



The Role of Physical, Sport and Health Education in Developing Healthy Life Behaviors

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Abstract

Sports education has learning characteristics that are different from other subjects because it is more psychomotor in nature and still involves affective and cognitive abilities that are comparable to learning those who mainly move. Students are expected to be able to improve affective and cognitive skills with learning modifications that have been arranged by the teacher. The same goes for encouraging healthy living habits through sports education. By banning students from the values of healthy living habits, sports education can become the foundation for a complex of knowledge that will help students maintain their quality of life into old age. Health is a fundamental need in life. The majority of individuals frequently disregard the behavior needed to establish a culture of healthy living. To create good quality human beings in terms of physical, mental and spiritual development, it is crucial to promote a culture of healthy living. The government and people who care about health must continue to step up their efforts to better understand each person in order to develop a perspective that can shift behavior in a positive direction. It is believed that through physical, sports and health education in educational institutions, children will develop a healthy lifestyle culture from an early age.

Keywords: Healthy Living, Physical, Health and Sport Education

1. Introduction

Education is the process by which a group of people acquire knowledge, skills and habits that are passed down from one generation to the next through teaching, training or learning (Orr, 1991). The value of education will create the framework for a new way of life. Education grows useful intellectual beings to expand various parts of modernity, both material and non-material and things that are useful for life. Education also trains students in various specific skills such as physical, intellectual, religious, moral, social, emotional, and knowledge.

A state of physical, mental and social well-being that enables everyone to live a socially and economically productive life is known as health (Boorse, 1977). The goal of health maintenance is to manage and prevent health problems that require testing, diagnosis, and treatment. Student need to start a healthy life as a habit in living their daily lives including involving awareness of movement to maintain their body health to be healthy.

Movement as a physical activity provides a natural basis for humans to learn about the outside world and about themselves, so that no education is complete without physical, sports and health education. Education experts from all over the world, including Indonesia, have recognized the importance of physical education in schools to create human resources of perfect quality.

However, in practice, physical education in Indonesia has not helped much in producing individuals who are reliable both physically and otherwise. This phenomenon occurs due to the influence of various interrelated factors. As an illustration of this problem, many student are not at all interested in physical activity due to advances in technology that are misused, causing many student to become obese due to lack of movement and poor eyesight due to spending too much time in front of the laptop without realizing the time limit. The cause of the low level of physical fitness of a child is due to the lack of concern of parents for their child's environment including the school environment and even the sports teacher himself (Morgan & Hansen, 2008).

Therefore, the author feels compelled to discuss this problem and provide solutions regarding the influence of student behavior through sports and health education. The purpose of this study was to determine the role of sports and health education in helping school student develop healthy behaviors.

2. Materials and Methods

2.1.1. Population

Population refers to the entire object or a group of things with comparable characteristics (Barreiro & Albandoz, 2001). A population is made up of all those concerned in the issues this study looked at. Students from SMK Negeri 1 Bogor, which has 16 classes and a total student population of 558, participated in this study. Of those students, 72 were boys and 486 were girls.

2.1.2. Sample

The sample is part of the population that will be used as a population object. Samples were selected using cluster random sampling. The aim of the cluster random sampling approach in which the sample categories were expressly chosen by the authors for this study was to determine a sample size that truly reflects the population as a whole. The results obtained from a sample of 5 classes totaling 150 students.

2.1.3. Data Collection Technique

There are many techniques for collecting data. The author obtains information through interviews by having direct conversations with respondents and asking them questions. The questionnaire is a tool for collecting data that asks questions about the problem under study. The activeness of researchers in reading literary works related to research subjects formed by literature study.

2.1.4. Data Analysis

The analysis applied in this study is qualitative analysis, or data analysis based on language descriptions or data that is not examined using statistics, math, or other comparable procedures, like what the respondent writes or says aloud, and is actual the entirety of the activity under investigation and study.

3. Results and Discussion

The formation and development of students is strongly influenced by sports and health physical education (Winnick & Porretta, 2016). For example, students are always reminded to make their bed, wash with soap, dress neatly for school, and so on. The actions given to these students are intended to develop routine living habits and encourage them to live healthily. In addition, sports education in schools also plays a very important role in encouraging them to live a healthy life. However, nowadays many people pay less attention to the importance of physical activity, sports and health, one of which is due to technological advances.

Students at Unesa conducted a study on the impact of technology on student movement activities, and these findings resulted in various conclusions, including:

1. The use of information technology has a major effect on the physical activity of class X students at SMK Negeri 1 Bogor.
2. Physical activity decreases with increasing use of information technology, and physical activity increases with decreasing use of information technology.
3. The results showed that information technology resulted in a decrease in physical activity by 51.41%.

In addition to utilizing technology, sports education cannot function in schools according to its actual conditions, including its purpose and position. Additionally, the equipment and facilities offered are subpar. Another significant issue that now affects sports education is that some children, parents, and even members of the public don't place much importance to sport education.

