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INHIBITING FACTORS IN LEARNING PHYSICAL EDUCATION IN STUDENTS OF SALAF BOARDING SCHOOL-BASED SCHOOLS

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Abstract. The purpose of this study was to determine the factors that inhibit physical education learning in female students of SMK IBU Pakusari. This study was conducted at SMK IBU Pakusari, Pakusari District, Jember Regency. This study used a qualitative descriptive research type with data collection techniques using observation, interviews, and documentation. Research This descriptive study aims to investigate a circumstances, conditions or other things described in form report research. In this research researcher try describe the actual event based on the data and information obtained. The focus of the data taken in This research is factors that become inhibitor students in learning education physical. The purpose of this study is to find in-depth information in the form of data, descriptions, and knowledge regarding factors that hinder female students from participating in educational learning. The results of this study indicate that the factors that inhibit students in participating in physical education learning at SMK IBU include (1) internal factors: anxiety due to fear of injury, lack of self-confidence; (2) internal factors: poor facilities and infrastructure. For this reason, efforts are needed to develop learning methods or models that can reduce obstacles in learning.

Keywords: inhibitors; physical education; engineering; learning methods



INTRODUCTION

At each school Certain there is factor inhibitors that make learning becomes suboptimal so that students have difficulty in understand draft learning and also have an impact negative to teacher performance (Baehaki 2023). Based on results my observation do in a foundation education named Bustanul Islamic Vocational School Ulum Pakusari, found a number of factor one of the inhibitors is difference method get dressed student who lives in a boarding school with those who do not live in boarding schools that is when PJOK learning. Students who do not live in boarding schools use attribute sport complete while those who live in boarding schools use subordinate skirt Because regulation from cottage Islamic boarding school under under the auspices of the Bustanul Islamic Foundation Ulum Pakusari. Learning is efforts to develop children to obtain knowledge, skills as well as good attitude (Hasan 2015). Good learning will very influential in determining child development, especially development child psychomotor. Learning that can develop child psychomotor is learning education physical (Kamila 2022).

Physical education is a process of physical activity carried out consciously, whether in terms of affective, cognitive or psychomotor aspects, which can enable a person to achieve physical growth and development (Rahman 2020). Physical education is a physical activity that acts as a medium to achieve overall individual development. The learning process or teaching and learning activities cannot be separated from the existence of teachers. Without teachers, learning will be difficult to do, especially in the context of implementing formal education, teachers are a very vital party (Arifin 2017). Physical education in schools is a structured part of education as a whole, the goal is to improve aspects of physical fitness, motor skills, social skills, emotional stability, reasoning, healthy lifestyles and introduction to a clean environment and being able to think critically, this has been planned systematically to achieve the goals of national education itself (Syafei 2023). Physical Education, Sports and Health (PJOK) learning is closely related to behavioral changes, especially in strategic aspects in the development of the affective and psychomotor domains which are needed to develop individuals and their development has benchmarks that can be seen physically and psychologically (Hadjarati 2020). To achieve the target of what has been determined in improving skills

is closely related to the skills possessed by students (Nugraha 2018). Thus, the skill competencies that can be obtained are related to the ability to perform reflex movements.

Education at IBU Vocational School is based with strong Islamic values with regulations strict school in accordance with religious values. There are Many changes have been made by educational institutions, including Islamic boarding schools, in developing education, especially in the field of Islamic religious education, in accordance with existing needs, opportunities, potential and culture. This creates a variety of educational packages, especially education at the Salaf Islamic Boarding Schools, which began with Islamic boarding school the descendants Then classified with a number of Variety development and systems, methods, management and curriculum.

Islamic boarding school-descendants own tradition transformation specific religious knowledge that is centered on the model of studying as a form learning for students using books yellow (turāth book) which is usually done after each congregation obligatory prayers. The Islamic boarding school learning system is based on books Classics are taught endlessly with context-appropriate explanations that occurs in society, including moderation in religion (Ali 2019). System education Islamic boarding school Still required to implant Islamic values in general moderate with activity study weekly, *istigbatbab* and so on. This research was conducted with the goal is to understand and know factor inhibitor Physical Education learning for school students based on Islamic boarding school the descendants (Muhammad 2023).

