

## PREFACE

Assalamu'alaikum warahmatullahi wabarakatuh

May first we made our highest praise and thank to the Mighty God, Allah SWT, for His bless for all of Us. The 3<sup>rd</sup> International Seminar on Sport and Physical Education can be held in the Faculty of Sport Science in line with the 47<sup>th</sup> Yogyakarta State University Anniversary in 2011 by many solidarity, harmony and high enthusiasm among participants.

Through this international seminar with the general theme "striving for world achievements through sport and physical education", I would like to deliver our highest respect and appreciation to our honorable guests, especially to the key speakers from Northern Colorado University, Prof. Melissa Anne Parker, P.h.D., and Prof. Dr. Mohd Salleh Aman, P.h.D., from University of Malaya Malaysia. Let me also give my highest gratitude to Prof. Dr. Djoko Pekik Irianto, M.Kes., as the Deputy of Improvements of Sport Achievement from The Ministry of Youth and Sports, The Republic of Indonesia. In the end, I would like to convey my deep appreciation to all participants from all around the nation and foreign countries.

Listed by the importance of bringing more educated and civilize for better future, let's join and blend together in this international seminar on sport and physical education.

Wassalamu'alaikum warahmatullahi wabarakatuh

Yogyakarta, May 24, 2011

Faculty of Sport Science

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**OPENING SPEECH FOR  
INTERNATIONAL SEMINAR ON SPORTS AND PHYSICAL EDUCATION  
ON 24 MAY 2011, AT THE FACULTY OF SPORT SCIENCES, YSU**

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*Assalaamu'alaikum wr wb.*

Good Morning,

The honorable speakers,

1. Prof. Melissa Parker, Ph.D
2. Prof. Moh Aman Shaleh, Ph.D
3. Mr. Agus Mahendra, MA as an Asdep, Iptkor,

*Mr/Mrs. Vice Rectors, Deans, Director, and Head of Research and Community Svices Institute.*

*Mr. Vice Dean and Head of Department,*

The distinguished guests and Journalists

Ladies and Gentlemen,

First of all, on behalf of the president of Yogyakarta State University (YSU), I would like to express my great thank to God (Allah swt) who gives us very good opportunities and health, so that we can join this very important international Seminar on Sport and Physical Education. I do hope that this international seminar can inspire us, especially in developing sports science and practices and may Allah swt always bless us. Amien.

Secondly, it is my great honor to express my warm welcoming to all audience, especially the distinguished speakers, Prof. Melissa Parker, Ph.D. (UNC, USA), Prof. Moh Aman Shaleh, Ph.D. (UM, Malaysia), and Mr. Agus Mahendra, MA as an Asdep, Iptkor, Ministry of Youth and Sports, who will share with us up to date knowledge and valuable experiences.

Thirdly, I also want to thank so much to also all presenters for pararell session who are joining this international seminar for sharing all issues we are concern. I absolutely expect that this forum will be beneficial for all of us, not only as experts, educator/trainers, but also as practitioners.

Finally, I would like to thank to the audiences who are interested in participating this very important meeting. I do hope that all audiences can take more advantages, then implement some related ideas in improving the quality of sport and physical education. Beside that I am also witting to thank to all member organizing committee, who spent much time in preparing, organizing, and controlling this event. I absolutely hope that they are able to gain more academic and managerial advantages.

Ladies and gentlemen,

It seems to me that the theme of this International seminar is very interesting and important, because we can have some good point to be addressed, such as:

- (1) Everyone has potential to develop optimally, including kinesthetic intelligence and sports. Because of the potential, he/she is eager to achieve a champion, not only the national champion, but also the regional Asian and also world champion.
- (2) Being a champion is natural intention and dream. Allah said in the Al-Quran, "Fastabiqul khairat" in another article, "Kam min fiatin qalillatin ghalabat fi-atan katsiiratan bi idznillah". We have to be ready to compete to achieve fairly and sportively the champion.
- (3) *I realize that to reach the sport champion in the recent time, we strongly need to optimal utilization of the science and technology. So that why the trainer/educators and athletes who want to achieve the optimal technology appropriately*
- (4) To facilitate the athlete to strive the world achievement, it seems to me that we have to stick with and to follow the International rule as discipline as possible, and also as early as possible.
- (5) To gain the world achievement, we need to internalize the honesty to every athlete, so that they can play fairly and sportively with easy.
- (6) To accelerate the effort to reach the world champion, it is strongly needed the related research, so that the training established not by feeling but by the empirical fact.

