

BUILDING THE PERSONALITY OF STUDENTS THROUGH COMPETITIVE APPROACH ON PHYSICAL EDUACTION LEARNING

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The basic nature of Physical Education is the educational process that used physical activities to create holistic changing of individual qualities, including physical, mental, and emotional aspects. Physical Education regards student as an integral unity, total creation, not just considers as a person who has one of qualities, physical or mental quality.

The achievement of Physical Education needs a good learning plan. One of important factors that determine the learning objective achievement in the application of learning model. Learning model is a instruction for teaching strategy used to reach the learning objective. Thus, the use of learning model on the achievement of Physical Education objective cannot be separated from the use of learning approach.

Implementation of competitive approach in sport competition followed by students will give benefits to the holistic students's development in phycomotoric, cognitive, and affective aspects. Personality or character is one of important aspects to be built and it needs more attention from the teacher. By implementing the competitive approach in Physical Education learning it is expected that it will build students's personality.

A. Competitive Approach in Physical Education

The approach of Physical Education learning depends on what model of learning that is used. Each approach has different characters. Rachman (2007: 7) say that competitive approach in Physical Education learning has characteristics, they are:

1. Its objectives emphasize on the improvement of emotional aspects, like competitiveness, fair play, hard work, and confidence.
2. Material in learning is focused on emotional components in doing activities including competitiveness, hard work, stress problem solving, fair play, etc.
3. Learning experiences are kinds of simple competition modification as in sport education. Formal sport competition is seldom to be used in consideration it is not appropriate with students's characteristics.
4. Methodology in physical education is focused on student and emphasize on activities, fair play, competitiveness, hard work, work ethos, etc.

5. Evaluation is oriented to the process and emotional attitude like in fair play.

Competitive approach in Physical Education can be done by conducting sport competitions. The scope of learning materials in Physical education including: games and sport, gymnastic, athletics, and rhythmic activities. Competitive approach in Physical Education can be applied through many kinds of competitions, for examples:

1. Zero sum competition. This kind of competition has one winner and one loser.
2. Negative sum. This competition has one winner and some losers.
3. Continuous improvement competition. This kind of competition different with both competitions before. In this competition, participation of players is determined by ongoing success. For example in high jump competition. Player in high jump will failed or eliminated if he/she failed in jumping on certain high level.

B. The Nature of Personality

Koswara (1991: 10-12) declare that personality refers to how the individual performs and make an impression to another individuals. In the other hand, personality is also meant or related to certain special characteristics of individual. For examples, person who has shame feeling known as a prude person and person who friendly to another known as a friendly person.

C. The Impact of Competitive Approach to Student's personality

Psychological impact of implementing competitive approach especially in personality aspect can create or build some characters, like: open minded thinking, clearly and objective thinking, anxiety, interdependence, cooperation, emotional and temperament tendencies, etc. One of attitudes that often appear in competitive approach is negative interdependency. It can be happened when there are success and failure of individual or team players. For example, in high jump competition, a player could get the best result when others not succeed.

In the other hand, participation of student in choosing kind of sport also influenced his/her personality. Ibrahim (2001: 53) explain that there is tendency of personal attitude based on what sport to be focused on. For more adding, it is explained that sport activities that done in team like volleyball, basketball, soccer, etc can make more anxiety feeling, open minded thinking, and objective thinking than another games.

Then, students in games in which they should reach high score or goal like in soccer or basketball appeared more free and egoistic than students who play in turn games. Based on this explanation, competitive approach give may advantages to students. Rachman (2001: 35) explain that competitive approach give chances for students to build some aspects they are:

1. Character building

2. Self esteem and self confidence improvement
3. Motivation to success
4. Excellent as an aim
5. Participation motivation
6. Personal success after beating their rival.

D. Conclusion

Personality can be explained as character or attitude of individual. It can be built through education. Physical education is education process that use physical activities to create holistic changing. Competitive education can be used in Physical Education in sport competitions or games.

Implementation of competitive approach in Physical Education can build students's personality. Students will build and encourage their open minded thinking, clearly and objective thinking, anxiety emotional and temperament tendency, etc.

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