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## Building Teacher Independence in Teaching Physical Education and Sports through Community Service Programs: Towards Effective and Enjoyable Learning

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### ABSTRACT

This article documents the community service program implemented in Tembung Village, Percut Sei Tuan District, Deli Serdang Regency, North Sumatra Province, with a focus on developing physical education and sports in elementary schools. This program is designed to address some of the main challenges faced by teachers in the region, such as limited human resources, lack of knowledge about innovative teaching methods, and a lack of curriculum that is integrated with students' physical health and well-being. Through a series of training activities, development of sports facilities, and active collaboration between the foundation, local government and community, this program has succeeded in achieving various significant results and outcomes. This article details the implementation methods, results achieved, as well as plans for the next stages of the program, including efforts to involve the community more actively, development of extracurricular programs, further training for teachers, and development of more complete sports facilities. This article also highlights the main conclusions of the program, important suggestions for continuing the program, and references used in developing the program and writing this article.

**Keyword:** Community Service, Physical Education, Sports, Teachers, Students, Social Change

## Introduction

Physical education and sports play an important role in the holistic development of primary school students. However, in many rural areas, a lack of resources and training often hinders effective and enjoyable teaching in this area. Understanding this challenge, the Nurul Hasanah Education Foundation initiated a community service program in Tembung Village, with the aim of not only helping teachers overcome these obstacles, but also improving their skills in designing and delivering engaging physical education and sports lessons. Tembung Village, which is located in Percut Sei Tuan District, Deli Serdang Regency, North Sumatra Province, has faced various problems related to this. Even though teachers have high enthusiasm and a strong determination to provide the best education for students, they often have difficulty planning and implementing interesting and impactful learning. This program is designed to empower teachers to create a learning environment that motivates active student participation and encourages a deep understanding of the importance of a healthy lifestyle from an early age. Experts in this field, including Professor Maria L. Santos from the University of North Sumatra, emphasize the need for elementary school teachers to have a deep understanding of innovative and creative teaching strategies in physical education and sports.

The program aims to support the development of teaching skills among rural teachers and create a significant positive impact on students' holistic growth, in line with expert views and current theories. This article comprehensively documents the community service program, outlining the challenges faced by teachers, the goals and outcomes established for the program, implementation methods, results achieved, and proposed future plans for program sustainability and development. The success of this program not only highlights a transformation in the

approach to physical education and sport, but also emphasizes community involvement and the ongoing impact on the overall well-being of students and society as a whole.

### **Research Methodology**

The following are the main steps taken in implementing this program: Needs Identification: Through surveys and research, we identified the obstacles faced by teachers in teaching physical education and sports in elementary schools in Tembung Village and its surroundings. Program Design: Based on the results of identifying needs, we designed a training program focused on developing innovative teaching skills and engaging teaching strategies to increase student participation in physical activities. Training Implementation: Training was carried out over a certain period involving ten teachers from various elementary schools in the Tembung Village area. This training includes theory and practical sessions designed to strengthen teachers' understanding of important concepts in physical education and sports. Effective is a change that brings certain influences, meaning and benefits. Effective learning is characterized by Its nature emphasizes active student empowerment. Learning emphasizes mastery of knowledge about what is done, but places more emphasis on internalization, about what is done so that it is embedded and functions as a conscience and biological content and is practiced in life by students (E. Mulyasa, 2003: 149). According to M. Sobry Sutikno (2007:57) in Ifan Junaedi, effective learning is learning that allows students to learn easily, have fun and can achieve learning goals in accordance with expectations.

Monitoring Sessions: This program involves regular monitoring and evaluation to ensure implementation of the teaching practices taught during training. This evaluation helps in improving and adapting the program on an ongoing basis so that it can achieve the expected results. Community Engagement: Apart from involving teachers, this program also actively involves the local community and village government to support and facilitate program implementation, including the development of better sports facilities and financial support. In a journal with the title transformation of teacher information literacy towards learning independence, there is a lot of emphasis on information regarding effective ways to create enjoyable learning independence, according to Gunawan Santoso & Murod, 2021 . Now, elementary school age children already know how to use gadgets. Without parental supervision, children have access to everything, so the use of gadgets can have a more negative impact on children. Anticipating this requires a learning approach that involves information literacy so that students are able to expand their information literacy to the maximum. Schools are official educational organizations that intend to contribute to forming qualified human resources.

