

# STUDENTS INVESTMENT NATIONALISM THROUGH PHYSICAL EDUCATION AND SPORT

Banu Setyo Adi  
FIP UNY

## ABSTRAC

In these days we often see on television shows or news in the newspapers about the existence of violence in the world of education. The school is the right environment to insert educational purposes. Education as an effort to advance the character, mind and physical child.

Physical education is a process through physical activity, to stimulate growth and development, improve physical skills, intelligence and character formation, and the values and positive attitudes for educational purposes. Nationalism, is an understanding that creating and maintaining the sovereignty of a nation with the concept of realizing a common identity for a group of sports human. Nasionalism is an ambitions of political elites from different political cultures that want to see their athletes excel in sporting events internationally.

Physical education was instrumental in the formation of social for student. Mental and social factor that develop when play was self-esteem, fill spare time, honesty, eliminate selfishness, self-discipline, accept the weaknesses and strengths, or tolerance, cooperation, friendship

Key words: physical education, nationalism

## INTRODUCTION

In these days we often see on television shows or news in the newspapers about the existence of violence and conflict among individuals, community groups and even to a greater extent in the State of Indonesia. The culprit is none other than Indonesian citizen who claimed themselves as indigenous. It certainly makes sense of concern from all circles. Negative view of the Indonesian people who had known virtuous paradigm changed with an unruly nation. Many things are debated and sometimes lead to the secession of the Republic of Indonesia territory. The school is the right environment to insert educational purposes. In the article M.R. Kurniadi, S. Th (<http://www1.bpkpenabur.or.id/kps-jkt/berita/9806/pndidik2.htm>) mentions that Ki Hajar Dewantara defines education as an effort to advance the character, mind and body of children, in order to promote the perfection of life of children living and bring in harmony with nature and society. Meanwhile, according to Law

No.20 of 2003 gives the meaning of education is a conscious and deliberate effort to create an atmosphere of learning and the learning process so that learners are actively developing her potential, to have the spiritual strength of religious, self-control, personality, intelligence, noble character, and skills needed him, society, nation and state. At school students will be conditioned both emotionally, socially, and culturally. According Kihajar (in Arma, 2005: 71., Amat Komari, 2008) the principle of independence in physical education is fully compatible with modern society without boundaries while still maintaining a dynamic harmony that humans have a creative and innovative. I hope that through education in schools, then students will be formed as a human being in accordance with the educational objectives An additional approach is needed to improve the child's physical education

### **PHYSICAL EDUCATION DEFINITIONS**

Physical education is a process through physical activity, which is designed and arranged systematically, to stimulate growth and development, and improve physical skills, intelligence and character formation, and the value and positive attitude to every citizen in order to achieve educational goals (Aip Syaifuddin and Muhadi, 1992: 4). JB Nash defines physical education is an overall education aspekdariproses using / emphasis on physical activities that develop fitness, organ function, neuro-muscular control, intellectual strength, and emotional control (in Victor Simanjuntak G, et al. 2008). While understanding ranging from physical education is the educational process involving the interaction between the participants (child) students with an environment that is managed through the systematic physical activity toward the formation of the whole person (Toho C and L Rusli, 1997:13). The definition of complete human beings are human beings who believe in and devoted to God Almighty and virtuous, has the knowledge and skills, physical and spiritual health, a solid personality and sense of self and community and national responsibility. From the clear understanding that physical education in physical education benefits contained not only in physical form, but also mental and social.

