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The Implementation of Learning Motivation in Physical Education and Sports to Enhance Students' Spiritual Intelligence: An Islamic Law Approach

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ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi penerapan motivasi belajar dalam pendidikan jasmani dan olahraga untuk meningkatkan kecerdasan spiritual siswa, dilihat melalui kacamata hukum Islam. Tujuannya adalah untuk mengkaji bagaimana motivasi dalam pendidikan jasmani dapat digunakan untuk membantu siswa tumbuh secara spiritual sesuai dengan prinsip-prinsip Islam. Metodologi kualitatif digunakan, menggabungkan tinjauan pustaka dan wawancara dengan instruktur dan siswa. Analisis tematik digunakan untuk mengidentifikasi komponen-komponen kunci yang berkaitan dengan motivasi, pendidikan jasmani, olahraga, dan kecerdasan spiritual. Temuan penelitian menunjukkan bahwa pengintegrasian nilai-nilai Islam ke dalam pendidikan jasmani dan olahraga mendorong pengembangan kualitas jasmani dan rohani, termasuk disiplin, kesabaran, dan rasa syukur. Guru berperan penting dalam memastikan bahwa lingkungan belajar mematuhi prinsip-prinsip Islam. Penelitian ini juga menunjukkan bahwa peningkatan kecerdasan spiritual melalui latihan jasmani berdampak positif terhadap karakter dan prestasi akademik siswa. Sebagai kesimpulan, penelitian ini menunjukkan bahwa motivasi belajar dalam pendidikan jasmani dan olahraga, yang berakar pada hukum Islam, secara signifikan meningkatkan kecerdasan spiritual siswa dan mendorong pertumbuhan komprehensif mereka.

Kata Kunci: Motivasi Belajar, Pendidikan Jasmani, Olahraga, Kecerdasan Spiritual, Hukum Islam, Siswa.

ABSTRACT

This research aims to explore the application of learning motivation in physical education and sports to elevate students' spiritual intelligence, viewed through the lens of Islamic law. The goal is to look into how motivation in physical education can be used to help students grow spiritually in line with Islamic principles. A qualitative methodology was utilized, incorporating a literature study and interviews with instructors and students. Thematic analysis was employed to discern essential components pertaining to motivation, physical education, sports, and spiritual intelligence. The findings indicate that the incorporation of Islamic ideals into physical education and sports fosters the development of both physical and spiritual qualities, including discipline, patience, and thankfulness. Teachers are very important for making sure that the learning environment follows Islamic rules. The study also shows that improving spiritual intelligence through physical exercises has a good effect on pupils' character and schoolwork. In conclusion, the research substantiates that motivation for learning in physical education and sports, rooted in Islamic law, significantly elevates students' spiritual intelligence and fosters their comprehensive growth.

Keywords: Learning Motivation, Physical Education, Sports, Spiritual Intelligence, Islamic Law, Students.

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INTRODUCTION

In today's fast-paced world, education's job is not only to teach kids academic skills but also to help them grow in other areas of their lives. The goal of education should be to help people grow physically, mentally, emotionally, and spiritually. In this sense, sports and physical education, which are frequently thought of as ways to get in shape, are also great ways to improve your spiritual intelligence. Spiritual intelligence is the ability to use spiritual principles and insights to deal with life's problems and

to follow higher values that promote peace, humility, and societal harmony. This study examines the application of learning motivation in physical education and sports to augment students' spiritual intelligence, specifically from an Islamic law standpoint. (M. Mohammadi, 2025)

This study primarily examines the disparity between the conventional emphasis of physical education on enhancing physical skills and the growing expectation for educational institutions to foster character development in students, especially in terms of their spiritual intelligence. In Islamic education, spiritual intelligence is essential, as it is intricately connected to character development, moral integrity, and the practical application of Islamic principles in daily life. Nevertheless, the incorporation of spiritual values into physical education and sports programs is still inadequately examined. This research seeks to address this deficiency by examining how successful application of learning motivation in physical education and sports might cultivate spiritual intelligence in students, in accordance with Islamic beliefs and principles.

