

# Survey of Physical Education Facilities and Teaching and Learning Process of Physical Education in State High Schools in the Middle City of Tebing Tinggi Akademik Year 2018/2019

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**Abstract**— The purpose of this study was to find out how the Physical Education Facilities and the Teaching and Learning Process of Physical Education in High Schools in the Middle City of Tebing Tinggi in Academic Year 2018/2019. The method in this study is a descriptive method using survey techniques, using these methods can be obtained actual information about Physical Education Facilities and Physical Education Teaching and Learning Processes in High Schools in the City of Madrasah Tebing Tinggi Academic Year 2018/2019. While this research instrument is to collect data through direct observation to schools. Observation results are collected in the form of observation tables that have been made in such a way.

**Keywords:** *physical education facilities, teaching learning*

## I. PRELIMINARY

Facilities in physical education are one alternative in solving problems that exist in the teaching and learning process in physical education. With this facility, the learning process in physical education can run more optimally. In the 2004 physical education curriculum, it is stated that physical education is an educational process that utilizes physical education facilities that are planned systematically aimed at developing and enhancing individuals organically, neuromuscularly, perceptually, cognitively, and emotionally, within the framework of the national education system.

Learning activities are activities that aim to bring learners to a desired change in behavior [1]. But this work requires a sharp analysis and solid planning so that it can take the right decisions and apply them to students. Facilities in physical education are the main factors in the process of physical education learning where with the physical education facilities the physical education learning process can run well [2].

Tebing Tinggi is one of the Middle Cities located in North Sumatra Province and is one of the oldest cities in North Sumatra Province. Tebing Tinggi City consists of 5 districts, and in Tebing Tinggi City there are Schools of Elementary, Middle, High School and Vocational Schools. With a small area and boundary area, Tebing Tinggi City has several

schools which, judging from the location and shape of the school building, can be said that the schools in the Tebing Tinggi City Government environment are included in the standard school category. For this reason the author tries to conduct a study in the City of Tebing Tinggi precisely in the school environment at the high school level.

Based on observations, the author wants to see how physical education facilities in Tebing Tinggi City and also the physical education teaching and learning process in the City, then on this basis the authors make a study by taking the title: Survey of Physical Education Facilities and Teaching and Learning Process of Physical Education in High School Country Se - Middle City of Tebing Tinggi Academic Year 2018/2019.

## II. METHODS

This research will be conducted in high schools throughout Tebing Tinggi City. The time of this research is planned for two weeks, namely in August 2018. Population is the whole subject of research if someone wants to examine all the elements that exist in the research area, the research is a research population [3]. Based on the above, the population in this study were all high school level schools in the Tebing Tinggi City Government, totaling 4 schools.

Research samples according to [4] are; part or representative of the population under study. In this study the sample is the entire population, namely all high school in the Tebing Tinggi City Government environment where the number of schools is 4 [5], [6].

The study intends to find out information on Physical Education Facilities and Physical Education Teaching and Learning Processes in High Schools in the Middle City of Tebing Tinggi in Academic Year 2018/2019. In this regard, this research uses descriptive research methods using survey techniques. By using this method can be obtained actual information about physical education facilities and also the process of teaching and learning physical education that is

available in all high school levels in the Tebing Tinggi City Government.

The data measurement technique used by the writer is qualitative data analysis that is data relating to categorization, characteristics or nature of variables. Then the steps are as follows:

1. Arrange data, analyzed, then interpreted so that a clear picture of the problem is discussed.
2. Classification Percentage of Physical Education Facilities is obtained by the formula [7]:

$$P = \frac{F}{N} \times 100\% \quad (1)$$

Where:

- P = percentage value obtained
- F = Frequency of the sample that chooses
- N = Total number of samples
- 100% = Resolution Value

To find the category and classification of percentage of physical education facilities can be stated by [8] namely as follows:

- 80% - 100% = Very good
- 60% - 79% = Good
- 30% - 59% = Medium
- 10% - 29% = Less
- <10% = Very Poor

### III. RESULTS AND DISCUSSION

The following is a description of research data based on the results of a survey on Physical Education Facilities and Physical Education Teaching and Learning Processes in Senior High Schools in Tebing Tinggi City High School Academic Year 2018/2019. The description of the data is made per school according to the types of sports being taught.

