



Implementation Of Online-Based Health Sports Education Learning For High School Students

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Abstract

The purpose of this study was to determine the learning of courage in SMA Negeri 1 Kejayan. The author wants to know and conduct research on the courageous learning of class X students of SMAN 1 Kejayan. This research uses a survey method. The number of samples in this study was 103 people which were calculated using the error tolerance limit formula (error tolerance). The data collection technique used is a questionnaire that is packaged into a google form. The data analysis technique used was using percentage analysis which was calculated using Microsoft Excel. The results of this study indicate that bold learning in SMAN 1 Kejayaan students has difficulty practicing in PJOK subjects, this is because PJOK subjects apply more direct practice while learning is limited to watching videos. The results of this study with answers as many as 76 respondents (94%) answered strongly agree that they have difficulty in learning PJOK bravely. It is hoped that teachers can make learning materials more interesting and can make it easier for students to take part in learning boldly. These results are expected to be a reference for teachers to make bold learning models that are more interesting.

Keywords: *Surveys, Learning, High School Students, Online Learning*

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A. Introduction

The development of technology, information, and communication influences learning in the industrial era 4.0 ([Mustafa & Dwiyogo, 2020](#)). To be able to improve the quality of education, teachers use several technologies. Keengwe & Georgina ([Khusniyah & Hakim, 2019](#)) say that technological advances can change or provide changes to the teaching and learning process. Information technology can be used as a medium in carrying out the educational process ([Budiman, 2017](#)). Physical education plays an important role in the implementation of education as lifelong human development ([Ceruso et al., 2019](#)). Games and exercises are carried out systematically, directed, and planned through physical activity. Physical education provides students with hands-on opportunities for experiential learning ([Casado-Robles et al., 2022](#)). Building and shaping a healthy and active lifestyle is the goal of the learning experience. The physical education learning process is carried out with sports activities as activities with goals and achievements by the level of education, without neglecting the achievement of the main goal, namely students' physical fitness. ([Depdiknas, 2020](#)) The Ministry of National Education (2020) provides an explanation of physical education, which is a process of physical activity that has the aim of maintaining

physical abilities and can also improve physical abilities for the better.

Physical education learning is currently disrupted due to the COVID-19 pandemic which causes learning to be done at home or online ([Priono, 2021](#)). Physical education learning involves more practical activities, thus physical education, sports, and health learning activities are disrupted due to the COVID-19 outbreak which requires students to learn from home using online methods ([Kurniawan & Hasan, 2021](#)). Online learning is learning that is done from home using the internet network ([Aprilyadi et al., 2021](#)). One of the efforts of the school to respond to the learning method from home is to do online learning. Although this method already exists, at SMAN 1 Kejayan this is the first time using online learning methods, so students are still confused in implementing this learning method. ([Herlina & Suherman, 2020](#)) said that students should do sports activities for one week as much as 3-5 times so that they can maintain their physical fitness. Because physical fitness will decrease if we stop or do less exercise.

So, it is closely related to class X SMAN 1 Kejayan students and online learning, because they are doing this online learning method for the first time. Currently, the effectiveness of online learning methods is still unknown to students. Therefore, in this study, the

