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## Enhance Student Discipline through Futsal Extracurriculars

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### Abstract

**Objectives.** Physical education can be implemented through two distinct forms of learning activities: intracurricular and extracurricular. Extracurricular activities have the potential to indirectly enhance students' academic performance, interest, and talent. These activities serve as a forum for unlocking students' potential, developing their soft skills, and inculcating positive values, such as enhancing student discipline. The focus of this research is to measure the extent to which extracurricular futsal activities contribute to the enhancement of student discipline.

**Materials and methods.** This study utilizes a research methodology known as Systematic Literature Review (SRL), which involves an extensive analysis of five scholarly articles published on Google Scholar within the past year. The purpose of this method is to compare and contrast the findings and conclusions of the selected articles, and to identify any gaps or inconsistencies in the existing research. By employing SRL, this study aims to provide a comprehensive and rigorous analysis of the current literature on the topic at hand, and to generate new insights and recommendations for future research.

**Results.** Based on the analysis of various academic sources, it has been established that engaging in Futsal extracurricular activities can prove to be beneficial in enhancing student discipline. The outcomes of the literature review suggest that students who participate in Futsal activities tend to exhibit better self-control, time management skills and have a more structured routine, which ultimately leads to a positive impact on their academic performance.

**Conclusion.** According to empirical research, there exists a significant relationship between the degree of student discipline and their academic achievement. An increase in discipline has been found to lead to improved academic performance. This finding has important implications for educational institutions seeking to enhance the learning outcomes of their students.

**Keywords:** Futsal, Extracurricular, Discipline.

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### Introduction

Education is a process that prepares the younger generation for success in the future. Through education, we can create a generation of young individuals who are superior in quality, vision, breadth, individuality, and responsibility (Idris et al., 2012). Education is an effort to direct the souls of students towards their true nature, both physically and spiritually, and

towards a civilized society that is beneficial for all. Schools provide a forum that helps young individuals prepare for the future (Purnomo & Herwin, 2021). They must be prepared in every way to help students excel in every field, including implementing values that are important to their nature. There are many personality traits that can be developed, such as religiosity, honesty, responsibility, healthy lifestyle, discipline, hard work, self-confidence, entrepreneurship, logical thinking, critical and creative thinking, and innovation (Gibbons, 2002). During the educational process, especially in physical education, teachers should not only focus on the cognitive aspect but also on developing students in three dimensions: cognitive (knowledge), affective (attitude), and psychomotor (mobility) (Hildan et al., 2022).

Physical education is implemented through two types of activities: internal learning activities at school and external activities outside the classroom. Internal activities are continuous teaching and learning at school during specified times in the curriculum, while extracurricular activities are learning that takes place outside school hours and is not part of the curriculum (Kohl III & Cook, 2013). Extracurricular activities are an opportunity for students to express their interests and talents outside of class. These activities are very important for students because they can expand their learning and unlock their potential. Students can also gain achievements through extracurricular activities, such as participating in contests or competitions. Thus, extracurricular activities can support the achievement of goals in formal learning (Barber et al., 2013).

Extracurricular activities can also help develop student character and instill positive values that contribute to the character of the nation's learners. Character refers to a person's behavior, psychological traits, morals, or character traits that differentiate them from others (Jamaluddin et al., 2021). Character cannot be formed because it is innate from birth, but it can be developed through education. Character education is aimed at forming a strong and competitive nation with noble qualities, tolerance, mutual cooperation, love of the country, a dynamic development orientation, science and technology, and a workforce that inspires faith and devotion to God Almighty, based on the basic ideology of the Indonesian state, especially Pancasila (Pala, 2011).

Discipline is crucial for students, and developing disciplined character is a process that is guided by students to become complete people and face the challenges of the times and technological advancements. The character of discipline needs to be instilled in students from an early age because millennials often ignore discipline (Syafriza, 2022). Therefore, participating in extracurricular activities, such as playing futsal, can help increase student discipline and instill good habits.

## Materials and Methods

This study is descriptive research using the Systematic Literature Review (SLR) model (Mengist et al., 2020) to compare articles published on Google Scholar that pertain to student discipline in extracurricular futsal. The selected articles are from national journals published within the last 5 years, reflecting the growing interest among students to learn through extracurricular futsal activities.

## Results and Discussion

Upon review, it has been determined that the purpose of this research was to examine the effectiveness of utilizing futsal extracurricular activities as a means to improve student discipline. The study utilized an article from Google Scholar, titled "Student Discipline in Extracurricular Futsal," as its primary data source. Relevant articles were identified based on specific criteria and were further reviewed for analysis:

