



## Level of Interest of Female Students at SMAN 1 Ambarawa to Participate in Extracurricular Futsal

Charis Dwi Churniawan<sup>a,1</sup>, Ibnu Fatkhu Royana<sup>b,2</sup>, Osa Maliki<sup>c,3</sup>,

<sup>a, b, c</sup> Universitas PGRI Semarang, Jawa Tengah, Indonesia

✉ email coresponden author : charisdwichurniawan06@gmail.com

### Abstrak

Olahraga Futsal merupakan olahraga serupa dengan sepakbola yang di lakukan di dalam ruangan dan di mainkan oleh 2 tim yang terdiri dari 5 orang. Permasalahan penelitian ini yaitu seberapa besar minat siswi SMAN 1 AMBARAWA untuk mengikuti ekstrakurikuler futsal di sekolah. Penelitian ini bertujuan untuk mengetahui seberapa besar minat siswi SMAN 1 AMBARAWA untuk mengikuti ekstrakurikuler futsal. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan metode survey. Pada penelitian ini sampel yang digunakan adalah siswi kelas X SMAN 1 AMBARAWA dengan teknik pengumpulan sampel *Random Sampling 25%* dari 200 yaitu sebanyak 50 responden. Teknik pengumpul data berupa angket menggunakan tes skala likert. hasil penelitian akan lebih di perinci dengan 2 faktor yaitu intrinsik dan ekstrinsik. Dimana pada 1). faktor intrinsik minat siswi SMAN 1 Ambarawa untuk mengikuti ekstrakurikuler futsal dapat di kategorikan sangat tinggi dengan jumlah siswa 28 siswa 56%. 2). Faktor eksternal minat siswi SMAN 1 Ambarawa untuk mengikuti ekstrakurikuler futsal berkategori sangat tinggi dari 5 indikator meliputi : a). Sarana prasarana yang berkategori sangat tinggi dengan jumlah 43 siswi (86%), b) lingkungan yang berkategori tinggi dengan 26 siswi (52%), c) Indikator pelatihan dimana berkategori sangat tinggi dengan 37 siswi (74%), d) Teman yang berkategori sangat tinggi dengan 34 siswi (68%), e) Orang tua berkategori sangat tinggi dengan 44 siswi (88%) Sehingga dapat di tarik kesimpulan bahwa minat siswi SMAN 1 AMBARAWA dalam mengikuti ekstrakurikuler futsal masuk dalam kategori sangat tinggi yang artinya siswi sangat berminat dalam mengikuti ekstrakurikuler futsal yang akan di adakan.

### Abstract

Futsal is a sport similar to football which is played indoors and played by 2 teams consisting of 5 people. The problem of this research is how interested female students of SMAN 1 AMBARAWA are in taking part in extracurricular futsal at school. This research aims to find out how interested female students at SMAN 1 AMBARAWA are in taking part in extracurricular futsal. This research is a quantitative descriptive research using a survey method. In this study, the sample used was class The data collection technique is in the form of a questionnaire using a Likert scale test. The research results will be further detailed into 2 factors, namely intrinsic and extrinsic. Where at 1). The intrinsic factor in the interest of female students at SMAN 1 Ambarawa to take part in extracurricular futsal can be categorized as very high with the number of students being 28 students, 56%. 2). External factors in the interest of female

### Article history

Accepted: May 22<sup>nd</sup>, 2024

Approved: June 4<sup>th</sup>, 2024

### Kata kunci:

Minat Siswi,  
Ekstrakurikuler, Futsal

### Keywords:

Student Interests,  
Extracurricular, Futsal

students at SMAN 1 Ambarawa Ambarawa to take part in futsal extracurriculars are in the very high category from 5 indicators including: a). Infrastructure facilities in the very high category with 43 female students (86%), b) environment in the high category with 26 female students (52%), c) Training indicators in the very high category with 37 female students (74%), d) Friends in the category very high with 34 female students (68%), e) Parents are in the very high category with 44 female students (88%) So it can be concluded that the interest of female students at SMAN 1 AMBARAWA in participating in futsal extracurriculars is in the very high category, which means the female students are very interested in take part in the futsal extracurricular that will be held