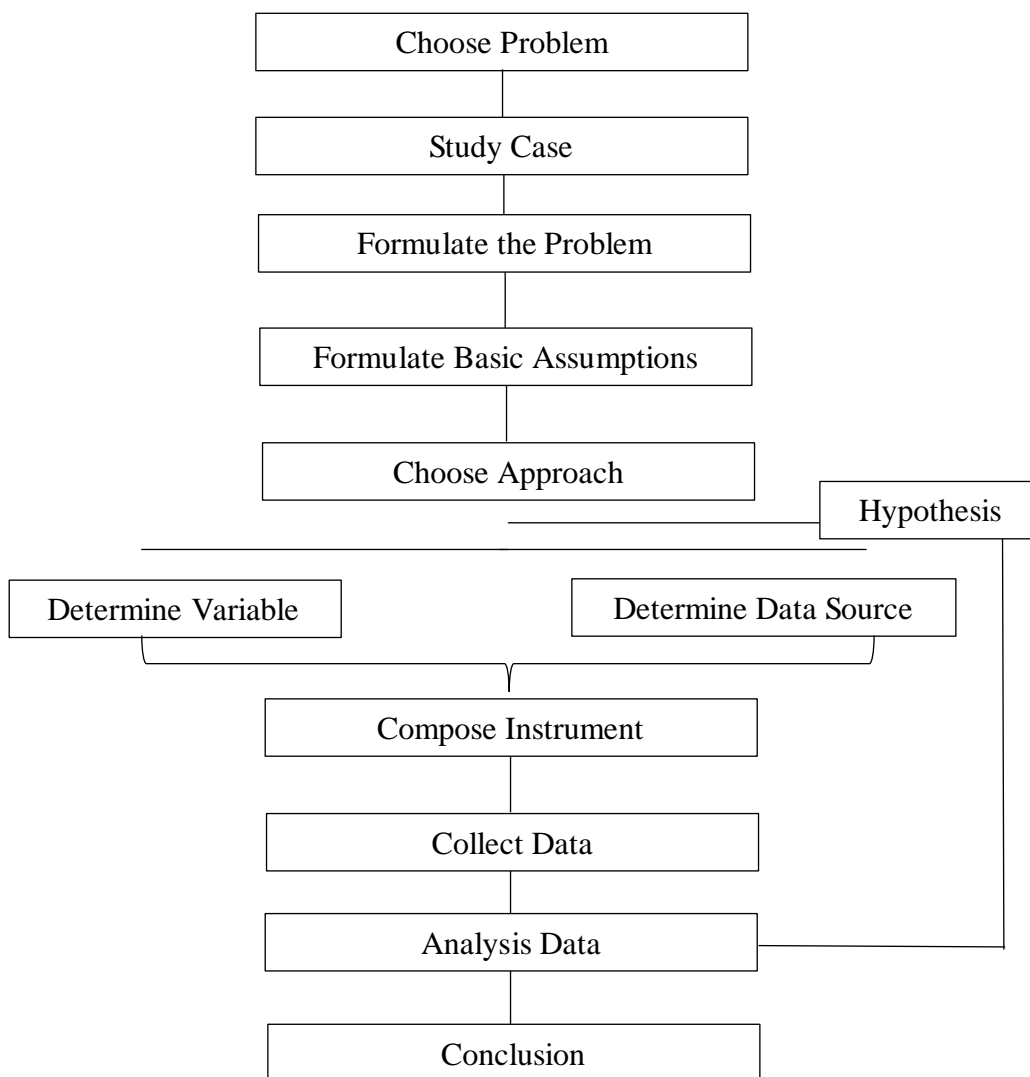
researcher conducted a scientific study with the title "Survey on the Effectiveness of Online-Based PJOK Learning for Class X Students of SMA Negeri 1 Kejayan, Pasuruan Regency".

B. Method

This study uses a quantitative

descriptive research design with survey techniques. Data was collected using a questionnaire in the form of a questionnaire. Descriptive research in this case is intended to obtain information about learning PJOK online. Here is the research flow chart:

Figure 1. Research flow chart



Source: (Arikunto, 2019)

This research was conducted in July-August 2020, located at SMA Negeri 1

Kejayan which is located at Jalan Seladi Kejayan Regency. In this study, the

population used was 140 students of SMA Negeri 1 Kejayan class X MIPA 1-4. The sample used in this study was calculated using the Slovin formula contained in (Abba, 2019) below:

$$n = \frac{N}{1 + Ne^2}$$

Description:

N: number of samples

N: number of population

E: error tolerance

After being calculated using the formula, the error tolerance limit (error tolerance) is 5%, obtaining a minimum number of 103 people according to the entire population. To obtain data, research instruments are needed. The instrument used in this research is a questionnaire. The research instrument that contains a series of statements or questions to collect data or information that the respondent must

answer freely according to his opinion is called a questionnaire. A closed questionnaire or structured questionnaire (Closed Questionnaire) is a type of questionnaire used in this study. The closed questionnaire is a questionnaire in which alternative answers have been provided. In this study, the questionnaire instrument used an attitude scale or a Likert scale of 1-4 with choices of answers: strongly agree (4), agree (3), disagree (2), and strongly disagree (1). The Likert scale is used to measure attitudes, opinions, and perceptions of a person or group of people about a particular phenomenon. The questionnaires in this study were distributed online using Google Form. Google Form or Google form is the medium used to collect data. Google Form has a function as a survey tool.

