

Development of Innovative PJOK teaching materials on floor gymnastics materials to improve learning outcomes of Grade Students at Junior High School

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Submission date: 07-Oct-2022 06:15PM (UTC+0700)

Submission ID: 1919103065

File name: 1.ARTICLE_Novita_PD_3_Cek.pdf (247.13K)

Word count: 3538

Character count: 20235

Development of Innovative PJOK teaching materials on floor gymnastics materials to improve learning outcomes of Grade Students at Junior High School

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Abstract- Teaching Materials is one of the determinants of success in teaching and learning activities. Teaching materials used by teachers and students should not only be of one type, this is to anticipate if one teaching material has a deficiency, another teaching material can be used, thus there is a complementary process. This research is a modified development research from the Borg and Gall development learning model. Development research is used to produce certain products and test the effectiveness of products by conducting experiments to several samples. The population of this research is all the Physical Education Lesson books for students and all eighth grade students of Junior High School. This innovative teaching material trial was conducted at Junior High School Dolok Masihul, Serdang Bedagai, so that the student population was represented by the school's student population. The sample selection used purposive sampling technique. Purposive sampling carried out on the basis of considering the desired elements of students taken into the sample. The sample in this study is a handbook given to eighth grade students of junior high school and 40 grade VIII students of Junior High School Dolok Masihul.

Keyword- Development, Teaching Materials, Books, Feasibility.

I INTRODUCTION

Learning in schools is directed towards achieving educational goals. Education aims to master knowledge, personality development, social abilities, or ability to work. To achieve the goals of education, it is necessary to develop existing capabilities using various tools and methods. This can be done by developing learning media, models, methods, learning strategies to developing teaching materials that can be used in learning.

Learning is an effort made to obtain competencies in the form of knowledge, skills and attitudes. Efforts to improve the effectiveness of the learning process are always carried out without stopping, as well as what is done in Physical Education learning. The implementation of physical education and sports is a long-term investment in efforts to foster the quality of human resources. Therefore, efforts to foster students through physical education and sports need to be continued. Objectives, Teaching Materials, Assessment Methods are curriculum components that need to be developed so that learning can run well (Jatmoko, 2012:

36). Physical Education Sports and health are an integral part of education as a whole, aiming to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, aspects of a healthy lifestyle, and the introduction of a clean environment through physical activity systematically planned in order to achieve national education goals (Arisandi, 2009: 16). In connection with this, various efforts to improve the quality of physical education continue to be carried out, one of which is by preparing quality teaching materials for teaching and learning, with actual and innovative material. Learning resources have a huge influence in the world of education. Basically the source of learning is teaching material used in the learning process which has the purpose of facilitating the learning process takes place (Ashfahany et al, 2017: 264). Learning resources are understood as a set, material / material, equipment, arrangement and people where learners can interact with the surrounding environment so that it aims to facilitate learning and improve performance (Januszewski and Molenda, 2008: 95).

When referring to Law No. 3 of 2005 on the National Sports System (SKN) on sports education, physical education and sports are carried out as part of a regular and continuous education process to obtain knowledge, personality, skills, health and physical fitness. With the time allocation used in PJOK subjects, it is 3 x 45 minutes. In the PJOK lesson, it was filled with 2 x 45 minutes used for practice in the field, while 1 x 45 minutes was done by learning PJOK in the classroom (Anugraheni et al., 2018: 98). therefore, cognitive aspects need attention in contributing to shaping knowledge of matter (theory) in PJOK subjects. An alternative solution to these conditions is to provide assistance to the teaching staff or teachers to facilitate students by using innovative teaching materials that are in line with the demands of learning objectives. The application of the use of innovative teaching materials can condition more well-planned, independent, complete learning activities and clear outputs (Purwaningtyas, Dwiyo and Hariyadi, 2017: 124). In addition, through innovative teaching materials teachers will be easier to carry out learning and students will be more helpful in learning. Teaching materials can be made in various forms according to the needs and characteristics of teaching materials to be presented (Depdiknas, 2008: 15)

Teaching materials in learning are one of the media for teachers and students in an effort to achieve learning objectives. The media has a huge influence on learning. Media is a tool used as an intermediary to convey information or messages to be accepted by recipients of information (Dwiyogo, 2010: 69). Learning media is very important in education so that learning objectives can be achieved and can encourage the learning process to be more effective and efficient and attractive so that learners are enthusiastic in learning. Current technological developments make learning media develop over time (Ashfahany, Adi, and Hariyanto, 2017: 264). After observing, the researchers found that overall the junior high school (SMP) in Dolok Masihul, including SMP 1 Dolok Masihul is one of the schools in Serdang District.

