



Developing Students' Interests and Talents in Volleyball Extracurricular Activities

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Abstract

Study purpose. This study aims to determine how extracurricular volleyball activities can develop students' interests and talents at SMP Negeri 8 Kota Cirebon. Volleyball is one of the sports that is quite popular among students, but it still faces obstacles such as limited facilities, competition among players, and a lack of focused coaching. Therefore, this study is important to explore the role of extracurricular activities in supporting students' potential.

Materials and method. This research employs a qualitative approach using a descriptive method. Data was collected through direct observation, in-depth interviews with students, coaches, and mentors, as well as documentation of volleyball extracurricular activities. The research subjects were seventh-grade students actively participating in volleyball extracurricular activities. Data were analysed inductively through the stages of reduction, presentation, and conclusion drawing.

Results. The results of the study indicate that volleyball extracurricular activities have a positive impact on increasing students' interest and developing their talents. Students become more enthusiastic, confident, and demonstrate improved technical skills in the game. Students' interest develops because the activities are designed to be enjoyable and supported by competent coaches. Additionally, these activities also strengthen social aspects such as cooperation, sportsmanship, and discipline.

Conclutions. Factors supporting the success of interest and talent development include students' personal motivation, school environment support, and availability of training facilities.

Keywords: Interest, Talent, Extracurricular, Volleyball, Junior High School Students

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Introduction

Student interest and talent in sports is an important concern in modern education, especially at the junior high school level (Musthofa, Muhammad Wiyanto, Agus Setiawan,

2019; Widyanto, 2020). One effective way to develop this potential is through extracurricular activities. However, in practice, sports extracurricular activities still face various challenges, such as a lack of supporting facilities, inadequate coaching, and fluctuating student interest. The main controversy at the centre of this research is whether extracurricular activities are truly effective in developing students' interests and talents or merely serve as a time-filler without a clear developmental purpose (Prasetya & Sulistyorini, 2020; Suryadi & Rubiyanto, 2022; Suryadi & Rubiyatno, 2022).

Previous studies have shown that extracurricular activities play a role in character building, social skills development, and improvement in non-academic achievements. For example, studies by (Musthofa, Muhammad Wiyanto, Agus Setiawan, 2019) highlight the importance of talent guidance in schools, but few have directly linked it to the development of student interests through a specific sport such as volleyball. Furthermore, the approach used in many previous studies has been limited to the identification of talent, without addressing the integration of comprehensive interest development strategies.

Based on this background, this study hypothesises that extracurricular volleyball activities at SMP Negeri 8 Kota Cirebon can significantly develop students' interests and talents if supported by the right coaching approach. The purpose of this study is to explore the influence of volleyball extracurricular activities on the development of students' interests and talents, as well as to identify the supporting and inhibiting factors that affect the effectiveness of these activities.

Materials and Methods

Study participants

The participants in this study were seventh-grade students at SMP Negeri 8 Kota Cirebon who participated in volleyball extracurricular activities. Participants were selected purposively, based on specific criteria relevant to the research objectives, namely students who were actively involved in volleyball extracurricular activities on a regular basis for at least one semester.

The number of participants involved in this study was 20 students, consisting of 12 male students and 8 female students. In addition to students, this study also involved volleyball extracurricular coaches and one supervising teacher as supporting informants to strengthen the data from observations and interviews.

Participants were selected based on their consistent involvement in extracurricular activities and their ability to provide the necessary information regarding their interests, motivations, skill development, and experiences during the activities. This study took into account the diversity of the students' social and academic backgrounds in order to obtain a more comprehensive picture of the development of interests and talents through volleyball extracurricular activities.

Study organization

This study was conducted to determine how extracurricular volleyball activities can develop students' interests and talents at SMP Negeri 8 Kota Cirebon. The main focus of the study was to describe the implementation process of the activities, the roles of the coach and school, and the students' responses to the training provided in these extracurricular activities. This study employs a qualitative approach using a descriptive method, as the data collected consists of words, actions, and direct observations, rather than numerical data (Ade et al., 2022).

The research subjects were seventh-grade students who actively participated in volleyball extracurricular activities. In addition to the students, the researchers also involved coaches and teachers as informants to strengthen the results of observations and interviews. Data were collected using three main techniques, namely observation, interviews, and

documentation. Data analysis was conducted in stages: data reduction, data presentation, and conclusion drawing. This process aimed to obtain a comprehensive picture of how students' interests and talents developed in these extracurricular activities.

