

# Psychological Foundations of Education and Learning and Their Implications for Woodball Sport

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**Abstract:** Psychology is one of the branches of science that is closely related to sports, while sports is one of the branches of science which is divided into several sub-sections including sports education, health sports, recreational sports and achievement sports. On this occasion, we will discuss in depth the aspects of psychology and sports education. This study uses the PRISMA Preferred Reporting Items for Systematic Reviews and Meta-Analyses method. Basically, psychology is the study of individual behavior in everyday life related to groups, the environment and social. Psychology can be defined simply as the study of human behavior. Sports learning really needs integration from other branches of science to be able to optimize the results obtained, through this sports psychology students will be able to optimize and manage anxiety well so as to improve performance in woodball and other sports. Fun learning will make students understand the material easily so that learning objectives will be achieved easily with optimal results.

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## INTRODUCTION

Psychology is one of the branches of science that is closely related to sports, while sports is one of the branches of science which is divided into several sub-sections including sports education, health sports, recreational sports and achievement sports. On this occasion, we will discuss in depth the aspects of psychology and sports education. Psychology comes from the word psychology in ancient Greek which is formed from the combination of the words psyche and logia (Supriyanto, 2015). Psyche means soul and logia or logos means science. In general, people are more familiar with psychological science as the science of the soul. In this psychological science, the wider community still has difficulty in describing because the soul is an abstract object whose form is difficult to see clearly even though its existence is tangible. In the near future, the term soul is

rarely encountered in both social media and daily community conversations, the term soul is now better known as psychic.

Psychology is a science that can be combined with several other branches of science so that it will help a science complete its usefulness, for example sports science. Psychology is a science and an applied science that can be studied and explored about human behavior and psychological functions scientifically. From several sources that have been reviewed, it can be concluded that psychology is a scientific science that examines human behavior both individually, in groups, and in social environments. In this case, researchers observe behavior that is visible and invisible, conscious and unconscious. Researchers and practitioners in the field of psychology are called psychologists, while practitioners who handle psychology medically or often known as psychologists are called psychiatrists. Psychologists study mental roles and functions as seen through behavior in everyday life in the capacity of individuals and social groups. Psychiatrists study physiological, neurobiological processes, and some mental disorders related to behavior.

In recent times psychology is considered to have a very important role in the development of sports science. Mental is very influential in the process of achieving a person's success, both in achievement sports, educational sports and in sports in terms of health and recreation. Many people think that mental problems greatly affect the mentality of an athlete when competing, athletes who have a good mentality will calmly face their matches and make the techniques and tactics that have been learned can be maximized, while athletes who have a poor mentality will feel nervous and anxious so that the techniques and tactics they have been practicing will lose to the anxiety they face so that the skills produced are not optimal. This psychological factor is actually rarely processed by coaches who do not have awareness of this, even though the coach should have a good provision of psychology in order to process the psychology of his athletes so that the athlete's performance can increase optimally.

In athletes, there are three factors that affect their performance, namely physiological, anthropometric, and psychological factors (Supriyanto, 2015). The athlete's performance will be much improved rapidly if the coach is able to process these three factors well. Physiological factors are closely related to speed, endurance, agility, and power. Anthropometric factors are related to an athlete's body structure such as leg length, arm length, finger length, weight and height which can be identified and selected according to the sport they are engaged in. While psychological factors are related to the psychological or mental maturity of athletes when practicing and competing to achieve maximum performance.

In learning Physical Education Sports and Health, psychological factors are very influential in addition to physiological and anthropometric factors. In this learning, PJOK teachers are considered as teachers who provide learning in a

simple and fun form through games. In learning this form of game, students often feel happy so that the level of stress due to learning other subjects will be greatly reduced. For example, many students say that PJOK learning is able to eliminate anxiety or stress due to math learning. This PJOK learning is of course designed by the teacher so that students are able to understand the material correctly in the form of games. One of the PJOK lessons that is being developed lately is learning a simple woodball game but can be developed and lead to sports achievements both at the student and general levels. Woodball in the realm of students can be developed because there are not many enthusiasts and not many people who pursue this sport, even though the world champion in woodball sports comes from Indonesia. In the future, hopefully more people will take an interest in woodball.

