

Exploring Students' Motivation in Physical Education, Sports and Health: Literature Review Study

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ABSTRACT

The purpose of review literature This is For reviewing scientific literature about explore motivation students in education physical sport health. Two databases (Google Scholar) were used For choose articles containing information about Motivation Students In Physical Education Health Sports. After the criteria exclusion only 12 articles submitted category. The results show type research used namely; Descriptive qualitative, survey and correlation. Almost overall study use questionnaire and interview in data collection. Research Exploring Motivation Students In Physical Education Sport Health is shared in four group, (i) motivation students in education physical sport health, (ii) study motivation students in education physical sport health, (iii) survey motivation students in education physical sport health, (iv) relationships motivation students in education physical sport health. Some inherent limitations in review has noted. First, although thorough literature search a number of published research Possible ignored because the keywords are possible different from the one used moment This. Second, the database (Google Scholar) used in search article. Third, search article more from one country, namely Indonesia and England.

Keywords: Motivation, Physical Education, Sports, Health

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INTRODUCTION

Education is very important important For support development potential participant learners who can started from seat school. Educational process implemented through formal institutions, namely from education base until education high. Education is very important meaning, because without education man will difficult grow and even will retarded. With thus education must true, true directed For to form qualified and capable human beings compet , besides own kindness noble character and good morals. Education is always give changes- changes For reach objective education (Maharani et al., 2023) . Physical Education Subject is one of eye lesson must taught to participant educated at school, which aims to help student For to establish freshness physical and health through introduction and planting attitude positive, and ability motion base various activity physical (Hendri & Aziz, 2020) . Physical Education Sports and Health (PJOK) is one of the aspects that are really needed by participants educate in realize objective education national For to form attitude, behavior, discipline, honesty, cooperation and improving freshness physical and health as well as Power stand body to disease. Subject education physical



sport health (PJOK) has meaning important in the growth process student in healthy and active life, because PJOK is part from system education in a way overall (Cahyaningtias & Ridwan, 2021).

Physical education own role important in to form man in a way holistic, as described by (Effendi et al., 2022) . The approach systematic in involving participant educate with environment through activity physical strengthen draft that education physical No only develop aspect physical , but also aspects attitudes and behavior individual. Physical education, sports, and health become integral in development human, where the movement as activity physical become base For knowing the world and yourself Alone along developments over time (Triningsih, 2020) . Physical education give contribution comprehensive in aspect affective, cognitive, and psychomotor, making it part not inseparable from the education program (Darmawan et al., 2021) . Physical education treat child as A unity whole, total being, rather than just consider it as someone who is separated quality physical and mental (Irawati et al., 2024) . According to Mora et al., (2021) Sport is a need for human beings. This is because of man is moving creatures. Man in do his activities. No Once let go from the process of movement, because No There is life without existence movement.

In the process of learning teach naturally motivation participant educate is very important thing For push activities in the learning process so that can reach objective learning. Participants students who have great motivation in Study teach will tend follow the learning process with Good. Vice versa, participants students whose motivation not enough in follow the learning process will tend No Good in the learning process (Badriah et al., 2023) . Motivation is business For influence someone to grow will in self and intention For fulfil something so that achievement goals and results. Motivation push somebody For do something so that can reach desired goal, in other words motivation can give a sense of trust self in self someone, and trust that all Can achieved with great motivation. Through existence great motivation will make the students become more active in follow the learning process teach education physical health and recreation included into the activity sport (Lisma & Cendra, 2024) . factors key For push student Study is motivation, more and more tall motivation the more tall chance reach effectiveness learning, as well as on the contrary the more low motivation student chance For reach effectiveness learning will also the more low (Irawan et al., 2024) .

Although There is a number of research that highlights Motivation Students In Physical Education Health Sports, not yet There is review systematic investigation in a way comprehensive about Exploring Motivation Students In Physical Education Health Sports in context this. Therefore that, research This own objective special For to summarize researches previously and fill in gap knowledge in literature scientific related. Through review systematic this, we can to obtain better understanding deep about Motivation Students In Physical Education Health Sports, providing contribution valuable for practitioner education and enrichment literature scientific.