II. DISCUSSION

Understanding Learning According to the understanding of psychologically learning is a process of change, namely changes in behavior as a result and interaction with the environment in meeting their needs. These changes will be evident in all aspects of behavior. Learning is a business process that is done by a person to obtain a new behavior change as a whole, as a result of his own experience in interaction with his environment (Slameto, 2010: 109). Learning is the process of changing individual behavior as a result of his experience in interacting with the environment. Learning is not just memorizing, but a mental process that occurs in a person (Rusman, 2012: 65). The same thing was stated by Majid (2008: 69) that learning is essentially an activity that expects behavioral change in individual learning. Changes in behavior occur because of the individual's business.

The Nature of Teaching Materials Sodik (2015: 10) suggested several notions of teaching materials, namely as follows: a. Teaching materials are all forms of materials used by teachers in carrying out teaching and learning activities in the classroom. The material in question can be in the form of written material or unwritten material b. Teaching materials are information, tools and / or text needed by the teacher for planning and reviewing the implementation of learning c. Teaching materials are a set of materials that are arranged systematically, both written and unwritten so as to create an environment or atmosphere that allows students to learn Dubin in Sodik (2005: 12) also argued that teaching materials are all materials that are arranged systematically that show the whole figure of the basic competencies that students will master and use in the learning process with the purpose of planning and reviewing the implementation of learning. From this opinion it can be concluded that teaching material is a set of material containing information or text that is arranged systematically used by teachers in carrying out teaching and learning activities in the classroom so as to create an atmosphere that allows students to learn. A book is a written material that presents the knowledge of the thoughts of the author. Books in general and textbooks in particular function as one source of information for; 1) expand horizons 2) provide new knowledge; 3) deepen previous knowledge; 4) provide new inspiration; 5) encouraging to develop the

knowledge already possessed (Ho, 2011: 145). Teaching materials or learning materials outline consist of the knowledge, skills, and attitudes that students must learn in order to achieve predetermined standards. In line with various types of aspects of competency standards, learning materials can also be divided into types of cognitive, affective, and psychomotor aspects. Learning materials can be divided into four types, namely: (1) material types of facts in the form of object names, (2) concept material in the form of understanding, definition and nature, (3) material types of principles in the form of propositions, formulas, postulates, and theorems, (4) procedure material is material in the form of steps to do things in a sequence (Nurdin, 2016: 56) Understanding Teaching Materials Teaching material is material or subject matter that is arranged systematically, which is used by teachers and students in the learning process (Lestari, 2013: 90). If the book or audio, video and computer program contains subject matter that is deliberately systematically designed for the purposes of a learning process even though it is sold on the free market, then it can be said that the books and programs are teaching materials. However, if it is not then it cannot be called teaching material even though the books and programs contain subject matter. The teaching material is very unique and specific. Unique, meaning that the teaching material can only be used for certain audiences in a particular learning process. Specific means that the content of the teaching material is designed in such a way as only to achieve certain goals from a particular audience. The systematics of the delivery method is also adjusted to the characteristics of the subject matter and the characteristics of the students who use it Types of Teaching Materials. The grouping of teaching materials by type is carried out in various ways by several experts and each expert has their own justification when grouping them. Heinich, et al. (1996) classify the types of teaching materials based on how they work. For this reason he classified the types of teaching materials into 5 major groups, namely:

1. non-projected teaching materials such as photographs, diagrams, displays, models;
2. projected teaching materials, such as slides, filmstrips, overhead transparencies, computer projections;
3. audio teaching materials, such as cassettes and compact discs;
4. video teaching materials, such as videos and films
5. computer (media) teaching materials, such as Computer Mediated Instruction (CMI), Computer based Multimedia or Hypermedia.

The Role of Teaching Materials Teaching materials are very important, meaning for teachers and students in the learning process. Without teaching materials it will be difficult for teachers to improve the effectiveness of learning. Likewise without teaching materials, it will be difficult for students to attend the learning process in class, especially if the teacher teaches the material quickly and unclearly. They can lose track, without being able to trace back what their teacher has taught. Therefore, teaching materials are considered as

materials that can be used, both by teachers and students, as one instrument to improve the quality of learning.

The Role of Teaching Materials in Learning

a. Classical learning In general, teaching materials can be used to add and improve the quality of classical learning. Ellington and Race (1997) mentions several uses of teaching materials in the classical learning process, namely the following.