Table 1. Study Organization

Component	Description
Research Methods	Descriptive qualitative method
Purpose of Using Methods	To obtain a comprehensive and in-depth picture of the implementation of volleyball extracurricular activities and their impact on students' interests and talents.
Research Subjects	Seventh-grade students at SMP Negeri 8 Cirebon City participating in volleyball extracurricular activities.
Data Collection Techniques	1. Direct observation of volleyball extracurricular activities 2. Interviews with students, coaches, and supervising teachers 3. Documentation of activities and other supporting data
Research Procedures	1. Determining the research subject 2. Developing observation and interview instruments 3. Observing activities 4. Conducting in-depth interviews 5. Collecting documentation 6. Analysing data
Data Analysis Techniques	1. Data reduction: filtering important data 2. Data presentation: compiling data in narrative or table form 3. Drawing conclusions based on patterns found
Pedagogical Experiment Algorithms	1. Involve students in volleyball activities. 2. Observe student participation and development. 3. Record changes in student interests and abilities. 4. Analyse the relationship between activities and the development of interests/talents.

Statistical analysis

Data analysis in this study was conducted using descriptive qualitative methods based on Miles and Huberman's analysis model, which consists of three main stages:

1. Data Reduction

Data reduction is the process of summarising, selecting key points, focusing on important matters, and discarding irrelevant information from data obtained through observation, interviews, and documentation. This step aims to simplify the data so that it is easier to analyse.

2. Data Presentation

The reduced data is then presented in a descriptive narrative form. This presentation helps researchers understand the information collected and see the connections between data. The presentation can be in the form of text descriptions, interview excerpts, and summaries of field activities.

3. Drawing Conclusions

After the data is presented, the final step is to draw conclusions. Conclusions are provisional while the research process is still ongoing and may change if new, more

relevant data is found. Final conclusions are drawn after all data has been analysed thoroughly and consistently.

Results

This study aims to determine how extracurricular volleyball activities can develop students' interests and talents at SMP Negeri 8 Kota Cirebon. The results of the study were obtained through observation, interviews, and documentation. The main findings of this study can be summarised in the following table:

Table 2. Main Findings of the Study Based on the Focus of Observation

Aspects Studied	Field Findings
Student interest in volleyball	Most students expressed enthusiasm and motivation to participate in volleyball activities on a regular basis.
Factors influencing interest	Peer environment, coach support, and personal enjoyment of the sport are the primary drivers of interest.
Development of student talent	Basic technical skills (serve, pass, smash) improve with regular practice and coach guidance.
The role of coaches and mentors	Coaches actively provide technical guidance, while mentors offer administrative and moral support.
Obstacles in implementation	Limitations in facilities and equipment, such as narrow courts and limited equipment.
Impact of activities on students	Students demonstrate improved discipline, teamwork, and self-confidence.

The above findings are reinforced by documentation of activities and interview results showing that students feel these activities provide benefits not only in terms of volleyball skills, but also in the development of social character traits such as sportsmanship and leadership. In addition, student involvement in this extracurricular activity is not only based on teacher encouragement, but also on personal desire and social interaction among peers. This shows that the development of student interests and talents occurs naturally and effectively.

Discussion

The results of the study indicate that extracurricular volleyball activities at SMP Negeri 8 Kota Cirebon play an important role in developing students' interests and talents. This is evident from the increased enthusiasm of students in participating in the activities, as well as the development of their technical skills in volleyball, such as serving, passing, and smashing techniques. These findings support Sardiman's (2012) assertion that interest is an internal motivation that can grow through active involvement and positive environmental support. The main factors influencing students' interest in participating in this extracurricular activity include personal enjoyment of volleyball, peer encouragement, and support from coaches and teachers. The social environment has proven to be an important stimulus in shaping motivation and interest in non-academic learning, in line with Vygotsky's theory, which emphasises the role of social interaction in individual development (Erizal, Oktarifaldi, & Nur, 2020; Fitriyah & Bisri, 2023).

The development of students' talents is not only evident in physical and technical aspects, but also in character aspects, such as discipline, sense of responsibility, teamwork, and self-confidence (Gracia, Wijaya, Meiliana, & Lestari, 2021). This aligns with the character

education objectives of the Merdeka Curriculum, which integrates the development of attitudes and values into both formal and informal learning activities, such as extracurricular programs (Sabatini, Novianri, & Amijaya, 2022). However, the challenges faced, such as limited facilities and infrastructure, require attention. The scarcity of equipment and the limited training area pose obstacles to optimizing training. Therefore, support from the school is crucial to ensure that volleyball extracurricular activities can continue to be developed to their full potential.

Conclusions

Based on the results of the study conducted at SMP Negeri 8 Kota Cirebon, it can be concluded that volleyball extracurricular activities significantly contribute to developing students' interests and talents. These activities provide students with an opportunity to channel their interest in sports, improve technical skills, and develop positive attitudes such as discipline, cooperation, and self-confidence.

Factors that encourage an increase in student interest and talent include peer encouragement, intensive coaching guidance, and a supportive activity environment. However, limited facilities and infrastructure pose obstacles that need to be addressed to improve the effectiveness of coaching.

The results of this study support the initial objective of the research, which is to describe the role of volleyball extracurricular activities in nurturing students' potential. With better management and sustained school support, these activities can serve as a strategic tool in the development of students' character and non-academic achievements.

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Conflict of interest

There is none.

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