METHOD

Search Strategy

Search started using the Google Scholar database. Google Scholar is machine helpful seeker academics For to browse work write scientific, such as article journals that have been published anywhere (Allo & Ismail, 2020) . Search strategy covers combination keyword variations (" Motivation Students ") AND (" Physical Education Health Sports ") .

Search done with follow guidelines *Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISM)* (Shaffril et al., 2019). In addition, PRISMA emphasizes reporting reviews that evaluate randomized trials which can also be used as a basis for reporting systematic reviews for other types of research (Moher et al., 2009).

Exclusion Criteria

The exclusion criteria used are as follows: (1) articles in languages other than Indonesian, (2) articles that do not explicitly mention Student Motivation in Physical Education, Sports and Health.

Procedure

Initially, 170 publications obtained from database Google Scholar. After following exception criteria , only 12 remaining articles. Most of the items are discarded Because article No touch on motivation students in education physical sport health. All article extracted from the database and analyzed through device Mendeley software.

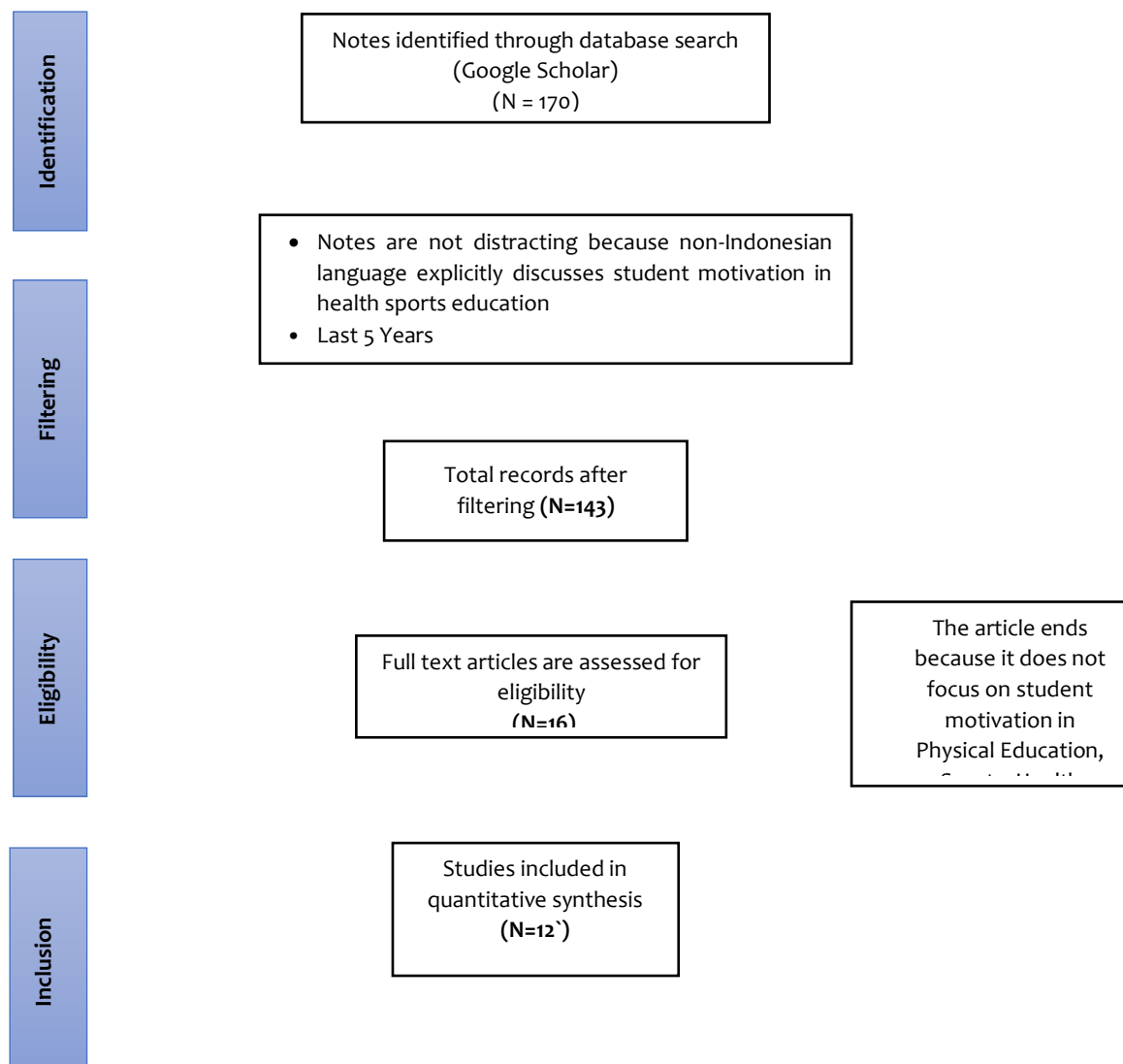


Figure 1. Flowchart Study
(Shaffril et al., 2019)

RESULTS AND DISCUSSION

Five categories (Author and Year excluded) listed in Table 1 is explained and discussed in 12 articles compiled. Country category not displayed, because all article focuses on 2 countries, namely Indonesia and England.

Table 1. Summary of Articles About Motivation Students In Physical Education Health Sports

Author and Year	Research Methods and Types	Content	Research purposes	Research result
(Hendri & Aziz, 2020)	study This use method descriptive with use approach quantitative	Student motivation in the process of learning physical education, sports and health	Research purposes This is For know how much big motivation students of SMAN 1 Padang Sago (X1) in follow learning Physical Education and Health (X2).	1) Student motivation in the learning process of physical education, sports and health at SMAN 1 Padang Sago Padang Pariman on the intrinsic motivation indicator is 78.90%, which is in the classification "Good". 2) Student Motivation in the Physical Education and Health Sports Learning Process at SMAN 1 Padang Sago Padang Pariman In the Extrinsic Motivation Indicator in the extrinsic motivation sub-indicator is 60.28%, which is in the "Quite Good" classification.
