

Student's Interest in Swimming Lessons: A Survey in Rural and Urban Settings

Tiar Fadilah¹, Ervan Kastrena², Mela Aryani³, Muhamad Syamsul Taufik⁴

¹⁻³ Physical Education, Health and Recreation, FKIP Universitas Suryakencana, Jl. Pasir Gede Raya, 43211, Indonesia

Corresponding Author. Email fadilahtiar@gmail.com

Abstract: This study aims to determine whether there are differences in student interest in swimming lessons based on students who go to school in the urban area and students who go to school in the rural at the vocational high school level. This research is a quantitative descriptive study that uses survey methods and data collection techniques using questionnaires (questionnaires). The study involved 68 students as respondents. Furthermore, the data obtained from filling out the questionnaire was analyzed using descriptive percentage analysis. The results showed that students' interest in swimming lessons who went to school in the urban areas, namely Senior High School 1 Cianjur, was higher, with a percentage: strongly disagree 0%, disagree 3%, agree 65%, and strongly agree 32%. This is because literacy and knowledge are good, and motor development is good because they regularly do swimming lessons in the pool. In contrast, students' interest in swimming lessons who go to rural schools, namely Senior High School 1 Campaka, is low, with percentages: strongly disagree 0%, disagree 47%, agree 44%, and strongly agree 9%. This is because their physical literacy knowledge is limited, and their motor development is also limited due to the limited facilities available. This difference shows that Senior High School students who attend schools in urban areas are more interested in swimming lessons than students who attend schools in rural areas.

Keywords: interest; swimming; students

Received: 11 April 2025; Revised: 27 May 2025; Accepted: 29 May 2025

© 2025 Universitas Negeri Jakarta, e-ISSN: 2580-9849 (online), p-ISSN: 2302-8351 (print)

Cite: Fadilah, T, Kastrena, E, Aryani, M., Taufik, M.S. (2025) Jurnal Segar, XII (2), 74-84

doi:<https://doi.org/10.21009/segar/1302.03>



Journal Segar is an open-access article under the CC-BY.

INTRODUCTION

Learning is a very important thing to help the process of students to learn well. As stated by (Abidin, 2013) learning is a series of processes carried out by the teacher so that students learn. Therefore, learning is a series of activities designed and carried out by the teacher to present information and facilitate students in achieving the specified learning objectives.

Physical Education, Sports and Health at school is important so that students can do physical activities, not only physically but develop mental, social, emotional and overall health. Physical Education is an important part of the overall educational process with the aim of improving human performance through the medium of physical activities to develop and maintain the human body (Pambudi et al., 2019). Physical

Education learning is portrayed by physical activity so that it can add fitness, add movement skills, science and healthy living. (Taqwim et al., 2020).

There are still many physical education teachers who do not realize that sports activities should not only focus on physical development but must also teach other aspects which are certainly no less important, namely psychological aspects. One of the sports activities that touches on psychological aspects is swimming sports activities, this is because in it there is anxiety experienced by students because swimming is a sports activity that moves the whole body. This is supported by the opinion (Purnamasari & Novian, 2021) Swimming is a form of physical activity carried out on the surface of the water, done by moving all limbs with the aim of moving places or as an effort to keep afloat.

Swimming is an activity that is very important to be mastered by someone to defend themselves while in the water, so that no injuries will occur. In addition to self-protection, swimming in today's modern era is also used to achieve achievements that are useful for the life of the individual (Sukmawati, 2015). Swimming lessons at school are needed because they train aquatic activities. This is in line with the opinion conveyed by (Susanto, 2014) that excessive fear of water triggers fear in doing aquatic activities including swimming. Fear of water is something that happens a lot to vocational students, this is due to trauma: fear of drowning, difficulty breathing and pain.

Because in the current era swimming is mostly used to achieve achievements, therefore it must first know how much interest an individual has in swimming lessons. Interest is a high curiosity possessed by an individual as a reference for participating in an activity. According to (Prasetyo et al., 2021) Efforts to find out students' interest in swimming are influenced by many factors from outside the school, such as encouragement factors, feeling factors, and emotions. Student motivation for swimming lessons depends on the interest possessed by students because student interest is a condition where students have a desire to know, learn and prove further related to a lesson they are interested in.

