

The Role of Physical Literacy on Student Motivation in Sports: Case study at Universitas Negeri Semarang

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Abstract: The target for a healthy Indonesia by 2025 is a program that aims to improve the quality of life of Indonesian people, one of which can be done by increasing people's understanding of the importance of sports activities. The aim of this research is to find out the role of physical literacy on student motivation to exercise at Universitas Negeri Semarang, Indonesia. The respondents in this research were 300 general students at Semarang State University. Data collection was taken using a multistage random sampling technique. The results of the research can be concluded that the role of physical literacy makes students active in carrying out physical activities amidst their busy lecture activities and assignments. The role of literacy in the form of motivation, self-confidence, physical competence, understanding and knowledge is the main pillar in the results of interviews with 300 general students at Semarang State University. The role of physical literacy greatly influences their activities and leads them to become active students and have extraordinary sports experience.

Keywords: Motivation; Physical Literacy; Role; Students.

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INTRODUCTION

A healthy living culture can be developed by doing various physical activities such as exercising (Taryatman, 2022). Through sport, it is hoped that it will become a good lifestyle for society in order to exercise society and promote sport (Young et al., 2021). Physical activity has various benefits, including being able to awaken, develop, encourage, develop and increase one's physical and spiritual potential. Physical activity also has a very close relationship with health, well-being and quality of life (Lundvall, 2015). Physical activity is an important activity to be programmed with a child growth and development approach (Oktriani, 2019).

Physical activity such as exercising will become more meaningful when we are physically literate (Jefferies et al., 2019). Physically literate people indicate people who understand the concept of physical literacy, so that they carry out several activities in their lives confidently, competently, effectively, efficiently and optimally (Quennerstedt et al., 2020). Physical literacy is a basis for forming attitudes, behavior, awareness, understanding of active lifestyles, enjoyment in carrying out activities, being able to understand, identify and respond effectively in the use of body movements (Irmansyah et al., 2021). Physical literacy has a very important role in increasing knowledge, motivation, physical competence, self-confidence, and understanding to appreciate and be responsible for one's

involvement in physical activity (Rasnita et al., 2021).

Literacy is a person's skills (listening, speaking, reading and taking notes) (Durden-Myers et al., 2022). Used to connect using different forces that match the direction (10). Reading and note-taking skills are really needed to form critical and imaginative decisions regarding various activity events that can increase flexibility of reason, solidarity and become a motive for perpetuating national customs (Liu et al., 2020). Critical and imaginative behavior towards some life events automatically requires individual capacity (personal skills) which are centered on the ability to think logically, prioritizing the skills to search for news and obtain information (Alfan & Wahjuni, 2020).

Physical literacy is a concept that aims to equip individuals to have an active lifestyle in physical activity (Priadana et al., 2021). A physically literate person means someone who is intelligent or educated in matters relating to their body (Robinson & Randall, 2017). Individuals who are physically literate will be able to carry out various activities in their lives, be confident, competent, effective, efficient and optimal (Ma et al., 2021). Physical Literacy is a foundation for individuals to use in various life activities and efforts to achieve performance (Bulqini et al., 2021). Whether the existing environment is able to support changes and understanding of physical literacy for teenagers in the tertiary environment, or whether it does not have an impact on their understanding of physical literacy, it is necessary to conduct research regarding the role of physical literacy.

Some examples of previous research as a guide to the research carried out which will later become a reference and comparison in conducting this research: Uray Gustian, 2020. Traditional Games: An Approach to Developing Physical Literacy in Elementary School Students. The results of the research show that there has been an increase in students' understanding of playing games, movement skills, enjoyment, and cumulatively there has been an increase in students' physical literacy achievements. The increase occurred due to traditional games being modified according to student characteristics, prepared by taking into account the principles and aspects of developing learning activities (Gustian, 2020).

