quality improvement in the ability of the body or a group of muscles to perform activities or movements.

Physical Education is one of the deliberate efforts made to provide an environment that can affect children's capacity to develop constructive behavior through physical activity (Darisman et al., 2021). This physical exercise is a form of stimulus designed to influence students' potential in obtaining physical education at school, starting from early childhood education to secondary education.

METHOD

This research uses a qualitative approach with the literature study method (library research). This method was chosen because it is in accordance with the purpose of the research, which is to examine in depth various literature that discusses the role of the philosophy of physical education in character formation and improving student health. The data sources used

in this study consist of reference books, national and international scientific journal articles, previous research results, and other relevant documents published in the last five years. The data collection process is carried out through searching scientific documents from academic databases such as Google Scholar, ResearchGate, DOAJ, and nationally accredited journal portals such as Sinta, Scopus and others with time brackets of 2015-2024 (Dinda & Sukma, 2021) (Sugiyono, 2017).

After the data was collected, the author conducted a content analysis by systematically examining the points of thought related to philosophical values in physical education, their influence on students' character, and their contribution to improving health. The data obtained is selected based on the relevance and credibility of the source, then synthesized to obtain conclusions that can be scientifically accounted for. With this method, it is hoped that a complete and in-depth understanding of the contribution of physical education philosophy can be obtained as the basis for the formation of character and health of students in the school environment.

RESULTS AND DISCUSSION

Result

Based on the results of a review of various relevant literature, it was found that the philosophy of physical education plays an important role in the holistic educational process. This philosophy places physical activity not just as physical exercise, but as a medium for learning values and character. Values such as sportsmanship, cooperation, honesty, discipline, and responsibility have been proven to be effectively internalized through structured physical education activities. It can be seen in Table 1 several articles that discuss physical education is important in the process of forming children's character.

Table 1. Bibliography Review List

Author	Heading	Year
(Muhasibi et al., 2024)	The Influence of Physical Education and Sports on Student Character	2024
(Nuraini et al., 2024)	Integration of Character Values in Physical Education, Sports, and Health (PJOK) Learning at the Elementary School Level	2024
(Ulfah et al., 2021)	Analysis of the Application of Rhythmic Gymnastics in Improving Gross Motor Ability in Early Childhood	2021
(Novitriyanti et al., 2019)	Implementation of Character Education through Physical Education Subjects of Sports and Health Class III Elementary School 2 Padokan Bantul	2019
(Yudesta Erfayliana, 2015)	Physical Education in Shaping Ethics, Morals, and Character	2015
(Rosmi, 2016)	Physical Education and Character Development of Elementary School Students	2016
(Susiana et al., 2019)	Value Transformation Through Physical Education Learning in the Character Formation of Students in the 21st Century	2019

The data obtained to complete this article was obtained by searching in journals "that have been published, sinta, scopus, google scholar and other articles using the keywords, physical education, student health in physical education, character building, in the time period 2015-2024.

Discussion

Research by (Muhasibi et al., 2024)(Devianti et al., 2020) It shows that physical education and sports have a significant positive influence on the formation of students' character, including moral, social, and leadership aspects. The implementation of a well-planned physical education program can improve the quality of students' character and prepare them for future life challenges. Further, a study by (Nuraini et al., 2024) emphasizing the importance of integrating character values in physical education, sports, and health (PJOK) learning at the elementary school level. This integration has a significant impact on the social and moral development of students, as well as strengthening their moral and social aspects.

Physical education is an important part of education, which aims to improve fitness, movement skills, critical thinking, social skills, reasoning, and cognitive skills. emotional stability, ethics, healthy lifestyle, and a clean environment. Physical education taught in schools provides opportunities for students to engage in different types of learning (Yudesta Erfayliana, 2015). Character can be defined as the values of human behavior related to their relationship with God. The Almighty, oneself, fellow humans, the environment, and the state are manifested in thoughts, attitudes, feelings, words, and actions based on religious norms, laws, manners, culture, customs, and aesthetics. Character is the way of thinking and acting that characterizes everyone to live and cooperate, both with others and with themselves on the scale of family, community, nation, and country (Rosmi, 2016).

Physical education, sports and health is basically an educational process that uses physical activity to bring about major changes in the quality of the individual, both physically, mentally and emotionally. As a substance, PJOK is a means that encourages physical growth, psychological development, motor skills, knowledge and reasoning, appreciation (spiritual-emotional-sports-spiritual-social attitudes) and habituation of a healthy lifestyle that stimulates growth and balanced physical and spiritual development. Psychological characteristics (D, 2016). Health Physical Education and Physical Education Learning outside the classroom can encourage students to be athletic, honest, independent and disciplined, respect each other and follow the rules that have been set (Novitriyanti et al., 2019).

Developing motor or movement aspects, especially gross motor in children, Physical Education, Sports, and Health (PJOK) has a very important role (Ulfah et al., 2021). In elementary school age, children are active in building their motor skills, both gross motor skills such as throwing, jumping, and running, as well as fine motor skills such as writing and drawing.

(Rahayu, 2013) reveals that Physical education is basically an integral part of the overall education system, aiming to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and exercise. Physical Education Sports and Health in Elementary School focuses on the development of basic movements. At the Elementary School level, children's success in learning movement skills is influenced by a variety of factors. The scope of PJOK material in elementary schools includes Physical Fitness, Games and Sports, and Health materials (Wahyuningsih et al., 2023). The scope of health materials in elementary school includes an understanding of body parts, how to maintain body hygiene, nutritious food, and maintaining environmental cleanliness (Wahyuningsih et al., 2023). The goal of physical education is to help learners reach maturity, emphasizing positive values that support physical growth, mental, social, and emotional development (Parwata, 2021).

CONCLUSION

From the results of the study conducted, it can be concluded that the philosophy of physical education has an important role in shaping character and improving the quality of health of students. Physical education does not solely focus on the physical aspect, but also contains moral and social values that can be instilled through directed learning activities. Values such as sportsmanship, discipline, responsibility, and mutual respect are part of character education that grows through this process. In addition, students' active involvement in physical activities also has a positive impact on physical fitness and emotional stability. In order for the values contained in physical education to be properly internalized, it is necessary for educators to have a complete understanding of the philosophical dimension that underlies it. Physical education teachers should not only teach movement skills, but also direct learning to inculcate positive attitudes and values. Support from education units and policy makers is also needed, especially in strengthening the curriculum, providing adequate infrastructure, and professional training for educators so that the learning process takes place optimally, comprehensively, and meaningfully.

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