

## Christian Leadership in Sports Education The Holistic Transformation Through Taekwondo Class in Jakarta

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### Abstrak

Tujuan dari penelitian kualitatif ini adalah untuk mengeksplorasi transformasi holistik siswa yang mengikuti kelas taekwondo di tiga lembaga pendidikan olahraga di Jakarta. Transformasi holistik diartikan sebagai perubahan aspek fisik, mental, dan spiritual siswa. Oleh karena itu, pendekatan holistik terhadap kesehatan dan kebugaran melalui pendidikan olahraga Kristen dianggap penting. Penelitian ini mengeksplorasi pertanyaan-pertanyaan berikut: apa tujuan kepemimpinan Kristen dalam pendidikan olahraga; bagaimana mengajarkan nilai-nilai Kristen melalui kelas taekwondo; apa peran master taekwondo sebagai pemimpin; dan bagaimana transformasi kepribadian holistik pada siswa melalui kelas taekwondo? Untuk menjawab pertanyaan tersebut, dilakukan wawancara semi terstruktur dan diskusi kelompok terfokus. Para peserta termasuk Pendeta, pemimpin olahraga Kristen, guru olahraga, master Taekwondo, siswa Taekwondo dan orang tua. Setting penelitian ini adalah tiga organisasi pendidikan olahraga berbasis Kristen di Jakarta yang menawarkan kelas taekwondo untuk anak-anak dan remaja, baik Kristen dan non-Kristen: K-art Studio, New G, dan tim Somang Taekwondo.

**Kata kunci :** *Kepemimpinan Kristen, Pendidikan Olahraga, Taekwondo, Perspektif Kristen.*

### Abstract

The purpose of this qualitative research is to explore the holistic transformation of students attending taekwondo classes in three sport education institutions in Jakarta. The holistic transformation is defined as change in student's physical, mental, and spiritual aspects. Therefore, a holistic approach to health and wellness through Christian sports education is deemed important. This research explored the following questions: what is the purpose of Christian leadership in sports education; how to teach Christian values through taekwondo class; what is the role of taekwondo master as leader; and what is the holistic personality transformation in student through taekwondo class? To answer those questions, semi structured interview and focus group discussion were conducted. The participants include Pastor, Christian sports leader, PE teachers, Taekwondo masters, Taekwondo students and parents. Settings of this study were three Christian-based sports education organizations in Jakarta that offered taekwondo class to both christian and non-Christian children and teenagers: K-art Studio, New G, and Somang Taekwondo team.

**Keywords:** *Christian Leadership, Sports education, Taekwondo, Christian Perspective.*

### INTRODUCTION

This research is to examine the Christian perspective on health and to find out how it appears in the sports education. Christian leadership in sports education has two purposes, to grow faith in Christians and to convince unbelievers and this research that strategy to fulfill the mission into Indonesia through Christian leadership in sport education. As above, the purpose of this research is the necessity and importance what is Christian leadership in sports education and suggest that sports

are very effective for mission or for spreading the gospel. Through the Christian leadership in the sports education is reflected on important the human health and life transform as a Christian value. First, present about the general sports education is presented the common purpose and values and further reinterpreted from a Christian perspective. Second, Christian sports education suggest examining the importance and identity which is possible to understand good health. Finally, the biblical and the holistic Christian sports education is established and creative, Christian worldview, and relational principles are explored based on the theory of the Christian programme in the sports field. By presenting a Christian education course through sports education, especially Taekwondo, it will be of great help to experience recovery and experience the kingdom of God in life, including individuals, schools, families, and society. This research that through Taekwondo, present an educational theory for holistic transform as a Christian and Christian leadership that restores fallen human beings and resembles the person of Jesus incarnate.

## 1. Today's Sports

Today, when individual immunity has become more important due to the corona virus, sports activities themselves are the best way to overcome the corona virus. Sport means A human activity involving physical exertion and skill as the primary focus of the activity, with elements of competition or social participation where rules and patterns of behavior governing the activity exist formally through organizations and is generally recognized as a sport. Basically, through sports activities of people, it is possible to maintain and improve health and physical strength, and to achieve harmonious development of mind and body (Juhan Park, 2010). Furthermore, it is possible to improve human qualities and maintain smooth human relationships through group activities in sports. Through sports activities, participants develop strong will power, mental strength and social attitude. Through this, self-satisfaction, development, compliance, and morality can be cultivated.

Sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking etc. It is that if a value exists in and for itself which means an Intrinsic value (Lurie, 2003). Intrinsic value relates to fitness, fun, and personal achievements (Nicholas Hunt-Bull, 2003). Another sports value is Extrinsic value (Lurie, 2003). In conclusion, it can be the value of sports is a holistic education based on physical activity and has a great influence on the formation of desirable human beings, and furthermore, it can be said to have an influence on society, the country, economy, and politics. This means that intrinsic and extrinsic values are in harmony. It is classified into 9 categories as follows; Classification of types of sports values;

- a. The Biological Values,
- b. The Economic Value
- c. The Social Values
- d. The Theoretical Values
- e. The Aesthetic Values
- f. The Political Values
- g. The Moral or Ethical Values
- h. The Emotional or Psychological Values
- i. The Religious Values

## 2. Sports Education

Sports refers to a field of education that maximizes the potential value of physical activity. Also, J.F. Williams defined sports as activities through physical education and physical exercise. Education through physical exercise refers to education that intentionally forms the body and at

the same time seeks to complete personality such as personality formation, emotional intelligence, intellectual development, and social development (Jungae Yoo, 2012). These physical activities can be seen as more important to humans because they also affect human development and health. This is because physical health is important in life, and personal health is directly linked to national and social development. As such, it has been believed that physical health brings happiness in human life, so the importance of sports education is emerging. The importance of sports education can be seen to be connected with the understanding of human and physical education discussed earlier. In other words, it helps us to recover our humanity through physical activity and to recognize that it is an important educational activity to form not only the body but also the personality. Although sports education is clearly a discipline, it is often thought that it is limited to just physical activity rather than discussing its academic value.

### 3. Leadership in Sports

Leadership refers to a complex relationship that includes not only the leader himself, but also the situation in which the leader exerts influence and the members under the direction of the leader. In sports psychology, a leader is “a behavioral process that influences individuals and groups to achieve set goals”. In other words, one individual (coach) can influence others (players) to lead them towards their goals. The theoretical development of sports leadership is as follows;

- a. Characteristic approach
- b. Behavioral approach
- c. Research on coaching behavior

According to the results of analyzing the coaching behavior, the coaching styles preferred by the players were investigated, and the most preferred ones were training and guidance, social support, and praise. On the other hand, the coach's behavior that the players wanted the most: not nagging, having a sense of humor, guiding the players individually, having professional knowledge, leading the team atmosphere, etc. were found in the following order.

### 4. Taekwondo

Taekwondo is a well known sports from Korea. Today, it has developed into a world-class martial arts sport practiced by 80 million people in 209 countries. Taekwondo is a bare-body martial art that anyone, regardless of age or gender, can enjoy and regardless of location. Furthermore, Taekwondo is being practiced not only as an Olympic sport, but also as a health exercise and character education. At the etymological definition of Taekwondo, it means the 'Tae to tread, the knuckle of the fist, and the Way, that is, the Way of the feet and fists. As a dictionary definition, Taekwondo is a representative martial art unique to the Korean people. According to the Korea Taekwondo Association, “Taekwondo is for any person, male, female, old or small, without any restrictions, without any weapons, and using hands and feet anytime, anywhere to hone the skills of defense and attack, to develop a humane path through mental and physical training. It is a martial art and a sport that encourages walking” (Kukkiwon). However, the spirit of Taekwondo emphasized by Kukkiwon represents the spirit of other martial arts that emphasize tradition with a nationalistic expression, and it is difficult to see it as a unique spirit of Taekwondo. If people look at the spirit of Taekwondo, it is more specifically described as the 'five spirits of Taekwondo' and the spirit is 'decency, self-discipline, perseverance, self-discipline, and perseverance'. Courtesy is the courage that trainees seek to maintain integrity, and it is achieved through training and nurtures good manners (Kukkiwon). Qualifications and Conditions of a Taekwondo Instructor is that Expertise, Technology, Leadership ability, Management ability, Personal Factor, and Liberal Elements.

