

Implementation of Basketball Extracurricular in Developing Student Discipline and Cooperation at Jabal Rahmah Mulia Boarding High School

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 <https://doi.org/10.31004/jerkin.v4i3.5261>

ARTICLE INFO

Article history

Received: 30 Dec 2025

Revised: 12 Jan 2026

Accepted: 29 Jan 2026

Kata Kunci:

Ekstrakurikuler Bola Basket, Disiplin, Kerja Sama, Pendidikan Karakter, Boarding School

Keywords:

Basketball
Extracurriculars,
Discipline, Cooperation,
Character Education,
Boarding School

ABSTRACT

Pendidikan tidak hanya menekankan kemampuan akademik, tetapi juga pembentukan karakter seperti disiplin dan kerja sama. Kegiatan ekstrakurikuler olahraga beregu, khususnya bola basket, berperan strategis dalam menanamkan nilai tersebut. Penelitian ini bertujuan mendeskripsikan pelaksanaan ekstrakurikuler bola basket serta perannya dalam mengembangkan disiplin dan kerja sama siswa di Jabal Rahmah Mulia Boarding High School. Penelitian menggunakan pendekatan kualitatif deskriptif dengan subjek 20 orang yang terdiri atas siswa dan pelatih. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi, serta dianalisis dengan reduksi data, penyajian data, dan penarikan kesimpulan, dengan keabsahan melalui triangulasi. Hasil penelitian menunjukkan bahwa kegiatan bola basket dilaksanakan secara terstruktur dan rutin dengan dukungan sekolah, pelatih, dan fasilitas yang memadai. Nilai disiplin terlihat dari kepatuhan siswa terhadap jadwal, aturan, perlengkapan, dan arahan pelatih, sedangkan kerja sama tercermin melalui interaksi, komunikasi tim, pembagian peran, dan saling mendukung. Partisipasi dalam AZA 3X3 Competition 2025 North Sumatra membuktikan bahwa nilai disiplin dan kerja sama yang dibangun dalam latihan dapat diterapkan dalam situasi kompetitif, sehingga ekstrakurikuler bola basket berperan penting dalam pendidikan karakter di boarding school.

Education emphasizes not only academic ability but also character building such as discipline and teamwork. Extracurricular team sports activities, particularly basketball, play a strategic role in instilling these values. This study aims to describe the implementation of basketball extracurricular activities and their role in developing student discipline and teamwork at Jabal Rahmah Mulia Boarding High School. The study used a descriptive qualitative approach with 20 subjects consisting of students and coaches. Data were collected through observation, interviews, and documentation, and analyzed through data reduction, data presentation, and conclusion drawing, with validity through triangulation. The results showed that basketball activities were carried out in a structured and routine manner with the support of the school, coaches, and adequate facilities. The value of discipline is seen in student compliance with schedules, rules, equipment, and coach directions, while cooperation is reflected through interaction, team communication, role division, and mutual support. Participation in the 2025 AZA 3X3 Competition North Sumatra proves that the values of discipline and teamwork built in training can be applied in competitive situations, thus basketball extracurricular activities play an important role in character education at boarding schools.



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How to Cite: T. Maulana Abdullah Selian, et al (2026). Implementation of Basketball Extracurricular in Developing Student Discipline and Cooperation at Jabal Rahmah Mulia Boarding High School, 4(3) 19131-19136. <https://doi.org/10.31004/jerkin.v4i3.5261>

INTRODUCTION

Education, in essence, is not only about the development of academic abilities, but also about the development of students' attitudes, values, and social skills (Putri et al., 2021). A complete educational process requires a balance among cognitive, affective, and psychomotor aspects so that students can develop optimally as individuals and members of society (Hanik et al., 2021). In this context, non-academic activities, such as extracurriculars, play a strategic role as learning vehicles that complement classroom learning, especially through sports activities rich in character-building values (Eibed, 2025).

The value of discipline and cooperation are two aspects of character that are very important in the educational process (Sibuea et al., 2023). Discipline helps students build responsible habits, obey rules, and manage time effectively, while cooperation trains students to interact, respect one another, and achieve common goals (Fadillah et al., 2024). In the boarding school environment, these two values are becoming increasingly crucial because students live in a community that demands order and togetherness (Hidayatullah et al., 2020). Team sports, such as basketball, naturally present situations that demand discipline and teamwork, making them a potential effective medium for character learning (Candra, 2024).

Jabal Rahmah Mulia Boarding High School is one of the boarding schools that emphasizes the development of students' character through a range of educational programs, both academic and non-academic. The boarding system implemented encourages students to live a disciplined, independent life and to work together in daily life. One of the activities that supports this goal is basketball extracurricular, which is carried out in a structured manner with a regular training schedule and coach assistance, as part of efforts to develop students' potential and character.

