

## ABSTRAK

Gepi Himawan, 21010047, *Pengaruh Motivasi Mengikuti Penjaskes dengan Disiplin terhadap Peraturan Sekolah dan Sikap Sportif Siswa Mtsn 3 Kabupaten Mojokerto Tahun 2022/2023*, Thesis, Program Studi Pendidikan Islam, Program Pascasarjana, Universitas Darul Ulum Jombang. Pembimbing: (I) Dr. H. Muhammad Farid, M.Si., (II) Dr. Mishbahush Shudur, M.A.

**Kata Kunci:** Motivasi Mengikuti Penjaskes, Disiplin, Sikap Sportif Siswa.

Motivasi mengikuti Penjaskes adalah faktor internal atau eksternal yang mendorong siswa untuk berpartisipasi aktif dalam kegiatan Penjaskes. Motivasi ini dapat berasal dari keinginan siswa untuk meningkatkan kesehatan dan kebugaran fisik, mencapai prestasi dalam bidang olahraga, atau sekadar menikmati aktivitas fisik secara menyenangkan. Motivasi yang tinggi diyakini dapat memengaruhi keterlibatan siswa dalam pembelajaran dan meningkatkan hasil belajar mereka.

Selain motivasi, disiplin juga merupakan faktor penting dalam pendidikan jasmani dan kesehatan. Disiplin mengacu pada kemampuan siswa untuk mengikuti aturan dan peraturan yang ditetapkan oleh sekolah. Tingkat disiplin siswa terhadap peraturan sekolah dapat mempengaruhi efektivitas pembelajaran Penjaskes serta mencerminkan sikap dan nilai-nilai siswa terkait tanggung jawab, kerjasama, dan integritas.

Sikap sportif adalah sikap yang mencerminkan *fair play*, etika, dan penghargaan terhadap lawan dalam konteks olahraga. Sikap sportif melibatkan perilaku yang sportif dan menghormati aturan serta menghargai kemenangan atau kekalahan dengan sikap yang baik. Sikap sportif yang positif penting dalam membangun hubungan sosial yang sehat dan menciptakan lingkungan belajar yang kondusif di dalam kelas maupun di luar kelas.

Penelitian ini peneliti menggunakan pendekatan penelitian kuantitatif pada sampel acak kelas VII, VIII, IX MTsN 3 Mojokerto. Pelaksanaan penelitian dengan mengembangkan instrumen kemudian dilakukan pretest, treatment dengan pembelajaran metode *sorogan*, lalu dilakukan posttest. Instrumen yang dikembangkan berupa lembar observasi, angket dan pedoman wawancara.

Hasil penelitian menunjukkan bahwa terdapat pengaruh signifikan pada motivasi mengikuti penjaskes dengan kedisiplinan peserta didik terhadap peraturan MTsN 3 Mojokerto sebesar  $t_{hitung} (22.496) > t_{tabel} (1.999)$ . Berdasarkan hasil di atas  $t_{hitung} (4.176) > t_{tabel} (1.999)$  berarti variabel independen berpengaruh signifikan dengan variabel dependen. Motivasi mengikuti penjaskes berpengaruh signifikan terhadap sikap sportif peserta didik MTsN 3 Mojokerto. Berdasarkan perhitungan di atas  $F_{hitung} (5320.340) > F_{tabel} (4.00)$ , maka  $H_0$  ditolak berarti secara bersama-sama variabel independen berpengaruh signifikan dengan variabel dependen. analisis determinasi diperoleh hasil  $R^2 = 0,995$  atau 99.5%. Ini berarti bahwa yang berpengaruh dengan kedisiplinan siswa terhadap peraturan sekolah dan sikap sportif Siswa MTsN 3 Mojokerto Tahun Pelajaran 2021/2022 sebesar 99.5%.

## ABSTRACT

Gepi Himawan, 21010047, *The Effect of Motivation to Follow Physical Education with Discipline towards School Regulations and Sportive Attitudes of Mtsn 3 Mojokerto Regency Students in 2022/2023*, Thesis, Islamic Education Study Program, Postgraduate Program, Darul Ulum University Jombang. Supervisor: (I) Dr H. Muhammad Farid, M.Si., (II) Dr Mishbahush Shudur, M.A.

**Keywords:** Motivation to Participate in Physical Education, Discipline, Sportsmanship Attitude of Students.

Motivation to participate in PE is an internal or external factor that encourages students to actively participate in PE activities. This motivation can stem from students' desire to improve their health and physical fitness, achieve sporting achievements, or simply enjoy physical activity in a fun way. High motivation is believed to influence students' engagement in learning and improve their learning outcomes.

Besides motivation, discipline is also an important factor in physical education and health. Discipline refers to students' ability to follow the rules and regulations set by the school. The level of student discipline towards school rules can affect the effectiveness of physical education learning as well as reflect students' attitudes and values regarding responsibility, co-operation and integrity.

Sportsmanship is an attitude that reflects fair play, ethics, and respect for opponents in the context of sports. Sportsmanship involves behaviour that is sporting and respects the rules and appreciates winning or losing with a good attitude. Positive sportsmanship is important in building healthy social relationships and creating a conducive learning environment in the classroom and outside the classroom.

This study researchers used a quantitative research approach on a random sample of classes VII, VIII, IX MTsN 3 Mojokerto. Implementation of research by developing instruments then conducted pretest, treatment with sorogan method learning, then conducted posttest. Instruments developed in the form of observation sheets, questionnaires and interview guidelines.

The results showed that there was a significant influence on the motivation to follow physical education with the discipline of students against the rules of MTsN 3 Mojokerto by  $t_{count} (22.496) > t_{table} (1.999)$ . Based on the above results  $t_{hitung} (4.176) > t_{tabel} (1.999)$  means that the independent variable has a significant effect on the dependent variable. Motivation to follow physical education has a significant effect on the sportive attitude of MTsN 3 Mojokerto students. Based on the above calculations  $F_{hitung} (5320.340) > F_{tabel} (4.00)$ , then  $H_0$  is rejected, meaning that together the independent variables have a significant effect on the dependent variable. determination analysis obtained the results  $R^2 = 0.995$  or 99.5%. This means that the effect of student discipline on school regulations and the sportsmanship attitude of MTsN 3 Mojokerto students in the 2021/2022 academic year is 99.5%.