



Internalization of Early Childhood Responsibility Character Values Through Physical Education

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Abstrak:

Anak usia dini merupakan individu yang mengalami proses pertumbuhan dan perkembangan yang sangat pesat, bahkan dikatakan merupakan suatu lompatan perkembangan. Anak usia dini mempunyai rentang usia yang sangat berharga dibandingkan usia selanjutnya, karena perkembangan kecerdasannya sangat luar biasa. Penanaman karakter harus dilakukan sejak dini, agar karakter tertanam kuat dalam diri anak hingga dewasa. Usia dini merupakan masa kritis dalam pembentukan karakter. Penelitian ini bertujuan untuk memberikan informasi tentang penanaman karakter tanggung jawab pada anak usia dini melalui aktivitas fisik. Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian kualitatif dengan pengumpul data berdasarkan observasi, wawancara dan dokumentasi yang didapatkan di lingkungan TK Sekolah Alam Indralaya Utara. Analisa data yang dilakukan melalui pendekatan Miles dan Huberman melalui pengumpulan data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa aktivitas jasmani sangat efektif dan solusi dalam menanamkan karakter tanggung jawab pada anak adalah melalui pendidikan jasmani dengan menerapkan langsung pada anak, pendekatan yang baik kepada anak dan melakukan perbaikan serta mengulanginya. Adapun keterbatasan penelitian ini berfokus pada penanaman karakter pada anak usia dini melalui pembelajaran fisik anak usia dini.

Kata Kunci: *Tanggung Jawab, Anak Usia Dini, Pendidikan Fisik*

Abstract:

Early childhood is an individual who experiences a very rapid process of growth and development, even said to be a developmental leap. Early childhood has a very valuable age range compared to later ages because the development of intelligence is very extraordinary. Character cultivation must be carried out from an early age so that character is firmly embedded in children until adulthood. Early childhood is a critical period in character formation. This research aims to provide information about the cultivation of responsibility in early childhood through physical activity. The research method used in this study is a qualitative research method with data collectors based on observations, interviews, and documentation obtained in the kindergarten environment of North Indralaya Nature School. Data analysis is carried out through the Miles and Huberman approach through data collection, data presentation, and conclusions drawn. The results of the study show that physical activities are very effective, and the solution to instilling the character of responsibility in children is



through physical education by applying a good approach to children, making improvements, and repeating them. The limitations of this study focus on instilling character in early childhood through early childhood physical learning.

Keywords: Responsibility Character, Early Childhood, Physical Education

Introduction

Early childhood category between 0 and 6 years old. Early childhood has a system of rapid growth and development (Fairus & Purnama, 2019; O'Connor et al., 2021; Sit et al., 2024). According to a study of human development, 40% of development is owned and occurs in early childhood (Khaironi, 2018). Early childhood is a very important age for the process of growing and developing children, and at that age, it is commonly called the golden age (Herlambang et al., 2023; Rahimah et al., 2023; Rijkiyani et al., 2022). The best time to instill and develop the creativity of each individual is at an early age.

Improving the quality of human resources means providing good education, and the best time to provide education is from an early age, from birth to the age of 6 years. Therefore, the organization of early childhood education has a very important role in their progress and education in the future (Corral-Granados et al., 2024; Hamzah et al., 2023; Lazar, 2020). Education for children is very important, and it starts with awareness because childhood is a good time or golden age because physical development, motor development, and language will increase very quickly, namely between the ages of 0 and 6 years (Karasik et al., 2023; Loka, 2022).

The family is the first school for children, so the first guidance and education are obtained from the family environment and the community (Loka & Putro, 2022; Masmuri & Bayu, 2019; Rizqina et al., 2024). The main role and task of the family is to educate children well and set a good example for children, especially in religious education, and its supporters, namely cultural and moral values, are capital in the community (Taufik, 2020; Witasari & Wiyani, 2020). Parents are the most important educators in the growth and development of children; parents cannot be separated from the figure of parents because parents are the first figures to welcome their birth. The methods and strategies that parents use must be different in educating and raising their children (Folayan et al., 2024; Purnomo & Loka, 2023).

