



Interest of Grade X Students at SMK Negeri 1 Parbuluan in the Wrestling Extracurricular Activity

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Abstract

Objectives:

The purpose of this study is to determine the level of interest among Grade X students at SMK Negeri 1 Parbuluan in the wrestling extracurricular activity.

Materials and Methods:

This study is a quantitative descriptive study employing a survey method. The study population consisted of 87 Grade X students at SMK Negeri 1 Parbuluan. The sample comprised all Grade X students, utilizing a total sampling technique.

Results:

The research results indicate that 8 students (9.2%) fell into the very high category, 34 students (39.0%) into the high interest category, 44 students (50.6%) into the low interest category, and 1 student (1.2%) into the very low category.

Conclusions:

Research findings indicate that the interest of Grade X students at SMK Negeri 1 Parbuluan in the wrestling extracurricular activity generally falls into the moderate category, comprising 32 students (36.79%). A supportive school environment is one factor fostering student interest, whereas student activity levels and limited facilities have not yet exerted an optimal influence.

Keywords: Interest; Students; Wrestling.

Introduction

The objective of wrestling is to keep both of the opponent's shoulders in contact with the mat while facing each other and using various parts of the body to take the opponent down through pulling, pushing, throwing, tripping, and holding techniques. Greco-Roman wrestling and freestyle wrestling are the two main forms of wrestling. To defeat an opponent, wrestling is a strength based sport that combines physical confrontation with intense combat.

Due to its aggressive nature, many people still perceive wrestling as an unhealthy sport, which has resulted in limited public awareness of the sport today. However, because of its increasingly promising future, wrestling has begun to attract the interest of sports spectators. Currently, there are not many wrestling athletes. Nevertheless, it is possible for these athletes to become professional wrestlers if they receive appropriate training. Training can be implemented in various educational institutions, including elementary schools (SD), junior high schools (SMP), senior high schools (SMA), vocational high schools (SMK), and public and private universities (PTN/PTS). The purpose of such training is to develop professional wrestling athletes through well-structured programs. In addition, training provides children and adolescents with a platform to express and develop their abilities. It is expected that by introducing wrestling activities at an early age, students will be able to understand, learn, and develop the skills required to become proficient wrestlers. This introduction is particularly expected to begin at the elementary school level (SD), where children generally have a strong interest in physical activities, so that they can develop an enjoyment of sports, particularly wrestling.

Educational institutions are expected to become one of the main sources of future athletes because they provide access to young and physically active students. In addition,



educational institutions play an important role in promoting wrestling. Physical education teachers are trained to identify and select talented students in their schools to participate in wrestling competitions. They can use this approach to integrate wrestling into their physical education lesson plans. Subsequently, schools can establish wrestling extracurricular programs to help talented students improve their wrestling abilities. The involvement of professional wrestling coaches can further enhance these extracurricular activities, which are important in helping students maintain a balance between sports training and their academic responsibilities.

Schools also play an important role in supporting the implementation of extracurricular programs. Instructors and coaches are essential to the development of school sports. Teachers and coaches are needed to promote wrestling and encourage students to learn more about the sport. Developing students' interest can motivate them to focus more seriously and gain a deeper understanding of a particular sport. Adequate infrastructure and facilities are also necessary to support and facilitate extracurricular activities. With appropriate infrastructure, students can learn efficiently and comfortably, including outside regular school hours.

These extracurricular activities are beneficial because they provide students with dedicated time to participate in specific training programs, allowing them to concentrate on their chosen area of interest. In addition, these activities are supervised by qualified coaches, ensuring that the programs are well organized. This is expected to contribute to the emergence of young wrestling champions who are still pursuing their education. For example, many young athletes in Dairi Regency have shown increasing interest in wrestling. This development is supported by the Dairi Wrestling Association, which works together with physical education teachers to identify and select students interested in participating in wrestling. As a result, students are encouraged to participate in wrestling activities in schools. The government also contributes to the development of wrestling by providing facilities and organizing competitions.