The implementation of basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School is evident not only in training activities but also in student participation in sports competitions. Students' participation in the AZA 3X3 Competition 2025 North Sumatra, which is part of Honda DBL with Good Day Coffee, demonstrates that basketball extracurricular activities have provided students with real opportunities to apply discipline and cooperation in competitive situations. Through these matches, students learn to obey the rules of the game, manage emotions, and work together effectively to achieve team goals (Khanifah & Fatimah, 2023).

Although basketball extracurricular activities are often associated with achievements and competition results, studies that highlight the process of implementing them to foster student character are still relatively limited, especially in the boarding school environment (Arimbawa et al., 2021). Many extracurricular activities are assessed based on final achievements, while aspects of discipline formation and cooperation that develop through practice and student interaction have not been described in depth through a qualitative approach (Mahardhika et al., 2022).

Based on this description, this Research is important to provide a more comprehensive picture of the implementation of basketball extracurriculars as part of the character education process in boarding schools. This study aims to describe how basketball extracurricular activities are carried out and their role in developing the values of discipline and student cooperation at Jabal Rahmah Mulia Boarding High School, thereby serving as a reference for the development of extracurricular activities in similar schools.

METHOD

This research uses a qualitative descriptive design to gain a deep understanding of the implementation of basketball extracurricular activities and their role in developing student discipline and cooperation. The qualitative approach was chosen because this study does not focus on quantification, but on the meanings of processes, experiences, and interactions that occur during extracurricular activities in the boarding school environment.

The research was conducted at Jabal Rahmah Mulia Boarding High School, which has a boarding education system that emphasizes fostering students' character through academic and non-academic activities. The research was conducted in the odd semester of 2025/2026, aligned with the implementation schedule of basketball extracurricular activities and student activities at the school.

The subjects in this study are students participating in basketball extracurricular activities and basketball extracurricular coaches at Jabal Rahmah Mulia Boarding High School, totaling 20

participants. Meanwhile, the research focuses on the implementation of basketball extracurricular activities, especially those related to the formation of disciplinary values and student cooperation during the training process and other supporting activities.

Data collection is conducted using several techniques to obtain comprehensive data. Observation was conducted by directly observing basketball extracurricular practice activities, student discipline during practice, and the forms of cooperation established among team members. Interviews were conducted with basketball extracurricular students and coaches to gather information about their experiences, views, and values gained through the activity. In addition, documentation serves as supporting evidence, including training schedules, photos of activities, and documents related to student participation in basketball competitions.

The research instrument in this qualitative study is the researcher, who plays a role in planning, implementing, and interpreting the research data. To assist with data collection, the researcher used observation sheets, interview guidelines, and supporting documents relevant to the implementation of basketball extracurriculars.

Data analysis is carried out qualitatively by following stages that include data reduction, namely the process of sorting and summarizing data obtained from the field; data presentation, which is compiling data in the form of narrative descriptions so that it is easy to understand; and concluding, which is to give meaning to the data that has been analyzed to answer the focus of the research.

To ensure the validity of the data, this study uses triangulation techniques, both source triangulation and triangulation techniques. Source triangulation involves comparing information from students and trainers, while technical triangulation involves comparing the results of observations, interviews, and documentation. Thus, the data obtained is expected to have a stronger level of trust and validity.

RESULTS AND DISCUSSION

Results

Overview of Basketball Extracurricular Implementation

Based on observations and documentation, basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School are conducted regularly, with a training schedule set by the school. Practice is held several times a week and is attended by students interested in basketball. Each training session begins with warm-up activities, followed by basic technique exercises such as dribbling, passing, and shooting, and ends with a game or match simulation. The coach serves as a mentor, providing direction, demonstrating movements, and evaluating during the exercise, while students actively participate in the entire series of activities. Basketball extracurricular participants include students with diverse backgrounds and abilities, both those with experience playing basketball and those still in the learning stage.

Form of Student Discipline in Basketball Extracurricular Activities

The results of the study show that student discipline is seen in several aspects of basketball extracurricular activities. Most students attend on time according to the predetermined training schedule and show awareness of participating in activities regularly. Students also adhere to the set training rules, such as following the sequence of activities, listening to the coach's directions, and maintaining order during the exercise. In addition, students demonstrate discipline in the use of exercise equipment, such as wearing appropriate sportswear and taking care of the equipment used. The consistency of students in following the coach's directions was evident during the exercise, both in performing technical movements and in maintaining an attitude throughout.

