

# The Influence of Physical Education in Establishment of Self Esteem

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**Abstract**— Physical Education is a part of education as a whole, can contribute to physical fitness, social skills, reasoning, and emotional and moral that is the goal of national education. This study aims to examine the effect of physical education, on the development of a child's personality. Physical Education contains noble values that can affect the personality (affective), and able to provide learning experiences. Noble values in physical education such as mutual respect, cooperation, competition, tireless / unyielding, sportsmanship, honest and also including self esteem (self esteem). Self esteem is a form of positive or negative evaluation of self (self). In the formation of self esteem a child is influenced by several factors such as ethnicity and gender. Different levels of self esteem a person can give effect to the environment around it, and on the contrary environment also give influence to forming personality especially self esteem of a child. So it gives rise to various phenomena that develop in the midst of society. This study would like to see the contribution given by Physical Education to different ethnicities and sexes, as well as the impact that has resulted on the establishment of self esteem.

**Keywords**— *physical education, self esteem*

## I. INTRODUCTION

Indonesian society is a composition consisting of various kinds of tribes, races, religions of diverse and forming themselves into a nation of Indonesia. In the unity is bound by the law which became the basis of the nation that has the roots of cultural values and religion and responsive changes in the development of the times. In the recent changes and developments of the times, it is important to have a form of national education in realizing a process of learning, the effort is an awareness to prepare learners through guidance, teaching for the future. National Education itself has the purpose to educate the nation's life, develop a whole human who believes and cautious to god the one, noble character, skillful, healthy physical and spiritual, and responsible in the community and nationals. So in realizing the goals of national education is needed component its formation, namely the

process of learning and teaching are carried out in formal institutions, and formed a system on the implementation.

The school is a formal institution that conducts guidance, teaching and training programs aimed at developing student potential. The education given to learners is expected to develop the domain of knowledge (cognitive), attitude (affective) and also skill (psychomotor). In the teaching process there are various kinds of subjects that are arranged and adjusted with the age level of learners and expected to be able to achieve the goals of national education. Physical Education is one part of education through various physical activities in acquiring motion skills (psychomotor), and in the implementation of physical education contributes to cognitive, and affective domains. In addition to the formation of such domains, physical education is also an integral part of the overall educational process and the target areas being pursued are physical, mental, emotional and social development for healthy citizens.

The purpose of physical education that leads to the affective aspect is to broadly affirm to include social, emotional development, the formation of values and attitudes. In the aspect of social development itself physical education is concerned to form individuals who are able to make personal adjustments, groups and as members of the community. Because affective domains have a positive relationship with the formation of an individual in a child, it is important to direct and understand the activity of motion experiences that leads to the formation of self-confidence and develop self-esteem. The formation of self esteem towards the positive is one of the goals of the development of the child's personality, which belongs to the affective domain of physical education. Establishment of self esteem in a child can be formed through the assessment of competence. Therefore, very good and important in the game or sports activities are successful in doing so affect the self esteem for the child. Children who have high self esteem in general have high confidence and confidence also to be able to perform tasks

that are instructed in motion. And can take the form of physical activity seriously, working on improving deficiencies and continuing to practice improving ability. Conversely, people who are too far from the standart and hope will have a low sense of self-esteem. Self Esteem is believed to be a sense of worth or not in a person based on an overall self-evaluation.

## II. DISCUSSION

### A. Physical Education

Some scholars argue that physical education encompasses the national educational objectives because it contains the cognitive, affective and psychomotor domains, and can contribute to the formation of the child's personality. Physical education is an integral part of a comprehensive educational process, the fields and targets being pursued are physical, mental, emotional, and social development for healthy citizens through the medium of physical activity [1]. Furthermore, other experts claim that physical education is a the process of adaptation and learning in organic, neuromuscular, intellectual, social, cultural, emotional, as well as aesthetics generated from the process of selecting various physical activities [2]. This is due to the fact that physical education is a physical activity as a learner's activity to improve motor skills and functional values that include cognitive, affective and social. Physical education also focuses on all forms of physical activity activating the big muscles (gross motor), focusing on physical movement in games, sports, and basic human body functions.

