

## Interest of Class X Students to Participate in Extracurricular Activities of SMA Negeri 1 Waway Karya

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Received: 27/10/2025

Revised: 06/11/2025

Received: 07/11/2025

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### Abstract

Extracurricular activities have an important role in developing students' potential as a whole, both from cognitive, social, and character aspects. However, differences in social conditions, facilities, and policies between schools often lead to variations in student participation rates. This study aims to describe the level of interest of class X students in participating in extracurricular activities at SMA Negeri 1 Waway Karya and analyze the intrinsic and extrinsic factors that affect it. This study involved all 216 students of class X as participants with *a total sampling* technique. The method used is descriptive quantitative with a survey approach. The research instrument was a four-choice Likert scale closed questionnaire, which was tested for validity and reliability with very high results ( $r_{11} = 0.891$ ). The data was analyzed using a percentage descriptive technique to illustrate the tendency of students' interest in each indicator. The results showed that the overall level of student interest was in the very high category (79%), with an intrinsic factor of 80% and an extrinsic factor of 76%. The most in-demand extracurricular activity is volleyball (23%), while the least popular is vocal arts (0%). It was concluded that encouragement from within students was more dominant in influencing participation than environmental factors. This research contributes to providing empirical data for schools to develop more effective extracurricular coaching policies and strategies and becomes the basis for further research related to student motivation and performance in non-academic activities.

**Keyword:** Student interest, extracurricular activities, intrinsic factors, extrinsic factors, physical education

### How to quote:

Rahmadani, N. H., Wicaksono, L., Sumantri, R. J., & Siswoyo, J. (2025). Interest of Class X Students to Participate in Extracurricular Activities of SMA Negeri 1 Waway Karya. *Jurnal Moderasi Olahraga*, 5(2), 320–332. <https://doi.org/10.53863/mor.v5i2.1891>

## 1. INTRODUCTION

Extracurricular activities are a crucial component of the education system, serving to develop students' potential outside of formal academic pursuits. Through these activities, students

not only hone their cognitive skills but also develop their social, emotional, and character development. Extracurricular activities are activities conducted outside of regular school hours to meet students' needs, potential, interests, and talents, enabling them to develop holistically (Yulyanti, 2022). In addition, this activity also provides an opportunity for students to express themselves, participate, and develop various positive character traits such as responsibility, cooperation, and discipline (Bella & Razo, 2023). Extracurricular activities also serve as a vehicle for developing students' overall potential. Through these activities, students have the opportunity to broaden their learning experiences, develop social skills, strengthen moral values, and hone their sense of responsibility toward the school and community (Munadi & Khuriyah, 2023). Thus, extracurricular activities become a means of character building and holistic self-development of students both within and outside the school environment.

SMA Negeri 1 Waway Karya offers a variety of extracurricular activities, including Scouting, Flag Raising Team (Pskibra), Student Leadership Training (KIR), English Club, Rohis (Islamic Student Council), Volleyball, Futsal, Dance, Theater, and Multimedia. However, there is no empirical data describing the level of interest among 10th-grade students in participating in these activities or the factors influencing it. This situation can hinder the school from conducting targeted evaluations and developing these activities.

Interest is a psychological drive that influences a person's involvement in an activity (Mutawali & Ramli, 2024). In addition, interest is also an internal drive that fosters a feeling of liking and a tendency for someone to be actively involved in a particular activity (Rifa'i et al., 2024). Without interest, students tend to be less active and inconsistent in their participation. In an educational context, interest grows when students are given the opportunity to actively participate in activities that align with their talents, desires, and potential (Martadiningsih & Nirina, 2024). Interest is also an important factor that drives intrinsic motivation, increases learning engagement, and helps develop students' overall abilities. Several previous studies conducted by (Son, 2023), (Valentino & Iskandar, 2020), (Damayanti, 2023) shows that students' interest in participating in extracurricular activities tends to be in the moderate category and is influenced by intrinsic and extrinsic factors.

