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Analysis of the level of learning motivation among Class XI students in Physical Education learning at SMA Negeri 1 Sekincau.

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Abstract
Schools play an important role in developing students' abilities through a planned and systematic learning process. One of the subjects that has a significant contribution is Physical Education, Sports, and Health (PJOK). However, its implementation still faces various obstacles, especially related to low student learning motivation.This study aims to determine the level of learning motivation of grade XI students in participating in PJOK learning at SMA Negeri 1 Sekincau and identify the factors behind it. The type of research used is descriptive quantitative with a survey method. The study population was all grade XI students of SMA Negeri 1 Sekincau, with a sampling technique using total sampling. Data were collected through a questionnaire with a Likert scale and analyzed descriptively. The results showed that the level of student learning motivation was in the moderate category with a distribution: very high 8.20%, high 23.50%, moderate 33.33%, low 29.51%, and very low 5.46%. The main factors behind student motivation in PJOK learning are interest and perceived benefits. These findings are expected to be used as evaluation material for PJOK teachers in designing more interesting and effective learning strategies to increase students' learning motivation.

Keywords: *Learning Motivation, Physical Education, Sports, And Health (PJOK), Learning.*

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INTRODUCTION

Schools are structured institutions, planned and regulated by a curriculum. Over time, the government has made adjustments to the educational curriculum to enhance learning. This is done to prepare students to face the challenges of modern life. Schools play a crucial role as the primary environment in the formal education process. Through various subjects, including Physical Education (PJOK), schools focus not only on cognitive aspects but also on developing physical abilities, cooperation, and other positive values.

Physical education is an essential component of the national education system, with the goal of promoting and developing the physical, mental, social, and emotional potential of students. Cholik and Lutan in Firmansyah (2011) state that physical education is an educational process that involves interaction between students and the environment, aided by physical activity. According to Abduljabar in Prayogo (2023), physical education is a physical activity carried out to achieve the desired results. In physical education, interactions occur both between teachers and students and between students (Rosdiani in Ramadani et al., 2022). Therefore, physical education must be implemented systematically, directed, and integrated.

Along with the times and changes in the curriculum, Physical Education and Health (PJOK) also continues to adapt to community needs so that teaching materials and learning methods are always updated. However, the implementation of PJOK in schools often faces various challenges ranging from limited facilities and lack of student motivation to teacher adaptation to curriculum changes. Learning motivation, according to Winkel in Keseimbangan et al., 2023, is the overall driving force within students that gives rise to learning activities. According to Emda (in Timur et al., 2022), motivation is a series of efforts to provide certain conditions. Humans lack motivation because they lack the enthusiasm to pursue their dreams (Sutirna in Kurniawan & Hariyoko, 2020). Motivation can be an impetus to act with the desired goals (Badriah et al., in (Candra Irawan et al., 2024)). In addition, motivation also plays an important role in helping students form healthy lifestyle habits that they will maintain into adulthood. (Wiraguna et al., in Seminar & Education, 2023). This is in line with Sardiman's statement in Rozi et al. (2023), which asserts that learning motivation can be interpreted as a series of efforts to create certain conditions. (Hendri & Aziz, 2020).

The selection of grade XI as the focus of the research was based on the consideration that students at this level are in the transition period from adolescence to the end of high school. During this phase, student motivation generally experiences significant changes due to the influence of assignments. increasingly complex academic challenges, the search for identity, and changes in the social environment. Therefore, understanding the level of learning motivation in 11th grade is strategic in assisting schools and educators in designing effective learning strategies.

Based on the problem description above, researchers identified a problem regarding student learning motivation in participating in Physical Education (PJOK) lessons at SMA N 1 Sekincau. Therefore, to understand the level of student motivation and the factors that motivate them to participate in PJOK lessons, research is needed. By understanding motivation in participating in PJOK lessons, it is hoped that teachers will be able to evaluate learning to optimally achieve learning objectives.

METHOD

The type of research applied in this study is descriptive quantitative research using a survey method. The research took place at SMA Negeri 1 Sekincau in West Lampung Regency, Lampung Province, between August 2025 and September 2025. The population in this study were all students of SMA Negeri 1 Sekincau class XI. The use of a total sampling technique

was used to determine the subjects in this study. In this study, learning motivation is the only independent variable included. The design of this research leads to univariate research. Data collection in this study was carried out by means of field research. A questionnaire with a Likert scale assessment system was the method of collecting data. Validity and reliability of the collected data will be tested using SPSS software. In addition, the data will be tested for validity using triangulation techniques. The data were then analyzed descriptively using descriptive percentage statistics.

