

Level of Motivation and Sports Interest in Santri Pesantren Doa-Qu Semarang City

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ARTICLE INFO

ABSTRACT

Article history

Received 2024-11-21

Revised 2025-01-03

Accepted 2025-01-10

Keywords

Islamic Boarding School

Sport

Teenager

Motivation

Nutrition

Sport is a movement activity using certain techniques, in its implementation there are elements of competition and games. Sport is an activity that must be done by everyone, including students at Islamic Boarding School. Santri are teenagers, where teenagers are currently a group that is vulnerable to facing a double burden of nutrition problems. So it's best to do exercise and/or physical activity regularly, so that your body stays healthy until old age. The purpose of this research is to find characteristics, motivation and interest of Islamic boarding school students in sports. This research is quantitative descriptive, using questionnaires and interviews as primary data, and using the students' daily activity schedule at the Islamic boarding school as supporting data. The results of this research are that students have high motivation and interest in doing sports. However, that the Islamic Boarding Schools do not have regular and consistent sports activities or schedules. It is recommended that Islamic Boarding School Leaders provide a schedule and sports facilities so that students can exercise routinely and consistently.

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INTRODUCTION

Santri are divided into Santriwan and Santriwati, most of whom fall into the category of Muslim children and teenagers. They are called Santriwan and Santriwati because they study religious knowledge seriously in an Islamic educational institution with a dormitory system (boarding school). At the beginning of the formation of the boarding school, Santriwan Santriwati was only given religious knowledge through the recitation method or madrasa, as well as teaching and learning activities carried out in the boarding school environment and or mosque. Teaching and learning activities at that time were carried out by Kyai / ustadz / ustadzah. As time goes by, boarding schools in Indonesia are growing and the number is increasing (Zahidi, 2017) . In addition to the increasing number of boarding schools in Indonesia, the learning methods in them have also changed (traditional methods to classical methods) following the development of science and technology. The changes that occur do not mean that they will eliminate the characteristics of a boarding school. It is intended that boarding schools can adapt to the character and culture of the present and be accepted by the wider community without eliminating the culture of their time.

In addition to changes in the learning system, there are other changes, namely the facilities provided. One of the boarding schools that implement modern pesantren is Pondok Gontor, which was

established in 1926. This boarding school is known to combine traditional and classical (holistic) methods. The boarding school curriculum implements yellow book teaching education with traditional methods, but formal schools continue to be developed (Mahrisa et al., 2020) . One concrete example is that the boarding school encourages students to learn foreign languages other than Arabic such as English and participate in various extracurricular activities such as sports. Sports is one of the most important activities in human life, therefore it is very necessary for everyone to do, including Santriwan and Santriwati. It is known that santri are teenagers so they are expected to do sports regularly, because sports can improve quality and maintain physical health.

Given that most people are busy with work, school and other activities, today's young generation faces a double burden of malnutrition. The double burden of malnutrition in question is the problem of malnutrition, obesity and micronutrient deficiencies (Fauziyyah et al., 2021) . Adequate food intake and balanced exercise will increase the body to look healthier and fitter. A fit and healthy body is a hope for everyone, because a fit and healthy body is a requirement for productive activities (Roring et al., 2020) . In addition, exercise can also improve mental health and support aspects of social coordination (Ciaccioni et al., 2024) . The activities of students while in boarding schools are studying fiqh, moral science, Sufism and other religious sciences, so there is no learning of general science other than religion (Mahrisa et al., 2020) . This is because Islamic boarding schools in Indonesia still maintain traditional education patterns such as learning kitab science, tafsir science, and tajweed science. Therefore, students in boarding schools have almost no time to do sports. Sports programs in Islamic boarding schools should be placed proportionally, because Islamic teachings strongly support sports. In addition to sports being useful for maintaining health, it is also a medium to encourage the development of motor skills, and physical abilities, and helps students understand why humans move statically (Rubiyatno, 2014) .

