

RESEARCH ARTICLE

Middle School Students' Interest in Learning Sprinting Online Running During New Normal

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Abstract

The COVID-19 pandemic has changed the school learning system, which was initially done offline; now, it is done online. However, several problems arise related to the learning process carried out. This study wanted to find out about students' interest in online learning. This study aimed to determine how much middle school students are interested in learning sprinting online during the new normal. The study is quantitative descriptive research, and the method used in this study was a survey with a questionnaire data collection technique in the form of a questionnaire. The population in this study were students of middle schools Informatika Bina Generasi Ciomas Bogor in class VIII, totaling five classes of 150 people. The sample in this study was class VIII-B, with 30 students. The data analysis technique used quantitative descriptive analysis as outlined in the form of a percentage. This study's results indicate that the study's results suggest that the interest of middle school students in online-based sprinting learning during the Covid-19 New Normal period is included in the high category. Where out of 30 respondents, in the very high category were five students (17%); in the high category were 17 students (56%); in the medium category were three students (10%); the low category were three students (10%), and the very low category were two students (7%). This study concludes that middle school students' interest in online-based sprinting learning during the COVID-19 New Normal period is more dominant on intrinsic factors.

Keywords

Learning, New Normal, Online, Sprint, Students' interest

INTRODUCTION

Physical education (PE) is a sport activity aimed at developing individual children to the fullest which includes changes in physical, mental, moral, social physical, emotional, intellectual and overall health (Cereda, 2023; Roji et al., 2015). With exercise the body becomes healthy and fit, a person will get used to living a healthy lifestyle, because in sports there are certain rules that must be adhered to in every activity (Mulyadi & Indah, 2019). PE is needed to train psychomotor abilities which are taught formally through the elementary

to high school levels (Kangalgil & Özgül, 2018). PE is necessary to develop students' knowledge

and skills related to activities. Besides that, it is also to gain various fun experiences, foster creative, innovative, skilled, and increase understanding of human motion (Chen et al., 2016). A teacher in carrying out his learning must be able to develop effective learning and also be able to understand the characteristics of student needs so that learning objectives can be achieved (Culajara, 2023; Demetriou et al., 2015).

But unfortunately, during this Covid-19 pandemic, students are required to do online

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learning, because it is to avoid and break the chain of the spread of Covid-19 (Jumareng et al., 2021). The existence of this online learning requires students to study independently at home, which makes the subject matter less able to be mastered and understood by students well. Students need a more detailed explanation of the material so that it can be implemented in everyday life. This is also due to limitations in accessing materials caused by limited quotas or unstable signals, thus making the material absorbed less clear (Jamaluddin et al., 2020). With all these limitations, teachers are required to be more active and creative in providing an interesting innovation in order to encourage students to take part in learning well and enthusiastically, by combining several teaching methods, optimizing various existing media to make the learning process more meaningful and interesting, so that it influences the learning process to the expected learning achievement (Adim et al., 2020).

Junior high school students are someone who has entered adolescence who has a tendency to enjoy playing, both alone and with their group friends (Bestari et al., 2014). On the other hand, adolescence is also usually indicated by how important peers are in interacting for the formation of their behavior (Kurniawan & Sudrajat, 2017). Middle schools Informatics Bina Generasi is one of the junior high schools in Bogor Regency, more precisely in the Ciomas area. This school is one of the schools that implements an online learning process during the COVID-19 pandemic. From several observations in the field, did not know about students' interest in the learning process, especially in the PE subject in the sprint running material. This is because there is some information related to online learning which is already starting to feel boring. Therefore, it is needed to conduct research related to the interest of students in this junior high school in the subject of sprinting, because sprinting is one at athletics lessons of the materials that is quite important in PE subjects, because sprinting can be used in everyday life.