Table 1. Grid of Research Instruments

Variable	Indicator	Question Number	Total
<i>Online Learning</i>	Student interest	1,2,3,6,8,15,16	7
	Learning attraction	4,5,7,9,14,18,19	7
	Online learning	10,11,12,13,17,20,21	7

The data analysis technique in this research is descriptive quantitative. This quantitative description is processed by referring to the formula from (Nurrohim, 2020) as follows:

$$P = \frac{f}{N} \times 100\%$$

Description:

P: Number of percentages

f: Frequency

N Number of case

100% : Constanta

All data analysis procedures were carried out manually using Microsoft Excel 2016. The results of the analysis will later

be compared to a criteria table from (Arikunto, 2019) which has determined the assessment categories as follows:

Table 2. Rating Category

Persentase	Description
81 - 100 %	Very effective
61 - 80 %	Effective
41 - 60 %	Effective enough
21 - 40 %	Ineffective
<21 %	Very Ineffective

Source: (Arikunto, 2019)

C. Result and Discussion

Result

The results of research on student

interest in taking PJOK online learning obtained the following results:

Table 3. Frequency distribution of questionnaire answers

Pertanyaan	SS(5)		S(4)		KS(3)		TS(2)		STS(1)		JUMLAH SAMPEL	RATA-RATA Item
	F	%	F	%	F	%	F	%	F	%		
1	45	56%	34	42%	1	1%	1	1%	0%	0%	81	4,519
2	3	4%	12	15%	49	60%	17	21%	0%	0%	81	3,012
3	80	99%	1	1%		0%		0%	0%	0%	81	4,988
4	81	100%		0%		0%		0%	0%	0%	81	5,000
5	23	28%	55	68%	2	2%	1	1%	0%	0%	81	4,235
6	57	70%	24	30%		0%		0%	0%	0%	81	4,704
7	41	51%	38	47%	1	1%	1	1%	0%	0%	81	4,469
8	32	40%	46	57%	3	4%		0%	0%	0%	81	4,358
9	20	25%	56	69%	5	6%		0%	0%	0%	81	4,185
10	19	23%	46	57%	15	19%	1	1%	0%	0%	81	4,025
11	12	15%	56	69%	12	15%	1	1%	0%	0%	81	3,975
12	17	21%	46	57%	15	19%	3	4%	0%	0%	81	3,951
13	27	33%	48	59%	5	6%	1	1%	0%	0%	81	4,247
14	49	60%	31	38%	1	1%		0%	0%	0%	81	4,593
15	11	14%	50	62%	20	25%		0%	0%	0%	81	3,889
16	4	5%	11	14%	44	54%	22	27%	0%	0%	81	2,963
17	61	75%	13	16%	7	9%		0%	0%	0%	81	4,667
18	29	36%	49	60%	2	2%	1	1%	0%	0%	81	4,309
19	10	12%	41	51%	3	4%	20	25%	7	9%	81	3,333
20	13	16%	47	58%	18	22%	3	4%		0%	81	3,864
21	76	94%	1	1%	3	4%	1	1%	0%	0%	81	4,877

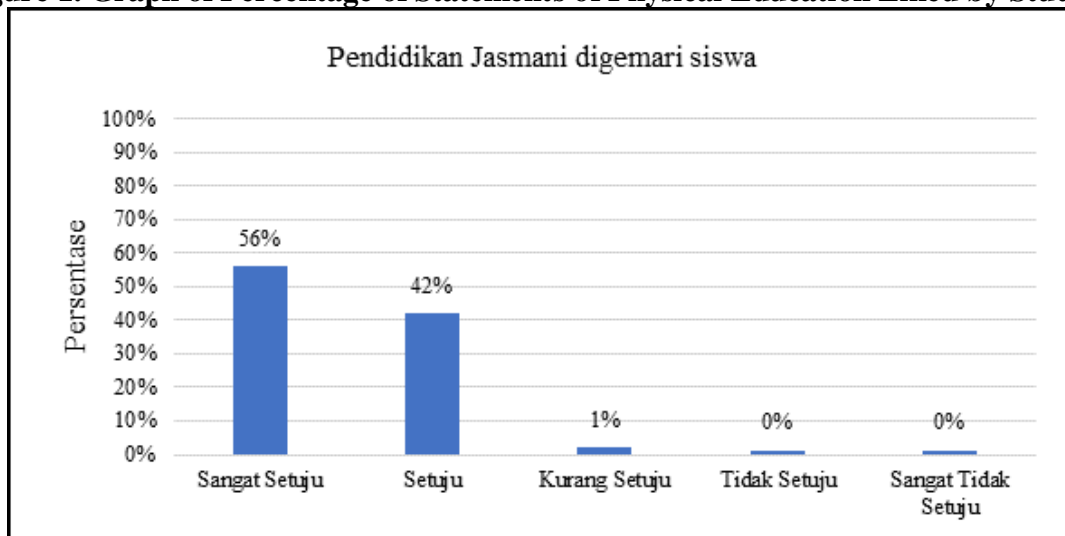
Based on Table 3 regarding the distribution of the answers to the questionnaire, the following results were obtained:

