



The Effect Of Recreational Sports Activities On Learning Interest In Third Grade Students At SD Negeri 2 Cinagara

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Abstract

This study aims to determine the effect of recreational sports activities on the learning interest of third-grade students at SD Negeri 2 Cinagara. The background of this research is the low learning interest of students, influenced by monotonous teaching methods and a lack of teacher innovation. Recreational sports were chosen as a learning strategy that combines elements of games, fitness, and fun. The method used was a quantitative approach with a pre-experimental one-group pretest–posttest design. The research sample consisted of 38 students. Data were collected through observation, questionnaires, and documentation, along with instrument validity testing. Descriptive analysis results showed that the average pretest score was 40.58 and the posttest score was 86.00, with the lowest score increasing from 26 to 66 and the highest score from 54 to 100. Normality testing using the Shapiro–Wilk method indicated normally distributed data. Hypothesis testing using the Paired Sample T-Test yielded a significance value of $0.000 < 0.05$, indicating a significant difference between pretest and posttest scores. Therefore, H_0 was rejected and H_a accepted, concluding that recreational sports activities positively affect students' learning interest.

Keywords: *Recreational Sports, Interest In Learning, Physical Education*

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INTRODUCTION

Sports are activities that are open to everyone according to their abilities, enjoyment, and opportunities (Aditya et. al 2020). Education aims to develop the potential of students to become people who are faithful and devoted to God Almighty, have noble character, are healthy, knowledgeable, skilled, creative, independent, and become democratic and responsible citizens. Education, in the broadest sense, is also a process of teaching activities, and learning can take place in any environment and at any time (Pristiwanti et al., 2022).

Definition of sports: Sports are energetic muscle activities in which athletes demonstrate their maximum physical abilities and willpower. Sports are a necessary human activity, improving physical condition with a focus on human fitness as part of health sports. In addition, sports are a means of recreation to achieve peace of mind. Sports activities have

now transformed into a necessity that must be fulfilled by humans because they can make the body fitter and have other positive effects on the body (Susanto dan Purnomo 2022). Fadilah et al. (2023) Recreational sports are activities that aim to refresh a person's physical and mental state, and recreation is a complement to sports itself. Daulay (2024) Recreational sports are one option as part of the process of recovering fitness and relieving boredom.

Farhanto et al. (2025) Sports are defined as activities, both physical and mental, that focus on maintaining and improving a person's level of health. Recreation is an activity that fills leisure time, carried out individually or in groups, without coercion, involving physical, psychological, emotional, and social elements that serve to restore the state caused by routine activities. Kurniawan et. al., (2023) Interest is one of the factors in education and learning that is related to achievement and results. Samosir et. al. (2024) Interest is a person's drive or motivation to do what they want to do with freedom. Success factors that can influence the learning process include internal and external factors. Internal factors refer to interest in learning.

Based on the problems encountered in the field after the researcher conducted observations to determine the effect of recreational sports on students' interest in learning, particularly in physical education, it was found that the learning strategies used in the field were still not very relevant. This resulted in students feeling afraid to participate in the learning process, which could lead to a decline in their interest in learning. The perceived excessive amount of material can also make students reluctant to study it. Factors such as inappropriate and monotonous learning conditions and methods can also affect students' interest in learning. Teachers still use uninteresting methods in their teaching, relying solely on textbooks. This can cause students to feel bored and view physical education lessons as uninteresting. As a result, this leads to a decline in students' interest in learning.

In relation to these conditions, in order to achieve an atmosphere that is favorable to students, teachers need to innovate so that students can be more enthusiastic and have a high interest in participating in the learning process and can understand the teaching material presented so that competencies can be achieved. Based on the problems that the researcher found in the field, the researcher was interested in conducting research to find out the students' interest in learning regarding the influence of recreational sports activities with the title of the research "The Influence of Recreational Sports Activities on Students' Interest in Learning in Grade III of SD Negeri 2 Cinagara."

Putro (2021) Sports are all activities that aim to improve and develop the potential of students physically, mentally, and socially. This potential can even lead students to improve their overall health. The value of sports can be found in all aspects of life, demonstrating how important sports are. Nur et.al. (2018) A better teaching and learning process is the key to progress in education. Teachers must create learning activities that encourage creativity and student engagement in order to achieve the best results. However, student interest in learning is one factor that can affect the quality of education. Both at school and at home, interest in learning is a problem faced by children. Interest is also a psychological state that can affect their learning process and results.

