

## Student Interest in Volleyball Sports at SMP Negeri 1 Muaro Jambi

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### ABSTRACT

This study aims to determine the level of student interest in volleyball at SMP Negeri 1 Muaro Jambi and identify the factors that influence it. The problem raised was motivated by the low participation of students in volleyball extracurricular activities, even though facilities, programs, and government support were available. The research method used was descriptive quantitative with a total sampling technique, involving all VIII-grade students as respondents. Data were collected through a questionnaire using a Likert scale, which includes intrinsic (motivation, attention, needs) and extrinsic (the role of teachers/coaches, environment, and family) indicators. The results showed that students' interest is still relatively low, which is caused by the lack of facilities, limited training, and lack of support from the school and family environment. Based on these findings, it is recommended that schools improve sports facilities, provide specialized training, and involve all stakeholders to foster students' interest in volleyball.

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## INTRODUCTION

Sport is one of the physical activities that not only serves to maintain physical fitness, but also plays an important role in the development of self-potential and character building of students (Ahamdi, 2007). In the formal education environment, sport has become an integral part of the curriculum and extracurricular activities. One sport that is quite popular and is often used as an extracurricular activity in schools is volleyball.

Volleyball has many benefits, both in terms of physical, social, and psychological aspects. Through this game, students can train teamwork, discipline, and increase endurance (Palmizal, 2021). In Jambi Province, volleyball has shown significant development in achievement and has even produced athletes who can compete at the national level. However, the reality in the field shows that students' interest in volleyball, especially at SMP Negeri 1 Muaro Jambi, is still relatively low.

The low participation of students in volleyball extracurricular activities can be caused by various factors, such as limited facilities (Suharno, 1993), lack of support from the school and family environment (Wiyani, 2012), lack of training schedules, and low internal motivation of students (Friantini, 2019). This condition is ironic considering the potential and opportunities for achievement in this sport are quite large.

Based on this background, it is important to conduct research that can identify the level of student interest and the factors that influence it. This research is not only useful as an evaluation material for schools and extracurricular managers, but can also be used as a basis for formulating strategies for developing volleyball sports in the school environment more effectively and sustainably (Andriani & Rasto, 2019).

## METHODS

This research uses a quantitative approach with descriptive methods. This approach was chosen to describe the level of student interest in volleyball and the factors that influence it systematically and factually Sugiyono (2016). The research was conducted at SMP Negeri 1 Muaro Jambi, which is located on Jalan Lintas Sungai Duren, Jambi Luar Kota District, Muaro Jambi Regency, Jambi Province. This location was chosen because there were indications of low student interest in participating in volleyball extracurricular activities at the school.

The population in this study were all 8th-grade students of SMP Negeri 1 Muaro Jambi, totalling 76 students. The sampling technique used was total sampling, namely, all members of the population were used as research samples.

The research instrument used was a closed questionnaire with a five-point Likert scale, ranging from "Strongly Disagree" to "Strongly Agree". The questionnaire was structured based on two main factors, namely intrinsic factors (including motivation, attention, and needs) and extrinsic factors (including the role of teachers/coaches, environment, and family).

The data obtained were analyzed descriptively and quantitatively using percentages to describe the tendency of students' interest in volleyball. The highest scores indicate strong interest, while low scores reflect students' lack of interest in the activity.

## RESULTS AND DISCUSSION

### Result

This study aims to determine the level of student interest in volleyball at SMP Negeri 1 Muaro Jambi and the factors that influence it. Based on the data obtained through a closed questionnaire containing statements with a Likert scale, it is known that, in general, students' interest in volleyball extracurricular activities is low.

Most students showed a lack of interest in being actively involved in volleyball activities at school. This is reflected in negative or hesitant responses to statements that

reflect aspects of interest such as personal motivation, enjoyment of training, and desire to excel in the sport.

The most dominant factors affecting low student interest include:

1. Limited Facilities and Infrastructure  
The school only has one volleyball court with inadequate conditions, especially during the rainy season. This hampers the implementation of routine training.
2. Lack of Support from School and Family  
The lack of attention from the school towards extracurricular coaching and the lack of support from parents are also obstacles in developing students' interests.
3. Teacher and parents' factors  
Some students stated that the lack of variety in training methods and the uninteresting approach meant that they were not motivated to participate consistently.
4. Intrinsic factors  
Students' motivation and attention to volleyball are still low. Many students feel they have no need or interest in participating in volleyball activities compared to other activities, such as futsal or art.