Ladies and gentlemen,

Finally, let me express my gratitude to all audiences, especially the honorable speakers and the distinguished guests, for paying attention. I absolutely hope that this meeting will run well and make more benefits for the people and community. Finally, may I officially declare this International Seminar by saying "Bismillahir rahmaanir rahiim", may Allah swt always bless us. Amien.

*Wabillaahit taufiq wal hidaayah*

*Wassalamu'alaikum wr wb*

Rektor,

Rochmat Wahab

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# BUILDING CHARACTER EDUCATION THROUGH PHYSICAL ACTIVITIES (GAMES)

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## ABSTRACT

Education process is done as long as human beings are alive through both formal or informal institutions. Most of the process only focuses on left brain's function which is related to rational intelligence. One's success in life does not depend only on this rational intelligence, but also on emotional intelligence, another determining factor. Emotional intelligence can be observed from the character owned by someone. The shaping of the so called character is done throughout one's life. The surrounding environment will contribute in shaping one's character. Early age children should always be put into a controlled environment which gives positive stimuli so that they will be accepted as something that can develop the shaping of children's good character. Children's world is a playground. Thus, physical activities (games) hopefully can help in bringing up character education to children. Physical activities (games) contain moral and social value so they can be used as a media for children's character education.

Keywords: character education, physical activities

## INTRODUCTION

The unstoppable technological advancements happening today begin to enter children's community. As a result, most children like games using technology better than games employing physical activities. Games with technology rely on brain's intelligence while games with physical activities employ the role of parts of the body. Physical activities, in this case, games, have many benefits including moral, psychological, and social benefits. These games also teach children to have strong moral as they give many benefits about many kinds of things, for example, character education, physical education, and education that teaches them about responsibility. Character education involves moral and ethical teaching. Moral and ethic are essentially principles and values. Principles and values contained inside the moral and ethic give more emphasis on right and appropriate things. Therefore those principles and values are related to the right and appropriate behavior that they believe in. Ethic is a part of philosophy which is also a system of moral principles including the rules to conduct it. Character education itself actually has been indirectly regulated in the Laws of National Education System (UU No. 20) Year 2003 on Section 3. Those laws state that national education is functioned to develop the ability and shape the character and civilized nation for the betterment of the nation life. It also aims to develop students' potential to be faithful and pious persons to God the Almighty and to be good, healthy, smart, skillful, creative, and autonomous persons. Hopefully they will be democratic and responsible citizens. The statement of the law, especially the one related to developing students' potential, is a part of character education. Therefore, it can be said that character education aims at creating faithful, pious, good, healthy, smart, skillful, creative, and autonomous persons who also have strong democratic value and responsibility. Physical activities inside physical education at schools implement many games method, especially for preschool and elementary level. Junior and senior high schools and universities can also use that method in their learning process. The benefit of games method used here is the students can receive the lessons more easily and will not easily get bored.

Games actually contain many values related to our daily lives, such as moral value and social value. Those values can be learnt through the rules employed in those games. If those rules are given correctly and the students perform them responsibly, they can be good things in growing the students' character.