1. Students' Interest

Based on table 3, namely "physical

education is favored by students," an average answer of 4,519 was obtained. More details can be seen in the image below.

Figure 1. Graph of Percentage of Statements of Physical Education Liked by Students



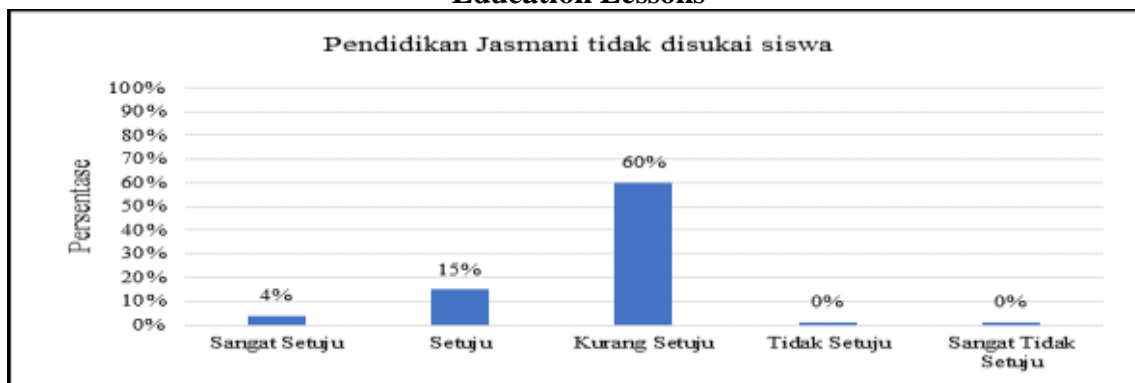
Source: Data Processing Results in 2020

The statement "Students do not like physical education lessons" by obtaining an average answer of 3,012.

student's interest is very large in physical education subjects. for more details can be seen in the image below

It can be concluded that the

Figure 2. Graph of the Percentage of Students' Statements They Don't Like Physical Education Lessons



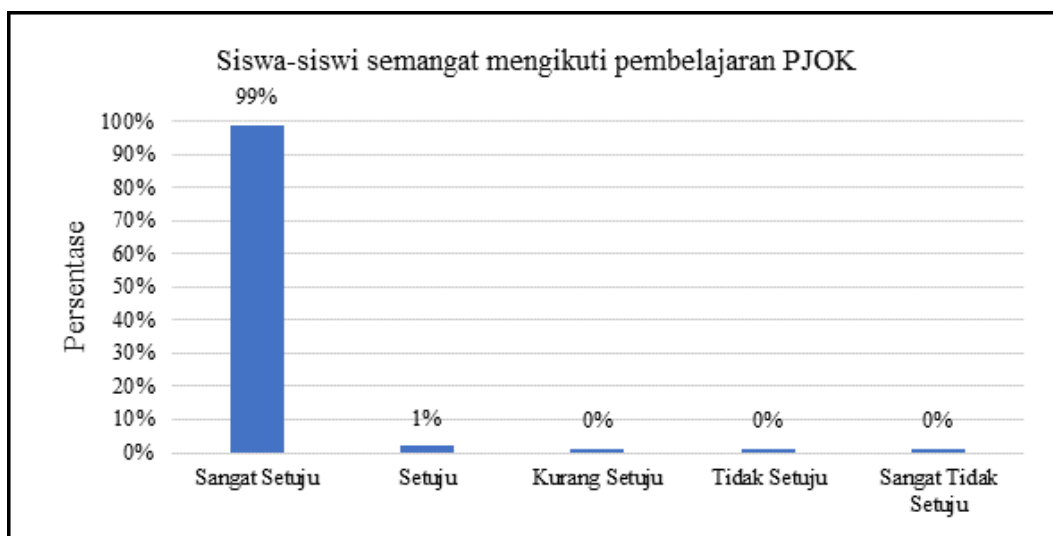
Source: Data Processing Results in 2020

2. The Attractiveness of Learning

Based on table 3 tables, namely "Students enthusiastically follow the physical education movement exemplified by the teacher" by obtaining an average

answer of 4,998. for more details can be seen in the image below.

