

Student Motivation In Class VII Educational Learning At Smp Negeri 10 Pekanbaru

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Abstract

This research aims to determine the level of student motivation in Physical Education Class VII learning at State Junior High School 10 Pekanbaru. This research is quantitative research, the method used is a descriptive method with a survey type. The population in this study was class VII students at Pekanbaru 10 State Middle School, totaling 279 students. The sampling technique uses total sampling technique. The instrument used in this research used a Likert scale or questionnaire method which was distributed to respondents. Based on research results, Student Motivation in Class VII Physical Education Learning is classified as Very High, this can be seen in the percentage results of 83% which are in the assessment range of 81%-100% with Very High criteria .

Keywords : Student Motivation, Physical Education

INTRODUCTION

Because it influences students' potential in various ways, including cognitive, emotional and psychomotor, physical education is a very important component of education. Through physical activity, children will learn important life lessons related to intelligence, emotions, focus, cooperation, skills, and much more. Currently, one of the important elements that influences the progress of science and technology is education. Quality education will produce quality people, in accordance with national education goals. Apart from psychomotor and cognitive skills, physical education also considers emotional and social aspects. It is impossible to divide students' continuously developing physical values into three main behavioral domains, namely emotional, psychomotor, and cognitive.

The above viewpoint supports the idea that physical education programs, especially those offered in every school, consist of learning environments with a variety of stimuli and settings that provide opportunities for children to respond in different ways on social, emotional, intellectual, and physical levels. Students are able to reshape their learning in the direction they choose with the help of conditions and stimuli.

Gustiawati, Fahrudin, and Syafei, (2014) stated that because it provides opportunities for children, health and sports education in schools is very important. Health and sports and physical education goals are to improve physical fitness, motor skills, knowledge, healthy and active living habits, sportsmanship, and emotional intelligence through hands-on practical activities. according to Kesuma, Yoda, and Hidayat, (2021) Body Education is a teaching method that involves exercise to increase self-confidence and fitness. The goal of physical education, which is an important component of general education, is to help students achieve national education goals by improving physical fitness, motor skills, social skills, reasoning, emotional stability, moral behavior, and knowledge of the way of life. healthy and clean lifestyle. According to Makorohim and Apriani, (2017) Markers of excellent health include avoiding disease and having enough energy to carry out daily tasks without feeling tired. Therefore, everyone tries to be healthy. Planned exercise choices and health-related activities help achieve this goal. According to Istiqlal, (2018) said that physical education subject matter includes experience in teaching

basic game and sports skills, development activities, self-tests, rhythmic activities, aquatics (aerial activities) and outdoor education .

Motivation is very important to do anything, including exercise. According to Andriani and Rasto, (2019) the word "motive" refers to circumstances that encourage a person to take certain actions, consciously or unconsciously, to achieve certain goals. Meanwhile, according to Henjilito, (2017) apart from that, motivation is defined as the drive within a person to consistently improve certain qualities as best as possible . In human psychology, motivation can be defined as a habit or drive within a person. It can influence how people spend time, how much energy it takes to complete tasks, how they feel and think, and how long they can live to achieve certain goals. Additionally, motivation can also be defined as the way a person acts, or what drives them to do the same thing again. Because motivation is the basis of individual actions and behavior in sports, motivation is an important psychological component for sports teachers and coaches in the field of sports education. Apart from that, children can learn through sports education as a means. In addition to developing physical skills, physical education in schools teaches students how to behave well and maintain positive attitudes such as self-control, teamwork, integrity, sportsmanship, and adherence to rules and guidelines. Only physical education, of all the subjects taught in schools, aims to achieve goals through physical activity. One of the things that can influence student motivation to achieve implementation goals is physical education.

Sports education is defined in Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System (11). Realizing the Indonesian human being as a whole is the goal of education, including physical education in the country . (Yulianti, Irsyaty, and Irham, 2018) . The tendency, intensity and persistence of students' physical education learning and sports activities are determined by their intrinsic motivation which also results in physical education activities. This makes it easier to initiate, adjust, strengthen, and maintain exercise behavior and physical education learning, which has a significant impact on physical education program outcomes. (Liu and Lipowski 2021) . According to Nasihah and Ansori, (2020) Subjects discussed in physical education classes include independent tests, development exercises, rhythmic activities, aquatics (activities in water), and outdoor education. Students are provided with this kind of information to help them understand why people move and how to move safely, effectively, and efficiently. According to Riski & Candra (2022) physical education, sports and health aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, aspects of a healthy lifestyle, which are a complementary unit in education as a whole. Students are given direct opportunities to engage in a variety of learning experiences through selected and regular physical, sport and health activities. This plays an important role in physical education, sports and health.

Sports that are played regularly as part of the educational process with the aim of improving knowledge, skills and physical fitness are called "sports education". The aim of fitness education is to improve a person's movement abilities as well as critical thinking, social skills, reasoning, emotional stability, moral attitudes, healthy lifestyles and environmental cleanliness. (Herliana 2017 in Nazirun, Gazali, and Fikri, 2019) . At every level of education, both internal and external motivation are very important for students to succeed. In the context of learning and teaching, parents, teachers and students all play an important role in supplying and fostering motivation. Student motivation can be increased by various factors, such as happiness, great interest in a subject, and the desire to learn from other students. This is the main driver of motivation. Each person has a different level and type of motivation compared to other people. In other words, people differ not only in the level and amount of motivation, but also in the type

of motivation they have. Therefore, it can be said that motivation influences students' energy levels, which supports learning initiatives in the classroom.