## DISCUSSION

### Character education

Character is defined as a person's nature. A person with good character is a person with good nature. According to Rulfand quoted by M. Furpon (2011: 2), the word 'character' is originated from Latin word which means "carved". Character is like a granite block which is carefully or carelessly carved and later will become a masterpiece or just a broken ruin. Soemamo Soedarsono quoted by Dewf Rosliani (2011: 2) states that character is a value which is tightly attached to a person's self through education, experience, experiment, sacrifice, and environmental influence. It is then combined with the values inside a person to become a kind of intrinsic value, which comes in the form of struggle giving basis to his way of thinking, deed, and behavior.

The importance of character education in the learning process is its ability to give the students opportunity to develop their self skill and social skill. One's character will influence his everyday life so it needs to be built as early as possible. The early character building is done so that the students will have good deed and behavior.

Character education academically is defined as value education, moral education, and behavioral education aiming at developing the students' ability to make either good or bad decision, keeping the bad one, and implementing that goodness in the daily life earnestly. Because of that, psychologically character education covers *moral reasoning, moral feeling, and moral behavior dimensions* (Lickona in katresna72.wordpress.com). From the arguments above, it can be concluded that character education is a value that becomes the basis of the way of thinking, deed, an behavior in a person's daily life.

The phenomenon happening nowadays is that there are many rule breakings done by the rising generation. Even those who are still studying at schools do many bad things such as thievery, gang fighting, smoking, getting drunk, etc. Those acts reveal that many of the rising generation have bad character.

Character is a value which depends on how it is maintained. If a character is well maintained, it will be the good one and vice versa, if it is badly maintained, it will be the bad one. Character can also be defined as a value, either good value or bad value, and either positive or negative value. A person without character will easily do something negative and can harm other persons. Character education hopefully can be implemented in all levels of formal education, ranging from elementary education, secondary education until university.

Character education guides to a direction of how people may act. Character is like a foundation in a nation; a developed nation is a nation with character. Character is needed to be given as early as possible, especially to early age children. Children are those who will become the leaders in this nation, so by character education, our nation will have a strong rising generation.

### Physical Activities (Games)

The citizens have right to get education because as one of human rights, education is a part that cannot be separated from human life. For Indonesian citizens, the right to get appropriate occupation and life is regulated in UUD 1945 (the Constitution of 1945) section 27 subsection 2. The life which is appropriate with humanity is in the form of physical, spiritual, and social life. According to Moeliono Wiryoseputro and Siamet Suherman (1994: 356) the formulation about education heading to the shaping of Pancasila citizens consists of three sections: (1) to heighten mental, moral, behavioral value and religious faith, (2) to heighten intelligence and skill, and (3) to manage and to develop strong and healthy physical stance. Those three sections clarify that education is a crucial matter for Indonesian especially as a developing nation.

According to Sukintaka (2004: 21) physical education is an interaction process between the students with the environment through physical activities arranged systematically to create Indonesia people at its fullest.

Character building through physical activities (games)

Playing is very important for children as it is both natural and meaningful activity. Playing gives them chance to make a close relationship with their environment. Piaget sees playing as a media to introduce and to train symbolic way of thinking and problem solving behavior. Besides, playing is very important in training the muscles, physical skill, balance, coordinating with others, learning to speak, friendship, and etiquette training. Playing also gives emotional satisfaction.

Playing is very important to children's growth and development because children tend to do physical activities so that all parts of the body move. Playing will give them chance to train their physical and social skills, emotional satisfaction, and intellectual training (Oemar Hamalik, 2009: 104).

According to Atfal Abulrid & Syekh Muhammad Said Mansa in Ima Rahmatwati (2010: 65), playing contains many values:

According to Tadokoran Mafiroh in Ima Rahmatwati (2010: 59) some followers of Vygotsky state that playing can influence the children's development by three ways. First, playing create zone of proximal development (ZPD), an area connecting children's actual ability with children's potential ability. Second, playing can facilitates separation of thoughts from the object and the action, in playing, children will follow what are inside their thoughts rather than what are in the reality. Third, playing can function to develop self- control ability. In playing, children cannot do as they like, they have to follow the scenario.

