

## Instilling Moral Character Education and Student Discipline through Extracurricular Programs at SMASK Alvarez Paga

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### ABSTRACT

*Education can help students to think critically about problems that occur in society, school and family. However, on the other hand, it helps students to become individuals with character wherever they are. Therefore, formal and informal education have a very important role in the process of educating students and supporting the development of student personality. This study aims to determine the instillation of morality and discipline character education through extracurricular programs at SMASK Alvarez Paga and to determine the morality and discipline of SMASK Alvarez Paga students through extracurricular programs. The research method used is qualitative research with a descriptive approach. The research subjects involved were the principal, BK teachers, extracurricular activity supervisors and students. The data collection methods used were observation, interviews and documentation. Based on the results of this study, the researcher concluded that the instillation of moral character education and discipline through extracurricular programs can be done by means of a coaching pattern in the form of Scouts, Sports and Arts. This instillation must continue to be carried out in accordance with the curriculum and the school's superior programs, and the development of morality and discipline of students is very important to realize students with noble character, high morals, hard work, work discipline, tolerance and responsibility.*

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### 1. Introduction

Character education is stated in Law Number 20 of 2003 concerning the National Education System. In its meaning, character education aims to form a strong personality that is in accordance with the identity of the Indonesian nation. Education can help students to think critically about problems that occur in society, school and family. However, on the other hand, it helps students to become individuals with character wherever they are. Therefore, formal and informal education have a very important role in the process of educating students and supporting the development of students' personalities. To develop character education so that it runs well, effectively and systematically, the Ministry of Education and Culture has implemented Strengthening Character Education.

Strengthening Character Education (PPK) is an educational movement in schools to strengthen the character of students through harmonization of heart exercises (ethics), feeling exercises (aesthetics), thinking exercises (literacy), and sports (kinesthetic) with the support of public involvement and cooperation between schools, families, and the community (Memenuhi kk, 2023). In addition, strengthening education at Smask Alvarez also implements independent education, in accordance with the educational goals of Ki Hajar Dewantara, namely, education that liberates students, both physically and mentally. Independent education implemented at Smask Alvarez helps students to grow properly and correctly. This is done through education that does not force the will of students, and creates a happy and pleasant learning atmosphere.

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Through independent education, students can learn without pressure and coercion. Therefore, independent education has helped teachers, students and parents get a happy and pleasant atmosphere in the education process. Character education is an option that must be optimized in the education system in Indonesia. Character education can also be interpreted as an effort to develop the potential of students with cultural values and national character so that they have their own values and character. In Indonesia itself, character education has actually been implemented for a long time, such as in Pancasila moral education, religious education and history education. However, in reality this system has not shown satisfactory results (Anatasya & Dewi, 2021).

Morality is an aspect of personality that is needed by someone in relation to social life in a harmonious, fair and balanced way. Moral behavior is needed to realize a life order that is full of order, balance, order and harmony, morals have a strong attachment for each individual to distinguish between right and wrong actions, morals also become a person's control of every attitude and behavior, moral behavior is needed to realize a peaceful life. The influence of moral education can be obtained from the school environment. In the school environment it is the obligation of a teacher to provide moral education to his students or learners. Discipline is the entry point for character education in schools because if there is no respect for the rules, authority, and rights of others, then there is no good environment for teaching and learning (Thomas Lickona, 2013).

Instilling a disciplined character will indirectly instill other characters in students, including the character of responsibility. Moral discipline will give rise to responsibility in students. As explained by Thomas Lickona (2013) that moral discipline is the reason for the development of students to respect regulations, respect others, and the authority of teacher recognition; a sense of responsibility for students for the good of their nature; and their responsibility towards morals in a community in the classroom. The term discipline has various meanings including self-regulation and supervision, self-adjustment to rules, obedience to the leader's orders, self-adjustment to societal norms and others (Rifki, 2022). Extracurricular activity programs are basically given/provided for all students according to their potential, interests, talents, and abilities.

Extracurricular activity programs are in principle based on applicable policies and school capabilities, the capabilities of parents/communities and school environmental conditions to increase the interests and talents of students, especially students with special needs, so it is necessary to hold an activity outside of class hours that directs the interests and talents of these students. The activities in question are extracurricular activities. This activity is a routine school activity outside of class hours, and is also a place for student development according to the interests and talents of each student without pressure. This school has a balanced mission.