METHOD

This research uses type approach descriptive qualitative. Research This descriptive study aims to investigate a circumstances, conditions or other things described in form report research. In this research researcher try describe the actual event based on the data and information obtained. The focus of the data taken in This research is factors that become inhibitor students in learning education physical. The purpose of this study is to find in-depth information in the form of data, descriptions, and knowledge regarding factors that hinder female students from participating in educational learning. Physical education at SMK IBU Pakusari, Pa kusari District, Jember Regency. Data collection instruments are tools designated and used by researchers in their activities in collecting data so that these activities can run systematically. The forms of supporting instruments

in this study include observation instruments, interview guidelines and documentation guidelines, as follows:

1. Observation

The type of observation used is a non-participant observation type. In its implementation, by using an observation guide, the researcher observes many aspects related to a question in the research that has been developed in the previous chapter, namely observing the implementation of the learning process from the attitudes or behavior of students when participating in the learning process. This technique uses an instrument in the form of an observation guide. The observation guide in this study is shown in the following table:

Table 1. Observation Guidelines

Aspects observed	Indicators to look for	Source
Physical observation/school environment	Location and address of the school	Observation
	School facilities and infrastructure	
	Condition school environment	
Activity observation	Floor gymnastics learning atmosphere	Observation
	Implementation of learning	
	Student activities during learning	

2. Interview

Interviews are used as a technique in data collection to find out what will be studied from respondents in more depth regarding the factors that hinder students in implementing floor gymnastics learning at SMK Iptek Sanggabuana, based on internal factors (physical and psychological indicators) and external factors (teacher indicators, learning materials, and facilities and infrastructure). The interview guidelines in this study are shown in the following table:

Table 2. Interview Guidelines

Aspect	Indicator	Participant
Internal factors	Physical indicators	Students and teachers
	Psychological indicators	
External factors	Teacher indicators	Students and teachers
	Learning material indicators	
	Facilities and infrastructure	

3. Documentation

Documentation is a the method used to find data in the form of notes, transcripts, books, newspapers, inscriptions, magazines, meeting minutes, ledgers, lesson schedules and so on. Documentation in this study serves as a complement to data from observations and interviews that have been conducted. Document data collected in this study are in the form of student data during floor gymnastics learning and documentation when collecting interview data.

RESULTS AND DISCUSSION

This research was conducted at the School Intermediate Islamic Vocational the Great Ulum Pakusari which is located at Jl. Himalaya No. 17 Desa Pakusari, District Pakusari, Jember Regency. In this discussion, the researcher will present related data from the results of interviews on factors that hinder female students in participating in educational learning. physical which is based Islamic boarding school the descendants at IBU Pakusari Vocational School in the academic year 2025-2026. The results of the interviews were conducted with 20 students, who were taken randomly. The key informants in this study were PJOK teachers at SMK IBU Pakusari. The following is a summary of the results of interviews with students, including the following:

1. Factor Cognitive: This factor is related with ability student in understand and process information. For example, students who have ability low cognitive will difficulty in understand concepts education physical.
2. Factor Psychomotor: This factor is related with ability student in in do movements physica. For example, students who have ability low psychomotor will difficulty in do complex movements in education physical.
3. Factor Interests and Motivations: This factor is related with interest and motivation student in follow learning education physical. For example, students who have low interest and motivation Possible will experience difficulty in follow learning education physical.
4. Factor Psychic: participant educate especially women who often feel less confident self at the moment do practice in the field in front of their friends. In addition, students are also hesitant to carry out learning because they are afraid of getting injured during the activity. do movement practice . Of the 20 students, 12

students were less interested in participating in educational learning. physical due to shame when do movement in front of his friends and feel scared injury moment do it .

Related with material factors , conclusion results interview state that student tend more Like practice in the field than theory in class. Of the 20 students, 14 students stated that learning in class was less enjoyable. Whereas supporting facilities and infrastructure learning in the field is inadequate, for example tools sport limited badminton because there are no shuttlecocks and nets. Of the 20 students, 15 students stated that the facilities and infrastructure that support learning in the field still inadequate.

CONCLUSION

Based on results from research and discussion can concluded that inhibiting factors participant educate follow learning education physical education at IBU Pakusari Vocational School Subdistrict Pakusari Jember Regency is Because existence internal and external factors. In addition, learning factors that are carried out in the field more liked by participants educate than theory in the classroom. And from the indicators of facilities and infrastructure is not good, there is no special room to do sport.

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