## 5. Christian Perspectives on sports

This is because a correct understanding of this sport can only be achieved by a correct understanding of the human body related to it. To understand man, who must first go back to the Bible and begin to illuminate the meaning of the image of God in the Bible. (Youngjun Seo 2012). At the book of Genesis in the Bible, it is recorded that God created man in His own image, that is, in the image of God (Gen 1:27). Man, created in the image of God, is a special being, unlike other creatures. At the time of creation, God created man as a spiritual being by breathing life into man's nose with dust. Human beings who resemble the image of God can be considered to have a spirit, body, intellect, emotions, and will as a whole person. According to the breath of God, so human have a spirit.

These holistic elements of human beings appear in various relationships. In other words, it has a relationship with God, a relationship with others, a relationship with the created world, and a relationship with oneself, that is, an integrated relational existence. Thomas Groom who presented, 'Christian Religious Education, that human beings should promote spiritual growth by deepening their relationship with God in Jesus Christ. 'In this way, deep spiritual maturity can be achieved through a relationship with God. it will end Therefore, the human beings spoken of in the Bible were created in the image of God, and through a deep relationship with God the Creator, they achieve spiritual maturity and eventually reach the stature of the maturity of Christ (Eph 4:13).

God has created the world for shalom and to play with humans in the Garden of Eden, but the human was destroyed because of breaking God's promises (Gen 3). which call that the Fall in the bible. In each sport has certain rules. The rule of sports is a promise. However, most people break this promise, which call that the foul. There is something in common between the sports scene and the Garden of Eden in Genesis. First Both had an appointment. Second, there is a punishment for breaking about the promise. You can play sports to your heart's content within the rules, but there is a penalty for breaking the rules. However, the moment you commit a foul, quarrels arise rather than enjoyment. And you get kicked out. The referee is doing the role of judging whether the players and participants are properly following the rules of the promised game. This can be said to be like the rule of God who created the world.

This thesis investigated the relationship between original sin and foul in the current sport in the Garden of Eden, and how to enjoy sporting competition as a Christian who does not just teach sports and nurture athletes, but as a Christian sportsman, who is able to organize my experiences while preaching and teaching God's providence of salvation in sports field.

## 6. Christian Leadership in The Sports

### a. The Christian Leadership

That is, it must lead to God. Therefore, Barna stated that the core of a Christian leader is "those who are called by God to lead people (calling), those who lead by the character of Christ (character), and those who functionally exert their abilities for leadership (ability)" Definition of Bartholomew & Goheen 'Christian leadership is not just the transfer of knowledge. 'The basis of Christian leadership is understanding the Bible. In other words, the theological background is the core of Christian leadership. Following the first human sin, every-thing became distorted. So, understand that Christian leadership Begins from the Creation Principle- Creation, Fall, and Salvation. This is the core of Christian education.

This thesis attempts to present Christian leadership from two perspectives. The first is leadership to bring unbelievers to believe in Jesus. The second is to live from a Christian perspective through Christian education.

b. Christian leadership in the sports

Sports and sports programs as a medium to expand the ministry of evangelism, which is the Lord's last great command. In general, the purpose of sports missionary work is to achieve evangelism, discipleship and fellowship with those who do not yet know God through sports. The sports mission plan is meaningful to gather through sports, to mature spiritually through the gospel, to bring men and women with natural talents to play, please God with the gift God has given, and to spread the gospel of Christ.

- 1) Christian sports educators educate that in. the sports by Christian value.
- 2) Christian Physical Education Teacher at school
- 3) Christian sports coach
- 4) Christian sports education as Taekwondo master

7. Taekwondo class in Jakarta as a Means of Holistic. Personality Transformation.

a. K-Art Studio

It was established in Kelapa Gading, Jakarta Barat in August 2018. The name of K-art studio has two meanings. First, K: means 'Korean culture. 'This studio, because it teach Korean culture such as Taekwondo and Korean dance. Second, K: means-Indonesian word 'KASIH- love. 'So, the meaning of K-art studio which 'place to convey the love of Jesus through Korean culture'. In other words, it has the meaning of the holy temple of the Lord. Through this, many people are getting rest through the love of the Lord. Various people come to K-art studio, from 6-year-old kindergarteners to adults, Christians, non-Christians, Koreans, Indonesians, etc. Anyone can come and learn the Taekwondo.

