

CHAPTER I

INTRODUCTION

1.1. Background

Man was created uniquely and perfect by God. Human is called unique because only humans can have two access of relations, the relation to God and relationship to his fellow man. Human relationship with God is a relationship that is not visible, but can be experienced. In contrast, the human relationship with each other is a visible relation, can be witnessed by another human being. Human relationship with God requires sensitivity of the soul, for the soul or spirit of men that actively dealing with the Creator. The human soul is formed by the spiritual aspect or mental, social or emotional, and physical aspect.

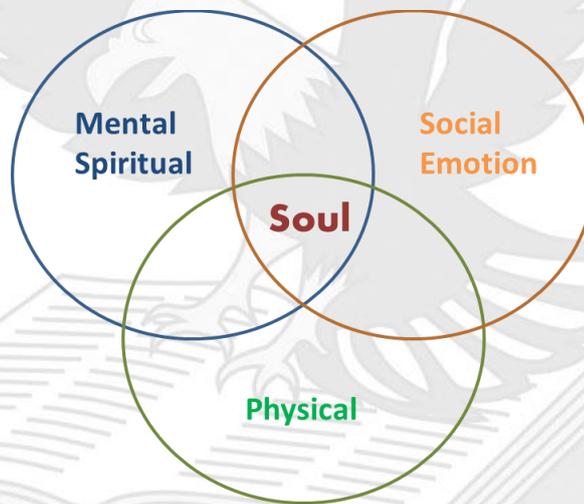


Figure 1. *Triangle of Health*

Healthy soul consists of mental, social emotion, and physical health (Harris, 2000). Healthy soul would not be formed if there is one aspect that is problematic. The physical aspect is one of important aspects that its existence cannot be ruled out. Without physical aspect, the soul cannot be established.

Similarly, without imposing physical, mental and social wellness do not grow well. These three aspects must go hand in hand and support each other. Therefore, education is a learning tool that is most appropriate to balance all these three aspects. Physical education is one of the elements of holistic education.

Physical education is an important aspect in developing potential of learners in physical aspect. The Bible describes in I Timothy 4: 8, "*For physical training is of limited value, but godliness is valuable in every way ...*" (International Standard Bible). The verse actually states that physical exercise is important, and it reveals the true priority, namely worship has a greater value. In line with the verse, Paul also disciplined and trained his body like an athlete to do what it should (I Cor. 9:27). On the other hand, a phrase in Latin also said, "*Mens sana incorpore sano*", meaning "In a healthy body there is a strong soul". In line with that expression, Van Brummelen confirms that health and physical fitness affects life, including emotional health and intellectual success (2008, p. 256). So that, it indicates the relationship between physical, mental spiritual, and social emotion.

This is supported by the third paragraph of the Preamble of the 1945 National constitution objectives of Indonesia for educating the nation. Education is the principal vehicle to achieve that national goal. The government has responded by forming that national goal through Sidiknas Act (National Education System) no. 20 in the 2003 chapter 3 which contains the functions of national education. In line with the Legislation Department, Ikhsan (2005, p. 11) describes the function of education which is to provide guidance, assistance, aid for learners to develop the potential that exists within each student. In the 1930

congressional Taman Siswa, Ki Hajar Dewantara also confirmed that the important questions are moral (inner strength, character), mind or mental (intellectuality) and the body (physical) (Ikhsan, 2005, p. 5). These three aspects are interconnected with each other, so that these aspects must be in balance.

In education, the teacher becomes a vital figure in conducting learning activities. PE teachers should be able to educate not just physical, but also intellectual, and spiritual character. In learning activities, a PE teacher must also consider class management. Well-managed classrooms provide an environment in the which teaching and learning can flourish (Marzano, 2003, p. 1). It means that when the class is well managed, it need to provide an environment in which the learning process can run well. Students do not only pay attention to all activities in classroom, but also activities outside the classroom, including matters relating to students discipline (Wong & Wong, 2009, p. 180). One classroom management activity may include assessments. There are different things in Physical Education lessons regarding the form of assessment given to students. The difference occurs because the scope of the lesson is related to physical fitness. Automatically, tools used to measure or assess the activity of the students are also different. Physical fitness itself has three major factors that influence it, which are diet, sleep habits, and exercise routines. If students are able to develop healthy behavior, it can be said that they have a healthy lifestyle too.

Discipline also focuses on carrying out learning activities. Tu'u (2004, p. 91) describes the discipline is an indicator which shows the change of student learning outcomes as the contribution to follow and obey the rules of the class or school, so that students can arrange their study time and pay attention while

studying in class. In line with this statement, Maman Rachman in Tu'u (2004, p. 32) stated that the teacher must first be self-disciplined. Teachers must also learn to follow rules and regulations. In this study, discipline leads students to healthy living. After acquiring the knowledge and motivation in PE classes, students will more likely do these behaviors. The principle of discipline that is used is almost the same as discipline in general or classroom procedures. The difference lies in the target of discipline, which is the behavior of living a healthy life. Healthy living includes rules and patterns for people to carry out in a proportionate controlled manner. This lifestyle is the thing continually emphasized for students. The pattern of a healthy life is exactly what will make them healthier. A healthy lifestyle requires discipline. A healthy lifestyle needs rules. A life without rules will be a disorganized life. Similarly, if the student is not disciplined, life will be chaotic. An undisciplined lifestyle will make it difficult for students to perform maximally. Not only physical health be disturbed, but even more dangerous than that, it can affect mental health.