## **Introduction**

Interest is basically the acceptance of a relationship between oneself and something outside of oneself. The stronger or closer the relationship, the greater a person's interest (Armi et al., 2015). Interest is a factor that determines the achievement of learning goals (Besare, 2020). Interest greatly influences students' abilities and success in the process of developing potential in the classroom so it cannot be denied that interest can influence student learning outcomes (Besare, 2020). Interest is not only expressed through statements that show that students prefer one thing over another, but can also be implemented through active participation in an activity (Halim, 2013). In general, there are 2 factors that influence interest, namely factors that come from within (Internal) and those that come from outside (External) (Rohmantunisa et al., 2020). From the opinions of experts, it can be concluded that interest is a form of interest in something that can influence the results.

Extracurricular activities are educational activities outside of subjects and counseling services to help develop students according to their needs, potential, talents and interests through activities specifically organized by educators and/or educational staff who are capable and authorized at the school/madrasah (Rasyono, 2016). Extracurricular Futsal is a futsal sports activity carried out outside of subject hours and is a counseling service to help develop students according to their needs, potential, talents and interests (Halim, A.R & Indriarsa, 2013). In extracurriculars there are two (2) types of extracurriculars, namely mandatory extracurriculars and optional extracurriculars. Compulsory extracurricular activities are extracurricular activities that have been determined by the school and are mandatory for students to participate in. Optional extracurriculars are extracurriculars that are chosen according to the students' talents or abilities and desires. Extracurricular activities are organized with the aim of developing students' potential, talents, interests, abilities,

personality, cooperation and independence optimally in order to support the achievement of national education goals (Amelia Putri Wulandari et al., 2008).

Futsal is a major ball sport which is played by two (2) teams with five (5) players per team (Ginting et al., 2022). The sport of futsal slightly modifies the field and rules in football and is led by 3 referees, 2 (two) field referees and 1 (one) table referee. Futsal games have started to become popular in Indonesia, from men to women have started to like this game. The aim of the futsa game is to put as many balls into the opponent's goal as possible and try to keep the goal from being conceded (Matitaputty, 2019). With the establishment of many futsal fields in Indonesia and in other regions, it proves that the sport of futsal is starting to be popular with the Indonesian people. It is not only men who play this game but women are also starting to be interested in this futsal game. Proof that the game of futsal is starting to be popular with women is the competitions and tournaments held by the government and universities and the many futsal clubs that are starting to appear in the regions..

The development of futsal sports in Ambarawa, especially in schools, can be seen by the many competitions or tournaments that are held and have very many participants. This competition can make students more enthusiastic about taking part in futsal extracurriculars. Because on the other hand, they can train mentally and measure their current abilities in playing futsal. At SMAN 1 AMBARAWA there is no futsal extracurricular for women. In this way, female students who have an interest and passion for playing futsal cannot channel their talents and interests. With this, researchers will conduct research on female students' interest in participating in extracurricular activities. By distributing questionnaires to grade 10 students at SMA N 1 Ambarawa which will be filled in by randomly selected female students, it is hoped that they will get results that will create a futsal extracurricular that will be participated in by female students who have talent and interest in futsal.

## **Method**

This research is a quantitative descriptive research using a survey method. The survey research method is a form of technique where information is collected from a number of samples in the form of people, through questions (Islamy, 2019). The research is intended to describe the interest of female students at SMAN 1 AMBARAWA in participating in futsal extracurricular activities. In this study, the sample used was class In this technique, all members of the population have the same opportunity to be selected as a sample using random techniques. The method used in this research is a survey method with a questionnaire

instrument, to provide an overview of the interest of female students at SMAN 1 AMBARAWA in participating in futsal extracurriculars for the 2023/2024 academic year. The data obtained in the research was then analyzed descriptively statistically in the form of percentages in tables and graphs. Descriptive statistics is a part of statistics that studies how to collect data and present data so that it is easy to understand (Leni Masnidar Nasution, 2017).

