

CHAPTER I

INTRODUCTION

A. Background of The Problem

The national education is being intended to educate the Indonesian people and establish the society to be entire Indonesian society which means to have a balanced physical and spiritually. Through education, Indonesia aims to produce the society who have certain quality.

Therefore the national government fasten sport activity as a part of the subject studied at school which is known as sport and physical education. Physical education is subject which emphasize sport and physical activity and the effort which exist consciously through the education.

The physical education exist to intend in order that the student consider and be able to improve health, physical fitness, and motor skill through kinds of sport games. Beside that, the students are expected to be able to socialize and participate in using the free time with physical activity actively and routine.

The physical education is a kind of subjects which is a part of whole learning processes that prioritizes physical fitness and healthy habits that leads to physical growth and development, mentality, social which is balanced and harmony. Physical education is a subject which exists in whole level of the national education that consist of primary, junior, and high school as well.

One of the sport activity content in physical education is athletic. Athletic is known as the mother of sport, because the motor skill inside is reflected by the typical day such as walking, running, jumping, and throwing. One of the athletic

activities we know as well is long jump. Long jump is a movement that aims to raise the leg that intend to bring the point of weight in the air as long as possible which is done quickly by stepping on the stepping board with single leg to reach distance which far. It means in long jump, the jumper step on the stepping board with strongest leg lead to the sand box as far as possible. The score which is gotten by jumper is taken by part of body that falls closest from the stepping board. In long jump it self, there are three kinds of style indeed. Those are tuck, hang style and walking in the air style which is distuingished by the way the jumper on the air.

Junior high school is the education level in which the range of student age are between 12 to 15 old. Generally in this age, the children have big sense of curiosity to observedeverything including long jump learning process. It will make the teaching material can be delivered easily if the treatments used by teacher are appropriate and unconfine the student to explore themselves. The effort that might be used by teacher to stimulate student attractiveness during the learning process is how to make the class situation become pleasant. The teacher must earn propose to establish pleasant teaching material thata able to be delivered easily. One of the ways to realize is by implmenting the scientific approach.

The scientific approach is a learning contrivance in order that student be able to construct the concept, rule, or fundamental actively through steps including observing, problem formulating, hipotesys proposing, fact collecting with various technique, data analyzing, conclusion and comunicating the concept,

rule, and the principle found. Scientific approach aims to give comprehension to the student to observe and comprehend various material by scientific approach.

The scientific approach emphasizes that information can be earned from anywhere, anytime, and not only depends on teacher at once. So therefore the learning situation is expected to established, will able to stimulate the student liveliness to find out the information from various sources independently. In otherwise the expectation and learning intention can be reached. The information that collected by student themselves must be adhere more than one way learning process delivered by teacher, because in collecting information process the student will experience various effort and observation technique. So the effort will contstruct students comprehension well.

The scientific approach involves processes including observastion, classifying, measuring, clarifying, and concluding. In implementation, direct teachers involving is minimal. The goal is to make students can comprehend the learning material. In this stuff the teacher should have mastered the lesson first so the teacher will be able to become the fasilitator and to oversee the student intensively.

The physical education success can be measured by the comprehension stage, the student charge of lesson, and learning result. The higher comprehension means the higher learning goals reached. Therefore, the scientific approach is expected to be able to bring significant impact to reach the learning aims. Specificaly in long jump tuck technique material.

Scientific approach is a kind of treatment which integrate learning media. Media always exists to support scientific approach application. Media is everyaids which is able to functionate as intermediary, tool, and medium that support the learning process. So in otherword media also has a function to support a teacher in reaching the learning aim. Media is a valuable thing to establish the effective learning. Teachers are accused to be able to use media exist at school, it is probably that the madia which applied by teacher is the modern media that is suitable as the development of technology.

The teacher must be able to utilize the media exist at school at least, but what will happen if the school does not provide media at all. The teacher should create ther media by himself which is able to support the learning process so the learning goals can be reached as well. The tool can be provided by teacher with low budget. It doesnt matter if the media are rusty but the most important of all those tools is that it can be utilized to stimulate the students for learning long jump tuck technique material actively. So the teachers is expected to make and use supporting tools to established pleasent class situation to make the student get stimulated, therefore the learning goals will be reached.

