



Analysis Of Learning Knowledge In Physical Education, Sports, And Health Among Students In Grades 4, 5, And 6 At Sdn 17 Pangkal Duri Ilir In 2025

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Abstract

Physical education aims to develop psychomotor, cognitive, and affective aspects. Knowledge is the result of knowing after a person perceives a particular object. This study is a descriptive study with one variable without making comparisons or linking it to other variables. The research sample used total sampling technique, which means that all students in grades 4, 5, and 6 at SDN 17 Pangkal Duri Ilir were used as the research sample. The instrument used in this study was a questionnaire. The results of this study show that the majority of respondents had very high knowledge, with 20 students (25%). The remaining 5 students (6.25%) have a high level of knowledge, 10 students (12.25%) have an average level of knowledge, 10 students (12.25%) have a low level of knowledge, and 35 students (43.75%) have a very low level of knowledge.

Keywords: *Knowledge, Physical Education*

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INTRODUCTION

Physical Education, Sports, and Health (PJOK) is a subject that must be taught at all levels of education, from elementary school to high school. Physical education not only develops physical aspects, but also intellectual, emotional, and social aspects (Dhedhy, 2018: 101). Knowledge is a person's mindset that is obtained through experience, education, activities that have been carried out, and also information that has been obtained. In Bloom's taxonomy, knowledge is the lowest domain (C1). According to Saadah, et al. (2020: 36), "knowledge is a 'result', and this occurs after a person perceives a particular object". According to Notoatmojo in Listyorini (2016: 8), there are several factors that influence the level of knowledge, including: trust, values, attitudes, and age (as a person ages, their level of development will progress in line with their own knowledge and experience).

Physical education teaches students the importance of physical health with the ultimate goal of developing motor skills that can be practiced in everyday life. Efforts to develop the concept of movement require concrete steps that can be applied in the physical education curriculum (Apriliyanto & Sulaiman, 2023). Learning is defined as a process carried out by providing education and instruction to students, where students, educators, and learning

resources interact with one another in a learning environment. The provision of education and learning, one of which is through teaching, is assistance provided by teachers so that students can achieve learning objectives. From this definition, learning has interrelated concepts, namely learning and teaching (Hasanuddin, 2020). Learning happens when new knowledge is acquired, processed and retained in memory for later use. Two types of memory are important for learning: working memory and long-term memory. We learn by using working memory to focus on and process new information, allowing us to connect it to what we already know. Under the right conditions, this information (including knowledge of facts, concepts and procedures) is then transferred to long-term memory, where it is stored as knowledge within a mental model that reflects understanding of that area of learning. Once stored, recalled and used enough to consolidate the memory, knowledge from long-term memory can be retrieved for use and further learning (Curriculum, 2023).

Education is a necessity for society that is expected to create high-quality individuals. To realize this expectation, formal education is provided in schools. The objectives of education can be achieved if its implementation is managed properly in terms of planning, implementation, and starting the process of organizing and evaluating (Azhar et al., 2022). Education is a learning process to find various kinds of information that can be obtained by all students, and it cannot be denied that education is very important in influencing a person's life. Education also plays an important role in the process of advancing national development (Farikha & Dinata, 2022). According to Law No. 20 of 2023 concerning the National Education system, education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, and skills needed by himself, society, nation and state (Rahayu et al., 2024). The presence of learning and education is not only limited to improving human life skills. Educating individuals enables their needs to be appropriately met, providing access to self-development and increasing opportunities for self-actualization (Putro et al., 2024).

Scored below the minimum passing grade is still quite large, so they must undergo remedial classes, where the minimum passing grade set by the physical education teacher is 65, The fact that there are still many students at SDN 17 Pangkal Duri Ilir who score below the minimum passing grade may be due to the students' lack of knowledge related to learning. From the initial survey results at SDN 17 Pangkal Duri Ilir, it was found that students felt adequate in participating in PJOK lessons, meaning that students were not yet proficient in

participating in PJOK lessons. Students also only had an adequate understanding of the material presented in PJOK lessons, meaning that they did not fully understand what was being taught.

The objective of this study is to determine the knowledge of physical education, sports, and health among students in grades 4, 5, and 6 at SDN 17 Pangkal Duri Ilir in 2025. Therefore, the author is interested in conducting research with the hope that this can be an anticipatory measure against obstacles that occur in physical education, sports, and health learning at SDN 17 Pangkal Duri Ilir.

