

## A Review of Students' Interest in Learning about the Sport of Tennis in Sports and Health Education University of Pasir Pengaraian

Lolia Manurizal<sup>\*1AB</sup>, Syahril Bakhtiar<sup>2BD</sup>, Damrah<sup>3CD</sup>

<sup>123</sup>Faculty of Sports Science, Padang State University, Padang

### ABSTRACT

The purpose of this study was to determine the Student Learning Interest in Tennis Sports Education Sports and Health at Pasir Pangaraian University. The method used in this research was descriptive quantitative. This research was conducted at Pasir Pangaraian University Sports and Health Education. Data collection was carried out by providing questionnaires about student learning interest in tennis of sports and health education at Pasir Pangaraian University. The type of data analysis uses data analysis techniques using percentage techniques and data processing by determining the number of interval classes and the length of the interval class in weighting following Sturges' rules. The results of this study indicate that students' interest in learning tennis is obtained as many as 3 people (8%) are in the very high category, 10 people (26%) are in the high category, 14 people (36%) are in the medium category, 7 people (18%) are in the low category, and 5 people (13%) are in the very low category.

**Keywords:** Interest, Learning, Tennis

### Corresponding author:

\*Lolia Manurizal, Faculty of Sports Science,  
Padang State University, 25131. Email:  
[loliamanuriza@upp.ac.id](mailto:loliamanuriza@upp.ac.id)

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## INTRODUCTION

Sports is an activity that is done by many people, both from the young to the elderly, nowadays sports are no longer underestimated but have become an activity often done by the community. Because sports have become part of people's lives. Doing a sport is a process of scheduled physical activity that provides happiness for those who do it. By doing sports continuously according to one's ability, one will get the benefits of exercise, one of which is: to improve blood flow so that the body is healthy, the digestive process in the body can be smooth, increase brain work so that it is more productive to work. Law number 11 of 2022 concerning sports states that all activities include mind, body, and soul. Getting integrated and organized can encourage, teach, and obtain potential in areas such as religion, physical, cultural, and social.

According to Bule (2020), Sport is a form of structured and planned physical activity involving body movements that are carried out repeatedly to improve physical



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fitness. Diligent exercise has been proven to keep the body fresh, fit, fit, and healthy, and will also be ready to face daily activities. As said by (Anggraini & Alnedral, 2019) physical fitness is a person's ability to carry out daily activities without excessive fatigue so that they can still enjoy their leisure time.

The Faculty of Teacher Training and Education, Pasir Pengaraian University, Sports and Health Education Study Program is one of the institutions that provide a forum for the younger generation to channel their talents and interests in the world of sports according to their respective desires and potentials, by giving flexibility to all students to choose and explore the sports they are interested in, of course with very adequate facilities and infrastructure, not just a place to channel sports talent. The Sports and Health Education Study Program also provides deeper knowledge and skills about the world of sports. One of the goals is to produce sports and health education teachers who are knowledgeable and insightful and can develop their knowledge. Thus, the Faculty of Teacher Training and Education, Pasir Pengaraian University, Sports and Health Education Study Program is an institution that produces graduates who have professional knowledge, attitudes, and skills in the field of sports.

Many courses in the Sports and Health Education Study Program will be chosen by sports students, one of which is field tennis. Field tennis is a compulsory elective course for 6th semester students of the Sports and Health Education Study Program which is not too difficult to play by all levels of society. Field tennis is a game sport that uses rackets, which is played by two players (single) who face one on one, or four players (double) who play two against two, and the field is divided into two main parts, namely; own field and opponent's field. The own field is a place to hold attacks and as a place of defense, while the opponent's field is the target of the shot, which is limited by the net and field lines, where we can and cannot place the ball.

Field tennis is also a game that requires abilities such as foot speed, controlled determination, endurance, anticipation, determination, and ingenuity. In the sport of field tennis a good shot will be created if someone can place the body position correctly and has a perfect hitting motion (Zulvid, 2019). The faster a player can move or react to an opponent's stroke, the better the result of the stroke will be (Ulha, 2018) All of these abilities can be improved through regular physical and mental training. In determining an activity, especially tennis, many things must be considered and this will be an influencing factor, one of which is interest. The success or failure of an activity depends on how a person views an object or activity that interests him. Interest is a person's interest or tendency towards a particular thing or activity. It includes feelings of curiosity, motivation, and the drive to engage in something that attracts attention or provides personal satisfaction. Interest can develop from a variety of factors, including experience, natural aptitude, environment, and social influences.