This shows that motivation is very important for all subjects taught in schools, including physical education. Today, physical education and sports play a major role in education. Health, physical education and recreation are subjects that are mandatory for all students at school. This is possible because education directly supports students' competence and fitness during the school day. In addition, this subject enlightens teenagers about the importance of an active lifestyle for physical well-being. Students who are in good physical health tend to be encouraged in class. In other words, it can be said that Physical Education, Health and Recreation are subjects that are not included in the school's core curriculum. Because it is only these subjects that students can develop their motor skills and increase their mental and physical fitness levels.

The author noticed that many students were not very involved in Physical Education classes at SMP Negeri 10 Pekanbaru, based on the researcher's observation findings. Students' enthusiasm for theory classes and hands-on practice in the field was clearly visible when the class started. Students often have difficulty accepting the learning plans that their teachers have prepared. This happens because students don't like the subject matter because they find it boring, confusing and uninteresting. The task of a physical education teacher at school is to guide and train students at every stage of the learning process. Since educators design the curriculum and are the main implementers of student education in schools, learning .

A physical education instructor needs to have imagination when teaching games and movement skills. To ensure that learning runs smoothly and facilitates the achievement of students' goals, educators must also use various teaching techniques. Because of curiosity about what drives students to be disinterested in physical education classes, the researchers were interested in conducting research entitled "Students' Motivation in Class VII Physical Education Learning at SMP Negeri 10 Pekanbaru".

RESEARCH METHODS

According to Sujarweni. (2014) Population is the total number of items or people who meet certain criteria chosen by researchers to recognize and draw conclusions . According to Sujarweni, (2014) the population used for research has a number of characteristics that the sample has . The sampling strategy used in this research was full sampling. According to (Suhaimi 2010) Total Sampling is taking samples that are the same as the existing population .

According to Tanjung, Ritonga, and Siregar, (2021) Researchers do not directly ask respondents questions and get replies; instead, they collect data indirectly through the use of questionnaires or questionnaires (questionnaires). Sugiyono, (2019) said that the Likert Scale is a tool for measuring attitudes, opinions and perceptions of society or groups towards social problems. Each answer on the Likert scale has a corresponding positive and negative question form. The questionnaire used in this investigation consisted of a Likert scale.

Data collection was carried out by distributing questionnaires to respondents with a total of 40 questions and respondents chose one of the following answers:

Table 1. Likert Scale

Strongly Agree (SS)	Score 5
Agree (S)	Score 4
Disagree (KS)	Score 3
Disagree (TS)	Score 2
Strongly Disagree (STS)	Score 1

Source: Sugiyono, (2019)

Table 2 . Research Instrument Grid Once Valid

Variable	Sub Variable	Indicator	Sub Indicator	Positive	Negative	
Student Motivation in Physical Education Learning	Intrinsic Factors	Health	Maintain body fitness Optimize organ function	1,2	3,4	
		Attention	the Physical Education teacher when it is explained Concentrate when receiving lessons	5,6	7.8	
		Interest	The lesson is interesting In accordance with ideals	9,10	11,12	
		Talent	Have abilities in the field of sports Develop his talents	13	14,15	
	Extrinsic Factor k	Teaching methods	Varies Easy for students to accept	16,17,18	19	
		Lesson tools	Innovation Modern	20	21	
		Environmental Location	Family Close friend Location School	22,23	24, 25	
		Amount			25	

Source: Ricardo and Meilani, (2017)

After filling in the questionnaire, the data was first converted into percentages to provide an overview of the reasons why students at SMP Negeri 10 Pekanbaru studied physical education. This is in accordance with the opinion of Sudjiono, (2009) to find the calculation of the percentage of respondents' response results by using percentage calculations:

$$p = \frac{F}{N} \times 100\%$$

Information :

P = percentage number sought (relative frequency)

F = frequency

N = total number of respondents

100% = fixed number

It is then obtained and converted into quality standards or certain stated percentage requirements. The parameters used to determine each percentage are in accordance with what was stated by Suhaimi, (2010) , namely:

Table 3 . Assessment criteria

NO	Percentage	Criteria
1	81%-100%	Very high
2	61%-80%	Tall
3	41%-60%	High enough
4	21%-40%	Low
5	0%-20%	Very low

Source: Suhaimi, (2010)

RESULT AND DISCUSSION

This research aims to determine student motivation Physical education class VII learning at SMP 10 Negeri Pekanbaru . To find out this, we will discuss the data descriptions for each one in succession . The statement items before the validation test were carried out amounted to forty items which were broken down into seven indications, namely as follows: Health, Attention, Interests, Talents, Teaching Methods, Learning Tools, Environmental Location.

At SMP Negeri 3 Pekanbaru, researchers carried out validation tests on the questionnaire. To verify the authenticity of this survey, 39 students participated as respondents. After carrying out the validity test, it was discovered that fifteen statement items had to be removed or withdrawn from the list of statements in the questionnaire. To determine the validity of each item in the statement, in particular under the following circumstances:

- a. If r calculated $\geq r$ table (0.316) with a significance of 95% then the instrument is declared valid.
- b. If r calculated $\leq t$ table (0.316) with a significance of 95% then the instrument is declared invalid.