## 2. Method

The research method used in this study is a qualitative method. Qualitative Research Method can be interpreted as a research method based on the philosophy of positivism, used to research natural objects, where the researcher is the key instrument, data collection techniques are carried out by triangulation, data analysis is inductive/deductive, qualitative research results emphasize understanding meaning and constructing phenomena rather than generalization (Sugiyono, 2019). It is said to be qualitative because this study seeks to explain objects that are relevant to existing phenomena or problems. Descriptive research is research conducted by collecting data, compiling, clarifying and analyzing data that aims to explain, describe real conditions, especially with the problems discussed, then analyzed to draw conclusions.

Of the several descriptive methods offered, the author chose the observation method in this study (Albert, 2020). The researcher used a descriptive qualitative method, this research was conducted at the Smask Alvarez Paga School. The subjects of this study were the principal, guidance and counseling teachers, extracurricular student activity guidance, and students. In this research data collection technique, the principal, guidance and counseling teacher, extracurricular student activity development, and students were used as in-depth interview techniques. In addition to conducting the interview process, data collection was also carried out through direct observation in the field. To complete the data, researchers used documentation.

Furthermore, data analysis was carried out in stages, starting from data collection through observation, in-depth interviews, and documentation, which are often carried out over a long period of time to obtain data. After the data was collected, the researcher reduced the data by sorting, summarizing, and focusing on relevant information in order to identify themes or patterns that emerged. The reduced data was then presented in the form of a descriptive narrative to make it easier to understand. The final stage is drawing conclusions and verification, namely the process of finding deep meaning from the data and ensuring the validity of the findings through a review of all the data that has been analyzed.

### 3. Results and Discussions

#### 3.1 Instilling moral character and discipline in students through extracurricular programs at SMASK Alvarez Paga

Instilling moral character education through extracurricular programs at SMASK Alvarez Paga has an important role in shaping students' attitudes and behavior. Although there is no specific information regarding SMASK Alvarez Paga, various studies at this school can provide a general overview of the implementation. Implementation of Character Education through Extracurricular Programs:

##### a. Scout Extracurricular

Scout extracurricular activities at SMASK Alvarez Paga play an important role in shaping students' character. Scout activities are designed to instill the values of leadership, discipline, responsibility, and cooperation. Through activities that combine physical and mental training, Scouts provide a forum for students to develop themselves in social and emotional aspects. Scouts at SMASK Alvarez Paga emphasize the formation of leadership character. According to Suyadi (2020), discipline in extracurricular activities is very important because it can shape students into individuals who are more organized and have responsibility for every action they take. In scouting, students not only learn to follow the rules, but are also expected to develop a sense of responsibility towards the group and the activities they undertake.

In addition to discipline and leadership, cooperation is another value that is highly emphasized in scouting activities. In every camp and group activity, students are taught to work together, communicate effectively, and solve problems together. Based on research findings by Nugraha (2021), which shows that extracurricular activities such as Scouting can improve students' discipline and independence, as well as contribute to their overall character development. Scouting extracurricular activities at SMASK Alvarez Paga not only focus on developing physical skills, but also have a major impact on shaping students' character, especially in terms of leadership, discipline, cooperation, and responsibility.

##### b. Sports

Extracurricular sports at SMASK Alvarez Paga serve not only to improve students' physical skills but also to instill important values in their character development. Sports are one of the effective means of forming a disciplined attitude, teamwork, and the ability to overcome challenges and pressure. Through various sports held, students are taught to foster a spirit of sportsmanship and a sense of responsibility for themselves and their team. Sports at SMASK Alvarez Paga emphasizes the formation of student discipline, especially in terms of time and game rules.

Every student involved in sports activities is required to comply with the predetermined training schedule, as well as follow the rules that apply in each type of sport. Discipline in sports is not only about punctuality, but also about responsibility for training and games. As stated by Nugraha (2021), sports are a very effective tool for building student discipline because each sport has strict rules and requires consistency in its implementation. The discipline formed through sports is often reflected in other aspects of students' lives, such as at school and in their social relationships. Sports at SMASK Alvarez Paga also teach the importance of teamwork and sportsmanship. In sports such as basketball, soccer, or volleyball, students are taught to work together to achieve a common goal, namely victory.

This involves effective communication, trust in each other, and a sense of responsibility for each role in the team. As explained by Goleman (2006), sports are a good way to build students' social skills, such as collaboration and communication. In addition, sportsmanship, namely the ability to accept victory humbly and defeat with respect, is a very important value in every match. Extracurricular sports also serve as a means to develop students' mental and physical resilience. Through practice and competition, students learn to overcome failure, pressure, and challenges, and increase their endurance. According to Suyadi (2020), sports teach students to manage stress, improve focus, and develop self-confidence, all of which are essential to their success off the field.

