

The Value and Benefits of Physical Education and Sports in Building the Character of Students towards the Golden Generation



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ABSTRACT: This study aims to describe the value and benefits of physical education and sports in building the character of students for the golden generation. The function of character-based education, which combines character development with physical education and sports, is expected to be able to contribute maximally to the development of all aspects of students (cognitive, affective, and psychomotor). The educational paradigm is focused on developing a complete human being through physical education and sports. The research method used is a qualitative method that produces descriptive data using literature studies. The conclusion from this study is that approaches in physical education and sports are able to shape the character of students, creating a golden generation.

KEYWORDS: values and benefits, physical education and sports, character

I. INTRODUCTION

One of the government's efforts to overcome the negative impacts of digitalization of education is by developing the Merdeka curriculum. The Merdeka Curriculum is a curriculum that aims to hone children's interests and talents from an early age by focusing on essential material, character development through the Pancasila student profile, and student competence or fulfillment of the school's character. In accordance with Law no. 20 of 2003 which regulates the national education system in Indonesia.

The direction of education in Indonesia is now focused on developing or forming the character of students as the key to success for Indonesia's Golden Generation in 2045. With the hope of forming a strong character in the generation of the Indonesian nation with a complete personality. In accordance with the message spoken by the proclaimer, Ir. Soekarno, this nation must be built by prioritizing character (character building), because character building is what will make Indonesia a great, advanced, glorious, and dignified nation.

Character formation should start from an early age in the hope that character will be more firmly embedded in students. Positive habits in early childhood help students to behave well and politely at school, in the family and in society (Ninik Hidayati et al., 2021). Physical education and sports are one of the important development aspects in shaping the character of the Indonesian nation. Conditions like this involve supervision and development of students and the groups in which they live.

Affective values such as fair play, sportsmanship, empathy, sympathy, polite speech, and spiritual attitudes as part of physical education and sports. This reflects that physical education and sports indirectly include complete and comprehensive character development, starting from cognitive, affective and psychomotor aspects. Therefore, teachers must understand the importance of physical education and sports in the curriculum (Victoria et al., 2021).

The Physical Education and Sports model aims to enable students to learn and develop their physical skills and various personal and social values such as teamwork, respect, responsibility and leadership (Barrot et al., 2021). Students are given the opportunity to develop personal and social values through physical activity and sports experiences. Individual actions based on beliefs and habits are often interpreted as character.

Character is a person's true self-portrait, which can be good or bad, what actions they do when other people don't pay attention to them, a set of behaviors when appearing in public or alone that are consistently structured in life. Repeated patterns of good or bad behavior will further strengthen character (Angelini & Efran, 2021). Character is a way of thinking and behaving

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that is characteristic of each individual to live and work together in the family, community, nation and state (Silverman et al., 2021).

Characters that need to be cultivated in students are the character of love for God and all His creation, honesty or trust, independence and responsibility, diplomacy, respect and courtesy, generosity, likes to help and work together, self-confidence and smart workers, leadership and justice, kindness and humility as well as the character of tolerance, peace and unity (Meyer et al., 2021). Character education is not an educational program that offers miracles that can make students suddenly become angels (Hermino & Arifin, 2020). Character education will be formed when the academic community at school and students strive seriously to live up to the vision and realize educational values in their daily lives. A person can be said to have character or character if he succeeds in absorbing the values or beliefs desired by society and uses them as a moral force in his life (Murdoch et al., 2020).

Values can be interpreted as standard attitudes that individuals believe in acting. Values can be learned from the family, culture, and human environment around an individual (Liu et al., 2023). In making decisions, individuals can see what is important to other people. Values are the resources an individual has, such as time, money, and brain power, that can be spent on things deemed valuable (Walker et al., 2019); (Bergner, 2020). For example, a woman is beautiful, and her work is responsible. Beautiful and responsible are traits or qualities inherent in women and their actions.

From several opinions of these experts, it can be concluded that value is anything that has units, prices and levels as references and beliefs in determining attitudes and choices. Not only materials or objects have value, but ideas and concepts can also become values, such as education, social, truth, honesty, sincerity and justice.

