



Development of Part and Whole Learning of Swimming Materials in Swimming Extracurricular at SMA Negeri 1 Tumpang

Vania Putri Hariyoko*, Ari Wibowo Kurniawan, Usman Wahyudi

Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas Negeri Malang, Jalan Ambarawa No. 5, 65145, Kota Malang

e-mail: vania.putri.2006116@students.um.ac.id¹, ari.wibowo.fik@um.ac.id², usman.wahyudi.fik@um.ac.id³.

Abstract

The process of learning basic techniques and swimming styles is the first very important thing that students must have in the swimming extracurricular at SMA Negeri 1 Tumpang. In extracurricular swimming there are still no manuals that can be used to support student learning. The implementation of extracurricular swimming is still very lacking because implementation is uncertain every week. Based on the results of observations, it shows that 93.3% of SMA Negeri 1 Tumpang students need books as a guide to basic swimming learning techniques. The aim is to develop part and whole swimming learning in extracurricular swimming at SMA Negeri 1 Tumpang by providing assistance in the form of ebooks to students so that they have a guidebook on basic swimming techniques. This research is Research and Development (R&D) research using the Borg and Gall development model. With initial field trial subjects of 6 students and large field trials of 30 students. Based on data obtained from the results of data analysis from experts, namely media experts, 98% results were obtained from learning experts, 95% results were obtained from swimming experts, 98% results were obtained from initial field trials, initial field trials obtained 97% results and large field trials obtained 96% results. The results of data analysis from experts and field trials obtained the result "Very Suitable for Use". The data collection technique was carried out through a questionnaire instrument. It can be concluded that this learning development product can help extracurricular learning at SMA Negeri 1 Tumpang.

Keywords: Learning, Swimming, Electronic books, Tutorial Video.

Corresponding Author

email: vania.putri.2006116@students.um.ac.id

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A. Introduction

Learning is an interaction carried out by an educator to his students in a learning environment. Learning is the process of forming student attitudes and insights that an educator gives to students so that students can have a strong character and enthusiasm in learning something and can help students to learn well ([Ahdar & wardana, 2019](#)).

Learning development is a formal and non-formal educational process carried out by students with the aim of developing and finding talents possessed by the students ([Aritianto & Hartono, 2015](#)). The results of the research by ([Koc, 2017](#)) are that sports subjects at school are subjects that have a great influence on students with aspects of increasing positive scores on student development in the learning environment. In every learning there are several methods that are carried out to be achieved correctly and are useful for students, in learning to swim it is very necessary to have some right methods so that students can learn the swimming movement correctly ([Gunawan et al., 2017](#)).

Some schools have extracurricular sports where this activity is supported because it can see the potential of students in non-academic fields and for the formation of students' personal character

values. In addition, this positive activity can develop students' talents and interests in sports with the aim of coaching these students ([Irawan et al., 2020](#)). Sports activities are very important activities to be carried out for the sake of improving the physical and spiritual aspects of every human being, in the aspect of sports development in recent years can increase dramatically and provide very good achievements to the community ([Widowati, 2015](#)).

Swimming is an activity that is carried out on the surface of the water, doing many games and swimming in certain styles, including freestyle, breaststroke, butterfly and backstroke ([Narlan et al., 2020](#)). Swimming is a type of sport that many people like and can be done from toddlers to adults where swimmers can learn to float and slide in the pool. Swimming is a sport that has been known since prehistoric times and has been introduced to the downhill ([Rizkiyansyah & Mulyana, 2019](#)).

According to ([Jiwa, 2019](#)) the part and whole learning method has the following characteristics: 1) Preview, namely: this stage is carried out in accordance with the part and whole method, students are given information about what will be learned in its entirety from various sources. 2) Experiments: at this stage, experiments

will be carried out with exercises that are usually carried out for material practice. 3) There is a review, namely: starting from this stage, the coach gives directions to students to justify the movements that have been taught and then move as a whole to achieve good movements

The part and whole method is in accordance with the most basic swimming technique learning, namely from the movement of each part of the movement technique to the movement as a whole and combined (ME Winarno, 2017). The part method is a breakdown of the parts of a whole series of movements so that in conclusion the initial method is used by dividing each part. While the whole method is the whole method used to perfect the movement and in conclusion the whole method is a combination of the part method, later it will be trained continuously so that it becomes a complete movement (Taufik et al., 2019).

