



Integration of Character Values in Physical Education Learning: An Analysis Databased on GARUDA (Gerba Rujukan Digital)

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Abstrac: This study examines scientific evidence on the integration of character values in Physical Education, Sports, and Health (PJOK) learning in Indonesia. Using a Systematic Literature Review approach guided by PRISMA, data were collected from the Garba Rujukan Digital (Garuda) database covering publications from 2010 to 2025. Inclusion criteria focused on Indonesian-language journal articles that explicitly discussed character value integration in PJOK at various educational levels. Fifteen eligible articles were analyzed. Findings show a notable rise in publications between 2021 and 2025, indicating increasing academic attention to character education through PJOK. Dominant values integrated include discipline, responsibility, cooperation, honesty, and sportsmanship, while social care, peaceful attitudes, and religiosity are less represented. Successful implementation is influenced by teacher role modeling, consistent positive habits, and reflective learning strategies. Overall, PJOK functions as a strategic medium for holistic character development that combines physical, social, emotional, and moral dimensions to cultivate healthy and resilient students.

Keyword: Physical Education, Character Values, Education, Garuda, Merdeka Curriculum.

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INTRODUCTION

Physical Education, Sports, and Health (PJOK) in Indonesia is an integral component of the national school curriculum, designed to foster the physical, mental, and character development of students. One of the central aims of physical education is to cultivate positive attitudes such as cooperation, discipline, honesty, and responsibility, which constitute essential character values in social life. Character education in PJOK therefore encompasses not only physical development but also the moral and social dimensions of learners.

According to the Undang-Undang Sistem Pendidikan Nasional No. 20 Tahun 2003, PJOK is expected to contribute to the formation of individuals who are physically and mentally healthy and who possess strong character values. Consequently, educators are encouraged to implement effective strategies for integrating character education into PJOK learning. In this context, PJOK serves as a medium for instilling character values directly, including teamwork, leadership, perseverance, and sportsmanship.

Findings from Purwanto & Yuliawan (2025) emphasize the strategic role of physical education, sports, and health in shaping students character. This is because PJOK activities are inherently associated with physical engagement that demands discipline, sportsmanship, responsibility, and collaboration among students. Likewise, research conducted by Asyhar & Hastuti (2023) dalam *Journal of Child, Family, and Consumer Studies* in the Journal of Child, Family, and Consumer Studies highlights the importance of nurturing discipline among secondary school learners. Although their study does not specifically address PJOK, their findings reinforce the argument that character development in schools can be strengthened through various subjects, including PJOK.

A study by Jahrir et al., (2024) shows that physical education programs that emphasize values such as honesty, responsibility, and sportsmanship significantly contribute to students personal development. Similarly, Widyanto (2024) reports that students who participate in physical education programs that integrate character education demonstrate improvements in personal discipline and teamwork.

The scholarly significance of this study derives from the persistent gap between the curriculum's mandate to strengthen character education and the prevailing practice of Physical Education in Indonesia, which remains largely focused on physical performance (Widyanto, 2024). Although PJOK is expected to serve as a key medium for character formation, its implementation continues to face pedagogical and contextual constraints, including unclear operational guidelines, low teacher preparedness, and limited instructional resources (Baharuddin dkk., 2024; Muhtar & Dallyono, 2020). In a learning environment that increasingly demands discipline, cooperation, responsibility, honesty, and emotional resilience, Physical Education offers distinct opportunities for cultivating these attributes through social interaction, collaborative tasks, and the development of positive behavioral habits (Mudjihartono dkk., 2022). Yet, character values are not consistently or systematically integrated into instructional practice, with teachers often applying them only spontaneously rather than through planned pedagogical design (Abidin & Hartati, 2025).