The goal of physical literacy is for all individuals to meet the criteria to be considered "Very High" (Andrews, 2018). Individuals assessed in a category other than "Very High" are deemed to require further education and support until they are considered competent in all elements of physical literacy. Next by Ahmad Ridhoil, 2020: Level of Participation of Blawi Karangbinangun Lamongan Village Residents in Carrying Out Sports Activities Based on Intrinsic and Extrinsic Motivation During the Pandemic (Covid-19). The results of this study reveal that the higher a person's motivation (both intrinsic and extrinsic), the higher the level of participation in sports (Ahmad Ridhoil Ahzami Rizal, 2020).

Arif Bulqini, Puspodari, Poppy Elisano Arfanda, Suroto and Toho Cholikh Mutohir, 2021. Physical Literacy in Physical Education Curriculum. The results of this study reveal that efforts must be made to create a healthy lifestyle and maintain physical fitness. Physical literacy is a potential that can be developed optimally for children from an early age. The role of physical education is very important in the formation of physical literacy in children, where cognitive, affective and psychomotor aspects are the goals of physical education which can

provide motivation, self-confidence and enthusiasm to continue doing physical activity (Bulqini et al., 2021). Riki Purnando, Sukarno and Rusmini, 2022. Kinesthetic Intelligence and Physical Literacy of Elementary School Students: A Case of Islamic Elementary School in Riau. The results of this research reveal that there is a significant correlation between kinesthetic intelligence and children's physical literacy abilities. Therefore, this also shows that kinesthetic intelligence has a significant effect on children's physical literacy abilities (Purnando et al., 2022)

From the researchers' observations, physical literacy is very important to support community participation in sports. This is because the aim of physical literacy is to equip individuals to have an active lifestyle in physical activity. Based on some of the literature that is the state of the art above, the novelty of this research lies in the research target, namely in the realm of students in general so that differences and similarities can be seen in the heterogeneous backgrounds of students at Universitas Negeri Semarang.

METHOD

This type of research is qualitative research. In qualitative research, the data produced by researchers is descriptive data in the form of words or speech from participants. Qualitative research places more emphasis on using the researcher's self as an instrument. A researcher's qualitative approach should use themselves as an instrument, because non-human instruments are difficult to use flexibly to capture the various realities and interactions that occur. Researchers must be able to uncover social phenomena in the field by mobilizing all their sensory functions. Thus, researchers must be accepted by informants and their environment in order to be able to reveal hidden data through spoken language, body language, behavior and expressions that develop in the informant's world and environment. Data collection using multistage random sampling technique. The instrument, in the form of a questionnaire in the form of a Google Form link, was distributed to students at Semarang State University. By using a margin of error <0.05 , 300 students at Semarang State University were determined as targets for data collection. Participants were taken randomly with the condition that the participants were representatives of 8 (eight) faculties at Universitas Negeri Semarang.

The analysis technique for this research uses thematic analysis to find themes in the data about the role of physical literacy in supporting community participation in sports in Kudus Regency. Data analysis using the Atlas.ti application 8. The data analysis technique in this qualitative research begins with coding techniques and making memos on interview transcripts. Giving coding in qualitative research, where the code is an ethic or label for marking units of meaning in any descriptive or inferential information that is agreed upon and approved during the course of the study. Codes are usually placed in chunks of varying sizes in the form of: words, expressions, sentences, or whole paragraphs, whether connected or not connected to the specific setting of qualitative research. The purpose of creating a memo is to tie different pieces of data together in a group, or a memo shows that one particular piece of data is an example of a general concept. The steps taken by researchers to analyze the data are; a)

Transcribe the interview; b) Coding using the Atlas.ti 8 application; c) Determine sub themes; d) Make a discussion; e). Make conclusions.