The goal of developing affective aspects is to broadly emphasize the inclusion of social and emotional development and the formation of values and attitudes. While the purpose of physical education in the aspect of social development is concerned in helping individuals to make personal adjustments, groups and members of society [3].

In a publication entitled Knowledge and Understanding in Physical Education (1969) AAHPER writes about the position of physical education which states that Physical education also seeks to encourage students to learn to: 1) develop motion skills, find out why and how one should move, and how 2) learning to move skillfully and effectively through exercises, playing, exercising, dancing and swimming, 3) understanding and expanding the notion of the concept of space, time and force associated with motion, 4) express acceptable cultural patterns through personal behavior and interpersonal relationships in playing, exercising and dancing, 5) preparing the heart, lung, muscle and other organ systems, to support the needs of everyday life and in circumstances emergency, 6) respect the physical fitness, a good body function, and have a sense of well-being, 7) develop interest and attention to always engage and participate in recreational sport activities [1].

While the function of physical education is related to social aspects such a) as learning to communicate with others, b) developing personality, attitudes, and values in order to

function as members of society, c) developing positive personality traits, and develop an attitude that reflects good moral character.[3]

So it can be concluded that physical education is not only focused on the physical aspect, but also on the aspects of cognitive and affective development so physical education is a total systematic intervention, including the development of physical, mental, emotional, social and moral-spiritual aspects. At the stage of the implementation of physical education that contribute directly in the formation of fitness and form an ideal body mask index that gives an influence on the development of self esteem children who carry out these physical activities.

### B. Self Esteem

Having a good Self Esteem is one of the supporting efforts in achieving academic achievement. This is caused self esteem in the view as one important aspect on the formation of one's personality. Self esteem in the form of evaluation made by the individual and the habit of viewing himself especially about acceptance and rejection, as well as an indication of the magnitude of individual confidence in the ability, significance of success and award [4]. Another opinion states that self esteem is the extent to which a person believes that he is an individual valuable and entitled to an achievement [5]. Furthermore, another expert adds self-esteem is a self-judgment done to a person based on relationships with others [6]. Self-esteem is the result of judgment that is done and the treatment of others towards him and shows how far individuals have self-confidence and are able to succeed and be useful. Other experts also point out that self esteem is self-acceptance, by oneself that we are worthy, valuable, capable and useful no matter what has been, is or will happen. The growth of feelings I can and I am worth is at the heart of self-esteem [7].

So it can be concluded that Self Esteem is a positive or negative evaluation of self. In other words self esteem is how a person perceives himself. Self Esteem deals with specific dimensions, such as academic ability, social skills, physical appearance, and collective self-esteem (evaluation of judgment within a group), where a person is a member. Self esteem is seen as one important aspect in the formation of one's personality, when one can not respect himself, it will be difficult for him to be able to appreciate the people around him. Thus self esteem is one important element for the formation of one's self concept, and impact on attitude and behavior.

There are 4 aspects of self esteem that are 1) power, the ability to be able to manage and control the behavior of self and others, 2) significance, meaningfulness in the sense of caring, attention and affection received by individuals from others, 3) virtue of obedience following moral code, ethics and religious principles characterized by obedience to avoid prohibited conduct and conduct of conduct permitted by morals, ethics and religion 4) competence ) successfully meet the demands of achievement characterized by the success of

individuals in doing various tasks or jobs well from high levels and different ages [4].

Factors influencing the development of self esteem include the following: a) the existence of a status as a minority and majority ethnic community, b) the individual position in the social class, and c) sex is also a factor affecting self esteem [8]. Taking into account the factors that influence the formation of self esteem, the individual characteristics can be formed towards the positive and negative, and the person has the ability to take risks to the decisions made and maintain and maintain himself. People who have low self esteem often experience the following things: often worrying, showing their lack of self-esteem, fear of new experiences and avoiding them, wanting to make others happy, being sensitive to criticism, negative self-assertion, depression, hiding feelings in fact. While individuals with high self esteem tend to develop confident behavior and can solve problems well, then at least, this individual is expected to minimize the fear or anxiety whether to achieve or not. So a person who has a high self esteem tend to high achievement in comparison with people who have low self esteem [9].

