

## Integration of Islamic Values in Sports Extracurricular at Adzkia Integrated Islamic Elementary School

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### ABSTRACT

**Background.** Islam is a comprehensive religion, meaning that it covers all aspects of human life, but not all of it can be realized by Muslims. As with sports, it is an aspect that is recommended in Islam, because Islam pays great attention to the value of physical health. In line with that, Adzkia Integrated Islamic Elementary School has extracurriculars, namely sports, and all its students adhere to Islam, for that it is necessary to integrate Islamic values into these extracurriculars.

**Purpose.** The research was carried out with a qualitative approach, data was collected by observation techniques, interviews and documentation studies. Data analysis is carried out from data collection, data classification, to drawing conclusions.

**Method.** This research methodology includes literature studies, interviews with tahsin experts, and direct observation of the tahsin teaching process in several Islamic educational institutions.

**Results.** The results of the research are, first, the integration of Islamic values in sports learning, namely teachers ensure that students start sports activities with basmalah, pray and close it with hamdalah. Second, integration is carried out on the material aspect, namely sports materials are not only based on sports materials that are usually done and followed by students, but also introduce to students related to sports that are usual and recommended by the Prophet..

**Conclusion.** Integration is carried out in the learning aspect, this includes starting from planning, implementation, evaluation, namely teachers carry out the three learning steps in teaching sports by adhering to Islamic ethics and norms.

### KEYWORDS

Extracurricular, Integration, Sports, Islamic values

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### INTRODUCTION

The practice of Islamic values should include all activities of the life of Muslims, because Allah has commanded that people kaffah adhere to the teachings of Islam. However, this practice will be impossible if Muslims do not properly understand how these Islamic values are contained in life activities (Yazdani, 2020). On the basis of this thought, a breakthrough is needed in finding On the basis of this thought, a breakthrough is needed in finding a form of integration of Islamic values in all aspects of human life that can be used as a reference for Muslims, especially in order to ground Islamic teachings. The importance of this study is inseparable from the challenges faced by the younger generation

challenges faced by the younger generation in understanding and practicing increasingly complex religious values. In particular, in the midst of the continuous flow of information it is important for educational institutions to ensure that the messages of religious values can be integrated into activities that are relevant and engaging for students (Ningsih et al., 2022; Estrada et al., 2019). Extracurricular activities, with their diverse programs, are an ideal platform to bridge the gap between religious values and daily life (Rinaldi Putra et al., 2022; Pastal et al., 2020). Education should include the development of all aspects of the student's nature: spiritual, intellectual, imaginary, physical, scientific, linguistic, both individually and collectively, and encourage all these aspects to develop towards goodness and perfection. Applying Islamic values in extracurricular activities has a significant role in shaping the character of good and resilient students in accordance with school ideals (Achadah et al., 2022). If students have a strong and resilient character, it will be easy to direct them to achieve the desired achievements.

By applying Islamic values, individuals can live a better and more meaningful life, and contribute to creating a harmonious, peaceful, and just society (Meo, 2019). In line with the opinion of KH. According to Ahmd Dahlan, Islamic education should be directed to form human beings who have noble ethics, are religious in religion, have a broad view, and understand the problems of the world's sciences, and are willing to fight for the progress of society. To achieve this goal, Islamic education should accommodate various sciences, both general and religious (Kurniawan, 2019).

In the context of formal education, the curriculum includes various elements such as educational objectives, content or subject matter, teaching methods, and evaluation of learning outcomes. The curriculum aims to build a present and future life that is developed from the heritage of the nation's values and achievements in the past and developed for future life. Learning in the world of education is not just a transfer of knowledge, but also cultivating students' reasoning power as a basic provision for the next life.

Student management is an effort that supports the process of student learning activities. With good management, schools can develop the potential, interests, talents and hobbies possessed by students to participate in the program of activities made by the school. Extracurricular activities are lesson activities that are held outside of regular school hours. This activity is carried out in the afternoon for schools that enter early and is carried out in the morning for those who enter in the afternoon. Extracurricular activities are intended to develop one of the subject areas that are of interest to a group of students (Astuti et al., 2020; Jucan & Ungurășan, 2022; Buckley & Lee, 2021; Nasrul et al., 2020) For example, sports, arts, and various skills and scouting activities.

In line with the description above, several studies were found that have relevance to the studies conducted, including findings that reveal that Islamic values can be applied in sports activities such as working hard, maintaining health, being fair, and keeping words (Salahaudin, 2022).