RESULT AND DISCUSSION

Table 1 Statistical Description of the Analysis of Motivation Level of Grade XI Students in Participating in Physical Education Learning

Statistic	Score
Mean	91,617
Median	91
Mode	96
Std. Deviation	6,9192
Minimum	76
Maximum	114

Based on table 1, it is concluded that the average student motivation is 91.617, the mean value is 91, the value that frequently appears is 96, the standard deviation is 6.9192, the lowest score is 76 and the highest score is 114.

Table 2 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning

No.	Interval	Frecuency	Percentage (%)	Category
1.	101,99 < X	15	8.20 %	Very high
2.	95,07 < X ≤ 101,99	43	23.50%	High
3.	88,15 < X ≤ 95,07	61	33.33%	Intermediate
4.	81,23 < X ≤ 88.15	54	29.51%	Low
5.	X ≤ 81,23	10	5.46%	Very low
Total		183	100%	

From table 2, it is known that student motivation in the very high category is 15 students (8.20%), the high category is 43 students (23.50%), the medium category is 61 students (33.33%), the low category is 54 students (29.51%), and the very low category is 10 students (5.46%).

Table 3 Statistical Description of the Analysis of Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Intrinsic Motivation

Statistic	Score
Mean	46,54
Median	46
Mode	44
Std. Deviation	3,832
Minimum	39
Maximum	57

Based on table 3, it is concluded that student motivation based on intrinsic motivation has an average of 46.54, a mean of 46, a frequent value of 44, a standard deviation of 3.832, a lowest score of 39 and a highest score of 57.

Table 4 Category Analysis of Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Intrinsic Motivation

No.	Interval	Frecuency	Percentage (%)	Category
1.	$52,29 < X$	14	7,65%	Very high
2.	$48,46 \leq X \leq 52,29$	40	21,86%	High
3.	$42,71 < X \leq 48,46$	66	36,07%	Intermediate
4.	$38,88 < X \leq 42,71$	55	30,05%	Low
5.	$X \leq 38,88$	8	4,37%	Very low
Total		183	100%	

From table 4, it is known that the motivation of class XI students to participate in PJOK learning based on intrinsic motivation is in the very high category of 14 students (7.65%), high category of 40 students (21.86%), medium category of 66 students (36.07%), low category of 55 students (30.05%), very low category of 8 students (4.37%).

Table 5 Statistical Description of Analysis of the Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Extrinsic Motivation

Statistic	Score
Mean	45,08
Median	45
Mode	42
Std. Deviation	4,331
Minimum	33
Maximum	58

Based on table 5, it is concluded that the motivation level of class XI students in participating in PJOK learning based on extrinsic motivation has an average of 45.08, a median

value of 45, a frequently occurring value of 42, and a standard deviation of 4.331. There is a minimum score of 33 and a maximum score of 58.

Table 6 Statistical Description of Analysis of the Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Extrinsic Motivation

No.	Interval	Frecuency	Percentage (%)	Category
1	51,58 < X	16	8.74%	Very high
2	47,25 < X ≤ 51,58	36	19.67%	High
3	42,92 < X ≤ 47,25	73	39.89%	Intermediate
4	38,59 < X ≤ 42,92	50	27.32%	Low
5	X ≤ 38,59	8	4.37%	Very low
Total		183	100%	

From table 6, it is known that the level of motivation of class XI students in participating in PJOK learning based on extrinsic motivation is in the very high category of 16 students (8.74%), high category of 36 students (19.67%), medium category of 73 students (39.89%), low category of 50 students (27.32%), and very low category of 8 students (4.37%).

Table 7 Statistical Description of Analysis of the Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Attention Indicators

Statistic	Score
Mean	16,87
Median	17
Mode	16
Std. Deviation	1,53
Minimum	14
Maximum	22

Based on table 7, it can be inferred that the attention indicator's average value for the motivation level of class XI students in engaging in PJOK learning is 16. 87, the median value is 17, the most frequent value is 16, the standard deviation is 1. 53, the minimum score is 14, and the maximum score is 22.