Several studies have shown that physical education and sports programs can lead to positive student outcomes. Learners who participate in physical education programs demonstrate greater motivation and engagement in physical education than those who do not (Gil-Arias et al., 2020); (Choi et al., 2020); (Bowden et al., 2021), personal and social responsibility among students (Ellison et al., 2019). Numerous studies have shown that physical education and sport can have a positive impact on character development.

This paper aims to contribute to describing the role of physical education and sports in building the character of students towards the golden generation. By identifying the values and benefits taught in physical education and sports for the development of students' character. In this way, we hope to explain the role of physical education and sports in building well-rounded and successful individuals to achieve the golden generation of 2045.

II. METHODS

The research method used is the literature study method, where the author collects various library data sourced from scientific article journals on Google Scholar. The aim of using this method is to reveal various theories from previous researchers or experts that are relevant to the problem being researched, namely to describe the role of physical education and sports in building the character of students towards the golden generation. This research does not carry out hypotheses or calculations.

III. RESULTS AND DISCUSSION

1. Character Based Education

Character is a person's true self-portrait, which can be good or bad; what actions they take when other people don't pay attention to them; a set of behaviors when appearing in public or alone that are consistently structured in life. Repeated patterns of good or bad behavior will further strengthen character (Angelini & Efran, 2021). Character is a way of thinking and behaving that is characteristic of each individual as they live and work together in the family, community, nation, and state (Silverman et al., 2021).

Character is a way of thinking and acting that makes each person unique in how they interact and work with others in their family, community, state, and country. People of good character are able to make judgments and are willing to accept responsibility for all consequences. Characters that need to be cultivated in students are the character of love for God and all His creation, honesty or trust, independence and responsibility, diplomacy, respect and courtesy, generosity, liking to help and work together, self-confidence and smart workers, leadership and justice, kindness and humility, as well as the character of tolerance, peace, and unity (Meyer et al., 2021).

The integration of character education through habituation, giving examples, giving advice, paying attention, and giving fair assessments, especially in Islamic education, such as religious education, worship education, and moral education, remains relevant and effective in overcoming the problems of the digitalization era, which allows them to develop strong moral character and noble behavior from an early age (Martuti et al., 2023). Character formation in

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children should be done from an early age, because character formation does not happen quickly but must go through a process that can educate and perfect the morals of the next generation in a better direction. A strong character is able to change negative things into something positive, which, if done repeatedly, will become a habit.

Forming children's character through education is very important to make students intelligent, have good manners, and have other good values so that they become members of society who can be useful for themselves and others. Character education can develop character values that must be instilled in children so that they can apply these good values in everyday life. The values developed by character education in Indonesia come from four sources: religion, Pancasila, culture, and the National Education Goals.

Indonesian society is a religious society; therefore, all life, all actions, and all humans are always based on religious teachings. Second, Pancasila is the basis of the Unitary State of the Republic of Indonesia. The values contained in Pancasila are the basic values that regulate the life of the nation and state. Third, culture is the truth that humans live in society based on cultural values recognized by society. Culture gives meaning to a concept in communication between members of society itself. Fourth, the objectives of national education, as a formula for the qualities that every citizen must have, are developed through various educational units. The objectives of education contain various human values possessed by citizens (Dahliyana, 2017).

Education is one of the most important factors in advancing a country and its life. Improving quality educational practices must consider character building and life skills factors. The concept of character is closely related to the concepts of morality, ethics, and personality. According to the Big Indonesian Dictionary, the definition of personality is the psychological traits, morals, or manners that differentiate a person from other people. In short, personality is the essence and characteristics of a person, which are formed by various internal and external factors. This indirectly shows that a person's character can be formed through systematically planned education (Widodo & Lumintuarso, 2017).

