

CHILDREN'S PHYSICAL, PSYCHOSOCIAL, AND SPIRITUAL CORRELATES IN PHYSICAL EDUCATION AND SPORT

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ABSTRACT

There are many aspects of humans that can be developed through physical education such as physical, psychological and spiritual aspects. Holistic development requires evidence of relations between aspects in physical education lessons. Therefore, this study seeks to examine the relationship between physical, psychosocial, and spiritual aspects of children in physical education lessons at school. The design of this study uses correlational research. The subjects of this study were elementary school children in disaster-prone areas within 5-15 km from the top of Merapi Volcabo as many as 556 people. The questionnaire used for collecting data of psychosocial and spiritual aspects, while the physical aspect used the 10-12 years Indonesian Physical Freshness Test. Data analysis were used Pearson Product Moment and Multiple Regression analysis by SPSS version 23.0 for window. The results show that an increasing in the psychosocial aspects will increase spiritual aspects and an increasing in the psychological aspects will decrease the spiritual aspect of children and vice versa. Therefore, physical education and sports lesson are expected to improve psychosocial and spiritual aspects and reduce negative psychological aspects (depression, anxiety, and stress) of children. The form and type of physical activity can be a driving variable for increasing psychosocial and spiritual aspects, as well as helping to reduce the negative psychological aspects.

Kata Kunci: *physical, psychosocial, spiritual, physical education.*