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

By:
Yudanto
Hedi Ardiyanto Hermawan
Sports Science Faculty, Yogyakarta State University

Abstract
The basic nature of Physical Education is the education process that use physical activities to create holistic changing of individual qualities including physical, mental, and emotional. One of important aspects which determines and influences the learning objective achievement is the application of learning model. The use of learning model in this achievement cannot be separated from the learning approach. The implementation of competitive approach throughout sport competition followed by students can give some advantages or benefits for the entirely students’s development, including phsycomotoric, cognitive, and affective aspects. Personality or character of students is one of important aspects to be formed and it needs more attention from Physical Education teacher. By implementing the competitive approach in Physical Education, it is very important to build students’s personalities. Some of actions or attitudes that we could get from the implementation of competitive approach are: open minded thinking, clearly and objective thinking, anxiety, interdependence, cooperation, personal emotion and temperament, etc.

Keywords: Personality, Competitive Approach, Physical Education

INTRODUCTION

Physical education is essentially educational process using physical activity to produce a holistic change in the quality of individuals, in terms of physical, mental, and emotional. Physical education treats the child as a unified whole, being a total, rather than just take it as a separate physical and mental qualities. Furthermore, according Rusli Lutan (2001: 15) stated that Physical Education is a learning process to move, and learn through movement. In addition, through the learning process, Physical Education make contributions to the development of children who are not biased. Donations given from the Health and Physical Education is to provide overall growth, because that is developed not only the aspect of movement skills and physical fitness (physical and psychomotor aspects), but the development of cognitive and affective aspects are also developed via Physical Education.

Physical Education objectives, should take a good learning plan. One of the important factors that determine the achievement of learning goals is the application
of learning models used. The model is a guide for learning teaching strategies used
to achieve learning goals. The use of models of learning in Physical Education is not
free from the learning stages. Learning stages of Physical Education include
planning, implementation, and evaluation of learning. Basically, the learning model
used in Physical Education has an important role as a reference or guidelines for the
preparation of learning materials. Each Physical Education learning model used by
teachers will help to determine what material will be taught and how to teach it.

The selections of Physical Education learning model, depends on the
orientation or the benefits for students. According to Rachman Amirullah Day (2007: 5) there are several kinds of learning models that can be used in physical education, namely: education learning model of motion, model of education learning fitness, physical education teaching models, and cooperative learning model of education. Each learning model has a different emphasis related to: objectives, materials, methodology and evaluation of learning. Elections Physical Education learning model, must adjust to the school environment and student characteristics.

The use of models of learning in Physical Education achievement is not out
of the learning approach used. Rachman Amirullah Day (2007: 6) stated that the
Physical Education learning approach, which is widely known, including: technical
approach, tactics approach, and competitive approach. Competitive education
emphasizes more on the development of emotional skills, fair play, and work ethic.
Competitive approach in the implementation of Physical Education lessons can be
implemented in the form of games and physical exercise competitions.

Implementation of a competitive approach in the form of games or sports
contests, followed by students, will provide benefits to the overall development of
students, in terms of psychomotor, cognitive, and affective. Personality or character
of students is one of the most important aspects to be formed and to get attention
from teachers. Through the application of a competitive approach in Physical
Education lessons, it is expected to form students’ personality. Based on the
descriptions above, the author wants to raise the role of competitive approaches in Physical Education as the formation of student’s personality.

COMPETITIVE LEARNING APPROACH IN PHYSICAL EDUCATION

Physical Education learning approach, depending on the learning model used. On the use of Physical Education learning approach, each has a different characteristic. According to Rachman Amirullah Day (2007: 7), a competitive approach in teaching Physical Education has the following characteristics:

1. The purpose of the competitive approach is to emphasize on the development of emotional aspects such as competitive, fair play, work hard, and confident.

2. The Learning materials are translated into an emotional component in doing the activities such as competitive, work hard, and overcome the problem of stress, fair play, and so on.

3. The examples of learning experiences that are used are in the form of modification-many kind of simple games and competitions like in sports education. In the sports competition in the form of formal, rarely used because it is not in accordance with the characteristic of students.