Based on the results of the literature study, research on surveying student interest in swimming lessons has been carried out previously by previous researchers in several cities. Previous research conducted by (Wardhani, 2021) with the title "Student Interest and Motivation towards Swimming Learning at Al-Irsyad Al-Islamiyah Elementary School, Pekalongan Urban". This study aims to determine the interest and motivation of students towards swimming lessons. The results of the study are based on the analysis that Al-Irsyad Al-Islamiyyah Elementary School really wants and has a very high interest in swimming learning activities seen from enthusiasm when talking and discussing swimming and seen from sports lessons that discuss swimming sports material they want swimming to be held or practiced in the pool.

The second similar research is research conducted by (Ulfa Erfiana, 2020) with the title "Interest of Donorejo State Elementary School Students in Swimming Sports". The purpose of the study was to find out how high the students' interest in swimming sports was. Based on the results of this study, it was found that the majority of students were interested in participating in swimming sports. However, due to limited infrastructure, distance and swimming coaches, students cannot do swimming activities all the time.

From the two studies above, the author feels interested in conducting research on whether there is a difference between the interest of students in the urban and students in

the rural towards swimming lessons. Efforts to find out whether there are differences between the interests of students in cities and students in rurals towards swimming lessons can be seen from several factors, such as factors of pleasure, attention, interest and involvement. Therefore, the author took the title “Survey of Student Interest in Swimming Lessons Based on Students Who Go to School in the Urban and Students Who Go to School in the Rural”. In general, the benefits taken from this research are expected to be used as information in learning. In addition, the research results obtained are expected to provide positive things for learning in the field of physical education, sports and health at school so that learning can be better effectively.

Interest is the tendency to continuously pay attention to and remember certain activities. Someone who likes the activities they do happily without pressure or coercion. Interest has a very close relationship with the learning process, learning done without interest tends to be boring and unpleasant. However, the reality shows that not all students have an intrinsic interest in the subject matter, but some of them develop this interest due to external influences such as encouragement from teachers, interaction with peers, or guidance from parents, so it becomes an obligation and responsibility for schools to create a conducive learning environment and situations that can stimulate the emergence of interest in learning in students. In learning activities there are two kinds of interest, namely spontaneous learning interest and patterned learning interest. Spontaneous learning interest is learning interest that grows from the student's own personal motivation without any external influence, while patterned learning interest is learning interest that takes place in learning activities with the beginning of an influence and a series of patterned actions, especially in relation to teaching and learning activities at school.

In student learning activities, the existence of spontaneous learning interest and patterned learning interest is basically inseparable because spontaneous learning interest is initially relatively also formed through patterned learning interest, while patterned learning interest is unlikely to take place without the personal motivation of the students themselves. Thus, it can be said that learning interest is not carried from birth (heredity), but learning interest is seen as the result of learning through experience and interaction with the environment. Learning outcomes are not only addressed in knowledge and skills that can be expressed in real behavior, but also include attitudes, values, and interests. There are two factors that can affect student interest in learning, namely internal factors and external factors. Internal factors consist of attention, pleasure, and activity. External factors consist of the role of the coach, facilities, environment, and family. So internal factors and external factors greatly influence the development of the individual's interest.

According to Faridah (in Santosa, 2021) Physical Education is a learning to move through movement that is integrated with science and sports so that it can be accepted by students. Physical education, sports and health subjects are characterized by movement activities and are carried out outside the classroom. Physical education, sports and health are important for students because they are able to foster a healthy lifestyle and develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, aspects of a healthy lifestyle and introduction to a clean environment through physical activity. PJOK aims to help children to grow and develop naturally in accordance with the goals of national education, namely to become human beings as they should be.

Physical exercise or sports activities can be done by choosing the type of exercise that is preferred and according to the level of physical ability of each. The development of strong physical movement aspects for the purpose of maintaining students' physical fitness conditions, needs to be carried out regularly and continuously as early as possible so that it can become a positive habit for students. In connection with this, a research conducted by Monyeki et al in 2012 (in Bile et al., 2021) recommends that physical fitness maintenance programs through physical exercise interventions or sports can be carried out early on by paying attention to factors including the load and intensity of training in accordance with the age level. In connection with the concept of fitness, what needs to be considered in the effort to maintain physical fitness are several components which include cardiorespiratory endurance, muscle endurance and strength, flexibility and body composition. Swimming is a sport that fulfills the criteria of the fitness concept.

Swimming is an activity carried out in nature that has advantages for physical and psychological, and improves all factors in improving mental health. The development of swimming sports is very sustainable because sports can improve physically and mentally in a person. This swimming sport is also carried out in water by moving parts of the body organs so as to get forward movement. (Syifa et al., 2021).