1. Physical Education Facilities Data and Physical Education Teaching and Learning Process in SMA Negeri 1 Tebing Tinggi City Academic Year 2018/2019. Based on observations on physical education facilities at SMA Negeri 1 Kota Tebing Tinggi it has a percentage of 65% and falls into the Good category. While the observations on the Teaching and Learning Process of Physical Education in SMA Negeri 1 Tebing Tinggi City obtained a score of 109, a total score of 91 and an average value of 4.5.
2. Physical Education Facility Data and Physical Education Teaching and Learning Processes in SMA Negeri 2 Tebing Tinggi City Academic Year 2018/2019. Based on observations on physical education facilities at SMA Negeri 2 Kota Tebing Tinggi it has a percentage of 45% and belongs to the Medium category. While the observations on the Teaching and Learning Process of Physical Education at SMA Negeri 2 Tebing Tinggi City obtained a score of 94, a total score of 78.3 and an average value of 3.9.
3. Data on Physical Education Facilities and Physical Education Teaching and Learning Process in SMA Negeri 3 Tebing Tinggi City Academic Year 2018/2019. Based on observations on physical education facilities in SMA 3

Kota Tebing Tinggi has a percentage of 46.1% and belongs to the Medium category. While the observations on the Teaching and Learning Process of Physical Education in SMA Negeri 3 Kota Tebing Tinggi obtained a score of 90, a total score of 75 and an average value of 3.8.

4. Physical Education Facilities Data and Physical Education Teaching and Learning Process in SMA Negeri 4 Tebing Tinggi City Academic Year 2018/2019. Based on observations on physical education facilities in SMA 4 Kota Tebing Tinggi has a percentage of 43.2% and belongs to the Medium category. While observations on the Teaching and Learning Process of Physical Education in SMA Negeri 4 Tebing Tinggi City obtained a score of 93, a total score of 77.5 and an average value of 3.9

Observation Sheet of Physical Education Facilities in State High Schools All Middle City of Tebing Tinggi Academic Year 2018/2019:

School Name : SMAN 1 Tebing Tinggi City  
 An area : -  
 Address : -  
 Since : -

TABLE I. OBSERVATION SHEET OF PHYSICAL EDUCATION FACILITIES SMAN 1 TEBING TINGGI CITY

No	Research Variable	Amenities Education Physical	Indicator			
			Amount	Feasible To Use	Not Worth Using	Percentage
1.	Soccer	Field	1	1	-	60 %
		Goal Post	2	2	-	70 %
		Ball	4	4	-	70 %
2.	Volley Ball	Field	2	2	-	80 %
		Net	3	3	-	80 %
		Ball	6	6	-	100 %
3.	Basket Ball	Field	1	1	-	60 %
		Ring	2	2	-	60 %
		Ball	4	4	-	70 %
4.	Badminton	Field	-	-	-	-
		Net	2	2	-	60 %
		Racket	4	4	-	50 %
		Shuttle Cock	24	24	-	70 %
5.	Table Tennis	Table	2	2	-	60 %
		Net	3	3	-	60 %
		Bed	8	8	-	70 %
		Ball	12	12	-	80 %
6.	Relay Race	Trajectory	1	1	-	50 %
		Stop Watch	3	3	-	60 %
		Stick	20	20	-	80 %
7.	Long Jump	Trajectory	1	1	-	60 %
		Sand Box	1	1	-	60 %
		Meter	1	1	-	60 %
8.	Discus Throw	Field	1	1	-	50 %
		Meter	1	1	-	60 %
		Discus	15	15	-	100 %
9.	Shot Put	Field	1	1	-	50 %
		Meter	1	1	-	60 %
		Bullet	15	15	-	100 %
10	Gymnastics	Mattress	2	2	-	50 %
		Hall	1	1	-	60 %