METHOD

The method used in this study is a quantitative research method. Quantitative research is research conducted to answer questions using a structured design, in accordance with the systematic nature of scientific research. The design used in this study is an experimental design (pre-experimental) with a one-group pretest-posttest design. The population and sample used in this study are all 3rd-grade students at State Elementary School 2 Cinagara, totaling 38 students. Data collection techniques include observation, questionnaires, and documentation.

RESULTS AND DISCUSSION

Result

Student Learning Outcomes in Recreational Sports to Determine Student Learning Interests This study was conducted at SD Negeri 2 Cinagara, located in Cinagara Village, Lebakwangi District, Kuningan Regency. The sample in this study was grade III, and the design used was a one-group pretest-posttest design. To collect research data, the researcher conducted a pretest and posttest consisting of 20 questionnaire statements. In the first session, a pretest was conducted to determine student learning outcomes in recreational sports in relation to student learning interests.

Tabel 1. Based on the Mean Results of Pretest and Posttest Research

No	Student Name	Pretest	Posttest
1	Affan Arsalan Baqir	46	84
2	Ahmad Patonah	36	85
3	Aisyah Aila Varisha	32	88
4	Alfa Rizki Muhammad Rusna	50	94
5	Andini Maharani	42	76
6	Asilla Nur Maulida	51	74
7	Azka Dwi Pradipta	46	86
8	Azzam Kamil	54	94
9	Dzaky Ibadurrahman	44	88
10	Fahmi Fajar Nur Alam	36	100
11	Fahrizal Nur Azam	40	92
12	Firda Aulia	32	76
13	Fuzy Fauziyah	40	84
14	Hafiz Fatur Rahman	31	100
15	Haikal Abdul Malik	26	90
16	Hanifah Rosyida Kurniawan Putri	48	100
17	Jovita Bahiatul Adibah	40	84
18	Juan Rahman Apriyanto	52	96
19	Khanza Saniyyah	44	86
20	Lukman Malik Arrahman	40	92
21	Muhamad Agam Pratama	32	88
22	Muhammad Abdilah	42	88
23	Muhammad Hafiz Mahardika	51	90
24	Muhammad Nabil	50	84
25	Muhammad Nur Asy Syamsi	34	92
26	Muhammad Ziron	51	86
27	Nabilah Shakila Atmarandi	38	93
28	Najah Ibtisamah	38	80
29	Naufa Zahra Ramadhaniza	44	66
30	Nur Anik Asmawati	36	75
31	Olivia Oktoviani	42	72
32	Rafa Rizki Tri Aditia Ramadan	32	79
33	Reva Oktaviani Lestari	36	76
34	Reza Adi Putra	36	92
35	Ridho Faisal Hidayat	34	94
36	Siti Ainun Az-Zahra	34	90
37	Sulthan Maulana	46	74
38	Yurida Andika Saputra	36	80
Total		1.542	3.268

The table above shows the results of the pretest and posttest conducted at SD Negeri 2 Cinagara on all third-grade students who were the population and sample of the study. Based on the average pretest and posttest results, it is known that the posttest scores were higher than the pretest scores.

The descriptive statistical analysis of the pretest showed a minimum score of 26, a maximum score of 54, and a mean of 40.58, while the posttest showed a minimum score of 66, a maximum score of 100, and a mean of 86.00.

Tabel 2. Descriptive Statistics of Pretest and Posttest

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
pretest	38	26	54	40.58	7.104
posttest	38	66	100	86.00	8.350
Valid N (listwise)	38				

Researchers conducted validity tests on the questions with subject matter experts to determine whether the questions were valid or not to be given to students. The assessment by subject matter experts aimed to determine the suitability of the questions from various aspects. This question validation assessment was carried out by the homeroom teacher of Grade III at SD Negeri 2 Cinagara. The table of the results of the assessment by subject matter experts is as follows:

Tabel 3. Instrument Validity Test

Assessment Criteri	Score
A. Content	194
B. Construction	270
C. Language	120
Total Score	584
Maximum Total	750
Percentage	78%

Based on the validation results of the above calculations by experts, the score was 78%. After validation based on the Likert scale, the criteria were deemed “acceptable” and no comments were received. Thus, the pretest and posttest questions can be given directly to the students.