According to (Wihandi, 2020), there are some basic swimming techniques that need to be known, as follows:

a. Breathing Technique



Figure 1. Breathing Technique.

Source: <https://dinarwidyaningrum.blogspot.com/2012/11/renang-gaya-dada-kelas-3-sem-2.html?m=1>

To practice this, stand at the edge of the pool with your head low and your face above the surface of the water. Inhale through your mouth, holding it for a few moments. Put your head into the water, then exhale through your nose.

b. Floating Technique

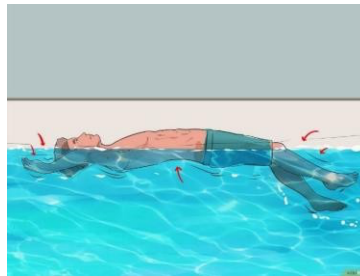


Figure 2. Floating Technique.

Source: <https://pt.wikihow.com/Boiar-de-Costas>

The key to learning to float is to relax and not panic. There are two floating positions that you need to master, namely floating in the supine position and floating standing. To float on your back, stand with your feet on the bottom of the pool and your head up. Grasp the edge of the pool, pull your body back slowly with your arms straight until your ears are submerged in the water.

c. Gliding Technique

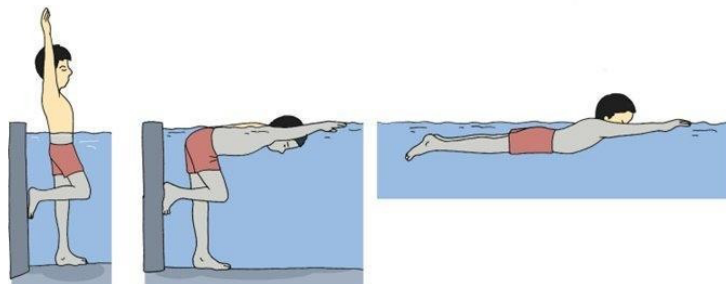


Figure 3. Gliding Technique.

Source: <https://padang.tribunnews.com/ucnews/2022/03/12/soal-apa-saja-yang-kamu-ketahui-tentang-gerak-dasar-meluncur-jawaban-tema-7-kelas-3-sd-halaman-81>

To do this, step into a shallow pool and stand with your back to the wall. Place the sole of one foot against the edge of the pool with your fingers pointing downward to propel yourself. Push your body with that foot and slide as far as possible with your arms straight out in front of you. Try to keep your head in the water so that your ears are in line with your arms.

METHODS

Research methods are systematic ways used by researchers to collect, analyze, and interpret data to answer research questions. According to (Sugiyono, 2019) Research method is defined as a scientific approach that includes research actions that use scientific characteristics to collect data with specific purposes. This type of research is quantitative which is descriptive in nature. Descriptive research, according to (Sugiyono, 2019) descriptive method is defined as data analysis using an approach to describe the information or data that has been collected without intending to make generally accepted conclusions. Thus, based on this statement, this research is suitable to be conducted with descriptive methods. To produce conclusions, the data that has been collected will be processed. This research uses a quantitative method approach because the questionnaire is distributed through a survey method.

Population is a generalization area consisting of objects or subjects that have certain quantities and characteristics determined by researchers to study and then draw conclusions (Sugiyono, 2019). The information in this study was obtained from the research population. It can be concluded that the research population is an object that will be studied and then produce information. Part of the research population can be used for research samples. The population used in this study are schools in rurals and in the urban of Cianjur.

according to (Sukmadinata, 2007) surveys are used to collect data or information about large populations using relatively small samples. Therefore, the sampling used in this study used purposive sampling techniques. According to (Saat & Mania, 2020) suggests that purposive sampling is a sample selection technique for a specific purpose and is determined deliberately by the researcher. In its determination, it is based on certain criteria with the objectives to be achieved. The samples used in this study are students who go to school in Campaka rural, namely Senior High School 1 Campaka and those who go to school in Cianjur urban, namely Senior High School 1 Cianjur.

The data collection technique in the study was to analyze students' interest in swimming lessons for students at Senior High School 1 Campaka and Senior High School 1 Cianjur. Researchers distributed online questionnaires using google form to students at Senior High School 1 Campaka and Senior High School 1 Cianjur.