Swimming can basically be raced in terms of speed and style correctness. However, swimming is not only done for competitions, swimming can also be used as a means for students to develop their talents through extracurriculars. There are several schools that provide swimming extracurricular facilities, one of which is SMA Negeri 1 Tumpang which is located

on Jl. Kamboja No. 15 Malanguko, Tumpang District, Malang Regency. This extracurricular is carried out once a week, which has participants as many as 30 students from grade 10 to grade 12.

Based on the results of observations and observations that have been carried out by the researcher on May 27, 2023 through interviews with coaches/teachers and questionnaires for swimming extracurricular participants at SMA Negeri 1 Tumpang. The following results were obtained, the swimming extracurricular at SMA Negeri 1 Tumpang was established in 2018 which was initially because at that time there were several students who got many achievements in aquatic sports, especially in swimming. However, it does not have an additional training forum and channels student talents and as a means of increasing the training time of these outstanding students. Therefore, SMA Negeri 1 Tumpang held the first and continuous swimming extracurricular until now with 30 participants of SMA Negeri 1 Tumpang. Swimming extracurricular students carry out learning as much as 1 time a week, even in 1 week, it is not uncommon for there to be no extracurricular implementation because of the hampered by many activities at school and also unfavorable weather conditions.

The researcher provided a questionnaire of questions related to the implementation of learning to students while participating in swimming extracurricular at SMA Negeri 1 Tumpang as many as 30 students obtained the following results: (1) as many as 66.6% of swimming extracurricular activities are carried out 1 time a week and 33.4 are rarely carried out (2) as many as 63.3% have participated in this extracurricular for 1 year and 36.7% have participated in this extracurricular for 2 years (3) 50% of students have the potential to participate in competitions and 50% of students do not have the potential to participate in the competition because it is only as learning (4) 33.3% have participated in the competition 66.7% have never participated in the competition (5) 100% have been taught basic swimming techniques (6) 100% have been taught freestyle (7) 100% have been taught dana style (8) 56% of students have been taught butterfly style and 43.4% have not been taught (9) 53.3% of students have been taught backstyle and 46.7% of students have not been taught (10) 63.3% of students pursue freestyle and 36.7% of students pursue breaststroke (11) 93.3% of students do not have book guidelines for extracurricular activities and 6.7% of students already exist (12) 93.3% of students need e-books and 6.7% of students do not need e-books.

Based on these observations, researchers are interested in creating an e-book that can be used by students and teachers in learning basic techniques and learning swimming styles part by part to a complete combination (part and whole) in extracurricular swimming at SMA Negeri 1 Tumpang. It is hoped that it will facilitate student learning and help teachers in learning programs. This e-book makes it easier for students to study and can be accessed anywhere and anytime. This ebook is very important to give to students because it can support learning and students who are behind in learning can learn independently with the help of the ebook.

In this research, the creation of the ebook was carried out directly by the researcher. Researchers really hope that ebooks can be used as a guide for student learning. In the ebook there is a barcode that is connected to the YouTube application which contains videos of basic swimming techniques to make it easier for students to learn swimming movements. Apart from that, the specialty of this development is that the models used in the videos and images in the ebook were created by researchers.

An e-book is a book that must use electronic media to be able to access it and to be able to read it. An example of the main characteristic of an ebook is the rapid

spread of a book because by using a gadget a book can be spread widely. Ebooks themselves have many advantages for someone who uses them because ebooks can be used anywhere and are not tied to items. Because ebooks can spread so quickly, their circulation exceeds that of print media ([Labebody M., 2018](#)).

B. Methods

The initial data for this research was obtained through a needs analysis carried out on students. This research and development refers to the development model according to Borg, & Gall, (1998:775) which consists of 10 steps, namely: (1) Research and information collecting (preliminary study), (2) planning (planning research), (3) develop preliminary form of product (design development), (4) preliminary field testing (initial field trials), (5) main product revision (revision of limited initial field test results), (6) main field testing (field trials), (7) operational product revision (revision of extensive field test results), (8) operational

field testing (feasibility test), (9) final product revision (final revision of feasibility test), (10) dissemination and distribution (distributing the product).

Each development can definitely choose and determine the steps that will be used as research because it sees and considers the conditions faced in the research and development process. Based on the development theory above, researchers did not use all the steps. Because, researchers do not carry out research and development in a large number of areas and adapt it to the research that will be studied. Therefore, this research was carried out in one school, namely SMA Negeri 1 Tumpang Malang Regency with research subjects of 30 students and for extracurricular swimming only. To validate the development product, researchers chose to use expert validators to validate the product. So, the researcher modified this research to suit the needs that will be studied. In connection with this, the researcher used only 7 steps from Borg and Gall to research extracurricular swimming at SMA Negeri 1 Tumpang as follows.