In the realm of formal education, Rosita further explained that character education is everything that teachers do, which can influence the character of students (Rosita, 2018). Character cannot be formed and built in a short time. Character education takes a long time and must be carried out continuously. Therefore, character education which is part of the process of forming the morals of the nation's children today, is expected to be the main foundation for developing the quality of human resources in the future (Aldani, 2020).

2. Values in Physical Education and Sports

The importance of sports education in developing the whole person is stated in Law No. 20 of 2003. (Yoda, 2020) recommends that people always maintain their body condition, with physical activity making humans healthy. Personal physical activity can control, increase positive emotional traits, and minimize negative impacts for the perpetrator. According to Wuest and Bucher (Simajuntak, 2018), physical education, sports, and health is an educational process that aims to improve performance and develop students' abilities through the physical activities and sports they choose.

Physical education, sports, and health (penjasorkes) as a unified aspect of education and as a whole have a significant place because of their unique contribution to the growth and development of students. This statement is reinforced by (Simajuntak, 2018) and (Karakter & Anak, 2018), who state that character formation through physical education makes the majority of students have good character values and is integrated into learning (Meo, 2019).

Learning about physical education and sports is one way to improve the character of human resources. By frequently and repeatedly involving students in physical education and sports activities, over time students will get used to adjusting (adapting) to what is involved in these activities (sportsmanship, cooperation, obeying rules, self-control, etc.). (Gunadi, 2018); (Branco, 2023).

By considering opponents as playing partners, not as enemies who must be destroyed, respecting and respecting others, working together with others, and building self-confidence through physical education and sports game activities, So these values must be truly developed and embedded in students.

The details of several character values related to physical education and sports include:

1. Fair play

Fair play means playing honestly or acting honestly in carrying out activities. The value of fair play is a very important value contained in sports values. This value is the spirit of the implementation of physical education and sports. The well-embedded spirit of fair play makes sports physical education both a spectacle and a guide.

2. Don't give up.

Never giving up is also part of the value gained from sports. An attitude of never giving up is often shown or appears when the numbers are behind. In conditions like this, players who never give up are usually challenged to

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continue fighting as hard as they can. This attitude can be implemented in character building through physical education learning in elementary schools. This attitude can be started by trying to compromise and beat yourself to get optimal results.

3. Cooperation

Cooperation is required in almost all team sports activities. It is best to collaborate with friends, match officials, and even opponents. Sports teach how people must work together to win the game.

4. Friendship

Friendship is the basis for implementing physical education and sports at school. Friendship naturally appears to accompany the implementation of physical education and sports at school. Sports teach friendship between the people involved in them. In fact, sport can be used as a tool for peace and friendship among nations around the world.

Understanding that the opponent is actually a fighting partner who we should consider a friend. Because without our opponents, we are nothing. With an opponent, we can achieve victory, and it will be recognized that we have the ability. No matter how great an athlete is, it will be in vain if there is no opponent to compete with.

5. Work hard to achieve your goals.

Carrying out physical education and sports tasks requires hard work. Real sports are about displaying the maximum performance that an athlete can do. Without hard work, physical education and sports at school cannot be carried out well. Physical education and sports always teach hard work to achieve goals. Without hard work, it is impossible to win the match because the opponent is also working hard.

6. Respect for others

The value of respect is contained in learning physical education and sports. Respect can be interpreted as respecting differences with other people in the form of differences in ethnicity, religion, race, and between groups. Respecting other people's rights is also part of respect, because sport is truly universal. Respect also means honoring and appreciating other people's achievements and daring to acknowledge other people's achievements.

7. Honesty

Honesty is the main spirit of sport that is highly desired and can be applied by all athletes in all sports. Without fair play, sport loses its intrinsic value. "Winning and losing in a match is not important; what is important is how the result is achieved. The spirit in sports and art is honesty and sportsmanship, and the best thing is how to get sincerity from those who are defeated. Honesty and virtue are always related to the impression of trustworthiness, and trustworthiness is always related to the impression of not lying, deceiving, or deceiving.