Leaders are good figures, especially in setting a good example for children as well as teaching good values to children's lives in the future. Every child has habits; even their habits can be unique. Behaviors that are often imitated by children, such as children, will imitate the behavior of people in their homes, including their families, let alone their parents, which become their habits in daily life.

Education and character formation are among the subjects of the subjects of education, one of which is education and moral instillation in children, which is increasingly enforced. Likewise with physical education. By having more knowledge and understanding how to instill good character in children, especially in terms of responsibilities that every human being must have, starting from an early age. This contributes to improved quality of life, especially in growth, and optimal development for early childhood. There are various kinds of physical education that can be applied and instilled in children.



This study analyzes the physical education of children at the kindergarten of the nature school in Indralaya Utara, South Sumatra. The purpose of this study is to reveal that physical education is very important for the growth and development of early childhood. This study shows that physical education has an impact on children, namely having a character of responsibility. However, this study has limitations in only focusing on physical education carried out at the North Indralaya Nature School Kindergarten, South Sumatra. Thus, further research can be conducted on studies related to the character of responsibility in early childhood through other methods that can be practiced in kindergarten.

Method

This research is field research with a qualitative approach. The research was conducted in August 2023. The subjects in this study are children aged 5–6 years at the North Indralaya Nature School Kindergarten, Ogan Ilir Regency, South Sumatra Province. Data collection is in the form of observations on physical education activities carried out by teachers in early childhood. The author also conducts documentation related to physical education activities. Finally, in data collection, the author conducted interviews related to the internalization of the character value of responsibility carried out by teachers in early childhood. The data was analyzed using the Miles and Huberman approach, namely through the process of data collection, data presentation, and conclusions drawn (Miles et al., 2020).

Result and Discussion

Internalization of Responsibility Values at the North Indralaya Nature School Kindergarten

The Kindergarten of Nature School Indralaya Utara is a kindergarten under the auspices of the Education Office of Ogan Ilir Regency, South Sumatra. Education in this kindergarten refers to the 2013 curriculum, and the learning process adopts the learning that exists in the central nature school in Palembang City. Such as the existence of a green lab, a children's gardening place, and others. Currently, this kindergarten has children from Kindergarten B and children from Kindergarten A. Established in 2018, it has experienced many changes and good developments from year to year.



Figure 1. Gymnastics Activities at Kindergarten of North Indralaya Nature School

Source: Author's Documentation



The North Indralaya Nature School Kindergarten makes physical education one of the aspects of instilling the character of responsibility in early childhood in the institution. According to data obtained during observation in early August 2023, physical education activities such as sports, gardening, watering flowers, and so on have good implications for children's responsibility. This is evidenced by the following data:

Table.1
Character Data of Responsibility at Kindergarten of North Indralaya Nature School

No.	Child's Initials	Character of Responsibility
1	A	MB
2	B	MB
3	C	BSH
4	D	MB
5	E	MB
6	F	BSH
7	G	BSH
8	H	MB

Source: Results of interviews with kindergarten teachers at the North Indralaya Nature School

Based on the data above, the character of early childhood responsibility at the North Indralaya Nature School Kindergarten is in the category of beginning to develop. This is because physical education is one of the alternatives carried out to instill responsibility in their children. The data states that initially children did not have a character of responsibility; as time goes by until August 2023, this character has begun to develop. Based on that fact, it is in line with the results of interviews with classroom teachers in kindergarten that there is an increase in the character of responsibility in children. Starting from taking off and putting on your own shoes and putting them in the place that has been provided to tidying up the toys after playing.

Changes in children, both physical and non-physical, will always be experienced by children. Children will always experience rapid growth and development (Filipenko et al., 2024; Nadila, 2021; Oropilla & Ødegaard, 2021). Early childhood is a very valuable time where it has a very large role and contribution compared to the age of the child after (Humaida & Abidin, 2021; Kurniawan, 2021; Yuni et al., 2024). This is a very good position to shape the personality and character of children, as well as the level of intelligence and creativity of children, which develops rapidly and extraordinarily (Fan & Xu, 2022; Slobodskaya, 2021; Susilawati, 2020). Early age is one of the unique stages and a process where change, maturation, and healing are gradual throughout life in children.

