







## Improving the Development of Delinquents with a Sport Extracurricular Approach at the Kupang Children's Correctional Institution

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### ABSTRACT

Physical education in public schools and children's correctional institutions, especially in extracurricular sports activities, functions as an activity to fill children's free time and is expected to reduce child delinquency. The problems in this study are included in the type of correlational quantitative research, namely research that aims to see the relationship between two or more symptoms that can be measured in high and low relationships using data in the form of numbers. This research uses a descriptive method with quantitative analysis. While the data collection technique for research uses a structured questionnaire based on the research variables. From the results of the study, it can be concluded that there is a positive relationship between extracurricular sports activities and the success of fostering naughty children at the Kupang Children's Penitentiary. this can be seen from the value of  $r_o$  obtained which is greater than the value of the  $r$  table. So, in the future, teachers and staff fostering children should further increase the effectiveness of extracurricular sports activities in fostering naughty children at the Kupang Penitentiary.

**Keywords:** extracurricular activities; child development; coaching bad children

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## INTRODUCTION

When man is born into this world, he is in a state of helplessness and needs help from others. The first form of assistance is provided by an adult—in this case, a family member. Through the family, the child will grow and develop, both physically and spiritually. The family occupies the most important place for the formation of the child's personality as a whole, which will be carried throughout his life. This is following what was stated, that the formation of this personality and character can be carried out by family members through providing a basic sense of religion and cultivating traits and habits. With the development of science and the development of this era, parents are no longer able to provide what the child wants in his growth,



both in the form of knowledge, values, and attitudes, as well as skills. Seeing this fact, they finally sent the children to educational institutions so that what they wanted and needed in their development process could be fulfilled.

The problem of juvenile delinquency in Indonesia is considered to have reached a level that is quite disturbing for the community. This condition gives a strong impetus to the parties responsible for this problem, such as educational groups in the school environment and groups of judges and prosecutors in the environment of counselling and enforcing group life. Likewise, the government is a public policy maker in fostering, creating, and maintaining security and public order. Another factor that cannot be ruled out is the role of society and the family in supporting this.

If the problem of family education is considered, children can fall into negative behaviours. If there are negative actions that are often committed by a child, it is better if the family, which is the first social group in the child's life, immediately examines what factors cause these delinquencies.

Sport is an activity that is liked by everyone, and also by the children in the institution. These sports activities are carried out continuously because all activities are an effort to foster children to have additional knowledge and skills in the field of sports, as well as physical development activities. In this way, it is hoped that they can be cured of their habits of committing mischief so that they can soon be back among their families and society.

By being given sports activities, it is hoped that they will not have too much free time. If after they attend general education there is still a lot of free time, not filled with positive activities, it will open up opportunities for them to commit mischief as they did.

In addition, by being involved in sports activities, it is hoped that will provide provisions for discipline, to live in the future in family and society, if they are free from this penitentiary. As stated above, many factors can cause children to fall into negative things. The factors in question are family factors and community environmental factors. Family factors often result in children doing negative things, for example, socio-economic status, less harmonious parent-child relationships, and family integrity. Meanwhile, social environmental factors that have a negative influence on its development include the influence of culture and associates.

Apart from receiving general education, in this correctional institution, children also receive additional activities or extracurricular activities to fill their free time after attending general education. These additional activities are very useful and positive for fostering and improving the self-skills of children in these institutions. The activities in question are motorcycle repair activities, and handicrafts, namely weaving, making items from clay, and others. Aside from skills-based activities, some activities foster intelligence and self-confidence, such as sports, arts, and religion. The number of children in the Kupang Children's Penitentiary totaled 60 people consisting of 14 people at the elementary level, 16 people at the junior high school level, and 30 people at the high school level. All of these children took part in extracurricular activities according to their talents and interests where 17 people played volleyball, 29 football and football, 7 Takraw, 3 badminton, 3 table tennis, and physical fitness exercises with all children which are held every Friday.

