

# EXPLORATION OF THE INFLUENCE OF INTERNAL AND EXTERNAL FACTORS ON LEARNING MOTIVATION AND LEARNING OUTCOMES IN PRIMARY SCHOOL PHYSICAL EDUCATION

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## ABSTRACT

Learning motivation and learning outcomes are interrelated, changes in students for the better in terms of knowledge, affective and psychomotor aspects can be influenced by internal and external factors. The aim of this research is to use data analysis to find out how and to what extent internal factors and external factors influence learning motivation and learning outcomes in elementary school physical education. The research results found ways to optimally improve physical education learning outcomes through the learning process. This research method uses a descriptive research method with a quantitative approach and a qualitative (mixed) approach. Measurements that refer to the results of questionnaires and interviews. The population in this study were all elementary school students in the Special Region of Yogyakarta, consisting of the districts/cities of Yogyakarta, Sleman, Bantul, Kulon Progo, and Gunung Kidul. The sample for this research consisted of 300 elementary school students and 10 public elementary school PJOK teachers (sample) spread across districts/cities in the Yogyakarta Special Region using random sampling. This research uses SEM data analysis with correlational techniques using Smart-PLS 3 software. The research results show that the validity and reliability are more than 0.7 respectively with the Aiken and Cronbach formulas. Therefore, in-depth analysis of the data shows that: (1) factors of intelligence, health, interest in learning, gender, talent, and fatigue significantly influence learning motivation and learning outcomes, (2) external factors consisting of the school environment, social environment, and family environment significantly influence learning motivation and learning outcomes, (3) learning motivation from indicators of persistence in learning, tenacity in facing learning difficulties, and persistence in doing assignments significantly, (4) PJOK learning outcomes consist of indicators cognitive, affective, and psychomotor are significantly influenced by internal factors, external factors, and learning motivation.

Kata Kunci: *Internal Factors, External Factors, Learning Motivation, Learning Outcomes*