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## ANALYSIS OF STUDENTS INTEREST TOWARDS FOOTBALL EXTRACURRICULARS IN HIGH SCHOOL

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**Abstract** The purpose of this research is to determine the level of interest in football extracurricular activities among male students in class X at IT Nur-Hidayah High School, Kartasura District. The study included all male students in class X at SMA IT Nur-Hidayah, with a sample size of 123 students selected using a total sampling technique based on classes. The research used a questionnaire as the main instrument for data collection and employed the Likert Score Scale technique for data analysis through percentage frequency distribution. The findings revealed that male students in class X at SMA IT Nur-Hidayah, particularly in classes X-2 and X-4 (Tahfidz), exhibited a high interest in football extracurricular activities. The data also indicated that 65% of students had a high to very high interest due to internal factors, while 55.3% showed low interest influenced by external factors. As a result, the study suggests the need to introduce a new extracurricular activity, specifically football, to cater to the high interest of class X male students at SMA IT Nur-Hidayah. Despite potential challenges such as lack of facilities and instructors, many students are keen on participating in this new extracurricular activity.

**Keywords:** Extracurricular; Football; Interest; Factor; Nur-Hidayah IT High School



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## **INTRODUCTION**

Extracurricular activities encompass a wide range of activities that occur outside of regular school hours and are integrated into the school's program based on its unique conditions and requirements. These activities play a pivotal role in nurturing students' holistic development, providing them with the opportunity to cultivate their passions and talents beyond the confines of traditional classroom learning (Zai, 2023). Typically scheduled after school hours, extracurricular activities are intricately woven into the school curriculum, tailored to meet the specific needs of students and the institution. They involve a diverse array of training and developmental initiatives that are closely aligned with the students and the school's educational programs (Aji et al., 2022). Emphasizing the enrichment and honing of talents that align with students' capabilities and the school's objectives, these activities are thoughtfully crafted to channel and harness students' interests and aptitudes. Notably, soccer stands out as one of the most sought-after extracurricular pursuits in schools today (Hafid et al., 2021).

Football, a highly popular extracurricular activity, is a team game

played by two opposing groups, each comprising 11 players, and is played in two halves of 45 minutes each. The primary objective is to control the ball with your feet and score by putting it into the opponent's goal. (Cahyo Putri et al., 2021). In addition to the 11 players, the game is influenced by the lines on the field. Basic skills are essential in all extracurricular areas, including football. According to Misbahudin & Winarno (2020), Football involves specific techniques, encompassing various foot movements required to play the game effectively. From the information provided, it can be inferred that players can control the ball using their feet, legs, head, and body. The game includes several fundamental soccer techniques, such as kicking, dribbling, stopping, heading, tackling, throwing in, and guarding the goal. (Muhammad, 2018)

Based on observations of Mr. Arif Zakaria as a sports teacher and extracurricular coordinator at SMA IT Nur-Hidayah, extracurricular activities at SMA IT Nur-Hidayah in Kartasura District, Sukoharjo Regency, it is known that the school has many extracurricular activities both academic and non-academic. Extracurriculars at the school are divided into compulsory extras, club

extras, and elective extras. Mandatory extras include Thifan, taekwondo, tapak suci, karate, wing Chun, archery, badminton, superchef, handicraft and gymnastics. Extra club options include bio club, physics club, chemistry club, math club, economics club, Arabic club, English club, Geo club, and Mandarin. Extra options include journalism, computer robotics, PMR, graphic design, athletics, futsal, mind development, scientific work, history, badminton, basketball, theater, darling, Nabisco, and archery. However, based on observations that it is one of the best sports in the world which is popular among both lower and upper classes and also from children to adults, this school, namely IT Nur-Hidayah High School, does not have extracurricular football. This is based on the fact that this activity experiences many obstacles and the causes are several factors, including the lack of adequate facilities, the unknown interest of students in extracurricular football, and competition between players which is quite tight.