However, each school has its own unique social, cultural, and facility conditions, so the results of previous research cannot be simply generalized. As explained in the study (O'Donnell et al., 2024). Differences in extracurricular conditions between schools reflect variations in the availability of programs, supporting facilities, and participation policies implemented. This is because the implementation of extracurricular activities in schools has varying effects on students' behavioral and social development, depending on socioeconomic conditions and the quality of their implementation (Feldman et al., 2021). So far, there has been no research that specifically identifies the level of interest of 10th grade students and the factors that influence interest in extracurricular activities at SMA Negeri 1 Waway Karya. This research gap serves as an important basis for conducting research to provide empirical data as material for evaluation and formulation of extracurricular program development policies at the school.

Based on the description above, several main problems can be formulated, namely: (1) what is the level of interest of class X students in participating in extracurricular activities at SMA Negeri 1 Waway Karya, and (2) what factors influence students' interest in participating in these activities. Based on this formulation, the purpose of this study is to determine and describe the level of interest of class X students in participating in extracurricular activities at SMA Negeri 1

Waway Karya and to analyze the factors that influence it, both intrinsic factors which include interest, feelings of pleasure, and self-motivation, as well as extrinsic factors which include support from family, peers, supervising teachers, and school facilities. The results of this study are expected to provide real contributions in the form of factual data that are useful for schools, supervising teachers, and further researchers as a basis for improving the quality and participation of extracurricular activities in the senior high school education environment.

## **2. METHOD**

The research method is a scientific framework that contains structured steps used to answer research questions objectively and measurably (Matos et al., 2023). In the educational context, understanding research methods is crucial because it determines the quality of the research process and results, including in studies using quantitative approaches such as student surveys or questionnaires. Therefore, this study employed a descriptive quantitative method with a survey approach.

The descriptive quantitative method with a survey approach is a research approach used to describe social or educational phenomena objectively based on the results of numerical measurements from respondents (Nukman 'aizat et al., 2024). The purpose of using this method is to objectively describe the level of interest of class X students in participating in extracurricular activities at SMA Negeri 1 Waway Karya without providing special treatment to the research variables.

A quantitative approach was chosen because it presents data numerically and allows for percentage-based analysis that illustrates the tendency of student responses to each statement in the research instrument. This approach was used to factually describe the level of student interest without assigning any particular treatment to the research subjects (Machali, 2021).

### **2.1 Participants**

The population of this study consisted of all 216 students of class X at SMA Negeri 1 Waway Karya in the 2025/2026 academic year. Because the population size was relatively small, this study used a saturated sampling technique (total sampling). Total sampling is a sampling technique in which all members of the population are used as research respondents (Hossan et al., 2023). The use of this technique aims to ensure that the research results can accurately represent the factual conditions of all class X students.

### **2.2 Research Design**

The research design is structured through systematic stages (Sugiyono 2017: 69). These stages are implemented through four main stages, namely 1) Preparation stage, including problem identification, formulation of objectives, preparation of instruments, and submission of research permits to the school. 2) Implementation stage, namely the distribution of questionnaires to grade 10 students and collection. 3) Analysis stage, including checking the completeness of the data, calculating scores, descriptive analysis, and drawing conclusions. 4) Reporting stage, namely the preparation of research results into scientific reports and journal articles.

With this research design, it is hoped that the research results will be able to provide a comprehensive picture of the level of interest of class X students in participating in extracurricular activities at SMA Negeri 1 Waway Karya along with the factors that influence it.

The research results are compiled and explained in accordance with the objectives that have been formulated. The questionnaire instrument has been distributed and filled out by all 216 students of class X of SMA N 1 Waway Karya on October 1 and 2, 2025.

After all the questionnaires were filled out, the next step was to calculate the score for each questionnaire. After that, the author analyzed the answers given by the respondents. The questionnaire analysis was carried out with the following steps: 1) Analyze the number of extracurricular activities from the most popular to the least popular. 2) Calculate the number of answers chosen by respondents for each statement item. 3) Create a diagram and then describe it.

