

# Implementation And Implications Of Physical Activities on Self-Esteem And Achievement

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**Abstract:** In the world of sport and education, physical education is closely related to the value of belief in our own values or what is commonly said to be self-esteem as one of the important factors to increase our ability to excel and to be happy. This study aims to determine the relationship between physical activity, self-esteem and academic achievement. The method used in this study uses a literature review, by searching for indexed articles on electronic data based from Google Scholar, Scimedirect.com. and eric journal. The results showed that physical activity involved self-esteem resulted in the number of study hours having a positive effect and physical activity seemed to be an effective intervention for reducing depressive/depressive symptoms and increasing self-perception physically. The conclusion shows that physical activity, self-esteem are closely related to academic achievement and reduce symptoms of depression

**Keywords:** self-esteem, physical activity, academic achievement

## INTRODUCTION

Self-esteem is one of the most important factors for the formation of a person's personality Engel, B. (2010), because if a person cannot respect his own personality then that person will find it difficult to respect other people. Therefore, self-esteem becomes one of the important factors for the formation of one's personality. Branden, (2021) Self-esteem creates a set of implicit expectations about what is possible and appropriate for us. These hopes tend to produce actions that turn them into reality. Myers, (2012). Stating that someone who has high self-esteem tends to have a good attitude, be positive, and be able to interact well. Someone who has high self-esteem will tend to have a way to rise from adversity and be able to overcome the problems they face .

According to the World Health Organization (WHO) depression is a mood and emotional response to life and can cause serious disturbances and have an impact on work, school or family, even suicide can occur as a result of depression. According to Wandono, (2017), depression is marked with someone experiencing moodiness, lethargy, lack of enthusiasm, hopelessness, and feeling useless. Meanwhile, according to Rahmawati, (2015) depression can also reduce social

and physical relationships, and increase the value of suicide. Symptoms often occur when individuals who report experiencing depression, sadness, insomnia, and decreased appetite.

Some researchers associated low self-esteem or feelings of worthlessness according to Marsasina, (2016) as many as 1,752 cases of depression with a clinical diagnosis or use of antidepressants and a diagnosis of depression increased by 3.6 times. Hapsari, (2016), the incidence of depression in Indonesia shows as many as 706,689 people spread across various provinces in West Java with as many as 130,528 people occupying the first rank, the second position is occupied by East Java with 111,879 people, while Central Java is third with 95,461 people and North Sumatra occupies the fourth position with a total of 36,147 inhabitants. The number of cases of depression in PLHIV in North Sumatra reached 55.8%, mild depression was 25.6%, moderate depression was 11.6%, severe depression was 4.7%, and very severe depression was 14%. The greatest depression was found in someone aged 20-39 years (83.3 %). So that depression experienced by a person will cause changes in self-esteem and changes in habits Haryanto, (2015).

High self-esteem is related to low anxiety, being effective in a group and acceptance of other people towards him, while health problems can cause a person's self-esteem to decrease, so that self-esteem is associated with a bad interpersonal relationship and the risk of depression and illustrates impaired self-esteem Wandono, (2017). The causative factors of impaired self-esteem are the first factors of unattainable self-ideals and expectations, always failing, lack of personal responsibility and dependence on others, pressure caused by closest people such as parents, peers, changes in social structure and also health factors Engel, (2010). Physical activity appears to be an effective intervention to reduce depressive/depressive symptoms and improve physical self-perception thereby increasing better mental health outcomes Dale, (2019).

## **METHOD**

This article is a published literature review article, the study obtained came from databased Google scholar, eric journaling, springer.id, with say key (search-terms) used Physical Activity on Self-Esteem and Academic Achievement. The time range for article publication is from 2018-2022. use criteria inclusion as following: research article, indexed scopus Q1, Q2, Q3, And Q4, Sinta 1, Sinta 2 Sinta 3, and Sinta 2, quantitative and quantitative research methods.

## RESULTS

Based on the results of the review of the articles that have been carried out, it can be put forward as following:

Table 1. Data results reviews 12 article self-esteem, physical activity and achievement

No	Authors/Year	IndexerJournal	Method	Characteristics Sample	N	Findings study
1	smart, (20 21 )	Q2	Quantitative	middle school students	-	(0.24 - 0.05%)
2	Morals, (2018)	Q2	Quantitative	Person aged 65	1 6 8	0.425
3	Rodrigues , (2022)	Q1	Quantitative	Portuguese athlete 18- 69 years	2 6 4	0.9550
4	Nugraha , (2022)	Sinta 3	Quantitative		4 0	0.000 _
5	Maugeri ,(2021)	Q2	Quantitative			
6	Bang, H., Won, D., & Park, S , (2020)	Q1	Quantitative	Teenagers ages 11-18	2 7 3	
7	Dear , (2021)	Q3	Quantitative	6th grade students	3 0	2,830
8	Chattha, (2020)	Q4	Quantitative	Young female athlete	1 3 3	78.9%
9	Norona, ( 2018)	Q3	Quantitative			76%
10	Asakereh, (2018)	Q2	Quantitative	Iranian EFL student	1 3 2	0.000
11	Batool , (2020)	Q2	Quantitative	Undergraduate student	5 0 2	0.08
12	Brando-Garrido , (2020)	elsevier international journal	Quantitative	Spanish nursing student	2 3 7	21.5%