(Rahmat, 2018) The concept of interest refers to the state of having feelings of liking or attachment to an activity, even without being taught. According to expert “(Crow and Crow,

2020)” and According to expert “(Noeng Muhajir, 2020)” nterest can take the form of a high inclination, enthusiasm, or a strong desire for something. There are two main factors influencing interest (Oktawan, 2010). The first factor is internal, which includes physiological and physical/psychological factors. Physiological factors arise from the five senses and nerves, while physical/psychological factors come from observation, attention, emotions, and motivation. The second factor is external, which includes social and non-social factors (Panjaitan, 2020). Social factors involve influences from outside, such as the presence of parents or certain people, while non-social factors are natural influences like climate and facilities. These factors consist of several indicators, such as motivation, ideals, kinship, facilities, sense of well-being, attention, and the role of the teacher. According to expert Muhaimin, these are the factors that influence interest in extracurricular football. (Cahyono, 2017)

Observations at SMA IT Nur-Hidayah in Kartasura District, Sukoharjo Regency, show that the school offers numerous extracurricular activities, both academic and non-academic.

Surprisingly, the high school does not have a football extracurricular. Therefore, this research aims to "analyze the interest of male class X students at SMA IT Nur-Hidayah towards football extracurricular activities". After conducting this research, the researchers hope that the school will consider introducing football as an extracurricular sport.

## **METHOD**

This research has a quantitative descriptive research design with a survey method. Descriptive research is research to describe and investigate existing circumstances and conditions and is summarized in the form of a research journal. The method in this research uses a survey method, this survey method is a general method for collecting data as widely as possible. By collecting data using questionnaires. The questionnaire will be analyzed in the form of scoring and then analyzed using descriptive analysis expressed in the form of a frequency distribution.

A population is a general term for a group of objects or subjects characterized by certain traits. In this research, the population refers to the group that the researcher has chosen to

study and draw conclusions from (Sugiyono, 2017). In this study, the population consists of class X SMA IT Nur-Hidayah students, with a total of 123 students included in the sample.

The sampling technique used is *total sampling*, and the distribution of samples according to class is as follows::

**Table 01. Number of Samples by Class**

No	Class	The Number Of Student
1	X-1	35
2	X-2	33
3	X-3	34
4	X-4 (Tahfidz)	21
<b>Total</b>		123

The research instrument is a closed questionnaire containing statements designed to gather information from the sample (Sugiyono, 2019). To ensure that the statements in this instrument are more systematic and achieve the expected goals, the first step is to create a research instrument grid. This instrument grid includes 2 factors: (1) Internal Factors, with three indicators: Motivation & Dreams, Feelings of Happiness, and Feelings of Interest, and (2) External Factors, with

three indicators: Family, Facilities, and Teachers.

The questionnaire is a survey tool presented in the form of a statement and used for data collection in this research. This type of questionnaire is a closed questionnaire, meaning that the answer categories have been predetermined by the researcher. It consists of written statements, and the respondent is expected to choose from the provided answers, making it easier for them to select the most suitable response..

The data collection technique described above involves using a questionnaire in the form of an assessment scale. The scale consists of a statement followed by a column indicating the level of assessment (Cahyono, 2017). The Likert Score Scale method is used to calculate scores, transforming research data into quantitative data using score categories. The five answer choices are: "Strongly Agree (SS)", "Agree (S)", "Neutral (N)", "Disagree (TS)", and "Strongly Disagree (STS)".

Procedure:

To facilitate the preparation of research, the stages of research that have

been carried out will be described as follows:

1. Observations will be conducted at IT Nur-Hidayah High School to determine the presence of football extracurriculars and the number of students who will be included in the study.
2. Instrument trials will be conducted on several samples to test the validity of the instrument data.
3. Once the instrument is deemed valid, a survey will be conducted with all available samples using a closed questionnaire.
4. The data obtained from all samples will be processed using the Likert Score Scale method to simplify it.
5. The scores will be categorized using frequency distribution techniques to determine the level of student interest.
6. Finally, a research journal will be created to conclude this research.