The procedure of this research is as follows:

1. Researchers requested permission from the faculty to conduct research.
2. Researchers sought data on students' interest in swimming lessons at Senior High School in Cianjur district, namely Senior High School 1 Cianjur and Senior High School 1 Campaka.
3. Researchers distributed questionnaires to respondents.
4. Next, the researcher collected the questionnaires and transcribed the results.
5. After obtaining the data, the researcher made conclusions and made recommendations.

Descriptive percentage data analysis was used in this study. How to calculate the data analysis to find the relative frequency percentage. With the following formula (Arikunto, 2020):

$$P = F/N \times 100\% \quad (1)$$

Description:

P: Percentage sought (Relative Frequency)

F: Frequency

N: Number of Respondents

The data was converted into percentage form, this value was entered as a criterion for interpreting the measurement results, the criteria used were based on the scale of the number of questionnaires used. In addition, calculations were applied using the total score and standard deviation (SD). The criteria are divided into four categories, namely very high category, high category, low category, very low category. The score is divided into several categories according to the ideal pass limit with several stages, namely: 1) Calculating the total score of each respondent; 2) Calculating the ideal average of the total score of respondents; 3) Determining the ideal standard deviation of the total score of respondents ($s = 0'$); 4) Categorizing data into four levels. The interpretation of questionnaire data is adapted from (Erinsyah et al., 2024):

0% - 24.9% = Very Low (score 1)

25% - 49.9% = Low (score 2)

50% - 74.9% = High (score 3)

75% - 100% = Very High (score 4)

RESULT

The result of this study is the difference in the level of interest in swimming lessons in rurals and cities at the vocational high school level based on indicators of interest: indicators of pleasure, attention, interest and involvement and based on gender. This research was carried out online and offline by the author dating to the school then entering the class then distributing questionnaires made on google form and the link or link was distributed via the whatsapp application then distributed to the class leader representative.

Table 1. Description of Interest Results

Mean	53,76
Standard Deviation	10,33
Maximum score	31
Minimum score	73
Median	6
Data variation	105,12
Modus	41

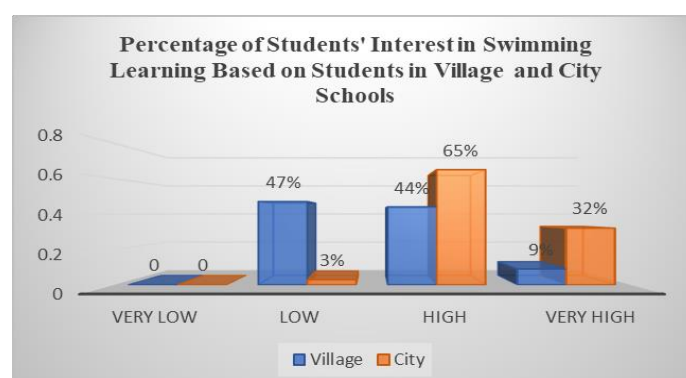


Diagram 1. Diagram of Differences in Students' Interest in Swimming Learning in Rurals and Cities at the Vocational High School Level

Table 2. Differences in Student Interest in Swimming Learning in Rurals and Cities at the Vocational High School Level

Aspect	Very Low	Low	High	Very High
Rural	0	47%	44%	9%
Urban	0	3%	65%	32%

The results of the data known above state that the level of interest in swimming lessons in rural in the very high category, obtained a percentage of 9%. Students who have a level of interest in swimming lessons in the high category get a percentage of 44%. Then, students who have a level of interest in swimming lessons in the low category get a percentage of 25% and students who have a level of interest in swimming lessons in the very low category get a percentage of 0%. The level of interest in swimming lessons in the rural areas obtained an average value of 48.56%. While the level of interest in swimming lessons in the urban with a very high category obtained a percentage of 32%. Students who have a level of interest in swimming lessons in the high category get a percentage of 65%. Then, students who have a level of interest in swimming lessons in the low category get a percentage of 3% and students who have a level of interest in swimming lessons in the very low category get a percentage of 0%. The level of interest in swimming lessons in the urban obtained an average value of 58.97%. It can be concluded that the level of interest in swimming lessons in the urban is higher than the level of interest in swimming lessons in the rural.

