

Physical Education in Darul Ulum Islamic Boarding School

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ABSTRACT

Islamic boarding school (*pesantren*) is the oldest Islamic educational institutions in Indonesia. *Pesantren* apply boarding system where student lived and studied theology from the *Kyai. pesantren* which initially only as Islamic education institutions, today has grown in all aspects, especially in education where schools currently have a formal education that teaches general sciences including physical education. This study will examine the physical education teacher at the boarding school, the subject matter is given in the boarding school and the interest of students in physical education teaching and learning activities.

This research is a qualitative descriptive study. Retrieving data using three ways: (1) Observation; (2) Interview and (3) Documents.

The results of the research had the following findings: (1) physical education teachers are required to have education diploma instead of pure science. In addition, male teachers must teach male students and female teachers only teach female students; (2) the subject matter provided in *pesantren* were generally similar to the material provided outside *pesantren*. It's just giving the material reproduced using the game so that students enthusiastic; (3) the interest of students in physical education teaching and learning activities are very high because the students feel the physical education is a means of removing boredom amid dense boarding activities which lasted from morning till night.

The conclusion of this study is the boarding school as Islamic educational institutions currently have a formal education system that teaches general subjects including physical education. Physical education in schools is almost the same as physical education outside schools. It's just that there are some materials that are not taught in schools because it is not in accordance with the teachings of Islam or because they do not have adequate facilities.

Keywords: Islamic Boarding School, Physical Education, Teacher, Teaching Materials

INTRODUCTION

Islamic boarding school is the first educational institutions in Indonesia. The existence of *pesantren* in Indonesia already appears even before independence. therefore, no one seems keystrokes to say that boarding school is the oldest educational institution in Indonesia (Muhammad Zamroji & Sekolah Tinggi Agama Islam At-Taahdzib, 2017). Boarding school comes from two words namely cottage derived from Arabic language "Funduq" which means a place to stay or a boarding school dormitory and words derived from Tamil Language "santri" which means prosecution of science. (Zulhimma, 2013)

The establishment of boarding schools stems from a *Kyai* who settled somewhere, then came the students who want to study him and come live in that place. (Herman, 2013) Boarding school is a community of its own, where religious scholars (*Kyai*), teachers (*ustadz*), students (*santri*) and administrators of schools coexist in an environment which is based on the values of the Islamic religion complete with the norms and customs. *Pesantren* are usually located in the corner of the city and sealed off from the outside environment. That is because during the colonial era VOC Board issued instructions often harmful and hinder the freedom of religion Muslims. Therefore, the founders of the boarding school did solitude or seclusion and moved to villages or some places far from colonial influence (Zulhimma, 2013).

Pesantren was originally an Islamic educational institution that teaches religious sciences. Learning objectives in the boarding school is *tafaquh fi 'i-din*. Studied religion deeply both in theory and practice (Zuhriy, 2011a). Boarding school has elements that characterizes, that are: (1) *Kyai* / cleric, is a term used to describe those Muslims who theologian; (2) *santri*, was studying at a boarding school; (3) The hostel / lodge, which is home to students in boarding schools; (4) The mosque, which is used for teaching and learning activities as well as places of worship and activity center; (5) Teaching the book, usually using Arabic language books and classic or commonly known as the yellow book (Lukens-Bull & Dhofier, 2006). *Kyai* is a title and pinned by the public to a person who is considered to have a qualified religious knowledge and become a role model in terms of worship and community life daily. Dormitory system applied at boarding school allows boarding school activities take place from waking until bedtime back.

Islamic boarding schools in Indonesia growth increased rapidly between 1998 where the number of boarding school when it 7,536 boarding schools increased rapidly to 21 521 in 2008 (Muhammad Zamroji & Sekolah Tinggi Agama Islam At-Taahdzib, 2017). Boarding school has a variety of regulations imposed on his students. Habits comply with rules and regulations have been imparted to the students since they came to the boarding school. The rules are made not merely restrict the freedom of students but more in an effort to protect the common interests and realize the serenity together in order to reach the goals and ideals of the students (Zuhriy, 2011b). The progress of time also affect advances in the boarding school. Various attempts were made to develop schools either by the manager or by the government from entering the general knowledge and skills into schools as businesses provided supplies to the students to face the outside world (Zulhimma, 2013). As educational institutions, boarding schools prioritize education for his students. Adjusting to the changing times, boarding school currently has a formal education system that teaches general subjects one physical education and sport.

This study will discuss how physical education held at Darul Ulum Islamic boarding schools include physical education teachers, teaching materials, and interest of students towards subjects of physical education at boarding school environment.

RESEARCH METHOD

The research was conducted at Darul Ulum boarding school located in the Rejoso sub-district Peterongan Jombang. 4-month study was conducted between October and January.

This study is a qualitative research, in which qualitative research is research that emphasizes the quality or the most important of the nature of the goods / services. The most important thing is to be event / phenomenon or social phenomena that can be a valuable lesson for a concept development theory. Qualitative research aims to understand the phenomenon of what is experienced by the subject of the study such as behavior, perception, motivation, action, etc (Sugiyono, 2016). The final goal of such research is to describe the complex patterns of what is being studied in depth in sufficient detail so that someone who has not experienced it can understand it (ARY, CHESER JACOBS, & SORENSENCHRIS, 2010).

Data collection techniques used in this study using three methods: (1) observation, is the systematic observation and recording of the symptoms seen in the research object; (2) Interview, means of communication or conversation interaction between the interviewer (interviewer) and interviewees (interviewee) in order to collect information from the interviewee; (3) The documents, used to gain an understanding of the phenomenon.