The data analysis technique will utilize quantitative descriptive techniques with percentages in the frequency distribution. The instrument used in this research will be a questionnaire consisting of positive and

negative statements. Each statement answer will be assigned a score using a Likert Scale to convert the data into quantitative data:

**Table 02. Score Scale**

Statement (+)		Statement (-)	
<b>Strongly Agree (SS), Score =5</b>	<b>Agree (S), Score =4</b>	Strongly Agree (SS), Score =1	Agree (S), Score =2
<b>Neutral (N), Score =3</b>		Neutral (N), Score =3	
<b>Don't Agree (TS), Score =2</b>		Don't Agree (TS), Score =4	
<b>Strongly Disagree (STS), Score =1</b>		Strongly Disagree (STS), Score =5	

The goal is to use the Likert scale method to assess the interest of Class X SMA IT Nur-Hidayah students in football extracurricular activities. After scoring, the next step is to categorize the scores. The data will be categorized using a function based on four reference categories: very high, high, low, and very low. These categories will be presented as percentages in a frequency distribution. (Cahyono, 2017)

## RESULTS AND DISCUSSION

The research follows a quantitative descriptive design using survey methods. Its objective is to investigate the interest of class X

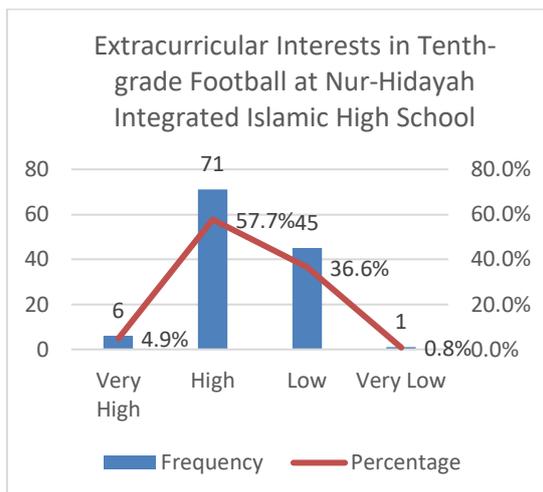
students in extracurricular football at SMA IT Nur-Hidayah. The factors affecting student interest in extracurricular football at SMA IT Nur-Hidayah are intrinsic and extrinsic. The survey to gauge students' interest in extracurricular football at IT Nur-Hidayah High School consisted of a questionnaire with 30 statements. The data was collected from 123 male students in class X at SMA IT Nur-Hidayah, classes X-1, X-2, X-3 and X-4 (Tahfidz). The frequency distribution of interest in extracurricular football at SMA IT Nur-Hidayah is as follows:

Table 03. Distribution of Extracurricular Football Interests at SMA IT Nur-Hidayah

N	Category	Interval	Frequency	Percentage
1	Very High	121–150	6	4,9%
2	High	91–120	71	57,7%
3	Low	61–90	45	36,6%
4	Very Low	30–60	1	0,8%
<b>Total</b>			123	100%

The data provided describes the level of interest of class X male students at SMA IT Nur-Hidayah towards extracurricular football. This shows that 57.7% have high interest, 36.6% have low interest, and 4.9% have very high

interest in extracurricular football. The research also identified several indicators that contribute to measuring a person's interest in extracurricular football. Of the 123 respondents representing class X male students, it is known that 60% have a high interest in extracurricular football. The diagram below provides a visual representation to better understand the interest of class X male students in extracurricular football, as follows:



**Figure 01. Extracurricular Football Interest Diagram for Class X SMA IT Nur-Hidayah**

Next, in this research, it is known that there was a sample of 123 students who were used as respondents, consisting of 4 different classrooms at SMA IT Nur-Hidayah. Researchers know that every class X at Nur-Hidayah IT High School for male and female students has separate classes. Therefore,

this research surveyed 4 boys' classrooms, namely classes X-1, X-2, X-3, and X-4 (Tahfidz). where all these classes have male students, here is the frequency distribution of interest in extracurricular football per class as follows:

**Table 04. Distribution of Interest in Football Extracurricular Classes**

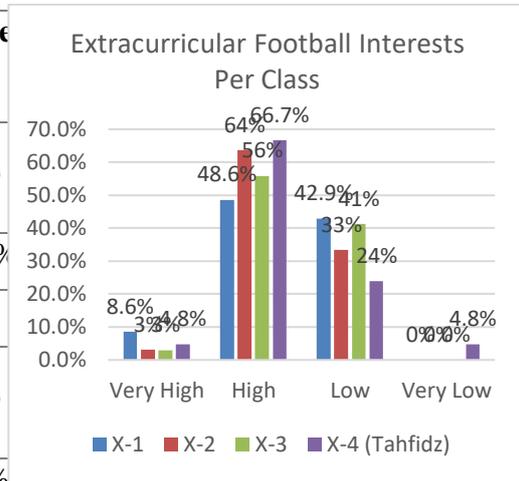
Class	Category	Interval	Frequency
X-1	Very High	121–150	3
	High	91–120	17
	Low	61–90	15
	Very Low	30–60	0
	<b>Total</b>		<b>35</b>
X-2	Very High	121–150	1
	High	91–120	21
	Low	61–90	11
	Very Low	30–60	
	<b>Total</b>		<b>33</b>

Class	Category	Interval	Frequency	Percentage
X-3	Very High	121–150	1	3%

High	91–120	19	56%	extracurricular soccer activities. The
Low	61–90	14	41%	diagram below shows the various levels
Very	30–60	0	0%	of interest in extracurricular football
Low				among class X male students. the details
<b>Total</b>		34	100%	are as follows:

Class	Catego	Interval	Frequenc	Perce
	ry		y	tage
<b>X-4</b> <b>(Tahfidz)</b>	Very	121–150	1	4,8%
	High			
	High	91–120	14	66,7%
	Low	61–90	5	24%
	Very	30–60	1	4,8%
<b>Total</b>			21	100%



**Figure 02. Classroom Football Extracurricular Interest Diagram**

The data in the table above shows high interest in extracurricular football in all classes, especially in classes X-2 and X-4, where almost 70% of students have a high or very high interest in extracurricular football. Apart from that, in classes X-2 and X-4, almost half of the students have a strong interest in playing football. This is different from classes X-1 and X-3 where interest in football is more balanced. For example, 57% of class X-1 students have high to very high interest in extracurricular activities, while the remaining 43% have low interest. Likewise, 59% of class X-3 students have a very high interest in extracurricular soccer activities, while the remaining 41% have low interest in

The diagram provides detailed information about class X students' interest in extracurricular football at IT Nur-Hidayah High School. This also illustrates various interrelated factors and indicators that influence male student's interest in extracurricular football. These factors include internal and external elements. the following is the explanation:

**Internal**

The internal factor is a type of interest that comes from within the individual and is one of the factors studied in the research on interest in participating in extracurricular soccer

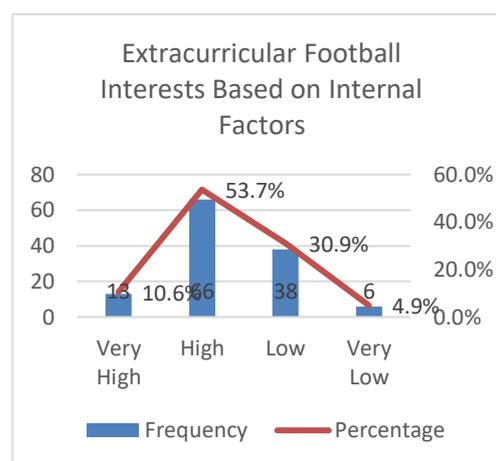
activities for male students in class X SMA IT Nur-hidayah. The internal factors in this research consist of three indicators: "motivation & ideals," "pleasure," and "interest." Researchers categorized these internal factors into 15 statements and found them to be valid and appropriate for the study. The following are the results of the frequency distribution of all respondents regarding interest in football extracurriculars based on internal factors:

