

Innovation of Media Video Compact Disc Instructional Pencak Silat for High School

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Abstract-- The success of a learning process can be seen by pulling the material delivered so that students feel happy in following the lesson. One way to achieve this is to use the media in learning. Media learning is used as a tool or an intermediary to help deliver information that will be submitted to students. Educational technological advances, and *Instructional Technology* demanded the use of various learning media as well as increasingly sophisticated equipment. Each teacher must understand what media will be used in accordance with the teaching materials at the time of learning so that the resulting learning becomes interesting and innovative. This innovative learning requires a growing medium and must adapt to what the school needs. Because with this media can help in learning process at school. Pencak silat which is one of the materials studied in school. The form of learning Pencak Silat done in Pencak Silat learning only using conventional methods by teachers without using media in learning. Types of media that can be used can be audio, visual, and audio-visual media. Audio-visual media can be voiceless images or videos that can be stored in VCD (*Video Compact Disc*) form. The advantage of this medium is that it can be used repeatedly until it can understand the material delivered. For that need to develop innovations in Pencak Silat learning media in the form of instructional VCD contains Pencak Silat material for the material easier to be learned by teachers and students.

Keywords: *media, VCD instructional, pencak silat*

I. INTRODUCTION

In the process of teaching and learning activities if successful can be accepted and understood material provided by the teacher. To realize that, teachers must be creative and have a strategy in providing learning materials to students. There are many ways that teachers can do in supporting the

success of teaching and learning process. Among them by using models, variations and media in learning. So that learning can be done well and students do not feel bored. One of the supporting success of learning is by using media in learning. Many types of instructional media that teachers can use during the teaching and learning process. With the development of information and communication technology, can facilitate the making of learning media interesting and fun. One of the emerging technologies is in the field of education. In the world of education, especially in schools, information technology is used as a learning resource used by students and teachers. The development of information technology will be easier in learning the lesson. Because the learning resources obtained can be dated and understood. But the reality in the field is much different. There are still many teachers and students less utilize the technology in finding information source of learning. Technology is used in learning in the form of media to deliver a learning material. Learning media is very helpful in the delivery of material so that the message can be received clearly. Learning technology requires the use of various learning media and sophisticated equipment. The use of computer-aided instructional media has a significant effect on the attractiveness of students to learn the competencies being taught[1]. Thus the use of media is very helpful in the learning process.

Many types of learning media can be used in learning. Therefore, teachers should be able to create a learning medium that matches the material that will be taught so that students can receive the lessons well. Every type of media has certain characteristics that we need to understand, so we can choose the media that suits the needs and conditions that exist in the field[2]. One form of the media is the media that VCD

media. VCD is a media that can support its users to be able to learn and master the learning materials.

- Can draw attention to short periods of other external stimulation
- With VCD tools a large number of viewers can obtain information from experts and specialists
- Difficult demonstrations can be prepared and recorded before so that at the time of teaching the teacher can focus on the presentation
- save time and recording can be played back dislow and distop.
- TV cameras can closely observe moving objects or dangerous objects such as tigers
- Loud sound can be adjusted and adjusted
- The room does not need to be darkened at the time of presentation.[3]

Pencak Silat which is one of the physical education subject matter that is in school. Pencak Silat is a method created to defend itself from harm that can threaten addressability and survival[4]. Pencak is a dance attack in the form of dance and rhythm with certain custom courtesy rules that can be displayed in public[5]. From the above opinion it can be concluded that Pencak Silat is a martial arts originating from Indonesia that aims to defend themselves at a time in danger by fending, attacking and defending themselves with the rules specified. Pencak silat motion is a planned, directed, coordinated and controlled movement which has four aspects of sport, that is mental aspect, martial aspect, sport aspect and artistic aspect[6]. From the opinion of the experts above it can be concluded that Pencak Silat is a martial arts originating from Indonesia which aims to defend themselves at a time in danger by fending off, attacking and defending themselves with the rules specified.

II. HIGH SCHOOL PENCAK SILAT CURRICULUM

The curriculum is a set of plans and arrangements concerning objectives, content, and learning materials to achieve certain educational goals[7]. Curriculum as a set of plans and arrangements on the content and teaching materials and the means used as guidelines for the implementation of teaching and learning activities[8]. From the above explanation can be concluded that the curriculum is a learning tool that contains content, objectives and teaching materials for guidelines to achieve educational goals. Pencak Silat has many basic techniques in its learning. The basic technique of pencak silat consists of basic attitude, respect, blow technique, kick technique, avoid technique, and technique of parry [9]. Pencak silat material is found in the educational curriculum located in the field of Physical Education, Health and Sport education for secondary school level. This material is taught in class X, XI and XII where each class has a different learning objectives for martial arts material. Finally, complete content and organizational editing before formatting. Please take note of the following items when proofreading spelling and grammar.

A. Class X (Ten)

The For class X (ten) indicators of achievement of basic competence of material of pencak silat consists of:

1. Explain the attitude of pairs / horses in martial arts.
2. Explain the blow in pencak silat
3. Explain the parry in pencak silat
4. Explaining avoid in pencak silat

B. Class XI (Eleven)

For class XI (eleven) basic technique indicators of pencak silat do variation and combination of basic technique of pencak silat (blow, kick, parry, and avoid) done (in pairs and in groups) with good coordination. While the goal of pencak silat learning is that students can perform variations and combinations of basic techniques of pencak silat (blow, kick, parry, and avoid) done (in pairs and in groups) with good coordination.