## DISCUSSION

All articles (12 articles) were analyzed using survey research methods, experiments with population/sample characteristics or research subjects of elementary school students, middle school students, and university students.

The research instruments used included: physical activity related to self-esteem and achievement  
Topic 1

Rodrigues, (2022) Regular physical activity seems to be inherently related to affective responses to carrying out participation. Consequently, positive affect was positively related to subjective feelings of life satisfaction, self-esteem, and vitality, whereas negative affect showed a negative relationship with these three outcomes in the training context. Understanding influence

from a contextual perspective provides a broader view of the relationship between practice and affect. Although affect is understood as a complex phenomenon, exercise frequency appears to be an important determinant of the affective response individuals report during physical exercise. Selecting an appropriate exercise schedule can encourage more pleasurable affective experiences and aid in consistent adherence to an exercise program, as well as in the promotion of experiences of general well-being, life satisfaction, and self-esteem.

In addition, Moral (2018) in his findings showed that the influence of exercise on life satisfaction, self-esteem and vitality can be mediated by the level of affect. Importantly, it appears that exercise plays an important role by increasing feelings of positive affect which in turn can improve self-esteem and indicators of well-being. Thus, empirical evidence is offered to support the belief that athletes generally feel better about themselves and that their regular participation may be an important factor in maintaining positive affect and consequently increasing life satisfaction, self-esteem, and subjective vitality.

Maugeri, (2021) The SARS-CoV-2 virus represents a major social challenge, with important impacts on people's mental and physical health. The beneficial effects of physical exercise on improving quality of life and well-being have been widely documented. Tailored physical activity programs can represent an important factor for preventing COVID-19 infection, as well as a useful complementary tool for improving the physical and psychological outcomes of patients affected by COVID-19. A suitable exercise program can strengthen the respiratory system, provide long-term immune protection and reduce medical costs. Furthermore, in the post-infection phase, customized or tailor-made home-based exercise programs ensure a more rapid return to pre-infection fitness by increasing self-esteem and stress resistance and reducing anxiety and depression.

Nugraha, (2022) Based on the results of research and discussion it can be concluded that cycling activities can have a positive impact on the mental health and self-esteem of elderly people aged 45-55 years (middle age) and elderly people aged 60-74 years (elderly), and through cycling activities there are differences in mental health and self-esteem. between active cycling and inactive elderly.

Bro, (2020) . The results provide evidence for a fully mediating effect of self-esteem on the relationship between school involvement and (low) depression in the presence of covariates. Among the covariates, sports participation was a significant predictor of self-esteem, whereas voluntary activity was a significant predictor of school engagement

Budiman, 2021 Based on the results of the research and discussion that have been explained and explained previously, it can be concluded that through traditional Sundanese ethnic games, elementary school students' self-esteem can increase. He also hopes that school involvement (participation and implementation of traditional Sundanese games at school) can contribute to positive feedback and evaluation. As for the shortcomings in this study that have been discussed in the discussion points, the authors hope that further research will be carried out so that traditional Sundanese ethnic games can continue to be developed in the learning process of children.

Moral, (2018) states there is no doubt that PA presents a positive correlation with self-esteem and the risk of dependence on parents. The Rosenberg self-esteem scale is a valid and reliable tool that provides researchers with insight into a person's self-perception in old age. The Barber's test is a useful and adequate instrument for determining the risk of dependence in this subset of the population.

Of the 7 articles, it shows that physical activity, cycling, and traditional games of the Sundanese ethnicity increase self-esteem and stress resistance, have a positive effect on mental health and reduce anxiety and depression, while people who lack physical activity or don't do physical activity tend to have low self-esteem. mark high stress levels, feel anxious to result in depression.

## Topic 2

Cerda, (2021) states evidence that students recognize that playing sports, self-esteem and engaging in physical activity produce benefits related to health and socialization. In other words, the average student reported a positive perception of the benefits of PA. What is most important, given the purpose of this study, is that the econometric estimation, correcting for the statistical problem of selection bias, shows a positive causal relationship between academic performance, self-esteem and sports activity, which is statistically significant. However, while spending time in sports increases academic performance, as hours spent in sports increase, the increase in benefits in terms of grades decreases. That is, increasing PA hours increases academic performance at a decreasing rate. Therefore, the relationship between PA and academic achievement is not always positive. Thus, the results of the study suggest that national policies to increase hours of physical education in schools will lead to improved academic outcomes in secondary schools.

