

Relationship and Benefits of Physical Education for Children and Adolescents

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Abstract

Physical education is an important component of general education because it promotes individual growth through physical exercise and natural human movement. Physical education is a series of planned and structured learning experiences to meet the developmental and behavioral requirements of each child and adolescent. Physical education is a process of interaction between students and their environment which is handled through organized physical exercise in order to realize a complete human being which includes physical, psychomotor, cognitive, and emotional elements. In fact, many parents are not able to maximize the potential of their children, so they only need to take care of themselves physically and provide the amount of food needed, but lack of exercise stimulation. Being realistic, accepting yourself and people as they are, adapting quickly, being able to handle problems objectively, not depending on others, empathizing, having a sense of humor, being creative, and appreciating difficulties are the characteristics of emotional maturity.

Keywords: *Benefits, Physical Education, Children and Adolescents.*

Abstrak

Pendidikan jasmani merupakan komponen penting dari pendidikan umum karena mempromosikan pertumbuhan individu melalui latihan fisik dan gerakan alami manusia. Pendidikan jasmani adalah serangkaian pengalaman belajar yang direncanakan dan terstruktur untuk memenuhi persyaratan perkembangan dan perilaku setiap anak dan remaja. Pendidikan jasmani adalah suatu proses interaksi antara peserta didik dengan lingkungannya yang ditangani melalui latihan jasmani yang terorganisasi dalam rangka mewujudkan manusia seutuhnya yang meliputi unsur fisik, psikomotorik, kognitif, dan emosional. Kenyataannya, banyak orang tua yang tidak mampu memaksimalkan potensi anaknya, sehingga hanya perlu mengasuh secara fisik dan mencukupi jumlah makanan yang dibutuhkan, namun kurang stimulasi olahraga. Bersikap realistis, menerima diri sendiri dan orang apa adanya, cepat menyesuaikan diri, mampu menangani masalah secara objektif, tidak bergantung pada orang lain, berempati, memiliki selera humor, kreatif, dan menghargai kesulitan merupakan ciri-ciri kematangan emosi.

Kata kunci: *Manfaat, Pendidikan Jasmani, Anak dan Remaja*

Introduction

Education is one of the most important components in achieving national development, especially in terms of developing strong human resources. A tough man

is someone who can fight for the progress and development of his country. The foundation of the nation is founded on the quality of human resources who have received formal, non-formal, and informal education. The government realizes the value of education in advancing the nation's standard of living and bringing about positive change. Society also recognizes the value of education as a basic need rather than a luxury item. People understand that education is necessary not only for the benefit of others, but also for their own personal goals, namely to live a better life. Public awareness of the importance of education begins at a young age and now reaches all ages. The government understands this need and offers educational services to people of all ages (Wicaksono, 2020).

Adolescents no longer want to be treated like children, but their physical and psychological development does not allow them to be classified as adults. This will have an impact on the social life of teenagers and their schoolwork. It is even more concerning when teenagers are unable to manage their emotions, resulting in them exploding in front of other people, at the wrong time and place, and in socially unacceptable ways. It's even easy to get caught in an unfavorable situation. However, not all adolescent students are able to succeed and develop in accordance with educational goals. Many failures are possible, which must be avoided because failure is very dangerous for the young students involved and the growth of the country (Arifin, 2017).

Physical Education and Sports (Penjasor) is an important aspect of the national education system (article 18 paragraph 1 of Law No. 3/2005). Physical education is a process of interaction between students and their environment which is handled through organized physical exercise in order to realize a complete human being which includes physical, psychomotor, cognitive, and emotional elements. Physical education is a component of the general education curriculum that ensures the growth and development of children, especially through movement activities. Physical education is an important aspect of education as it promotes physical abilities, motor skills, cognitive development, socio-emotional development, and spiritual growth through movement experiences. Physical development, movement development, motor skills, cognitive and affective development, social and emotional development, and cognitive and affective development will all benefit from an effective physical education approach

One of the most important components of the purpose of providing physical education is the development of movement. The importance of movement in early childhood development and growth cannot be overstated. This is because children at this age experience rapid growth and development. At a young age, the learning process must be of high quality and fun, so how the learning process is carried out, as well as how learning models and tools are made, are all closely related. Physical Education and Sports (Penjasor) is taught in schools starting from Elementary School and continuing through Senior High School, as stipulated in the curriculum. Physical education and sports in schools are carried out curricular to fulfill the objectives set out

in the curriculum, which include cognitive, emotional, and psychomotor domains. Physical education is an important aspect of education, because it involves physical exercise that seeks to improve human beings biologically, neuromuscularly, cognitively, and emotionally (Paturusi., 2012).