Extracurricular means additional activities outside the lesson plan, or additional education outside the curriculum. Thus, extracurricular activities are activities carried out outside the classroom and outside class hours (curriculum) to develop the

potential of human resources owned by students, both related to the application of the knowledge they get and in a special sense to guide students in developing their potential. and talents that exist within him through mandatory and optional activities.

Extracurricular activities are learning activities that are held outside of regular school hours. This activity is carried out in the afternoon for schools that enter in the morning and is carried out in the morning for schools that enter in the afternoon. These extracurricular activities are often intended to develop one of the subject areas that are of interest to a group of students, for example, sports, the arts, and various skills and scouting activities.

Thus, what is meant by extracurricular activities are various school activities carried out to provide opportunities for students to be able to develop their potential, interests, talents, and hobbies which are carried out outside normal school hours. As for what is meant by management of extracurricular activities are all processes that are planned and managed in an organized manner regarding school activities carried out outside the classroom and outside class hours (curriculum) to develop the potential of human resources owned by students, both related to the application of knowledge obtained or in a special sense to guide students in developing the potential and talents that exist within them through mandatory and optional activities.

Problems that arise can be identified as follows: Services and guidance provided by the prison staff to make their students aware, efforts made by correctional institutions to foster these children, factors that cause children to fall towards delinquency, sports activities given to them students, as a coaching effort for their survival in the future after being released from correctional institutions, the success rate of extracurricular sports as an effort to foster students while in the Kupang children's prison and for preparation for life in society after being released from correctional institutions.

## **METHODOLOGY**

According to the nature of the problem, this research is included in the type of correlational quantitative research, namely research that aims to see the relationship between two or more symptoms that can be measured in high and low relationships using data in the form of numbers.

This research uses a descriptive method with quantitative analysis. While the data collection technique for research uses a structured questionnaire based on research variables (Margono 2010). This questionnaire is made up of 20 questions, which are submitted to 1. Teachers or supervising staff of student coaching groups, 2. Students.

The population in this study were all staff and supervisors totaling 26 people, who were included in the coaching group as well as students totaling 15 people namely junior high school students grades I, II, and III in the Kupang children's correctional institution. Samples were taken randomly from each class, and the supervisors or staff in the penitentiary totaled 30 people.

Materials and Apparatus used for data collection in this study 1. structured questionnaire, namely a list of questions that have been offered answers for each question consisting of three answer choices, namely: A, B, and C, 2. Ballpoints, 3.

Examination board. Respondents filled out the questionnaire by choosing one of the answers consisting of answers A, B, or C whose answers have their points.

Data was obtained from respondents' responses to the two research questionnaires, both the supervisory group or staff and student groups. Structured questionnaire answers are given a value, and the value of the respondent's answer is determined based on the weight of the question. Each question has three choices, namely, for a positive answer it is given a value of 3, if the answer is positive and negative it is given a value of 2, and if the answer is negative it is given a value of 1.

In this study, the questionnaire used consisted of 20 questions for student respondents, and for supervisory or staff respondent questionnaires there were also 20 questions. And each question has its dimensions or aspects, for student respondents (Variable X) has the following dimensions: 1. Sports extracurricular activities, 6 questions, 2. Extracurricular activities of interest 2 questions, 3. Implementation of sports extracurricular activities 6 questions, 4. Actions taken in extracurricular activities 3 questions, 5. Benefits after participating in extracurricular activities 1 question, 6. Cooperation between teaching staff and students 2 questions. While the question questionnaire for teaching staff respondents (Variable Y) aspects are: 1. Changes in the attitude of students 6 questions, 2. Education and coaching 2 questions, 3. Affection and attention 3 questions, 4. Cooperation with associates 2 questions, 5. Awareness, and tolerance 3 questions, 6. Enjoyment and entertainment 4 questions.