Interest is a sense of preference and interest in a matter or activity without anyone telling you to. Interest is the acceptance of a relationship between oneself and something outside oneself, the stronger the relationship the greater the interest. Interest is a source of motivation that will direct someone to what they will do when given the freedom to choose. If something has meaning for him, then they will be interested in something that will ultimately bring satisfaction to him. A person's interest can be seen from his attention, willingness, and behavior toward the object. Several factors result in a lack of student interest in field tennis such as motivation, physical condition, technique, playing strategy, mental, and intelligence ability, and lack of self-confidence.

Learning is a process of changing behavior in a person towards a better direction. Learning is done by someone to make new behavioral changes. According to Agus Suyatna (2011) learning is defined as the process of building meaning or understanding of information and/or experiences so that there is a development of knowledge, attitudes, and skills. Learning is intended as an effort to master scientific material which is part of the activity towards the formation of a whole personality. It can be concluded, that learning is a behavior change that is formed due to experience and knowledge possessed by a person.

Based on observations made by researchers when the lecturer gave the material, students were still less enthusiastic when taking the tennis field course. This is because some students still have not mastered the basic techniques of field tennis. In terms of facilities and infrastructure, the sports and health education study program has a tennis court, 15 rackets, 1 net, and several balls. The existence of these facilities and infrastructure does not guarantee that the course process will run well. Students who are very enthusiastic about field tennis will use these facilities well, but students who have no interest in field tennis, just stay silent and even tend to just sit and pay attention to others.

The lecturer has provided material on the theory of basic field tennis skills in class before students practice playing tennis on the field, but most of the student's interest is still lacking, because there are several possibilities such as not mastering the basic techniques of field tennis, students are still unfamiliar with field tennis and feel less confident in playing field tennis due to lack of knowledge or basic skills in this sport. Based on the identification of the problems above, further research is needed to find out how students' interest in Field Tennis Sports Education Sports, and Health at Pasir Pangaraian University.

From the background of the problems previously described, they can be identified as follows:

1. Porses students are still less enthusiastic about taking field tennis courses.
2. Feeling less confident in the game of field tennis
3. Porses students' interest in field tennis is not yet known.
4. Students are still unfamiliar with the sport of field tennis.

Based on the identification of the problems that have been described, the researcher limits the problems that will be studied to students' interest in the sport of sports and health education at the University of Pasir Pangaraian. Based on the description of the problem restrictions, the problem can be formulated, namely how high the student's interest in the sport of tennis is in the field of sports and health education at the University of Pasir Pangaraian.

## LITERATURE REVIEW

Field tennis is a popular sport in the world. Field tennis can be played by everyone without age or gender restrictions. Field tennis games are not just playing, and competing, but contain biological values, psychological values, and educational values (Al Fakhri, 2019). This sport can be played in singles or doubles. The Asian continent shows that field tennis ranks fifth under soccer, badminton, swimming, and basketball (Hakuhodo, 2012). Then in the United States, tennis is included in the top five sports that are often done with basketball in the first rank (NPR et al., 2015). Field tennis is a game that uses a ball hit with a racket from a place or field itself (Yusuf & Irawadi,

2019), the ball must pass through the net and enter the field that has been determined in the opponent's field (Siahaan, 2017). The main goal in the game is to try to hit the ball into the field with all your strength so that the opponent is powerless to reach the ball or if the opponent can return the ball, the ball hits the net or leaves the field (Budi et al., 2020).

### **Field Tennis**

The game of court tennis is enjoyed and played by both men and women. Gender differences between men and women are not an obstacle to continue exercising (Deaner, 2015). The game begins with a service stroke by one of the players, then the opponent will try to return the ball to his area by hitting the ball back into the opponent's area, and so on until the ball is declared dead (Fakhi, 2019). Service is a blow that begins with floating the ball first before being hit. One hand holds the racket and the other bounces the ball to be hit. After being hit the ball must enter the service box of the opponent's playing area (Manurizal, 2016). The service stroke is closely related to physical condition components, especially grip strength and waist flexibility (Manurizal, 2017). The ball is declared dead if one player's shot goes out of the opponent's field or does not pass the net so that it falls into its playing area. Points or numbers are obtained after the ball is successfully turned off in the opponent's area, or other words, the opponent cannot return the ball (Angraini, 2020).