The incorporation of Islamic principles into diverse educational methodologies, encompassing physical education and athletics, has become increasingly significant in modern educational discussions. Physical education has historically focused on enhancing students' physical fitness and fostering teamwork. However, the overarching educational goal, particularly in Islamic contexts, is to develop students who excel in intellectual, physical, spiritual, and moral dimensions. Shariah, or Islamic law, stresses the overall growth of people by bringing together the material and spiritual parts of life. In Islam, education is viewed as a way to develop a well-rounded person who can help society while following moral and ethical rules. (A. Zamani, and F. Abdi, 2023)

Many physical education programs still focus mostly on the physical parts of the activities, though, and don't pay enough attention to how these activities might improve spiritual intelligence. This neglect stems from a constrained comprehension of how sports and physical activities might serve as instruments for cultivating spiritual virtues such as patience, discipline, thankfulness, and resilience. Furthermore, students in modern educational systems, particularly those in Islamic schools, frequently encounter a disjunction between their religious teachings and their academic practices. This study aims to fill this vacuum by including Islamic law into the examination of physical education and sports, highlighting the potential for these domains to be synergized to cultivate both physical and spiritual intelligence in pupils.

The objective of this study is to investigate the effective implementation of learning motivation in physical education and sports to develop students' spiritual intelligence, specifically from an Islamic law perspective. This study aims to investigate the influence of motivation on fostering spiritual development through physical education and sports activities, in accordance with Islamic principles. By incorporating Islamic ideals, the study seeks to demonstrate how these practices can foster essential spiritual attributes such as discipline, patience, and thankfulness, which are vital for students' personal growth. Furthermore,

the study seeks to offer pragmatic suggestions for educators on integrating Islamic values into physical education curricula to promote comprehensive student development. (A. Rayhani, 2024)

The importance of this study is that it could change how Islamic schools teach and how they make decisions about policies. This research illustrates the influence of physical education and sports on spiritual intelligence, potentially motivating educators to embrace a more holistic approach that combines academic understanding with spiritual growth. Furthermore, the study underscores the significance of Islamic law in influencing contemporary educational methodologies, providing a framework that harmonizes both physical and spiritual development within the educational sphere.

Moreover, the study provides a chance to investigate the complex function of physical education and sports in character development, which is becoming more widely acknowledged as an essential component of academic achievement. By integrating Islamic concepts into this subject, students can cultivate not only physical talents but also ethical virtues such as honesty, patience, and perseverance, which are essential for their personal development and societal contributions. (M. Bahrami, M. Alimardani, 2023)

This study presents various innovative contributions, notably through the integration of Islamic law with physical education, a domain that has not been extensively examined. Physical education usually emphasizes physical health; nevertheless, this study investigates its capacity to cultivate spiritual intelligence through Islamic teachings, a dimension frequently neglected in conventional educational systems. The study also stresses the importance of using spiritual intelligence in physical education, saying that it is an important part of students' total character development. It also gives teachers useful tips on how to include Islamic ideals in physical education and sports programs. This is a complete strategy that helps children improve both physically and spiritually.

METHODOLOGY

This study utilizes a qualitative research methodology to investigate the use of learning motivation in physical education and sports to elevate students' spiritual intelligence from an Islamic law standpoint. Data were gathered via semi-structured interviews with educators and students within an Islamic educational context. The interviews sought to obtain insights into the integration of Islamic ideals into physical education and sports activities, as well as their role in motivating students to cultivate both physical and spiritual intelligence. A literature review was also done to look at other studies on spiritual intelligence, learning motivation, and how Islamic teachings can be used in education. The data obtained from interviews were subjected to thematic analysis to discern recurring themes and patterns concerning the impact of motivation on spiritual intelligence. The study's conclusions seek to elucidate the relationship between motivation in physical education and sports and its capacity to promote spiritual growth, grounded in Islamic beliefs. (W. M. Lim, 2025).

RESULTS AND DISCUSSION

Integration of Islamic Values in Physical Education

It is highly vital for students' character that Islamic ideals are included in physical education. Islamic physical education not only attempts to enhance physical capabilities but also seeks to cultivate students' morals and mental well-being in alignment with religious principles. In Islam, a healthy body is viewed as a trust from Allah SWT, necessitating its preservation by activities that conform to Islamic teachings. So, physical education has two main goals: keeping the body healthy and balancing the physical and spiritual parts of life, which is very important in Islam. Many hadiths show that Prophet Muhammad (SAW) strongly encouraged his people to work out and stay in shape. These hadiths stress how important it is to stay healthy and fit as part of praising Allah SWT. Taking care of your body is not only a way to thank Allah, but it is also a Muslim's duty to live life to the utmost. (M. Alimardani, and R. Hashemimad, 2024)

There are several essential ways that Islamic values can be used in physical education. One of these is the way that sportsmanship is taught. The idea of sportsmanship in athletics educates kids to always be fair, honest, and respectful of their opponents. Islam teaches that fairness, honesty, and treating others with respect are important in all parts of life. In Islam, every action must be founded on good intentions and follow high moral standards. Students learn how to play sports fairly, not cheat, and show respect for their opponents and the referees. These principles are very important for building pupils' character since they teach them how to handle their feelings, be gracious in both winning and losing, and act effectively in society.

