

ABSTRAK

STUDI BENTUK PERTIMBANGAN ORANG TUA DALAM MEMUTUSKAN AKTIVITAS FISIK DI LUAR JAM SEKOLAH BAGI ANAK PADA SEKOLAH SEPAKBOLA INDONESIA MUDA PURWOKERTO

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Latar Belakang: Mayoritas aktivitas fisik anak saat ini menurun, dikarenakan lebih banyak bermain di dalam rumah dari pada di luar rumah. Hal tersebut menimbulkan kecemasan orang tua terhadap aktivitas gerak yang dilakukan anaknya, dengan jangka panjang jika diteruskan akan menimbulkan dampak negatif. Di Purwokerto, Sekolah Sepak Bola Indonesia Muda menjadi pilihan bagi orang tua untuk mengembangkan bakat anak, meskipun keputusan ini melibatkan berbagai pertimbangan. Penelitian ini bertujuan mengidentifikasi faktor-faktor yang memengaruhi keputusan orang tua dalam memilih aktivitas fisik anak di luar jam sekolah.

Metodologi: Penelitian ini menggunakan metode deskriptif kualitatif dengan teknik pengumpulan data melalui observasi, wawancara, dan dokumentasi. Populasi yang digunakan adalah orang tua siswa SSB dengan total sampel berjumlah 23 responden. Penelitian dilaksanakan pada 07 juli 2024.

Hasil Penelitian: Hasil Penelitian mengenai pertimbangan orang tua memasukkan anak ke Sekolah Sepak Bola (SSB) Indonesia Muda Purwokerto menunjukkan bahwa SSB memiliki fasilitas yang baik, berdasarkan hasil wawancara menunjukkan bahwa anak memiliki ketertarikan terhadap sepak bola sehingga orang tua memasukan anaknya ke SSB kemudian orang tua memberikan fasilitas penunjang kepada anak.

Kesimpulan: Orang tua mempertimbangkan minat anak, manfaat kesehatan, dan pengembangan moral dalam memilih aktivitas fisik seperti sepak bola di Sekolah Sepak Bola Indonesia Muda Purwokerto. Dengan prioritas pada keamanan, kesehatan, dan kenyamanan anak, dukungan orang tua mencakup penyediaan fasilitas, finansial, dan emosional untuk mendukung perkembangan anak secara holistik.

Kata Kunci: Sepak bola, SSB, Aktivitas Fisik, Keputusan Orang Tua

ABSTRACT

A STUDY ON PARENTAL CONSIDERATIONS IN DECIDING AFTER-SCHOOL PHYSICAL ACTIVITIES FOR CHILDREN AT INDONESIAN YOUNG FOOTBALL SCHOOL PURWOKERTO

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Background: The majority of children's physical activities have decreased, as they spend more time playing indoors rather than outdoors. This raises parents' concerns about their children's physical activities, which, if continued in the long term, could have negative impacts. In Purwokerto, the Indonesian Young Football School has become a choice for parents to develop their children's talents, although this decision involves various considerations. This research aims to identify the factors that influence parents' decisions in choosing their children's physical activities outside of school hours.

Methodology: This research uses a descriptive qualitative method with data collection techniques through observation, interviews, and documentation. The population used consists of the parents of SSB students, with a total sample of 23 respondents. The research was conducted on July 7, 2024.

Research Results: The research results regarding parents' considerations in enrolling their children in the Indonesia Muda Purwokerto Football School (SSB) show that the SSB has good facilities. Based on the interview results, it was found that the children have an interest in football, which led the parents to enroll their children in the SSB, and subsequently, the parents provided supporting facilities for the children.

Conclusion: Parents consider their child's interests, health benefits, and moral development when choosing physical activities such as soccer at the Indonesian Young Football School in Purwokerto. With a priority on the child's safety, health, and comfort, parental support includes the provision of facilities, financial assistance, and emotional support to foster the child's holistic development.

Keywords: Soccer, SSB, Physical Activity, Parental Decisions