### **2.3 Instruments**

The instrument functions as a means of measuring the variables being studied, both in the form of tests and non-tests, so that the data collection process is directed and the results obtained can be processed accurately (Maulana, 2022). The instrument used in this study was a closed questionnaire based on a Likert scale with four answer choices, namely: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The questionnaire was compiled based on two main factors that influence student interest, namely 1) Intrinsic factors, including indicators of interest, feelings of pleasure, and self-motivation. 2) Extrinsic factors, including indicators of family support, peer influence, the role of the supervising teacher, and school facilities.

This instrument consists of 22 statements, structured based on indicators and sub-indicators of these two factors. Before use, the instrument was tested for validity and reliability. Validity is the researcher's level of confidence in the extent to which the data obtained accurately represents the participants' responses and the phenomenon being studied (Creswell, 2014). Validity testing is conducted to ensure that the research instrument is able to measure the intended concept accurately, so that the research results can be trusted and reflect the actual condition of the subject or variable being studied.

Meanwhile, reliability testing is carried out to determine the extent to which an instrument provides consistent and stable measurement results when used on different groups of respondents under similar conditions (Jayaraman, 2023).

The validity test in this study used Pearson Product Moment correlation, and the results showed that all statement items had a calculated  $r$  value  $> r$  table (0.361), so all statements were declared valid. Meanwhile, the reliability test using the Cronbach's Alpha formula produced a value of  $r_{11} = 0.891$ , which indicates that the instrument's level of reliability is classified as very high.

### **2.4 Procedure**

Research procedures are a detailed description of the research carried out, including the stages of data collection, variable measurement, and the analysis process (Zimba & Gasparyan, 2023). The procedure for implementing this research was that questionnaires were distributed to all class X students on October 1 and 2, 2025. All data obtained were then processed using frequency and percentage analysis to determine the category of student interest levels.

### **2.5 Data Analysis**

Likert scale-based quantitative data analysis is a more complex process than simply calculating the average score for each statement item (Rokeman, 2024). In this study, the

technique used is descriptive percentage analysis, namely a method that calculates the frequency of respondents' answers to each question item, then divides it by the total number of respondents and converts it into a percentage, (Sulistiana et al., 2024). Through this approach, researchers can describe the tendency of students' responses or levels of interest in more detail on each measured indicator, so that the research results not only show the average value, but also the distribution and proportion of respondents' attitudes towards extracurricular activities. The data were analyzed descriptively quantitatively using the formula:

$$P = \frac{F}{N} \times 100\%$$

Information:

P= Percentage of answers

F= Frequency of answers

N= Number of respondents

This formula is used to find out the percentage of each category of answers given by respondents. After all percentage calculations are completed, the results obtained are then used as a basis for grouping the categories of interest level of class X students participating in the extracurricular of SMA Negeri 1 Waway Karya as follows:

**Table 1.**

Interest Level Indicator

Indicator	Presentase
Very Low	0%-39%
Low	40%-55%
Tall	56%-75%
Very High	76%-100%

Source: (Arikunto, 2006: 246).

The analysis was carried out by grouping the results of the answers based on factors and indicators in each statement item. Furthermore, the results of data interpretation are presented in the form of diagrams so that readers can more easily understand the tendency of students' interest in extracurricular activities.

### 3. RESULT

Based on the explanation that has been explained in the previous section, in this section will be presented an analysis and discussion of the results of the research that has been carried out. The results of the research are compiled and explained in accordance with the objectives that have been formulated. The following are the results of the answers and data processing of the interest questionnaire of class X students participating in the extracurricular of SMA Negeri 1 Waway Karya.

### 3.1 Extracurricular

The following are the results of research conducted on the interest of class X students to participate in extracurricular activities of SMA Negeri 1 Waway Karya. The results and answers of the respondents are described in the form of a table and percentage chart below.