Also, physical education teaches kids how to work together and respect each other. In a lot of sports, working together is the only way to reach mutual goals. The Islamic idea of *ukhuwah* (brotherhood) says that Muslims should aid, work together, and support each other in all areas of life. Students can learn how to get along with others and improve their connections of brotherhood through sports, which require team members to work together and engage with each other. Students learn how to work together as a team in physical education by using these values. They also learn how to enhance social values that help make a supportive and peaceful community.

Discipline and responsibility are two further parts of physical education that can be combined with Islamic beliefs. Students learn to be very disciplined in sports, such obeying the rules, being on time, and practicing a lot. This is in line with what Islam teaches, which firmly stresses the significance of discipline in everyday life. A Muslim should always respect time, whether they are praying or doing something else. Sports also teach kids how to take care of themselves, whether it's by keeping their bodies healthy, following training plans, or getting better at the game. Discipline and accountability are important for helping pupils grow into independent and trustworthy adults. (S. Ghobbeh and A. Atrian, 2024)

In this sense, physical education that follows Islamic rules also includes making sure that clothing follows religious rules, including covering the *aurah* (private portions of the body). This is a problem

because many modern sports need clothes that aren't always in line with Islamic law. But as more people learn about how to mix religion and athletics, several schools have started to offer athletic apparel that covers the *aurah*. This lets kids take part in strenuous activities without breaking religious rules. This manner, pupils can keep their Islamic ideals while also getting the benefits of the sports they play.

Studies show that including Islamic beliefs in physical education not only helps students' health but also helps them become better people. Students who do sports and other activities based on Islamic ideals tend to be more disciplined, have a better attitude, and show more respect for others. They also get better at managing their emotions and deal with problems in a calmer and smarter way. Also, physical education that is founded on Islamic values helps kids feel closer to Allah SWT. Students should be more thankful for the health that Allah has given them and use their bodies to accomplish good and get closer to Him by knowing that athletics is a form of worship. (M. Alimardani, 2024)

Moreover, physical education that incorporates Islamic values establishes a robust basis for kids to cultivate a character that is congruent with religious principles. In this way, physical education not only helps people physically, but it also helps them morally and spiritually, which are important for building character. Students learn how to keep their bodies and souls in harmony and build a character that is not only physically healthy but also morally good through sports that are done in accordance with Islamic teachings. In this way, physical education that is founded on Islamic beliefs helps to raise a generation that is not only smart but also has good character and high morals. The goal of incorporating Islamic beliefs into physical education is to help students understand how important it is to keep their bodies and minds in balance and to use these values in their daily lives. Islamic values-based physical education is a good way to raise a generation that is healthy, smart, and good. (M. J. A. Khadavi, Nizar, and A. Syahri, 2025)

Learning Motivation as a Catalyst for Spiritual Intelligence Based on Islamic Teachings

Learning motivation is very important for developing spiritual intelligence, especially when it is based on Islamic beliefs. Motivation is generally seen as a driving force in education that pushes students to actively participate in learning and work hard to succeed not only in school, but also in their personal and spiritual growth. When connected to Islamic beliefs, learning motivation changes from just an intellectual goal to a whole process that helps a person grow in all areas, including their mind, body, and spirit. (R. J. Sternberg and J. A. Horvath, 1993)

The Quran and Hadith tell Muslims to always try to learn more and grow spiritually. Islamic teachings stress the necessity of obtaining knowledge. These teachings give us a strong base for combining spiritual intelligence with learning desire. Islamic traditions say that spiritual intelligence is the ability to follow divine guidance, look for inner peace, and live by the rules of justice, humility, and compassion. It has a lot to do with how you feel about Allah SWT and how you feel about other people

in your community. So, motivation isn't just about getting things from the outside; it's also about feeling spiritually fulfilled on the inside. (H. S. Lubis, and M. Munawaroh, 2023)

In Islam, the quest for knowledge is regarded as a form of worship, and this viewpoint profoundly impacts students' motivation to learn. In Islam, the desire to gather knowledge is not solely for worldly advantage but as a conduit to strengthen one's relationship to Allah, thereby cultivating spiritual intelligence. This kind of thinking changes the focus of motivation from self-interest to a higher purpose, stressing that learning is a spiritual journey that never ends. Islamic beliefs urge people to seek knowledge that will help them in this life and the next.