Athletics is a basic physical activity for other sports, and is the oldest sport that has been carried out since humans have existed on this earth, because the basic movements such as walking, running, throwing and jumping have been human activities since the first (Henjilito et al., 2018). It can be called the parent of all sports, because almost all sports involve activities in athletics

(Febrianti, 2013). Physical activity in athletics consists of dynamic and harmonious movements such as walking, running, jumping and throwing. Athletics is one of the elements of Physical Education and Health are components of a comprehensive education that prioritizes physical activity and promotes healthy living as well harmonious, harmonious and balanced physical, mental and social development, and emotional.

One of the activities in athletics is running. Running is indeed felt to be one of the easiest activities to do, but in sports science it is necessary to have an in-depth study of the techniques carried out, so that the movement is more optimal, prevents injury and the movement becomes more efficient (Setyantoko et al., 2019). Sprint running or short distance running, which is one type of sport that is incorporated into athletics, is a run that covers a distance in between of 100 - 400 meters with a maximum speed to achieve the shortest possible time, therefore the main need for short distance running is speed (Damasceno et al., 2015). Some other things that need to be considered are body posture for leaning forward, hand swing, foot steps and arm movements with fingers clenched or opened tightly (Ferrauti et al., 2010; Henjilito et al., 2019). By learning sprint running, it will certainly be very beneficial for students, because running is a daily activity, which if done carelessly will result in injury to parts of the body and of course this is not expected. Therefore, it is necessary that the learning process provided is able to provide a sense of interest for students, so that their interest increases.

Learning with a very high sense of interest and interest in sprinting learning will usually support the learning process so that the objectives of the learning process will be easily achieved optimally. The greater the interest of students in participating in learning, the easier it will be in achieving successful learning outcomes. It is stated that one of the factors in achieving learning outcomes is himself (internal) such as interest, and this interest has a positive and significant relationship with academy performance (Awe & Benge, 2017). In addition, there are two factors that influence interest, namely internal (intrinsic) and external (extrinsic) factors. Internal factors (intrinsic) include interest, attention and activity factors, while external factors (extrinsic) include school, family and environment (Handoko, 2018).

Several studies on interest in athletic learning and also sprinting have been conducted by several researchers, including research conducted by [Salahudin et al. \(2023\)](#) which states that student interest in participating in *sprint running activities* is in the low category, then another study states that there is an increase in motivation to learn short-distance running through the play method for elementary school students ([Suwarti, 2019](#)). Further research conducted by [Asih \(2015\)](#) concluded that student participation in sprint learning increased through the provision of traditional games, and another study on the review of learning interest in athletic learning was conducted by [Babang & Malo \(2022\)](#) states that qualitatively students really like the athletic learning carried out by their teachers. Meanwhile, other studies said that students' learning interest in athletic subjects after COVID-19 is in the high category ([Yuliawan et al., 2022](#)). Some of these studies do not seem to reveal exactly which factor is higher, then no one has focused on online learning, so this is where researchers may be interested in filling the gap.

Based on the above background, it gave rise to an idea to raise the research theme regarding "Middle School Students' Interest in Online-Based Sprint Running Learning in the New Normal Period."

MATERIALS AND METHODS

This survey research has followed ethical standards and received a certificate of research ethics feasibility from the Institute for Research and Community Service STKIP Pasundan Cimahi with Number 015 / LPPM. STKIP-Pas/ST.KL/IV/2022. In addition, this study has also received approval from the head of Middle School Informatika Bina Generasi Ciomas Bogor and participation by means of researchers providing a form of willingness to be the subject of research by providing details of research objectives, benefits, confidentiality and rights of participants.

Participant

The population in this study were students of middle schools Informatika Bina Generasi Ciomas Bogor in class VIII, totaling five classes of 150 people. The sample in this study was class VIII-B, with 30 students, Where the amount is obtained using the cluster sampling technique. The average

participant had an age of about 14 years, consisting of 13 male students and 17 female students, and had an average height of about 149.3 cm with an average body weight of 44.7 kg.