## Results and Discussion

Based on the research results that have been obtained regarding the level of interest of female students at Sman 1 Ambarawa to take part in Futsal extracurricular activities. From the research results, female students' interest in participating in extracurricular futsal is in 4 categories, namely, very high, high, low, and very low. This research was conducted on April 16 2024, the results of this research were obtained through a questionnaire filled out by each respondent. In detail, below we will describe the data for each indicator that underlies female students' interest in taking part in futsal extracurriculars at SMAN 1 Ambarawa..

### a. Intrinsik

In this research, intrinsic factors consist of 3 sub-indicators, namely feelings of happiness/interest, attention and emotion. The research results obtained from all respondents are as follows.

**Table 1.**

**Frequency and Percentage of Intrinsic Factor Components of Interest**

<b>Category</b>	<b>Interval</b>	<b>F</b>	<b>Percentage</b>
<b>Very high</b>	$x > 15,3$	28	56%
<b>Tall</b>	$11,5 < x \leq 15,3$	19	38%
<b>Low</b>	$7,7 \leq x \leq 11,5$	3	6%
<b>Very low</b>	$X < 7,7$	0	0
<b>Total</b>		50	100%

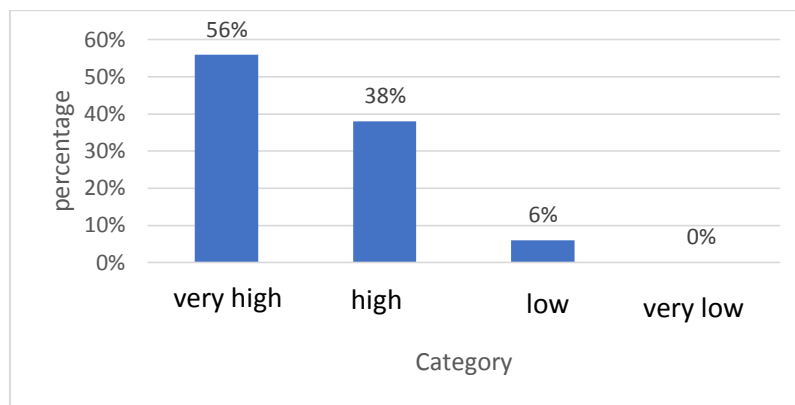


Figure 1. Frequency and Percentage Graph of the Intrinsic Factor Components of Interest

Based on the data above, it was found that 28 female students or 56% had very high interest, 19 female students or 38% had high interest, and 3 female students or 6% had low interest in participating in futsal extracurriculars. The highest frequency is 56%, namely in the very high category, so female students' interest in participating in extracurricular activities at SMAN 1 Ambarawa is in the very high category..

#### b. Faktor Ekstrinsik

Extrinsic factors are factors found in female students taking part in extracurricular futsal at SMAN 1 Ambarawa. research on female students' interest in taking part in extracurricular futsal, there are several factors which are divided into several indicators, namely infrastructure/facilities, environment, coaches, friends and parents. The overall research results were as follows:

**Table 2.**  
**Frequency and Percentage of Extrinsic Factor Components of Infrastructure/Facilities**

<b>Category</b>	<b>Interval</b>	<b>F</b>	<b>Persentase</b>
<b>Very high</b>	$X > 10,7$	43	86%
<b>Tall</b>	$8 < X \leq 10,7$	7	14%
<b>Low</b>	$5,7 \leq X \leq 8$	0	0%
<b>Very low</b>	$X < 5,3$	0	0%
<b>Total</b>		50	100%