Table 8 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning Based on Attention Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	18,86 < X	26	14.21%	Very high
2	17,34 < X ≤ 18,86	36	19.67%	High
3	15,81 < X ≤ 17,34	90	49.18%	Intermediate
4	14,28 < X ≤ 15,81	22	12.02%	Low
5	X ≤ 14,28	9	4.92%	Very low
Total		183	100%	

According to table 8, the level of extrinsic motivation for class XI students to engage in PJOK learning falls into the very high category of 26 students (14. 21%), the high category of 36 students (19. 67%), the medium category of 90 students (49. 18%), the low category of 22 students (12. 02%), and the very low category of 9 students (4. 92%).

Table 9 Statistical Description of Analysis of Motivation of Grade XI Students in Participating in Physical Education Learning Based on Health Indicators

Statistic	Score
Mean	15,76
Median	16
Mode	15
Std. Deviation	1,61
Minimum	12
Maximum	20

According to table 9, the average motivation level of class XI students in participating in PJOK learning based on the attention indicator is 15. 76, the median is 16, the most frequent value is 15, the standard deviation is 1. 61, the lowest score is 12, and the highest score is 20.

Table 10 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning Based on Health Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	$18,18 < X$	5	2,63%	Very high
2	$16,57 \leq X \leq 18,18$	60	33,33%	High
3	$14,96 < X \leq 16,57$	72	37,89%	Intermediate
4	$13,35 < X \leq 14,96$	33	17,37%	Low
5	$X \leq 13,35$	13	6,84%	Very low
Total		183	100%	

Table 10 shows that the level of enthusiasm among class XI students for participating in PJOK learning based on extrinsic motivation is in the very high category of 5 students (2. 63%), the high category of 60 students (33. 33%), the medium category of 72 students (37. 89%), the low category of 33 students (17. 37%), and the very low category of 13 students (6. 84%).

Table 11 Statistical Description of Analysis of Motivation Level of Class XI in Participating in Physical Education Learning Based on Interest Indicators

Statistic	Score
Mean	13,90
Median	14
Mode	13
Std. Deviation	1,67
Minimum	10
Maximum	19

According to table 11, the attention indicator shows that the motivation level of class XI students participating in PJOK learning averages 13. 90, with a median of 14, a mode of 13, a standard deviation of 1. 67, a minimum score of 10, and a maximum score of 19.

Table 12 Category Analysis of Grade XI Students' Level of Participation in Physical Education Learning Based on Interest Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	16,41 < X	10	5,46 %	Very high
2	14,74 < X ≤ 16,41	49	26,78%	High
3	13,07 < X ≤ 14,74	90	49,18 %	Intermediate
4	11,40 < X ≤ 13,07	20	10,93 %	Low
5	X ≤ 11,40	14	7,65 %	Very low
Total		183	100%	

According to table 12, the level of extrinsic drive among class XI students engaging in PJOK learning falls under the categories of very high (10 students, 5. 46%), high (49 students, 26. 78%), medium (90 students, 49. 18%), low (20 students, 10. 93%), and very low (14 students, 7. 65%).

Table 13 Statistical Description of Analysis of the Level of Motivation of Grade XI Students in Following Learning Based on Family Indicators

Statistic	Score
Mean	10,84
Median	11
Mode	11
Std. Deviation	1,69
Minimum	7
Maximum	16

According to table 13, the average motivation score for class XI students to participate in PJOK learning based on the attention indicator is 10. 84, with a median value of 11, a mode value of 11, a standard deviation of 1. 69, the lowest score of 7, and the highest score of 16.

Table 14 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning Based on Family Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	13,38 < X	10	5,46%	Very high
2	11,69 < X ≤ 13,38	47	25,68%	High
3	9,99 < X ≤ 11,69	90	49,18%	Intermediate
4	8,31 < X ≤ 9,99	29	15,85%	Low
5	X ≤ 8,31	7	3,83%	Very low
Total		183	100%	

According to table 14, the level of extrinsic motivation for class XI students to engage in PJOK learning is distributed as follows: 10 students (5. 46%) are in the very high category, 47 students (25. 68%) are in the high category, 90 students (49. 189%) are in the medium category, 29 students (15. 85%) are in the low category, and 7 students (3. 83%) are in the very low category.

