

CHAPTER I

INTRODUCTION

A. BACKGROUND

Education is an everlasting need. Everyman need an education, whenever and wherever they are. Education holds a significant meaning, because without it man will have difficulty developing them-selves and sometimes makes them mentally retarded. Thus, it should be directed carefully to produce competent and qualified persons, besides having nice manner and good morale.

Physical education has an important role in intensifying the implementation of education as a life-long process of human nurturance. It provides opportunities for the students to directly involve in various learning experience through physical activity, play, and exercise which is directive, planned, and done systematically. Provisioning the learning experience through physical education process can be done by teaching a variety of basic movement skills, techniques, and sport game strategies, as well as the internalization of values (sportsman, honesty, cooperation and etc.). The implementation is not come from mental, intellectual, emotional and social elements. The activities given in the learning process should get psychological touch, so that they are able to achieve the learning objectives. In order to make the competency standard of physical education accomplished in accordance to the guidelines, goals, and objectives of the curriculum, physical education teachers should be able to design

a learning process that fit with the ability and maturity of the students, so that the learning process can be run smoothly.

In reality, however, there are many Physical Education teachers who yet have limitation to carry out the practice of physical education due to various barriers in learning process, so sometimes the physical education can be only done theoretically and this is not what we are expected.

To support the implementation of learning process in schools, the creativity of a teacher is necessary, so that the learning process can provide a good and comprehensive experience to the students. This phenomenon is a problem that comes from the lack of ability of the teachers to use their role as a potential teacher that congruent with the demands of the curriculum and the intelligence and as a creative educator in activating the physical education learning process in schools.

To develop active, creative, innovative, and competitive attitude from the students is not something easy, the fact is teachers have been considered as the most valid knowledge resource, that the learning process has put the students as a complete listener. As a result, the learning process becomes boring and makes the students less creative in getting lessons from the teacher. Passive attitude from the students turned out to be not only in certain lessons, but also occur in all subjects including physical education. Actually there are a lot of ways that can be done to improve the learning outcomes of physical education. One of them is by using methods and media. Teachers only use the command method, and when carrying

out the gymnastics floor, only the teachers that are active, while students simply run the commands given to them. So now I want to use a variety of learning process especially in the floor gymnastics "backroll" material, in which students can easily understand and participate directly in decision-making that occurred during the meeting which was transferred from the teachers to the students, that the students can be creative in learning floor gymnastics backroll material.

The success of the physical education learning process can be measured from the success of students who take part in these activities. The success can be seen from the level of understanding, the mastery of the material and the learning outcomes, the higher these things the higher the level of success of the learning process.

The low learning outcomes of physical education depends on the learning process faced by the students. In teaching physical education, teachers must master the material which will be taught and how to deliver it. The administration of the educational lessons, often called learning methods, is an important factor considered by a teacher. The way to deliver the lessons in a one way would confuse the students, because the students will be passive listener (receiving party) about what they learned, no meaningful abstract material, so the learning process of physical education turned to be boring.

Physical education, sport, and health are the media to encourage physical growth, mental development, motor skills, knowledge and reasoning, appreciation of values (mental-emotional-spiritual-social-sportsmanlike-attitude), and the refraction of a healthy lifestyle that stimulate the growth and development of the balance physical and psychological quality.

One of the activities in the physical education program that has been recognized is the gymnastics activities. Gymnastics can be defined as any form of physical exercise that involves systematically arranged with selected movements and planned to achieve certain outcomes. It has its own system and has a goal to be achieved such as increased endurance, strength, flexibility, coordination, and extended to form performance, establish an ideal body and maintain health.

But in reality physical education teacher is less creative in providing backroll material, causing the students to not perform the movements correctly. There are still many physical education teachers who deliver the learning materials in a conventional way that was more monotonous and boring for the students. Situations like this do not support the students' ability especially in understanding the learning materials. Accordingly, it is necessary to develop learning techniques that can provide a deeper and concrete understanding for the students on the backroll material of the floor gymnastics.

The results of an interviews conducted by the researcher with the teachers from SMASWASTA HARAPAN 2 Medan on March, 18 regarding the learning outcomes in floor gymnastics lessons on roll backroll material, showed that there were still many students who earned low grades. The average value of the overall students' learning outcomes was 65. Of the thirty-eight 11th grade students, there were twenty seventh students (72%) receiving below average value and eleven students (28%) receiving average value. While the value of competency for the students is at least 70. From an observation conducted by researcher, it turned out that the students were less active in participating in the exercise. Due to the lack of creativity of the physical education teachers. Difficulties experienced by the students were the lack of courage in performing the backroll and the lack of ability to do backroll rolling, especially at the implementation stage.

According to the researcher, this phenomenon cannot be considered as a simple matter. If this is allowed continuously, it is feared that it would further lower the learning outcomes of the students in general. It is necessary to find the right solution for this problem, so that the students will be more interested in participating in the learning process of physical education, especially in the backroll material of the floor gymnastics. In this case, the one alternative that can be done to solve this problem is to improve the quality of learning materials on the floor gymnastics backroll material through various learning media with the help of friends and various learning method such as performing the backroll material in relay.

Because of that the researcher was interested in conducting scientific research under the title "The Efforts to Improve the Learning Outcomes in Floor Gymnastics' Back-roll Material through Learning Variation on the Second Grade Students of SMA SWASTA HARAPAN 2 Medan Academic Calendar of 2013 / 2014".

B. IDENTIFICATION OF THE PROBLEM

Based on the background study, the researcher can identify some problems that arise, such as:

1. The lack of variation in learning back-roll material
2. The lack of courage to perform back-roll
3. There was still a large numbers of students who have not fully understood the back-roll material
4. The difficulty for the teachers to evaluate the students
5. The low grades on back-roll material of the 11th grade students in SMA SWASTA HARAPAN 2 Medan in academic year 2013/2014

C. SCOPE OF THE PROBLEM

Seeing the many factors that become the core problem such as the description above, the researcher limits the scope of the problem, considering the time and budgets as well as the researcher's ability to provide references. So, in this study the researcher only researches about "The Efforts to Improve the Learning Outcomes in Floor Gymnastics' Backroll Material through the learning variation in 11th Grade Students of SMA SWASTA HARAPAN 2 Medan Academic year 2013 / 2014"

D. FORMULATION OF THE PROBLEM

Based on the scope and limitation issue in this study, the formulation of the problem is very important to achieve the result. The formulation of the problem in this research is whether the implementation of various learning process can improve the outcomes of back-roll material in floor gymnastics for the second grade students of the SMA SWASTA HARAPAN 2 Medan academic year 2013/2014.

E. RESEARCH OBJECTIVES

Based on the formulation of the problem, the objective on this research is to find: The Improvement of The Learning Outcomes of Back-roll Material in Floor Gymnastics Through Learning Variation in The 11th Grade Students of SMA SWASTA HARAPAN 2 Medan academic year 2013/ 2014.

F. SIGNIFICANCES OF THE RESEARCH

The significances of the study are:

1. As an input for the SMA SWASTA HARAPAN 2 Medan academic year of 2013/2014 in implementing the learning variation
2. As an input for the teachers to implement a better learning system.
3. As an information and reference for the next researchers who will study the topic.

To gain insight and knowledge for the researcher

