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Improving Health, Independence, Character of Santri at Islamic Boarding School Through Table Tennis

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Abstract. The purpose of this research was to identify and analyze the improvement of the health, independence, and character of students at Mamba'ul Ma'arif Islamic Boarding School through table tennis in realizing students who are characterized, religious, and have achievements. This research uses a descriptive method with a qualitative approach. This research was conducted at the Mamba'ul Ma'arif Islamic Boarding School, which is located at Jamal Imam Bonjol, Denanyar, Jombang District, Jombang Regency. Data collection techniques through observation, interviews, and documentation. The results of this research indicate that there is an increase in the physical, spiritual, and spiritual health of the students as well as through table tennis. In addition, the sport of table tennis forms a religious character and increases the achievements of the students. The existence of education and the availability of table tennis sports equipment can provide benefits to the community and foster the spirit of achievement of the students.

Keywords: Health promotion · Table tennis · Islamic boarding school

1 Introduction

Islamic boarding schools are places of learning where students seek knowledge, especially religious knowledge. Boarding school is a traditional Islamic educational institution to study, understand, explore, and practice Islamic teachings by emphasizing religious morals as a guide for daily life [1]. According to [2] Government Regulation Number 55 of 2007 concerning Religious Education and Religious Education Chapter 1 Article 1 Paragraph 4, what is meant by pesantren or Islamic boarding school is a community-based Islamic religious education institution that organizes diniyah education or does so in an integrated manner with other types of education.

People who study in Islamic boarding schools are called students. A student is someone who follows the cleric to learn a religious science [3].

Islamic boarding schools are not only places to study religion but also places to learn to interpret life outside of boarding schools and face the currents of globalization and modernization. One of them is Mamba'ul Ma'arif Islamic Boarding School. Mamba'ul

Ma'arif Islamic Boarding School is a cottage founded by K.H.M. Bishri Sansuri in 1917 and is 2 km to the west of Jombang City [4].

Mamba'ul Ma'arif Islamic boarding school is experiencing more significant challenges in the future. This is because science and technology are required to address these challenges. After all, times are changing. Thus, the Mamba'ul Ma'arif Islamic Boarding School needs effort and tips to face and anticipate these challenges while still sticking to religion.

At Mamba'ul Ma'arif Islamic Boarding School, some programs are specifically given to students. The program covers 70% of the religious fields studied while adding 30% of general fields by adding Arabic and English. Thus, to realize the program, MAPK (Madrasah Aliyah Special Program) was established, where students received the same lessons as MAN, while religious knowledge in particular (especially about Torekot) was given at night.

In addition to the MAPK, Mamba'ul Ma'arif Islamic Boarding School also has a culture for every moment of Islamic holidays. The culture is the PHBI (Islamic Holiday Commemoration). This activity brings the community together to celebrate PHBI activities. Islam is not only owned by Islamic boarding schools but also belongs to the Muslim community, especially in the Mamba'ul Ma'arif Islamic Boarding School environment.

In addition to these PHBI activities, Mamba'ul Ma'arif Islamic Boarding School needs other media to build an Islamic brotherhood between students of Islamic boarding schools and the community. Therefore, Islamic boarding schools need knowledge that can be shared with the surrounding community. One of them is exercise for health. This was chosen because sport is a universal unifying language that can unite people of all ages, genders, ethnicities, races, and religions.

The reason for choosing the sport is also based on the results of the social service carried out by Djarum Kudu for 523 people around the Mamba'ul Ma'arif Islamic Boarding School, which show that many of them have diseases related to old age or geriatrician [5]. Another fact shows that about 28–35% of people aged 65 years and over die each year, and this increases to 32–42% by the age of 70 years. The frequency of falls increases with age as the muscles weaken [6]. In addition, with increasing age, there will be a decrease in physical capacity and function, which can reduce a person's ability to carry out activities [7].