The urgency of this research stems from the increasingly evident disconnect between curricular expectations and classroom realities in Indonesian Physical Education. Despite national policies positioning character development as a core learning outcome, PJOK instruction in schools remains predominantly oriented toward physical skill acquisition, leaving moral and social competencies insufficiently cultivated. If this gap is not addressed, schools risk failing to develop essential values such as discipline, cooperation, and emotional resilience, which are critically needed in Indonesia's competitive and socially complex educational landscape. This study therefore offers a timely examination of how character values are currently integrated into PJOK and identifies practical, implementable strategies for teachers. The concrete impact of this research lies in providing evidence-based guidance capable of strengthening lesson planning, enhancing teacher preparedness, and supporting schools in designing character-oriented physical education programs. Ultimately, the findings are expected to contribute to more holistic PJOK practices that not only advance students' physical abilities but also foster disciplined, collaborative, and ethically responsible learners.

METHOD

The research method employed in this study is the Systematic Literature Review, following the guidelines introduced by (Moher dkk., 2009). The literature search was conducted using the Garba Rujukan Digital (Garuda) database, which is recognized as a credible and widely utilized indexing system. This database serves as an important reference source because it includes nationally accredited journals (Budianto, 2022; Nashihuddin & Dwi Ridho Aulianto, 2016).

The literature search was carried out on 13 November 2025 with the objective of identifying relevant articles published within a six teen year time span from 2010 to 2025 in accordance with the predetermined inclusion criteria. The keywords used in the search employed several combinations, namely “Integrasi nilai karakter” AND “PJOK”, “Nilai karakter” AND “pendidikan jasmani”, “Pendidikan karakter” AND “pembelajaran PJOK”, and “Pendidikan Jasmani Olahraga dan Kesehatan” AND “nilai karakter”.

Inclusion and exclusion criteria were established to ensure that the articles selected for analysis were directly relevant to the research focus on the integration of character values in PJOK learning. The inclusion criteria consisted of scientific articles indexed in the Garba Rujukan Digital (GARUDA) database, published between 2010 and 2025, and written in the Indonesian language. Additionally, selected articles were required to explicitly examine the integration of character values within the context of Physical Education, Sports, and Health (PJOK) at the primary, secondary, or higher education levels. Only articles available in complete form were included to allow for a comprehensive analysis.

Conversely, the exclusion criteria comprised articles that addressed character education but did not focus on PJOK learning, as well as articles that did not explain the specific process of integrating character values in instructional practices. Proceedings, internal research reports, and non journal scientific works were also excluded from the analysis. Moreover, articles that were not available in complete form or those providing only an abstract were removed from consideration. Based on these criteria, only articles that satisfied all inclusion requirements were subjected to an in depth review to identify the forms and strategies of character value integration in PJOK learning.

The identification process was carried out using data managed in Zotero with four keyword combinations. The initial screening yielded twentyfive articles, and after removing four duplicates, twentyone articles remained. A further screening based on titles and abstracts resulted in the exclusion of six articles because they did not focus on PJOK learning. Fifteen articles that met the inclusion criteria were then assessed for eligibility, and all were deemed suitable. Consequently, a total of fifteen articles were included in the final analysis following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analyses) selection flow.

