

Extracurricular Activities Role in Improving Performance Sports High School Students First State 4 Palembang

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Abstract

This study aims to identify and analyze the role of extra-curricular activities to the improvement of sporting achievements of students of Junior High School (SMP) State 4 Palembang . The variables used in this study are extra curricular and sporting achievements . The analytic technique used in this research is descriptive qualitative analysis . Based on the survey results revealed that the implementation of extra-curricular activities in the SMP 4 Palembang has gone well and supported by the school with the provision of facilities and infrastructure . Then with the extra-curricular activities of students achievement futsal Junior High School (SMP) State 4 Palembang is good . The school is expected to be more attention to more extra-curricular activities in order to maintain the futsal sport achievements , especially those related to infrastructure and facilities . Then a teacher and coach futsal is expected to provide a motivation for the students to achievement toward better .

Keywords : *Extra Curricular Activities , Achievement , Sports Futsal*

1 INTRODUCTION

Physical education is essentially an integral part of the education system as a whole, aims to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and sport. Physical education is a part of general education. He is a physical education subsystems. Physical education can be defined as an educational process aimed at achieving the goal of education through physical motion.

Every human being has a different ability to grow and thrive in achievement. Similarly, the students, each student has a different potency, good intelligence, learning motivation, learning willingness and so on. Students who are active in extracurricular activities will benefit from the activity that followed, such as increasing student knowledge and ability to socialize with friends and teachers who can assist students in participating in the learning process well, so as to achieve high achievement.

The issue that will be discussed in this study the role of extra-curricular in improving student achievement futsal Junior High School State 4 Palembang ?

The purpose of this study was to determine and analyze the role of extra-curricular activities to the improvement of sporting achievements of students of Junior High School State 4 Palembang.

2 RESEARCH METHODOLOGY

2.1 Place and Time Research

This study is planned to be carried out for about 4 months starting in November 2013 through February 2014 at the Junior High School 4 Palembang.

2.2 Research Informant

This research is qualitative, with data sources informants consisting of:

1. Teacher of Physical Education and Sports Health
2. Extracurricular Activities Sports Futsal Coach
3. 5 Those students who take extra-curricular sport of futsal
4. Principal / Vice-chairman of the student council

2.3 Method of Data Analysis

This study used a qualitative descriptive statistics of this case in accordance with that described by Siswoyo (2004) is a qualitative descriptive analysis technique by collecting, presenting, and analyzing data are compared with published sources so as to provide a clear picture of the object under study, then it can be concluded and can be given some suggestions for improvement.

3 RESULTS AND DISCUSSION

3.1 Performance Sports Futsal

Interpretation futsal students SMP Negeri 4 Palembang is good, where almost every game between the schools at both the District and at level 4 Palembang City Junior High School students always get a winner. As for the achievements in the sport of futsal competition following the student level include: second place IAIN Raden Fatah Futsal Tournament Palembang, Palembang Champion Barcelona Futsal and Futsal Champion III IBA Palembang. For more details, types of games, followed by indoor soccer team SMP 4 Palembang can be described in the following Table 1.

This is supported by individuals / students already have expertise in the respective positions - each when they play or compete because besides practicing at school, many who follow the practice or in the club - club soccer outside of school, so the game they are correct - correct directional and is very helpful in creating a gym teacher futsal achievements both individually and as a whole. As for the sporting achievements, trophies can be seen in figure 1.

Table 1: List of Achievement Sports Futsal SMP 4 Palembang

No	Date of Implementation	Type of Activity	Achievement
1	15 5 2009	Futsal Tournament Level Palembang in IAIN Raden Fatah Palembang	3rd Place
2	2 11 2009	Futsal Tournament Level Palembang in Kecamatan Ilir Timur II Palembang	second Place
3	20 4 2010	Futsal Tournament Level Palembang in Kecamatan Ilir Timur II Palembang	3rd Place
4	3 9 2010	Futsal Tournament Level Palembang in Lapangan Hatta	The first champion of hope
5	12 4 2011	Futsal Tournament Level Palembang	3rd Place
6	4 6 2011	Futsal Tournament Level Palembang	first Place
7	16 9 2011	Futsal Tournament Level Palembang	second Place
8	20 2 2012	Futsal Tournament Palembang District Level in Al Furqon	second Place
9	2 4 2012	Futsal Tournament Level Palembang in LPI	second Place
10	16 1 2013	Futsal Tournament Level Inter Club Palembang Students	The first champion of hope
11	10 11 2013	Futsal Tournament Level Secondary School Palembang	3rd Place

Therefore, to maintain and sustain the achievements in the sport of futsal SMP 4 Palembang gym teacher always tries to keep searching / capture seeds - seeds of potential good athlete while teaching or outside school hours through extracurricular activities, then further increase the exercise - exercise specifically and intensively.

In general, the factors that influence achievement in distinguishing the above two categories, namely internal factors and external factors. Both of these factors affect each other in the learning process so that the individual determines the quality of learning achievement.