The results of this study prove that Islam teaches the importance of sports activities and carries them out by starting a practice by reciting prayers, strength comes from food and adhering to good sports manners. Another research explains that extracurricular activities of the Youth Red Cross (PMR) have a role in developing Islamic values for students (Faradila et al., 2020). Islamic values are the integrity of personality that reaches the level of human conscience. Evidence of the application of Islamic values in the extracurricular activities of the Youth Red Cross (PMR) is msuyawarah, PHBS and please help.

Other research reveals that the management of extracurricular activities includes aspects of planning, organizing and supervision. In the planning aspect starting from the selection of the executive committee, the selection of extracurricular branches, the making of proposals and to the

promotion of the association (Nuryanto, 2017). For the implementation and coordination aspect, the school is limited to dividing the task into training and responsible persons. Supervision is carried out by the school through coaches, while coaches are supervised by the deputy principal for student affairs.

Based on the description above, it can be seen that research related to extracurricular and the integration of Islamic values has been carried out by many previous researchers, this shows that the content of this research is something very important for scientific development and has benefits for the wider community. Considering that some of the studies found are still limited to the integration of extracurricular activities in other aspects, researchers are interested in conducting a study on how to integrate Islamic values in sports extracurriculars. Therefore, the research is focused on the forms of integration carried out, as well as the strategies carried out by teachers in integrating Islamic values in sports extracurriculars.

## RESEARCH METHODOLOGY

To achieve the research objectives described above, a qualitative descriptive approach is used in this study. This research explores Islamic values applied in extracurricular activity programs in the field. By applying these values in extracurricular activities, students will be accustomed to behaving in accordance with the quality assurance promised by the school to students' parents as a provider of educational services at Adzkie Integrated Islamic Elementary School West Sumatra. Even though the Adzkie Integrated Islamic School of West Sumatra already has an Islamic label, Islamic values must be the main focus in every student activity.

The sources of data for this research are the principal of the Adzkie Integrated Islamic Elementary School, sports teachers, and students who are selected purposively. The principal is used as an informant because he knows the various policies set at the Adzkie Integrated Islamic Elementary School, so he will provide information related to the data needed. Meanwhile, sports teachers are used as research informants because they are seen as able to provide data related to research content, namely sports as extracurriculars and everything related to sports activities. Meanwhile, students were chosen as a data source as a form of confirmation between data obtained from school principals, sports teachers and data obtained through different collection techniques.

To obtain data from the informants mentioned above, researchers used observation techniques, interviews and documentation studies. Observation is used to obtain data from informants as well as facts at the research site related to the integration of Islamic values and extracurriculars. Meanwhile, interviews are used to find data through verbal conversations between researchers and informants related to research content. The type of interview chosen is an unstructured interview, this is intended to give the informant the freedom to reveal everything they know. Documentation studies are used to obtain data related to research through data analysis obtained from documents at the research site. The collected data is then analyzed as appropriate for the qualitative research flow. And to ensure the validity of the research data, triangulation is carried out.

## RESULT AND DISCUSSION

Given the importance of the role of extracurricular activities in the formation of students' character, especially in integrated Islamic schools, researchers are very interested and more focused on conducting research on the implementation of Islamic values in sports extracurricular activities at Adzkie Integrated Islamic Elementary School West Sumatra, starting from planning, implementation and evaluation. This study aims to determine the level of achievement of the

implementation of Islamic values in the extracurricular activity program at Adzkia Integrated Islamic Elementary School West Sumatra starting from planning, implementation and evaluation. Research is also useful for the Foundation, schools in setting programs and activities for the following year. There are programs that must be improved, there are programs that must be removed or there are programs that can be extended to schools that are related to the results of the research conducted.

Adzkia Integrated Islamic Elementary School West Sumatra is one of the educational service units under the auspices of the Adzkia West Sumatra Foundation. Adzkia Integrated Islamic Elementary School is also in the network of Indonesian Integrated Islamic Schools. Through extracurricular activities, students' talents and interests can be developed at school. Extracurricular activities are a forum for self-actualization for students, both in leadership, sports, arts, and religion. The process of habits developed by schools in extracurricular activities is to require students to participate in compulsory extracurricular activities to be introduced to existing extracurricular activities, then an orientation period and basic education training are carried out to further carry out routine activities in accordance with the extracurricular activities they are interested in. All extracurricular activities have the potential for the development of character education habituation.

### **Integration of Islamic Values in Sports Learning**

Based on data obtained from Afride Yenti, he said that Adzkia has quality assurance, namely Sholeh, Achievement and leadership spirit (Interview, 2024). Meanwhile, the principal of SDIT Adzkia 1 Padang, Syukri Hamdi, revealed that SDIT Adzkia has a Vision of "Qur'ani, Achievement, Mashlahat and Environmental Culture". (Interview, 2024). The results of the interview are in accordance with the results of the analysis of the document (Documentation Study, 2024). In addition, the principal of SDIT Adzkia, Riki Yarman from the interview that was carried out was also informed that judging from the mission of SDIT Adzkia, there is one of the missions related to extracurricular activities, namely: developing a spirit of achievement in all school residents (Interview, 2024).