DISCUSSION

From the data obtained, it is known that the level of interest in swimming lessons in the rural in the very high category obtained a percentage of 9%, with the high category obtaining a percentage of 44%. Then, with the low category getting a percentage of 25% and with a very low category getting a percentage of 0%. Meanwhile, the level of interest in swimming lessons in the urban with a very high category obtained a percentage of 32%, with a high category obtaining a percentage of 65%. Then, with the low category getting a percentage of 3% and with a very low category getting a percentage of 0%. The average value of the level of interest in swimming lessons based on students who go to school in the rural and students who go to school in the urban obtained a value of 53.76%, the percentage of this value lies in the interval between 50% - 74.9% with a high category.

It can be concluded that the level of interest in swimming lessons in the urban is higher than the level of interest in swimming lessons in the rural. This is due to inadequate facilities and access to swimming pools that are difficult to reach due to the limited number of vehicles available. In terms of available swimming pools, there are fewer swimming pools in the rural than in the urban. The closest swimming pools in town with a 7km radius include: 1) Qona'ah swimming pool with a distance of 1.8 km, 2) Cianjur Urban Park swimming pool with a distance of 1.6 km, 3) BCNY swimming pool with a distance of 1.7 km, 4) Briss Waterpark swimming pool with a distance of 5.6 km, 5) Al-data swimming pool with a distance of 6.9 km, 6) Cozy swimming pool with distance 1.7 km, 7) Kalimaya swimming pool with a distance of 4.2 km, 8) Green Tias swimming pool 6.1 km, 9) Cianjur Asri Waterpark swimming pool 4 km, 10) The

Jon's Cianjur Aquatic swimming pool with a distance of 4.4 km. Not only that, even in the urban there are already several swimming clubs that accommodate students' talents and interests in swimming lessons with a radius of 7 km, including: 1) Raider swimming club with a distance of 3.9 km, 2) White rhino aquatic club with a distance of 500m, 3) The dream cheaser with a distance of 950 km, 4) Siloka swimming club with a distance of 3.9 km, 5) Wiratama club with a distance of 3.9 km, 6) Marlin swimming school Cianjur with a distance of 6.4 km, 7) Private swimming Cianjur with a distance of 3.5 km, 8) Arenang swimming lessons Cianjur with a distance of 2.2 km. Meanwhile, there is only one swimming pool available in the rural, As-Sakinah swimming pool, which is 12 km away. However, not all students' interest in swimming lessons in the rural is low, there are some students whose interest in swimming lessons is high. This happens because although there is only one swimming pool available in the rural, there are waterfalls and rivers that can be used for swimming, namely: 1) Cikondang Waterfall with a distance of 7.4 km, 2) Terekel Waterfall with a distance of 5 km. Furthermore, in terms of access, the roads in the urban are better than the roads in the rural because the roads in the rural tend to have holes while the roads in the urban have minimal holes. Then, adequate public transportation is also something that affects the high and low interest of students in swimming lessons because vehicles are used to get home and go to the swimming pool. Public vehicles that can be used in the rural are only motorcycle taxi and elf buses while the swimming pool in the rural is very far to access, it can be seen from the distance of the swimming pool which has been discussed previously. Then, there are several public vehicles that can be used in the urban, namely grab, gojek, maxim, urban transportation, taxi, motorcycle taxi, horse-drawn carriage and rickshaw. Because public vehicles used in the urban are easy to find, it makes students in the urban have a high interest in swimming lessons. To see the high and low interest of students in swimming lessons can then be seen from the number of sports teachers in the rural and in the urban. The number of teachers in the urban, namely at Senior High School 1 Cianjur, there are four sports teachers, three male sports teachers and one female sports teacher. This is the reason why students' interest in swimming lessons in the urban is high, namely because there are female teachers who make female students interested in swimming. Meanwhile, the number of teachers in the rural, namely at Senior High School 1 Campaka, is two male sports teachers. This is a bad influence for developing students' interest in swimming lessons, because the lack of teachers who become student facilitators makes learning ineffective because there will be conflicting schedules. Some of the above statements are supported by research (Ulfa Erfiana, 2020) which states that there are limitations in infrastructure, distance and swimming coaches that make students unable to do swimming activities at any time.

Based on the findings that the authors have done in the field, there are similarities with previous research conducted by (Pratama, 2022) at Senior High School 7 Bandar Lampung Urban, that students' interest in swimming is included in the high category. So, it is not surprising if this study results in interest in swimming lessons for students in cities higher than in rurals because previous researchers have proven it.