(Devi et al., 2021)	descriptive research by using the method survey	Student motivation in participating in physical education, sports and health (PJOK) learning	Study This aiming to find out how much motivation there is for fifth grade students of SDN Marengan Laok II, Kalianget District, Sumenep Regency towards learning physical education, sports and health.	The motivation of fifth grade students of SDN Marengan Laok II, Kalianget District, Sumenep Regency in participating in Physical Education, Sports and Health Learning overall obtained results in the very high category of 8% (4 students), in the high category obtained results of 30% (15 students), in the medium category 24% (12 students) in the low category 30% (15 students) and in the very low category 8% (4 students).

(Habibi & Astra, 2023)	Types of research is use survey type . Data collection methods used with giving questionnaire .	Motivation Study in Students Physical Education , Sports and Health Learning	Study This aiming For analyze participant educate in PJOK learning in class X MAN	motivation participant educate in Physical Education learning in class X at MAN average motivation score Study of 64.66. The total average percentage of the factors intrinsic of 81.24% and the total average percentage of factors extrinsic by 80.40%. From the data show that level motivation study very high .
(Badriah et al., 2023)	Types of research This is descriptive quantitative , using method survey .	Motivation Student in Physical Education Learning at MTsS Islamic Boarding School Thawalib Padang	Study This aiming For disclose how much big motivation student in Physical Education Learning at MTsS Islamic Boarding School Thawalib Padang.	motivation student in PJOK learning at MTsS Islamic Boarding School Thawalib Padang, part of it big is at in very high category of 81.30%. Is in the very high classification .
(Rozi et al., 2023)	Types of research This is nature descriptive	Motivation student in learning education physical sports and health (PJOK)	Study This Aim For know Motivation Student in Physical Education Learning Sports and Health (PJOK) Class VII, VIII at SMP N 3 Kota Solok	Research result show that , 1) Sub variables motivation student in Physical Education Learning sports and health (PJOK), with level achievement by 73.91% and is classified as good , 2) Sub variables motivation extrinsic student in Physical Education Learning sports and health (PJOK), with level achievement by 80.04% and is classified as good , 3) Motivation Student in Physical Education Learning Sports and Health (PJOK) Class VII, VIII at SMP N 3 Kota Solok received level achievement by 76.98% and is classified as Good.
(Firmansyah et al., 2024)	The type of non-experimental research is using a quantitative	Motivation Study participant educate level school intermediate above the eyes	This study aims to determine the level of learning motivation of high school students in the Independent	Based on the overall research results regarding the learning motivation of high school students taking Physical Education, Sports, and Health (PJOK)