b. Somang Taekwondo Team

It has now been 5 years since I started Taekwondo with the title of 'Mengerjar Mimpi. 'It started on May 20 2017 with 8 children, and now there are about 40 students, ages 8 to 17, who are learning. They are 95% Muslim. economically difficult. So, the goal of the Taekwondo class was Mengejar Mimpi. "The trainees change behaviors, beliefs, thoughts, and values. This is called transformational thinking. Taekwondo education is to change their values. The goal of Christian leadership in sports education is to transform the worldview. The program that implements this is the whole life coaching Taekwondo class. The ministry of changing the worldview is the core of sports Christian leadership. Education that establishes a Christian worldview, education that establishes a Christian culture, and an education that takes root in the conflict between new values and worldviews are the core of the Somang Taekwondo team's education.

c. New G

A leader explained "Why and how should Christians preach the Gospel in the sports field? That answer is, "The heart of God who saved mankind by sacrificing His children, the heart of Jesus who saved mankind by sacrificing Himself, and the heart of the Holy Spirit who still loves and cares for us today." A coach acting in the role of a father and mentor for the youth and children of today.

New G is an organization that educates Christian value through various sports education. New G supports PE teachers, support sports instructors and have own sports academy. Students who enjoy various sports in New B from 7 to 18 years old, and participate in basketball, futsal, and taekwondo. 95% of the participants are Christians, and people can learn Christian values from an early age while learning sports. Bible learning through Taekwondo. There are two views of the church in the Bible. First, the tangible church (the shape of a normal church), and the second intangible church (each person is a holy temple). It serves as a place for the church.

## METHOD

This research method reconstructed Christian leadership through sports education in the sports field (K-art studio, somang and New G). The value of sports education was evaluated based on literature review. Based on that, Christian leadership in the sports field. This thesis was written according to the procedure of three research methods.

- a. Literature review
- b. Interview
- c. Focus Group Discussion

Through this, academic results on Christian leadership in sports education were drawn. In the literature review, literature research on various values, educational meanings, and historical considerations of sports and sports education from a Christian perspective were analyzed. Through the interview, various stories about sports education through Christian leadership that are actually applied were found. Finally, through FGD, it is possible to draw conclusions about various stories and practical applications of parents as well as sports participants.

The purpose of this qualitative research is to explore the holistic transformation of students attending taekwondo classes in three sport education institutions in Jakarta. The holistic transformation is defined as change in student's physical, mental, and spiritual aspects. The holistic transformation is expected as the results of the Christian values taught and exemplified by the taekwondo masters as leaders for their students.

In this qualitative research, data are gathered through Interview : This is the most common format of data collection in qualitative research. According to Oakley A, 1998 qualitative interview is a type of framework in which the practices and standards be not only recorded, but also achieved, challenged and as well as reinforced.

- a. Semi-structured Interview
- b. Focus Group Discussio

Focus group discussion is a technique where a researcher assembles a group of individuals to discuss a specific topic, aiming to draw from the complex personal experiences, beliefs, perceptions and attitudes of the participants through a moderated interaction. (Cornwall & Jewkes 1995). saat siswa mengerjakan soal yang diberikan oleh guru (tes formatif).

## RESULTS AND DISCUSSIONS

In this part, the information gathered from interviews and FGD conducted in K-ART, New G, and Somang will be explained and analyzed.

### 1. Christian Leadership in Sports Education

Christian leadership is in G.M. Schreyer, "The Most a mission of Christian sports education is to cultivate a smooth relationship between God and man." Christian sports education is becoming Christian that means be like Jesus. According to Pastor Andy's interview, he explains that "Christian leadership is leading to God." Therefore Christian leadership in sports education must bring these two together. That is, inner self-satisfaction (physical, emotional, etc.), external satisfaction (social, life balance, etc.) and one more addition, Spiritual value - Recognizing the presence of the Holy Spirit and drawing unbelievers to the Lord.

According to Taekwondo Instructor Yehezkiel, who practices this, "I can see the students change their life through the Life Taekwondo program. I want that my students come to Jesus with their actions and personalities." Through Christian leadership in sports education, students do not



simply develop physical education, health, and stamina, but learn God's creation of man and the health of the Bible.