Research Methods and Design

This research used method descriptive quantitative with a survey approach with questionnaire data collection techniques. Researchers provide questionnaires in the form of online using the google form platform so that students can easily and quickly receive questionnaires, and this is certainly much more efficient in terms of time, effort and cost. The questionnaire given is certainly related to the sprint learning process that has been carried out online through various platforms, ranging from WhatsApps, Zoom, Youtube and also Google Classroom.

Research Subjects

This research was conducted to all students of class VIII-B middle schools Informatika Bina Generasi Ciomas Bogor as many as 30 people. The technique of taking the subject or sample of this study used cluster random sampling. This means that the researcher chooses one class from class VIII randomly, and the selection of this class is adjusted to the sprint running material given at the education unit level at the Informatics Bina Generasi Junior High School.

Research Procedure

The research tool for data collection in this study uses the questionnaire method, which is a data collection technique done by giving a set of written questions or statements that the author gives to the person being asked so they can answer ([Agustini, 2020](#)). The questions in the questionnaire are arranged based on a modified Likert scale. The questionnaire provided four answers to positive and negative questions, namely where each answer has a score as follows:

Table 1. Alternative of answers

No	Answers	Score	
		-	+
1	Strongly Agree	1	5
2	Agree	2	4
3	Doubtful	3	3
4	Disagree	4	2
5	Strongly Disagree	5	1

Research Data Collection and Analysis

The data analysis technique in this study used descriptive statistics of percentages. The descriptive analysis aims to find out how much interest in online-based sprinting junior high school students during the new normal covid-19 period. Then the data is presented in the form of a frequency table, then categorized and presented in the form of a histogram (Santoso, 2011). Indicates that the classification is divided into 5 categories: very high, high, medium, low, and very low. The formula used in compiling categories is as follows.

Table 2. Category

No	Norm Range	Category
1	$X > M + 1.5 \text{ SD}$	Very High
2	$M + 0.5 \text{ SD} < X \leq M + 1.5 \text{ SD}$	High
3	$M - 0.5 \text{ SD} < X \leq M + 0.5 \text{ SD}$	Moderate
4	$M - 1.5 \text{ SD} < X \leq M - 0.5 \text{ SD}$	Low
5	$X \leq M - 1.5 \text{ SD}$	Very Low

To obtain the relative frequency (percentage number) is used by the formula:

$$P = \frac{f}{N} \times 100\%$$

Explanation:

- P : The Percentage amount sought
- F : Frequency
- N : Number of Samples (Markoni, 2015)

RESULTS

The results of the calculation of the results of the interest questionnaire for class VIII-B students learn online sprints during the new normal of the Covid-19 epidemic are presented respectively according to the students' interest factors, namely intrinsic factors and extrinsic factors, as follows: The results of descriptive analysis using SPSS Version 23 of student data for class VIII-B intrinsic and extrinsic factors obtained a maximum value of 101 and a minimum value of 41, a mean value of 82.7 and a standard deviation of 16.6 and a variance of 275. The following table shows the frequency distribution of interest scores. intrinsic and extrinsic factors.

Table 3. Distribution of student interest frequency

Interval	Category	F	(%)
96 – 101	Very High	5	17%
81 – 95	High	17	56%
66 – 80	Moderate	3	10%
42 – 65	Low	3	10%
41	Very Low	2	7%
Total		30	100%

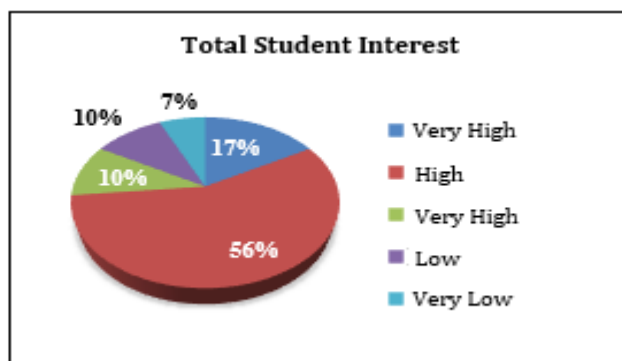


Figure 1. Percentage diagram of student interest

Based on table 1 and Figure 3, the results show that the number of students with very high category interests took part in online-based sprint running learning during the new normal period, very high category as many as 5 students (17%), high category as many as 17 students (56%), medium category as many as 3 students (10%), low category as 3 students (10%), and very low category as 2 students (7%).