Figure 3. Graph of the Percentage of Statements of Students With Enthusiasm to Follow the Physical Education Movements Exemplified by their Teachers

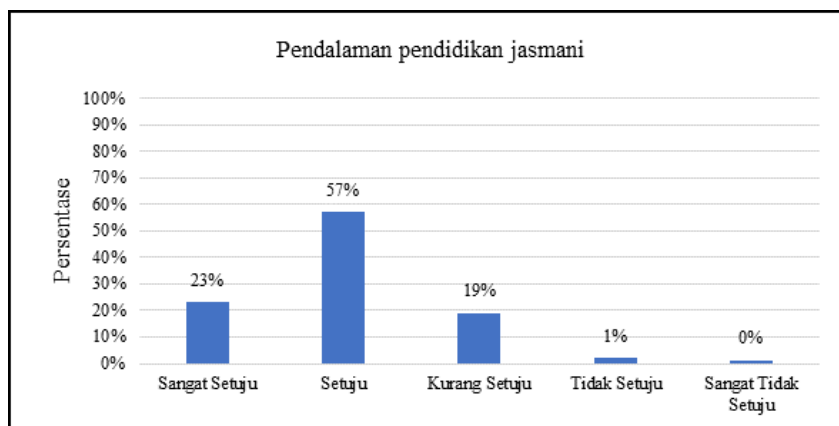


Source: Data Processing Results in 2020

The question "To deepen my physical education, I often watch physical education matches that are broadcast on

TV" with an average answer of 4.025. for more details can be seen in the image below.

Figure 4. Graph of Percentage of Statements to Learn More about Physical Education I Often Watch Physical Education Competitions Shown by TV

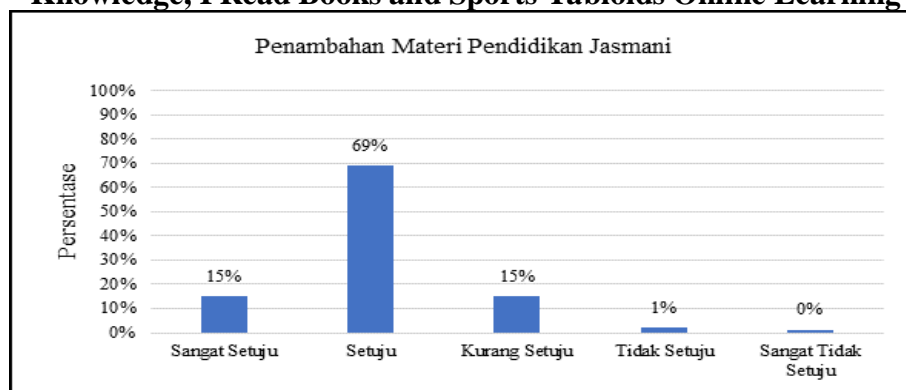


Source: Data Processing Results in 2020

For the question "To increase my knowledge of physical education, I read books and sports tabloids" with an average

answer of 3,975. for more details can be seen in the image below.

Figure 5. Graph of Percentage of Statements To Increase Physical Education Knowledge, I Read Books and Sports Tabloids Online Learning