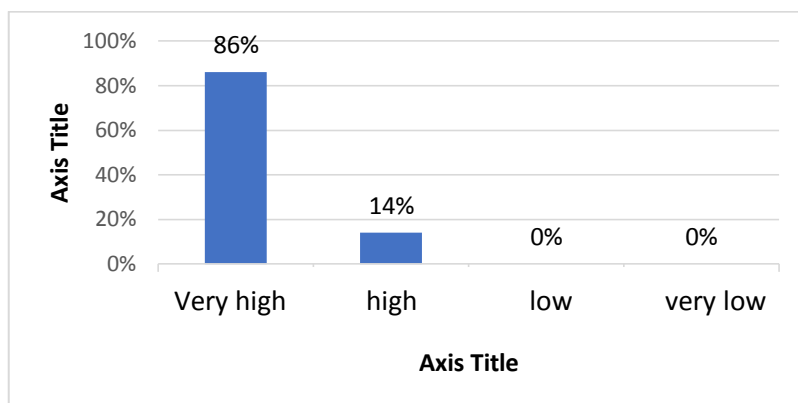


Figure 2. Frequency and Percentage Graph of Extrinsic Factor Components of Infrastructure/Facilities

Based on the data above, it was found that 43 female students or 86% had very high interest, 7 female students or 14% had high interest in taking part in futsal extracurriculars. The highest frequency is 86%, namely in the very high category, so female students' interest in participating in extracurricular activities at SMAN 1 Ambarawa is in the very high category seen from the infrastructure/facilities.

**Table 3.**

**Frequency and Percentage of Extrinsic Factor Components of the Environment**

Category	Interval	F	Persentase
<b>Very high</b>	$X > 10$	24	48%
<b>Tall</b>	$7,5 < X \leq 10$	26	52%
<b>Low</b>	$5 \leq X \leq 7,5$	0	0
<b>Very low</b>	$X < 5$	0	0
<b>Total</b>		50	100%

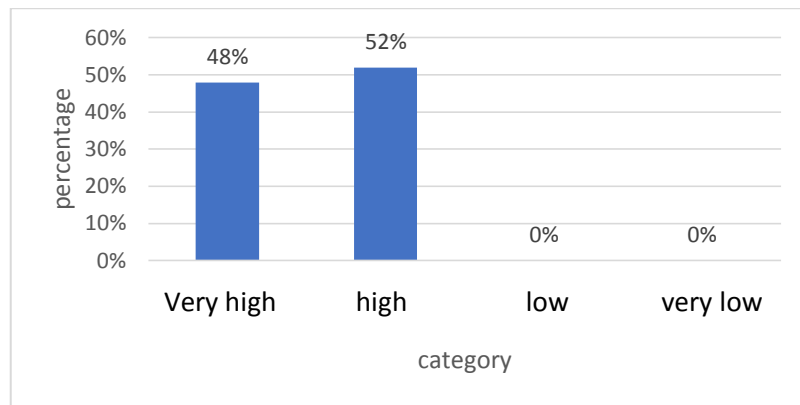


Figure 3. Frequency and Percentage Graph of Extrinsic Factor Components of the Environment

Based on the data above, it was found that 24 female students or 46% had very high interest, 26 female students or 52% had high interest in taking part in extracurricular futsal. The highest frequency is 52%, namely in the high category, so female students' interest in participating in extracurricular activities at SMAN 1 Ambarawa is in the high category seen from environmental factors..

**Table 4.**

**Frequency and Percentage of Extrinsic Factor Components from Coaches**

Category	Interval	F	Persentase
<b>Very high</b>	$X > 13,3$	37	74%
<b>Tall</b>	$10 < X \leq 13,3$	13	26%
<b>Low</b>	$6,7 \leq X \leq 10$	0	0
<b>Very low</b>	$X < 6,7$	0	0
<b>Total</b>		50	100%