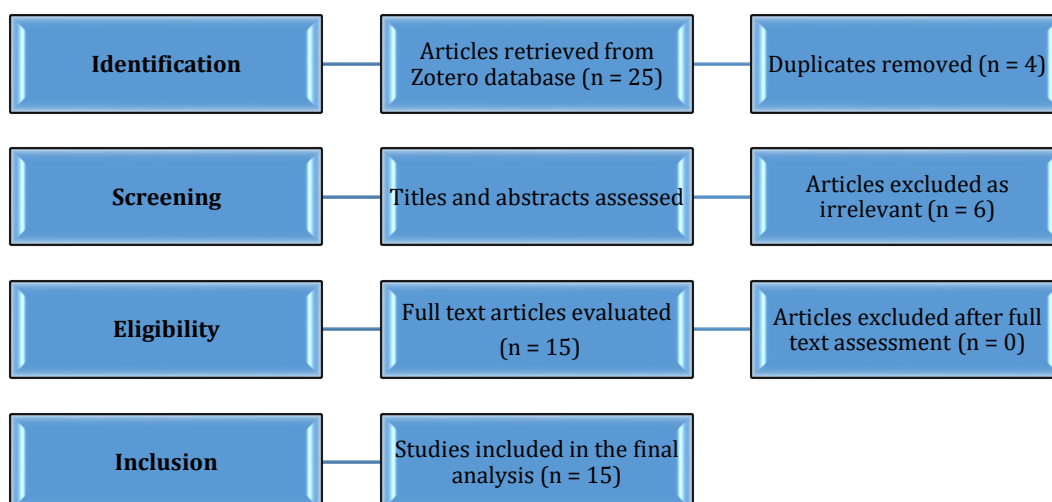


Figure 1. Flow diagram illustrating the screening process. The PRISMA 2020 flow diagram presents the number of records retrieved and the number of studies included in the final review.

RESULT

The data collection process generated a set of research articles that examined the integration of character values in PJOK learning, based on records retrieved from the Garuda database. The selection process resulted in five major categories, which are presented in Table 1. These five categories are further explained and analyzed using the fifteen articles selected for this review.

Table 1. Summary of studies on the integration of character values in PJOK learning based on the Garuda database

No	Author	Year	Title	Variable	Results
1	Ripto	2013	Implementasi Mata Pelajaran PJOK terhadap Pengembangan Nilai-Nilai Karakter Siswa SMP	Implementasi PJOK; pengembangan nilai karakter; SMP	The findings indicate that the initial character level of junior high school students in Pedurungan District was 67.8 percent and increased to 80.6 percent after the intervention, reflecting an improvement of 12.8 percent. The study concludes that physical education learning that incorporates character development contributes to strengthening students' character, and it recommends that teachers consistently implement character oriented approaches in every lesson.
2	M. Meo	2019	Pendidikan Jasmani Olahraga dan Kesehatan dalam Membentuk Nilai-Nilai Karakter	PJOK; pembentukan nilai karakter	The results show that the limited internalization of sports related values in PJOK learning contributes to unsportsmanlike behavior and low achievement across various levels. The study emphasizes the need for instructional strategies that integrate character education to ensure stronger development of positive sports values from an early age.

3	A. A. Rahman, S. Safruddin, H. Husniati	2021	Analisis Penanaman Nilai Karakter Pada Mata Pelajaran Pendidikan Jasmani di SD Negeri Gugus 8 Kecamatan Praya Barat	Penanaman karakter; PJOK; SD	nilai	The study reveals that the successful cultivation of character values in PJOK learning relies on teacher role modeling, the establishment of positive routines at school, and support from both the learning environment and families. Despite challenges such as limited facilities and cultural influences, creative and collaborative teaching strategies can enhance the internalization of character values among elementary school students.
4	M. Supriadi, N. Hidayat	2023	Implementasi Pendidikan Karakter Melalui Pembelajaran PJOK di Kelas 5 SDN 1 Giri Madya	Pendidikan karakter; pembelajaran PJOK; SD		The findings show that character education in PJOK for fifth grade students at SDN 1 Giri Madya was effectively implemented through the use of analogies and habitual practices. Teachers played a crucial role in modeling and guiding values such as honesty, responsibility, cooperation, and perseverance.
5	Anindya Syifa Nuraini, et al.	2024	Integrasi Nilai-Nilai Karakter Dalam Pembelajaran Pendidikan Jasmani, Olahraga, Dan Kesehatan (PJOK) Di Jenjang Sekolah Dasar	Integrasi karakter; pembelajaran PJOK; SD	nilai	The results indicate that character education in PJOK can be implemented effectively through systematic and reflective approaches. Varied PJOK activities serve as strategic media for instilling honesty, discipline, cooperation, responsibility, and sportsmanship. This integrated approach supports not only physical development