Data analysis techniques used in this study are: 1. Structured questionnaires, namely: A collection of information by submitting many written questions accompanied by many alternative answers provided in writing as well, 2. Observation, defined as systematic observation and recording of symptoms that appear on the research object, 3. Documentation. That is, this technique is used as a tool to obtain images taken at the time of researching people who are the objects of this study. After the data results from filling out the questionnaire from both students and supervisors, each value of each question item is then entered into the list of results for each respondent's answers and divided into two groups according to the variable. If all the necessary data is collected, from the results of each respondent's answers, the next step is to process the data. the steps are as follows: 1. the process variable for extracurricular sports activities is called the x variable and the success of the extracurricular sports activities business is called the y variable, 2. find the mean of the two variables, 3. make  $H_0$  and  $H_a$  in sentence form, 4. make  $H_0$  and  $H_a$  in statistical form, 5, multiply each variable x to get  $x^2$ , 6. multiply each variable y to get  $y^2$ , 7. multiply column x by column y to get xy, 8. find r count, then compare it with the pearson interpretation table, 9. find the contribution or contribution of variable x to y with the formula (terminal coefficient):  $k_p = r^2 \times 100\%$  , 10. find t arithmetic, 11. make conclusions.

**Table 1.** Pearson's Interpretation

Coefficient intervals	Relationship level
0,80 - 1,000	Very strong
0,60 - 0,799	Strong
0,40 - 0,599	Strong enough
0,20 - 0,399	Low
0,00 - 0,199	Very low

## RESULTS

The relationship between extracurricular activities and coaching naughty children is 0.614, a strong category based on Pearson's interpretation table (Table 2).

**Table 2.** Pearson's Interpretation

Coefficient intervals	Relationship level
0,80 - 1,000	Very strong
<b>0,60 – 0,799</b>	Strong
0,40 – 0,599	Strong enough
0,20 – 0,399	Low
0,00 – 0,199	Very low

Donations or contributions to extracurricular activities by fostering naughty children:  $KP = r^2 \times 100\% = 37.69\%$ . This means that sports and extracurricular activities contribute 37.69% to efforts to develop naughty children and the remaining 62.31% is determined by other variables.

There is a significant relationship between extracurricular activities and efforts to foster naughty children. It turns out that  $t$  count is greater than  $t$  table or  $2.805 \geq 2.160$ , then  $H_0$  is rejected, meaning that there is a significant relationship between sports and extracurricular activities and efforts to foster naughty children.

Testing the analysis on the results of the student group questionnaire trial and the results of the staff/supervisor group questionnaire trials by calculating the Product Moment Coefficient Correlation. From the above calculations, it can be seen:  $r_o \geq r_{table}$  or  $2.805 \geq 2,160$ . analysis testing on the results of the study by calculating the Product Moment Coefficient Correlation. From the calculation above it can be seen:  $r_o \geq r_{table}$  or  $2.805 \geq 2.160$ .

Testing the hypothesis, because the value of  $r_o$  obtained is 2.805 from the value of  $r_t$  ( $2.805 \geq 2.160$ ), the conclusion that can be drawn from processing this data is that there is a positive relationship between sports extracurricular activities and the success of efforts to foster naughty children in Correctional Institutions Kupang child.

**Table 3.** Distribution Table t

dk	$\alpha$ one tail test					
	0,25	0,10	0,05	0,025	0,01	0,005
	$\alpha$ two tail test					
	0,50	0,20	0,10	0,05	0,02	0,01
1	1,000	3,078	6,314	12,706	31,821	63,657
2	0,816	1,886	2,920	4,303	6,965	9,925
3	0,765	1,638	2,353	3,182	4,541	5,841
4	0,741	1,533	2,132	2,776	3,747	4,604
5	0,727	1,476	2,015	2,571	3,365	4,032
6	0,718	1,440	1,943	2,447	3,143	3,707
7	0,711	1,415	1,895	2,365	2,998	3,499
8	0,706	1,397	1,860	2,306	2,896	3,355
9	0,703	1,383	1,833	2,262	2,821	3,250
10	0,700	1,372	1,812	2,228	2,764	3,169
11	0,697	1,363	1,796	2,201	2,718	3,106
12	0,695	1,356	1,782	2,179	2,681	3,055
<b>13</b>	0,692	1,350	1,771	<b>2,160</b>	2,650	3,012
14	0,691	1,345	1,761	2,145	2,624	2,977