Table 4. Recapitulation of Questionnaire Validity Test

Variable	Number of Item	Validity test		Information
		Legitimate Item	Invalid Item	
Student Motivation	40	25	15	Invalid item: 2, 6, 11,16,17,18,20, 26, 27,29,31.32,33,37,39

It is known that there are 25 valid items based on the findings of the validity test (attached). Later, invalid items are removed or deleted. Next, the remaining items were rearranged to be given to real samples to collect information on student motivation in learning physical education.

Research result

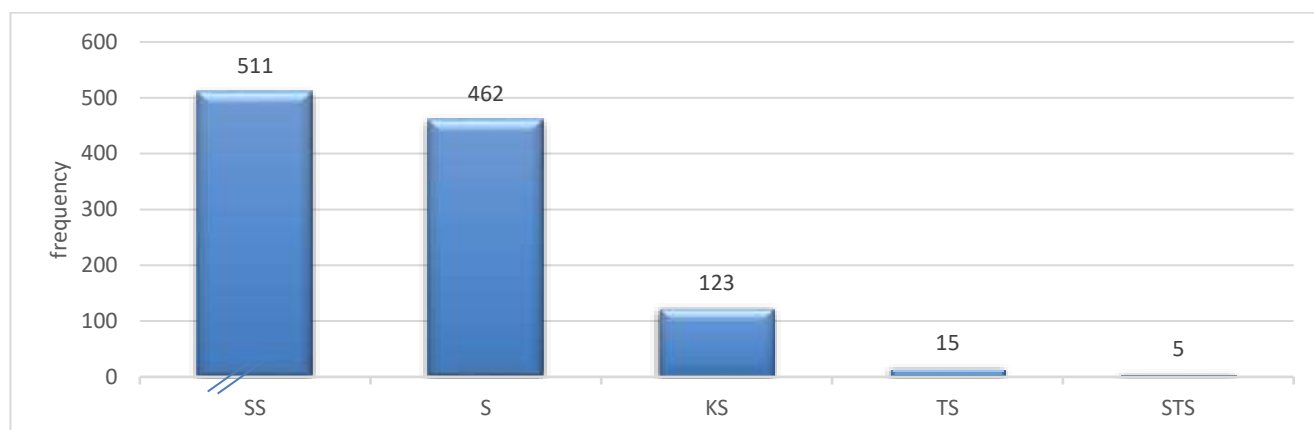
a. Health Indicators on Student Motivation in Physical Education Learning

The number of statements in this indicator is 4 statements. Based on the respondents' answers to statement item No. 1, respondents answered SS as many as 188 people with a score of 940, S as many as 87 people with a score of 348, KS as many as 3 people with a score of 9, TS as many as 00 people with a score of 00 and STS as many as 1 person with a score of 1 .Then the respondents' answers to statement item No. 2, respondents answered SS as many as 133 people with a score of 665, S as many as 155 people with a score of 620, KS as many as 11 people with a score of 33, TS as many as 00 people with a score of 00 and STS as many as 00 people with a score 00. While the respondents' answers to statement item No. 3, respondents answered SS as many as 122 people with a score of 112, S as many as 101 people with a score of 202, KS as many as 60 people with a score of 180, TS as many as 6 people with a score of 24 and STS as many as 00 people with a score of 00 As well as the respondents' answers to statement item No. 4, 98 respondents answered SS with a score of 98, S as many as 119 people with a score of 238, KS as many as 49 people with a score of 147, TS as many as 9 people with a score of 36 and STS as many as 4 people with a score of 20 .For more details, see the table below :

Table 5. Health Indicators on Student Motivation in Physical Education Learning

There are no items	Yes , I know	Score	F	Sum of average Scor r	%
1,2,3,4	4	SS (5)	511	2555	53%
		S (4)	462	1848	38%
		KS (3)	123	369	8%
		T.S. (2)	15	30	1%
		STS (1)	5	5	0%
Amount			1116	4807	100%
Maximum Score			5580		
Average Percentage			86%		
Criteria			Very high		

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the Health indicator on Student Motivation in Physical Education Learning, the histogram can be seen below:



Graph 1. Histogram of Health Indicators

Based on the graph above, 511 people answered Strongly Agree, 462 people Agree, 123 people Disagree, 15 people Disagree and 5 people Strongly Disagree .