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that the level of interest in swimming lessons in the urban is higher than the level of interest in swimming lessons in the rural. This is because the swimming pool facilities in the rural are inadequate and then access to the swimming pool in the rural is difficult to reach

because of the limited vehicles available, in terms of road access in the urban is better than the road in the rural because the roads in the rural tend to have holes while the road access in the urban is very minimal with holes, few public vehicles and lack of teachers who become student facilitators.

REFERENCE

- Abidin, Y. (2013). *Pembelajaran bahasa berbasis pendidikan karakter / Yunus Abidin*. Bandung: Refika Aditama.
- Arikunto. (2020). *Prosedur Penelitian Suatu Pendekatan Praktik*. Rineka Karya: Jakarta.
- Bile, R. L., Tapo, Y. B. O., & Desi, A. K. (2021). Pengembangan Model Latihan Kebugaran Jasmani Berbasis Permainan Tradisional Sebagai Aktivitas Belajar Siswa Dalam Pembelajaran PJOK. *Jurnal Penjakora*, 8(1), 71. <https://doi.org/10.23887/penjakora.v8i1.30752>
- Erinsyah, M. F., Sasmito, G. W., Wibowo, D. S., & Bakti, V. K. (2024). Sistem Evaluasi Pada Aplikasi Akademik Menggunakan Metode Skala Likert Dan Algoritma Naïve Bayes. *Komputa : Jurnal Ilmiah Komputer Dan Informatika*, 13(1), 74–82. <https://doi.org/10.34010/komputa.v13i1.10940>
- Pambudi, M. I., Winarno, M. E., & Dwiyoogo, W. D. (2019). Perencanaan dan Pelaksanaan Pembelajaran Pendidikan Jasmani Olahraga Kesehatan. *Jurnal Pendidikan: Teori, Penelitian, Dan Pengembangan*, 4(1), 110. <https://doi.org/10.17977/jptpp.v4i1.11906>
- Pratama, A. Z. (2022). Minat Olahraga Renang Siswa Kelas Sma N 7 Bandar Lampung Tahun 2021/2022. *Edukasimu*, 2(3), 1–10.
- Purnamasari, I., & Novian, G. (2021). Jurnal Patriot. *Jurnal Patriot*, 3(March), 71–81. <https://doi.org/10.24036/patriot.v>
- Ramadhan, S. F., Lesmana, H. S., & Sin, T. H. (2021). *Jurnal Patriot*. 3, 223–232. <https://doi.org/10.24036/patriot.v>
- Saat, S., & Mania, S. (2020). *Pengantar Metodologi Penelitian: Panduan Bagi Peneliti Pemula*. Pusaka Almada.
- Santosa, J. A. (2021). Motivasi Peserta Didik dalam Mengikuti Pembelajaran Pjok di Masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan Undiksha*, 9(2), 75. <https://doi.org/10.23887/jiku.v9i2.31241>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Penerbit Alfabeta.
- Sukmadinata, N. S. (2007). *Metode Penelitian Pendidikan*. PT Remaja Rosdakarya: Bandung.
- Sukmawati, D. (2015). *Pengaruh Pembelajaran Renang Gaya Bebas terhadap Hasil belajar Renang Gaya Bebas*. 03, 366–370.
- Susanto, A. (2014). *Teori Belajar dan Pembelajaran*. Jakarta: Kencana.
- Taqwim, R. I., Winarno, M. E., & Roesdiyanto, R. (2020). Pelaksanaan Pembelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan. *Jurnal Pendidikan: Teori, Penelitian, Dan Pengembangan*, 5(3), 395.

<https://doi.org/10.17977/jptpp.v5i3.13303>

- Ulfa Erfiana, M. (2020). Minat Siswa SD Negeri Donorejo Pada Olahraga Renang. In *Universitas Negeri Yogyakarta* (Vol. 8, Issue 75).
<https://doi.org/10.1016/j.jnc.2020.125798><https://doi.org/10.1016/j.smr.2020.02.002><http://www.ncbi.nlm.nih.gov/pubmed/810049><http://doi.wiley.com/10.1002/anie.197505391><http://www.sciencedirect.com/science/article/pii/B9780857090409500205><http://www.sciencedirect.com/science/article/pii/B9780857090409500205>
- Wardhani, S. (2021). Minat dan Motivasi Siswa Terhadap Pembelajaran Renang Di SD Al-Irsyad Al-Islamiyyah Kota Pekalongan Aisyah. *Indonesian Journal for Physical Education and Sport*, 2(1), 8–16.
- Wihandi, F. (2020). *Renang*.