The government provides various wrestling competitions for students. The National Student Sports Week (PORSENI), Regional Student Sports Week (POPDA), Regional Student Sports Week (POPWIL), and National Student Sports Week (POPNAS) are among the competitions organized for students. In addition, there are the National Championship (KEJURNAS), Regional Championship (KEJURDA), and Regency Sports Week (PORKAB) for the general public. These programs demonstrate the significant support provided by the government for the development of wrestling. With support from various stakeholders, wrestling continues to gain popularity and recognition as a respected sport.

Wrestling has become increasingly recognized and prestigious in recent years. Due to its promising prospects, wrestling has emerged as a notable sport. This development can be seen in the increasingly competitive requirements and standards applied in various wrestling events. This is also supported by the growing popularity of wrestling in senior high schools (SMA/SMK). One vocational school that has frequently produced promising wrestling athletes through its extracurricular activities is SMK Negeri 1 Parbuluan. Considering its facilities and commitment to wrestling development, SMK Negeri 1 Parbuluan has the potential to produce professional athletes through its extracurricular program. However, students' willingness to participate is one of the factors contributing to the success of the extracurricular activities at SMK Negeri 1 Parbuluan. Extracurricular activities are more likely to run effectively when students demonstrate a high level of enthusiasm and interest.

Considering that wrestling is a promising sport in Dairi Regency, a comprehensive analysis of the implementation of wrestling extracurricular activities is necessary, including students' interest, coaches, the training environment, and other relevant



factors. The interest of tenth-grade students in participating in wrestling extracurricular activities will be the main variable examined in this study. Tenth-grade students are selected as the research population because they are at an early stage of senior secondary education and have greater opportunities to develop their skills through systematic training. Meanwhile, eleventh-grade students are approaching the stage of preparation for various competitions and may have more academic and extracurricular responsibilities. Tenth-grade students are therefore considered to have considerable potential to represent SMK Negeri 1 Parbuluan in future wrestling competitions and still have sufficient time for long-term athletic development.

Furthermore, tenth-grade students at SMK Negeri 1 Parbuluan have considerable potential in wrestling. Most of the students have tall and physically strong body types. In wrestling competitions such as POPDA, athletes still tend to rely more heavily on physical strength than technical skills, even though technical ability and other performance components are equally important. Consequently, athletes with greater physical strength may have an advantage in wrestling competitions. This condition provides tenth-grade students at SMK Negeri 1 Parbuluan with a significant opportunity to develop their wrestling abilities and compete successfully in future wrestling competitions.

Materials and Methods

Study Design

This study is a quantitative descriptive study. Data collection was conducted using a survey method specifically a questionnaire to determine the level of interest among Grade X students at SMK Negeri 1 Parbuluan in the wrestling extracurricular activity.

Study Participants

The population in this study consists of all Grade X students at SMK Negeri 1 Parbuluan, totaling 87 students. The entire population will serve as the sample and approach known as total sampling.

Study Organization

The instrument employed in this study is a questionnaire designed to assess the interest of Grade X students at SMK Negeri 1 Parbuluan in the wrestling extracurricular activity. This assessment covers internal factors specifically interest, attention, and engagement and external factors namely the role of teachers/coaches, facilities, and the environment all adopted from established factors influencing interest.

Statistical Analysis

The data analysis approach employed is descriptive statistics utilizing frequency distribution. Descriptive analysis is conducted to reinforce the arguments and logic used to address and substantiate the hypotheses that will be elaborated upon in the quantitative analysis. This analysis is based on data obtained from a set of statements (an instrument or questionnaire) administered to and completed by Grade X students at SMK Negeri 1 Parbuluan.

Results

Description of Interest Among Grade X Students at SMK Negeri 1 Parbuluan in the Wrestling Extracurricular Activity, Based on All Influencing Indicators. The overall data description regarding the measurement of interest among Grade X students at SMK Negeri 1 Parbuluan includes the highest score, lowest score, mean, and standard deviation. The overall descriptive statistics results are presented in Table 1.