Another informant emphasized that the activities carried out in the planning are starting from the formation of the person in charge of extracurricular activities, inventorying the number of activities that will be carried out in extracurricular activities (Interview, 2024). For the inventory of the branches that students will participate in by distributing questionnaires to students in grades III to V. After the questionnaire is given to students according to the deadline that has been set, the students return the questionnaire that has been given, then the person in charge of extracurricular activities recap the student data according to the extracurricular branch. If the number of participants in one branch exceeds the quota, a selection will be carried out for that branch. If there is an extracurricular branch with few (under 20) participants, then the extracurricular branch will not be opened (Interview, 2024).

Another informant revealed that before carrying out learning activities in extracurricular activities, all trainers must submit learning tools in the form of training programs. (Interview, 2024). The interview is in accordance with the analysis of the learning tool document made by the trainer (Document Study, 2024). Based on interviews and document studies conducted by the researcher, it can be seen that SDIT Adzkia has made plans and commitments to implement Islamic values in every program and activity.

After conducting a series of in-depth observations of various extracurricular activities at Adzkia Integrated Islamic Elementary School West Sumatra, several key findings have been identified that highlight the implementation of Islamic values. The implementation of extracurricular activities is inseparable from the cooperation of all elements in the school.

Extracurricular activities at Adzkia Integrated Islamic Elementary School West Sumatra are fronted by the vice principal for student affairs and assisted by the person in charge of extracurriculars. Based on data obtained from Zahirin, he revealed, before extracurricular activities are carried out, the person in charge of the program conducts meetings, socialization, and agreements with coaches to intend and commit to organizing extracurricular activities in accordance with existing rules (Interview, 2024). The data obtained from the interviews is in accordance with the document study conducted by the researcher that activity documents related to the socialization of activity documents were obtained (Documentation Study, 2024).

Based on observations made in the field, it is known that all trainers carry out learning activities in accordance with their respective extracurricular branches. Before conducting the exercise, the coach checks the presence of students, begins with prayer and conveys rules and values during extracurricular activities, ranging from dress codes, speech rules, sportsmanship, participation in congregational prayers, and other Islamic values (Observation, 2024).

Based on interview data obtained from the person in charge of extracurricular activities, he revealed that we continue to monitor extracurricular activities and we monitor them both during the process and after the activity, this escort is carried out so that extracurricular activities run according to plan (Interview, 2024). Furthermore, the informant emphasized that the coaches of students' extracurricular activities carry out activities in accordance with the established Standard Operational Procedures (Interview, 2024). The results of the interviews conducted in accordance with the observations made by the researcher showed that students dressed in accordance with the rules that had been set, did not say disrespectful words, and after extracurricular activities students participated in congregational asyar prayers (Observation, 2024).

In addition to the application of these Islamic values, based on the study of the document, the researcher also obtained data on awards or achievements achieved by the Adzkia Integrated Islamic Elementary School in West Sumatra in the field of sports, including:

**Table 1.**

Adzkia Integrated Islamic Elementary School Award for Sports

No	Program Type Extracurricular	Ranking	Level	Year
1	Football	1st place	Padang City	2016-2017-2018
2	Badminton	1st place	Sumatra	2016
		3rd place	West Sumatra	2024
		3rd place	West Sumatra (Solok Regional Government)	2023
		2nd place	Koni Solok	2023
3	Silat	1st place	Sumatra	2016-2017
		Gold Medal	National (Banten)	2023
		2nd place	Koni West Sumatra	2023
		3rd place	Koni West Sumatra	2023

## CONCLUSION

From the analysis carried out on the data found related to the integration of Islamic values in sports extracurricular activities at the Adzkia Integrated Islamic Elementary School, it can be concluded that: first, Integration is carried out in the learning aspect, this includes starting from



planning, implementation, evaluation, namely teachers carry out the three learning steps in teaching sports by adhering to Islamic ethics and norms. Second, integration is carried out in sports learning materials, namely teachers introduce several types of sports recommended by the Prophet, but are still limited to theory because practice is still limited to sports facilities and facilities.

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## AUTHORS' CONTRIBUTION

Ronika Putra 1: Conceptualization; Project administration; Validation; Writing - review and editing.  
 Dasrizal D. 2: Conceptualization; Data curation; Investigation.  
 Syaifullah SA 3: Data curation; Investigation.

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