**Table 2.**

Number of Students' Interest in Participating in Extracurriculars

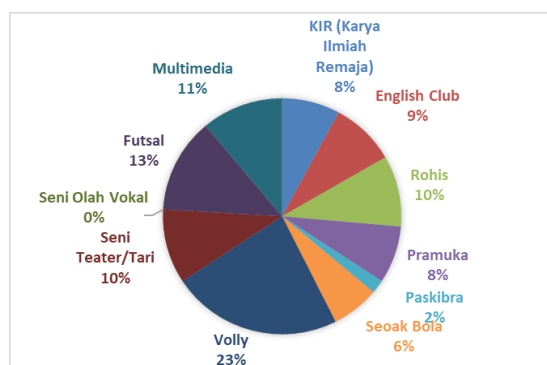
Extracurricular	Number of Students
KIR (Youth Scientific Work)	17
English Club	19
Roses	21
Scout	17
Paskibra	4
Football	14
Volly	50
Theatre/Dance Arts	22
The Art of Vocal Exercises	0
Futsal	28
Multimedia	24

Source: 2025 Research Data Results

Based on the table above, it can be seen that the extracurriculars that are in demand by class X students of SMA Negeri 1 Waway Karya are varied. KIR (Youth Scientific Works) as many as 17 students, English Club as many as 19 students, Rohis as many as 21 students, Scouts as many as 17 students, Paskibra as many as 4 students, Football as many as 14 students, Volly as many as 50 students, Theater/Dance Arts as many as 22 students, Vocal Arts as many as 0 students, Futsal as many as 28 students, Multimedia as many as 24 students. It is further explained in the form of a percentage chart below.

**Diagram 1.**

Percentage of Extracurricular Interest





Based on the diagram above, it can be seen that the extracurricular that is most in demand by class X students of SMA Negeri 1 Waway Karya is Volly by 50 students or 23%. Meanwhile, the least interested extracurricular is the art of Vocal Exercise by 0 students or 0%.

### 3.2 Data Processing Calculation Recapitulation

The following is a recapitulation of the calculation of data processing of intrinsic and extrinsic interest factors of respondents' answers regarding the interest of class X students in participating in extracurricular activities of SMA Negeri 1 Waway Karya. The data is processed using the formula above and gets the results as shown in the table below.

**Table 3.**

Data Processing Calculation Recapitulation

Statement No.	Respondent's Answer				Total x Weight	Percentage Calculation	Percentage Results
	SS	S	TS	STS			
1	107	108	1	0	754	$754/864 \times 100$	87%
2	80	135	0	1	726	$726/864 \times 100$	84%
3	21	79	100	16	543	$543/864 \times 100$	63%
4	115	100	1	0	762	$762/864 \times 100$	88%
5	7	14	149	46	666	$666/864 \times 100$	77%
6	75	139	2	0	721	$721/864 \times 100$	83%
7	114	99	3	0	759	$759/864 \times 100$	88%
8	14	17	140	45	648	$648/864 \times 100$	75%
9	63	138	14	1	691	$691/864 \times 100$	80%
10	11	18	132	55	663	$663/864 \times 100$	77%
11	67	136	13	0	702	$702/864 \times 100$	81%
12	7	12	133	64	686	$686/864 \times 100$	79%
13	75	124	15	2	704	$704/864 \times 100$	81%
14	17	43	133	23	594	$594/864 \times 100$	69%
15	76	133	7	0	717	$717/864 \times 100$	83%
16	88	124	4	0	732	$732/864 \times 100$	85%
17	45	111	57	3	630	$630/864 \times 100$	73%
18	55	122	35	4	660	$660/864 \times 100$	76%
19	11	32	142	31	625	$625/864 \times 100$	72%
20	100	110	5	1	741	$741/864 \times 100$	86%
21	14	51	131	20	589	$589/864 \times 100$	68%
22	12	19	146	39	644	$644/864 \times 100$	75%

Statement No.	Respondent's Answer				Total x Weight	Percentage Calculation	Percentage Results
	SS	S	TS	STS			
<b>Total</b>					14957	14957/19008x100	79%

Source: Research Data Processing Results 2025

Based on the table, it is known from the 22 questionnaire statements given to students, the total average overall level of interest of class X students participating in extracurricular activities at SMA Negeri 1 Waway Karya is in the "Very High" category with a percentage of 79%. This shows that most students have a strong interest and motivation in participating in extracurricular activities.