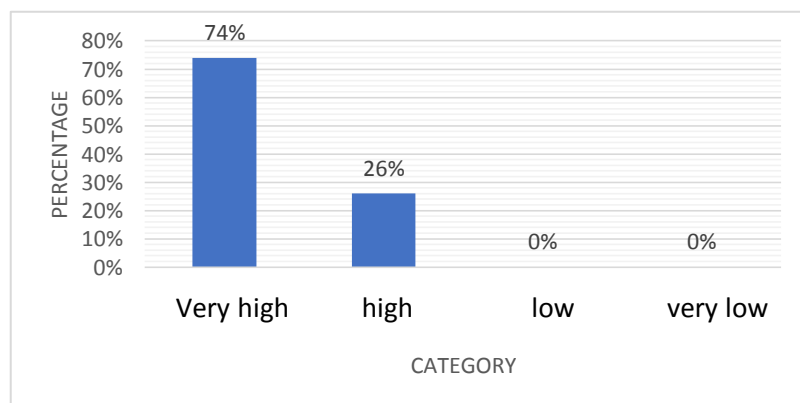


Figure 4. Frequency and Percentage Graph of Extrinsic Factor Components from Coaches

Based on the data above, it was found that 37 female students or 74% had very high interest, 13 female students or 26% had high interest in taking part in futsal extracurriculars. The highest frequency is 74%, namely in the very high category, so female students' interest in participating in extracurricular activities at SMAN 1 Ambarawa is in the very high category seen from the trainer factor.

**Table 5.**

**Frequency and Percentage of Extrinsic Factor Components from Friends**

Category	Interval	F	Persentase
<b>Very high</b>	$X > 12$	34	68%
<b>Tall</b>	$9 < X \leq 12$	16	32%
<b>Low</b>	$6 \leq X \leq 9$	0	0
<b>Very low</b>	$X < 6$	0	0
<b>Total</b>		50	100%

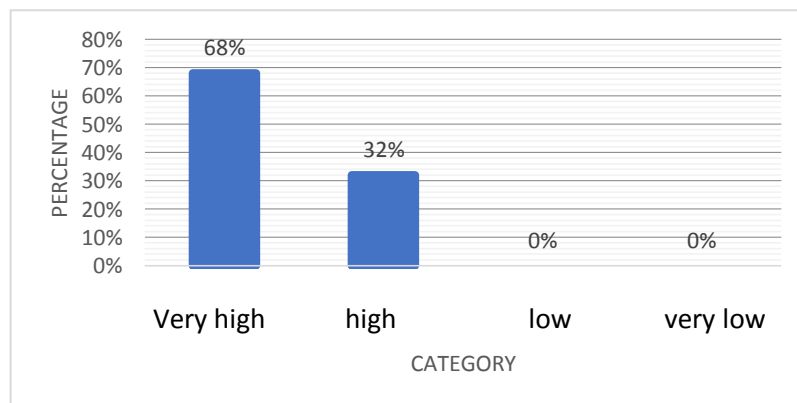


Figure 5. Frequency and Percentage Graph of Extrinsic Factor Components from Friends

Based on the data above, it was found that 34 female students or 68% had very high interest, 16 female students or 16% had high interest in taking part in extracurricular futsal. The highest frequency is 68%, namely in the very high category, so female students' interest



in participating in extracurricular activities at SMAN 1 Ambarawa is in the very high category seen from the friend factor.

**Table 6.**  
**Frequency and Percentage of Extrinsic Factor Components from Parents**

<b>Category</b>	<b>Interval</b>	<b>F</b>	<b>Persentase</b>
<b>Very high</b>	$X > 14,7$	44	88%
<b>Tall</b>	$11 < X \leq 14,7$	6	12%
<b>Low</b>	$7,3 \leq X \leq 11$	0	0%
<b>Very low</b>	$X < 7,3$	0	0%
<b>Total</b>		50	100%