During his internship, the researcher observed about 100 students in classes X, XI, and XII. Based on observations, the researcher also interviewed several other PE teachers and the author of the Health Journal, in order to find out more about living a healthy and disciplined life. According to the sources, the Health Journal was intentionally developed by a team to help students develop a healthy lifestyle at the school. Their healthy status was determined by this kind of self-report. There are at least three types of basic habits concerning three basic human for developing a healthy lifestyle routine. These are eating, sleeping, and physical activities. The health journal is one way to collect data about these three

activities. How much food and what kind of food do students eat? What activities do they do and how frequently do they do then? These activities included walking, jogging or running, riding a bicycle or exercise bicycle, swimming, aerobic exercise, aerobic dancing, regular dancing, calisthenics, garden or yard work, weightlifting, or other similar activities. The average time spent exercising and the level of intensity of of participants' exercise were not analyzed. To be consistent with previous studies, the three healthy habits were defined as engaging in these three indicators, being a healthy eater, someone who regularly exercises and sleeps well.

In order to address these health challenges, the Physical Education Teacher Team decided to use a Students Health Journal as a tool for controlling healthy lifestyle for class X, XI, and XII. Finally, the team decided to use the SHJ to improve student discipline in controlling a healthy lifestyle. All the high school students in this study were required to keep the SHJ as part of the PE assessments and it contributes 20% of the overall grade for the course. The format used in this task was sent as an email to each of the students. Students were required to use the journal format. If it was not in accordance with the format, The Physical Education Teacher Team could impose an appropriate consequences. Every week in PE lessons, the students handed in their journals for assessed by PE Teacher Team. Physical Education Teacher Team used a checklist for students and commented on the records of food consumed, hours of sleep, and also the type of exercise performed by the students each day. The first sheet (see appendix) contains the composition of the food consumed by students, from breakfast to dinner. On the same sheet there is a column that contains the student sleeping

hours of the day and wake up time the next day. Then, the second sheet contains exercises that the students did throughout the week. If student did not do any exercises, they would not needed anything. Student who did not turn in then health journal would not receive a score. PE Teacher Team tolerate students not to turn in their journal up to three times. If they missed more than three times, they could only get 50% of the maximum possible score for the health journal. It was expected that the SHJ would be a good control for students to have a healthy life, both in terms of eating habits, rest habits or exercise routine.

Ideally, discipline is measured when the students are able to do at least three healthy behaviors well, can follow the procedure of writing a Health Journal well, can hand in the health journal each week and can manage their time efficiently. Actually, God taught the first humans, Adam and Eve to be self-disciplined. God gave the command to control, regulate his creation but the most important thing was not to eat the forbidden fruit (Gen 2:16-17). They were required to be self-disciplined. But humans disobeyed God and fell into sin (Romans 3:23). The image of God became damaged because of sin. Similarly, the self-image of each student is damaged because of sin inherited from human ancestors, Adam and Eve. That sin also impacts students behavior for running their lives. Students should become more disciplined as God wanted them to be as in the beginning.

Both outside and inside the classroom, students are expected to have the awareness of being disciplined. Teachers certainly have the same expectations regarding students discipline in the classroom. The PE Teacher Team has also been charged in advance to actively live a healthy lifestyle. What has been

undertaken by teachers is then applied to the students. This is also exemplified by Christ, the exemplary teacher. Teachers will forever be the role models for the students. Expectations that should be applied to the successful students should also be lived by the teacher. Christian education uses discipline as an opportunity to redirect students: struggle against sin, overcome weaknesses, build peace and generosity, and partake of the holiness of God (Van Brummelen, 2006, p. 68). In this case, the PE teacher becomes one of the central figures to guide their students physical and spiritual discipline as Christ taught.

This research is based on observations made by the researcher during his four-month internship at ABC Christian High School. The research was descriptive narrative qualitative and talks about the Student Health Journal (SHJ) on the subjects of Physical Education (PE) in that school. The research involved five PE teachers and 82 students from the ABC Christian High School. The instruments used in this study are questionnaires, interviews and observations by the researcher.

1.2. Research Questions

Based on the observation of this weekly Health Journal, the the researcher looked at this program. After observation and interviews with several PE teachers as well as some of the boys and girls, the the researcher has two research questions as follows:

1. Can a Health Journal be used as a tool for maintaining healthy lifestyle for students of class X, XI, and XII in ABC Christian High School?

2. How can a Health Journal be used as a tool for maintaining healthy lifestyle for students of class X, XI, and XII in ABC Christian High School?

1.3. Purpose of Research

Through the formulation of the problem, the researcher looked for the goal of the research. The purposes of this research are:

1. To find the importance of Health Journal to maintain health behavior students of class X, XI, XII ABC Christian High School.
2. To describe how the Students Health Journal can be as a tool to maintain students' healthy lifestyle.

1.4. Benefits of Research

Through this research, the the researcher hopes that the results of this study will be useful for:

Teachers, especially Physical Education teachers:

- a. The teacher will get an alternative for maintaining students' healthy lifestyle in PE class by using this application.
- b. The teacher will get an input in the form of an assessment system in the Physical Education classes that can be used to maintain the behavior of students healthy lifestyle discipline.

Schools:

- a. Helping schools improve student healthy lifestyle discipline by implementing Health Journal.

- b. Provide input for schools to be able to apply SHJ as a tool of maintaining student healthy lifestyle.

1.5. Terminology

1.5.1 Health journal

A life control system in the form of daily schedule that contains records of physical activity, meal plan, and sleep schedule (Harris, 2000). The school where makes this as a daily journal as part of assessments in Physical Education.

Discipline

Prijodarminto (1994, p. 23) also adding that discipline is a condition that is created and formed through a process of behaviors that indicate the values of obedience, obedience, loyalty, regularity or order.

1.5.2 Lifestyle

Lifestyles are patterns of behavior or ways an individual typically lives (World Health Organization, 1995).