b. Indicators of Student Motivational Attention in Physical Education Learning

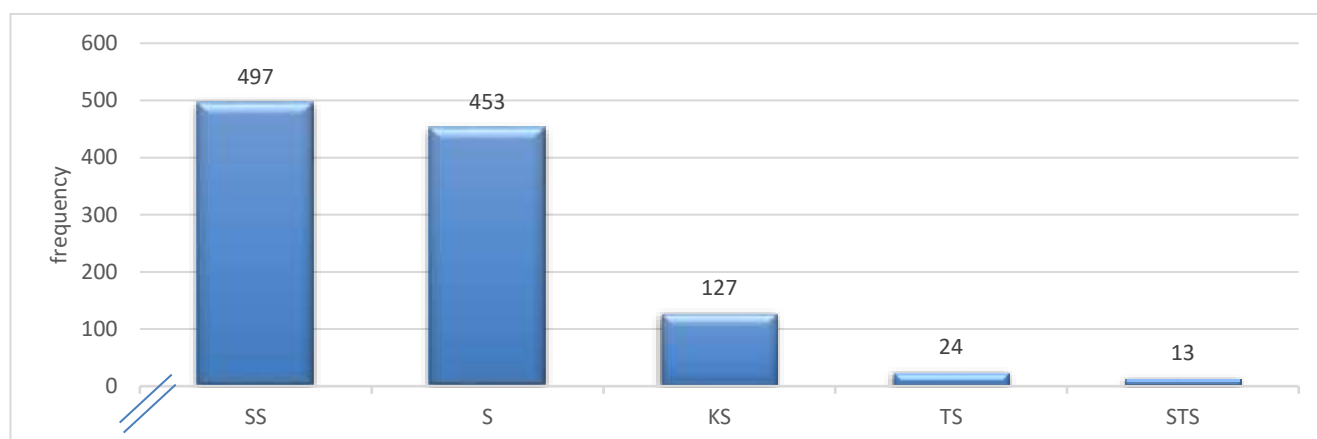
The number of questions in this indicator is 4 statements. Based on respondents' answers to question item No. 5, 94 respondents answered SS with a score of 470, S as many as 144 people with a score of 576, KS as many as 31 people with a score of 93, TS as many as 7 people with a score of 14, and STS as many as 3 people with a score 3. While the respondents' answers to question item No. 6, respondents answered SS as many as 157 people with a score of 785, S as many as 100 people with a score of 400, KS as many as 16 people with a score of 48, TS as many as 4 people with a score of 8, and STS as many as 2 people with a score of 2.

For respondents' answers to question item No. 7, 142 respondents answered SS with a score of 710, S as many as 100 people with a score of 200, KS as many as 29 people with a score of 87, TS as many as 4 people with a score of 8, and STS as many as 4 people with a score 20, while the respondents' answers to question item No. 8, respondents answered SS as many as 103 people with a score of 103, S as many as 111 people with a score of 222, KS as many as 52 people with a score of 156, TS as many as 9 people with a score of 18, and STS as many as 4 people with a score of 20. For more details, see the table below :

Table 6. Indicators of Attention to Student Motivation in Physical Education Learning

There are no items	Yes , I know	Score	F	Total average score	%
5.6.7.8	4	SS (5)	497	2485	52%
		S (4)	453	1812	38%
		KS (3)	127	381	8%
		T.S. (2)	24	48	1%
		STS (1)	13	13	0%
Amount			1114	4739	100%
Maximum Score				5580	
Average Percentage				85%	
Criteria				Very high	

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the Attention to Student Motivation indicator in Physical Education Learning, the histogram can be seen below:



Graph 2. Attention Indicator Histogram

Based on the graph above, 497 people answered Strongly Agree, 453 people Agree, 127 people Disagree, 24 people Disagree and 13 people Strongly Disagree.

c. Indicators of Interest in Student Motivation in Physical Education Learning

The number of statements in this indicator is 4 statements. Based on respondents' answers to question item No. 9, respondents answered SS as many as 145 people with a score of 725, S as many as 111 people with a score of 444, KS as many as 20 people with a score of 60, TS as many as 3 people with a score of 6, and STS as many as 00 people with a score 00. While the respondents' answers to question item No. 10, respondents answered SS as many as 138 people with a score of 690, S as many as 119 people with a score of 476, KS as many as 17 people with a score of 51, TS as many as 4 people with a score of 8, and STS as many as 1 person with a score of 1.

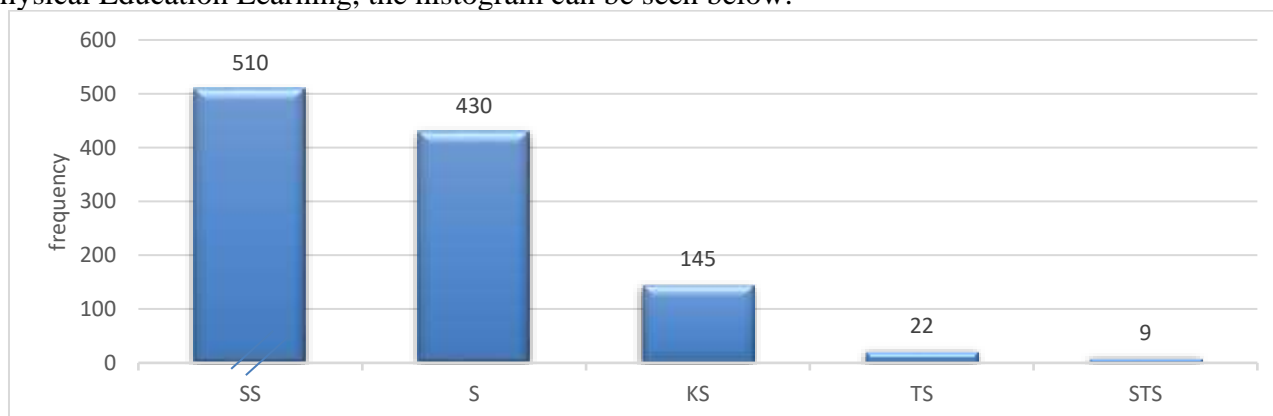
Meanwhile, the respondents' answers to question item No. 11, respondents answered SS as many as 102 people with a score of 102, S as many as 97 people with a score of 388, KS as many as 66 people with a score of 198, TS as many as 8 people with a score of 32, and STS as many as 6 people with a score 30. Meanwhile, the respondents' answers to question item No. 12,

respondents answered SS as many as 125 people with a score of 125, S as many as 103 people with a score of 412, KS as many as 42 people with a score of 126, TS as many as 7 people with a score of 28, and STS as many as 2 people with a score of 10. For more details, see the table below :