1. Internal factors

Internal factors are factors that come from within the individual. Internal factors include physiological and psychological factors.

- (a) Physiological factors are factors related to the physical condition of the individual. Physiological factors are divided into two, namely the physical condition and the condition of the senses.
- (b) Psychological factor is the psychological state of someone who can influence the learning process. Some of the psychological factors that affect the learning process is the intelligence and the intelligence of students, motivation, interest, attitude and talent.

2. External factors

Factors that can affect learning can be classified into two categories, namely social and environmental factors nonsocial

- (a) Social environment. The factors include the social environment of the school is the social environment, social environment and social environment of the family.
- (b) Nonsocial environment. Factors including nonsocial environment is the natural environment, instrumental factors and factors subject matter. Natural environment consists of : fresh air conditions, not hot and not cold, the light is not too



Figure 1: Acquisition Cup Futsal Tournament SMP 4 Palembang

harsh or strong, or too weak or dark, and the atmosphere is cool and calm. Instrumental factors consist of : building schools, learning tools, learning facilities , sports fields, school curriculum, school rules, guide books and so forth . Factor consists of mastery of subject matter teachers of subject matter and methods used by teachers in delivering course material

3.2 Extracurricular Activities Sports Futsal

Extracurricular activities futsal in SMP 4 Palembang done outside of school hours, which is held every Wednesday and Saturday at 2 pm for 120 minutes. Materials provided initial guidance and practice is on the ground in the form of practice how to kick, dribble the ball (passing), pass the ball (ball control), kicking towards the goal (shooting), keeping the goal and compete in the field. As one of the exercises - exercises are often performed futsal can be seen in the following figure 2.

Implementation of extracurricular activities in SMP 4 Palembang has been supported by the school include the provision of facilities and infrastructure, in addition there are several other contributing factors that have been pursued by the school. However, in the implementation of learning both within the sport of futsal hour lessons and activities ekstrakuriler there are problems in implementation primarily related to facilities and infrastructure.

In order to overcome the existing problems with respect to the sport of futsal teachers and coaches have attempted to cope with the occasional invite students to practice outside of school than to avoid saturation usually students are more enthusiastic in participating in the exercise. Then, to overcome the shortcomings of my futsal ball assigned to students who have the balls to take him when training.

The school has tried to give a boost to the teachers, coaches and students for the success of extracurricular programs in order to improve performance in sports futsal to motivate teachers and students to continue to practice as well as providing incentives to coach the form of salary and transport allowance each month.



Figure 2: ekstrakurikuler Sports Futsal

In addition, teachers and sports coaches futsal in SMP 4 Palembang has sought to implement the strategy in order to improve performance in sports futsal include:

1. Multiply or increase the frequency of exercise, both physically and mentally
2. Provide motivation to students so as not to saturate in practice
3. Students are often included in the match - a match with other schools both friendship and the actual game so that students can determine their level of success in practicing for this, also to train mentally so as not to be nervous and mental defeat when faced with the actual game.

The school hopes that the achievements that further enhanced, so as to win every event or game in the city of Palembang. In connection with the policy stipulated that the school will attempt to complete the sports facilities and infrastructure futsal. According Hernawan, (2008), in principle, the implementation of extra-curricular activities include:

1. Orientation on purpose.

This principle has a very important meaning for the personality development of the students as a whole. Therefore extracurricular activities have the goal to be achieved, it is necessary to evaluate the tool is designed as a tool to determine the success of the program to achieve the goal.

2. Social and cooperation.

Students are social creatures, then through extracurricular activities, must be grown in a sense of social attitudes in a group working together in harmony, mutual trust, mutual respect, tolerance and so on.

3. Motivation.

For successful extracurricular program, the motivation is very important. Neither the teachers, trainers and the learners.

4. Coordinating and responsibilities.

Delegation of authority and responsibility to the people who are involved in these activities is indispensable to the effectiveness and efficiency of activities, to empower the potential of Human Resources provided by considering the talent, skills and experience - experience that never passes.

5. Relevance.

Conformity extracurricular activities with curricular programs and extracurricular activities conformance with the conditions and guidance surrounding environment.

In conducting ekstrakurikuler note:

1. Ekstrakurikuler activity should be increasing the enrichment of students who berasppek cognitive, affective and psychomotor.
2. Giving the place and encourage the distribution of talents and interests of students, so that students will get used to the bustle-bustle positive and meaningful.
3. Planning, preparation and coaching that has been carefully calculated so that the program ekstrakurikuler reach my goal.
4. Factors implementers the ability to monitor and provide assessment

4 CONCLUSION

1. With the extra-curricular activities the students futsal interpretation of SMP Negeri 4 Palembang is good, It is supported by individuals / students already have expertise in the respective positions - each when play or compete.
2. Implementation of extracurricular activities in SMP 4 Palembang has gone well and supported by the school with the provision of facilities and infrastructure.
3. There are still obstacles in the implementation of extra-curricular activity of futsal especially related to infrastructure in the form field, the ball and the persistence of students who are lazy.

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