### 3.3 Results of Intrinsic Factor Recapitulation

The following is a recapitulation of the calculation of data processing of intrinsic interest factor responses of respondents regarding the interest of class X students in participating in extracurricular activities of SMA Negeri 1 Waway Karya. The data is processed using the formula above and gets the results as shown in the table below.

**Table 4.**

Intrinsic Factor Data Processing Recapitulation

Statement No.	Respondent's Answer				Jumlah x Bobot	Percentage Calculation	Percentage Results
	SS	S	TS	STS			
<b>1</b>	107	108	1	0	754	754/864x100	87%
<b>2</b>	80	135	0	1	726	726/864x100	84%
<b>3</b>	21	79	100	16	543	543/864x100	63%
<b>4</b>	115	100	1	0	762	762/864x100	88%
<b>5</b>	7	14	149	46	666	666/864x100	77%
<b>6</b>	75	139	2	0	721	721/864x100	83%
<b>7</b>	114	99	3	0	759	759/864x100	88%
<b>8</b>	14	17	140	45	648	648/864x100	75%
<b>9</b>	63	138	14	1	691	691/864x100	80%
<b>10</b>	11	18	132	55	663	663/864x100	77%
<b>11</b>	67	136	13	0	702	702/864x100	81%
<b>12</b>	7	12	133	64	686	686/864x100	79%
<b>13</b>	75	124	15	2	704	704/864x100	81%
<b>14</b>	17	43	133	23	594	594/864x100	69%
<b>15</b>	76	133	7	0	717	717/864x100	83%



Statement No.	Respondent's Answer				Jumlah x Bobot	Percentage Calculation	Percentage Results
	SS	S	TS	STS			
<b>Total</b>					10336	10336/12960x100	80%

Source: Research Data Processing Results 2025

Based on the table above, it can be concluded that the level of interest in intrinsic factors of class X students participating in the extracurricular of SMA Negeri 1 Waway Karya is in the "Very High" category with a percentage of 80%.

### 3.4 Results of Extrinsic Factor Recapitulation

The following is a recapitulation of the calculation of data processing of extrinsic interest factors of respondents' answers regarding the interest of class X students in participating in extracurricular activities of SMA Negeri 1 Waway Karya. The data is processed using the formula above and gets the results as shown in the table below.

**Table 5.**

Extrinsic Factor Data Processing Recapitulation

Statement No.	Respondent's Answer				Jumlah x Bobot	Percentage Calculation	Percentage Results
	SS	S	TS	STS			
<b>1</b>	88	124	4	0	732	732/864x100	85%
<b>2</b>	45	111	57	3	630	630/864x100	73%
<b>3</b>	55	122	35	4	660	660/864x100	76%
<b>4</b>	11	32	142	31	625	625/864x100	72%
<b>5</b>	100	110	5	1	741	741/864x100	86%
<b>6</b>	14	51	131	20	589	589/864x100	68%
<b>7</b>	12	19	146	39	644	644/864x100	75%
<b>Total</b>					4621	4621/6048x100	76%

Source: Research Data Processing Results 2025

Based on the table above, it can be concluded that the level of interest in extrinsic factors of class X students participating in extracurricular activities of SMA Negeri 1 Waway Karya is in the "Very High" category with a percentage of 76%.

## 4. DISCUSSION

Based on the results of research that has been conducted on class X students of SMA Negeri 1 Waway Karya, it was found that the level of student interest in participating in extracurricular activities is in the "very high" category with an overall percentage of 79%. This shows that most students have a strong interest and motivation in participating in extracurricular

activities at school. The most popular extracurricular activity was volleyball (23%), while the least popular activity was vocal arts (0%). These results illustrate that students are more likely to choose physical and competitive activities over expressive or artistic activities.