**Table 05. Distribution of Extracurricular Football Interests based on Internal Factors**

No	Catogory	Inte rnal	Fre que ncy	Perce ntage
1	Very High	61 – 75	13	0,6%
2	High	46 – 60	66	3,7%
3	Low	31 – 45	38	0,9%
4	Very Low	15 – 30	6	,9%
<b>Total</b>			123	00%

The data provided indicates that the majority of students in class X at IT Nur-Hidayah High School, Kartasura

District, are male and have a strong inclination towards participating in football extracurricular activities. Specifically, 53.7% of students displayed a high level of interest, while 10.6% exhibited a very high level of interest. In contrast, 30.7% demonstrated a low level of interest, and 4.9% showed a very low level of interest. Overall, it can be inferred that more than 60% of students possess a high or very high interest in football extracurricular activities, as determined by internal factors:



**Figure 03. Diagram of Extracurricular Football Interests based on Internal Factors**

**Eksternal**

In research regarding the interest of class X male students at SMA IT Nur-hidayah towards extracurricular football, this section explores the concept of external factors. These factors, which

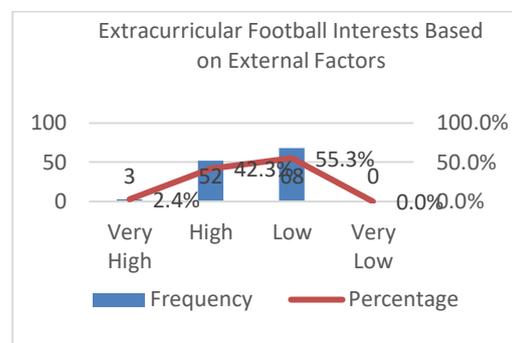
originate outside the individual, include elements such as “family,” “facilities,” and “teachers.” The researchers have carefully categorized these external factors into 15 statements and have validated their suitability for this study. Next in the text are presented the results of the frequency distribution of all respondents' interest in extracurricular football based on these external factors:

**Table 06. Distribution of Extracurricular Football Interests based on External Factors**

No	Category	Interval	Frequency	Percentage
1	Very High	61 – 75	3	2,4%
2	High	46 – 60	52	42,3%
3	Low	31 – 45	68	55,3%
4	Very Low	15 – 30	0	0%
<b>Total</b>			123	100%

Existing data shows that the majority of class X students at SMA IT Nur-Hidayah located in Kartasura District are male. Specifically, it can be seen that 42.3% of students have a high level of interest in football extracurriculars based on external factors, and 2.4% have a very high level of interest, while 55.3% have a low level of interest. Apart from that, for more details regarding students' interest in

football extracurriculars based on external factors, you can see the diagram image provided below:



**Figure 04. Diagram of Extracurricular Football Interests based on External Factors**

## DISCUSSION

Based on the results above, it is evident that students in class X at SMA IT Nur-Hidayah are highly interested in participating in extracurricular football, with 55.3%-70% of class X students enjoying playing football. This interest is influenced by various factors, including both internal and external factors.