Pondok Pesantren DOAQU (Doa Ahli Qur'an) Semarang City is an Islamic religious education institution that has male and female dormitories. The boarding school has 100 students and is managed by an ustadz born in Wonosobo. The boarding school is located in Gunungpati, Sadeng village and in Ambarawa. The research was conducted at Pondok Pesantren DOAQU Gunungpati, because one of the boarding schools maintains traditional learning methods. The vision of the DOAQU Islamic Boarding School is "Becoming the best believer of Allah S.W.T by learning and teaching the Quran". One of the missions implemented is by involving senior students to be disciplined in memorizing the Quran correctly. In line with the vision of the boarding school, the purpose of establishing the boarding school is to make the students of the boarding school a Quran memorizer (hafidz / hafidzah). Therefore, the mandatory activities scheduled from the caregiver's are ma'hadiyah activities, namely activities organized within the scope of the boarding school, such as the study of salaf books, tahfidz, batsul masa'il which are taught directly by the caregiver/ustadz. In addition to these activities, it is carried out

independently or each student with makeshift infrastructure such as sports.

The infrastructure of the DOAQU Islamic Boarding School is adequate to support religious learning activities. However, for activities carried out by students independently, such as sports, there is no well-managed infrastructure. Therefore, the intensity of the implementation of sports activities is very irregular and unscheduled. Therefore, this study was conducted to measure the level of motivation and interest of students in doing sports at the DO'AQU Islamic Boarding School in Semarang City.

METHODS

This study describes and or evaluates the duration and type of exercise applied in boarding schools, so the research method used is descriptive observational with a *cross sectional* design (Sinaga, 2023) . Twenty-five participants were selected based on a simple random sample and in accordance with the inclusion criteria (aged >10 years, residing in boarding schools, and in good health). Data were collected using observation methods, and questionnaires (Prawiyogi et al., 2021) . Data collection was carried out to describe the behavior of students during the day. Observations were carried out by researchers and boarding school caregivers using the observation technique carried out, namely non-participatory, because the observer / observer did not participate in the overall activity under study (Sinaga, 2023) . Observation activities are intended to collect data about the learning implementation schedule. To clarify the results of observations, interviews were also conducted with the caregivers and administrators of the boarding school. While the questionnaire was used to collect data on how students' motivation and reasons for sports activities carried out independently.

In accordance with the type of approach used in this research, quantitative descriptive and qualitative descriptive analysis methods. data and evidence obtained are not intended to prove or reject hypotheses. The steps taken in the processing stage are mainly data selection, tabulation and data analysis. The first step, all data that has been collected will be selected. Tabulation means that the selected data is organized or arranged in the form of a *table* or matrix to facilitate the analysis stage. Furthermore, the data analysis stage uses non-statistical analysis or descriptive analysis (Abdussamad, 2021) , (Sinaga, 2023) .

RESULTS AND DISCUSSION

The subjects who participated in the study totaled 23 people, with 14 men (61%) and 9 women (39%) (Figure 1). The age range of the subjects was quite varied, ranging from 14 years old to 26 years old.

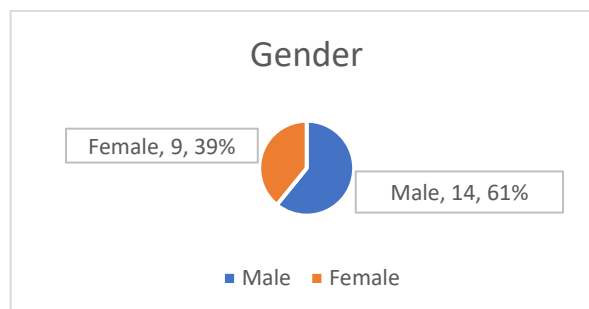


Image1 . Percentage of Subject Gender

The educational background of the santri is a junior high school student as many as 9 people (39%), high school as many as 4 people (17%) and college as many as 7 people (31%). However, there are also students who are not students, totaling 3 people (Figure 2).

