

The Relationship Between Intrapersonal Intelligence and Physical Education Learning Outcomes in Class VII Students of SMP Negeri 6 Huamual Belang

La Ode Iswan, E. Rumahlewang, J. Matitaputy

Universitas Pattimura, FKIP, Program Studi Penjaskesrek

Abstract

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This research aims to determine whether there is a relationship between Intrapersonal Intelligence and Physical Education Learning Outcomes in Class VII Students of SMP Negeri 6 Huamual Behind. This research is quantitative research. The object of this research was 22 class VII students of SMP Negeri 6 Huamual Behind. The results of research regarding the relationship between intrapersonal intelligence and physical education learning outcomes in class VII students at SMP Negeri 6 Huamual Behind are in the high category, namely; The total score of the intrapersonal intelligence variable (X) = 1528 while the total score of the learning outcome variable (Y) = 1800, the r-count value = 0.710503 while the r-table = 0.4227. The conclusion of this research is that there is a relationship between intrapersonal intelligence and physical education learning outcomes in class VII junior high school students.

Keywords: Intrapersonal Intelligence, Learning Outcom

(*) Corresponding Author: laodeiswan48@gmail.com

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INTRODUCTION

Education is a process to help people develop their potential, so they are able to face changes and problems. In this era of globalization, Indonesia really needs something optimal from its citizens. This makes it possible for every member of society to have the opportunity to obtain education in which the intelligence and abilities of society can be developed optimally.

As stated in the education system Law no. 20 of 2003, Education is a conscious, planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, intelligence, noble morals, and the skills needed by themselves, society, nation and state. . Through national education it is hoped that it can form quality human resources, for this reason national education is able to produce a generation that has religious spiritual strength, intelligent personality, skills and a sense of responsibility. To realize these national education goals, the current national education system must continuously be perfected and improve its quality. The educational process is the changing of one thing into something else. A process can be said to have quality if it can be demonstrated well, so that it can create pleasant teaching and learning conditions. Through the educational process, it is certainly hoped that we can develop the quality of educational actors,

especially students, who will later be the ones who will continue their role in developing and advancing the nation and state that we all love, namely the Republic of Indonesia.

According to Hanafiah (2009), education is a conscious effort to realize the structure and process of learning so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence and the skills needed within themselves. Beliyau emphasized that learning is a change in personality which is manifested as response patterns in the form of skills, attitudes and habits, knowledge and skills. For this reason, serious attention is needed in paying attention to the quality of education so that everyone involved in the education process can have quality as well. The better the quality of education, the better the quality of human resources produced.

Humans will always carry out activities or activities in their lives. This activity is supported by a set of psychological tools that work within humans, both physically and psychologically. One of these tools is intelligence or also called intelligence. There are several definitions of intelligence or intelligence put forward by Gardner.

Gardner explains that intrapersonal intelligence is an ability that is related, but directed inward. This is the ability to form an accurate model, to be able to trust oneself and to be able to use that model to operate effectively in life.

Learning is the most important key to achieving success in the world of education. Learning is a mental activity that cannot be observed from the outside, meaning that what is happening inside a person cannot be known directly just by observing that person. Through learning, it is hoped that changes will occur not only in the cognitive aspect but also in the psychomotor and effective aspects. Learning, as stated by Slameto, is a process of change efforts carried out by a person to obtain a change in overall behavior, as a result of his own experience in his interaction with the environment.

Successful learning is learning that is able to generate a learning process, enthusiasm, comfort, a sense of belonging, namely learning the experience of movement, to achieve learning goals, which is one of the unique characteristics of physical education (Sudirjo & Alif, 2019). In order for young people to achieve the learning objectives as expected above, teachers are expected to prepare a learning implementation plan (RPP) before the learning process.

Gardner explains that intrapersonal intelligence is an ability that is related, but directed inward. This is the ability to form an accurate model, to be able to trust oneself and to be able to use that model to operate effectively in life.

Meanwhile, according to Armstrong Thomas (2013), intrapersonal intelligence is self-knowledge and the ability to act adaptively based on this knowledge. This intelligence has an accurate picture of oneself (one's strengths and limitations); awareness of one's moods and inner self, motivation, temperament, and desires as well as the ability to self-discipline, self-understanding, and self-esteem.