- 1) Teaching materials can be used as an inseparable material from the main book. In this case the teaching material can take the form of:
 - a. instructions on how to study the material to be discussed in the main book;
 - b. guidance or direction from the teacher to students to record more detailed explanations of the material discussed in the main book;
 - c. instructions on how to do assignments and homework;
 - d. drawings or illustrations which are more detailed explanations of the explanatory material carried out descriptively in the main book;
 - e. student workbook.
- 2) Teaching materials can also be considered as a supplement / supplement to the main book. In this case teaching materials can contain the following matters:
 - a) Enrichment material for the main material book.
 - b) Description of the material background.
 - c) Explanation of the improvements students need to know from the main book material.
- 3) Teaching materials can be used to improve student learning motivation, the way to make teaching materials that are full of pictures and made in color so that it is interesting for students to learn and different from the main book which is standard.
- 4) Teaching materials can be used as material that contains an explanation of how to find applications, relationships, and the relationship between one topic and another.

b. Individual learning Individual learning is characterized by learning methods that emphasize student activities compared to teachers (learner-centered vs. teacher-centered). Individual learning methods are designed for student learning speed with each other. This individual learning can be text-based, as is commonly used in correspondence studies up to the latest methods that use AN and Computerbased. In this individual learning, the teacher acts as a producer and or manager of learning resources or as a tutor or student learning guide. On the other hand, teaching materials play a very diverse role depending on the individual learning methods used. Teaching materials in individual learning are the main ingredients and their role is very decisive in the smooth process of learning. This is due to individual / independent teaching materials in addition to containing information about things that students must learn, but also adjusted in such a way that they are able to control student learning activities. Therefore, teaching materials for individual learning must be designed and developed with extreme caution compared to teaching materials that act as support. In individual learning teaching materials play a role as:

- 1) the main media in the learning process, for example printed teaching materials or printed teaching materials that are equipped with an audio visual or computer program
- 2) tools used to compile and supervise student processes to obtain information;
- 3) supporting other individual learning media, such as radio broadcasts, television broadcasts, and teleconferencing.

Floor Gymnastics Material for Lenting Gypsum and Bolster Movement

Floor gymnastics is part of artistic gymnastics, according to Wuryati Soekarno (1986: 110) gymnastics with the term floor, is a movement or form of

exercise carried out on the floor with tapestries or similar parts as a tool used. Forms of exercise on floor exercise include forward roll, back roll, kayang, splits, lencing roll, standing with a hand stand, cart (rad slag or cart wheel) and so on. Based on existing material in floor exercise, the skills mentioned above are divided into static (in place) and dynamic (moving places) movement elements. Skill of static floor gymnastics (in place) includes: lightness, candlelight, splits, etc., while dynamic floor gymnastics skills (moving places) include: forward roll, bolster

This research is a modified development research from the Borg and Gall development learning model. Development research is used to produce certain products and test the effectiveness of products by conducting experiments to several samples. The products developed are innovative teaching materials for PJOK learning in junior high school grade VIII odd semester. This research was conducted at a school that could be reached by researchers in North Sumatra, namely at Dolok Masihul Middle School 1. Selection of research locations is limited, through location considerations that can be achieved by the author. This research was conducted in August - September 2018. The population of this research is all the PJOK Lesson books for students and all eighth grade students of SMP. This innovative teaching material trial was conducted at SMP N 1 Dolok Masihul, Serdang Bedagai, so that the student population was represented by the school's student population. The sample selection used purposive sampling technique. Purposive sampling carried out on the basis of considering the desired elements of students taken into the sample. The sample in this study is a handbook given to eighth grade students of junior high school and 40 grade VIII students of SMP N 1 Dolok Masihul. Standardization and assessment of satisfaction levels of instructional materials that have been developed are carried out by two Medan State University health education lecturers who have taught at least 5 years, and 5 teachers from junior high schools who teach PJOK at least 2 years teaching, have received 2013 curriculum training and have academic skills in the field sports in school, and can be accessed easily by researchers. In addition, the level of student satisfaction with this teaching material will also be carried out by giving an assessment questionnaire to 25 students of grade VIII SMP.

This research is a type of research and development or Research and Development (R & D). According Sugiyono (2010: 407) research and development are research methods used to produce certain products, and test the effectiveness of these products. Nana Syaodih Sukmadinata (2006: 169) defines research and development as a research approach to produce new products or perfect existing products. So development research is a method to produce certain products or perfect existing products and test the effectiveness of these products. Researchers conducted research and development on PJOK teaching materials in junior high school on floor gymnastics material. The level of feasibility of PJOK teaching materials in junior high school in this Floor Gymnastic material is known through validation by material experts, validation by media experts, validation by the teacher and trial of use by students. Borg & Gall in Sukmadinata (2011: 169-170) describes ten steps for implementing the following

research and development strategies that researchers will apply

COVER

With the development of books as teaching materials both teachers and students will be equally helped in saving time and efficiency in the learning process and learning outcomes will also increase from previous learning outcomes

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