	descriptive approach.	PJOK lesson : a analysis in context Independent Curriculum	Curriculum in learning in terms of intrinsic, extrinsic and overall motivation aspects are in the good category, it can be concluded that the learning motivation of high school students in taking PJOK learning in the independent learning curriculum is in the good category.
(Lisma & Cendra, 2024)	This type of research is quantitative descriptive	Motivation Students in Physical Education Learning Sports and Health (PJOK) at State Senior High School 1 Sabak Auh	The purpose of this study was to determine student motivation in learning physical education, sports and health (PJOK) at SMA Negeri 1 Sabak Auh. The results of the study concluded that: student motivation in learning physical education, sports and health (PJOK) at SMA Negeri 1 Sabak Auh is included in the range of 70-79% or in the fairly good category with a percentage of 79.44%.
(Sin & Hudayani, 2020)	This study uses descriptive analysis, which aims to provide a general description of the frequency distribution of research variables.	Study of student motivation in participating in physical education, sports and health learning	The purpose of this study was to determine the intrinsic and extrinsic motivation of students in the Physical Education Teaching and Learning Process. The results of the study, namely (1) The achievement of students' intrinsic motivation scores in participating in the Physical Education Teaching and Learning Process, was 37.72%. (2) The achievement of students' extrinsic motivation scores in participating in the Physical Education Teaching and Learning Process, was 42.98%. It can be concluded that the level of achievement of students' intrinsic and extrinsic motivation scores is still low.
(Fadila et al., 2022)	Study This use method survey descriptive quantitative .	Survey Motivation Physical Education Learning Student Sports and Health School State Senior High	Researcher This aiming For to study as well as analyze motivation male and female high school students throughout Malang City in follow Physical Education

		Schools (SMA) in Malang City	learning Sports and Health.	
(Kelwarani et al., 2023)	The type of research in this study is descriptive research.	Student Motivation Survey in Physical Education Learning at MAN 3 East Seram, East Seram Regency	The aim is to examine how high the motivation is in participating in PJOK learning among students at MAN 3 East Seram.	Based on the results of the analysis, it can be seen that the survey of PJOK learning motivation in students of MAN 3 Seram Timur, East Seram Regency, has a very high category of 2% or 2 students, a high category of 23% or 23 students, a medium category of 50% or 50 students, a low category of 18% or 18 students and a very low category of 7% or 7 students.
(Maharani et al., 2023)	This study uses correlational research.	The Relationship Between Learning Motivation and Learning Habits with Learning Outcomes of Physical Education Subjects of Students at SMK Negeri 8 Padang	The purpose of this study was to see the relationship between learning motivation and learning habits with PJOK learning outcomes.	Research result is : (1) There is significant relationship between motivation Study to results learning PJOK for students of State Vocational School 8 Padang, with r- count result (0.435) > r- table (0.1376). (2) There is significant relationship between habit Study to results learning PJOK for students of State Vocational School 8 Padang, with r- count result (0.329) > r- table (0.1376). (3) There is significant relationship in a way together between motivation learning and habits Study to results learning PJOK for students of State Vocational School 8 Padang, with F- count result (3.06) > F- table (18.288).
(Irawan et al., 2024)	This research uses a quantitative approach while the type is correlation.	Connection between motivation student with effectiveness learning in the eyes lesson	This study aims to determine the relationship between learning effectiveness and student motivation in the subject of	Research result there is connection positive and significant between motivation student with effectiveness Physical Education learning at State

education physical sports and health	Physical Education, Sports, and Health (PJOK) at State Senior High School 1 Kandangan.	Senior High School 1 Kandangan.	1
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Research Methods and Types

Based on review category methods and types study 4 articles in a way exclusive use approach descriptive (Devi et al., 2021; Rozi et al., 2023; Sin & Hudayani, 2020; Kelwarani et al., 2023). Next 4 articles use study descriptive qualitative (Hendri & Aziz, 2020; Badriah et al., 2023; Firmansyah et al., 2024). Next 2 articles use study survey (Habibi & Astra, 2023; Fadila et al., 2022). And 2 articles Again use study Correlation (Maharani et al., 2023; Irawan et al., 2024). Almost overall article This use questionnaire and interview and also observation in collecting research data.