The formation of Self esteem in physical activity is influenced by the quality of student movement. If students succeed and receive positive reinforcement and accountability from their teachers, friends or parents, they will view positive physical activity [9]. An important element to note is student's student competence, which can lead to increased self-esteem and self esteem . On the basis of this view, it is very easy for the teacher to develop the student's skill and fitness level, this arena is the basis for gaining the intended motion competence. But teaching needs to be incorporated with gifts and positive reinforcement. Teaching students to develop students' self-esteem while improving their physical fitness and motion skills are (a) describes successes and errors in motion, (b) discusses how misdeeds need to be corrected so that errors in motion do not keep students in motion, and (c) always behave positively [9]. Thus a well-formed self esteem also assists students in performing well-instructed duties or movements.

### *C. Physical Education to Self Esteem*

Physical education is a physical activity as a learner's activity in improving motor skills and functional values that include cognitive, affective, and social. Simply stated that physical education is a process of learning to move and learn through motion, through the learning process physical education wants to realize its contribution to the development of children. The expected development is a comprehensive development not only focused on the physical aspects covered in psychomotor terms. But also the development of knowledge and reasoning that includes the term cognitive, in addition to the achievement of character traits and personality traits covered in affective terms. Physical education that can affect affective development eg attitudes, values and interests of learners. One of the impacts of physical education learning

that leads to the affective domain is to foster self-esteem and positive judgment of self-efficacy [10].

The purpose of developing the affective aspect is to broadly emphasize the inclusion of social and emotional development and the formation of values and attitudes.<sup>3</sup> Whereas the purpose of physical education in the aspect of social development is concerned in helping individuals to make personal adjustments, groups and members of society. While the function of physical education is related to social aspects such as a) learning to communicate with others, b) developing personality, attitudes, and values in order to function as members of society, c) developing positive personality traits, and ) develop an attitude that reflects good moral character [3].

The real relationship between physical education and physical activity in the psychological and social domains shows that physical activity is an important factor in weight control, obesity and general cardiovascular development. Physical activity gives effect to the formation of fitness and body mass index so as to develop self esteem [11].

Self Esteem is a positive or negative evaluation of self . In other words, self esteem is how a person perceives himself [12]. Self esteem also has relationships with specific dimensions, such as academic ability, social skills, physical appearance, and collective self-esteem (evaluation of a group's self-worth) in which a person belongs. Self esteem is seen as one important aspect in the formation of one's personality, when one can not respect himself, it will be difficult for him to be able to appreciate the people around him. Thus self esteem is one important element for the formation of one's self concept, and impact on attitude and behavior.

Students who have high self esteem in general have high confidence and confidence also to be able to perform tasks that are instructed in motion. And can take the form of physical activity seriously and work to improve the deficiencies and continue to practice improving ability. Conversely, people who are too far from the standart and hope will have a low sense of self-esteem. Self Esteem is believed to be a person's valuable feeling based on an overall self-evaluation [8].

The formation of self esteem towards the positive is very important in growing children in mastering the task of learning as well as social behavior in everyday life. In addition to generating motivational psychological effects that encourage mental health in the learners themselves, also form a positive feelings about self-image and body condition, increased self-assessment that feel more able to complete the task for achievement, have successful experience.

Since affective domains have a positive relationship, it is important to direct and understand the activity of motion experiences that leads to the formation of self-confidence and self-esteem development. Likewise with noble values and become a reference or behavioral guideline. In the activities of physical activity many values that can be instilled to the

child, such as tolerance among peers, mutual cooperation, appreciate hard work and others.

### III. CONCLUSIONS

In this paper has found an approach that explains the effect of physical education education on the formation of student personality, especially on the development of self esteem. Cognitive, affective, and psychomotor domains that are the goals of national education are contained in physical education subjects. But it is very important to form the character, personality and character of students to the positive, with a directional and systematic process. The formation of character towards the good will lead the students in floating his academic ability, social relationships in the community and also become a skilled man. Besides, physical education contributes in the form of physical fitness directly to the education cimplementer.

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