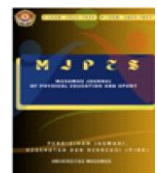


Table 1. Statistical Results of Interest Measurement

Variable	N	Min	Max	Mean	Standard deviation
Interests of Grade X Students at SMK Negeri 1 Parbuluan	87	62	127	89,64	11,87

The instrument used was a questionnaire consisting of 35 items with scores ranging from 1 to 4. Data on the overall measurement of interest among Grade X students at SMK Negeri 1 Parbuluan were obtained from the questionnaire, showing a maximum score of 127 and a minimum score of 62. The data also yielded a mean of 89.64, a median of 87, a mode of 85, and a standard deviation of 11.87. The frequency distribution of the overall data regarding student interest at SMK Negeri 1 Parbuluan is presented in Table 2.

Table 2. Frequency Distribution of Overall Student Interest Measurement Data

Interval	Frequency	Percentage (%)
62-75	2	2,3%
76-89	13	14,9%
90-103	24	27,6%
104-117	15	17,2%
118-131	18	20,7%
Total	87	100%

Subsequently, the ideal mean score (M_i) for each aspect served as a comparative criterion to determine the score tendency for each aspect. The highest score was 140, and the lowest was 35. The ideal mean was 89.64, and the standard deviation was 11.87. The distribution of interest tendencies among Grade X students at SMK Negeri 1 Parbuluan, based on all influencing indicators, is presented in Table 3.

Table 3. Percentage Results Based on All Indicators

Interval	Category	Frequency	Percentage (%)
>108	Very High	6	6,89%
97 – 108	High	17	19,54%
85 – 96	Moderate	32	36,79%
72 – 84	Low	30	34,48%
<72	Very Low	2	2,30%
Total		87	100%

Description of Data on the Interest of Grade X Students at SMK Negeri 1 Parbuluan in the Wrestling Extracurricular Activity, Analyzed Across All Influencing Indicators by Gender The overall data description regarding the measurement of interest among Grade X students at SMK Negeri 1 Parbuluan includes the highest score, lowest score, mean, and standard deviation. The overall descriptive statistics results are presented in Table 4.



Table 4. Statistical Results of Interest Measurement

Variable	N	Min	Max	Mean	Standard deviation
Interest of Male Grade X Students at SMK Negeri 1 Parbuluan	36	62	127	90,24	14,30
Interests of female Grade X students at SMK Negeri 1 Parbuluan	51	75	112	88,86	9,87

The instrument used was a questionnaire consisting of 35 items with a scoring range of 1 to 4. Data obtained from the questionnaire regarding the interest of male Grade X students at SMK Negeri 1 Parbuluan showed a maximum score of 127 and a minimum score of 62; the mean was 88.86, the median was 85, the mode was 83, and the standard deviation was 14.30. Meanwhile, measurements of interest among female Grade X students at SMK Negeri 1 Parbuluan showed a maximum score of 112 and a minimum score of 75; the mean was 90.24, the median was 89, the mode was 85, and the standard deviation was 9.87.

Discussion

Based on the calculation of the research data, the interest of Grade X students at SMK Negeri 1 Parbuluan in wrestling extracurricular activities, viewed from all influencing indicators, involved 87 respondents. The results showed that 6 students (6.89%) were categorized as having very high interest, 17 students (19.54%) had high interest, 32 students (36.79%) had moderate interest, 30 students (34.48%) had low interest, and 2 students (2.30%) had very low interest. These data indicate that, in general, the students' interest was in the moderate category. This may be because the environment at SMK Negeri 1 Parbuluan is highly supportive of wrestling extracurricular activities, thereby motivating students to engage in wrestling. However, external factors, such as students' activities and the availability of facilities, have not yet played a significant role in influencing students' interest in wrestling extracurricular activities.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on gender showed that there were 36 male students. Of these, 4 students (4.6%) were categorized as having very high interest, 4 students (4.6%) had high interest, 10 students (11.5%) had moderate interest, 16 students (18.4%) had low interest, and 2 students (2.3%) had very low interest. Meanwhile, there were 51 female students, consisting of 2 students (2.3%) with very high interest, 13 students (14.9%) with high interest, 22 students (25.3%) with moderate interest, 14 students (16.1%) with low interest, and 0 students (0%) with very low interest. These data indicate that female students tended to have greater interest in wrestling extracurricular activities than male students. This may be because most male students tend to be less enthusiastic about participating in activities, whereas female students tend to be more diligent. This factor may contribute to the greater interest of female students in wrestling extracurricular activities compared with male students.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on attention, involving 87 respondents, showed that 8 students (9.20%) were categorized as having very high interest, 18 students (20.69%) had high interest, 38 students (43.68%) had moderate interest, 19 students (21.83%) had low interest, and 4 students (4.60%) had very low interest. These data indicate that students' interest tended to be in the moderate category, with a relatively