Developing the physical elements which can be seen from the more mature person's physical ability to do sports. Children who have a strong physical ability so he will tend to have a positive fikir pattern energetic and able to perform optimally. While the mental element can be seen with the child's ability to control

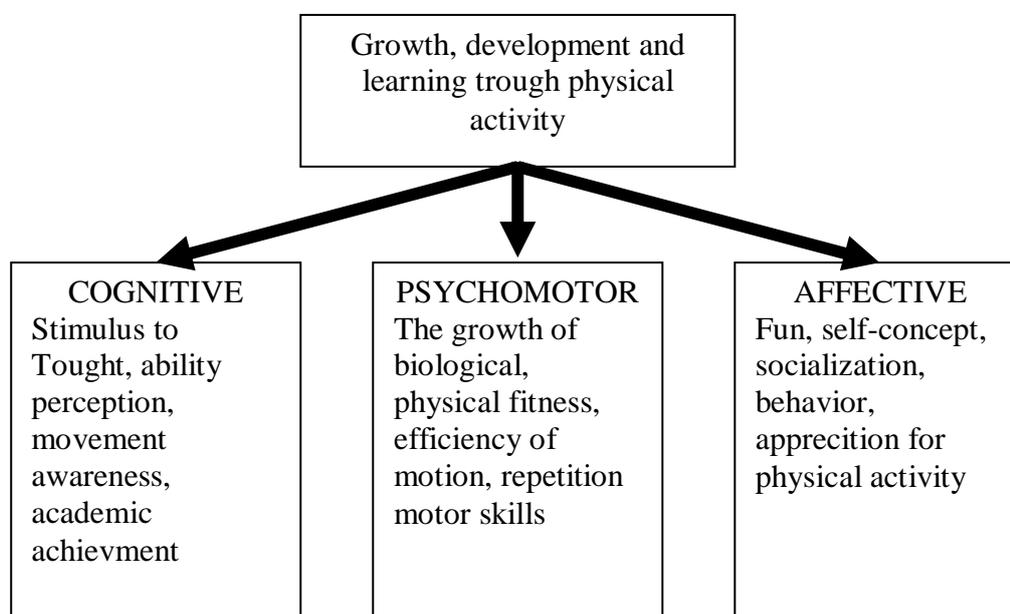
your emotions when doing diimbaskan sports into everyday life. For the social element can be seen from the child's ability to interact with peers in sports games. Children will feel more like adults, able to adapt with peers older material as well as the younger. At the time of exercise, children will recognize the advantages and disadvantages of himself so he would not be proud and children will recognize the advantages of friends and enemies. Debriefing children physical education is not enough to rely solely on lectures given by itself and only occasionally by a guest speaker, but should be included in regular training. Inclusion of child education physical education into the curriculum according to age groups. Development and production of training materials for the classroom. Formulation of guidelines for teachers and dissemination to all teachers. Coordination of activities and responsibilities determined jelas. Selain inclusion of physical education in school curricula, schools should also provide physical education outside of school hours through extracurricular activities.

### **Physical education goals**

As one part of the elements of education, physical education has a purpose in the establishment of child growth and development. The purpose of physical education can be described as follows:

1. To believe about themselves, develop memory power.
2. Associated with humanity, respect, friendship, cooperation, urbane sublime, appreciate family, and being democracy at home.
3. For economic efficiency
4. Associated with responsibilities as good citizens and social justice.

In line with the above objectives, Gobbard, C., et al. (1987.5) describes the influence of physical activity (which is contained in physical education) to the development of the child as the image below:



The formation of a good affective highly visible in the physical education activities, such as students who must maintain sportsmanship when playing, appreciate the advantages and disadvantages that have friends or yourself, obey the rules discipline, honesty and so forth. According to Agus Mahendra (<http://ahmesabe.wordpress.com/2008/10/13/falsafah-penjas/>) is generally one of the benefits of physical education are:

1. Meet the needs of children will move

Physical education is indeed a world of children and in accordance with the needs of children. Inside children can learn with fun through channeling his desire to move. The more satisfied the need for motion in times of growth, the greater the quality of growth, the greater the advantages of growth quality itself.