## **METHOD**

This study uses the PRISMA Preferred Reporting Items for Systematic Reviews and Meta-Analyses method (Helwig et al., 2023). The PRISMA method involves four stages, namely: searching on data provider platforms with predetermined keywords and topics; filtering data to ensure that it is keywords and predetermined topics; data screening to ensure suitability for the topics covered (Page assessment of data quality based on full text and predefined inclusion and exclusion criteria; and a comprehensive review of the data (Page et al., 2021). inclusion and exclusion criteria; and a comprehensive review of the results of the search for selected data to find similarities and differences (Faiz et al., 2022). The databases used included Scopus, PubMed, and ScienceDirect, with searches conducted using relevant keywords. The search terms included the psychological foundations of education and learning and their implications for the sport of woodball in 2015-2022 because articles about woodball are still very rare.

## **RESULTS**

### **Learning and its Implications for Sport**

To have high success in learning physical education sports and health requires a process that is not instantaneous that takes place over a long time because learning is a process in human life that occurs throughout life. Learning is a process of growth in thinking patterns, changes in behavior learned through experience and learning. The intended behavior is in the form of individual attitudes towards other individuals or towards the social environment. The thing that can influence behavior is the environment around where we grow and develop. Things that are taught by our environment such as thought patterns, feelings, attitudes and traits.

Learning is an effort to develop the potential of an individual guided by someone who is experienced in their field. A person usually has a framework of thinking to be used in the future in the process of development and growth. There

is someone who is born with a certain talent and can be easily identified by people in the surrounding environment. A person can easily become what they want when they know what talents are in them and are able to develop the potential that exists in them.

The learning process can take place actively and passively. Passive learning occurs when individuals respond to the material that has been received and just give a reaction. While active learning is more about response and there is a reciprocal relationship from the material that has been given, then there are proactive steps taken to get optimal results. Things that are obtained from the learning process are permanent in nature that last for a long period of time. This does not mean that this knowledge can disappear from a person's memory, for example when learning physical education sports and health the theme of woodball sports is rarely practiced or only once a year, student skills can decrease or tend to disappear.

Learning will be more optimal when the recipient of the info is in good health, psychological and physical functions are in good condition so that the information obtained will be able to be received quickly. In addition, the age factor also affects the learning process, if one's age will increase, one's memory will decrease. The sports process really requires a learning process both in the realm of knowledge and skills. Good knowledge will be able to help a good understanding of motion and will produce good motion skills and the sports that are done will get optimal benefits.

## DISCUSSION

Basically, psychology is the study of individual behavior in everyday life related to groups, the surrounding environment and social. Psychology can be defined simply as the study of human behavior. In the realm of sports, the intended behavior is movement skills such as walking, jumping, hitting, kicking, and throwing. This movement occurs through the understanding of thought patterns and feeling patterns that are displayed through movement. According to Bucher (Apruebo, 2005) sports psychology is a scientific field that uses psychology which utilizes concepts, facts, and methods of psychology for the benefit of sports activities to make it better in the future. In the discussion of sports psychology Education and its implications for woodball sports we will discuss several important points including the following.

### **Study of Sports Education Psychology**

According to (Firdaus, 2012) sports psychology has several fields of study that can be studied including the fields of psychometrics, social, personality, learning, and development. Meanwhile, according to (Wibowo, 2021) sports psychology has goals including studying psychological factors in individuals that affect exercise performance, sports participation affects health. This field of study

links psychology in its development. From the above, it can be further explained in the following explanation:

1. Field of psychometrics
  - a. Measurement is a process of benchmarking to obtain data using valid measuring instruments.
  - b. Individual differences. Differences arise because each individual has unique characteristics and cannot be exactly the same as other individuals.
  - c. Group differences are visible and can be observed, this difference may be created because each group has different goals.
  - d. Selection and prediction to detect a person and predict something that will happen in the future.
2. Social field
  - a. Group dynamics, in everyday life humans are social creatures where an individual cannot be separated from his environment.
  - b. Cooperation and competition. In everyday life cooperation is needed to achieve the same goal, while competition will shape an individual to have a competitive spirit.
  - c. Management and leadership. In the process of achieving goals, good management and good leadership are needed.
  - d. Environmental influences. The environment is very influential in the process of individual character building.
  - e. Communication, a person is required to have good communication so that he can understand himself and the people in his environment.
3. Personality field
  - a. Self-adjustment. In this stage the individual is required to be able to adapt to the environment in which he is. Good adaptation will lead to a good fit between the individual and the surrounding environment.
  - b. Self-concept. In this case, it discusses the behavior of an individual created from the results of the individual's thoughts which are then contained in words and actions.
  - c. Motivation, consistency, and effort. To achieve success requires high motivation from within oneself, consistency in the process and maximized effort from an individual.
  - d. Success trait. Success is shaped by careful and precise measurements. Success can be detected by taking physiological measurements, anthropometric tests etc.
  - e. Anxiety has a role in individual success. Excessive anxiety will hinder individuals in terms of courage, therefore an individual must be able to control the level of anxiety that exists in him.