Table 4. Results of the percentage of sub variables from research

Sub Variable	Lots of Questions	Actual Score	Ideal Score	%
Intrinsic	11	1308	2482	52%
Extrinsic	10	1174	2482	48%

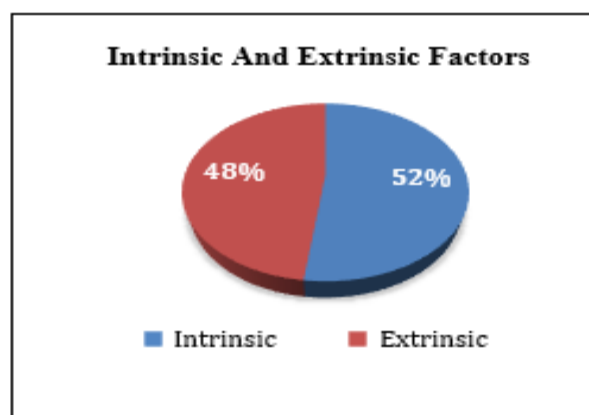


Figure 2. Percentage diagram based on intrinsic and extrinsic factor indicators

DISCUSSION

Based on Table 4 and Figure 2, the results show that the number of student interests with intrinsic factors has a percentage of 52%, and extrinsic factors have a percentage of 48% with a comparison of these percentages extrinsic factors have a lower percentage score than intrinsic factors.

This shows that the interest of class VIII-B students has very high and high interest in online-based sprint running learning, meaning that this is in accordance with the theory that by doing online-based sprinting learning students will be more enthusiastic in various situations and conditions. Intrinsic factors consist of physiological factors and psychological factors. Physiological factors consisting of the five senses, the nerve center and physical conditions in general (Granero-gallegos^a et al., 2014). While psychological factors can include attention, motivation, emotion, observation and intelligence (Sulastrri, 2010). As said Putrina Mesra et al. (2021) that internal factors include psychological aspects consisting of interest in learning, comfort while physiological aspects such as student health and participation. Student success in learning is influenced by encouragement from within, therefore teachers must be able to create such encouragement (Simbolon, 2013), because it will later serve to make the learners learn perseverance (Febrianti et al., 2021).

Extrinsic factors that influence interest are social and non-social factors. Among other things that are included in extrinsic factors are the role of teachers, facilities, family and environment (Mahesa & Rahardja, 2012). Some supporting aspects in extrinsic factors such as economic conditions, infrastructure, parents, and community environment (Safitri & Nurmayanti, 2018). Another extrinsic factor that can affect students' interest in learning is the use of methods or approaches used by teachers is not appropriate, and actually interest can be aroused by the use of media that attracts the attention of students (Zaki Al Fuad & Zuraini, 2016). From the results of the analysis of the intrinsic factor, the interest indicator has the highest percentage (46%) compared to other indicators in the intrinsic factor, therefore the interest indicator is further increased or paid attention to because these indicators affect the learning process, then from the results of the

analysis of extrinsic factors, family indicators has the highest percentage (41%) compared to other indicators which are extrinsic factors, therefore family indicators are very influential on the ongoing learning, so the encouragement from the family becomes more value in the learning process. The results of this study indicate that the external factor (48%) are smaller than the internal factor (52%) in influencing students' learning interest.