The normality test was performed using the Kolmogorov-Smirnov test, with the criteria used to determine whether the data was normally distributed being that if the sig. value obtained from the calculation was > 0.05 , it was considered normal. If the sig. value

was < 0.05 , the data was not normally distributed. The results of the normality test can be seen in the table below:

Tabel 4. Normality Test

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
pretest	.135	38	.078	.961	38	.212
posttest	.116	38	.200*	.968	38	.330

*. This is a lower bound of the true significance.
a. Lilliefors Significance Correction

Based on the table above, it can be seen that the sig. value for the pretest is 0.0212 and for the posttest is $0.330 > 0.05$, so the data is normally distributed. Because the data is normally distributed, the hypothesis test is then carried out using the Paired Sample T-Test.

The t-test was used to test the hypothesis. If the analysis results showed a significant difference, then recreational sports activities had an effect on the learning interest of third-grade students at SD Negeri 2 Cinagara. The research conclusion was considered significant if the sig. value was < 0.05 , along with the results of the hypothesis test using the Paired Sample T-Test.

Tabel 5. Paired Sample T-Test

Paired Samples Test									
Paired Differences									
95% Confidence Interval of the									
Difference									
	Mean	Std. Deviation	Std. Error	Lower	Upper	t	df	Sig. (2-tailed)	
Pair 1	pretest - posttest	-45.421	11.062	1.794	-49.057	-41.785	-25.312	37	.000

Based on the results of the T-test, it can be seen that the significance value is 0.000. Therefore, the significance value is < 0.05 , so the results show that there is a significant difference. Thus, the alternative hypothesis, “there is an influence of recreational sports on the learning interest of third-grade students at SD Negeri 2 Cinagara,” is accepted.

Discussion

Hidayat et. al (2020) Sports are activities that are open to everyone according to their abilities, enjoyment, and opportunities. Motivation is the drive to bring about certain symptoms aimed at achieving a desired goal, as well as forms of effort that can cause a person or group of people to be moved to do something because they want to achieve a desired goal (Handayani 2021).

Regular exercise as a form of recreation can restore physical fitness, reduce tension, strengthen bonds of friendship, and overcome boredom and loneliness. Recreation is an important need for every individual. Recreation is a physical, mental, or emotional occupation that is carried out voluntarily during leisure time without coercion, with the aim of providing satisfaction, peace of mind, and enjoyment. Its forms can include sports, arts, crafts, performing arts, or other special activities (Aran 2021).

Sumantri & Agustinah (2024) Sports play a very important role in human life, both as recreational activities and for achieving achievements. Recreational sports activities are an effective means of maintaining physical and mental health, relieving stress, and improving quality of life. Antonius & Pramono (2022) Interest is an internal drive or factor that successfully stimulates interest or attention, resulting in the selection of goods or long-term activities that are profitable, enjoyable, and beneficial.

Research at SD Negeri 2 Cinagara, Cinagara Village, Lebakwangi Subdistrict, Kuningan Regency, was conducted through pre-tests and post-tests using questionnaires. The results showed that the post-test questionnaire scores were higher than the pre-test scores, with a significant increase of 52.82%. This proves that recreational sports activities have a positive effect on the learning interest of third-grade students. Learning through recreational sports proved to be beneficial for students who previously felt bored and tired of learning physical education. After seeing an improvement, the researchers conducted a post-test questionnaire. The results of the data analysis showed that recreational sports activities had a significant effect on the learning interest of third-grade students at Cinagara Public Elementary School.

CONCLUSION

Based on the pretest and posttest data, the average pretest score was 40.58 and the average posttest score was 86 of the pretest was 40.58 and the average posttest score was 86.00, indicating a significant difference in the average scores. Additionally, the lowest pretest score was 26, while the lowest posttest score was 66. The highest pretest score was 54, while the

highest posttest score was 100. It can be concluded that there was an improvement. Hypothesis testing using the Paired Sample T-Test with a significance level of 0.05 resulted in a Sig. (2-tailed) value of $0.000 < 0.05$, as the Sig. value is smaller than the significance level. Therefore, H_0 is rejected and H_a is accepted, indicating that there is an effect of recreational sports activities on the learning interest of third-grade students at Cinagara State Elementary School.

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