The learning media has two main fuctions generally. The first is media fiunctions to be a messenger to deliver the material such video, match video etc. The second one is the media usually utilized as tools which stimulate the student by barrier and challenge suchas aids, kit, box, ball, matras etc. Media as tools in otherside can be the form tools which functions to measure the speed and height

in physical education or physical exercises. So in other words media has many functions, not only in sport or exercise but also physical education.

The scientific approach goals accomplishment especially the long jump tuck technique can not be separated with media utilization. So the expectations are the teacher can be creative and have wide knowledge to utilize the correct media to fulfill learning aims of long jump tuck technique material.

But the explanation above is not in accordance with the fact which the writer found in reality. According to the observation the writer did at SMP Karya Bunda Kecamatan Percut Sei Tuan, the writer still found many students were unable to do correct long jump tuck technique movements as the expectations. Many students had not comprehended the correct technique caused the teacher still used conventional teaching style where the learning process held by discursing. The teacher took whole role during learning process. This situation made the learning became too monotonous. Monotonous means the teachers assumed that teacher was the only learning source with a little help by physical education book. Therefore, the impact of those situation caused the students did not become excited to attend the lesson and made the learning process became passive.

The impact proved at writer's observation that was held at that school where students score of long jump tuck technique material were low. The students still made general mistakes in the field which including start to landing step. It means the movements were not perfect. According to the observation, the writer saw the mistakes that had been made by students like, many students did not step on the stepping board at second step (rejection phase), in other side the students

who stepped on the board but did not step with the strongest leg. It was correct but it caused the jumping result was not good. The students did not count how many steps needed to make a momentum so they can step with strongest leg on the stepping board, and etc those situation must be resolved to increase the learning outcomes of long jump tuck technique.

Based on early observation which the writer held at SMP Swasta Karya Bunda Percut Sei Tuan Districts, it was proven that from 27 students at VIII² grade there were only 9 students who complete the minimum score criteria of long jump tuck technique material meanwhile 18 students had not been completed. 4 students failed in the first step, the failure according 1 indicator (prefix) descriptor 1 where the students were hazitate to make a momentum. It cause the student losing the speed and they did not run on top speed in first step. Then 5 of 27 students failed in second step (rejection phase) according descriptor 1 and 2 where the students did not step on the stepping board to jump to sand box, in other side the student whom step on the board did not slant their body on the rear.

Afterwards, the writer also found 4 students failed in the step 3 (floating phase) according descriptor 3 where all students failed to make their body relax. And the last, writer found 5 students who failed in the step 4 (landing phase). Based on observation held, the students failed to do descriptor 1 and 3 where in the implemantation itself, the student did not straight their hand. There are also students who did not thight both of their leg and bend their knee.

In other hand, ironically 11 of 27 students did multiple mistakes in implementation of long jump tuck technique. As the observation held at those

school, there were 2 students failed in indicator 1 and 2, 1 student failed in indicator 1 and 3, 1 student failed in indicator 1 and 4, meanwhile there were also 2 students did not success to do corect movements in indicator 2 and 3, 2 students failed in indicator 2 and 4, and the last there were 1 student failed in indicator 1,2, and 4. It means, only 33,3 % students were comprehend meanwhile 67,93%. Students were not comprehend. According the minimum mastery criteria in the score of 75 it means the percentage of whole classical minimum mastery criteria of physical education at those school was low and need to be resolved and increased. The minimum mastery criteria at SMP Swasta Karya Bunda is 75 and the classical mastery is 85%..

As the observation held, writer thought this situation happened because the teacher took whole role during the lesson, the students were only permitted to follow the teachers clues and did tasks given. In the implementation of long jump tuck technique learning the teacher was only giving explanation and then demonstrated the movements meanwhile the students are only permitted to imitate and did the movements as the example time by time. Absolutely this situation make learning process held monotonous and the impacts is the student did not exit to allowe the lesson well and the situation became passive.

In fact there were any medium which was able to utilize by teacher to support the learning process. According the medium and infrastructure for sport need, SMP Swasta Karya Bunda had a rather wide field for physical education learning held, a badminton court, and a sand box for long jump material learning. The comparison was not balanced between sandbox and number of the students.