### **Interest**

Interest is a psychological symptom that shows interest in the subject's understanding of the object being targeted because the object attracts attention and causes feelings of pleasure so that it tends to the object. Interest is a rather persistent tendency to feel interested in certain areas and feel happy to be involved in that field. Interest is a person's tendency towards something they like (Suhesti, 2020). According to Purnomo (2016) states, "Interest is a state or interest in something followed by a sense of pleasure when doing activities, a sense of wanting to know, learning seriously so that you can get the benefits of what you have learned."

## **RESEARCH METHODOLOGY**

This study employs survey research with a quantitative descriptive approach. According to Hariyanto (2021), this type of research is designed to describe specific symptoms, phenomena, or events systematically and factually without influencing or altering the variables studied. The primary purpose of this research is to capture a detailed and objective picture of the phenomenon being investigated, making it particularly suitable for analyzing current trends or patterns.

The descriptive quantitative approach is one of the most straightforward research methodologies, as it does not involve manipulating, altering, or adding variables or elements to the research object or area. Instead, it focuses on providing a snapshot of existing conditions or occurrences, allowing researchers to draw conclusions based on observable and measurable data.

In this study, the research method used is document analysis, which involves examining and interpreting information documented in the form of photographs. This method is particularly effective for analyzing visual data, as it allows researchers to systematically identify, categorize, and evaluate patterns, themes, and insights

captured in the images. By employing document analysis, the study aims to generate meaningful interpretations that contribute to a deeper understanding of the phenomena under investigation while maintaining the integrity of the original data.

## RESULTS

The results of the review on student learning interest in the sport of tennis field Sports and Health Education at Pasir Pangaraian University obtained a maximum value of 92 and a minimum value of 65. The data score for the level of difficulty obtained an average value (mean) of 79 and a standard deviation value of 7. From 23 questionnaire questions to 39 samples, the following research results were obtained:

**Table 1.** Frequency Distribution of Student Learning Interest in Sports towards Field Tennis

Class	Categories	Interval		Interval class	Frequency	%
1	Very Low	65	70	65-70	5	13%
2	Low	71	76	71-76	7	18%
3	Currently	77	82	77-82	14	36%
4	High	83	88	83-88	10	26%
5	Very high	89	94	89-94	3	7%
<b>TOTAL</b>					39	100%

Source: Data,10 June 2024

## DISCUSSION

Field tennis is a game that uses a ball hit with a racket from a place or field itself (Yusuf & Irawadi, 2019). The game begins with a service stroke by one of the players, then the opponent will tries to return the ball to his area by hitting the ball back into the opponent's area, and so on until the ball is declared dead (Fakhi, 2019). Service is a blow that begins with floating the ball first before being hit. One hand holds the racket and the other bounces the ball to be hit. After being hit the ball must enter the service box of the opponent's playing area (Manurizal, 2016). Interest in something is the result of learning and supports the next learning process. According to Sudirman in Susanto (2014), interest is a condition that occurs when someone sees the characteristics or meaning of a temporary situation that is associated with their desires or needs. Thus, interest has a very big influence on learning, because if the learning material studied is not in the interests of students, students will not learn as well as possible, because there is no special attraction for them. So students are lazy to learn and students do not get satisfaction from the lesson.

So one of the efforts to achieve good results in the implementation of current learning activities will be determined by the state of student interest, with interest focus or enthusiasm created, and of course, it will increase enthusiasm in participating in learning at Pasir Pangaraian University Sports and Health Education, the state of student interest can already be categorized as low, with the state of low student interest in field tennis, it is hoped that more improvement will be made so that student interest can be further increased with creative learnin.



Data collection in this study used a questionnaire that had been tested for validation and reliability totaling 23 items to 30 respondents and showed that students' interest in learning the sport of tennis in the sports and health education field at Pasir Pengaraian University was in the "Moderate" category. In detail, there are 3 students in the very high category with a percentage of 8%, 10 students in the high category with a percentage of 26%, 14 students in the medium category with a percentage of 36%, 7 students in the low category with a percentage of 18%, and 5 students in the very low category with a percentage of 13%.

## CONCLUSION

Based on the results of data on Student Learning Interest in Field Tennis Sports, it can be concluded that Student Learning Interest in Field Tennis Sports Sports Education and Health at Pasir Pengaraian University is in the "Moderate" category with a percentage of 36%.

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