Table 15 Statistical Description of Analysis of the Motivation Level of Class XI Students in Participating in Physical Education Learning Based on School Indicators

Statistic	Score
Mean	19,93
Median	20
Mode	18
Std. Deviation	2,08
Minimum	15
Maximum	24

Based on table 15, it is concluded that the motivation level of grade XI students in participating in PJOK learning based on extrinsic motivation has an average of 19.93, a median value of 20, a frequently occurring value of 18, and a standard deviation of 2.08. The lowest score is 15 and the highest score is 24.

Table 16 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning Based on School Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	23,05 < X	24	13,11%	Very high
2	20,97 < X ≤ 23,05	46	25,14%	High
3	18,89 < X ≤ 20,97	58	31,69%	Intermediate
4	16,81 < X ≤ 18,89	49	26,78%	Low
5	X ≤ 16,81	6	3,28%	Very low
Total		183	100 %	

Table 16 shows that the level of motivation among class XI students to engage in PJOK learning based on external motivation is as follows: 24 students (13. 11%) have very high levels of motivation, 46 students (25. 14%) have high levels of motivation, 49 students (26. 78%) have medium levels of motivation, 49 students (26. 78%) have low levels of motivation, and 6 students (3. 28%) have very low levels of motivation.

Table 17 Statistical Description of Analysis of the Motivation Level of Grade XI Students in Participating in Physical Education Learning Based on Environmental Indicators

Statistic	Score
Mean	14,29
Median	14
Mode	14
Std. Deviation	2,14
Minimum	7
Maximum	24

Based on table 17, it can be deduced that the average motivation level of grade XI students in participating in PJOK learning based on extrinsic motivation is 19. 93, the median value is 20, the most frequent value is 18, and the standard deviation is 2. 08. 15 is the minimum score and 24 is the maximum.

Table 18 Categorization of Analysis of Motivation Levels of Grade XI Students in Participating in Physical Education Learning Based on Environmental Indicators

No.	Interval	Frecuency	Percentage (%)	Category
1	11,08 < X	10	5,46%	Very high
2	13,22 < X ≤ 11,08	41	22,40%	High
3	15,36 < X ≤ 13,22	66	36,07%	Intermediate
4	17,50 < X ≤ 15,36	55	30,05%	Low
5	X ≤ 17,50	11	6,01 %	Very low
Total		183	100%	

According to table 18, the level of extrinsic motivation among class XI pupils participating in PJOK learning falls into the following categories: 10 students (5. 46%) have a very high level of motivation, 41 students (22. 40%) have a high level, 66 students (36. 07%) have a medium level, 55 students (30. 05%) have a low level, and 11 students (6. 01%) have a very low level.

Discussion

According to the findings of a study on the motivation levels of eleventh-grade students in attending Physical Education (PJOK) classes, the motivation levels were divided into the following categories: very high for 15 students (8. 20%), high for 43 students (23. 50%), moderate for 61 students (33. 33%), low for 54 students (29. 51%), and very low for 10 students (5. 46%). Student learning motivation is influenced by various factors such as attention, health, interests, family, school, and environment. For extrinsic motivation, the lowest score was for the statement "I participate in PJOK lessons because I am influenced by close friends," indicating that friends are not a primary factor in student motivation. Conversely, the highest score was for the statement "I am very happy if the sports equipment used is still in good condition," indicating that the quality of sports facilities also influences student learning motivation.

For intrinsic motivation, the highest scores were for the statements "I participate in PJOK lessons seriously and enthusiastically" and "I participate in PJOK lessons because it helps me to be healthy." This indicates that students are enthusiastic and aware of the importance of health through PJOK. Although researchers initially assumed student motivation

was low, the results showed moderate levels. This difference is likely due to the collaborative nature of the questionnaire, which influenced respondents.

Overall, motivation plays a crucial role in the success of physical education (PJOK) learning. Efforts to increase motivation can be achieved by arousing student interest, maintaining curiosity, presenting engaging lessons, providing effective praise, and training students to self-motivate. (Hadijaya et al., 2023).

CONCLUSION

The research on the motivation of class XI students at SMA Negeri 1 Sekincau in engaging in PJOK learning revealed that student motivation is in the medium range. The questionnaire distribution data revealed that 15 students (8. 20%) fell into the very high category, 43 students (23. 50%) were in the high category, 61 students (33. 33%) were in the medium category, 54 students (29. 51%) were in the low category, and 12 students (5. 46%) were in the very low category. Students engage in PJOK learning out of curiosity and advantage.

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