Chattha, (2020) Effective and constructive self-esteem is an important factor for growing as an efficient and successful youth athlete. To achieve professional success, self-esteem must be

effective & strong. The final graph of this study shows that 78.9% of people strongly agree that self-esteem is important for an athlete and his team to learn how to do self-esteem perfectly because this will not only help the team to complete their project successfully but also make it possible to achieve success and growth. This study also concluded that sport is the best means to increase the self-esteem of young women and it helps to fight the critical situation of Covid-19 with a healthy mind. The most important traits of a sports leader are honesty, integrity, being a "good" person and being positive. Demonstrating these properties can lead to better performance. The effect of high/low self-esteem on the physical and psychological development of athletes. Some of the important roles of self-esteem are teachers, organizers, competitors and friends. This study shows that self-esteem has a significant impact on performance indeed affecting self-esteem skills. The results also show that the designed hypothesis is accepted and Covid-19 has not had a significant impact on the decline in self-esteem and performance of young women

Noronha, (2018) was taken from the main research findings where researchers found that there were gender differences where female respondents had more self-esteem than male respondents. However, there is no significant relationship between self-esteem and academic achievement of the respondents. In addition, the country's education system, the psychological environment of the child-family, peers, teachers are very important in determining the performance of adolescents in school/university. While the influence of college on adolescent performance has been recognised, nearly all studies and practical experience attest to the fact that parents, friends and significant others can make a world of difference to a teenager's life, in academic performance and personality.

Asakereh, (2018) The research findings show that while there is a relationship between self-efficacy, self-esteem and academic achievement of Iranian EFL students, reflective thinking has no relationship with other variables of the study. This may encourage teachers to place further emphasis on the self-efficacy and self-esteem of Iranian EFL students. More specifically, self-esteem is an asset for Iranian EFL students as it is the strongest predictor of Iranian EFL students. Moreover, it seems that reflective thinking is not very important in relation to self-esteem, and academic achievement of Iranian EFL students. This could suggest that the country's education system needs to highlight reflective thinking, and teacher and teacher training programs need to pay due attention to this idea.

Batool, (2020) Findings show that positive parenting has a significant impact on student self-esteem, and self-esteem significantly mediates between positive parenting, academic procrastination and academic achievement.

Brando, (2020) All schools of psychological thought, from psychodynamic to cognitive, have attempted to explain the reasons why we delay the performance of tasks (especially important ones) with other, more pleasurable or less important ones. It is accepted that procrastination is a disposition that has emotional and cognitive roots. However, research on the subject in the last decade has primarily focused on development based on self-efficacy and self-control as explanatory variables, considering that procrastination may be a strategy for coping with low or fragile self-esteem. Although self-esteem and self-efficacy are considered as 2 different psychological constructs, the truth is that there is a high positive correlation between them. From this perspective, implementing strategies to reduce academic procrastination should consider designing activities that aim to increase self-efficacy and help students to have a more positive view of themselves and their abilities, as well as providing tools for failure management and increasing students' tolerance for frustration.

From the 6 articles showing that self-esteem is an important factor for growing as an efficient and successful athlete, self-esteem significantly mediates between positive parenting, academic procrastination and academic achievement. Here we can see that there is a relationship between self-esteem and academic achievement. student. Usually we see that between physical activity, self-esteem and athlete's achievement and student academic achievement can increase in words these three variables have a close relationship

## **CONCLUSION**

Physical activity and exercise show that it has a positive or significant impact on self-esteem and places more emphasis on self-efficacy. Sport participation is also a significant predictor of self-esteem as well as being resilient to stress, reducing anxiety and depression. physical activity It also has a positive impact on mental health and is an important factor for growing up as an efficient and successful youth athlete.

Physical activity produces benefits for mental health and giving someone easy socialization and increasing self-esteem and indicators of well-being so that from that well-being one can increase and develop students' cognitive activity in line with Dale's research, (2019) which states that physical activity seems to be an effective intervention for reducing symptoms of

depression/depression and improve physical self-perception resulting in better mental health outcomes and lead to increased levels of concentration in children and adolescents . This is further strengthened by Kayani's research, (2018) which states that physical activity is a recommendation as a tool to develop students' cognitive activity by providing intervention programs that may include motor and aerobic exercises, which have a positive effect on the brain.

## Suggestion

An educational institution needs to design an appropriate curriculum related to physical activity considering appropriate physical activity to improve student academic achievement thereby reducing depression, stress, anxiety and by increasing self-esteem.

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