C. Class XII (Twelve)

For indicators of achievement of basic competence of martial arts materials in class XII is to conduct pencak silat match using modified rules to grow and foster the values of cooperation, honesty, appreciate the opponent, hard work, confidence and accept defeat. As for the purpose of learning pencak silat in class XII is Students can do Pencak Silat match using modified rules to cultivate and foster the values of cooperation, honesty, appreciate the opponent, hard work, confidence and accept defeat.

III. INSTRUCTIONAL MEDIA

To learn every basic technique of martial arts, it is necessary to practice the learning that is often done with the use of appropriate learning media. The benefits of media use in learning are:

- Submission of material can be uniformed
- The learning process becomes more clear and interesting
- The learning process becomes more interactive
- Time and energy efficiency
- Improve the quality of student learning outcomes;
- Media allows the learning process can be done anywhere and anytime
- Media can cultivate students positive attitude toward learning materials and process
- Change the role of teachers towards a more positive and productive [10].

Learning media in the learning process of students are:

- The teaching materials will be more clearly defined so that they can be better understood by the students and enable students to better educate their teaching objectives
- Teaching methods will be more varied, not merely verbal communication through the words of the teacher, so do not get bored

- Students do more learning activities, because not only listen to the teacher's description but also other activities such as observing, performing or demonstrating a thing. [11]

From the above opinion can be concluded that the use of learning media is very influential on the delivery of teaching materials. Because by using instructional media, the material presented to the students can be delivered clearly.

One of the best media types to learn every movement of basic technique in pencak silat is by using Instructional VCD media. Compact Disc is a recording system in the form of audio visual signals recorded on plastic disks rather than on magnetic tape[12]. VCD media can convey information in the form of moving images equipped with sound or can also be called with audio-visual (video). So that the delivery of information can be accepted by the sense of hearing and sight. The use of video media is very effective to help the learning process, whether for mass, individual, or group learning[13]. Daryanto also added that the video is also a non-print material that is rich in information and complete because it can be up to the students directly. In addition, the video adds a new dimension to learning. Which states that the excess use of VCD media for learning is very diverse, among others:

- It may draw attention to brief periods of other external stimuli;
- With a CD tool a large number of viewers can obtain information from experts and specialists
- A difficult demonstration can be prepared and recorded before so that at the time of teaching the teacher can focus on the presentation.
- Saving time and recording can be played back dislow and distopin.
- TV cameras can closely observe moving objects or dangerous objects such
- Loud sound can be adjusted and adjusted
- The room does not need to be darkened at the time of presentation[14].

From the above opinion can be concluded that the use of VCD media can be useful in the learning process so that the information submitted can be received well.

Based on the above sections, it is necessary to develop a learning media in the form of Instructional VCD which contains Pencak Silat material for high school level. Thus the learning of Pencak Silat materials in schools can be done without difficulty.

IV. METHOD

In the development of this innovation researchers use research and development methods. Where to develop a product in the form of VCD Instructional Pencak Silat material for SMA. n the research process, has three stages to be done that is pre-development, development and field trials. In the pre-development stage it is done that is collecting information consisting of literature, curriculum, syllabus, RPP

SMA, preliminary study which includes field observation related to requirement analysis of product to be developed and compile draft of Pencak silat material. At the stage of the development is a trial I draft manuscript to experts who are competent in the field of Pencak Silat, learning pemas and audio-visual media. After the experiment by the experts then the next step is to revise the script and then take a picture of movement in accordance with the script and do the editing and prototype. After the editing and prototyping process follow the next step II trial by experts consisting of Pencak Silat experts, audio-visual media, and teacher pemas incorporated in the teacher discussion forum (TDF). After performing expert test II, the next step to make improvements on the advice given by the expert so that the product is ready to be tested in the field. The last stage is a trial field that is in high school. Trials are conducted at the time of the learning process using the developed VCD product. After that, the researchers conducted interviews on teachers and students how they feel about the products that have been used.

After getting information about the product developed, the final step is to make the product improvements to be better and feasible to use.

The type of data used in this study is qualitative data. Sources of data to be obtained in this study consists of several sources namely, teachers and students. The data obtained from teachers and students covers how they feel about the use of Instructional VCD media in learning material Pencak Silat.

Data collection techniques to be used is to use data triangulation consisting of interview data, documentation and observation. Form of data analysis that will be used is descriptive qualitative analysis. interviews were conducted to teachers and students after conducting product trials by inquiring about how the teachers felt about the use of VCD media. For documentation done by recording learning activities when using VCD media in the learning process. And for observation data used observation sheet containing steps taken during the learning process.

With the development of Instructional VCD media Pencak Silat material, can help teachers and students in learning the material Pencak Silat. For teachers, the media can be used during the learning process to students for learning to run properly. While for students, this medium can be used independently at home so students can understand better by replaying the VCD.

In addition, this medium can also be used anywhere, both at school and at home.

V. CONCLUSIONS

Based on the above explanation can be concluded that the need to development a learning media for Pencak Silat material in order to help teachers and students in the understanding of Pencak Silat subject matter. One of the media that can be developed to study Pencak Silat material is media in the form of Instrctional VCD which contains Pencak Silat material for high school level. With this VCD media can

help teachers in providing material during the learning process and for students can be used as independent learning materials.

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