**Table 1.** Journal Review Results

No	Author, Year, Title	Objective Study	Method	Population and Samples	Results Study
1	Mahitsa Dandi & Nurhidayat. 2022. Analysis of Students' Discipline Level in Taking Part Extracurricular activities	The aim of this research is to determine the level of student discipline in participating in extracurricular futsal in SENIOR HIGH SCHOOL Batik 2 Surakarta.	This is descriptive research using a quantitative approach. Collection technique data using observation, questionnaire, and interview	The population is 46 student And sample that taken there were 20 students in class X, 16 students in class XI, and 10 students in class XII using total sampling technique	The results of this research show that discipline student SENIOR HIGH SCHOOL Batik 2 Surakarta in participating in activities extracurricular futsal is very high. These results are shown by a questionnaire the extracurriculars provided answered very agree 65.2%.
2	Bayu Rohman Agustama, Sonny Jamaludin & Dinar Sugiana Fitrayadi. 2022. Implementation Character Values of Discipline and Hard Work in Futsal Training Activities at T Futsal School academy	Objective This research is to find out the application of values -the value of character education of discipline and hard work in training activities futsal in T Futsal Academy and obstacles in its implementation.	This is descriptive research with a qualitative approach . Researchers collected data using observation, interview and documentation techniques.	Member Q Futsal Academy	From this research it is known that at T Futsal Academy when exercise futsal student Not only are they taught how to play football but there is also character development that focuses on discipline and hard work. This habit is done by attending practice on time, wearing clothes that comply with the rules applies, And obey all the rules in T Futsal academy
3	Supiana, A. Heris Hermawan & Anisa Wahyuni. 2019. Management Character Improvement dicipline participant	Objective This research is to find out how to improve character discipline participant educate through	The research method uses a descriptive method with a qualitative approach interview data collection techniques, observation and studies	1 person organizational supervisor at Madrasah Aliyah Ummul Quro Al-Islami,	The impact of extracurricular activities to improve character student discipline at Madrasah Aliyah Ummul Quro Al-Islami can be seen through achievement achievements Which has achieved by student where showed

4	Educate Through Extracurricular Activities	Extracurricular activities.	documentation.	with reduced levels of student violations, students comply with rules, punctuality and queuing culture in various activity
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The article review conducted by Mahitsa Dandi and Nurhidayat in 2022 revealed some important findings. Qualitative descriptive methods were used to collect data through observation, questionnaires, and interviews. The study found that students who participate in extracurricular activities outside of futsal may not develop good affective aspects. This is particularly true for those who lack discipline in their extracurricular activities. SMA Batik 2 Surakarta conducted observations and interviews with the futsal extracurricular coach, which showed that the high school students lacked attention to affective aspects, especially discipline. Some students participated in the futsal extracurricular activities but rarely joined the exercise program provided by the coach. This study aimed to describe the scientific results of the students who followed the futsal extracurricular activity in Batik High School.

On the 9th of the month in Surakarta, 46 respondents filled out statements. A total of 218 respondents (52.7%) completely agreed, while 181 respondents (43.7%) chose the same frequency evenly. Only 13 respondents (3.1%) did not agree, 1 respondent (0.2%) had no opinion either way, and 1 respondent (0.2%) strongly disagreed. Therefore, it can be concluded that the student discipline of SMA Batik 2 Surakarta meets high standards for participating in activities outside of futsal education. This is evident from the results where the highest frequency, 181 or 43.7%, agreed with this statement. Additionally, the article by Bayu Rohman Agustama, Ujang Jamaludin and Dinar Sugiana Fitrayadi in 2022 indicates that students in T Futsal Academy are generally considered to be disciplined. The successful completion of students' exercises depends on their timely attendance.

Furthermore, the discipline of the students during training is reflected in their attire. They are required to follow the current T Futsal Academy regulations, which include wearing sports clothing such as football shirts, shorts, football boots, long socks, and deckers. This information has been obtained through interviews and documentation, and it is evident that the application of student discipline and character values at T Futsal Academy is a priority. It is undeniable that the character values of discipline and perseverance are highly suitable for training, and at T Futsal Academy, every effort is made to instill these values in the students. However, coaches have faced obstacles in forming student discipline and perseverance due to the fact that some students lack proficiency. Despite the importance of discipline, some students may feel lazy and lose motivation during futsal practice. It is worth noting that student discipline and perseverance are not limited to futsal practice but also extend to their social interactions outside the academy. Consequently, the coach imposes sanctions such as push-ups and jams to prevent indiscipline among students. The goal is to promote discipline and equip

the students with physical resilience during practice.

Madrasah Aliyah Ummul Quro Al-Islam, according to an article titled 'Supiana, Heris Hermawan, And Anisa Revelation 2019', has excelled not only in academics but also in non-academic fields. The head of the organization, Usth Nuril Izzah, M.Pd, elaborated on the students' achievements in an interview conducted by the author on November 20, 2018. The school has won several extracurricular activities, including futsal. These activities are instrumental in character-building, and disciplining students through various programs, training, and other activities. It is expected that rewards and punishments will improve student discipline, which can be useful for their personal growth and for society. Extracurricular activities also help reduce student crime. Additionally, there is evidence that students who participate in such activities tend to be more obedient. Student discipline has increased. Students now follow rules, complete tasks, and arrive at school on time.

## Conclusions

After studying several kinds of literature, it is evident that extracurricular futsal can aid in boosting student discipline levels. This is due to the inculcation of positive habits such as punctuality, proper attire and preparation of training equipment, and adherence to the rules set by the activity. The study also reveals that character education and habituation related to discipline can improve student achievement.

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## Conflict of interest

The authors declare no conflict of interest.

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