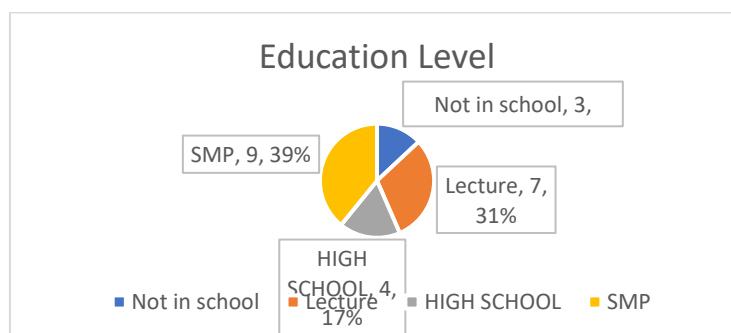


Image2 . Percentage of Subject Education Level

In addition to having different backgrounds, the subjects have different heights and weights so that the Body Mass Index (BMI) is also different. The BMI describes the nutritional status of the subject, there are four categories of nutritional status, namely very thin, thin, normal and overweight. Based on Figure 3, it can be seen that the subject's BMI varies. 26.09% or 6 subjects had a very thin nutritional status, with a BMI $<14.9 \text{ kg/m}^2$. 30.43% or 7 subjects had a thin nutritional status, with a BMI range of $15.0 - 18.4 \text{ kg/m}^2$. 39.13% or 9 subjects had normal nutritional status with BMI $18.5 - 22.9 \text{ kg/m}^2$, and 4.35% or 1 subject had overweight nutritional status with BMI $23.0 - 25.0 \text{ kg/m}^2$.

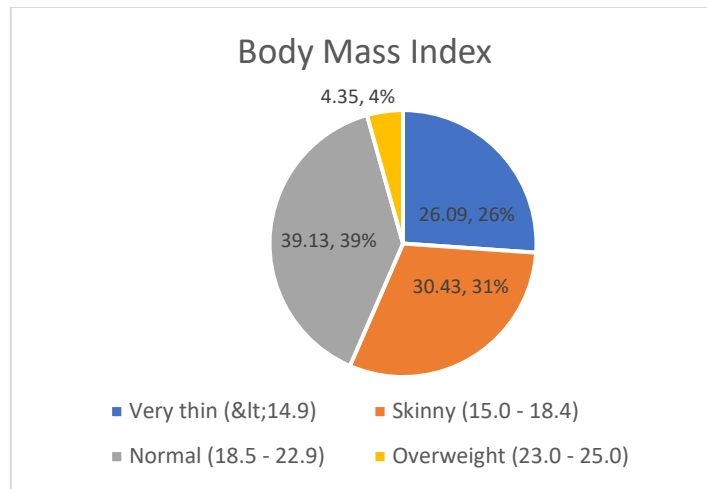


Image3 . Percentage of Subject's BMI

There are also the results of the subject's knowledge about sports, the subject's habits related to sports, the subject's reasons and the subject's motivation for participating in sports. The following are the results of the subject's knowledge and the subject's habit of doing sports:

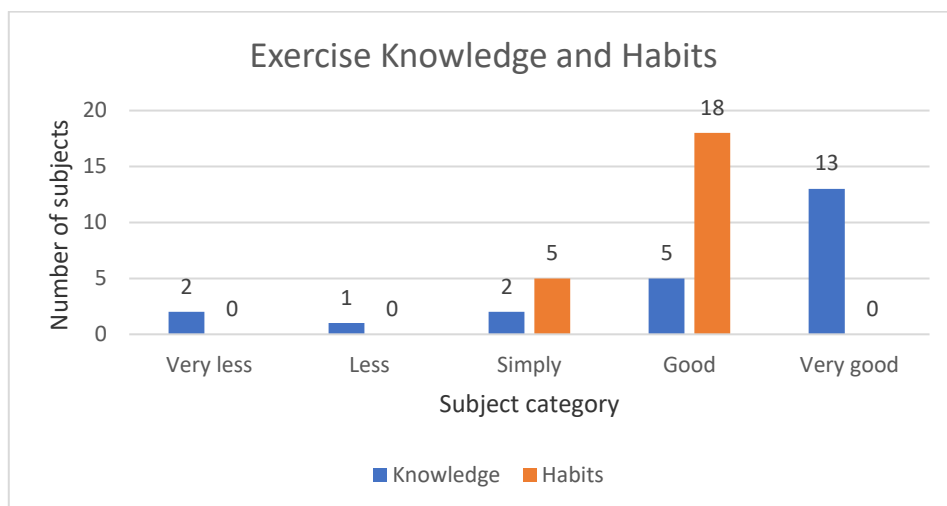


Image4 . Subject's Knowledge and Exercise Habits

Based on Figure 4, it can be seen that the percentage information of the categories of knowledge and habits of subjects about sports. 8.7% or 2 subjects are classified in the category of very poor knowledge, 4.35% or 1 subject has poor knowledge, 8.7% or 2 subjects have sufficient knowledge, 21.7% or 5 subjects have good knowledge, and 56.5% or 13 subjects have very good knowledge about sports

The following are the results of measuring the picture of motivation to do sports activities. To determine the category at the motivation level by determining the interval length. The interval length is obtained from the highest value minus the lowest value divided by the number of categories. From the length of the interval, the categories for motivation to do sports activities are as follows:

Table 1 . Results of Descriptive Analysis of Sports Santri Motivation

Interval Range	Category	Percentage	Frequency
$81,25 \leq M \leq 100$	Very High	0	0
$62,50 \leq M \leq 81,25$	High	91,3%	21
$43,75 \leq M \leq 62,50$	Low	8,7%	2
$25 \leq M \leq 43,75$	Very low	0	0

The purpose of measuring subject motivation is so that researchers know to what extent the subject has the motivation to do sports. Exercise is a physical activity that has the aim of strengthening muscles to function optimally. Sports as a means of fulfilling human movement needs has become an option for most people and has even become a lifestyle (Hadi, 2020) . Nowadays, sports are increasingly being introduced to the wider community, so that sports are one of the alternatives that provide clear evidence of achieving a successful quality of life for the elderly (Black & Reynoso, 2024) . Therefore, exercise is highly recommended in various circles and ages because exercise contains various motion analyzers such as: strength, speed, agility, balance, endurance, coordination, flexibility, and stamina (Akhmad & Zainuddin, 2019) . Sports at the level of children to adolescents can be implemented in extracurricular activities, or as mandatory activities each semester. There are several positive values that exist in extracurricular sports, such as students can develop their interests, talents, and hobbies. In addition, it can also train sports skills and knowledge, and train attitudes in doing sports (Hidayat & Hambali, 2019) . The existence of extracurricular sports that must be followed regularly and consistently, it will stabilize students' health levels, maintain body fitness and increase muscle mass. The results showed that one hour before learning in class, students are required to take physical training in order to increase muscle endurance and cardiovascular endurance. Other research results from the fitness aspect that students who have low fitness mean that they do not participate in extracurricular sports. Vice versa, good physical fitness is students who take part in extracurricular activities that can support their physical fitness (Kasyifa et al., 2018) . Therefore, extracurricular sports have a positive influence on learning motivation (Hidayat & Hambali, 2019) . Factors that influence whether or not sports are consistent are interest and motivation.

Based on the results of the descriptive percentage analysis contained in table 1, the subject's motivation to exercise is classified as high (91.3%) as many as 21 students. Thus, it shows that in general the motivation to exercise of the boarding school students is in the high category. It is also shown from the age of the subjects, the majority are in early adolescence and have high exercise motivation. The motivation that exists in the subject has various reasons, for example, the reason for wanting a healthier body, the reason for liking, the reason for wanting to be famous and many more. However, there are 2 other students who have low motivation to exercise (8.7%). Various reasons for adolescents to have low motivation to exercise, such as lack of free time, not being a top priority, access and the costs required are expensive so that infrastructure is not available (Bentzen et al., 2021) . However, there are