Personality and character at an early age, or in children, must be planted and nurtured from an early age so that these characters are embedded and firmly attached to the child until he grows up and even reaches the end of their life. Experts say that a failure to form a



person's character at an early age can lead to personality problems in adulthood. Lickona says that although the number of children represents only 25% of the population, it has a 100% influence on determining the future (Lickona, 2022).

Developing character is related to children's academic success, not only moral values. Character development greatly affects children's social behavior (Agustina & Aini, 2021; Mahoney et al., 2021). The character that children have can make it easy for children to absorb everything in the surrounding environment, so that it will make the atmosphere at school fun and make them more ready to learn. This has implications for academic success (Handoko & Sakti, 2023; Nudin, 2020). In addition, children who have a good personality can have high emotional and mental maturity, so they are able to manage their emotions well and ultimately improve their behavior (Hewi, 2020).

Potential and character are certain, have been possessed, and are attached to every child, and one of the values of character formation in children is the value of responsibility. One of the benchmarks of character is responsibility (Burroughs, 2020). It is also important to get used to children from an early age. Teaching and setting an example to children about this is not an easy thing (Fitriyah, 2019). The learning environment is needed as a comfort for children and to establish familiarity and awareness for parents and educators because it is very important to develop an attitude of responsibility from an early age because an attitude of responsibility is very beneficial for children's lives in the future (Shilling & Mellor, 2021). A responsible attitude can bring benefits because it can be trusted, respected, and liked by others. A courageous attitude in accepting the mistakes that have been made and who to change with actions so that they are able to face bigger problems in order to become stronger in facing them.

Physical Education Learning Methods in Internalizing Responsibility Character in Early Childhood

Physical education can be applied and helps children internalize the character of responsibility. The ability to be responsible is seen in three aspects, one of which is physical education. Physical education at an early age can be done by several methods, namely:

1. Teaching Children a Helping Attitude to Others

Fellow humans must be familiar with the word help; this is indeed a must, and moreover, it is the true figure of a Muslim. This is indeed a necessity that is indeed commanded by Allah. In fact, this attitude must be instilled as early as possible in humans, especially if they are still in the mother's womb. But this is not easy. To instill a good attitude towards children, it is necessary to play an important role in the family, the surrounding environment, and the community. Continuous mutual and repeated training. In fact, children are pure figures, like clear water without stains that pollute. How the water condition depends on how the behavior around the water is as well as the condition of the child (Suryadilaga, 2021).



2. Role Playing

The children's play stage is separated according to the age of the child. Children aged 2–7 years are in the stage of symbolic play or role play. Through role-playing, children learn to work together, share and discuss, and build harmonious relationships with others. Through role-playing, children will gain experience and moments of learning to negotiate and interact with their peers about their role, and players must be able to maintain their role, which is the child's responsibility in the role. By practicing and repeating them continuously, these habits will be embedded and become a habit of exercising children in their personalities (Loka et al., 2022).

3. Practice (Habituation)

Practice is a process of teaching children to adapt themselves to the rules and even habits of their members, to foster good cooperation in the group, to foster good communication between themselves and their other interlocutors, and to always be well connected with the people around them. It is so important to support, encourage, stimulate, instill, and develop an attitude of responsibility in children from an early age. One of them is making his bed, completing tasks given by their teachers at school, doing the five-time prayer, and appreciating the rest of the time for useful things. Teaching responsibility to children must be taught from an early age. Parents also have to work hard to train these things, and this must be done in early childhood. Especially teaching children something new. Children can also be trained on how to care for their toys, clean, tidy up, and take care of them (Hardianti et al., 2020).

4. Habituation Through Sports

Character Values The responsibility that must be given is the responsibility of the child's physical education. Sports, or physical education, is education that prepares the growth and development of a child so that he can grow to be strong and physically healthy. The most effective way to maintain health inside and outside the body is one of them, namely, through diligent exercise and nutritional fulfillment. There are various types of exercise that can be done, such as small jogging in the morning, push-ups, swimming, and even fitness gymnastics. In this regard, Islam teaches the balance between the human soul and body to be a perfect servant of Allah. This must be done by educators or parents as best as possible so that children and the current generation grow up healthy mentally and spiritually. As well as having tranquility, comfort, and peace (Rahman & Shalihah, 2021).