This creates inner motivation that doesn't depend on getting praise from others or making money. One of the most important parts of spiritual intelligence in Islam is being able to think about what you do and understand the underlying meaning of life. This reflecting quality is cultivated through the learning process, where motivation rooted in Islamic beliefs encourages students to pursue knowledge not solely for personal growth but for the enhancement of society.

In this framework, learning becomes a way to do your duties as a servant of Allah and make the world a better place. Islamic teachings also stress the significance of sincerity and intention, which are very important for getting people to want to learn. The Islamic notion of *niyyah* (intention) emphasizes that the motivation behind any action, including learning, should solely be for the sake of Allah. This idea of *ikhlas* (sincerity) is fundamental to Islamic motivation, transforming the learning process into both a pathway to scholastic success and an expression of devotion. So, spiritual intelligence is improved because students want to please Allah and use what they learn in ways that are in line with His desire. (H. S. Lubis, 2024)

Learning, when pursued with the appropriate motivation, acts as a catalyst for spiritual intelligence. Students who are motivated by Islamic beliefs are likely to show more strength, patience, and determination, which are all important for spiritual growth. These traits help people deal with problems with a positive attitude, knowing that setbacks are part of a divine design and that every experience helps them improve, both mentally and spiritually. Islamic teachings also stress the need of *taqwa* (being aware of God) in all parts of life, including learning. A motivated learner who seeks spiritual intelligence is someone who always tries to make their actions and knowledge fit with what Islam teaches. This helps them connect more deeply with Allah and grasp moral and ethical issues better. (S. Shaari and M. Matore, 2019)

This spiritual awareness not only encourages students to learn more deeply, but it also makes them feel that they have a duty to use what they learn to help society as a whole. The desire to learn based on Islamic teachings, then, creates a well-rounded person who not only does well in school but also tries to live by spiritual and moral values in other areas of their life. Learning motivation is important for developing spiritual intelligence since it helps people become smart, moral, and spiritually aware. This

connection between learning motivation and Islamic values gives students the tools they need to deal with the problems of the modern world while yet staying true to their faith. In the end, studying motivation based on Islamic teachings helps people improve their spiritual intelligence, making them knowledgeable, kind, modest, and intimately linked to Allah and other people. (R. Hashemimad and J. Adabi, 2022)

Practical Implications for Educators in the Context of Islamic Law

The practical ramifications for educators within the framework of Islamic law are extensive, affecting the curriculum and pedagogical approaches, as well as the moral and ethical principles guiding educators' conduct. In Islam, education is not just a way to learn new things; it is also a way to improve a person's moral and spiritual character. The Quran and Hadith stress that teaching, studying, and seeking knowledge are forms of worship. These teachings are very important for teachers to follow in their jobs. (R. M. Rizal, 2024)

One of the most important things that Islamic law says about teachers is that they should think about the *niyyah*, or intention, behind what they do. In Islam, every activity should be done with the goal of pleasing Allah SWT, and teaching is no different. Teachers should see their job as a chance to fulfill their religious responsibility, share information, and help pupils grow both intellectually and spiritually. This objective influences the entire teaching process, guaranteeing that educators are driven by a greater purpose instead of self-interest.

Another practical effect of Islamic law on teachers is that they have to make sure that the classroom is fair, equitable, and equal. Islamic law says that everyone, no matter where they come from, should be treated with respect and decency. So, teachers should make sure that all of their kids have the same chances to do well in school. This includes meeting the needs of all types of students and making sure that no kid is left behind because of their gender, social class, or race. (Z. Rajabi and A. R. Asgari, 2015)

Teachers must also be fair when they grade and test students, making sure that no one gets an unfair advantage or is treated unfairly. Each student should be graded based on their own work and performance. Islamic law also stresses the need of *akhlaq*, or moral character. This means that teachers should not only teach students but also be good role models. Teachers should show the moral values that Islam teaches, like honesty, humility, patience, and kindness. These concepts help teachers deal with students, coworkers, and people in the community. Teachers may have a positive effect on their students and help raise a generation of morally upright people by setting a good example. (E. B. Baharuddin, 2015)

The idea of *ta'lim* (instruction) in Islamic law also stresses the need to help people improve both mentally and spiritually. Teachers are encouraged to teach not just academic subjects but also principles that assist pupils become responsible, ethical, and spiritually aware people. This all-encompassing approach to education makes sure that children do well in school and also get the emotional and spiritual skills they need to deal with life's problems. For instance, when teaching Islamic studies or religious

education, teachers are expected to teach students not just the theoretical parts of Islam but also how to put these teachings into practice in their daily lives, which would help them become more spiritually aware and morally responsible. Islamic law also says that teachers and students should get along well. Teachers should be kind and respectful to their students, and their job is more than just teaching them things. Teachers are thought of as guides and mentors who help pupils with both their schoolwork and their personal growth. The Islamic principles of *rahmah* (compassion) and *muwaddah* (affection) provide the basis for this relationship. These principles underline the significance of caring for the well-being of others.