also other reasons that come from within, namely feeling if the exercise is no longer fun, so that the subject becomes bored (Ladwig et al., 2023) . Interest and motivation are interrelated and greatly influence a person's behavior in doing sports regularly. This is because interest is the beginning of a condition to like something. Interest that arises is influenced by several factors, such as internal factors (sense of interest, feelings of pleasure, and curiosity). In addition, there are also external factors, namely the availability of facilities and infrastructure, support from teachers, friends, and family (Hemayanti et al., 2020) . These two factors will increase the subject's information regarding the benefits obtained. After that the subject will feel happy and more motivated to keep doing it. From a sense of pleasure, an urge arises to carry out these activities to answer the conditions created. Interest in exercising can form motivation to always be active in sports activities, therefore motivation as a driver, director and at the same time a driver of one's behavior to achieve goals (Putra, 2020) .

This study shows that the percentage of subjects motivated to do sports is in the high category, but the high motivation is only in male subjects. This is in line with several studies showing that men are more likely to participate in higher sports than women (Oliveira-Brochado et al., 2017) . After knowing these results, the researcher delved deeper into the reasons the subject had high motivation. There are several intrinsic reasons that influence the subject's motivation, such as all subjects have a desire to be fitter and healthier. In addition, it is also known that the subject has an external reason, namely to get praise from people around. Based on the article, there are two factors that influence the motivation to do sports, namely intrinsic factors including physiological needs, security needs, and self-actualization needs. While the second factor is extrinsic, including the need to socialize, and the need for appreciation from the surrounding environment (Kalajas-Tilga et al., 2020) . However, some studies show that intrinsic factors are more dominant than extrinsic factors. When a person is intrinsically motivated, that person will be free to move to do the challenges that exist. This is in line with the results of research by Lutfi and Winata (2020), that intrinsic motivation will affect performance, and also affect the fulfillment of the need to increase self-actualization (Lutfi & Winata, 2020) . These motivational factors are in line with the factors that exist in the subject at the boarding school. Although the subject's motivation is quite high, the subject does not exercise regularly. The subject did not exercise due to several things, such as the busy activities on that day and the prohibition of wearing short clothes. The prohibition, for example, male subjects when exercising are prohibited from wearing shorts because according to Islamic law the male aurat starts from the knee to the chest (Rahman, 2020) . While the subject is required to dress in accordance with Islamic law, so when exercising the male subject wears training pants or wears a sarong. Then for female subjects according to Islam, covering the aurat is the whole body except the face and palms. The hijab must cover the chest and must use a long skirt (Purkon, 2023) . Clothing when doing sports is one of the important things. But in the view of Islam, sportswear must meet the criteria set by Islamic law. Sportswear in accordance with Islamic law must be able to cover the aurat, do not show excessive body shape, do not cause immorality, do not resemble the clothes

of infidels, and do not cause excessive pleasure (Said et al., 2023) .

In addition to the dress code, it can also be seen that there is a Vision and Mission of the boarding school, which is to direct the subject to have good character, and be able to become a hafidz or hafidzah. So that the manager makes a schedule of activities that can support his vision, starting from 03.00 - 04.00 WIB the subject performs tahajud prayer followed by morning prayer, after that at 05.00 - 08.00 WIB the subject performs ziyadah followed by bathing and dhuha prayer, after that at 08.00 - 12.00 WIB the subject continues madrasa related to Islamic religion. After more than 12.00 WIB, the subject takes a break and continues the afternoon recitation until the evening until 21.00 WIB the subject has to go back to sleep. Seeing this schedule and background, the DOAQU Gunungpati boarding school focuses on in-depth Islamic religious learning. So it does not have routine sports activities scheduled by the boarding school.