Content (content)

Research result show various type content implemented with Motivation Students In Physical Education Health Sports such as ; Student motivation in the process of learning physical education, sports and health (Hendri & Aziz, 2020) , Student motivation in participating in physical education, sports and health (PJOK) learning (Devi et al., 2021), Motivation Study Students in Physical Education , Sports , and Health Learning (Habibi & Astra, 2023), Motivation Student in Physical Education Learning at MTsS Islamic Boarding School Thawalib Padang (Badriah et al., 2023), Motivation student in learning education physical sports and health (PJOK) (Rozi et al., 2023), Motivation Study participant educate level school intermediate above the eyes PJOK lesson : a analysis in context Independent Curriculum (Firmansyah et al., 2024), Motivation Students in Physical Education Learning Sports and Health (PJOK) at State Senior High School 1 Sabak Auh (Lisma & Cendra, 2024) , Study of student motivation in participating in physical education learning (Sin & Hudayani, 2020), Survey of Motivation for Learning Physical Education, Sports and Health of Senior High School (SMA) Students in Malang City (Fadila et al., 2022), Survey Motivation Student in Learning Pjok At MAN 3 East Seram, East Seram Regency (Kelwarani et al., 2023). Relationship Motivation Learning and Habits Study With the Learning Outcomes of Physical Education Subjects of Students of SMK Negeri 8 Padang (Maharani et al., 2023), Relationship between motivation student with effectiveness learning in the eyes lesson education physical sports and health (Irawan et al., 2024).

Research Objectives and Results

Based on review this, looks goals and results the research they do develop and share in four group;

Exploring Motivation Students In Physical Education Health Sports; in the group this, there is **seven article** which discusses Student motivation in the process of learning physical education, sports and health (Hendri & Aziz, 2020) , Student motivation in participating in physical education, sports and health (PJOK) learning (Devi et al., 2021) , Motivation Study Students in Physical Education , Sports , and Health Learning (Habibi & Astra, 2023) , Motivation Student in Physical Education Learning at MTsS Islamic Boarding School Thawalib Padang (Badriah et al., 2023) , Motivation student in learning education

physical sports and health (PJOK) (Rozi et al., 2023), Motivation Study participant educate level school intermediate above the eyes PJOK lesson : a analysis in context Independent Curriculum (Firmansyah et al., 2024), Motivation Students in Physical Education Learning Sports and Health (PJOK) at State Senior High School 1 Sabak Auh (Lisma & Cendra, 2024).

First article aiming For know how much big motivation students of SMAN 1 Padang Sago (X1) in follow learning Physical Education (X2) (Hendri & Aziz, 2020). Second article aiming to find out how much motivation there is for fifth grade students at SDN Marengan Laok II, Kalianget District, Sumenep Regency towards learning physical education, sports and health. (Devi et al., 2021). Third article aiming For analyze motivation Study participant educate in PJOK learning in class X MAN (Habibi & Astra, 2023). Fourth article aiming For disclose how much big motivation student in Physical Education Learning at MTsS Islamic Boarding School Thawalib Padang (Badriah et al., 2023). Fifth article Aim For know Motivation Student in Physical Education Learning Sports and Health (PJOK) Class VII, VIII at SMP N 3 Kota Solok (Rozi et al., 2023). The sixth article aims to determine the level of learning motivation of high school students in the Independent Curriculum in general in more detail on the intrinsic and extrinsic aspects (Firmansyah et al., 2024). The seventh article aims to determine student motivation in learning physical education, sports and health (PJOK) at SMA Negeri 1 Sabak Auh (Lisma & Cendra, 2024).

In the study of motivation Students In Physical Education Health Sports in the group second there is **One article** which discusses Study of student motivation in participating in physical education learning (Sin & Hudayani, 2020), This article aiming For know motivation Intrinsic and Extrinsic in students in the Learning Process Teaching Physical Education (Sin & Hudayani, 2020).