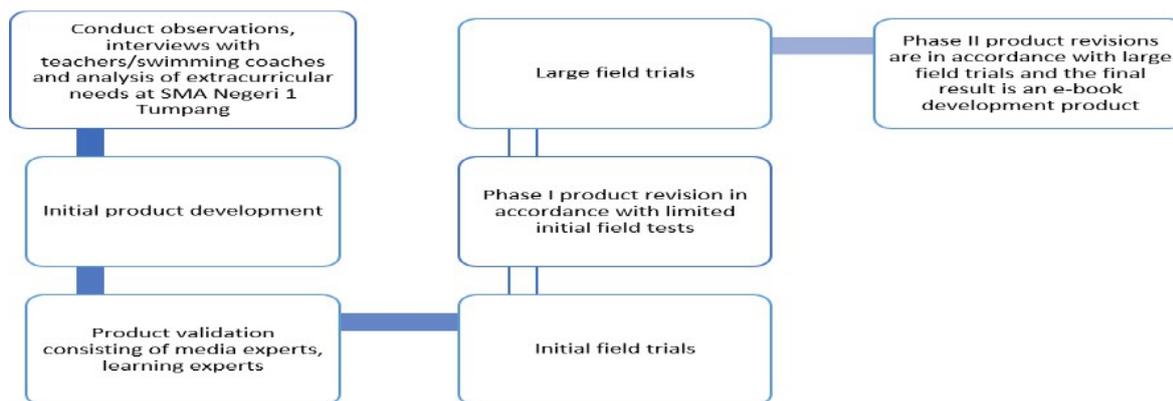


Figure 1. Research Steps

1) Conduct observations, interviews with swimming teachers/coaches and analysis of extracurricular needs at SMA Negeri 1 Tumpang; In this step, researchers will make direct observations to find out the needs of the swimming extracurricular. 2) Initial product development; In this step, the researcher carried out the process of developing and making an E-Book which included basic techniques, modified exercises, personal pictures, and making videos. 3) Product validation consisting of media experts, learning experts and swimming experts. 4) Initial field trials carried out by 6 extracurricular swimming students. 5) Revision of phase I products in accordance with initial limited field trials. 6) Large field trials carried out by 30 extracurricular swimming students. 7) Phase II product revision in accordance

with large field trials and the final result in the form of a development product.

The subjects in this research and development consisted of 1) expert evaluation, 1 media expert, 1 learning expert, 1 swimming expert, 2) initial field trial subjects with a total of 6 students 3) large field trial subjects with a total of 30 students. The instrument used in this research was a questionnaire which was distributed directly to 5 students (initial field test) and 30 students (large field test). The method for data analysis used in developing part and whole swimming lessons is using a quantitative and quantitative data analysis approach obtained from the results of the questionnaire and revisions provided. Data analysis uses quantitative formulas which can be seen in the table below:

Table 1. Instrument Rating Scale

Nilai	Kualifikasi
4	Very Interesting/ Very worthy/ Very suitable/ Very useful
3	Attractive/Decent/ Appropriate/Beneficial
2	Interesting enough/Decent enough/Quite appropriate/Fairly useful
1	Not interesting/not feasible/not suitable/not useful

The questionnaire results are then processed in percentage form, using the formula from Sugiyono (2017:9)

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

Information:

P = Percentage number of test subject evaluation results

f = The frequency the percentage is being

searched for

n = Number of frequencies or number of individuals

100% = Constant

To facilitate the process of summarizing data from the results of percentage analysis, the data can be classified according to percentages. As follows:

Present	Qualification	Information
81-100%	Very worthy	Used without revision
61-80%	Decent	Used with revision
41-60%	Decent	Can not be used
<40%	Enough Not Feasible	prohibited from use

Contains the type of research, time and place of research. Explain the chronology of the research, including research design, methods, approaches used, data collection, and analysis techniques. research procedures (in the form of algorithms, Pseudocode, or other), how to test, and data acquisition. The description of the research program must be supported by references so that the explanation can be accepted scientifically. Avoid writing general scientific concepts and definitions. Attach the research design in the form of pictures.