Further analysis showed that intrinsic factors had a more dominant influence than extrinsic factors on students' interest levels. Intrinsic factors, which include interest, enjoyment, and self-motivation, achieved an average score of 80% (very high category). This indicates that students participate in extracurricular activities primarily due to internal motivations, such as personal enjoyment, a desire to develop abilities, and an awareness of the benefits of extracurricular activities for personal development. This finding aligns with research findings (Wiranata & Avandi, 2024) which emphasizes that internal motivation is the main factor in determining the level of student participation in extracurricular activities.

Meanwhile, extrinsic factors achieved an average score of 76% (very high). These factors include support from family, peers, mentors, the school environment, and the availability of facilities and infrastructure. Although considered high, this score is still below intrinsic factors, indicating that support from the external environment is not yet optimal in encouraging student participation. The low role of the surrounding environment and school facilities in supporting extracurricular activities is one of the causes. This is in line with the opinion of (Wrehaspati & Ridwan, 2023) which states that limited facilities and lack of social support can reduce students' external motivation to be actively involved in school activities.

In general, the results of this study support Slameto's theory in (Mutawali & Ramli, 2024) which states that a person's interests are influenced by two main factors, namely internal factors (personal motivation) and external factors (social environment and facilities).

Thus, to increase students' interest in extracurricular activities, schools need to strengthen both factors in a balanced manner. Efforts that can be made include improving the quality of coaching, increasing the variety of activities that suit students' interests, and providing adequate facilities so that extracurricular activities are more interesting and meaningful for students.

## **5. CONCLUSION**

Based on the results of the research and data analysis that has been carried out, several conclusions can be drawn as follows: 1) The level of interest of class X students of SMA Negeri 1 Waway Karya in participating in extracurricular activities is in the very high category with an overall percentage of 79%. This shows that students have a strong motivation and interest in extracurricular activities at school. 2) Intrinsic factors have the most dominant influence on student interest, with a percentage of 80% (very high category). Students participate in extracurricular activities because of internal encouragement, such as happiness, desire to develop abilities, and personal motivation. 3) Extrinsic factors also showed a high influence, which was 76% (very high category), including family support, peers, coaches, and school environment and facilities. However, this factor still needs to be improved to better support student participation. 4) The extracurricular activity that students are most interested in is volleyball, while the activity with the lowest interest is vocal arts. This shows that there is a tendency of students towards physical and competitive activities.

## **Confession**

The author would like to express sincere gratitude to all parties who have contributed to

the successful completion of this research 1) To the University of Lampung, especially the Department of Physical Education, for the academic support and facilities provided. 2) To the lecturers who served as instrument validators, Dr. Candra Kurniawan, S.Pd., M.Or. and Mr. Putut Aji Nalendro, M.Pd., for their valuable feedback and validation of the research instrument. 3) To the academic advisor for the guidance and direction throughout the preparation of this manuscript. 4) To SMA Negeri 1 Merbau Mataram, including the teaching staff and tenth-grade students, for allowing the instrument testing and providing support as respondents. 5) To SMA Negeri 1 Waway Karya for granting permission and providing full support during the data collection process, and to all tenth-grade students who actively participated as research respondents. 6) To all teachers and staff members, especially Mr. Raiz Rozali, S.Pd. and Mr. Anis Kurniawan, S.Pd., for their assistance and cooperation throughout the research process. 7) To the author's parents and sibling, thank you for your unwavering love, encouragement, and support during this research. 8) To all of the author's friends, whose names cannot be mentioned one by one, thank you sincerely for your prayers, encouragement, and assistance. 9) And finally, to a special person whose name cannot be mentioned, thank you deeply for the help, guidance, support, and for sharing both good and challenging experiences throughout this journey.

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