This mental resilience is a very beneficial aspect, especially when students are faced with challenges in their personal and academic lives. The results of instilling values in sports extracurricular activities at SMASK Alvarez Paga can be seen in changes in the character of students who are more responsible, more disciplined, and better able to work in teams. In addition, several students who are active in sports activities have succeeded in achieving achievements both at school level and in competitions outside of school. This shows that through sports, students not only gain physical skills, but also life values that are useful in their personal development.

Research by Rahman (2020) shows that student involvement in sports extracurricular activities is positively related to improved character and academic achievement. Sports extracurricular activities at SMASK Alvarez Paga make a great contribution to the formation of student character. Through sports

activities, students not only learn about physical skills, but also important values such as discipline, cooperation, sportsmanship, and mental resilience that support their overall development.

#### c. Arts

Extracurricular arts and culture at SMASK Alvarez Paga plays an important role in developing creativity, social skills, and character building of students. This activity not only allows students to explore their talents in the arts and culture fields, but also helps them to better appreciate cultural values and develop self-confidence. Through the arts and culture program, students can learn the importance of hard work, dedication, and cultural diversity. One of the main benefits of extracurricular arts at SMASK Alvarez Paga is the development of student creativity. The extracurricular dance program plays an important role in shaping students' character through a holistic and contextual approach. This activity not only develops artistic skills but also instills moral and social values that support the formation of individuals with integrity.

According to research by Sayudiy (2020), extracurricular dance activities at Madrasah Ibtidaiyah Miftahul Muna Kesilir Banyuwangi have succeeded in fostering character education values such as discipline, responsibility, social awareness, love of regional culture, and religiosity in students. In addition, research by Nawang Wulan et al. (2020) at SDN Tlogomulyo Semarang showed that dance extracurricular activities are effective in forming friendly character values in students. Through dancing activities, students learn to help each other, get to know friends, and not discriminate against each other. Students are given the opportunity to learn and participate in various types of traditional dances, regional music, and dramas that depict the diversity of Indonesian culture.

According to Suyadi (2020), cultural education is one effective way to instill a sense of nationalism. In addition to developing creativity and social skills, the arts and culture extracurricular activities at SMASK Alvarez Paga also aim to instill a sense of love and appreciation for culture, both local and national.

### 3.2 Moral Character and Discipline of Smask Alvarez Paga Students Through Extracurricular Programs

Extracurricular activities in schools play an important role in shaping students' character, including morality and discipline. Several extracurricular activities such as Scouting, Sports, and Arts not only aim to develop certain skills, but also serve as a vehicle for forming moral values and disciplined attitudes that are essential in students' lives.

#### a. Scouting Extracurricular Program

The Scouting extracurricular program is an activity held outside of school hours that aims to develop various aspects of students' personalities, both physically, mentally, and socially. Scouting also focuses on character building, life skills, leadership, and love for nature and others. According to Arifin, Syamsuddin (2020), Scouting is a forum for activities that lead to character education, with various activities that teach social values, nature, and self-development that involve cooperation, leadership, and responsibility. The Scouting extracurricular program functions as a means to foster a sense of nationalism, love for the homeland, and mutual respect among members.

The Scout extracurricular program serves as an effective means of instilling character values in students, such as discipline, responsibility, and independence. Through activities such as marching, roping, and camping, students are taught to obey rules, work together, and manage time independently (Nafisah et al., 2020). Values developed: Leadership (Through team assignments, joint decision-making, and team responsibility), Independence (Implemented when camping, cooking alone, or completing assignments without teacher assistance), Discipline (Grown through marching exercises, activity schedules, and Scout regulations), Social responsibility (Strengthened through social service activities and teamwork in environmental activities).

Contextualization in learning: In PPKn subjects, students can reflect on the practice of democracy and mutual cooperation from the experience of leading a team, In Bahasa Indonesia, students can write activity reports or speeches from Scout experiences, In Science, the practice of making survival tools or understanding natural conditions while camping becomes a real application.

#### b. Moral Character:

- 1) Honesty and Responsibility: In Scouting, students are taught to uphold the Tri Satya and Dasa Dharma promises, which emphasize honesty, discipline, responsibility, and independence. For example, through camping activities, students learn to obey rules, maintain cleanliness, and work together in groups.
- 2) Social Concern: Scouting activities also involve social actions, such as community service or cooperation in community activities, which foster a sense of empathy and concern for others and the surrounding environment.

#### c. Disciplined Character

- 1) Time Discipline and Responsibility: Every Scout meeting and activity such as camping requires punctuality and a willingness to follow a predetermined schedule. Through these activities, students learn to value time, follow rules, and fulfill their responsibilities.