C. Result and Discussion

Data analysis to determine the feasibility of a product that is being developed, namely part and whole method swimming learning for extracurricular swimming students at Tumpang State High School 1 in the form of an ebook which

contains videos of part and whole method swimming learning. Data analysis aims to collect information from experts, namely media experts, learning experts, swimming experts and field trials (initial and large). The following is a display of part and whole learning development products for swimming materials in the form of ebooks and learning videos. Data analysis to determine the feasibility of a product that is being developed, namely part and whole method swimming learning for extracurricular swimming students at Tumpang State High School 1 in the form of an ebook which contains videos of part and whole method swimming learning. Data analysis aims to collect information from experts, namely media experts, learning experts, swimming experts and field trials (initial and large). The following is a display of part and whole

learning development products for and learning videos.
swimming materials in the form of ebooks

Figure 2. Cover Video



Figure 3. Learning Freestyle



Figure 4. Cover Learning Ebook

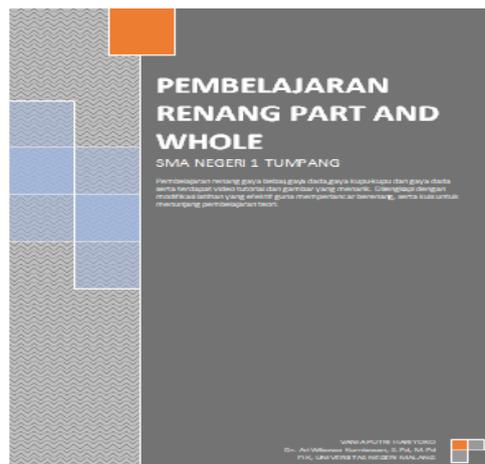


Figure 5. Learning breakstroke

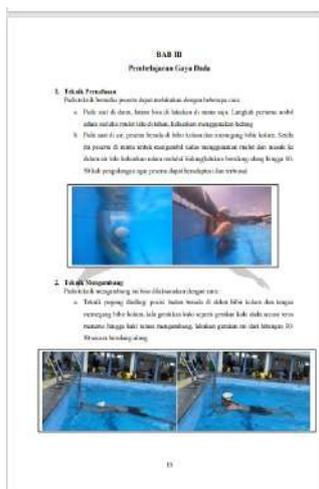
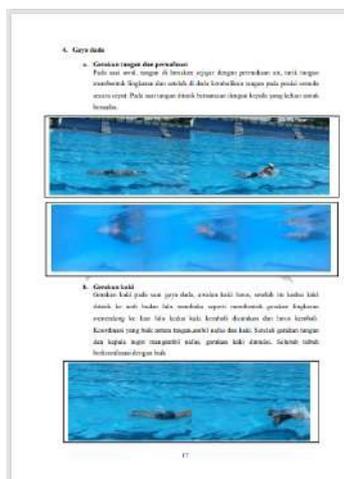


Figure 6. Breakstroke movement



This development product is in the form of an ebook and video learning part and whole swimming material. Ebooks and videos contain basic swimming techniques (breathing, floating and sliding), 4 swimming styles, jumping and flip running techniques and modified exercises for students.

3.1.1 Media

Analyzing media expert evaluation data from several aspects including attractiveness, clarity, convenience and usefulness of products developed through the development of part and whole swimming material learning in the swimming extracurricular at SMA Negeri 1 Tumpang

Table 3. Analyzing media expert evaluation

No	Aspec	eligibility	Kategori
1	attractiveness	95%	Used without revision
2	Clarity	100%	used with revision

No	Aspec	eligibility	Kategori
3	Convenience	100%	can not be used
4	Usefulness	95%	prohibited from use

Based on media expert data analysis, 98% results were obtained from these aspects. Until the results are adjusted based on the product quality criteria table which shows that the part and whole learning development product for swimming material in extracurricular swimming at SMA Negeri 1 Tumpang has met the criteria, namely showing that the results are very suitable for use without revision and can be continued to initial field trials.

3.1.2 Learner

Analyzing evaluation data from learning experts from several aspects including attractiveness, clarity, convenience and usefulness of products developed through the development of part and whole swimming material learning in extracurricular swimming at SMA Negeri 1 Tumpang.

Table 4. Analyzing evaluation data from learning experts

No	Aspec	eligibility	Catagory
1	attractiveness	100%	Used without revision
2	Clarity	89%	used with revision
3	Convenience	89%	can not be used
4	Usefulness	100%	prohibited from use

Based on data analysis from learning experts with 95% results obtained from these aspects. Until the results are adjusted based on the product quality criteria table which shows that the part and whole learning development product for swimming material in extracurricular swimming at SMA Negeri 1 Tumpang has met the criteria, namely showing that the results are very suitable for use without

revision and can be continued to initial field trials.

