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Fostering Character and Academic Engagement through School-Based Extracurricular Sports: A Review of Supporting and Inhibiting Factors

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Abstract: This study investigates the contribution of sports extracurricular activities to students' learning motivation in the educational environment. The background of the study lies in the increasing need to enhance students' non-academic development and the belief that extracurricular activities, particularly in sports, can shape positive character traits such as discipline, cooperation, and enthusiasm. The objective of this research is to analyze how participation in sports-based extracurricular programs influences students' motivation to learn. This research employs a literature review method by collecting and analyzing relevant findings from journals, academic articles, and books. The results indicate that sports extracurricular activities significantly contribute to building students' positive character, which in turn fosters learning motivation. Moreover, the effectiveness of these activities is influenced by several supporting and inhibiting factors, including infrastructure availability, competent coaches, and support from schools and parents. The study concludes that when supported by a conducive environment, sports extracurricular activities can serve as a powerful educational tool that not only promotes physical development but also enhances students' emotional and academic engagement. The implication of this research is that schools should optimize sports extracurricular programs by improving resources and involving stakeholders to maximize their impact on student motivation and learning outcomes.
Keywords: School-Based Sports, Academic Engagement, Positive Youth Development, Physical Education, Sport Science

Introduction

Extracurricular activities, particularly sports, play a crucial role in shaping students' character and enhancing their motivation to learn in an educational setting. These activities not only provide physical training but also instill the values of discipline, teamwork, and a passion for learning. However, there is still limited research that specifically examines the relationship between participation in sports-related extracurricular activities and students' motivation to learn, as well as the factors that support or hinder it. This study aims to analyze the contribution of sports activities to

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learning motivation through a literature review of various scientific sources. The results indicate a positive relationship between student involvement in sports activities and increased enthusiasm and concentration in learning. Supporting factors such as adequate facilities, competent coaches, and school support also influence the effectiveness of these activities. These findings imply the need to optimize sports activities in schools as a strategy to holistically foster student motivation and academic achievement.

Extracurricular activities are an important part of the educational process because they support students' overall development, both academically and non-academically. According to Baharuddin and Wahyuni (2015), extracurricular activities can shape students' personalities, develop their interests and talents, and enhance their social skills through activities outside of class hours. This indicates that extracurricular activities are not merely a form of entertainment but also hold educational value and contribute to character development. One of the most popular and common forms of extracurricular activities in schools is sports. Sports as an extracurricular activity offer dual benefits: they support physical health while also having a positive impact on psychological aspects such as students' motivation, enthusiasm, and perseverance (Purwanto, 2017). Thus, sports activities not only provide physical benefits but also have the potential to influence students' enthusiasm and academic performance.

In the context of the educational environment, the presence of extracurricular activities, particularly in sports, can foster a more active, healthy learning climate that supports students' holistic development. A good learning environment encompasses not only classroom interactions but also supporting activities such as extracurriculars that encourage students' active engagement (Suryosubroto, 2009). This indicates that education is not limited to the transfer of knowledge in the classroom but is also closely linked to out-of-class activities that support students' emotional and social engagement. Based on the above discussion, it can be concluded that extracurricular activities, particularly sports, play a crucial role in shaping an educational environment that supports students' physical, psychological, and social development. One of their key contributions is enhancing students' motivation to learn, which is a critical indicator of educational success.

Method

This study employs a literature review method. A literature review is a method that involves gathering information and data from various relevant written sources, such as scientific journals, books, articles, and previous research reports. According to Zed (2004), a literature review is an activity related to data collection methods sourced from the literature, whether in the form of books or scientific articles, that support the study of a specific topic. A literature review allows researchers to understand various scientific perspectives and construct a conceptual framework based on existing findings and theories. Research using this method is considered effective for establishing the theoretical and conceptual foundation of the issue under discussion (Snyder, 2019). Furthermore, this method is particularly well-suited for research aimed at examining, comparing, and summarizing the results of previous studies.

In this study, the researcher collected data from various reliable sources, such as national and international journals, textbooks, and scientific articles from open-access and academic databases. The references used were selected based on their relevance to the topic "the contribution of extracurricular sports to student learning motivation," recency (published within the last 5 years), and publication quality (from academic publishers and indexed journals). This method was chosen because it provides a comprehensive understanding of the variables under study without the need for direct

fieldwork, while still being grounded in empirical evidence and robust theory (Arsih, 2020). Thus, this study is descriptive-analytical in nature with a qualitative approach, relying on a literature review as the primary data source.