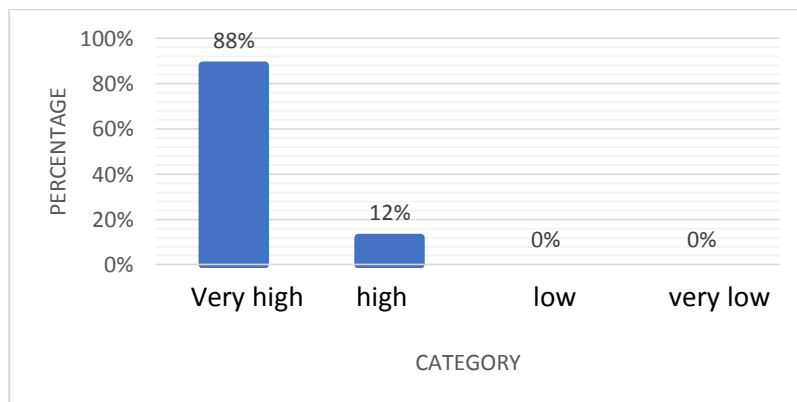


Figure 6. Frequency and Percentage Graph of Extrinsic Factor Components from Parents

Based on the data above, it was found that 44 female students or 88% had very high interest, 6 female students or 12% had high interest in taking part in extracurricular futsal. The highest frequency is 88%, namely in the very high category, so female students' interest in participating in extracurricular activities at SMAN 1 Ambarawa is in the very high category seen from the parental factor..

Next, the research results will be further detailed into 2 factors, namely intrinsic and extrinsic. Where at 1). The intrinsic factor in the interest of female students at SMAN 1 Ambarawa to take part in extracurricular futsal can be categorized as very high with the number of students being 28 students, 56%. 2). External factors in the interest of female

students at SMAN 1 Ambarawa Ambarawa to take part in futsal extracurriculars are in the very high category from 5 indicators including: a). Infrastructure facilities in the very high category with 43 female students (86%), b) environment in the high category with 26 female students (52%), c) Training indicators in the very high category with 37 female students (74%), d) Friends in the category very high with 34 female students (68%), e) Parents are in the very high category with 44 female students (88%) So it can be concluded that the interest of female students at SMAN 1 AMBARAWA in participating in futsal extracurriculars is in the very high category, which means the female students are very interested in take part in the futsal extracurricular that will be held.

## **Discussion**

The results obtained from this research are based on calculating indicators from research results taken during learning. The data collection technique in this research uses a questionnaire which will be filled in by respondents to answer the problem formulation. The research entitled the level of interest of female students at SMAN 1 Ambarawa to take part in futsal extracurriculars with data collection using a questionnaire consisting of 40 questions arranged according to adjusted indicators, including intrinsic and extrinsic indicators. Then the intrinsic indicators are arranged according to sub-indicators, namely

facilities, friends, coaches, parents, environment. The questionnaire in this research uses a libre scale and four alternative answers to measure interest. After getting data from 50 respondents, the data was processed using Excel/Microsoft Excel tools to find out the percentage obtained so that it could give results on how high the interest of SMAN 1 Ambarawa female students was in taking part in extracurricular activities. In this research, all indicators can be entered into the very high category, the highest indicators in this research are parents with a percentage of 88% and facilities with a percentage of 86%. To influence female students' interest in taking part in futsal extracurricular activities, of course the two extrinsic indicators are parental encouragement and adequate facilities provided to female students in order to foster female students' interest. The research results showed that there was a very high category for intrinsic indicators and extrinsic indicators in the sub-indicators of facilities, coaches, friends, parents and a high category for extrinsic indicators in the environmental sub-indicator. In this study, it was proven that the interest of female students at SMAN 1 Ambarawa was categorized as very high and high in participating in futsal extracurriculars, namely women's futsal. Research by (Ginting et al., 2022) with the title