- f. Psychological well-being. Exercise regularly and pay attention to the psychological aspects of a person will avoid excessive stress.
4. Field of learning
  - a. The learning process, at this stage the individual masters the material that has been learned so that skills are formed.
  - b. Learning has principles that need to be obeyed if you want optimal results.
  - c. Factors in learning include internal and external motivation, intelligence, the right teacher with learning methods.
  - d. Failure and success are friends in a process, in this case failure can be interpreted as delayed success.
5. Developmental field
  - a. Age at the time of learning. At this time the child performs activities in accordance with the growth and development of children in accordance with their age. Normal development has the right benchmark according to the age of the child. If the child experiences advantages and disadvantages in one thing, it can be concluded that the child has a growth deviation. At this stage, parental monitoring is needed so that children can grow according to optimal development.
  - b. Heredity or genes and experience. Genes are very influential in the process of child development, besides that the child's experience in exploring makes the child have a lot of experience. Genes are passed down from parents, while experience is gained by children from the surrounding environment where they live and the daily environment of a child.
  - c. Maturity process. In this process, physiological functions experience functional maturity.
  - d. Developmental characteristics occur in children, adolescents, and adults. Each stage of development has different characters or characteristics, this stage is very influential for the next stage. Each stage must be optimized properly so that development at the next stage will be optimal.
  - e. Disability. Abnormal growth and development can be called deviations, disability is one of the deviations due to the limitations of a person's physical condition. One can help people with disabilities by detecting the needs of people with disabilities and providing professional treatment.

### **Woodball sport**

Woodball sports development includes several important things not only in terms of achievement development (Widya, 2018). Woodball is one of the relatively new sports in Indonesia. Woodball is a sport that is included in the target

game and is classified as a small ball game. This woodball game has several basic techniques using a tool called a mallet (woodball stick) including swing, long distance shots, half or medium shots, short distance shots and gateing or finishing shots. While techniques without tools include set up positions, preswing routines, and swinging movements. How to play this woodball sport by hitting the ball from the starting line and entering the goal called the gate. The least number of strokes will be the winner in this sport. This sport can be played in individual numbers, men's doubles, women's doubles, mixed doubles and teams which are divided into 2 types of matches, namely stroke and fairway (games carried out by knockout) while the stroke game is carried out by summing up the strokes of 24 fields and can be taken 12 big ones which are then carried out the final match by playing 12 fairways (fields). If the ball goes out of the field line it will be recorded as doing 2 strokes at once and is called OB (out bound).

Woodball sports have a very good opportunity if developed seriously, this sport if taught to children in learning physical education sports and health will help teachers in realizing the profile of Pancasila students. Indonesian athletes who competed in multi-events such as ASEAN beach games, world championships were able to present the highest achievement, namely as the first rank of men's single stroke numbers and the first rank of women's single fairway.

From the results of the achievements that have been obtained, the task of the physical education sports and health teacher is to introduce various sports that are relatively new and look for athletes in Indonesia in the future. In this woodball sport, the psychological aspect is very influential on the success of athletes and students in achieving champion results. Athletes who have a good mentality will be able to control the anxiety that exists in themselves and be able to optimize the opportunities that exist so that they will be more likely to become champions.

## **Conclusion**

Psychology is a science that can be combined with several other branches of science so that it will help a science complete its usefulness, for example sports science. Psychology is a science and an applied science that can be studied and explored about human behavior and psychological functions scientifically. Sports learning really needs integration from other branches of science to be able to optimize the results obtained, through this sports psychology students will be able to optimize and manage anxiety well so as to improve achievement in woodball and other sports. Fun learning will make students understand the material easily so that learning objectives will be achieved easily with optimal results.

## **Conflict of Interest**

All authors state there is no conflict of interest.

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