Results & Discussion

Results

Based on an analysis of various relevant literature, the research results are presented descriptively and can be grouped into three main findings. First, the literature consistently shows that sports extracurricular activities make a significant contribution to students' character development. Research by Arifin and Yudiana (2020) as well as Susanto and Wahyuni (2021) provides evidence that participation in sports enhances aspects of discipline, cooperation, and a fighting spirit.

Second, a strong correlation was found between active participation in sports extracurricular activities and increased student motivation to learn. Findings from Lestari and Nugroho (2020) as well as Fatmawati and Jannah (2021) indicate that students who actively participate in sports demonstrate greater enthusiasm, concentration, and self-confidence in academic activities. This is supported by studies from a psychological perspective that highlight the positive impact of physical activity on emotional well-being (Wibowo, 2018).

Third, the literature review also identified various contextual factors that influence the effectiveness of sports extracurricular programs. These factors fall into two categories: enabling and inhibiting factors. The availability of adequate facilities and infrastructure, along with the presence of competent coaches, are the primary supporting factors (Handayani & Sari, 2020), while limited facilities and a lack of support from the surrounding community, particularly parents, are significant inhibiting factors (Mulyani & Ramdani, 2019; Supriyanto, 2022).

Discussion

Extracurricular sports play an important role in shaping students' character, including in terms of discipline, teamwork, and enthusiasm. According to Arifin and Yudiana (2020), sports activities can improve students' social skills, such as the ability to cooperate, respect opponents, and develop a sense of responsibility. This aligns with the findings of Susanto and Wahyuni (2021), who state that student participation in sports helps instill disciplined habits and boosts enthusiasm for regular physical activity. Furthermore, according to Ramadhan and Nurhasan (2019), structured sports activities can train students to manage their emotions and resolve conflicts through a sportsmanlike approach. Sports extracurricular activities make a tangible contribution to shaping students' positive character, particularly in the areas of discipline, cooperation, and enthusiasm, which are essential components of the character education process.

Sports extracurricular activities are also closely linked to increased student motivation to learn. According to Lestari and Nugroho (2020), students who are active in sports tend to have a higher enthusiasm for learning because they are accustomed to a healthy and structured lifestyle. Similar findings were reported by Fatmawati and Jannah (2021), who discovered that students participating in sports extracurriculars demonstrated improved concentration and self-confidence in classroom lessons. From an educational psychology perspective, sports can stimulate the release of endorphins, which have a positive impact on students' mood and motivation (Wibowo, 2018). Sports extracurricular activities can serve as a catalyst for student learning motivation by fostering more stable physical, emotional, and mental well-being, thereby supporting active engagement in the learning process.

The effectiveness of sports extracurricular activities is greatly influenced by various supporting and inhibiting factors. According to Handayani and Sari (2020), the main

supporting factors in sports activities are the availability of adequate facilities and infrastructure, as well as competent coaches. On the other hand, limited facilities and a lack of parental support often pose significant barriers to the implementation of these activities (Mulyani & Ramdani, 2019). Meanwhile, Supriyanto (2022) notes that the role of an active advisor who can foster emotional bonds with students can be a key determinant of the success of an extracurricular program. Sports extracurricular activities will run optimally if supported by good facilities, competent coaches or mentors, and environmental support, particularly from schools and parents. Conversely, limitations in these areas pose major obstacles that must be overcome.

Sports extracurricular activities make a significant contribution to the development of students' character traits, such as discipline, teamwork, and enthusiasm, which ultimately serve as a crucial foundation for enhancing academic motivation. Students with positive character traits tend to be more consistent and motivated in the learning process because they are accustomed to a sense of responsibility and a structured lifestyle instilled through sports activities. However, the success of character development and the improvement of learning motivation heavily depends on various supporting factors, such as the availability of facilities, the quality of coaches, and support from the school and family environments. Thus, the integration of the benefits of sports activities, their impact on learning motivation, and the presence of adequate support is key to creating a holistic and effective educational environment.

Conclusion

Based on the results of the literature review, it can be concluded that extracurricular sports activities make a significant contribution to increasing students' motivation to learn. Through these activities, students not only gain physical benefits but also develop positive character traits such as discipline, cooperation, and a sense of responsibility, which encourage more active engagement in the learning process. This correlation indicates that sports can serve as an educational tool that indirectly supports the achievement of academic goals. However, the success of these activities is heavily influenced by supporting factors such as the availability of facilities and infrastructure, competent coaches, and support from the school environment and parents. Schools are advised to optimize the implementation of extracurricular sports by providing adequate facilities and coaches who are trained and competent in guiding students. In addition, effective collaboration between teachers, parents, and school administrators is necessary to create an environment that supports the holistic development of students' potential. Future research is encouraged to employ quantitative approaches or field studies to measure the impact of sports activities on learning motivation in a more quantifiable and specific manner across various educational contexts.

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