3.1.3 Swimmer

Analyzing Swimming expert evaluation data from several aspects which include attractiveness, clarity, ease and usefulness of the product developed through the development of part and whole swimming learning material in extracurricular swimming SMA Negeri 1 Tumpang.

Table 5 Analyzing Swimming expert evaluation

No	Aspec	eligibility	Catagory
1	attractiveness	94%	Used without revision
2	Clarity	96%	used with revision
3	Convenience	100%	can not be used

Based on data analysis from swimming experts with 98% results obtained from these aspects. Until the results are adjusted based on the product quality criteria table which shows that the part and whole learning development product for swimming material in extracurricular swimming at SMA Negeri 1 Tumpang has met the criteria, namely showing that the results are very suitable for use without revision and can be continued to initial

field trials.

3.1.4 Initial Field Trials

Analysis of assessment data from initial field trials for several aspects including attractiveness, clarity, convenience and usefulness of the product developed through the development of part and whole swimming learning material in the swimming extracurricular at SMA Negeri 1 Tumpang is shown below.

Table 6. Analysis of assessment data

No	Aspec	eligibility	Catagory
1	attractiveness	96%	used with revision
2	Clarity	97%	Used without revision
3	Convenience	100%	can not be used
4	Usefulness	94%	prohibited from use

Based on the results of data analysis obtained from initial field trials on extracurricular swimming students at SMA Negeri 1 Tumpang with a percentage result of 97% and the results obtained from these aspects. Until the results are adjusted based on the product quality criteria table which shows that the part and whole learning development product for swimming material in extracurricular swimming at SMA Negeri 1 Tumpang has met the

criteria, namely the results are very suitable for use without revision.

3.1.5 Large Field Trials

Analysis of assessment data from large field trials for several aspects including attractiveness, clarity, convenience and usefulness of products developed through the development of part and whole swimming learning material in the swimming extracurricular at SMA Negeri 1 Tumpang is shown below.

Table 7. Analysis of assessment data from large field trials

No	Aspec	eligibility	Catagory
1	attractiveness	93%	used with revision
2	Clarity	96%	Used without revision
3	Convenience	96%	can not be used
4	Usefulness	97%	prohibited from use

Based on the results of data analysis obtained from large field trials on extracurricular swimming students at SMA Negeri 1 Tumpang with a percentage result of 96% and the results obtained from these aspects. Until the results are adjusted based on the product quality criteria table which shows that the part and whole learning development product for swimming material in the swimming extracurricular at SMA Negeri 1 Tumpang has met the criteria, namely the results are very suitable for use without revision.

Discussion

This part and whole learning development product of swimming material is packaged in the form of an ebook which is loaded with learning videos. Education is an effort that is used to prepare the golden generation to face the development of the times and the increase in technology in the global era. Therefore, every education must be well prepared so as to create a very quality education and can improve the quality of human life (Nurrita, 2018). Learning is something that affects each other between students and teachers as a form of providing information and knowledge (Kusuma et al., 2020). Learning is a step to change uneducated students to become educated students, students who have not gained knowledge will become students who have and understand knowledge (Yunnisah,

2018). Saddam (2018) learning objectives are an activity or description that will be passed by students with learning objectives that will be achieved and successful, then students get the expected results.

The learning process can be carried out if it can include 3 aspects of learning, namely students, learning processes and learning situations. The learning process is also a process that involves teachers and students in order to achieve good interaction and mutual communication to achieve learning goals (Nugraha et al., 2018). Learning media is a tool that can be used as an intermediary to convey a message and material from the teacher to students so that the material to be provided can be easily understood and the learning process is more useful (Utomo & Ratnawati, 2018). According to Hassan, et al (2021) Learning media is a tool that is used as a liaison from the informant to the recipient of information with the aim that the recipient can follow and carry out the learning process.

Swimming is a sport that is able to improve a person's physical and spiritual health), swimming is one of the sports that can nourish the body, because in each muscle will move so that the body and all muscles and body strength can increase and the effectiveness of the body increases (Pangastuti, 2011). Swimming is a form of strength training that will be coordinated and used as a swimming sport that has many

benefits for the body. Learning to swim is the first step so that the body feels calm in the water and can master basic swimming techniques such as breathing, gliding and floating ([Abyadh et al., 2023](#)).