5. Consume Healthy Food and Drink

Healthy living habits should indeed be exemplified and instilled in early childhood so that they become a habit and character inherent in children. Health-supporting factors are not only from the place of residence and the community's environment, but also in terms of food and beverage health, which must be considered. Of course, the food and drinks consumed, which certainly have a good nutritional balance, are four healthy, five perfect, consisting of side dishes, meat, nuts, soybeans, eggs, carbohydrates,



vegetables, and fruits as a source of vitamins and minerals, as well as complementary milk.

Healthy food can affect the physical condition and balance of the body; if nutrition is not met, it will result in a decrease in immunity and can even affect the child's brain-intelligence system. Likewise, if the child's nutrition is fulfilled, the child's immune system will be healthy, strong, and maintained, will be physically active, and will help the child's brain intelligence. Even from the Hadith narrated by Imam Muslim, the Prophet said, "*A strong believer is better and preferred by Allah than a believer who is weak in all goodness*". Therefore, it is important for parents as human beings to maintain health, especially when eating and drinking children, and especially when instilling and accustoming children (Inter & Permatasari, 2019).

6. Internalization an Independent Attitude in Children

Independence is where we separate ourselves from our parents, family, the surrounding environment and even society, in terms of finding our identity. Indeed, life is inseparable from interconnection and dependence, but sometimes we do things without the intervention of others. Especially if we can still do it alone. Just like we teach children, we can instill independence training in children from an early age, such as training in even small things. For example, how to put on clothes, wear socks, and tie shoelaces. This is done for the process of preparing children for maturity, good parenting and education patterns from people in educating and caring for children is a good thing, which we should maintain from an early age, and parenting is a fundamental in our responsibility to educate children (Sari & Rasyidah, 2019).

7. Internalization of the Character of Sincerity and the Attitude of Leaders Toward Children

The task of parents with children is to take care of them from an early age, instilling in them an attitude of politeness, simplicity, leadership, and moral character. Educators and parents also have a responsibility towards their students in all respects, especially in physical education. The category of children who are responsible for a person is especially important if the person is still classified as an early child. So the obligation to instill and guide children in this application is the obligation of parents. Especially in Islam, a child really has to be educated until the end of puberty, even until the child is ready to go to a more serious level, namely the ark of the household. Some of the things that must be internalized in children include:

- a. Providing all kinds of education in various fields of knowledge, skills, creativity, art, and even knowledge that will certainly be needed and useful for him in the future. By the time the child has grown up, he or she must be able to rely on himself. Children will not always depend on the people around them, especially on both parents.
- b. Caring for and protecting children until they grow up is a very obligatory responsibility, even not allowed at all, and it is the responsibility of both parents.
- c. Parents must provide protection and guarantee of children's health, both physically and spiritually, or also in child sociology and psychology.



- d. Parents guarantee the happiness and cheerfulness of the child and meet all the needs of the child. But it is still under control what is allowed and what is not in meeting all the needs of children.

The role of parents affects the child's personality in the future. Character building does not immediately bear fruit but is achieved through a long process. Therefore, parents are obliged to educate their children as early as possible to achieve the best possible and expected results. The role of teachers in schools, both as figures and shapers in the process of character formation. The role of early childhood educators in the formation of children's character includes roles as educators, role models, development planners, and counselors and facilitators.

Conclusion

The character of a child cannot be separated from the personal circumstances of the surrounding environment, especially those who communicate directly with the child. The family and the community environment, especially parents, contribute to the formation of children's character. Internalizing character values in children requires figures that can support children's development. Therefore, it is very effective if it applies character, especially in terms of responsibility, through physical education. Through physical education, children will directly practice physical education. The character of responsibility at the North Indralaya Nature School Kindergarten is in the MB, or Beginning to Develop, category. This is evidenced by the change in the initial character of children entering school until August 2023, which has experienced a significant increase. Characteristics of responsibility that arise, such as taking off shoes and storing toys that have been played, The limitations of this study focus on instilling character in early childhood through early childhood physical learning.

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