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- 2) Independence: In Scouting, students are trained to be independent in various activities, such as cooking, setting up tents, and preparing equipment. These activities foster personal discipline and a sense of responsibility for oneself.

d. Sports Extracurricular Program

This extracurricular sports program is an important part of school education because it not only improves students' physical abilities but also shapes character, discipline, and teamwork. According to Suryobroto (2021), extracurricular sports are part of physical education that aims to provide students with opportunities to develop their interests and talents in sports in more depth. This activity is carried out outside of class hours with a fun but still educational approach. Extracurricular sports activities not only improve students' physical fitness but also play a role in character building, such as cooperation, sportsmanship, and perseverance.

According to research by Widiastuti (2020), extracurricular sports at SMA Negeri 1 Yogyakarta have succeeded in instilling character values through routine training and competitions that emphasize teamwork and sports ethics. The values developed: Sportsmanship and honesty (Learning to accept victory and defeat with an open attitude), Teamwork (Processed in team games such as football, volleyball, basketball), Discipline and fighting spirit (Training routine training and perseverance in achieving targets). Contextualization in learning: In Physical Education, it is clearly relevant as a direct practice of game theory and fitness, In Mathematics, students can study match statistics or calculate their pulse before and after exercise, In Biology, they can understand the circulatory and muscular systems based on sports experiences.

e. Moral Character

- 1) Sportsmanship: Sports teach the value of sportsmanship, namely competing honestly and respecting opponents. This is important in forming students' moral character, because they are taught to be fair, appreciate victory and defeat, and accept the results of the match with an open heart.
- 2) Cooperation and Solidarity: In team sports, students learn the importance of cooperation and mutual support among team members. This supports the formation of positive characters such as empathy, cooperation, and effective communication.

f. Disciplined Character

- 1) Training Discipline: In sports, success is highly dependent on regular training and a healthy lifestyle. Students who participate in sports are taught about the importance of discipline, such as waking up early to practice, maintaining a diet, and obeying the rules in the game.
- 2) Compliance with Instructions: In sports, students must follow the coach's instructions strictly, which teaches the importance of following rules and instructions to achieve common goals.

g. Arts Extracurricular Program

Arts extracurricular programs play an important role in developing the creative, emotional, and cultural potential of students. According to M. Thoyibi (2020), arts extracurricular programs make a major contribution to students' emotional intelligence. Art can be a medium for expressing feelings and as a therapy in dealing with learning pressures. Arts extracurriculars, such as music, dance, and drama, provide space for students to express themselves and develop their creativity. Research by Santosa (2020) shows that through arts activities, students can learn about discipline, responsibility, and appreciation of culture. This activity also increases students' self-confidence and communication skills.

1) Moral Character:

- a. Self-Expression and Self-Control: Through art, be it music, dance, or theater, students can express themselves, but also learn to control their emotions and behavior when performing in public. This teaches them to better understand themselves and others.
- b. Beauty and Creativity: Arts teach students to appreciate beauty in various forms of expression, which can increase gratitude and appreciation for the good things around them

2) Discipline Character:

- a. Perseverance and Skill: Arts teach discipline through repeated practice to improve a particular skill, such as playing a musical instrument or dancing. This requires high consistency and dedication from students.
- b. Discipline in Time Management: Because arts often involve intensive practice and scheduled performances, students must learn to manage their time well between their extracurricular activities and their academic activities. Values developed: Creativity and self-expression (Students learn to channel ideas through fine arts, music, dance, or theater), Cultural appreciation (Knowing, loving, and preserving local and national culture), Teamwork and communication (In group exercises such as traditional music or dance performances).

Contextualization in learning: In Arts and Culture, students apply music or fine arts theory directly through performances or exhibitions, In History, cultural values depicted in art can be associated with historical events and figures, In Indonesian, students can write performance reviews or create drama scripts. Based on the results of the discussion above, it can be concluded that extracurricular activities

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such as Scouts, Sports, and Arts play a very large role in the formation of students' moral character and discipline. Through these activities, students not only learn technical and physical skills, but also get lessons about moral values such as honesty, responsibility, cooperation, and empathy, as well as personal and group discipline. These programs provide opportunities for students to develop holistically, both in cognitive and emotional aspects.

#### 4. Conclusions

Based on the results of the study conducted at SMASK Alvarez Paga, it can be concluded that extracurricular programs have an important role in instilling character values, especially morality and student discipline. Extracurricular activities such as scouts, sports, and arts have been proven to be able to form attitudes of responsibility, cooperation, honesty, and order in students' daily lives. These programs are a strategic means to instill positive character because they are carried out continuously and are adjusted to the interests and potential of students. In addition, the involvement of supervising teachers, principals, and the active role of parents also greatly support the success of character formation. Student discipline increases along with routine exercises, enforced rules, and exemplary behavior from activity supervisors.

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