Therefore, it is necessary to make efforts to encourage students to behave in a healthy life, namely by providing physical education, sports and health. Physical education is not only socialization into sports, but also uses sports activities as a form of educational scene. This sports education deliver students to have a good physical, cognitive, affective, and moral-spiritual better (Sudirman, 2021). This better condition leads students to be able to live a quality life in accordance with the demands of the surrounding environment. Thus, sports education is the use of physical activity as a characteristic of humans moving to get a better quality of life.

There are two kinds of the phenomenon of sports education learning in schools (Tolgfors, 2018). First, sports in the form of sports, followed by the development of sports skills. Students are taught sport as a type of technical sports branch skills through training, repetition, and habituation in the hopes that they will be able to master and master different sports branch techniques. Second, different physical activities are a vehicle for implementing sports education based on the concept of human movement. With the help of these physical exercises, children can better prepare themselves for physical activity throughout their lives by increasing their level of physical fitness, mastery of skills, knowledge and understanding, social skills, attitudes, and appreciation of roles and skills. The implementation of physical education in schools is driven by these two phenomena. This phenomenon of sports education is not only

meaningful as an advantage for the benefits of the biological body, pedagogical value, but in an integrated and constructive manner for teachers to build an ark of sports learning in order to achieve educational goals.

There is an expectation that pupils conduct will change as a result of physical education, sports and health. Individuals can change their behavior in a variety of ways, such as:

1. Natural changes are those that occur as a result of natural changes in the environment.
2. A change in behavior that was planned by the individual in question is known as a planned change. Education can help bring about this shift as well.
3. The ability to modify behavior is known as readiness to change, and it results from an internal process that is unique to the person in question.

There are several ways to achieve behavior change so that students live a healthy life, including (Weare, 2003):

1. Making rules and threatening legal action if you don't abide by them.
2. Giving rewards, whether tangible or not, is possible.
3. Encourage teachers and other members to lead healthy lifestyles in the classroom by setting an example by quitting smoking and disposing of trash in designated areas. When given such an example, kids are likely to behave well and take similar actions.
4. By offering amenities, such as placing trash cans close to the classroom so students can readily dispose of rubbish, to make it easier for them to do so.
5. By raising awareness and motivation, such as by providing proper knowledge about health. The dangers of unhealthy activities are then shown to them, either directly or indirectly, through videos, slides, pictures, drawings or anecdotes, as well as the benefits of healthy behavior. This is expected to inspire them to live a healthy life.

In order to influence children to conduct properly, it is also continually displayed or conveyed to them that there are an increasing number of people who exhibit healthy behavior, along with the advantages.

Health is the main requirement for educational efforts to provide the best results, but higher education is also very helpful in improving one's health status. Clean and Healthy Behavior (PHBS) aims to improve, restore and maintain the physical, mental, spiritual and social health of the community in realizing a healthy paradigm in a culture that respects the health of individuals, families and communities (Vionalita & Kusumaningtiar, 2017). The clean and healthy living behavior program also aims to create learning opportunities for individuals, groups and families with channels of communication, information and education to increase knowledge, attitudes and behavior so that people are aware, willing to be involved in and able to carry out clean and healthy living behaviors through leadership approaches, environmental coaching, and community empowerment.

Indicators of the health sector's attempts to promote good lifestyle habits for each individual student at school include neat hair, clean clothes, short nails, regular exercise, quitting smoking, and consumption of nutritious snacks. All school staff members, including teachers and the principal, who always sets an example for students to follow, must implement this method if kids are to be able to do so, at least in the school setting. Since kids are the country's future leaders, teachers must continue to educate them about the value of health through physical education, sports, and health.

Apart from that, this can also be accomplished by schools kicking out initiatives in the School Health Unit, which was the key innovator in educating students about the value of health. The purpose of the School Health Unit is to maintain ongoing surveillance of kids' health conditions at school (Troost, 2004). This approach is ideal for being gradually introduced to students in schools so that the renewal of future national leaders can be well maintained. If the lifestyle is fostered through regular, gradual exercise and emphasizing health as the foundation for students to carry out their daily activities very well, then this approach can be very effectively implemented.

4. Conclusion

Sports and health education is an inseparable part of educational goals. Therefore, sports and health education must be prioritized in everyday life so that students are physically, mentally healthy and away from dangerous diseases such as obesity and so on due to the mistakes of students who do not understand the importance of these things.

In this regard, teacher of sports education determines how seriously and enthusiastically students take part in physical activity. Thus, in order to adopt a healthy life, students must be given an understanding of the importance of a healthy life and encourage students to exercise regularly using their spare time and adjust it to the fitness level of each of these students. All are inseparable from changes in behavior fostered through sports education learning in school.

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