					but also emotional and social character formation.
6	Frans Rivaldo Gulo, et al.	2024	Pendidikan Jasmani Berbasis Nilai: Membentuk Karakter melalui Aktivitas Fisik pada Siswa	Pendidikan jasmani berbasis nilai; pembentukan karakter	The study demonstrates that value based physical education significantly contributes to character development through meaningful physical activities. This approach successfully integrates physical skill development with character values such as discipline, cooperation, and sportsmanship, while also promoting mental, emotional, and social well being.
7	A. H. Barus, D et al.	2024	Implementasi Pembelajaran PJOK Berbasis Pendidikan Karakter Dalam Kurikulum Merdeka di Sekolah Dasar	Implementasi pembelajaran PJOK; pendidikan karakter; kurikulum merdeka	he findings confirm that character based PJOK learning can be effectively applied in the Merdeka Curriculum through flexible, contextual, and student centered approaches. Teachers play a key role in integrating values such as responsibility, cooperation, sportsmanship, discipline, and honesty into physical education activities, contributing to balanced character formation.
8	R. Hananda, N. Ngatman, E. Susanto	2024	Implementasi Nilai-Nilai Karakter dalam Pembelajaran PJOK di SMP Negeri 1 Sewon	Nilai karakter; pembelajaran PJOK; SMP	The analysis shows that the average respect score was 70 (SD = 7), with 42 percent of students in the moderate category and 30 percent in the low and very low categories. The average responsibility score was 43 (SD = 3.5), with similar distribution patterns.

						These findings indicate that character value implementation is moderately successful but uneven, suggesting the need for the Teaching Personal and Social Responsibility model and mentoring programs.
9	F. N. Faujiyah, A. Ma'mun, Syarifatunnisa	2024	Analisis Pendidikan Karakter Pada Pembelajaran PJOK Di SMP Laboratorium Percontohan UPI	Analisis pendidikan karakter; PJOK; SMP		The study finds that PJOK teachers integrate multiple character values across instructional activities, assessments, and learning materials. Dominant values include independence, hard work, honesty, discipline, social concern, curiosity, and the practice of the 5S attitude. The integration highlights the broader role of PJOK in shaping holistic character beyond physical development.
10	A. A. Maulana, H. P. Raharjo	2024	Analisis Pendidikan Karakter dalam Rencana Pelaksanaan Pembelajaran PJOK Kelas VI Sekolah Dasar di Kecamatan Rakit	Pendidikan karakter; PJOK; SD	RPP	The results show that character education integration in the PJOK lesson plans for sixth grade has been moderately well implemented, with ten out of eighteen values incorporated. However, several values, particularly those related to social concern, environmental awareness, and national spirit, remain insufficiently addressed, indicating the need for improved teacher understanding and creativity.

11	E. Susanto, R. Lumintuarso, J. Irmansyah	2024	Representasi Nilai Karakter Kebangsaan pada Gambar Buku Teks Pendidikan Jasmani Sekolah Dasar	Representasi nilai karakter; buku teks PJOK; SD	The study reveals that independence (21 percent), hard work (20 percent), and responsibility (17 percent) are the most frequently represented values in PJOK textbooks. In contrast, values such as religious attitudes, peace, environmental awareness, and reading habits are absent. The findings suggest that the textbooks focus primarily on values linked to physical activities, leaving other essential character values underrepresented.
12	N. K. K. S. Putri, I. P. A. D. Hita, I. B. G. J. Mahotama	2025	Integrasi Nilai Karakter Dalam Pembelajaran Bola Basket Pada Pendidikan Jasmani Sekolah Dasar : Kajian Studi Literatur	Integrasi nilai karakter; bola basket; PJOK; SD	The findings demonstrate that integrating character education into basketball learning at the elementary level can be achieved effectively through cooperative learning, value based games, and reflective activities. This approach enhances physical skills while cultivating cooperation, responsibility, discipline, and sportsmanship.
13	J. Purwanto, D. Yuliawan	2025	Integrasi Nilai Karakter dalam Pembelajaran Pendidikan Jasmani di Sekolah Dasar: Sebuah Kajian Literatur	Integrasi nilai karakter; pembelajaran PJOK; SD	The results show that physical education makes a significant contribution to character formation for elementary students, particularly in the areas of discipline, responsibility, cooperation, and honesty. Value based and reflective teaching improves affective development, although further