Form of Student Cooperation in Basketball Activities

Student cooperation in basketball extracurricular activities is evident through interactions among team members during practice and games. Students communicate with each other to determine simple strategies, divide roles according to their positions, and work together to achieve the game's goals. In practice activities and match simulations, students show a supportive attitude, such as encouraging teammates and helping team members who are experiencing difficulties. The attitude of mutual respect is also evident in how students accept differences in ability and work together without distinguishing themselves from one another.

Student Behavior During Practice and Matches

During practice activities and matches, students exhibit behaviors that reflect sportsmanship and responsibility. Students try to follow the rules of the game, respect the coach's decisions, and control their emotions when facing win-win or losing situations. Responsibility for the team can be seen in students' willingness to fulfill their assigned roles and maintain team cohesiveness. The students' response to the results of the match, both wins and losses, is shown through the attitude of accepting the results openly and maintaining good relations between team members.

Supporting Factors for the Implementation of Basketball Extracurriculars

Several factors support the implementation of basketball extracurriculars at Jabal Rahmah Mulia Boarding High School. The school provides support in the form of time, policies, and facilities for sports activities. The available facilities and infrastructure allow training activities to run smoothly. The active and consistent role of coaches in guiding students is also an important factor in the sustainability of basketball extracurricular activities. In addition, the boarding school environment, which emphasizes togetherness and discipline, also supports positive interactions among students during the activity.



Picture 1. AZA Competition 2025

The implementation of basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School does not only take place in the form of routine exercises in the school environment, but is also realized through student participation in official competitions. One form of participation is the Jabal Rahmah Mulia Boarding High School basketball team's participation in the AZA Competition 2025, North Sumatra, to be held on February 15, 2025, as part of the Honda DBL with Good Day Coffee series. In the competition, the Jabal Rahmah Mulia Boarding High School basketball team defeated SMA Sutomo 2 Medan 4–2 and advanced to the next round.

Based on the observation results, the course of the match showed that team members cooperated in dealing with the pressure of the game, which was tightly contested. Students are seen obeying the rules of the game, following the agreed strategy, and demonstrating discipline in fulfilling their respective roles during the match. This situation illustrates that the value of discipline and cooperation, which are habitual in basketball extracurricular activities, is also reflected in competitive matches.

Discussion

The study's results show that implementing basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School not only develops students' interests and talents in sports but also fosters their character. Structured and routine practice activities provide space for students to learn to manage time, follow rules, and build disciplined habits in non-academic activities, so that extracurricular activities become an important part of the holistic educational process (Yuliandra et al., 2023).

The discipline developed through basketball extracurricular activities is evident in students' compliance with the schedule, rules, and the coach's directions. The boarding school environment, with a clear schedule and activity system, also strengthens the habituation to this discipline. This shows that

team sports activities can be an effective medium to instill disciplinary values contextually and sustainably through students' direct experiences (Arimbawa et al., 2021).

In addition to discipline, cooperation is an important value that develops through basketball activities. The sport of basketball demands interaction and coordination among team members, so students learn to work together, communicate, and support one another to achieve common goals. Through play activities and joint exercises, students gain meaningful social experiences that build positive, respectful relationships among team members (Santoso & Sari, 2022).

The sportsmanship, emotional control, and responsibility that students show during practices and games reinforce basketball's extracurricular role as a means of attitude formation (Gani & Cahyono, 2023). Students learn to accept the results of the match with a good attitude and understand the importance of each other's roles in the team. The experience of participating in sports activities and competitions provides life lessons that are not always obtained through formal classroom learning (Gani & Cahyono, 2023).

Thus, the implementation of basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School has contributed to the development of student discipline and cooperation. These findings reinforce the view that extracurricular activities, especially team sports, can be utilized as an integral part of the character education process in boarding schools and support the achievement of overall educational goals.

CONCLUSION

The implementation of basketball extracurricular activities at Jabal Rahmah Mulia Boarding High School is carried out in a structured, routine manner, with the support of the school, coaches, and adequate facilities. This activity not only serves to develop students' sports interests and talents but also serves as a means of character development. The value of student discipline is reflected in compliance with training schedules, activity rules, equipment use, and consistency in following the coach's direction, which is strengthened by the boarding education system.

In addition, basketball extracurriculars help develop student cooperation through interaction, communication, role-sharing, and supportive attitudes within teams. Student participation in competitions such as the AZA 3X3 Competition 2025 North Sumatra shows that the values of discipline and cooperation built during training can be applied in competitive situations. Thus, basketball extracurriculars can be utilized as an integral part of character education in boarding schools.

ACKNOWLEDGMENTS

The author would like to thank the Jabal Rahmah Mulia Boarding High School for providing permission and support in the implementation of this Research. Gratitude was also expressed to the basketball extracurricular coaches and students who were willing to serve as research subjects and provide the necessary information. In addition, the author appreciates all parties who have helped the smooth running of this Research, both directly and indirectly.

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