The teacher inclined to accept and allow the condition. As the observation allowed, the teacher did not use any medium at all or make any sense of simulation. In writer's opinion the learning process had not been completed effectively. In this situation writer thinks the learning aims are not reached as the expectation.

The condition during the learning process, writer thought those are problems which need to be solved and repaired so the student's ability in long jump tuck technique will be improved. The treatments that writer would like to apply as a solution is by implementing scientific approach and then to empower succes stage is by applying barrier media. To reach the learning goals writer wants to utilize barrier medium that come from writer assesment.

The barrier media is a kind of tools which is expected to give such support to the learning process. In this situation the barrier media are made by simple things and cheap, but the most important of all the material must exist arround us including bamboo, the used mineral water box, old ring or circle, and the old motorcycle wheel. With a litle bit of modification the writer expects those used things can be changed and become a medium which is able to support the learning process as well.

As the development of era the people are demanded to be creative and inovative. According to the effort to manipulate the envirotnment of learning, writer believes if the medium will rise students attractiveness such pile up boxes to challenge the students. As the expectation by using the barrier medium involve will stimulate the students to be actice allow the learning process.

When the students would have succeeded to pass the resistance, it is going to be a satisfaction therefore the students will exit to do many trial so the learning process will be held actively. The more active students the higher possibility students master the technique quickly. Beside that the medium utilization able to empower the muscular system which involved in the implimentation of long jump tuck technique indeed such as frog jump, gradual box jump, or another exercise by utilizing the barrier medium.

In the medium making process, writer feature simplicity aspect, it means the material can be held arround us, unexpensively, easily, and simple. Eventhough barrier medium are simple and cheap but writer believe that the medium will become something useful and able to support the learning process better.

Through the barrier medium writer expects the students going to be more active for following the lesson so the abilty of long jump tuck technique will be increased. Therefore teacher must have creativity to make pleasent learning process to improve learning outcomes.

According to the background of problem, writer exit to hold a research by a title **“The Implementation Of Scientific Approach To Increase Learning Outcomes Of Long Jump Tuck Technique Through Barrier Media To The Second Grade Students Of SMP Swasta Karya Bunda Percut Sei Tuan DistrictIn 2016/2017 Academic Year ”.**

B. Identification Of The Problem

According to the background above so the problem identified in this research including :

1. Teacher had not been able to establish learning process which stimulated students to study actively yet.
2. The students' readability of long jump tuck technique were low.
3. Many students did not comprehend the correct long jump tuck technique indeed.
4. The learning process held by teacher monotonous and had not risen students' readability yet.
5. Teacher had not implemented scientific approach.
6. Teacher had not utilized learning media to support the learning process.

C. Scope Of The Problem

By many factors exist on the background above so the writer scopes the problem exist by considering time, cost, and writer's forwardness to prepare references. Therefore in this research the writer only reviews about "The Implementation Of Scientific Approach To Improve Learning Outcomes Of Long Jump Tuck Technique Through Barrier Media To The Second Grade Students At SMP Swasta Karya Bunda Percut Sei Tuan Districts 2016/2017 Academic Year". and the learning result will be measured by motor skill in this research as priority.

D. Formulation Of The Problem

According to the background, identification, and restriction so the problem in this research can be formulated as " Is The Implementation Of Scientific

Approach Through Barrier Media Able To Increase Learning Outcomes Of Long Jump To The Second Grade Students Of SMP Swasta Karya Bunda Percut Sei Tuan District In 2016/2017 Academic Year ”.

E. Objective Of The Research

Based on the problem formulation above, so the research goal in this essay is to recognize how far is the barrier media utilization in scientific approach able to improve learning outcomes of long jump tuck technique to the The Second Grade Student Of SMP Swasta Karya Bunda Percut Sei Tuan District In 2016/2017 Academic Year.

F. Significance Of The Research

The research results are expected as follows:

1. To become alternative for physical education teacher as teaching materials especially in long jump tuck technique.
2. To improve long jump tuck techniques learning outcomes
3. To become inputs for other students at sport science faculty whom intend to hold similar research.
4. To improve knowledge in effort to increase the students ability especially on the long jump tuck technique material for writer himself.