The part method is a part of the learning form of solving the smallest part. Breaking down the movement into the smallest part, has the goal of making students more quickly understand and dare to do little by little movements so that they can eliminate or minimize the possibility of making the wrong movement. If the whole method is a combination of the smallest parts so that they become a whole part that aims to make the part perfect (Winarno, 2017). The Part-Method is a method that is divided into parts so that it will be taught slowly so that it can be understood in its entirety if the Whole-Method is a method that applies the parts of the movement fragments into one and combined as a whole to make a perfect movement and will be trained continuously so that the student masters the swimming movement (Firdaus et al., 2014).

This development product describes part and whole method swimming learning material using text, images, audio, books and videos. In research and development of part and whole swimming material learning using ebooks containing videos is one element of achieving learning objectives and as a support for extracurricular student

needs. This product is specifically used in extracurricular swimming lessons at SMA Negeri 1 Tumpang. Because in this product there is an ebook that can be studied independently and there are videos learning correct swimming techniques to help students learn. The contents of the ebook and video consist of learning basic swimming techniques to pure swimming styles as well as jumping and flip fun/somersault skill techniques. The revised product is in accordance with the suggestions and input given from experts who have been filled in the validation instrument questionnaire for media experts, learning experts and swimming experts.

Based on the results of media experts, there are several suggestions for maximizing the appearance of ebooks so that readers can read more clearly. Such as the clarity of the writing and the size of the book which aims to make students more comfortable looking at the book. In line with research (Zain, et al., 2021) the correct learning media will teach students to learn independently. However, in its application there are still many learning media that are not effective and less interesting so students feel bored with independent learning. The existence of video learning media can improve and encourage smooth student learning processes. From these results, this

product is suitable for use and without revision.

Based on the results of learning experts, there are suggestions related to ebooks, the clarity of the content in ebooks is still not optimal. Therefore, the researcher revised it so that the content in the ebook contained appropriate discussion. As with research ([Oktaviani, 2019](#)). Media that is packaged attractively can help students achieve these learning goals, one example is motion audio-visual media. From these results, this product is suitable for use and without revision.

Based on today's swimming experts who have provided validation questionnaires and there are several suggestions given. For the video, several additional movements should be added to clarify the swimming movements, so that students can understand the swimming movements and according to the method used to make it clearer in conveying the material to students. In accordance with this argument, it is in line with research from ([Ishak & Wargadinata, 2017](#)) that the overall method is a method that combines the part methods and then makes them into one and is moved as a whole and repeated to get good results.

From the initial field test there are several suggestions for maximizing the appearance of ebooks and videos. In the video there is an explanation of each style and movement of the demonstrator, the writing is too fast

so the viewer feels uncomfortable when watching the video. After that, the researchers immediately revised the video and it was ready to be tested in a large field. In accordance with this problem, there is appropriate research, namely research by (Putra et al., 2023) that learning videos can help students achieve learning objectives, learning video editing techniques also play an important role in the continuity of learning videos and can help increase students' interest in studying the material. . According to the results obtained, this product is suitable for use and without revision.

From large field tests, validation questionnaires have been provided and there are many suggestions for perfecting the ebook product which includes swimming learning videos. Suggestions given include 1) in each video a picture is given to clarify the movement 2) some video scans have shots that are not clear 3) the color combination is still lacking so students feel bored. From the suggestions and criticisms given to the researcher and after reviewing some of these suggestions and criticisms, they were correct and the researcher immediately revised the video. In accordance with research ([Sigit et al., 2016](#)), product revisions are carried out if the use of the product is still not perfect and in testing product use, researchers should always evaluate and if it is good for product

progress, immediately revise it so that existing weaknesses can be identified and can be used to improve the product. From the results of large group trials it can be stated that the product is suitable for use and without revision. With the development of part and whole swimming material learning, extracurricular swimming students can be motivated to learn basic swimming techniques. And able to practice well.

D. Conclusion

From the results of the research and development of part and whole swimming material learning in the swimming extracurricular at SMA Negeri 1 Tumpang, it can be concluded that the product of developing part and whole swimming learning material in the swimming extracurricular at SMA Negeri 1 Tumpang can be used to help students learn more effectively, increase understanding to the material presented. Also, students receive book guidelines for implementing extracurricular swimming lessons. This ebook still does not discuss the movements in detail, only basic techniques in stages so that students can easily learn. Further research can strengthen and clarify each swimming movement.

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F. Conflict of Interest

No conflict of interest

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