Next, in the survey motivation Students In Physical Education Health Sports in the group third there is **two article** which discusses Survey of Motivation for Learning Physical Education, Sports and Health of Senior High School (SMA) Students in Malang City (Fadila et al., 2022), Survey Motivation Student in Learning Pjok At MAN 3 East Seram, East Seram Regency (Kelwarani et al., 2023). First article aiming For to study as well as analyze motivation male and female high school students throughout Malang City in follow Physical Education learning Sports and Health (Fadila et al., 2022). Second article aiming to examine how high the motivation is in participating in PJOK learning in students (Kelwarani et al., 2023).

And in the relationship motivation students in education physical sport health in groups to four there is **two article** which discusses Connection Motivation Learning and Habits Study With the Learning Outcomes of Physical Education Subjects of Students of SMK Negeri 8 Padang (Maharani et al., 2023), Relationship between motivation student with effectiveness learning in the eyes lesson education physical sports and health (Irawan et al., 2024). First article aiming to see the relationship between learning motivation and learning habits with PJOK learning outcomes (Maharani et al., 2023). The second article aiming to determine the relationship between learning effectiveness and student motivation in the subject of Physical Education, Sports, and Health (PJOK) at State Senior High School 1 Kandungan (Irawan et al., 2024).

The purpose of article This is For describe study Exploring Motivation Students In Physical Education Health Sports. For objective it can seen in the article research published in Indonesia and in England. Based on review this, divided in five categories namely (i) Author and Year, (ii) Research Method and Type, (iii) Content, (iv) Research Objectives,

and (v) Research Results. Country Category No displayed, all article focuses on two countries, namely Indonesia and England. Review This divided four group, (i) motivation students in education physical sport health, (ii) study motivation students in education physical sport health, (iii) survey motivation students in education physical sport health, (iv) relationships motivation students in education physical sport health.

From the findings above, it can be seen that motivation students in education physical sport health in the “ good ” classification in education physical sport health. Other studies have also to expose in findings his research that Study of student motivation in participating in physical education learning, the level of achievement of students' intrinsic and extrinsic motivation scores is still low (Sin & Hudayani, 2020) . Other studies have also to expose in findings his research that survey motivation learning education physical sports and health results analysis, seen that motivation survey learning PJOK has very high category by 2% or as many as 2 students , category tall by 23% or as many as 23 students , category currently by 50% or as many as 50 students, category low by 18% or as many as 18 students and the category is very low by 7% or as many as 7 students (Kelwarani et al., 2023) . Study next also has to expose in findings his research that connection between motivation student with effectiveness learning in the eyes lesson education physical sports and health there is connection positive and significant between motivation student with effectiveness PJOK learning Other studies also reveal for the development of Android-based rhythm activity learning media products that are effectively used in the Physical Education, Sports and Health (PJOK) learning process (Irawan et al., 2024) .

CONCLUSION

Review This has make contribution with give Updates literature about Exploring Motivation Students In Physical Education Health Sports. In the beginning, many study found, but after apply criteria exclusion , number reduce into 12 articles. The final result reflect that amount studies about motivation students in education physical sport health Enough small , and shows need For translate theory to in practice education, and for promote consistent research that can produce knowledge new about possibility real implementation motivation students in education physical sport health.

The results show type research used in study Exploring Motivation Students In Physical Education Sport Health is diverse namely; descriptive, research descriptive qualitative, research surveys, and correlations. Almost all over study use questionnaire and interview in data collection. research explore motivation students in education physical sport health is also shared in 4 groups , (i) Student motivation in the process of learning physical education, sports and health , (ii) Study of student motivation in participating in physical education learning, (iii) survey of motivation in learning physical education, sports and health, (iv) relationship motivation students in education physical sport health.

A number of inherent limitations in review has noted. First, although search literature comprehensive, some published research Possible ignored because the keywords are possible different from the one used moment This. Second, the database (Google Scholar) used in search article. Third, search article more from one country, namely Indonesia and England.

CONFLICT OF INTEREST

There were no conflicts that occurred in this study.

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