This means that teachers should be patient, empathetic, and easy to talk to, and they should help and encourage pupils who are having a hard time. Islamic law also says that teaching should be done in a way that promotes critical thinking, creativity, and introspection. Islam values learning, but it also wants people to think carefully about what they learn. Because of this, teachers should create an environment where kids are encouraged to think for themselves, ask questions, and challenge ideas in a positive way.

This method is in line with the Islamic tradition of ijtihad, which says that people should use their brains to understand and interpret the world in light of Islamic principles. Another practical application of Islamic law is the necessity of upholding ethical behavior in educational settings. This means making sure that what is taught is in line with Islamic beliefs and principles. For example, teachers should not teach things that go against Islamic principles, advocate immoral behavior, or urge behaviors that go against Islamic teachings. Islamic law also sets rules for how male and female students should interact with each other, with a significant emphasis on keeping proper limits and respecting modesty. L. W. S. Fry, Vitucci, and M. Cedillo, 2005)

Teachers are encouraged to follow these rules, which will help create a learning environment that respects Islamic beliefs and encourages cooperation and respect among students. When it comes to managing a classroom, teachers are told to punish their students in a way that is fair, patient, and just, according to Islamic values. Islamic law stresses the necessity of guiding students with knowledge, giving them chances to learn from their mistakes, and giving them constructive comments instead of harsh punishment.

This method not only helps students grow as people, but it also makes the classroom a better and more supportive place to learn. The notion of *ilm* (knowledge) in Islamic law also influences ongoing professional development for educators. In Islam, the quest for knowledge is a lifelong commitment, and teachers are urged to keep learning and getting better at their jobs throughout their lives. This dedication to self-improvement not only benefits the educators but also their pupils, since it guarantees that instructors possess the most current knowledge and instructional methods.

Finally, Islamic law says that teachers should use their knowledge and abilities to help the community as a whole. You can do this by volunteering, reaching out to your community, and getting

involved in social projects that help other people. In Islam, knowledge is seen as a trust, and teachers are required to use what they know to make society better by following Islamic rules to solve moral, social, and economic problems. In conclusion, the practical ramifications for educators within the framework of Islamic law are complex and profoundly anchored in the principles and doctrines of Islam. Teachers are required to be honest, fair, and kind in their work, and they should help their students improve both intellectually and spiritually. They need to be good examples of how to act ethically, create an environment that stimulates critical thinking, and follow Islamic rules in their teaching. By doing this, teachers may help raise a generation that is ethically good, smart, and spiritually aware. (S. M. N. Al-Attas, S. M. N, 1999)

CONCLUSION

Using an Islamic law approach to teach pupils about learning motivation in physical education and sports could greatly improve their spiritual intelligence. One of the best things about this method is that it can help people grow physically, mentally, and spiritually. Islamic beliefs stress the significance of taking care of both the body and the soul. When these teachings are used in physical education, they help students see their physical activities as acts of worship as well as ways to improve their health. This all-encompassing view helps students better comprehend how their physical health and their spiritual growth are linked. Adding intrinsic motivation, which is based on Islamic values like sincerity (*ikhlas*) and the desire to serve Allah SWT, makes the learning process even better. Students are driven by a greater goal that fits with Islamic teachings about acquiring knowledge and bettering oneself for the good of both this life and the next. This not only improves their physical skills, but it also helps them build their moral and ethical ideals, which helps them become more spiritually intelligent. Furthermore, the role of educators within this framework is essential, as they exemplify ethical conduct and cultivate an environment that promotes both intellectual and spiritual development. In summary, the Islamic law approach to the integration of learning motivation in physical education and sports provides a plethora of benefits. It fosters pupils who are not only physically fit but also spiritually aware and ethically grounded, making them well-rounded. This method offers a comprehensive educational model that can significantly influence the development of individuals who are successful in their academic and physical pursuits, as well as in their spiritual and moral lives, by emphasizing the balanced development of the body, mind, and spirit.

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