					enhancement of teacher competence and school support is required.
14	Hari Juwono	2025	Integrasi Nilai Kewirausahaan melalui Pembelajaran PJOK untuk Pendidikan Karakter Siswa SMK yang Kompetitif	Nilai kewirausahaan; pendidikan karakter; PJOK; SMK	The study indicates that PJOK can serve as an effective medium for fostering competitive entrepreneurial character among vocational school students, provided that innovative teaching methods and adequate facilities support the learning process.
15	B. Novita, N. H. Sitepu, A. A. Rambe, M. Hasibuan, S. Suyono	2025	Implementasi Pembelajaran PJOK Dalam Membangun Pendidikan Karakter di Sekolah Dasar	Implementasi PJOK; pendidikan karakter; SD	The findings reveal that PJOK holds strong potential for character development in elementary school students, yet its implementation is not fully optimal due to constraints such as limited teacher competence, inadequate facilities, and lack of varied teaching strategies. The study highlights the need for capacity building for teachers and innovation in instructional design.

DISCUSSION

This systematic review aims to explore and analyze scientific evidence related to the integration of character values in Physical Education, Sports, and Health (PJOK) learning, based on sources retrieved from the Garuda database. The review focuses on identifying publication trends, major research themes, and the approaches used to implement character values through PJOK instruction across various educational levels. Through the selection process, fifteen relevant articles were identified. The analysis and synthesis of these articles yielded several important findings regarding forms of character value integration, implementation strategies, and the educational implications of character development within the PJOK learning context.

Publication Year Trends and Distribution of Studies on the Integration of Character Values in PJOK Learning

The data indicate the distribution of publications addressing the integration of character values in Physical Education, Sports, and Health (PJOK) learning, based on records retrieved from the Garuda database between 2013 and 2025, with a total of fifteen publications. The research trend shows a notable increase in recent years. The earliest publication appeared in 2013 with one article, followed by a gap until the topic re-emerged in 2019.

Beginning in 2021, the number of studies shows a consistent upward trajectory, reflecting growing scholarly interest in character education within PJOK learning. The year 2024 marks the peak of productivity, with six articles published, followed by 2025 with four articles. This rise indicates that the integration of character values in PJOK has gained increasing attention, particularly in relation to the implementation of the Merdeka Curriculum and the broader development of value-based learning.

In contrast, earlier years such as 2021–2023 recorded only one to two articles per year, suggesting a gradual increase in interest during this period. Overall, the publication trend from 2013 to 2025 demonstrates a progressive pattern, affirming that the integration of character values in PJOK has become an important focus within physical education research in Indonesia.

Table 2. Distribution of articles on the integration of character values in pjok learning by year

No	Years	F	Author
1	2013	1	(Ripto, 2013)
2	2019	1	(Meo, 2019)
3	2021	1	(Rahman dkk., 2021)
4	2023	1	(Muhamad Supriadi; Nur Hidayat, 2023)
5	2024	7	(Anindya Syifa Nuraini dkk., 2024; Barus dkk., 2024; Faujiyah, 2024; Frans Rivaldo Gulo dkk., 2024; Hananda dkk., 2024; Maulana & Raharjo, 2024; Susanto dkk., 2024)
6	2025	4	(Hari Juwono, 2025; Novita dkk., 2025; Purwanto & Yuliawan, 2025; Putri dkk., 2025)
Total Research Articles Identified: 15			

The following figure presents the distribution of research publications on the integration of character values in Physical Education, Sports, and Health (PJOK), based on data retrieved from the Garuda database and categorized by year of publication:

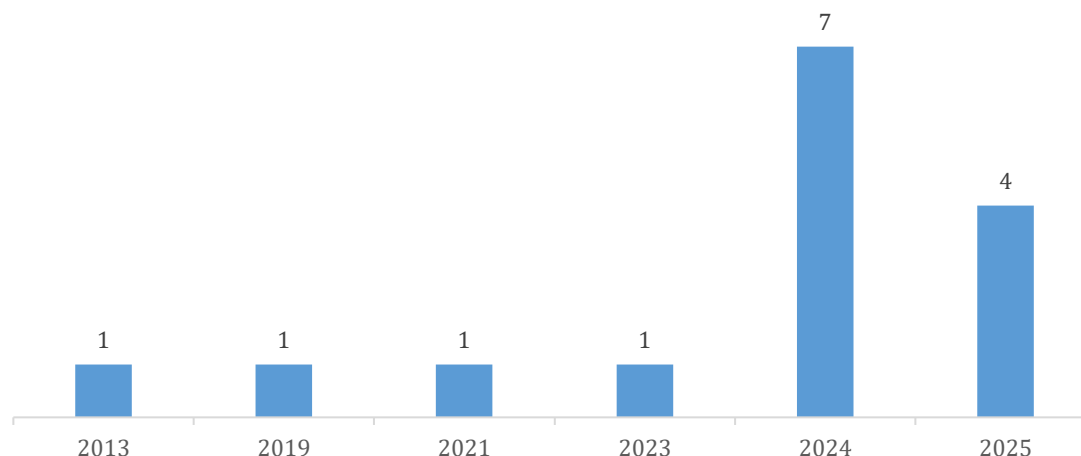


Figure 2. Distribution Of Articles On The Integration of Character Values in PJOK Learning By Year

Between 2010 and 2025, research on the integration of character values in Physical Education, Sports, and Health (PJOK) demonstrated a notable upward trend. Of the 15 publications identified, only about 20% were published before 2021, indicating that scholarly attention to this topic was relatively low during the early period. Beginning in 2021, the number of publications increased consistently, with peak productivity occurring in 2024, which contributed 40% of the total articles (six publications). The year 2025 also showed a positive trend with four articles (27%), while the remaining publications were distributed across 2013, 2019, 2021, and 2023, each with one article. These data illustrate that over the past decade, researchers' interest in integrating character values into PJOK has risen sharply, in line with the strengthening of character education policies and the implementation of the Merdeka Curriculum in Indonesia.

Integration of Character Values in Physical Education, Sports, and Health (PJOK) Learning

Physical Education, Sports, and Health (PJOK) plays a strategic role in shaping students who are not only physically healthy but also possess strong character and holistic personality development. In the context of national education, PJOK is no longer viewed solely as a means to improve physical fitness; it has also become a medium for cultivating moral, social, and emotional values through meaningful physical activities. The integration of character values into PJOK learning has become increasingly relevant alongside the implementation of the *Merdeka Curriculum*, which emphasizes holistic, contextual, and student-centered learning.

Various studies highlight that physical activities can serve as an effective medium for instilling key character values such as discipline, cooperation, responsibility, sportsmanship, and honesty. However, the extent to which these values have been integrated and examined in academic research still requires comprehensive review. Therefore, this systematic literature study aims to analyze trends, thematic focuses, and research findings related to the integration of character values in PJOK learning based on publications indexed in the Garuda portal from 2010 to 2025.

A review of the 15 articles indexed in the Garuda database from 2010 to 2025 shows that 11 studies (73.3%) specifically examined the integration and implementation of character values within PJOK learning at the elementary (SD) and secondary (SMP and SMK) levels. Meanwhile, four studies (26.7%) focused more on theoretical analysis, lesson plan development (RPP), and the representation of character values within instructional media.