The internal factors encompass elements that stem from within individuals. Notably, there is a substantial internal interest in football extracurricular activities among male students in class X at IT Nur-Hidayah High School. According to data, close to 65% of male students in class X exhibit a strong inclination towards football without any external influence. This trend mirrors a study (Cahyono, 2017),

which revealed that 93% of students at SMAN 2 Playen showed a keen interest in extracurricular sports activities. The heightened level of interest in internal factors can be attributed to the enjoyment derived from playing football, the excitement of scoring goals and winning matches, as well as the aspiration to pursue a future career as a professional football player. Additionally, a study by (Oktawan, 2010), found that 78% of fifth-grade elementary school students in Gugus Wr. Supratman expressed a fondness for playing football due to motivational and aspirational reasons.

The internal factor is anticipated to create a sense of excitement surrounding the sport of football and boost interest in extracurricular football activities. In this particular scenario, 65% of students exhibit a significant level of interest in extracurricular football driven by their genuine enthusiasm, without any external influence.

Based on data from external factors, it appears that interest in extracurricular football at IT Nur-Hidayah High School is relatively low, namely 55%. This lack of interest can be caused by various external factors such as inadequate facilities at school, lack of

a soccer sports program, lack of support from teachers or coaches, and perhaps a lack of parental involvement. As in research (Oktawan, 2010), regarding interest in playing football among fifth grade elementary school students in Gugus Wr. Supratman shows that external factors, especially the influence of teachers or coaches, can have a significant impact on students' interest in playing football. 84% of students in one study expressed interest in football due to encouragement from their teachers or coaches. Although internal factors also play a role in arousing male students' interest, external factors seem to have a greater influence. Therefore, it is very important to have external factors to grow and support students' interest in extracurricular activities such as football.

Indicators that can positively influence students' interest in football extracurriculars encompass various forms of support. This can include the encouragement and guidance provided by teachers and coaches, who play a pivotal role in cultivating students' preference for football activities. Additionally, the unwavering support from families serves as a crucial factor, contributing to both internal and external

indicators that influence students' interest in football. Family ideals and support are significant drivers in bolstering students' enthusiasm for football extracurriculars. Moreover, the provision of facilities by the school also plays a pivotal role in elevating the interest of male students in football extracurricular activities. These external factors can significantly impact and enhance students' interest compared to internal factors. Research conducted by (Dwi Pranata, 2017), on students in grades 4, 5, and 6 at SDN 2 Karangnom revealed that a strong interest in football was attributed to support from external factors, such as family and facilities.

Based on the description provided, there are differences in categories, with the high category attributed to internal factors and the low category to external factors. The research is a survey of the interests of male students in class X at SMA IT Nur-Hidayah in football extracurriculars. The survey indicates a high level of interest among students, but a lack of facilities and support from external parties such as teachers, coaches, and parents places it in the low category. The researchers hope that the school will pay more attention to the interests of male students who like

football and provide opportunities to channel their interests. This could be achieved through various sports activities, class meetings, holiday programs, or by creating a football extracurricular to further develop students' interest in sports. This will help motivate and inspire students interested in football from a young age.

## **CONCLUSION**

The research findings revealed that male students in class X at SMA IT Nur-Hidayah have a keen interest in football extracurricular activities. Internally, they exhibit a high level of interest, while externally, the interest is comparatively low. This indicates a strong inherent interest among the male students in football. Their passion and aspirations to pursue a career in professional football significantly contribute to their enthusiasm for football extracurricular activities. However, there is a noticeable lack of support from external entities such as the school and teachers. This is evident in the inadequate facilities for extracurricular football and the limited involvement of teachers in extracurricular activities. In conclusion, it is imperative to introduce a dedicated extracurricular program for football to

cater to the high interest among class X male students at SMA IT Nur-Hidayah. Despite the current deficiencies in facilities and teacher/coach involvement, such a program would greatly benefit students with a passion for football.

### **RECOMMENDATION**

The current research is limited by small sample sizes and restricted resources. Researchers are hopeful that future research in the field of football will encompass a broader range of subjects and objects, as well as more specific materials and relevant methodologies. Ultimately, this expansion will enable the formulation of more precise and accurate generalizations.

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