FINDING AND DISCUSSION

The research was carried out by preparing several interview guidelines in the form of main questions. The in-depth interview protocol begins with open-ended questions. Researchers asked one general question: “how is your experience of physical activity?” Next, the researcher asked additional questions to gather deeper information: "what makes you motivated to exercise in the UNNES environment?", "how many times a week do you exercise?" and several other development questions. The aim of this research is to determine the role of physical literacy for students to exercise on the UNNES campus environment. The main focus of this research is the role of physical literacy for students. The role of physical literacy for students, which is the main focus of the research, produces several sub-themes. Sub-themes of respondents' answers included motivation, self-confidence, physical competence, knowledge and understanding.

Table 1. Sub-theme grouping of participant responses

Sub-Theme	Statement Example
Motivation	"We actually exercise apart from using the facilities available in the UNNES environment, but actually we do light exercise to refresh ourselves from the tiredness of lecture activities and assignments
Confidence	"By exercising your body feels fitter, even though sometimes if you overdo it your body hurts, however your body feels better and more confident when doing activities on campus.
Physical Competence	"I do sports because I enjoy it, and I participate in several sports communities, both recreational sports and achievement sports"
Knowledge and Understanding	"Technological developments are increasingly advanced, one of which is electronic equipment that supports sports activities. One thing that supports me in carrying out sports activities is the ease and sophistication of technological developments in sports."

MOTIVATION

Has an important role in sports, one of which is being a motivator in a person's heart to carry out a goal. Motivation encourages a person to gain achievements, awards and recognition from other people. Like some of the responses below:

--"I regularly spend my free time exercising, to keep my body fit and healthy of course. But apart from that, because I am from a Mathematics study program, where people see that we are always busy with books and tend to be physically weak, one of my motivations is exercising to prove that I am no less fit than the athletes out there."
-Muhtar Baihaki

--"I routinely exercise in the afternoon around the UNNES campus, apart from the aim of filling my free time. I do this so that I stay fit even though my weight reaches 98kg"—Niko Alvian.

CONFIDENCE

Self-confidence is the key to mental well-being and human ability to cope with life's stresses. In the world of sports, self-confidence is something that every individual needs to develop in order to have confidence in themselves. Some of the responses found are as follows:

--" When I was in middle school, I was a soccer athlete with the mainstay position of Striker, at that time I had many achievements with my soccer team. But after entering higher education I focused more on academics so my sports activities were much reduced. "For this reason, even though it is impossible, I do regular exercise every afternoon to at least keep my body in shape so that I will be more confident when I have to compete with my peers."—Evan Ardian.

--" It may be strange, but I can honestly say that one of the reasons I do sports in the UNNES environment is to make new friends. I believe that if we exercise together in an open space, it will increase our opportunities to make new connections and friends"--Anton Hendrawan

The participants stated that bullying was seen in grade 4 and above elementary school students with intensity that often occurred in game situations in physical education. Teachers say that this is indeed a task and a challenge that they have to face every day in their world of work.

--"Grouping, this often happens in high school students with friends who are considered the strongest and can win matches, often happens. there are even students who don't get a team just because of their small stature and are considered not to have good skills. This is very important for teachers to pay attention to in every physical education learning session" – Dwi Wahyuni.

- "In my opinion, in the elementary school age group, especially the upper class, their emotions are very high, the desire for power is also high, so when there are friends who are not skilled, ridicule and ridicule are bound to be ejected and this greatly affects the feelings of students who are victims of ridicule" - Sigit Pramono.

PHYSICAL COMPETENCE

Physical competency is an individual's ability to develop skills within themselves for various physical activities and settings. If you want to have good physical skills, you have to train from childhood or even from adulthood. Good physical competence makes individuals multitasked. Some statements from participants are as follows:

--" I'm not a sportsman, I'm not an athlete, but I like playing sports, some games like table tennis. I was once a district champion but I'm not a table tennis

athlete. Then I have also participated in badminton tournaments, so I feel that sports skills are within me, so even though I am from a language and arts study program, I often do sports activities from light to moderate intensity."—Rizaldi

--" When I was in elementary school, I was a mainstay of POPDA Athletics in the 100m dash. but after I went to junior high school until now at university, I have never been active in championships or 100m running training. I don't know the reason, but even though I'm no longer competent at running 100m, to this day I still jog regularly in the morning and evening"—Subhan

Knowledge And Understanding

Knowledge and understanding are important things in doing physical activity. A person must know and understand their physical activities, because knowledge will provide a person with a lot of information and lead a person to new things. As stated by one of the participants.