high tendency. This may be because the school is highly active in providing information about wrestling activities and programs. In addition, the training facility, which is open to the public, also supports students in observing wrestling activities more closely.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on enjoyment, involving 87 respondents, showed that 8 students (9.2%) were categorized as having very high interest, 39 students (44.9%) had high interest, 26 students (41.4%) had moderate interest, 26 students (41.4%) had low interest, and 4 students (4.6%) had very low interest. These data indicate that students' interest tended to be in the moderate category. This may be attributed to differences in students' experiences, as most students have not yet experienced the enjoyment of participating in wrestling activities.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on activity, involving 87 respondents, showed that 5 students (5.75%) were categorized as having very high interest, 12 students (13.79%) had high interest, 24 students (27.59%) had moderate interest, 45 students (51.72%) had low interest, and 1 student (1.15%) had very low interest. These data indicate that students' interest tended to be in the low category. This may occur because, during adolescence, many students tend to focus more on maintaining their appearance and prefer to remain clean and fresh. Therefore, engaging in additional physical activities outside regular school lessons may not be the primary choice for most adolescents.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on the role of teachers and coaches, involving 87 respondents, showed that 11 students (12.65%) were categorized as having very high interest, 10 students (11.49%) had high interest, 34 students (39.08%) had moderate interest, 29 students (33.34%) had low interest, and 3 students (3.45%) had very low interest. These data indicate that students' interest was in the moderate category. This may be attributed to the good cooperation between the Bantul Wrestling Association (PGSI Bantul) and the physical education teachers at SMK Negeri 1 Parbuluan, including the provision of professional wrestling coaches. This cooperation also continued through socialization activities and the identification of potential athletes at SMK Negeri 1 Parbuluan. These efforts contributed to increasing the interest and appreciation of Grade X students toward wrestling extracurricular activities.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on facilities, involving 87 respondents, showed that 3 students (3.45%) were categorized as having very high interest, 21 students (24.13%) had high interest, 30 students (34.49%) had moderate interest, 32 students (36.78%) had low interest, and 1 student (1.15%) had very low interest. These data indicate that students' interest tended to be in the low category. This may be because the training mat is located outdoors and there is a lack of supporting equipment, such as barbells and other training aids.

The results of the measurement of Grade X students' interest in wrestling extracurricular activities at SMK Negeri 1 Parbuluan based on the environment, involving 87 respondents, showed that 6 students (6.89%) were categorized as having very high interest, 20 students (22.99%) had high interest, 39 students (44.83%) had moderate interest, 22 students (25.29%) had low interest, and 0 students (0%) had very low interest. These data indicate that students' interest was in the moderate category. This is influenced by the school's active efforts to create an environment that encourages and appreciates wrestling. The placement of the trophy cabinet in an area visible to students is also one of the factors that attracts their attention to wrestling activities.

Conclusions



Based on the analysis of the research data regarding the interest of Grade X students at SMK Negeri 1 Parbuluan in the wrestling extracurricular program involving 87 respondents the results show the following distribution: 6 students (6.89%) fell into the very high interest category, 17 (19.54%) into high interest, 32 (36.79%) into moderate interest, 30 (34.48%) into low interest, and 2 (2.30%) into very low interest. Overall, the data indicates that the students' interest level is moderate. While the environment at SMK Negeri 1 Parbuluan is highly conducive to the wrestling extracurricular program thereby motivating students to engage in the sport external factors such as student activities and available facilities do not yet play a significant role in influencing student interest in the program.

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Conflict of Interest

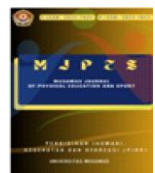
The authors declare no conflict of interest.

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