15	0,690	1,341	1,753	2,131	2,602	2,947
16	0,689	1,337	1,746	2,120	2,583	2,921
17	0,688	1,333	1,740	2,110	2,567	2,898
18	0,688	1,330	1,734	2,101	2,552	2,878

After explaining the steps of research data analysis, the results are interpreted as follows: a. More than half of the children in Correctional Institutions are interested in sports and extracurricular activities provided in the development of these institutions, b. In the coaching and education provided, it is an activity that is considered successful, c. More than half of the children in this Penitentiary are children who need love and attention, d. Less than half of the children in this Penitentiary, every behavior and action is based on the influence of friends. e. Less than half of the children in this Penitentiary, in terms of entertainment and preferences in daily interactions, are positive, which is still considered a favorite of children in general.

## DISCUSSION

Based on the results of Product Moment quantitative data analysis. From the results of variables X and Y, there is a very strong relationship between sports and extracurricular activities and coaching naughty children. This can be seen from the relationship between extracurricular activities and coaching naughty children of 0.614, a strong category when compared to table 1.

Donations or contributions to extracurricular activities by fostering naughty children:  $KP = r^2 \times 100\% = 37.69\%$ . This means that sports and extracurricular activities contribute 37.69% to efforts to develop naughty children and the remaining 62.31% is determined by other variables. There is a significant relationship between extracurricular activities and efforts to foster naughty children. It turns out that t count is greater than t table or  $2.805 \geq 2.160$ , then  $H_0$  is rejected, meaning that there is a significant relationship between sports and extracurricular activities and efforts to foster naughty children.

Testing the analysis on the results of the student group questionnaire trials and the results of the staff/supervisory group questionnaire trials with the calculation of the product-moment coefficient correlation. From the above calculations, it can be seen:  $r_o \geq r_{table}$  or  $2.805 \geq 2.160$  Testing the analysis on the research results by calculating the product-moment coefficient correlation. From the calculations above it can be seen:  $r_o \geq r_{table}$  or  $2.805 \geq 2.160$ .

The value of  $r_o$  obtained was 2.805 from the value of  $r_t$  ( $2.805 \geq 2.160$ ), so the conclusion that can be drawn from processing this data is that there is a positive relationship between sports extracurricular activities and the success of efforts to foster naughty children at the Kupang Children's Correctional Institution. From the analysis of the data above, it can be concluded that there is a positive relationship between sports and extracurricular activities and the success of efforts to foster naughty children at the Kupang Children's Penitentiary.

## CONCLUSION

There is a positive relationship between extracurricular sports activities and the success of fostering naughty children at the Kupang Children's Penitentiary. this can be seen from the value of  $r_o$  obtained which is greater than the value of  $r_t$  ( $2.805 \geq$

2.160). Extracurricular sports activities in the effort to foster naughty children at the Kupang Children's Correctional Institution have not reached the maximum level, namely, they have not succeeded well. This can be seen from the results of the questionnaire test for student groups and supervisory staff groups with the calculation of the product-moment coefficient correlation, namely:  $r_o \geq r_{table}$  or  $2.805 \geq 2.160$ . So it can be said that the more active the child, the less activity in a negative direction.

Uvenile delinquency is usually carried out by children who fail to undergo the processes of developing their souls, both during their youth and in their childhood. childhood and adolescence are very short, with rapid physical, psychological, and emotional development. sociologically, juvenile delinquency is a form of conflict that is not resolved properly in the childhood or youth of the perpetrators. it is often found that there is trauma in his past, harsh and unpleasant treatment from his environment, as well as trauma to environmental conditions, such as economic conditions that make him feel inferior, and so on.

From the analysis of the data above, it can be interpreted that there is a positive relationship between sports and extracurricular activities and the success of efforts to foster naughty children at the kupang children's penitentiary.

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This research is expected to be a contribution of thought and input in the process of teaching and learning physical education in public schools and children's correctional institutions in particular, and also specifically in extracurricular sports activities which function as activities to fill children's free time and are expected to reduce child delinquency.

## CONFLICT OF INTEREST

All author declares that this manuscript has no conflict of interest with any party.

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