8. Responsibility

Responsibility is an important moral value in social life. This responsibility is the responsibility of one's own actions. An athlete must be responsible for his team, his coach, and the game itself. This responsibility is the most important moral value in sports. There can be no responsibility without the concept of trust. In other words, trust precedes responsibility; strictly speaking, trust gives birth to responsibility. (Central Development Team: 2014)

9. Leadership

In team games, leadership values will often arise when one person is appointed as the driving force in a team. Like in football, volleyball, and other sports where there is a captain of the team or squad.

Even though there is only one team leader or captain, all members must try to support whatever the leader's decision is. By being able to control themselves without realizing it, team members are able to lead themselves. Here, leadership values will appear in all team members.

3. Physical Education and Sports in Developing Personal and Social Values

Physical education and sports in developing strong personal and social values, character are very important for students to achieve success. One of the main benefits of physical education and sports programs is the development of students' personal and social values through the development of the values of teamwork, respect, responsibility, and leadership (Komari & Prasojo, 2020). Good character helps students develop skills that are much needed in everyday life and in the workplace of the future.

Through physical education and sports, students can take initiative and be responsible for their actions. This helps them to be more confident in making decisions and taking appropriate actions (Marini et al., 2021); (Suherman et al., 2019). Research results also show that physical education and sports programs help students develop tolerance and understanding of differences (Mamuti, n.d.).

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Students are taught to respect diversity and treat others in a kind way. This behavior provides a spirit of unity and harmony in the era of digitalization. Positive attitude towards learning and achievement, valuing hard work and perseverance and understanding that failure is part of the learning process, developing problem-solving skills, facing problems and finding solutions effectively, appreciating the importance of cooperation and partnerships, supporting and motivating each other, social skills and professionalism, leadership, and most importantly responsibility for their actions and learning to make the right decisions in different situations.

4. Increasing students' motivation, engagement, and positive attitudes towards physical education

Physical education programs effectively increase student motivation and engagement in physical education. The results of several studies show that students who participate in physical education and sports have higher motivation to excel and are able to compete in every competition in their lives. They feel more confident and enjoy participating more, appreciating the importance of physical fitness and health. All the benefits of a balance of physical education and sports, as well as motivation, physical involvement, and a positive attitude, are very important for the lives of students throughout their lives (Maciel et al., 2022).

Physical education and sports programs can also help students develop their self-confidence and self-esteem (Bessa et al., 2021). Learners are taught to take risks and try new things, which helps them become more confident in facing challenges in life, appreciate the importance of cooperation and partnerships, and support and motivate each other, which are important social and professional skills. Physical education and sports also help students develop a sense of belonging and feel like part of a community. This is important in creating strong social bonds between students, teachers, and schools, as well as within the community.

5. Physical education and sports for character development in students

Physical education and sports effectively teach various personal and social values and help create a positive learning environment (Pangrazi & Beighle, 2019). In the current educational context, the need to develop students' character is becoming increasingly important, and sports education can be an effective tool to achieve this goal. Apart from that, continuous character development is also important for students to be ready to face bigger life challenges.

Physical education and sports integrated into the curriculum can also help develop students' academic and non-academic skills, such as social and emotional skills, leadership skills, which are highly valued professionally and personally, and self-confidence, which are important life skills. Students involved in sports tend to have healthier and more energetic lifestyles, which can help them perform better in academic assignments and other daily activities.

Physical education and sports can also help motivate students to participate in school activities and increase their attendance in class, helping to reduce harmful behaviors such as deviant behavior and drug use. Therefore, educational institutions must provide the necessary support to promote physical education and sports as part of their programs and help students develop strong and healthy characters. The findings of this study are consistent with previous research on the benefits of sports education for character development. Physical education and sports have been proven to be effective means of teaching important life skills and values essential for success.

IV. CONCLUSIONS

This study has described the importance of physical education and sports in promoting the character development of students. Through a literacy study approach, we have identified the values taught in physical education and sports programs and their potential benefits for student character development.

These values contribute to developing students' physical skills and personal and social competencies, which are essential for success in life. With good character, students are expected to be able to become the golden generation in 2045 and respond wisely to the era of digitalization.

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