"Students' Interest in Participating in Extracurricular Futsal". Of the 36 research samples, the results showed that the survey of students' interest in taking part in futsal extracurricular activities was in the very high category, 2 students (5.6%), in the high category, 29 students (80.5%), in the medium category, 5 students (13.9%) , low category 0 students (0%). So based on these results, it can be said that students' interest in participating in extracurricular activities is in the "high" category. This research was conducted by (Perbowo & Andrijanto, 2013). With the title "Students' Interest in Participating in Futsal Extracurricular Studies on Students Participating in Futsal Extracurriculars at SMP Negeri 2 Buduran". The subjects of this research were students participating in futsal extracurricular activities at SMP Negeri 2 Buduran, totaling 30 students. This type of research is non-experimental descriptive research with a quantitative approach. This research instrument uses an interest questionnaire. Conclusion: The level of student interest in participating in extracurricular futsal at SMP Negeri 2 Buduran can be said to be very high with a percentage value of 82.6%. The factors that drive students' interest in participating in futsal extracurriculars are: the feeling factor with the highest percentage value, namely 90.4%, then respectively followed by the goal factor at 85.9%, the desire factor at 83.3%, and the reason factor is 77.8%. This research was conducted by (Subarkah et al., 2017) with the title "Interest and Motivation of Female Students to Participate in Futsal Extracurricular Sports in Bandung City". With a sample of 40 female students, using descriptive methods with correlational techniques. The data collection tools used are; The instrument to determine interest uses a closed form of questionnaire and the instrument to determine motives uses a closed form of questionnaire. Based on the results of data processing and analysis, the results obtained were 83.26% with high criteria, while the total percentage of motives for female students participating in high school futsal extracurricular sports in the city of Bandung was 76.48% with high criteria. Research conducted by (Arifurrahman, 2019) with entitled "Survey of Siswa's Interest in Participating in Extracurricular Futsal at SMA Negeri 2 Barru". This type of research is descriptive. The population of this study were students from SMA Negeri 2 Barru classes who had the same graduation level, namely 14 – 17 years. The population and sampling used purposive techniques with the characteristics of people who play futsal. descriptive data analysis technique with calculations in a questionnaire using a Likert scale. Based on the results of descriptive analysis, it shows that the average student interest in playing futsal is in the low category with a presentation of 56.4%. This result can be seen in both internal and

external factors of students at SMA Negeri 2 Barru. The research entitled "Interests of High School Students Dr. Soetomo Surabaya on Futsal Extracurricular Activities" written by (Halim, A.R & Indriarsa, 2013). This research uses a quantitative approach with descriptive research type. The instrument used in this research was a questionnaire. Results questionnaire calculations, the results obtained from each indicator include: the indicator of desire to take part in extracurricular futsal activities is 398, the indicator of perception of extracurricular futsal is 916, the indicator of feelings when taking part in activities is 494, and the indicator of the purpose of taking part in activities is 243. From the data results overall shows the interest of high school students Dr. Soetomo Surabaya in futsal extracurricular activities is 2051 with an average of 147 (Very High). The most dominant indicator of interest among high school students is Dr. Soetomo Surabaya on futsal extracurricular activities is an indicator of perceptions on futsal extracurricular activities. This proves that the perception of futsal extracurricular activities at Dr. High School. Soetomo Surabaya was very high with a score of 916 and a percentage of 37.39%. The conclusion of this research is that high school student Dr. Soetomo Surabaya has a very high interest in futsal extracurricular activities.

## **Conclusion**

Based on the results of the research and discussion, it can be concluded that: first, from the results of the research, the interest of female students at SMAN 1 AMBARAWA to take part in futsal extracurriculars has high and very high results, so that the school can provide a platform for female students who are interested in taking part in futsal extracurriculars. Then continue the research. has been made to have a lot of diversity and more detail, making this research an aspiration in conducting research in the physical field, especially in extracurricular futsal.