FINDINGS AND DISCUSSIONS

Through some tests and evaluation, the researcher finds out that there are three main steps in obtaining the data and finally drawing the conclusion. The first step is a need analysis. A needs analysis is obtained by interviewing the soccer coaches in Yogyakarta. The results are (1) the most frequently used physical training design is the conventional one, (2) the coaches were agreed to receive the developed play-based physical training design because the design is suitable with both of the athletes' characteristics and the using of the training principal, and (3) the coaches expected for the developed training design to be modified in the form of a guidebook.

Darul Ulum Islamic boarding school is one of the boarding school in the city of Jombang in East Java. Jombang known as the city of *santri* because in this city there are many Islamic boarding schools that have spawned prominent figures one KH Abdurrahman Wahid who is the 4th president of Indonesia.

Darul Ulum Islamic boarding school is also one of the oldest cottage where the cottage was established since 1885 and still survive until now. One key to the existence of Darul Ulum Islamic boarding school is continuing to innovate and do not cover himself with the changes happening in the outside world. Nonetheless boarding school Darul Ulum still limit the adverse effects resulting from changes in the progress.

One of the changes that occurred in Darul Ulum is education. Darul Ulum in 1938 founded the first formal school. According to the progress of the current era in Daru Ulum had many complete formal school from primary school up to university level. Various general subjects are also taught science at the school is no longer just a science of religion. Darul Ulum in giving students the knowledge to complete between inner and outer, physical and spiritual. Therefore, it also includes physical education subjects in the curriculum of formal education. Physical education is a compulsory subject that should be at the level of basic education to secondary unit in Indonesia. What about in a boarding school? Given the boarding school is a religious educational institutions that have closed impression of the outside world. Here are the results of research on physical education in boarding school.

1. Teacher

Teachers are educators who will deliver teaching material to students (*santri*). Become a teacher must go through special training and have a diploma from a university

or college conducting the study. Selection of teachers can't be done arbitrarily. Darul Ulum Islamic boarding school has several requirements that must be met to be one of the educators in the education unit under its umbrella, namely: (1) the prospective teachers are alumni of Darul Ulum Islamic boarding; (2) has a family who is a member *toriqoh* at Darul Ulum; (3) would solemnly dedicated to Darul Ulum. The terms of the three main conditions imposed are prospective teachers must have a diploma of education, not a pure science. Darul Ulum boarding school teachers do not accept candidates coming from pure science even from major universities. Darul Ulum Islamic boarding school looked that a teacher is the noble work that not just anyone can afford to do so without sufficient knowledge.

Physical education teacher at Darul Ulum also have rules that must be executed that male teachers should only teach male students and female teachers may only teach female students. That is because in the boarding school environment apply the rules and norms are implemented by the teachings of Islam where men were not unrelated prohibited premises interact directly opposite sex, and vice versa.

Teacher in Darul Ulum selected from the department of education and the need to qualify the given Darul Ulum. Male teachers only teach male students and female teachers only teach female students.

2. Teaching materials

Differences in physical education in a boarding school environment and outside boarding school most visible are the uniforms worn learners. Uniforms used in boarding school Darul Ulum is long pants and long sleeve shirts for all students male and female. It is reasonable for used sports uniforms students are expected to cover the nakedness of students, especially female students.

Special uniforms and sports infrastructure conditions of the schools make teachers choose the kind of subject matter to be taught to students. Suppose, the material taught in the school pool outside boarding school most likely will not be given in boarding schools because of limited access to the pool that exists outside schools. Besides, there is no indoor swimming pool reserved for women, given the teachings of Islam which forbids woman displaying her curves.

In addition, in providing materials to students, teachers will multiply the elements of the game in the material presented. It aims to attract the participation of students because the teacher thought the student dormitory and saturated with school activities which lasted from morning till night. With emphasis on teaching material element in the game is expected students will be excited and increasingly participate in learning activities. The material taught is generally equal to the material provided in schools that are outside the boarding school.

In general, the material taught in the same schools with the material taught in *pesantren*. Only a few materials that are not taught in view of the limited facilities and the teachings of Islam which may not be applied in schools.

3. Interest students

Indonesia is a tropical country where the weather was very hot during the day so the selection of hours of physical education lessons should be set to run optimally. Learning physical education conducted outside the classroom, and not all schools have halls to teaching physical education so physical education is often placed in the morning when the weather is not too hot.

Similarly, in the boarding school implementing full day school system, physical education subjects are placed in the morning and afternoon so outdoor weather is not too hot. Education in boarding schools began to open the eyes of students continued during the early hours of formal education curriculum of modifications between science and

religious subjects made boarding implement full day school system so that all subjects can be taught. Tight schedule of activities both school activities and dormitory where students reside make students need a means to break the boredom/fatigue. It is they pour through hours of physical education lessons where students are excited about learning. Game Material given by the teacher makes students more enthusiastic in learning.

Interest students in learning physical education at boarding school is very high. Physical education in schools be one way students take off boredom amid the tight schedule of activities begins boarding school from morning until night.

CONCLUSSION

Based on the data obtained in the field, it is known that the condition of physical education in Islamic boarding schools is not much different from physical education outside the pesantren. The special requirement to become a teacher is to get teachers who are willing to serve Islamic boarding schools. Teaching materials that are taught to adjust the infrastructure that is owned and increase the fun game. The interest of santri is very high in participating in learning physical education is very high because students use the opportunity to get fun amid the crowded activities of boarding schools.

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