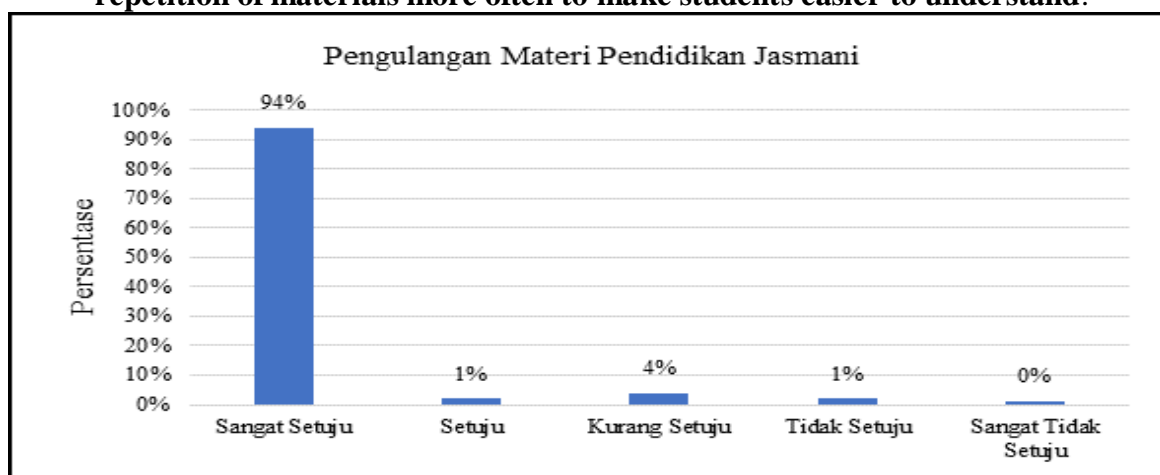


Source: Data Processing Results in 2020

Based on the question "In online learning, the teacher does several repetitions of the material more often to make it easier for

students to understand the material," by obtained an average answer of 4,887. More details can be seen in the image below.

Figure 6. Graph of the Percentage of Statements In online learning, teachers do some repetition of materials more often to make students easier to understand.

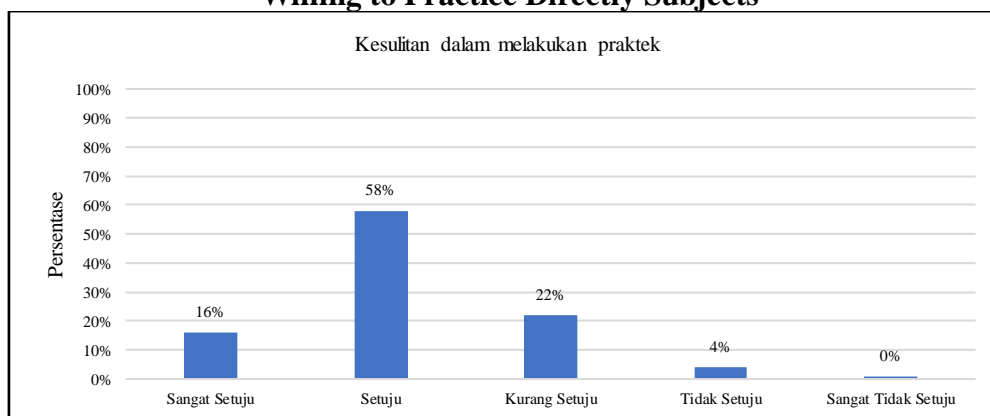


Source: Data Processing Results in 2020

Based on the question "Students have difficulty when they will practice directly the subject" by obtaining an average

answer of 3,864. for more details can be seen in the image below.

Figure 7. Graph of Percentage of Statements of Students Having Difficulty When Willing to Practice Directly Subjects



Source: Data Processing Results in 2020

Discussion

Research conducted ([Muharto et al., 2017](#)) says that learning using e-learning can increase students' interest in learning. E-learning provides interactive tutorials so that students are interested in the media. According to ([Suhada et al., 2020](#)) the younger generation must be able to take advantage of information technology at this time to be able to do online learning. Teacher's room, Zenius, study house, quipper, etc are common applications and can be used by students. Distance learning is helped by the existence of online-based learning platforms. Conducting online learning using various media can help improve communication between teachers and those being taught. ([Mustafa et al., 2019](#)) said that the benefits of doing online learning are to be able to increase interaction between students and teachers

and also allow learning that can be done anytime and from anywhere. Research conducted by ([Herlina & Suherman, 2020](#)) learning PJOK online can involve parents as supervisors and student worksheets as a form of activity, things like this are a distance learning model and initiate a collaborative approach. To further satisfy students, it is PJOK teachers who provide motivation and support during online learning ([Dewi & Sepriadi, 2021](#)). ([Nurrohim, 2020](#)) said that learning PJOK online during the COVID-19 pandemic gave satisfaction to students because teachers were also actively helping students during online learning, in this case, the teacher played an important role in online learning. PJOK learning is taught online in public or private schools, depending on the teaching methods and media used by each school. ([Defliyanto et](#)

[al., 2021](#)).