--" Current knowledge and technological developments are extraordinary, one of which has an impact on the field of sports. The proof is that there are now many fitness measuring devices that can be used by all people without having to have an instructor accompanying them, for example smartwatches. You can find out how many kilometers we have traveled by jogging, what our speed is, everything is recorded there. That's the knowledge that makes me active in exercising because I think now the benefits are clearer and we can check the results directly."—Silvia Urunami

--"I believe that by exercising we can open up more knowledge and insight into the world of sports. To be honest, I only found out when I met one of my friends who was cycling, he said that it turns out that cycling a day for at least five minutes is very useful and beneficial for the body. maintain fitness. Apart from that, the simple activity of going up and down stairs on campus is also useful in reducing calories in our bodies. Maybe if I hadn't met people who were also exercising, I would never have known this information or knowledge." —Adinda Arfa.

DISCUSSION

Physical literacy is the motivation, self-confidence, physical competence, and understanding knowledge to appreciate and take responsibility for involvement in physical activity throughout life." Physical literacy is a foundation for a person to use in various life activities and in efforts to achieve performance excellence. Physical literacy according to Keegan, Bernett, and (Jefferies et al., 2019) states "Physical Literacy is recognized as the basis for lifelong participation and performance excellence in human movement and physical activity. Physical literacy plays a role in older people participating in their physical activities. Elderly people who have established physical literacy will tend to be active throughout their lives, have motivation and confidence in carrying out movements in sports and are competent and knowledgeable.

Experts state that motivation is something that exists within oneself which is characterized by the emergence of feelings and reactions to fulfill needs and achieve goals as well as the presence of readiness within the individual which encourages behavior to do something to achieve a goal/hope (Kılıç et al., 2021) In an activity,

motivation is one of the important components, therefore every individual must have motivation. Motivation can be formulated as encouragement, whether caused by factors from within or outside the individual, to achieve certain goals in order to fulfill/satisfy a need.

Self-confidence is an aspect of personality that an individual absolutely must have, because it is related to belief. Self-confidence is a person's belief in being able to conquer his or her fears in facing various situations (Humaida et al., 2022). Self-confidence is an individual's positive attitude that enables him to develop a positive assessment both of himself and of the environment/situation he faces. Physical competency refers to an individual's ability to develop skills and movement patterns, and the capacity to experience varying intensities and durations of movement. Enhanced physical competency allows a person to participate in a variety of physical activities and settings. Individual abilities that are often trained and developed from childhood will produce good physical competence, this is proven from a young age when they are active in the world of sports and take part in training and championships.

This research was attempted as closely as possible with the aims and objectives of the research. However, it is still felt that there are limitations and weaknesses that can be avoided, including; a) There are limitations of researchers in understanding physical literacy, so they cannot fully explain the existing problems., b) There are limitations of researchers in conducting interviews, so that the information provided by participants is limited, c) There are limitations of researchers in analysis, so that the analysis process only reaches the stage of horizontalization and textural description, not reaching the stage of structural description and the essence of the experience.

CONCLUSION

The role of physical literacy makes students actively engage in physical activities amidst busy lecture activities and assignments. The role of literacy in the form of motivation, self-confidence, physical competence, understanding and knowledge is the main pillar in the results of interviews with 300 general students at Universitas Negeri Semarang. The role of physical literacy greatly influences their activities and leads them to become active students and have extraordinary sports experience.

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