Overall, these studies indicate that physical education holds a strategic function in shaping students' character through educationally structured physical activities. The most commonly integrated values include discipline, cooperation, responsibility, honesty, and sportsmanship, as demonstrated by the findings of multiple researchers who emphasize that character development can be strengthened through structured teaching models, cooperative learning strategies, and activity-based instructional approaches. In addition, several studies highlight that explicit teacher guidance, reflective practice, and value-based classroom management significantly enhance the internalization of character values during PJOK activities (Anindya Syifa Nuraini dkk., 2024; Barus dkk., 2024; Muhamad Supriadi; Nur Hidayat, 2023). However, values such as social empathy, peace-building, religiosity, and environmental awareness remain relatively underrepresented within the learning process (Maulana & Raharjo, 2024; Susanto dkk., 2024).

This literature review also reveals that the role of PJOK teachers is the most critical factor in the successful internalization of character values. Teacher role-modeling, consistent habituation practices, and the ability to connect physical activities with moral reflection constitute the key components in fostering positive character development among students (Muhamad Supriadi; Nur Hidayat, 2023; Rahman et al., 2021). Teachers function not only as facilitators of physical skills but also as moral and social role models who shape students' attitudes and behaviors both on and off the field.

In addition, the implementation of the *Merdeka Curriculum* has encouraged the emergence of more flexible, reflective, and context-oriented approaches within PJOK instruction (Barus et al., 2024). This approach enables character values to be integrated more explicitly into learning activities, lesson planning (RPP), and assessment processes. For instance, Maulana & Raharjo (2024) found that 10 out of 18 character values had been incorporated into PJOK lesson plans, although aspects related to social concern and national identity still require further strengthenings.

Interestingly, several recent studies indicate that game-based learning and reflective activities can effectively strengthen the internalization of character values among elementary school students (Purwanto & Yuliawan, 2025; Putri dkk., 2025). Cooperative, reflective, and value-oriented approaches have been shown to enhance not only students' psychomotor skills but also their affective development. These findings align with those who emphasize that value-based physical education makes a significant contribution to character formation and to the mental well-being of learners (Frans Rivaldo Gulo et al., 2024).

Chronologically, there has been a noticeable rise in both the intensity and complexity of research from 2021 to 2025, with approximately 70% of publications appearing after 2023. This development reflects a shifting paradigm, from viewing physical education merely as a means to improve fitness toward positioning it as a holistic avenue for character formation. The trend also signifies growing academic efforts to establish PJOK as an integrative character education platform that merges physical, social, emotional, and moral dimensions.

Nevertheless, several studies highlight persistent challenges in implementation, including limited teacher competence, inadequate facilities, and a lack of awareness regarding the importance of value reflection in physical activities (Novita dkk., 2025). These issues underscore the need for systemic support to ensure successful character integration in PJOK, such as comprehensive teacher training, sufficient learning infrastructure, and curriculum policies aligned with national character education goals.

Overall, this review demonstrates that the integration of character values in PJOK has progressed in a steady and systematic manner, although further strengthening is needed in areas of implementation, evaluation, and value consistency across educational levels. Future research is encouraged to focus on developing value-based PJOK learning models that are contextual, collaborative, and adaptive to 21st-century demands, enabling students to grow not only in physical fitness but also in strong character and resilient personality.

CONCLUSION

Based on the analysis of 15 research articles indexed in the Garuda database from 2013 to 2025, it can be concluded that the integration of character values in PJOK learning has shown significant development in terms of approaches, research focus, and practical implementation. PJOK has been proven to play a strategic role in shaping students' character through meaningful and educational physical activities. The values most frequently integrated include discipline, cooperation, responsibility, honesty, and sportsmanship, while values such as social care, peace-building, and religiousness still require further strengthening.

The increase in publications over the past five years indicates a growing academic awareness of the importance of character education within PJOK, in line with the spirit of the Merdeka Curriculum, which emphasizes holistic learning. Nevertheless, challenges remain, particularly regarding teacher competence, limited facilities, and insufficient reflective integration within learning activities. Therefore, enhancing teacher capacity, promoting innovative learning models, and ensuring supportive educational policies are essential to enable the sustainable implementation of character values. With these efforts, PJOK can optimally function as an instrument for developing students who are physically healthy, morally grounded, and resilient in character.

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