Table 7. Indicators of Interest in Student Motivation in Physical Education Learning

There are no items	Yes , I know	Score	F	Total average score	%
9,10,11,12	4	SS (5)	510	2550	54%
		S (4)	430	1720	36%
		KS (3)	145	435	9%
		T.S. (2)	22	44	1%
		STS (1)	9	9	0%
Amount			1116	4758	100%
Maximum Score				5580	
Average Percentage				85%	
Criteria				Very high	

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the indicator of Interest in Student Motivation in Physical Education Learning, the histogram can be seen below:



Graph 3. Interest Indicator Histogram

Based on the graph above, 510 people answered Strongly Agree, 430 people Agree, 145 people Disagree, 22 people Disagree and 9 people Strongly Disagree.

d. Talent Indicators on Student Motivation in Physical Education Learning

The number of questions in this indicator is 3 statements. Based on respondents' answers to question item No. 13, 107 respondents answered SS with a score of 535, S as many as 145 people with a score of 580, KS as many as 19 people with a score of 57, TS as many as 3 people with a score of 6, and STS as many as 5 people with a score 5, Then Statement No. 14, respondents answered SS as many as 109 people with a score of 109, S as many as 105 people with a score of 210, KS as many as 53 people with a score of 159, TS as many as 10 people with a score of 40, and STS as many as 2 people with a score of 10.

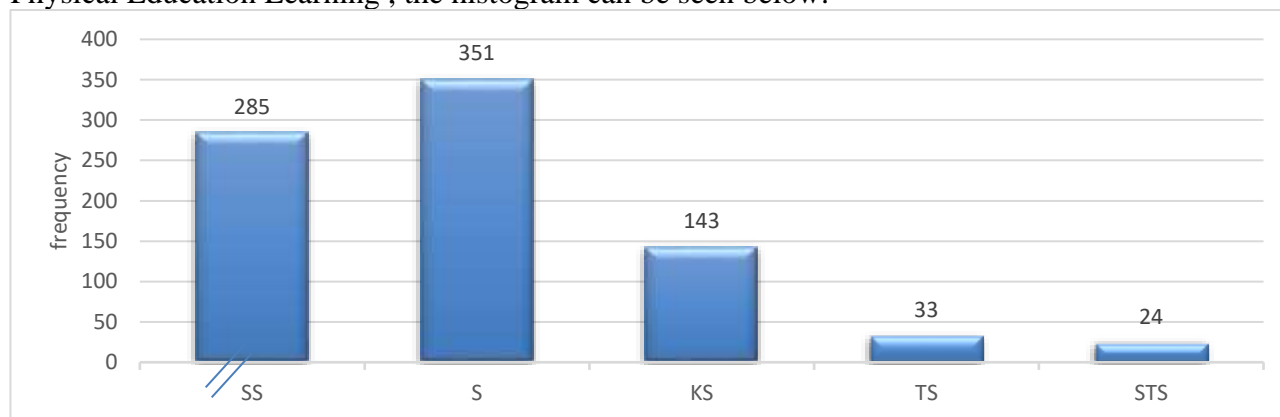
Then to question No. 15, 70 respondents answered SS with a score of 70, S as many as 101 people with a score of 202, KS as many as 71 people with a score of 213, TS as many as 20

people with a score of 80, and STS as many as 17 people with a score of 25. For more details, see the table below ;

Table 8. Talent Indicators on Student Motivation in Physical Education Learning

There are no items	The amount of goods	Score	F	Total average score	%
13,14,15	3	SS (5)	285	1425	43%
		S (4)	351	1404	42%
		KS (3)	143	429	13%
		T.S. (2)	33	66	2%
		STS (1)	24	24	1%
Amount			836	3348	100%
Maximum Score				4185	
Average Percentage				80%	
Criteria				Tall	

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the Talent indicator for Student Motivation in Physical Education Learning , the histogram can be seen below:



Graph 4. Talent Indicator Histogram

Based on the graph above, there were 285 respondents who said they strongly agreed, 351 respondents said they agreed, 143 respondents said they disagreed, 33 respondents said they disagreed, and 24 respondents said they strongly disagreed.

e. Knowing the Indicators of Teaching Methods on Student Motivation in Physical Education Learning

The number of questions in this indicator is 4 statements. Based on the respondents' answers to question item No. 16, 138 respondents answered SS with a score of 695, S as many as 119 people with a score of 476, KS as many as 19 people with a score of 57, TS as many as 1 person with a score of 2, and STS as many as 1 person with a score 1, Then Statement No. 17, respondents answered SS as many as 104 people with a score of 520, S as many as 158 people with a score of 632, KS as many as 15 people with a score of 45, TS as many as 2 people with a score of 4, and STS as many as 0 people with a score of 00.