2. Introduce children to the environment and the potential itself

Physical education is the time to 'do'. The children would prefer to 'do' something from the just have to see or listen to others when they are learning. The atmosphere of freedom offered in the field or the gym for so long vanished stuck in between the boundaries of the classroom. This

situation is totally incompatible with the encouragement instincts. By playing and moving children really learn about their potential and in this activity the children try to recognize the surrounding environment. The experts disagree that this experience is important to stimulate intellectual growth and social relationships and even the development of self-esteem on which the personality later.

3. Instill the basics of a useful skill

The role of physical education in elementary school is quite unique, because it helped develop the basic skills children need to master various skills in later life. According to experts, the growth patterns of school age children until late puberty or teen-called slow growth pattern. This pattern is the opposite of the pattern of rapid growth experienced by children when they are newborn to age 5 years. In this case the argument applies:

"... When he entered a period of rapid growth, the ability to learn new skills is slow. Conversely, in times of slow growth, the ability to learn skills to increase. "

Because the growth rate of primary school age are slow-slow, then at these ages children opportunities to learn motor skills were arrived at critical times. Consequently, neglect guidance during this very influence of child development in the next period.

4. Excess energies, children are beings who are in the excess energy. This excess energy should be channeled so as not to disturb the mental balance and behavior of children. As soon as the excess energy channeled, the child will get back to balance herself, because after the break, the child will return to renew and restore its optimum energy.
5. Educational process is simultaneously physical, mental or emotional Correct physical education will provide a significant contribution to children's education as a whole. Actual results obtained from physical education is a complete development, covering aspects of physical, mental, emotional, social and moral. No one if the experts believe that physical education is the most appropriate vehicle for the "whole human form".

## **NATIONALISM**

Fears of the decline of nationalism and national disintegration spread everywhere lately. In the midst of the discourse on nationalism, which generally starts from the phenomenon of modern society are associated with the phenomenon of talk in the context of the basic conditions in which built the nation (nation), nationality (citizenship), and a sense of nationalism (nationalism) Indonesia. Basic conditions referred to in this paper is ethnicity. Talking about race as a basic condition is to put the concepts of nation, state, and nationalism in a posteriori. By understanding the tribe as the basic conditions, is expected to our understanding of nation, nationality, and nationalism will become more systematic and clear.

Typical of nationality and nationalism to some extent determined by these basic conditions, although the journey time is necessary distortions that can change the shape and content of that nationalism. Furthermore, by placing the country in this context, the state is seen as part of an area broader analysis, ie, as external agents that interplay with the local conditions. Because the starting point of this discussion is from the traditional perspective of the tribes of this shift in the concept of a concept of ethnic groups, as a consequence of a complex process of society, became an important discussion.

### **Sense of nationhood / nationalism**

Nationality (nationality) and a sense of nationalism (nationalism) interconnected with each other. Sense of nationhood, nationalism usually called, is an understanding that creating and maintaining the sovereignty of a country (in English "nation") to realize a concept of shared identity for a group of people. In this dimension, nation, nationality, and sense of nationhood into a the "imagined" which means "the people who define themselves as citizens of a nation, though never knew each other, meet, or even heard. However, in their minds an image of life with unity. That's why there are citizens who are willing to sacrifice body and soul to defend the nation and state. No one denies that the Indonesian nation composed of diverse ethnic groups. It is clear that not only the tribes of diverse, but also race, religion, and socio-economic groups. Not to mention the fact that the Indonesian population numbering approximately 250 million were living scattered in the most extensive archipelago in the world. Thus, diversity is the basic condition of our state and nation. If we want to talk about Indonesian

nationalism, the diversity of issues that should be the first foundation of our understanding. Our nationalism is a construction that is built and maintained. The full history of heroic struggle for independence in August 17, 1945 is one of the most important part of construction for 60 years so that this becomes part of the integration glue. However, the big question is how long and strong expectations that last? However, these expectations were to be witnessed in the actual realization by citizens of our nation.