According to the Big Indonesian Dictionary, fun comes from the word glad, which means satisfied, relieved, happy, cheerful. So fun has the intention of making you happy, happy, relieved, satisfied. Learning is said to be enjoyable if there is a relaxed atmosphere, free from pressure, safe, interesting, aroused interest in learning, full involvement, students' attention is paid, the learning environment is interesting, enthusiastic, feelings of joy, high concentration. (Bambang, 2015). Through a structured and comprehensive approach, this program is able to achieve significant results and provide a sustainable positive contribution to physical education and sports in the Tembung Village area and its surroundings. By involving various related parties, this program has not only succeeded in empowering teachers but also paved the way for improving the quality of learning and holistic health of students in the area.

### **Results and Discussion**

The community service program implemented in Tembung Village has provided significant results and has had a broad impact on physical education and sports as well as students' holistic health. The following are the results achieved and an in-depth discussion regarding the impact of this program: Improved Teaching Skills: Through intensive training, teachers succeeded in improving their teaching skills in the field of physical education and sports. They are able to adopt innovative teaching methods involving modern educational technology and game-based approaches, which in turn increases students' interest in learning. Increased Student Participation: With the development of more engaging and integrated programs, there has been a significant increase in student participation in physical activities at school. Students are starting to show greater enthusiasm in various sports and recreational activities, which is also affecting their overall health and well-being. Health and Education Integration: The revitalized curriculum integrates health and physical fitness concepts into physical education and sports learning. This has provided students with a holistic understanding of the importance of a healthy lifestyle and its impact on their overall growth and

development. Improvement of Sports Facilities: Support from the local government and voluntary donations from various parties have made it possible to repair and rejuvenate sports facilities in schools. This not only creates a more engaging learning environment, but also helps in increasing student participation in various sports and recreational activities.

In the discussion, it should be noted that the success of this program does not only depend on the training of teachers, but also involves active community involvement and support from various related parties. The involvement of local communities and government has a key role in facilitating improvements to sports facilities and supporting effective program implementation. Additionally, it is important to emphasize the importance of regular evaluations in monitoring program progress, so that necessary adjustments can be made to ensure the long-term sustainability and success of these efforts. Through a comprehensive approach involving various stakeholders, this program was able to achieve a significant transformation in the approach to physical education and sport in primary schools. By strengthening the teaching skills of teachers and improving sports facilities, the program has created a learning environment that encourages the holistic growth of students as a whole.



**Gambar 1. Photos of Community Service Activities**

## Conclusion

The community service program in Tembung Village has proven that an integrated approach involving teacher training, active community participation, and improving sports facilities can create significant changes in physical education and sports. With a focus on innovative approaches and health integration, the program not only improves the teaching skills of teachers, but also encourages active student participation and awareness of healthy lifestyles. Through close collaboration between educational institutions, government and communities, this program has provided a strong foundation for the holistic growth of students in the region. Suggestion: Continued Development for Teachers: There is a need to conduct regular advanced training programs for teachers to ensure they remain at the forefront of innovative teaching practices and the latest technology. Closer Collaboration: Closer collaboration is needed between schools, government and the community in an effort to improve better and more complete sports facilities. Routine Evaluation: Regular evaluations must be carried out to monitor the impact of the program on an ongoing basis, so that plans for future activities can be adjusted to ensure continuity and improvement in program quality. Stronger Advocacy: There is a need to advocate to stakeholders regarding the importance of comprehensive physical education and sports, as well as provide encouragement for further investment in sports facilities and development of educational programs in the region. By implementing the suggestions above, this program can continue to develop and provide a sustainable positive impact on physical education and sports, as well as the health and welfare of students in Tembung Village and its surroundings.

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