The implementation of physical education is carried out through a learning process such as a physical activity and role, and (11) to develop good personality.

According to Newton (1982: 4-9) the objective of the learning process is not only to master the fundamental principles which are in line with one's field of study but also the positive attitude toward studying, taking research, and finding the solution to solve problems by one's own ability. The learning process is later classified into 3 (three) phases: (1) information (the information either can add, expand, and deepen one's knowledge or can against what someone has believed in), (2) transformation (to analyze, change the information into the abstract form so that it can be more widely used), (3) evaluation (to assess what knowledge we have got and utilize it for understanding other phenomena).

Harlock in Sukitika (1997:20) states that the benefits of playing games in children's development are: (1) to reach physical development: children will reach good muscular development, (2) to learn to communicate: we need opponents when playing games so that communication is needed and happiness can be reached, (3) to bring out the emotional energy by playing games, (4) to find solution to what is needed and desired by playing games, (5) to make it as a learning source, (6) to trigger the creativity, (7) to develop the self acknowledgement, (8) to learn as a member of the society, (9) to reach the standard moral, (10) to understand sex differentiation and role, and (11) to develop good personality.

Games which are done correctly will support children's development in socializing including social interaction, cooperation, and care about others.

Games are sometimes used as the media to express people's emotional state, especially happiness, psychometric aspects. Games can be done by anyone without looking at the age, physical state, and social state. Games are the examples of one teaching method done through physical activities at schools. Games as the media to develop intrinsic aspects inside a person. Those aspects include physical, cognitive, affective, and social aspects.

Games as the examples of one teaching method done through physical activities at schools. Games as the media to develop intrinsic aspects inside a person. Those aspects include physical, cognitive, affective, and social psychometric aspects. Games can be done by anyone without looking at the age, physical state, and social state. Games are sometimes used as the media to express people's emotional state, especially happiness, cooperation, and care about others.

Education is a way to develop all good aspects of human beings to be Indonesian citizens at its fullest. Physical education is very important for the society and needs to be given as early as possible. The importance of physical can be observed from the aims implied in the education of a nation like what has been written in UND 1945 section 31 subsection 3. This subsection states that the government manages and organizes a national education system which increases faith, piety, and great behavior in order to educate the Indonesian citizens as what is regulated by the law.



- (1) Physical value: an active game is important for the children's bone development. Playing teach them skills: find and collect something
- (2) Educative value: by playing, children will learn many things through games and toys for example, children know about shapes, colors, sizes, characteristics, etc. In many chances, children will get much information and knowledge from the games that they cannot get from another source.
- (3) Social value: children learn to build social relationship with other people and learn to be successful in socializing, cooperating, and interacting with them.
- (4) Moral value: through playing, the children will learn about what is right and what is wrong. Fundamentally, the children will also learn some standard moral for example, justice, honesty, trusteeship, responsibility, etc.
- (5) Creative value: playing makes the children be able to express their creative and innovative ability, and to try the ideas they keep on their minds.
- (6) Personal value: by playing the children will be able to find many things about themselves.

Sport world and physical activities cannot be separates with 'games' term. Games can contain many developmental aspects such as cognitive, social, emotional, and physical aspects. Through the activity of playing many kinds of games, children are stimulated to develop thinking, emotional, and social aspects. There are many values contained in a kind of game like what has been stated previously. Those values, if they are given correctly, will shape good character of children. In sport, those values are needed especially when involving in a society or when becoming an athlete.

One's achievement is greatly influenced by mental factor and it is hoped that an athlete has strong character so that he has a good mental and attitude when practicing or joining a championship. Besides mental factor, there are still other factors such as tactical, technical, and social factors which will determine one's achievement. Those factors are closely related to each other and thus, cannot be separated. Mental is an important factor because it influences psychologically toward someone. That mental factor should be trained as early as possible so that someone will have strong mental state.