The learning process for children should be done by offering fundamental ideas that have important meaning for them through real life examples that enable them to show optimal activities and interests. In the span of human life, the process of growth and development in various fields takes place rapidly. The learning process as a form of therapy for children must pay attention to the qualities possessed by each stage of development. The value of basic movement for children has a significant impact on their academic achievement. In addition, the growth and development of children will be assisted by movement. Physical education is one of the learning techniques used to improve physical quality and athletic performance in this scenario.

Various factors affect a country's sporting achievements, including athlete skills, athlete nursery, athlete coaching, adequate sports facilities, reliable coaches, supporting technology, and government regulations. These various factors interact to produce successful and high-quality athletes. For example, there are outstanding athletes who cannot get help from coaches or instructors who are really able to provide good guidance and have adequate expertise in the sport. This can cause athletes or students to achieve less than optimal results in terms of their talents. On the other hand, if government policies are unfavorable, such as not providing cash for sports, the country's ability to develop sports may be limited. Consequently, many influencing factors must be thoroughly examined to achieve excellent athletic improvement (Komarudin, 2002).

Research methods

Descriptive qualitative research technique was used to conduct this research. According to Sugiyono, (2013), descriptive qualitative research prioritizes the results obtained and focuses on the author/researcher as the main instrument; combined data collection techniques; inductive and qualitative data analysis; and descriptive qualitative research prioritizing the results obtained. Stay specific and focused rather than generalizing. This scientific article uses a case-based approach to concentrate on the depth of theory related to writing and then compares it to the reality on the ground as case studies that can be written and analyzed in depth.

This method is based on the purpose of descriptive qualitative research, which is to describe and analyze natural phenomena or events, with an emphasis on the characteristics, qualities, and relationships between events (Sukmadinata, 2015). The process of describing, presenting, and explaining the symptoms that arise is referred to as "description." Actors are able to record developing symptoms and then draw broad conclusions from them by providing general data. Since the beginning of data collection, data analysis was carried out qualitatively. The author uses descriptive

analysis, which is a type of analysis used to describe or analyze a research result without drawing broad generalizations.

Results and Discussion

The study, practice, and enjoyment of the arts and sciences of human movement are part of physical education. Physical education is one of the important aspects in the educational process. The inherent and fundamental life of every human being requires movement or physical activity. Humans are known for their propensity for movement. Motion is the hallmark of life, while death is the absence of motion. As a result, learning to move or engage in physical exercise is critical to improving one's quality of life. Physical education instructors must instill the value of physical exercise in their lives. Given the current state of affairs, many individuals seem less interested in physical exercise. As a consequence of the scientific and technological breakthroughs, the introduction of two and four wheeled motorized vehicles, the use of lifts or lifts in big cities, and a number of other conveniences, people are becoming less aware of their physical presence. In addition, fast food is very easy to be consumed by children and adolescents, and is not balanced with the release of body energy, so that many children and adolescents are obese. Similarly, several non-generative diseases have developed among peers as a result of inactivity (Sukintaka, 2004).