Internally we are dealing with the phenomenon of increasing poverty, corruption, conflicts of interest parties and groups, socio-economic inequalities, the uncertainty of law implementation, generation gap, and more; externally we face a global phenomena, such as economic liberalization, the waning of ideology, and increasing cross-border communication and culture. Internal and external challenges that inevitably affect the levels and content of our nationalism. Nationalism we can only be preserved and maintained if we are steadily and consistently strive to minimize. Perhaps this is the effort that much harder and heavy compared to other nations because Indonesia is a pluralistic country in the world's largest. As the nation's largest compound, we are also most vulnerable to fragmentation and disintegration. That is why we need to understand and realize the basic conditions of our nation, among others, ethnic and ethnic group, before we talk about other issues, such as nationalism and sport.

Nationalism always describes two main phenomena. First, the attitude of the members of a nation that has a concern for their national identity. Second, the actions committed members of a nation when they get (or maintain) self-determination. The first phenomenon related to the problems of birth, ethnicity, and cultural bonds of the same. The second phenomenon related to the problems of state who has authority or sovereignty is fully in resolving the problems in domestic and international. The two main phenomena that nationalism can be found its realization in the world of sports. Concern for national identity easy to introduce through competition of sports. In fact, all kinds of sports are competitive automatically.

Domain sports competition is not just a business-oriented content on financial profitability, but rather lead to the achievement of national prestige. Various international area sports competitions were run on a regular basis. Listen to sports in the Asian Games arena that is for the countries in Southeast Asia, the

Asian Games which was held to incite athletes from the countries are in Asia, and the Olympics are held for the countries are in the world. Arena was the spaces provided for the nations to engage in the battle to achieve greatness and dignity of each nation. The victory gave evidence dignity respected nation in the face of other nations. The victory also showed a nation capable of determining their own destiny and sovereignty are respected. Meanwhile, significant losses as a nation lack the ability to deal in full battle prestige. That is why sports are said to be worth the engine that drives nationalism.

### **THE RELATIONSHIP OF PHYSICAL EDUCATION AND NATIONALISM**

When we look at the purpose and benefits of physical education will be obvious physical education not only focuses on the body or physical fitness, but also on mental and social students. Physical education was instrumental in the formation of students' mental and social can be seen when the student activities in the play. Social and mental elements that developed when play is:

1. Self-esteem the students will spend their abilities, so it will know the capabilities of students with one another. For students who have more ability to feel happy and less for students who will try to follow the example of friends to be with him.
2. Filler is the amount of leisure time that allows students to have resulted in negative activities, so that with the activities in physical education students will do more focused activities.
3. Honesty is the usual of students who agreed to comply with the rules in play will form a habit to behave honestly, because what if they do not behave honestly in play will cause inconvenience along.
4. Eliminate selfishness that students are forced to always share when doing sports activities in physical education. Students will learn to work in accordance with a given role and had capabilities.
5. Discipline is the legislation to facilitate the course of the game to make students must always obey. Students can not force myself to violate the agreed rules.
6. Receive weaknesses and strengths or tolerance of the students will learn the advantages and shortcomings of others and himself, so it will accept according to their abilities and seek to complement each other.

7. Cooperation is effort to establish a form of cooperation for students trying to win every game honestly.
8. Friendship is a form of sense to accept victory and defeat in every game.

Dr. Edward Greenwood in Gabe H M and Marshall (1984: 19) says another benefit of exercise in physical education is to help people with nervous and neurotic or even the most severe psikhotik too. There is abnormalities of muscle function so people will have emotional disturbances. When we look at the causes of violence in which one student is from emotional instability, it is not wrong if the sports activities in physical education can help students in a control his emotions. Students who are active will be able to socialize properly, maintaining unity, friendship and channeling energy for things that are positive. Sports and nationality became an integral two things. Sports became the engine that drives nationalism. In a sport that goes not just a spectacle that could satisfy psychological needs. Exercise also ensure continuity of the competition. This means that the verification exercise who should be champion. The process to get the highest performance was achieved by running monopolization power to defeat all enemies.