It is known that the subjects are children to adolescents, mostly adolescence is a period of change from childhood to adulthood. At this time there are major and significant changes in mental and physical maturity, especially sexual function. So that the soul often shows changes in behavior, such as sadness, moodiness, locking themselves in the room (Ramanda et al., 2019) . These feelings easily arise if adolescents already know about *body image*. Adolescents with disproportionate body shapes will increase negative feelings, such as sadness, *insecurity*, and moodiness. These feelings will interfere with eating patterns, thus increasing other crises in the form of loss of physical and spiritual balance (Berengüí et al., 2024) . This unstable self-condition requires special attention, especially in filling the free time of both parents, teachers, coaches, and adolescents themselves (Ramadhan, 2012) . Teenagers tend to have more free time, because they have not worked and their learning time at school is relatively short. Based on the results of the study, the more free time they have, the higher the potential for negative impacts. One of the negative impacts that arise is lifestyle changes that result in health levels in adolescents. The changes in question are modern and westernized lifestyles, often found in big cities in Indonesia. Based on the results of research, prosperity and ease of life lead to *sedentary life style*, which greatly reduces physical activity (Ssewanyana et al., 2018) . One of the causes of low physical activity is the misinterpretation of sports only for *entertainment* (Setyoadi, Rini, and Novitasari 2015) . This will lead to obesity if left in the long term. Obesity describes the accumulation of fat in adipocytes that can occur when calorie intake exceeds the body's metabolic needs. Early life obesity can increase morbidity and mortality in adulthood (Telisa et al., 2020) .

Obesity in adolescents will increase the occurrence of diseases such as blood pressure, cholesterol, triglycerides and diabetes. Apart from the lack of exercise, stress can also make adolescents obese. Obesity can be avoided by doing physical activity and or exercise regularly and consistently between activities (Nugroho, 2020) . Study results show that exercise can reduce the risk of various diseases to depression or stress. Based on the recommendations of the *UK National Institute for Health*

and Clinical Excellence (NICE) Guidelines a structured and repetitive exercise program three times a week, each 45 minutes - 1 hour carried out for 10 - 14 weeks has a significant effect in mild to moderate depression intervention. The study is in line with the results of the Chang et al study, that all physical exercise models have a significant effect in preventing depression (Pingkan et al., 2019) . In addition, another review published by Mansfield et al showed that practicing sports with peers can increase adolescents' enjoyment, and also reduce negative feelings about the quality and quantity of their competence and abilities (Peris-Delcampo et al., 2024) . In addition to maintaining psychological well-being now, exercise can also prevent depression in the future, namely old age. Countries in Europe have given obligations to the wider community about the importance of physical activity and exercise, because it can improve physical and mental health (Oliveira-Brochado et al., 2017) . Therefore, adolescents are encouraged to engage in consistent physical activity to exercise.

Nutritional status is obtained by anthropometric examination in the form of body weight and height which is then interpreted into IMT, then the IMT measurement results are compared with anthropometric standards based on the IMT index according to Age (IMT / U) (Indrasari & Sutikno, 2020) . The subject has a good nutritional status even though it can be said that the frequency of the subject lacks exercise. This is because in the boarding school it is mandatory for students to do Monday Thursday fasting. Monday Thursday fasting is an activity of refraining from eating, drinking, and lust from sunrise to sunset, which is carried out every Monday and Thursday only. The benefits of fasting are that it can neutralize toxins from preservatives in organs such as the kidneys. In addition, fasting can maintain body weight, because fat reserves are released as ketones into the bloodstream as a source of energy. This is in line with Soo Liang Ooi's research in 2019 by stating that there is a significant effect on body weight between before and after fasting Monday and Thursday. Body weight after fasting Monday and Thursday is lower than before fasting (Dzulhijah et al., 2023) . Another factor that influences the diet applied at the boarding school is two meals a day, with a set amount and portion. This is in line with the theory of Thasim, Syam and Najamuddin that an excessive diet can be a factor of obesity, as well as if a diet that is not in accordance with the recommendations will be a risk factor. Basically, calorie intake is needed by the body to carry out physical activity, but it is also necessary to maintain body weight with a balance between incoming energy and outgoing energy (Hanani et al., 2021) .

CONCLUSIONS

Based on the results of the study, the motivation and interest of the students of the DOAQU Gunungpati Islamic boarding school in doing sports is quite high, but there is no *support* from the management. This is because the *background of the* boarding school is a Salafi boarding school. During the research process, there were limitations experienced by researchers, namely honesty in filling out questionnaires. The researcher recommends that future research focus on the managers of the boarding school.

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