The results of this study reinforce the theory that interest is the result of the interaction between internal (intrinsic) and external (extrinsic) factors. In this context, students' motivation, attention, and needs for volleyball have not been well developed due to the lack of stimulus from the environment. Data on student interest in volleyball at SMP Negeri 1 can be seen as follows:

**Tabel. 1**  
Intrinsic and extrinsic motivation factors

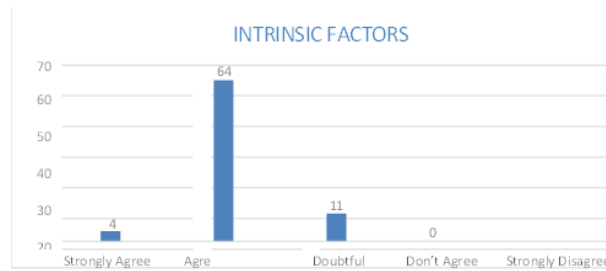
Factor	Indicator	Amount	Avarage
Intrinsic	Motivation	1760	3,860
	Concern	2239	3,683
	Needs	1768	3,877
Extrinsic	Teacher/Coach	1423	3,745
	Environment	2138	3,516
	Family	1821	3,423

Based on the data above, it can be concluded that the intrinsic factor of the motivation indicator with a total average of 3.860.

### **Intrinsic Demotion**

The intrinsic interest factor is translated into 20 questions with a score of 1-5, so that the ideal minimum score of 1 x 20 is 20, the maximum score of 5 x 20 is 100. The maximum score minus the minimum score, then the result is divided to produce an interval score of 16.

The results of the categorization of intrinsic factor interest show that the percentage of very high is 5% with 4 students, high 81% with 61 students, moderate 14% with 11 students, and low 0% with 0 students. Students' interest in volleyball can be presented in the following diagram:



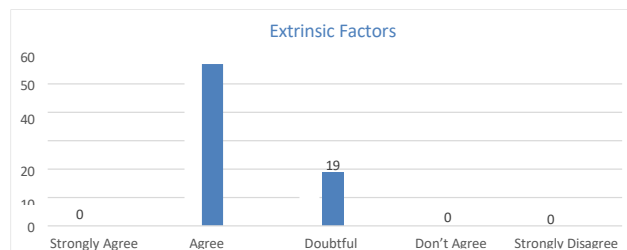
**Figure 1.**

Data on students' interest in volleyball

### Extrinsic Dimension

The intrinsic interest factor is translated into 20 statements, with a score of 1-5, so that the ideal minimum score of 1 x 20 is 20, and the maximum score of 5 x 20 is 100. The maximum score minus the minimum score is then divided into five categories ( $\frac{100-20}{5} = \frac{80}{5} = 16$ ) Interval of 16.

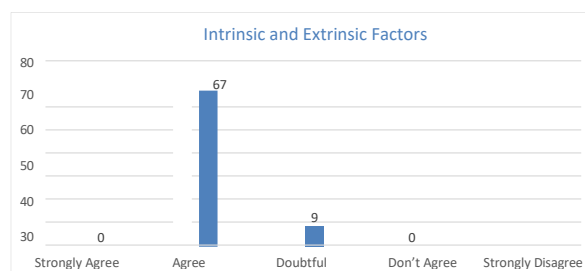
It is known that the percentage results are very high, 0% with a total of 0 students, high 75% with a total of 57 students, medium 25% with a total of 19 students, low 0% with a total of 0 students, and very low 0% with a total of 0 students. It can be explained that student interest in Volleyball Sports Branch SMP Negeri 1 Muaro Jambi in factors from outside, with a very high category is 0%, high 75%, medium 25%, low 0%, and very low 0%. This means that students' interest in the Volleyball Sports Branch of SMP Negeri 1 Muaro Jambi as a whole is in the High category. Based on the explanation above, a description of student interest in Volleyball at SMP Negeri 1 Muaro Jambi in external factors can be presented in the bar chart below:



**Figure 2.**

Data on students' extrinsic motivation in volleyball

Based on the explanation above, a description of student interest in the Volleyball Sports Branch of SMP Negeri 1 Muaro Jambi as a whole can be presented in a bar chart as follows:



**Figure 3.**

Intrinsic and Extrinsic Factors

## Discussion

As stated by Slameto (2003), a person's interest in an activity will arise if there is a strong internal drive and a supportive environmental influence. However, in the case of SMP Negeri 1 Muaro Jambi, neither internal and external factors do not seem to be able to encourage students to actively participate.

This condition is in line with previous research conducted by Hamzah (2022) and Dimas Prasetyo et al. (2021), which shows that the availability of facilities, fun teaching methods, and social support from teachers and parents greatly influence students' interest in certain sports (Reynaud, 2011; Hanggara, 2018).

Thus, to increase students' interest in volleyball, there is a need for a comprehensive strategy that includes improving facilities, training teachers/coaches, strengthening support from families and schools, and fun and competitive learning approaches.

## CONCLUSION

Based on the results of research conducted at SMP Negeri 1 Muaro Jambi, it can be concluded that students' interest in volleyball is still relatively low. This low interest is influenced by a combination of intrinsic factors, such as lack of motivation, attention, and need for volleyball activities, as well as extrinsic factors, such as limited facilities and infrastructure, lack of support from school and family, and training methods that are not optimal.

This condition shows that although volleyball has potential as a means of fostering achievement and character development, student interest will not develop without adequate support from various parties.

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