Purpose of Physical Education

The purpose or objective of the physical education curriculum is to provide ideal activities as a means of developing a complete education. Physical education is an important aspect of overall education because it helps people grow through the natural medium of physical activity—movement. Physical education is a series of learning experiences that are carefully structured to meet the developmental, growth, and behavioral needs of each student. Since the goals to be achieved are broad and will take a long time to complete, they can be broken down into several short-term goals without neglecting the most important goals. The following physical education teaching objectives have been developed to meet these objectives:

- Encourage students to develop physical abilities that allow them to engage in a variety of physical activities.
- In order to prepare students for an active lifestyle in their various contexts, it promotes physical fitness and proper functioning of body systems.
- Increase knowledge and understanding of physical and social skills, as well as physical fitness, scientific principles of movement, and the relationship between physical activity and personal well-being.
- Develop social skills that support healthy interpersonal relationships and appropriate behavior.
- Encourage good attitudes towards physical exercise, fitness, beauty, positive self-esteem, and social respect. People who work in the field of physical education generally consider this goal to be a fundamental goal of physical education.

Benefits of Physical Education for Children and Adolescents

- Physical Skill

The ability of the nervous-muscular system must be developed and perfected to improve movement efficiency in daily life (including posture and body mechanics) as well as movement efficiency for various physical activities, so as to produce more efficient and effective movements. It's easy to admire the scenery in motion. These physical talents include basic movements or basic skills (fundamental), sports skills, and rhythmic skills or activities (Rozi, 2022)

- Physical Fitnez

Fitness is the basis for all types of high-level motor skill performance (excellence). Physical fitness and health are important for both efficacy and enjoyment of life, and each of their components must be taught through a combination of body and mind. Students are required to acquire a certain level of fitness, and they are also expected to develop knowledge and a desire to live a long life. Health-related fitness, which includes components of strength, flexibility, endurance, and body composition, is one aspect of physical fitness. Balance, agility, coordination, and speed are all included in the concept of motion fitness (Aenon et al., 2020).

- Understanding and knowledge

It's important to understand the importance of physical exercise and how it relates to health and well-being. The physical education curriculum should contain knowledge of scientific concepts related to physical activity, sports, and health. As a result, the teaching of the body, as well as mathematics and language, is very important. The ability to create and manage a fitness or weight loss program, assess fitness, and the safety and comfort of physical activity are all aspects of this knowledge and understanding. The ability to understand the rules of the game, tactics, and approaches increases involvement in a variety of physical activities. Games can also help people improve their problem-solving skills in emotional states. Students must also learn how to demonstrate physical abilities and the basic principles of movement (such as balance and energy absorption) which are common in various physical activities (Iswanto & Widayati, 2021).

- Social Skills

Participation in teaching different physical activities is necessary for learning desirable social qualities such as collaboration, dedication, leadership, honesty, responsibility, discipline, and tolerance. The teaching of physical education today must not only inculcate the mastery of technical skills related to sports, but also social values, which are taught through thoughtful design and organization of learning. Appreciation and Attitude Students must gather experience to understand the importance of physical exercise and sports in society.

Students' attitudes about physical exercise and achievement emotions while participating in physical activity have an impact on their future engagement. This must be addressed so that students have a positive attitude and realize the benefits of physical education. Students are graded based on how much joy and satisfaction they

get from physical exercise. Physical exercise also allows the release of emotional stress through various methods. Students can increase their self-esteem, reduce stress, and develop initiative, self-direction, and creativity when they participate in activities that are also driven by the environment. As a result, according to Don Hellison, an American specialist in physical education, the physical education profession must find a balance between helping individuals and creating subject content (such as skills, fitness, strategy, and soon).

Conclusion

The optimal time to excite young people is when they are young. Physical education for early childhood should be given as much as possible in order to achieve a balance between the right brain and left brain. Children who have a healthy balance of brain work are less bored and pay more attention to academic activities, especially in terms of focus. Young athletes who have the physical and mental qualities to become champions can be developed through movement development for children from an early age. Coaching children's sports not only prepares them to become champions, but also prepares them psychologically to be confident in their ability to show their abilities through practice. Sports for children should also be given in the form of games, because children can carry out activities with more fun and enjoyment when they are in a pleasant environment. Learning through play increases children's drive to learn movement and improve muscle function. For this reason, children should be encouraged to do light exercises at school every day to strengthen their muscles. Gross motor skills, fine motor skills, speaking and language skills, as well as social skills (interaction) and independence, are four parts of children's basic talents that need to be nurtured. In order for a child's motor skills to grow well, it must be trained.

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