4. The methodology used is student-oriented, emphasis on student attitudes toward activities, fair play, competitive; work hard, work ethic and so on.

5. The evaluation used is oriented to emphasize the emotional attitudes such as being fair play.

Competitive approach in teaching Physical Education can be done by conducting various games and competitions. The scope of Physical Education subject matter including: games and Sports, gymnastics, athletics and rhythmic activity. Competitive approach in Physical Education lessons can be applied through a game or race. The forms of the game that can be used in this approach include:

1. Zero sum format game. This form of the game emerges one winner and one loser.
2. Negative sum game form. This form of the game with this format led to one winner and many losers.

3. Form of competition with the nature of sustainability increased. This form differs from the zero sum game form and a negative sum form. This section shows that the continuity of participation determined by the success of the unstopped participants. The more explanation in this section can be shown by an example in a high jump competition. A person who participates in the high jump competition will be considered to have failed or out of the race, if they fail to make the leap in a certain altitude.

**NATURE OF PERSONALITY**

The term “personality” in English comes from the Latin word “persona”. The word persona refers to the mask used by the actors in Roman era in the play. According to E. Koswara (1991: 10-12), the personality in daily terms refers to how individuals perform and gave the impression of other individuals. In addition, the personality is also often interpreted or associated with certain features prominent in individual. For example: shy people is attributed as having shy personality and the easy going people is attributed as an sociable man

Next, except the personality understanding in terms of everyday life, the personality understanding can be examined in the discipline of psychology. George Kelly quoted by E. Koswara (1991: 11) states that personality as a unique way of defining the individual experiences. Further, according Goldon Allport, quoted by E. Koswara (1991: 11) defines personality is something that is within the individual that guides and direct the individual's behavior.

Based on some opinions about the personality above, can conclude that personality is a hypothetical structure or organization and behavior viewed as something that is organized and integrated by the personality, or in other words "organization" is a determinant or directional behavior.
THE IMPACT OF COMPETITIVE APPROACH IN STUDENTS’ PERSONALITY ASPECTS

Psychological impact, especially in aspects of personality in the application of competitive approaches in Physical Education learning can bring the qualities such as openness, and think clearly and objectively, the level of anxiety, the nature of interdependence, cooperation, emotional tendencies or temperament of person, and so on. One type of attitude appearing in the competitive approach is the emergence of negative dependence properties to other students. Negative dependence occurs when the success of a student or group of students. This is related to the failure of students or a group of other students. To clarify this point further, can be described in a long jump contest or some other athletic numbers, where a student is able to do or get the best results when other students are not successful.

On the other hand, the students’ involvement in choosing types of sports activities also affect to his personality’s aspect. Rusli Ibrahim (2001: 53) described that there is a tendency of one’s properties resulting from the practiced sports. Furthermore, it is explained that in sports team such as volleyball, basketball, football and so on, it can cause the more anxious trend, more open nature, and more objective compared to the students who participate in individual sports.

Next the students joined in the sport that the aim is scoring goals, such as football and basketball shows a tendency to be more independent and more powerful his ego, if it is compared to students who are involved in sports in which there is an innings chance. Based on above descriptions, the application of the competitive approach also provides very important benefits for students. According to Rachman Amirullah Day (2001: 35), the competitive approach is able to make the students grow in terms of:

1. Character development
2. Increasing of self esteem and self confidence
3. Motivation to succeed
4. Stabilization of excellence as a goal
5. Maintaining interest in participation
6. Sense of personal success after beating another person

CONCLUSION

Personality can be interpreted as the personal character or behavior. Personality can be built through education; Physical Education is an educational process that uses physical activity to produce a holistic change. Competitive approach is one approach that can be used in teaching Physical Education. Competitive approach is one of the approaches used in Physical Education learning packaged in the form of games or sports competitions.

The application of competitive approaches in Physical Education lessons make students can form their personality. The characteristics obtained from the application of competitive approaches include: openness, and think clearly and objectively, the level of anxiety, the nature of interdependence, cooperation, emotional tendency or personal temperament, and so on.

References