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Design of the Pencak Silat Learning Model Using Variations in the Learning of Medan City Junior High School Students, North Sumatra Province

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Abstract— Basic motion learning is the main aspect that students must master. The purpose of this study was to determine the basic motion learning model of punches and kicks with games for junior high school students. To determine the feasibility of learning models of basic movements of strikes and kicks of pencak silat with games for junior high school students. This research method is a development model (R&D), which is to produce a manual for the basic motion games of punches and kicks of pencak silat with games for junior high school students. The subjects of the pre-trial were junior high school students, namely the small group trial of 30 people and 100 juni or high school students in the large group trial. The results of this study obtained the feasibility of learning the basic movements of pencak silat based on expert judgment and field trials obtained a percentage range of 84.28% - 95.83%. The conclusion of this research is that the learning model of the basic movements of pencak silat with games for junior high school students in Medan is declared "feasible" and can be "used".

Keywords— Variations, In The Learning, The Design.

1. INTRODUCTION

Physical Education is a medium to encourage the development of motor skills, physical abilities, knowledge, reasoning, value decisions (mental-mental-emotional-spiritual-social attitudes), and habituation of healthy lifestyles that build down to stimulating balanced growth and development, systematically planned in order to achieve national educational goals. The national education objective stipulated in Law 20 of 2003 on the National Education System, Article 3 (1), that "National education serves to develop the ability and shape the dignified dignified character and civilization of the nation in order to educate the life of the nation, aiming to develop the potential of students so that people who believe in god almighty, noble, healthy, knowledgeable, capable, creative, independent and become domestic and responsible citizens".

Learning at junior high school level needs to prioritize, modification forms in both the rules, the size of the field, and the number of players. If not modified, students are often unable and fail to carry out tasks given in the form of complex gestures by teachers. As a result of this condition, students can become less happy with the learning of physical education of sports and health. Teaching tasks that are complex skills can actually be performed in an effort to modify complex motion tasks into simple motion tasks. Therefore the need for sports modification in Penjias learning is absolutely necessary. Teachers in this case must have the ability to be able to modify the skills to be taught according to the level of development of the child.

Based on the conditions in the field the results of observations (interviews and answering questionnaires given to students and teachers) at one of the Junior High Schools in Medan. The results showed that pencak silat learning with conventional learning is less in demand and interesting so students and teachers want a game model with concentrated results (85% for students) and (75% for teachers) of questions answered. This is because of the weight of the learning process, the boring learning atmosphere and other saturation, so that the innovation and creation of teachers is needed in developing various learning models so that the learning process does not become monotonous and boring. Students aged 13-14 or grades 7 and 8 junior high school should have great motivation in learning motion because according (2) at the age of 13-14 years is the most suitable age for the development of the skills basics needed in the future. There's no right or wrong term here.

Characteristics of junior high school students who love to play, love to move, enjoy working in groups and happy to feel or do things directly, make the right development model given the various basic motion learning pencak silat with games that of course the movement must support and relate to the basic movement of pencak silat. In this case the researchers limited the basic motion of the pencak silat to be developed in the forms of the game namely the basic motion of hitting and kicking in the pencak silat.

In relation to the statements stated above, the researchers concluded that most of the students in junior high school do not like learning and training pencak silat. So it needs to be developed pencak silat learning with games that can later be used as a solution to facilitate students in learning basic movements pencak silat more effectively and efficiently.

Based on this explanation, this research aims to solve the needs of pencak silat learning model by using variations of learning for junior high school students in Medan, North Sumatra Province. There slow, the problem with research is,