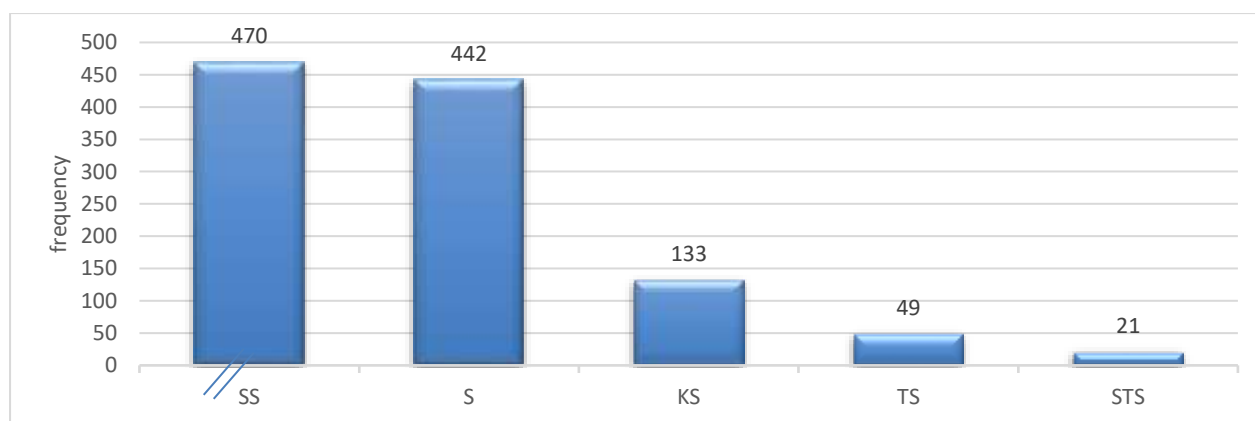
Then Statement No. 18, respondents answered SS as many as 163 people with a score of 815, S as many as 97 people with a score of 388, KS as many as 18 people with a score of 54, TS as many as 1 person with a score of 2, and STS as many as 0 people with a score of 00, and Statement No. 19, 64 respondents answered SS with a score of 64, S as many as 69 people with a

score of 138, KS as many as 81 people with a score of 243, TS as many as 45 people with a score of 180, and STS as many as 20 people with a score of 100. For more details, see the table below ;

Table 9. Indicators of Teaching Methods on Student Motivation in Physical Education Learning

There are no items	Yes , I know	Score	F	Total average score	%
16,17,18,19	4	SS (5)	470	2350	51%
		S (4)	442	1768	38%
		KS (3)	133	399	9%
		T.S. (2)	49	98	2%
		STS (1)	21	21	0%
Amount			1115	4636	100%
Maximum Score				5580	
Average Percentage				83%	
Criteria				Very high	

In the data table above, it can also be depicted through a histogram graph recapitulating respondents' answers from the Teaching Methods indicator on Student Motivation in Physical Education Learning , histogram can be seen below:



Graph 5. Teaching Method Indicator Histogram

Based on the graph above, 470 people answered Strongly Agree, 442 people Agree, 133 people Disagree, 49 people Disagree and 21 people Strongly Disagree.

f. Indicators of Learning Tools on Student Motivation in Physical Education Learning i

The number of questions in this indicator is 2 statements. Based on respondents' answers to question item No. 20, 144 respondents answered SS with a score of 720, S as many as 120 people with a score of 480, KS as many as 13 people with a score of 39, TS as many as 1 person with a score of 2, and STS as many as 1 person with a score 1, Then Statement No. 21, respondents answered SS as many as 76 people with a score of 380, S as many as 84 people with a score of 336, KS as many as 66 people with a score of 198, TS as many as 35 people with a score of 70, and STS as many as 19 people with a score of 19. For more details, see the table below ;

Table 10. Indicators of Learning Tools on Student Motivation in Physical Education Learning

There are no items	The amount of goods	Score	F	Total average score	%
20,21	2	SS (5)	220	1100	49%

	S (4)	203	812	36%
	KS (3)	79	237	11%
	T.S. (2)	36	72	3%
	STS (1)	20	20	1%
Amount		558	2241	100%
Maximum Score			2790	
Average Percentage			80%	
Criteria			Tall	

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the Learning Tools indicator for Student Motivation in Physical Education Learning, the histogram can be seen below:

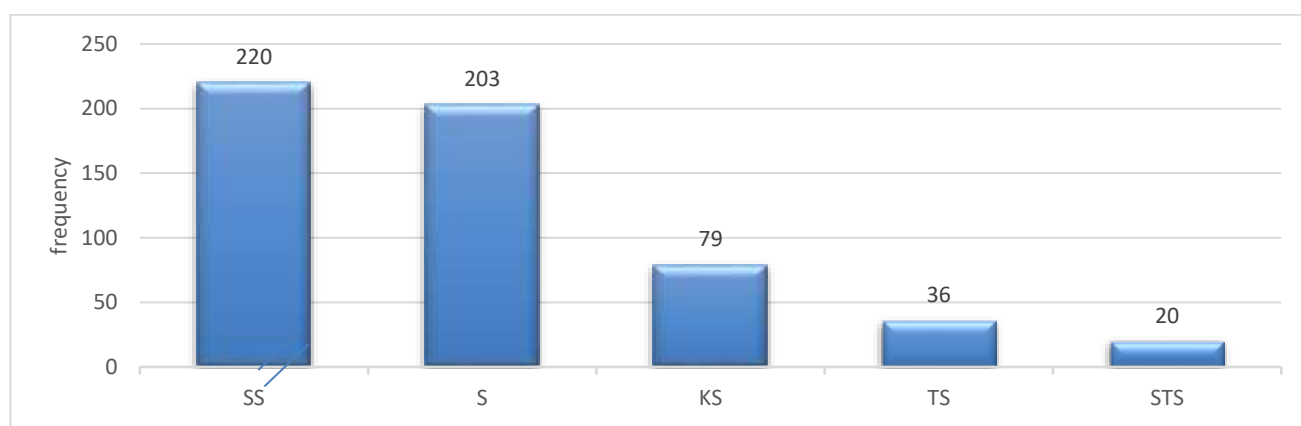


Figure 6. Histogram of Lesson Tool Indicators

Based on the graph above, 220 people answered Strongly Agree, 203 people Agree, 79 people Disagree, 36 people Disagree and 20 people Strongly Disagree.

g. Environmental Location Indicators on Student Motivation in Physical Education Learning

The number of questions in this indicator is 4 statements. Based on respondents' answers to question item No. 22, 137 respondents answered SS with a score of 685, S as many as 120 people with a score of 480, KS as many as 21 people with a score of 63, TS as many as 1 person with a score of 2, and STS as many as 0 people with a score 00, Then Statement No. 23, respondents answered SS as many as 150 people with a score of 750, S as many as 107 people with a score of 428, KS as many as 14 people with a score of 42, TS as many as 5 people with a score of 10, and STS as many as 3 people with a score of 3.

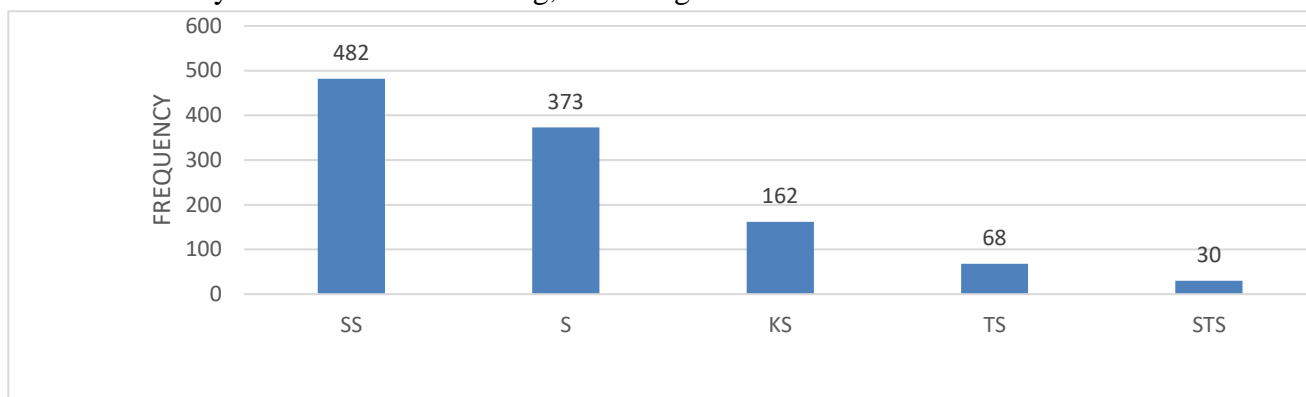
Then Statement No. 24, respondents answered SS as many as 108 people with a score of 108, S as many as 68 people with a score of 136, KS as many as 59 people with a score of 177, TS as many as 31 people with a score of 124, and STS as many as 13 people with a score of 65, and Statement No. 25, 87 respondents answered SS with a score of 87, S as many as 79 people with a score of 156, KS as many as 68 people with a score of 204, TS as many as 124 people with a score of 816, and STS as many as 14 people with a score of 70. For more details, see the table at below;

Table 11. Indicators of Environmental Location on Student Motivation in Physical Education Learning

There are no items	The amount of goods	Score	F	Total average score	%
22,23,24,25	4	SS (5)	482	2410	53%

	S (4)	373	1492	33%
	KS (3)	162	486	11%
	T.S. (2)	68	136	3%
	STS (1)	30	30	1%
Amount		1115	4554	100%
Maximum Score			5580	
Average Percentage			82%	
Criteria			Very high	

In the data table above, it can also be depicted through a histogram graph of the recapitulation of respondents' answers from the Environmental Location indicator on Student Motivation in Physical Education Learning, the histogram can be seen below:



Graph 7. Environmental Location Historigram

Based on the graph above, 485 people answered Strongly Agree, 373 people Agree, 162 people Disagree, 68 people Disagree and 30 people Strongly Disagree.