The empowerment of Mamba'ul Ma'arif Islamic Boarding School in creating a character-religious and outstanding student can be done through table tennis training. Table tennis is a sport that does not really require a large field or a large amount of capital. In addition, table tennis is a sport that is loved by many people. This sport is also one of the most famous in the world, with the number of participants in second place [8].

One of the impact obtained by students through table tennis is health. Exercising table tennis can help to increase immunity so as to optimize healthy living habits and become part of the process of increasing the independence and character of students.

Based on these conditions that have been described, it can be seen that in the Mamba'ul Ma'arif Islamic Boarding School environment, there is still a lack of sports activities or activities for health in the Islamic boarding school environment and a lack of sports facilities and infrastructure. Thus, based on these problems, the research team

from the State University of Surabaya provided training in table tennis sports activities, where table tennis is an activity that can improve the health, independence, and character of students.

2 Method

This research uses a descriptive method with a qualitative approach. A descriptive technique is a problem-solving approach that investigates the state of a research topic, which can be in the form of people, institutions, communities, or any entity, based on visible facts [9]. While the qualitative method is the key instrument, the data collection technique is triangulation (combined), the data analysis is inductive, and the research results emphasize meaning rather than generalization [10].

According to [11], the research location shows the place or location of the research, which is characterized by the presence of elements, namely actors, places, and activities that can be observed and describe the social situation. This research was conducted at Mamba'ul Ma'arif Islamic Boarding School, which is located on Jalan Imam Bonjol, Denanyar, Jombang District, Jombang Regency.

This research focuses on improving the health, independence, and character of students through table tennis sports activities. Meanwhile, data collection was carried out through observation and field validation related to sports events in Islamic boarding schools.

The population in this study were teachers and students at Mamba'ul Ma'arif Islamic Boarding School. Teachers and students at Mamba'ul Ma'arif Islamic Boarding School made up the study's population. This research used a purposive sampling method as its sampling. The sampling technique is known as "purposive sampling" uses predetermined criteria [12].

This research uses data analysis from [10], which is collecting data that is in line with the topic of the article, reducing data by sorting data to keep it in line with the research focus, presenting data by analyzing the data obtained, and then presenting it in the discussion. The last step is drawing conclusions that are supported by evidence so that they can answer the problem formulation.

3 Discussion

Islamic boarding schools have quite a contribution to the development of education, especially character education. Islamic boarding schools can increase their role independently by exploring the potential of the surrounding society [13].

Islamic boarding schools have three roles. First, as an Islamic educational and teaching institution. This means that Islamic boarding schools play a role in educating the nation and preparing human resources based on strong faith and piety.

Second, as an institution for the struggle for da'wah and the spread of Islam. This means that Islamic boarding schools play a role and are responsible for broadcasting Islam and play an active role in fostering inter-religious harmony. Third, as an empowerment and community service institution. This means that Islamic boarding schools are

institutions that are obliged to dedicate their roles, functions, and potential to improve people's lives.

To realize these three roles, Mamba'ul Ma'arif Islamic Boarding School needs to optimize the potential, facilities, and positive traditions contained in the boarding school. It aims to form students who are creative, innovative, and productive without forgetting originality and positive Islamic traditions.

Based on these conditions, to build on the existing potential, the Mamba'ul Ma'arif Islamic Boarding School is empowered through sports training for health, one of which is table tennis. Table tennis is a sport that is quite popular among the public because the game of table tennis is relatively easy.

In terms of history, table tennis in Indonesia became known in 1930. In 1939, table tennis figures in Indonesia founded PPSI (the Indonesian Ping Pong Association), then in 1958, it changed its name to PTMSI (Indonesian Table Tennis Association). Finally, since then, the sport of table tennis in Indonesia has developed quite rapidly [14].

When viewed in light of current developments, the sport of table tennis has spread throughout Indonesia, from the village level to the national level. Even table tennis is a sport that has many communities in Indonesia. Almost everywhere in various government agencies, schools, and villages play table tennis as an alternative sport.

