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SPORTS LEARNING METHODS BASED ON ISLAMIC VALUES

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Abstract. The principles of Islam in sports play a crucial role in shaping students with strong character and integrity. This research is a literature study aimed at analyzing various relevant sources. Several Islamic values that can be applied in the world of sports include faith and devotion to Allah, discipline, hard work and perseverance, social awareness, justice, patience and inner peace, as well as humility. By applying Islamic values in sports, students can develop a healthy and positive character while contributing to the creation of a harmonious and peaceful sports environment. Additionally, Islamic values can help students overcome various challenges and obstacles during the learning process. Therefore, for Muslim students, understanding and practicing Islamic values in sports is highly important. The application of these values not only contributes to the improvement of sports learning but also strengthens personal character and deepens their Islamic faith.

Keywords: sports learning; students; Islamic values; daily life



INTRODUCTION

Indonesia is the second country after Pakistan with the number of Muslims in the world. Islamic values can be applied through learning in school, to create a student who can understand ethics and morals in daily life (Mawaddah 2018). Moreover, Islam also encourages the values of tolerance, justice, and mutual respect by practicing these values (Olahraga 2022). Islamic values are also very important in daily life, from children and teenagers to adults. Therefore, Islamic values in everyday life are essential. With this situation, Islamic values are applied through the education sector by providing reinforcement in the form of noble morals. However, this application can be done by integrating learning materials with Islamic values (Fadloli 2021).

Sports education does have an important role in shaping the character of Islamic values, with the existence of Islamic values in sports learning can shape the spiritual and physical intelligence of students (Karolina 2017). In addition, there are many other values that can be integrated in physical and sports activities, for example, values such as tawakal, amanah, ihsan, justice, and compassion are also very important in Islamic education (Nugroho 2023).

Sports learning itself is a learning that focuses on physical activities that are physical and spiritual. With the existence of sports learning at school, the goal is to improve physicality, athletic skills, and a healthy lifestyle. Educational sports is a very important scope of national sports activities, related to the preparation of basic capital for national development, namely human resources (Arifin 2017). In today's era or commonly called the millennial generation, sports learning has become a reason in the development of students with problems at school such as how to dress within the scope of the school, an important aspect in the world of education where the rules of dress between teachers, students, employees and all school members are enforced to create uniformity and cleanliness.

Allah SWT gives humans various gifts, one of which is knowledge about dress ethics. In Islam, instructions on dressing are considered important because they serve as a body covering and a way to increase beauty and get closer to Allah SWT (Risman 2022). Islam itself applies the ethics of how to dress well between men and women by covering the awrah which is partly from believing in Allah swt, in the selection of clothes and the

level of comfort as long as it maintains compliance and rules in maintaining the aurah (Putri 2024).

Students feel that the school's rules limit their freedom, which causes them to break the rules. However, they may not realize that this lack of responsibility for freedom can be detrimental to themselves, their families, and society as a whole. School rules are made with the expectation that students will obey and execute them well, not to be violated (Aafiyah 2024). At SMK ISLAM BUSTANUL ULUM itself which is located in Pakusari District, Jember Regency. Schools that still practice strong Islamic values starting from teachers, employees, students, and all members at the vocational school. So that in the learning process they still use Islamic sharia by practicing through the learning process, so that in the school there are still Islamic values to this day (Shodiq 2021).

In the sports learning itself at the vocational school, it still uses Islamic values, as well as how to wear sports which still use closed clothing. Clothes are one of the things that affect the body's heat condition when exercising. In hot climates, clothing serves to protect the body from exposure to sunlight or various other impacts, while in cold climates the thermal insulation properties of clothing are important to keep the body warm (Faradilla 2017).

METHOD

The literature study process includes searching for and collecting various references, such as scientific journals, books, articles, theses, and other trusted sources that discuss Islam and sports. Some of the steps that can be taken in literature studies include:

1. Determine the research topic and relevant keywords, such as "Islam", "Islamic values", and "sports" for the literature search.
2. Using various literature sources, such as academic databases, digital libraries, official websites, and scientific publications.
3. Conduct a literature search based on the specified keywords and evaluate its relevance through the title, abstract, or content of the publication.
4. Analyze the content of the literature to assess its quality and relevance and ensure that the source comes from a credible author or institution.

The study of literature provides in-depth insight into Islamic concepts and values in sports. The results are the main foundation in formulating a conceptual framework and understanding the application of Islamic values in this field.

RESULTS AND DISCUSSION

Islam is a religion that is believed to be a religion that upholds and prioritizes ethical and moral values. Some of the main values in Islam that are upheld include faith and piety, justice, discipline, patience, humility, and social involvement. Islam is respected and followed by its ummah and the wider community because of the ethical and moral teachings it contains. These values attract the interest of many people to learn and practice them in daily life.

Berikut beberapa nilai agama islam dianggap penting:

1. Faith and piety: Make faith and piety to Allah the foundation in every sports activity, by maintaining sincerity of intention and acting in accordance with religious principles.
2. Discipline: Apply discipline in practice, obey the rules of the game, manage time well, and respect the authority and direction of the teacher.
3. Hard Work and Perseverance: Cultivate the spirit to strive earnestly in learning, improve skills gradually, and continue to strive for optimal achievement.
4. Social Care: Showing empathy and concern for fellow students and the surrounding environment, as well as actively contributing to social activities that are beneficial to the community.
5. Patience and Inner Calm: Practice patience in facing challenges and failures, as well as maintaining inner calm when facing pressure and stressful situations in the learning process.

By practicing these values in sports, students can form strong, positive, and Islamic values-based characters, while creating a harmonious and dignified sports environment. The application of Islamic religious values in sports as for the hadith which states ""Every practice that does not start with bismillah, then the practice is interrupted." (HR. Abu Daud). This hadith teaches the importance of starting every activity, including sports, by mentioning the name of Allah. In the world of sports, saying bismillah before training or

matches is a reminder that every effort must be based on good intentions and hope for blessings from Allah.

CONCLUSION

Islam is not just a religion, but a belief system that teaches moral and ethical values. Islamic values also include aspects of daily life, both individual and group. There are various important values that need to be applied in daily life, such as faith, piety, discipline, hard work, social care, justice, patience, and humility. By practicing Islamic values, one can live a more meaningful life and contribute to building a harmonious, peaceful, and just society.

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