THEORETICAL DESCRIPTION

Definition of physical education

According to H.J.S Husdarta (2011), physical education is an educational process through selected physical activities, games or sports to achieve educational goals. According to Agus Susworo DM and Fitriani (2008), physical education is an educational process with learning experiences through physical activities carried out consciously, systematically and intensively in order to stimulate physical, motoric, thinking, emotional, social and moral growth and development. Physical education is part of education, which prioritizes movement activities and fostering healthy living for children's physical, mental, social, emotional growth and development in harmony, harmony and balance.

Understanding intrapersonal intelligence

Humans will always carry out activities or activities in their lives. This activity is supported by a set of psychological tools that work within humans, both physically and psychologically. One of these tools is intelligence or also called intelligence. There are several definitions of intelligence or intelligence put forward by several experts.

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Indicator of Intrapersonal Intelligence

Makmun Mubayidh (2006) said that, of the many intelligences presented by Howard Gardner in the Multiple Intelligence theory, he indicated that students' intrapersonal skills also really support the importance of developing intrapersonal intelligence to be useful for a person's success in life in the future.

Emotional self-awareness

Emotional self-awareness is a sign of balance and maturity. This personal skill provides the freedom to recognize oneself, share and express this awareness. In addition, the ability to monitor feelings over time is important for a deep understanding of our psychology and ourselves, because the ability to remain steadfast in the face of suffering and respond strongly to emotions that are disturbing or difficult to deal with has recently been emphasized as an important developmental characteristic. .

Assertiveness, (Assertive attitude)

Assertive attitude is often confused with aggressive attitude. According to Harry Alder, aggressiveness is doing something your own way without caring about what or anyone gets in your way. Meanwhile, assertiveness is an emotional skill to freely and appropriately express feelings, thoughts, opinions and beliefs.

Self-esteem

According to Armstrong, self-esteem or self-image is a characteristic of emotional intelligence that shows high self-evaluation and is an important source of self-confidence. This means that we have appropriate feelings, a good feeling

about who we are as a person, we feel satisfied with ourselves and we ourselves are satisfied.

Self-reliance

People who are independent (not dependent) on other people have the following characteristics; 1) People who are self-directed and self-controlled, 2) Have initiative, 3) Seem independent and emotionally independent, 4) Are mature and others seem to like to follow and trust them, 5) Know how to take care of themselves, 6) Confident in making plans, 7) Can make important decisions for themselves, 8) Not falling apart and waiting for other people to help them, 9) Self-actualization.

Understanding Learning Outcomes

Learning is the most important key to achieving success in the world of education. Learning is a mental activity that cannot be observed from the outside, meaning that what is happening inside a person cannot be known directly just by observing that person. Learning according to (Ormord), as Ratumanan quoted, is a long-term change in mental representations or associations as a result of experience.

Through learning, it is hoped that changes will occur not only in the cognitive aspect but also in the psychomotor and effective aspects. Learning, as stated by Slameto, is a process of change efforts carried out by a person to obtain a change in overall behavior, as a result of his own experience in his interaction with the environment. Syah Muhibbin (2017) stated that learning is a process activity and is a very fundamental element in the implementation of every type and level of education. So the success of education really depends on the learning process at school and outside school.

RESEARCH METHODS

This research is research using correlational techniques. In this research, the researcher will look at the correlation between variables. The analysis in this research uses statistical analysis, namely using numbers to conclude the research results. The research uses a research design with a correlation research type. Correlation research is research that aims to determine the relationship between variables and other variables.

RESULTS AND DISCUSSION

Intrapersonal Intelligence Data

Intrapersonal intelligence data was obtained through an intrapersonal intelligence questionnaire consisting of 40 (forty) statement items. This intrapersonal intelligence questionnaire uses a scale *liked* with 4 alternative answers, namely: very often (SS), often (S), sometimes (KK), never (TP) with the highest score of 4 (four) and the lowest score of 1 (one). The intrapersonal intelligence data obtained includes 4 (four) indicators, namely: 1) self-awareness 2) assertive attitude 3) self-confidence and 4) self-independence. Then the questionnaire will be tested on class VII-1 students of SMP Negeri 6 Huamual Behind, after testing the instrument (questionnaire) it is then validated from 40 (forty) statement items, and there are 24 (twenty four) valid statement items and

16 (sixteen) invalid statement items. Then the 24 (twenty four) valid statements will be used as research instruments.