Based on the conditions described, it is necessary to optimize the sport of table tennis in Islamic boarding schools involving improving the health, independence, and character of students at Mamba'ul Ma'arif Islamic Boarding School by providing education and materials related to table tennis.

4 Table Tennis as a Means of Improving the Santri's Health, Independence, and Character at the Mamba'ul Ma'arif Islamic Boarding School

The Mamba'ul Ma'arif Islamic Boarding School environment does not understand the importance of fostering a healthy life, so healthy living habits by exercising, especially table tennis, are still not optimal. Thus, table tennis training at Mamba'ul Ma'arif Islamic Boarding School can optimize healthy living habits because exercise can help to increase immunity, especially for students. Through table tennis, you can build a healthy body. While building a healthy body is a religious command [15].

A healthy body can develop knowledge and skills related to physical activity. In addition, it will encourage students to carry out their daily activities efficiently. Physical health shows that the performance of all components of the human body system is still functioning normally. Therefore, it is necessary to cultivate table tennis to build physical health for the students.

Regular table tennis practice will help the students maintain a physically fit and healthy body. The students need agility training to grow stronger and build healthy bodies. Additionally, a healthy body will foster a positive mood, maximizing teaching and learning activities in the classroom. These are the important of helping students develop healthy bodies through table tennis.

Table tennis can improve mental health by establishing religious values along with physical health. This is obvious in every rule of a game in table tennis, which aims to

teach students how to become honest, athletic, and tough competitors. Mental health can grow through an acceptance of defeat and victory when playing table tennis.

Spiritual values certainly will not be separated from the sport of table tennis. Spirituality is the search for meaning in life, and the development of values and belief systems that will lead to self-conflict is limited [15]. The form of spiritual worth can be seen in every table tennis match, beginning with prayer. Then he can be aware of his mistakes and not proud of his victory.

So that the students have a strong sense of self-motivation, spirit, and belief, it is essential to instill spiritual values in the game of table tennis. The combination of being physically healthy, mentally healthy, and spiritually healthy will form a religious and outstanding student personality.

Mamba'ul Ma'arif Islamic Boarding School does not yet understand the improvement of table tennis sports achievement. Thus, table tennis training can help produce students who excel, giving them a form of independence. Independence is one of the goals to be achieved in national education. National education aims to form independent learners as well as human beings who believe and fear God, have a noble character, are healthy, knowledgeable, and creative, and become democratic and responsible citizens [16].

In improving the sports achievements of the students, it is necessary to provide support in the form of adequate facilities and infrastructure. Mamba'ul Ma'arif Islamic Boarding School still lacks facilities and infrastructure. Therefore, the research team from the State University of Surabaya provided table tennis equipment, which was handed over to the Mamba'ul Ma'arif Islamic Boarding School.

Facilities and infrastructure are crucial to support the table tennis training program. In addition, it also makes it easier for students to achieve their goals. Achieving maximum performance requires optimal utilization of facilities and infrastructure. The existence of table tennis facilities and infrastructure can build enthusiasm for the students, so it is hoped that the Mamba'ul Ma'arif Islamic Boarding School students will be able to excel as table tennis champions.

The Islamic boarding school, an educational institution that has succeeded in building independence through table tennis, will be proud of its students that excel. It might also give other students a lot of motivation and a desire for success.

In addition to fostering the spirit of achievement, table tennis can grow and improve a person's character, especially students. Character is an inner trait that affects all thoughts, behavior, and character possessed by humans; in Islam, it can be interpreted as morals, namely, attitudes that are built and reflect the thoughts, feelings, and beliefs that exist in a person [15].

Islamic boarding schools serve as educational institutions that develop students' characters to have high morals and a commitment to religion. As a result, table tennis training at Mamba'ul Ma'arif Islamic Boarding School can assist students in developing better character traits like honesty, discipline, tolerance, and hard work. One of the goals of national education is the development of noble character. This is confirmed in [17] Law Nomor 20 of 2003, Article 3 concerning the National Education System, which states that the goal of national education is the development of noble character, which is built on students' religious beliefs and piety.