METHOD

This study is a descriptive study with one variable without making comparisons or linking it to other variables. The research sample used total sampling technique, which means that all students in grades 4, 5, and 6 at SDN 17 Pangkal Duri Ilir were used as the research sample. The instrument used in this study was a questionnaire

RESULTS AND DISCUSSION

Result

The The results of the study on the level of knowledge of students in physical education, sports, and health learning at SDN 17 Pangkal Duri Ilir were measured using a true-false test instrument with 10 questions. The true-false test was presented in the form of alternative answers, namely true and false. Correct answers received a score of 1 and incorrect answers received a score of 0. The answer scores were then calculated using 5 categories to determine the level of knowledge, with the categories being very high (81-100), high (61-80), medium (41-60), low (21-40), and very low (0- 20). Based on the calculation output using Microsoft Excel 2016 Windows 10, the description of students' knowledge data in physical education, sports, and health learning at SDN 17 Pangkal Duri Ilir can be seen in the following frequency table:

Table. 1. Frequency Distribution of Students' Knowledge Levels in Physical Education, Sports, and Health Learning at SDN 17 Pangkal Duri Ilir

No	Interval	Kategori	Frekuensi	Presentasi
1	81 - 100	Sangat Tinggi	20	25%
2	61 - 80	Tinggi	5	6,25%
3	41 - 60	Sedang	10	12,5%
4	21 - 40	Rendah	10	12,5%
5	0 – 20	Sangat Rendah	35	43,75%
Jumlah			80	100%

The table above shows that the majority of respondents had very high knowledge, with 20 students (25%). The remaining 5 students (6.25%) have a high level of knowledge, 10 students (12.25%) have a moderate level of knowledge, 10 students (12.25%) have a low level of knowledge, and 35 students (43.75%) have a very low level of knowledge.

Discussion

Based on the results of the above research, the researcher analyzed that there were few students learning and paying attention to the teacher when explaining the material. Those who fell into the categories of excellent, good, and fair were influenced by several factors, namely: learning process factors, personal factors, and interest factors. The learning process factor, in which students play an important role in the learning process by paying attention to what the teacher is saying at school, means that teachers greatly influence the success of students in following the lessons presented. Teachers use a variety of methods or modify the form of delivery to make it interesting so that students will enjoy the learning process and, of course, the learning program will run well. This will certainly affect students' abilities. Personal factors also have a significant influence, as each student has different abilities. Not only do individuals have different talents, but they also have different levels of willingness or desire. Individuals with a high level of willingness will motivate themselves to become competent or to learn better so that they can compete at a higher level, of course by learning as much as possible in education, physical education, and health.

Learning occurs when new knowledge is acquired, processed, and stored in memory for later use. Two types of memory that are important for learning are working memory and long-term memory. We learn by using working memory to focus on and process new information, allowing us to connect it to what we already know. Under the right conditions, this information (including knowledge about facts, concepts, and procedures) is then transferred to long-term memory, where it is stored as knowledge in mental models that reflect an understanding of the field of learning. Once stored, remembered, and used enough to consolidate the memory, knowledge from long-term memory can be accessed again for use and further learning (Faizah & Kamal, 2024). Knowledge is acquired when we know that it is true and believe it. Humans can obtain knowledge from an experience gained through observation and perception. Therefore, it can be said that empirical evidence from an experiment is needed to declare that something is knowledge. Knowledge is acquired when we know that it is true and believe it. Humans can obtain knowledge from an experience gained through observation

and perception. Therefore, it can be said that empirical evidence from an experiment is needed to declare that something is knowledge (Utami et al., 2022).

Learning that can provide relevant and contextual learning experiences in real life and develop a rich and strong mindset in students. Teachers need to find strategies or models that are suitable for the topics to be taught so that knowledge can be conveyed systematically and enjoyably (Nur'aeni et al., 2021). Education is very important for human life, because education is a process of humanizing humans. For this reason, education is one of the processes that can be used as an alternative for character education, so that the realization of human norms (Afandi et al., 2024). Physical Education, Sports, and Health (PJOK) in elementary schools serve as the main platform for children to engage in structured and targeted physical activities (Mulyana et al., 2024).

Meanwhile, students or individuals who have low abilities or even no desire to learn better will be lazy in their studies, appearing to study only to fill their free time, and of course will not be able to compete at a higher level. Usually, as individuals like this get older, their laziness to study increases and it is possible that they will stop studying altogether. In addition, there are also environmental factors, which include the facilities and infrastructure and the surrounding conditions where learning takes place. If the facilities and infrastructure used are adequate, it will be easier for students to improve their knowledge related to physical education, sports, and health.

CONCLUSION

Based on the results of the study, it can be concluded that students' knowledge and learning engagement in physical education are influenced by several important factors, namely the learning process factor, personal factor, and environmental factor. The learning process factor plays a significant role, as teachers who use varied and engaging teaching methods can increase students' attention and participation in learning activities. Personal factors also contribute greatly, since each student has different abilities, motivation, and willingness to learn. Students with high motivation tend to develop better competencies, while those with low motivation are more likely to show low participation and learning outcomes. In addition, environmental factors such as adequate facilities and infrastructure support the improvement of students' knowledge in physical education, sports, and health. Therefore, improving teaching strategies, strengthening student motivation, and providing adequate learning facilities are essential to enhance students' learning outcomes.

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