Athletes who can win the competition celebrated all out. Even his victory celebration was conducted at the State Palace. Conversely, athletes who suffered losses will be condemned as a loser and a sharp critical material. All that can happen because the sport has been positioned as sublimation, which is the expression to vent aggression honorably. When civilization is full of wars has decreased, then the military forces have been replaced by the athlete position. Expansion and prosperity of a nation is no longer measured by how many colonies (a colony) successfully being enfolded, but on the parameters of how many trophies, medals, and his athletes have achieved victory. Athletes in the arena of international matches are seen as soldiers must conquer the enemy. Athletes also have the predicate as an ambassador for the nation.

Especially in the sports arena that relies on violence (violent sport), like boxing and football. Muscle strength athletes regarded as a manifestation of the body of the nation. The battle of two athletes from two countries that are synchronized with the war conflict between two military forces. That's where easy diletopkan nationalism. The instinct to kill diverted into instinct to beat. This means that the sport became the most prestigious canal to remove the hatred

and anger. Sports became institutionalization of catharsis, which is the expression of fury and vengeance cleaning, from the nations that are always involved in the competition to achieve the honor. Indonesia is certainly no exception to such a phenomenon.

Sporting nationalism is the ambition of the political elites of the various political cultures that want to see their athletes excel in sporting events internationally. Such reality is not that strange phenomenon. Is not in the arena of international sports competition, we are very easy to identify who the enemy. Moreover, a sense of nationalism were easily ignited if there are enemies that come from outside our country.

So it can be concluded that the sport is a means of manifestation of a sense of nationhood and nationalism from cultural changes in military expansion towards a more dignified.

## **CLOSING**

The purpose of general education is to form a complete Indonesian man. One part of education is that physical education is the element of personality and character development as well as mental and social human. Sports within the education environment are expected to shape students' attitudes became salaing respect and appreciate, recognize strengths and weaknesses of both themselves and others and be willing to accept defeat and victory in all things. When manifested in attitudes over time it will be easy to come a sense of nationalism in which a sense of ethnic difference, racial, and regional missing. Sports is inserted in the sport is very easy to use education as a means of unifying the nation.

## **REFERENCE**

Aip Syarifuddin dan Muhadi. (1992). *Pendidikan Jasmani dan Kesehatan*. Jakarta: Departemen Pendidikan dan Kebudayaan.

Amat Komari. 2008. *Pendidikan Jasmani Untuk Mereduksi Perilaku Kekerasan Generasi Muda . Proceeding Seminar Olahraga Nasional Ke II "Peran Olahraga Dalam Pembentukan Karakter"*. Yogyakarta, 8 November 2008, ISBN: 978-602-8249-14-6

Gabe M dan Marshall H . 1984. *Kesehatan Olahraga*. Jakarta: PT. Grafindian Jaya

Gobard,C., dkk. 1987. *Physical Education for Children*. New Jersey: rentice-Hal. Inc. Englewood Cliffs

Toho Cholik dan Rusli Lutan (1997) *Pendidikan Jasmani dan Kesehatan*. Jakarta: Departemen Pendidikan dan Kebudayaan.

Victor G Simanjuntak (2008). *Pendidikan Jasmani dan Kesehatan*. Jakarta: Direktorat Jenderal Pendidikan Tinggi Departemen Pendidikan Nasional

Agus Mahendra. Falsafah Pendidikan Jasmani. <http://ahmesabe.wordpress.com/2008/10/13/falsafah-penjas/> didown load tanggal 29 Juli 2009 pukul 08.45 WIB.

M.R. Kurniadi, S.Th (<http://www1.bpkpenabur.or.id/kpsjkt/berita/9806/pndidik2.htm> didown load tanggal 28 Juli 2009 pukul 08.12 WIB.