According to some of the studies above, online PJOK learning is still effective. Materials for classroom learning are edited under the guidance of RPS, just like traditional lectures. The model prepares to learn with the appropriate syllabus, lesson plans, materials, exercises, assignments, and media. Integrative methods and a combination of conventional learning methods, strategies, and techniques are methods that can be used for this kind of learning model. So far, online learning materials are structured like this. The learning model includes internet access with multimedia layers, pages, or windows with online learning modules. Internet-based applications that can be used to teach during the pandemic are Google Classroom, Google Forms, and Whatsapp (WA) to communicate between students and teachers as learning reminders and assignments ([Messakh et al., 2021](#)).

The analysis of research results relates to the stated research objectives and can be explained together with a description of the research results. The research results obtained from the survey are in the form of data. Students' interest in taking physical education subjects at SMA Negeri 1 Kejayan is the focus of this study. Based on the results of student answers as people, it is known that students experience

difficulties when practicing in PJOK subjects, this is because in PJOK subjects direct practice is prioritized in addition to theory matching. This result is reinforced by the average answer of 3,864 people with a percentage of strongly agree with 76 people or 94%. Research conducted by ([Dumiyanto et al., 2021](#)) says that learning PJOK online has a significant impact on students' movement skills. To overcome this, it is hoped that teachers will prepare better material equipped with movements to make it easier for students in the learning process, especially online because the teaching and learning process cannot be done directly. Based on the results of the research on the online-based PJOK learning survey for class X SMAN 1 Kejayan, Pasuruan Regency, it was concluded that interest in learning it was known that most students had an interest and were fond of participating in learning PJOK subjects even though it was done using the online method. This is shown by the majority of people's answers, namely 45 students or 56% of students really like PJOK subjects with an average answer of 4,519. This seems to be caused by internal factors of many students, such as the environment where many students at SMAN 1 Kejayan live and have facilities and infrastructure for daily exercises such as football and volleyball fields, this condition has a significant impact on

physical education spending in schools. . Against the background of the high interest of students in physical education classes, this is because students know that improving physical conditions can also increase knowledge and academic achievement.

In the interest in learning of class X students of SMAN 1 Kejayan, it is known that to study physical education, some students also often watch matches such as football, volleyball, and basketball which are useful for increasing their abilities and learning the movements of the players. In addition, it can be seen from the seriousness of the learning movement of the students who never give up in class and the enthusiasm of the students who want to read books related to physical education. This is evidenced by the average answer of 3,975 people, which shows that some students agree that studying physical education materials and tabloids can increase their knowledge about sports. According to ([Putra et al., 2021](#)) PJOK learning during the covid-19 pandemic has a positive and significant influence on interest in learning, learning activities, and learning outcomes. In the online learning method, due to the Covid 19 pandemic that has hit the whole world, including Indonesia, the direct teaching and learning process has stopped. To keep teaching and

learning activities ongoing, online learning is carried out. Based on the data above, it can be seen that most of the 81 students, namely 47 students or 58% agreed, 18 students or 22% said they did not agree, 13 students or 16% stated strongly agree, and 3 students or 4% said no. agree. It can be concluded that the online learning method currently applied to physical education subjects makes students feel more enthusiastic because of the new learning method. The learning method using Problem Based Learning (PBL) is one method that can make students more active, creative and innovative ([Marheni et al., 2020](#)).

D. Conclusion

This study concludes that the students of class X SMAN 1 Kejayan are still interested in learning PJOK subjects, even to support their ability to read books or magazines about PJOK. In addition, watching sports matches on TV is also able to increase their knowledge about sports. In conducting online or online learning, students experience difficulties in making movements directly because online learning cannot be done face-to-face or directly practice. To overcome this, it is hoped that teachers will be able to prepare additional material in the form of visual videos that display movements for students

and facilitate the online teaching and learning process.

Based on the description stated above, suggestions that can be given are:

1. The application of online learning must be carried out more programmed to increase students' interest in learning

2. Teachers should make more interesting subject matter so that students' interest in learning is even greater.

For further research, it is hoped that additional samples will be added to expand the results of the study.

E. Acknowledgment

Thank you to SMAN 1 Kejayaan who has helped in the implementation of this activity. And also I would like to thank the entire university community who has supported this research.

F. Conflict of Interest

In the research that has been done, there is no conflict of interest from any party.

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