The search for the total average score to determine student motivation in the Physical Education class VII subject at SMP Negeri 10 Pekanbaru was carried out after describing the research data for each indication. Next, the score will be evaluated based on the percentage criteria mentioned earlier. From the description of the data above per indicator, the next step is to find the total score, maximum score and percentage results for each indicator,

Table 12. Percentage Per Indicator

Aspect	Indicator	Item Number				Score	Aspect Percentage
Intrinsic Factors	Health	1	2	3	4	10	86%
	Attention	5	6	7	8	26	85%
	Interest	9	10	11	12	42	85%
	Talent	13	14	15		42	80%
Extrinsic E Factors	Teaching Methods	16	17	18	19	70	83%
	Study Tools	20	21			41	80%

Environmental Location	22	23	24	25	68	82%
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83%

After doing the calculations, the overall result is 83%. Based on the assessment criteria, the overall results fall into the value range between 81% - 100% with Very High percentage criteria. These results mean that students are in class VII in junior high school Negeri 10 Pekanbaru has very high motivation in learning Physical Education .

Discussion

In the Class VII Physical Education program at SMP Negeri 10 Pekanbaru, student motivation is in the Very High range (81%–100%) according to assessment standards. Every child has a different level of motivation; some higher than others. Based on the research results, class VII students at SMP Negeri 10 Pekanbaru were motivated to take physical education classes by both internal and external variables which were in the Very High category. The following are the percentages for each indicator: Environmental Location 82%, Teaching Methods 83%, Learning Tools 80%, Health 86%, Attention 85%, Interests 85%, Talent 80%. It can be seen from each indication that the Health indicator has the largest proportion, so that in assume the motivation of class VII students.

For a student who has the mindset that health is very important, and having a healthy body is very influential in learning and other activities, having a healthy body will increase the student's motivation to carry out learning such as physical learning . Additionally, teachers who provide guidance to students on how to improve their interests, abilities, and health can inspire students to pursue further development. The same thing also applies to the techniques that educators use when they guide students in learning.

Inspiration to Acquire Knowledge The urge to engage in activities that students like or find interesting during physical education lessons is known as “physical education motivation”, and it is measured by students' active involvement in the learning process and their willingness to master the material. Students who are able to think about healthy living will have an influence on the students themselves, so that it will stimulate children to want to study at school, not only in sports or other subjects. This has a very significant impact on schools.

Persistent attention and remembrance of an action is another aspect of motivation. A person involved in an activity will observe it carefully. The shift in a person's energy which is manifested in the form of emotions and behavior towards achieving a goal is called motivation. Motivation drives a person to take action for desired results. Children who are motivated to carry out an activity without any coercion from outside the individual will create talents that the individual has. Motivation also makes students feel passionate Passion in carrying out a certain activity is caused by feelings of desire challenge what is within him.

The findings of this study are relevant to research Gus Hendri (2020) The results of the research show that: 1) The motivation of SMAN 1 Padang Sago Padang Pariaman students towards physical education, sports and health subjects is 78.90%, including in the "Good" category. 2) The extrinsic motivation sub-indicator of SMAN 1 Padang Sago Padang Pariaman was 60.28%, included in the "Quite Good" category. Student motivation in the learning process is related to physical education, sports and health. This may be due to the great support from students' parents, instructors, coaches and other school officials. The findings of this study are relevant to research Rozi dll. (2023) The results of the research showed that class VIII students at SMP N 3 Kota Solok were rated as good by 36 respondents with a student achievement level of 73.91%. Respondent values are the basis for this categorization. To increase student motivation in Physical Education, Sports and Health (PJOK) learning, it is intended that the intrinsic motivation sub-variables for Classes VII and VIII at SMP N 3 Solok City can be increased.

Meanwhile, the findings of participants who completed all learning questionnaires related to the extrinsic incentive sub-variable for Class VII and VIII SMP.

The results of this research are also relevant to research by Candra dan Wahyudi (2020). The method used in this research is distributing questionnaires to extracurricular students at SMP Negeri 9 Pekanbaru. From the data obtained, the achievement level requirement indicator is 90.72% in the very high category, the achievement level talent indicator is 73.33% in the High category, the achievement level skill indicator is 82.42% in the Very High category, the achievement level friend indicator is 73, 33% in the High category, the achievement level facilities and infrastructure indicator 73.14% in the High category, the teacher achievement level indicator 90.09% in the Very High category, the environmental indicator the achievement level 75.49% in the High category.

The results of this study are also relevant to research Nopensah (2019) Research findings show that junior high school students have a “high” level of intrinsic desire for physical education learning. A total of 1 respondent (3%) stated that motivation to learn physical education was "very high", 21 respondents (64%) stated that motivation was "high", 11 respondents (33%) stated that motivation was "medium", 0 respondents (0%) stated that motivation was " low", and 0 respondents (0%) stated “very low” motivation in studying physical education. Overall, it can be said that junior high school students at SMP PGRI 1 Cimahi have "high" motivation in participating in physical education based on intrinsic criteria.

CONCLUSION

Based on the results of the research that has been carried out, the following conclusion can be drawn: The conclusion that researchers can draw in this research is that class VII students of SMP Negeri 10 Pekanbaru, in terms of intrinsic and extrinsic factors, have very high motivation in learning Physical Education at SMP Negeri 10 Pekanbaru. , all of this can be seen in the form of achieving a percentage of 83% which is in the assessment range of 81%-100% with Very High percentage criteria. The suggestion in this research is that schools should be able to provide the necessary infrastructure to increase student motivation towards learning Physical Education at SMP Negeri 10 Pekanbaru. Teachers can pay more attention to the talents of students in order to find out how students are motivated towards learning Physical Education, and students. They should display their talents in learning Physical Education in order to support their own achievements.

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