## **Referensi**

- Amelia Putri Wulandari, Evi Setianingsih, Wahdini Rohmah Jaelani, Wenny Yolandha, & Agus Mulyana. (2008). Optimalisasi Perencanaan Kegiatan Ekstrakurikuler Di Sekolah Dasar Negeri Dan Swasta. *Jurnal Pendidikan : SEROJA*, 2(4).
- Arifurrahman. (2019). *Survei Minat Siswa Dalam Mengikuti Ekstrakurikuler Futsal Di Sma Negeri 2 Barru*. 1–13.
- Armi, D., Mansur, & Maimun Nusufi. (2015). Partisipasi Orang Tua Terhadap Minat Anak Berolahraga Di Kecamatan Singkil Kabupaten Aceh Singkil. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi*, 1(4), 258–271.  
<http://publications.lib.chalmers.se/records/fulltext/245180/245180.pdf%0Ahttps://hdl.handle.net/20.500.12380/245180%0Ahttp://dx.doi.org/10.1016/j.jsames.2011.03.003%0Ahttps://doi.org/10.1016/j.gr.2017.08.001%0Ahttp://dx.doi.org/10.1016/j.precamres.2014.12>
- Besare, S. (2020). Hubungan Minat dengan Aktivitas Belajar Siswa. *JINOTEP (Jurnal Inovasi Dan*



- Teknologi Pembelajaran): Kajian Dan Riset Dalam Teknologi Pembelajaran*, 7(1), 18–25.  
<https://doi.org/10.17977/um031v7i12020p018>
- Ginting, P., Darmayasa, P., Satyawati, M., Artanayasa, W., & Parta, Y. (2022). Minat Siswa dalam Mengikuti Ekstrakurikuler Futsal. *Jurnal Ilmu Keolahragaan Undiksha*, 10(1), 48–53.  
<https://doi.org/10.23887/jiku.v10i1.41318>
- Halim, A.R & Indriarsa, N. (2013). FM 09 MINAT SISWA SMA Dr.SOETOMO SURABAYA PADA KEGIATAN EKSTRAKURIKULER FUTSAL. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 01(1), 165–175. <https://core.ac.uk/download/pdf/196255896.pdf>
- Halim, S. (2013). MINAT SISWA SMA Dr. SOETOMO SURABAYA PADA KEGIATAN EKSTRAKURIKULER FUTSAL. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 1(1), 260–264.
- Islamy, I. (2019). Penelitian Survei Dalam Pembelajaran Dan Pengajaran Bahasa Inggris. *Japanese Society of Biofeedback Research*, 19(August), 709–715.
- Leni Masnidar Nasution. (2017). STATISTIK DESKRIPTIF. *Journal of the American Chemical Society*, 77(21), 5472–5476. <https://doi.org/10.1021/ja01626a006>
- Matitaputty, J. (2019). Pengaruh Latihan Kecepatan Terhadap Kecepatan Menggiring Bola Pemain Futsal Junior Fc Patriot Penjaskesrek Unpatti Ambon Johanna. *Jurnal Ilmiah Wahana Pendidikan*, 5(2), 101–113. <https://doi.org/10.5281/zenodo.2781801>
- Perbowo, D. A., & Andrijanto, D. (2013). Minat siswa dalam mengikuti ekstrakurikuler Futsal studi pada siswa peserta ekstrakurikuler Futsal di smp negeri 2 buduran. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 01 No.03, 92–97.
- Rasyono. (2016). Ekstrakurikuler Sebagai Dasar Pembinaan Olahraga Pelajar. *Journal of Physical Education Health and Sport*, 3(1), 44–49.
- Rohmantunisa, S., Wahyudi, U., & Yudasmara, D. S. (2020). Survei minat siswa dalam mengikuti kegiatan ekstrakurikuler bolabasket pada peserta sekolah menengah pertama. *Sport Science and Health*, 2(2), 119–129. <http://journal2.um.ac.id/index.php/jfik/article/view/11266/5286>
- Subarkah, F., Sartono, H., & Saputra, M. Y. (2017). Minat Dan Motif Siswa Mengikuti Ekstrakurikuler Olahraga Futsal Di Kota Bandung. *Jurnal Kepeleatihan Olahraga*, 10(2), 33–42.