In conclusion, Christian leadership in sports education has two purposes. first. to grow in the faith of Christians, to reach maturity (Ephesians 3:14~). People can learn the Bible, not just learning the Bible at church, and it will be applied to lifestyle. Second, to convince unbelievers. It is to make people who do not know God come to God. So, Christian leadership in sports education can be said to teach and keep the Word of God through sports.

## 2. Teaching Christian Values through Taekwondo Class.

Andy said, "We can teach it through the whole. life coaching" offered by the international sports movement. How will the sports scene be viewed? In Christian leadership teaching, the sports scene should be viewed as the church. The church is a place where the word of God is preached. A place to worship God. Therefore, "Christian leadership in sports education should be a place to worship and praise God."

## 3. The Role of Taekwondo Master as Leader

Who is a good leader as a Taekwondo instructor? Kukkiwon explains the qualities and leadership of an instructor as follows; 1) A clear sense of duty, 2) Expertise, 3) Technology, 4) Leadership ability, 5) Management ability, 6) Personal Factor, 7) Liberal Elements Of these. The role of a Taekwondo instructor can be roughly divided into two parts: Taekwondo skill improvement, that is, the Taekwondo part, the human part between the instructor and the trainees, and character training.

It is an important condition to understand the physical, mental, and social structures and functions to become an ideal human being, which is the purpose of taekwondo education, as well as facilities and programs for health and physical fitness development. So what if add Christian leadership to this? The same conclusion can be drawn from the Christian leadership in sports education mentioned earlier.

Physical training (skill improvement, physical. strength improvement) -> Personality perfection (mind) -> Spiritual training (Spirit). In particular, Taekwondo can be applied most effectively through Christian leadership among many sports.

## 4. The Holistic Transformation is in Student through Taekwondo Class

The primary goal of sports was to maintain one's own health and physical health. However, what people learned from the interview and FGD was that changes in their behavior included changes in his family, relationships with friends, and changes in the Taekwondo team.

According to the interview and data, the value of sports can be divided into three parts. First, physical change - What students want to learn through Taekwondo, from the trainees' FGD the improvement of skills in taekwondo. Physical development was expected through Taekwondo, such as a healthy body and acquisition of high skills. Second, it is a personality change. In particular, the parents of the trainees came out high in this part. It is that students learn Taekwondo by expecting a good life, a good character, and a decent life. Third, it is a spiritual change. This is what Christian educators expect. In other words, it appears that teaching Taekwondo expects changes in the spiritual and Christian values beyond physical and personal changes. The ministry of changing the worldview is the core of sports Christian leadership.

## 5 Limitations

This research has many limitations, among others:

### a. Time

- 1) Absence of sports educators with Christian. leadership
- 2) Time-consuming holistic transformation process

#### b. Clash of Worldviews

The first purpose of the participants is to enjoy sports. Spreading Christianity in the sports field itself causes many people and worldviews to collide. In particular, conflicts of religious worldviews sometimes cause great problems. In particular, Christian leadership through sports education in Indonesia has limitations that must be done very carefully and slowly in a long-term plan.

### CONCLUSION

Today, Christians have to go forward to the sports field with Christian values, so Christians have an obligation to correct what is wrong. Sports have so good advantages, simply good for health. Christian leadership in sports education does not stop with intellectual knowledge. It applies well in our lives. Christian education should be applied everywhere. Christian education and philosophy must be applied in all areas of our lives, especially in the sports field. God also restore and harmony between God and human through Jesus.

Christian leadership in sports education refers to all efforts to expand the evangelism ministry, the last great command of the Lord, through physical education and physical education programs as a medium. The use of sports, that is, sports and sportsmen, sports-making skills and technicians, all become the medium of mission and spread the gospel of Christianity to the whole world.

Researcher would recommend that this. research would keep Christian values through Sports in Indonesia which is the world's largest Muslim country. Influenced by Islam, it is easy to lose Christian values in Indonesia's society, culture and lifestyle. Therefore, it is not easy to keep Christian values while living in Indonesia. The core of Christian sports education is to keep the world view and values. The purpose of Christian sports leadership is to help students establish Christian values. Christian sports education can awaken Christian behavior, habits, and culture. Christian must bring Christian culture to them. As people protect Christian values in the common culture about sports, this thesis proposes to build the kingdom of God in Indonesia.

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