Through the sport of table tennis, it can not only shape the character of the students who are religious and have noble character but can also form a character who loves the homeland and the Indonesian nation. According to [15] in his book entitled *Cultivating Table Tennis Character Education to Give Birth to Athletes with Noble Moral Character*, character education is carried out to develop the values that shape the nation's character, namely Pancasila. This includes (1) developing the potential of citizens to become good-hearted, good-minded, and well-behaved; (2) building a nation characterized by Pancasila; and (3) developing the potential of citizens to become good-hearted human beings. The Mamba'ul Ma'arif Islamic Boarding School students can build these character qualities such that they are ingrained in their personalities.

Through table tennis training at Mamba'ul Ma'arif Islamic Boarding School, it is not just an activity to get used to a healthy life, but can improve physical and spiritual health, foster the spirit of students to excel, cultivate the character of religious students, have a noble character, and love their country.

4.1 Providing Education and Materials Related to Table Tennis

At Mamba'ul Ma'arif Islamic Boarding School, it was found that there was still a lack of education related to table tennis, so the researchers provided education and materials related to table tennis to the students. The material provided includes health and character material as well as material related to table tennis game techniques.

Because table tennis had never been learned in their school, the teachers, parents, students, and caregivers were enthusiastic during the presentation of the basic table tennis knowledge. The following are several table tennis basics:

- 1) Any style of play you want. Love not to let other people direct the way you should play, but heed the advice to develop it further. Your style can be an augmentation of your character. The more you have the style of play, the more variety, bringing something to the game.
- 2) Play with whatever equipment you want, but that won't limit your strategic or other options. Use the equipment you have available, and you should have the option of using other equipment. Experimentation is key.
- 3) Develop tactics for the counter, serve, points, match, opponent's equipment, opponent's style, opponent behavior, and opponent tactics.
- 4) Respecting others is a way to be appreciated. Try not to use strategies to upset, scare, or annoy your rivals at any time. Play if someone asks you to play. Try to have fun and let other people have fun too. Offer advice and help other players.
- 5) Learn to win and learn to lose. Get used to accepting the mistakes and shortcomings of your technique. Don't say negative things when you lose. You lose because you don't admit defeat.
- 6) No luck, try to place your ball right in front of the net or to the end of the table, then by that time you will get used to the shots, and so will your opponent, if their stroke hits the net or the end of the table, try to keep the ball back to stay on track.
- 7) Develop style and technique. Fixing your weaknesses is simpler than improving your strengths, and remember that clever opponents will see your every susceptibility. Before practicing, decide what, why, and how you're going to do it, then practice. Learn to rally.

- 8) Rules and equipment will change, so certain styles or equipment may benefit. If you can change at any time, you can also acknowledge change, and people who play with flaws, for example, styles that are less liked or even disadvantaged by the rules, can confidently win anyway. It just takes more and more effort.
- 9) No unfair equipment. No player is inferior or superior in either way, and you are required to judge anyone as there is no poor style in sport. If you think differently, stay away from all sports.
- 10) The game's rules are the only laws that must be respected. This indicates that playing the game is the best way to show it. Know the rules, abide by them, and then follow them. Make an effort to take advantage of the rules.

5 Conclusion

Based on the results of research and discussion, it can be concluded as follows:

- 1) The empowerment of Mamba'ul Ma'arif Islamic Boarding School through table tennis can improve physical, and spiritual health. In addition, table tennis can also increase the enthusiasm of the students to excel and cultivate religious characters so that they can create students who are characterized, religious, and have achievements.
- 2) The availability of table tennis sports equipment at Mamba'ul Ma'arif Islamic Boarding School can provide benefits to the community and increase the enthusiasm of the students to excel.

To increase awareness, problem-solving, and coaching for table tennis in schools, it is necessary to design sports coaching by making table tennis an extracurricular sport, synergies with the Department of Youth and Sports, the education office, and periodic assistance from universities so that the people there can feel the impact. This activity. The need for assistance within a certain period for the sustainability of the program.

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