These results are supported by several studies that say that interest in learning can be influenced from within and outside himself (Kamila & Abduh, 2020), Internal factors become the dominant factor that affects students' interest in learning (Dores & Lina, 2020), even this intrinsic factor will be the cause of learning difficulties, because the student will not listen to the teacher when teaching the material (Anggraeni et al., 2020).

This shows that the role of parents and teachers influences students more than the attention, feelings of pleasure and forms of student activity in learning. However, the current learning process has begun to change to the context of digitalization (Adedoyin & Soykan, 2020), which inevitably all parties involved, especially teachers, must be ready to implement online-based learning (Aini et al., 2020). Children tend to prefer to be invited to play rather than learn, so create learning situations such as playing, so that children's motivation is higher (Garris et al., 2002). The online learning situation has also become a habit that is favored by most students, because it is felt to be more flexible and is felt to provide convenience in learning (Appana, 2008), that's if what makes students feel like learning it. Learning to use an online platform provides flexibility for students to access the material learned, because it can be seen anytime and anywhere as long as there is an internet quota (Hambali et al., 2022).

Based on these results and an explanation of intrinsic and extrinsic interest, it can be concluded that overall interest of class VIII-B students towards online-based sprinting learning needs support from intrinsic and extrinsic factors in order to achieve learning objectives Physical sports and health education as enthusiastic developers of students in participating home-based online sprint learning. The learning process carried out online also needs to be adjusted to the student's circumstances, because some obstacles to the

online learning process often occur in signal connectivity problems and also the availability of internet quota for students (Almaiah et al., 2020). The disadvantage of online learning is that often unstable networks hinder the search for material (Wong, 2007), in addition, online learning makes it easier for students to find information, which causes students' laziness in thinking (Agung et al., 2020).

In this case, the role of the media is also very much needed in order to convey the material clearly, it can be in the form of Whats Apps, Facebook, Google class and so on (Gon & Rawekar, 2017). The use of media should also be adapted to the characteristics of the child, lest the use of media that is too complicated makes it difficult for children to learn the material (Silva et al., 2017). The support of intrinsic factors and extrinsic factors such as talent, student physiology, student psychology, the role of teachers, parents, facilities and others are needed to achieve fun and interesting learning. This study has become an interesting study in several studies, because the context of children's learning will not be separated from various supporting parties, such as from their own children who want to increase knowledge and also a teacher who always strives to increase children's motivation by making new breakthroughs both in terms of media. as well as instructional abilities (Pintrich & De Groot, 2003). Other research also shows that there is a positive influence of the digital learning process on students' learning motivation, which of course has an impact on their learning outcomes (Lin et al., 2017).

Conclusions

The results of questionnaire data analysis from 30 respondents there are 17 students or 56% of the majority of students are in the high category so it can be concluded that class VIII-B students participating in online-based sprinting learning have an interest in the high category. This study only examines student interests, and focuses only on one class, which may still be a limitation of this study. Therefore, for researchers who want to study the same thing in order to be able to add their research subjects to a wider one and maybe relate it to their learning outcomes. While the impact that occurs for the world of education based on the results of this research is the application of how to teach and learn students in the future can be given online and independently,

but still within the signs or supervision of teachers and parents, which of course must still be packaged as creative and interesting as possible, so that student interest in learning is still high.

Conflict Of Interest

This research no conflict of interest. No financial support was received.

Ethics Statement

This survey research has followed ethical standards and received a certificate of research ethics feasibility from the Institute for Research and Community Service STKIP Pasundan Cimahi with Number 015 / LPPM. STKIP-Pas/ST.KL/IV/2022.

Author Contributions

Study Design, HAS and SY; Data Collection, HAS and AAAID; Statistical Analysis, HAS, AAAID; Data Interpretation, HAS and AAAID; Manuscript Preparation, HAS, SY and AAAID; Literature Search, AAAID, HAS and SY. All authors have read and agreed to the published version of the manuscript.

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