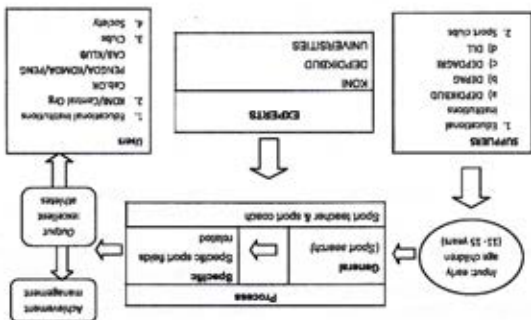
Nowadays, the sport talent search begins at schools. That search is implemented in many events such as POPWIL, POPDA, PORSENI, OZSN and other championships involving the students in elementary schools, high schools, or in universities. The persons resulted from that that search will be trained to a special management. The management is not done without any guides but it is done through a student sport management to create maximum achievements.

The management in school level is coordinated at schools by the sport teachers through class meetings. In subdistrict level, the management is done through sport clubs according to students' fields of sport. This management can be done through a competition between the subdistricts then next through the students' sport clubs in each subdistrict. PPLP is the continuation of the sport management above the management in subdistrict level, which is located in each province. The next management is done in Ragunan, especially for the students of Junior and Senior High School. Ragunan is the centre of sport management in Indonesia which focuses its activities in preparing the athletes to compete in Asian and even International level.

The values contained inside games especially sport games mostly are in the form of aspects of values inside character education. Character in sport can be classified into 2 (two) kinds of value, the character related to moral value and the character related to social value. The character related to moral value are honesty, justice, fair play, and responsibility. The character related to the social value are loyalty, dedication, sacrifice, cooperation, and citizenship. Those two kinds of value are important to be taught inside sport education as early as possible so that the students have good character.

Fair play is one of the example of moral value in sport character. Base on the meaning of the words inside English- Indonesian dictionary (Echols and Shadiq, 2003: 230) the word 'fair' can be defined as bright, just, and beautiful. Fair play is a firm attitude and does not stop to reject illegal victory; to reject the victory resulting from 'doing all things to win'. In sport, fair play can be defined as 'spirit'. Fair play is a moral concept of which inside

Figure 1. Talent Scouting Flowchart



contains a deep meaning related to the snore will that the opponents also get the same chance to win and carefully consider about the way to win.

A philosophical definition states that fair play is the soul of sport. One of principles in sport is that competition is not about how we defeat our opponents. Although what is wanted to be reached is becoming the best, it does not mean we can follow our bad instincts such as doing brutality in sport, hurting the opponents, and striking the referee. If there is no fair play in a competition, that competition will never actually be called as a sport competition. According to Rusli Lutan dan Sumardiyanto (1998:25, moral values contained in the fair play involve : the first, justice value involving distributive justice, procedural justice, retributive justice, and compensatory justice. The second is honesty (honesty is always related to reject speaking lies, deceiving, and begging), the third, responsibility (someone surely should be responsible to his team, his coach and the game itself). The fourth, peace ( peace will avoid the athletes in doing ill treatments and will prevent them from the ill treatments, will make them eliminate the ill treatments, and will always behave well). Ill treatments are still done in many competitions and actually they are not sportive actions.

Those four values in the fair play hopefully can be owned by a karateka so they can compete in sportivity. The sportivity appears due to the awareness that a competition can be held if there are two sides who will compete each other. Without any opponents, a competition cannot be held. That's why, the opponent's arrival is an absolute element and an opponent actually is a playing partner.

The importance of schools for the character building through character education is that the way to carry out the education is through games. Because of that, it is important to teach children character education since the early age so that the students will become athletes with good character. The teaching of that character education can be done through games in the physical education session because games contain many important values especially those which are related to the character education and the development of the students' potential. There are many athletes who come from the school level. It is not separated from the importance of physical education in creating athletes with great achievements, so character building is needed for them. The next mechanism of sport talent search can be seen from talent scouting flowchart below (KONI, 2000:68).