Learning Outcome Data

The learning outcome data used by this research is the learning outcome data that is in each student's education report. This data was created by the teacher for the education report grades. The researcher only took it from the teacher, who gave grades to students in class VII-2 of SMP Negeri 6 Hamual Rear.

Hypothesis Testing

This quantitative research was conducted to determine the relationship between two variables, namely the intrapersonal intelligence variable (X), and the learning outcome variable (Y). The hypothesis of this research is "There is a relationship between intrapersonal intelligence and physical education learning outcomes for students at SMP Negeri 6 Huamual Behind. Hypothesis testing in this study uses the Pearson correlation coefficient formula with deviation. To find out whether the hypothesis is accepted or rejected, a hypothesis test is carried out with an error rate of 5%. The basis for decision making is that if $r\text{-count} > r\text{-table}$, then the hypothesis is accepted, and if $r\text{-count} < r\text{-table}$, then the hypothesis is rejected.

The calculation uses the Pearson correlation coefficient formula for intrapersonal intelligence (X), known to be = 1800, then each score from the intrapersonal intelligence variable (X) and the learning outcomes variable (Y) is multiplied to get a value = 126194, then the values of X and Y are squared to obtain values = 109382 and = 148114, then entered into the Pearson correlation coefficient formula and a calculation result of 0.710503 is obtained, then the calculated r-value will be compared with the r-table of 22 respondents. It is known that for r-table 1-50 respondents, $df = N-2$, then if there are 22 respondents then $df = 22-2 = 20$, to find out the r-table is in (appendix 1) with a significance of 5%, namely 0.4227 .

DISCUSSION

In general, in the teaching and learning process, intrapersonal intelligence is very necessary to determine the learning outcomes of each student. How good it is to apply good methods or teaching methods used by educators, but if students' intrapersonal intelligence is not good, then teaching and learning activities between students and teachers will not run according to the specified targets, and in the end student learning outcomes will not be achieved with the aim which has been specified.

Based on hypothesis testing using the Pearson product moment formula, the rxy value was 0.710503, and after consulting the 5% significance level with standard deviation ($df = n-2$), it showed that the result at the 5% significance level was 0.4227. Thus it can be seen that $r\text{-count} (0.710503) > r\text{-table} (0.4227)$. So it can be seen that there is a relationship between intrapersonal intelligence and physical education learning outcomes in class VII students of SMP Negeri 6 Huamual Behind. The results of this research prove that intrapersonal intelligence has a positive relationship with learning outcomes in class VII students at SMP Negeri 6 Huamual Behind. Students with high intrapersonal intelligence can

understand themselves well so they can know their weaknesses and strengths, especially in terms of achieving results. Study.

This is proven by the results of the hypothesis test in this study which states that, $K_{\text{Known}} = 1800$, then each score from the intrapersonal intelligence variable (X) and learning outcome variable (Y) is multiplied to get a value = 126194, then the values of X and Y are squared so that the values obtained = 109382 and = 148114, then entered into the Pearson correlation coefficient formula and obtained a calculation result of 0.710503, and the calculated r-value = 0.4227. compared with the r-table of 22 respondents. It is known that for the r-table 1-50 respondents, $df = N-2$, then if there are 22 respondents then $df = 22-2 = 20$, to find out the r-table is in (appendix 1) with a significance of 5%, namely 0.4227. The relationship category that students say has high intrapersonal intelligence can stand out against other types of intelligence and other factors that influence it. Therefore, teachers must pay attention to every intelligence that students have. Apart from that, teachers must also facilitate students, especially students with high intrapersonal intelligence, so that student intelligence can be utilized optimally in order to achieve learning outcomes.

CONCLUSION

Based on the results of research and discussion regarding the relationship between intrapersonal intelligence and physical education learning outcomes for class VII students at SMP Negeri 6 Huamual Behind, it can be concluded that there is a relationship between intrapersonal intelligence and physical education learning outcomes for class VII junior high school students, as seen from the data showing r- The calculated value is greater than the r-table ($0.710503 > 0.4227$) at a significance level of 5%, this result shows that if the student's intrapersonal intelligence is good, the student's learning outcomes will also be better.

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