<b>Total Average Percentage</b>	<b>65 %</b>
<b>Category</b>	<b>Good</b>

Observation Sheet of Physical Education Facilities in State High Schools. All Middle City of Tebing Tinggi Academic Year 2018/2019:

School Name : SMAN 2 Tebing Tinggi City  
 An area :-  
 Address :-  
 Since :-

**TABLE II. OBSERVATION SHEET OF PHYSICAL EDUCATION FACILITIES SMAN 2 TEBING TINGGI CITY**

No	Research Variable	Amenities Education Physical	Indicator			
			Amount	Feasible To Use	Not Worth Using	Percentage
1.	Soccer	Field	-	-	-	-
		Goal Post	2	2	-	60 %
		Ball	3	3	-	60 %
2.	Volley Ball	Field	1	1	-	60 %
		Net	2	2	-	60 %
		Ball	3	3	-	60 %
3.	Basket Ball	Field	1	1	-	60 %
		Ring	2	2	-	60 %
		Ball	2	2	-	50 %
4.	Badminton	Field	-	-	-	-
		Net	-	-	-	-
		Racket	2	2	-	40 %
		Shuttle Cock	12	12	-	50 %
5.	Table Tennis	Table	1	-	1	25 %
		Net	-	-	-	-
		Bed	2	2	-	25 %
		Ball	-	-	-	-
6.	Relay Race	Trajectory	-	-	-	-
		Stop Watch	2	2	-	60 %
		Stick	2	2	-	20 %
7.	Long Jump	Trajectory	-	-	-	-
		Sand Box	-	-	-	-
		Meter	1	1	-	50 %
8.	Discus Throw	Field	-	-	-	-
		Meter	1	1	-	50 %
		Discus	2	2	-	25 %
9.	Shot Put	Field	-	-	-	-
		Meter	1	1	-	50 %
		Bullet	2	2	-	40 %
10.	Gymnastics	Mattress	15	15	-	100 %
		Hall	1	1	-	80 %
<b>Total Average Percentage</b>					<b>45 %</b>	
<b>Category</b>					<b>Average</b>	

Observation Sheet of Physical Education Facilities in State High Schools All Middle City of Tebing Tinggi Academic Year 2018/2019:

School Name : SMAN 3 Tebing Tinggi City  
 An area :-  
 Address :-  
 Since :-

**TABLE 3. OBSERVATION SHEET OF PHYSICAL EDUCATION FACILITIES SMAN 3 TEBING TINGGI CITY**

No	Research Variable	Amenities Education Physical	Indicator			
			Amount	Feasible To Use	Not Worth Using	Percentage
1.	Soccer	Field	1	1	-	60 %
		Goal Post	2	2	-	60 %
		Ball	20	10	10	70 %
2.	Volley Ball	Field	1	1	-	60 %
		Net	3	3	-	60 %
		Ball	5	5	-	70 %
3.	Basket Ball	Field	-	-	-	-
		Ring	-	-	-	-
		Ball	3	3	-	50 %
4.	Badminton	Field	-	-	-	-
		Net	-	-	-	-
		Racket	5	5	-	50 %
		Shuttle Cock	24	24	-	70 %
5.	Table Tennis	Table	2	1	1	50 %
		Net	4	2	2	50 %
		Bed	10	10	-	70 %
		Ball	12	12	-	60 %
6.	Relay Race	Trajectory	-	-	-	-
		Stop Watch	4	-	4	20 %
		Stick	20	20	-	60 %
7.	Long Jump	Trajectory	1	1	-	50 %
		Sand Box	1	1	-	60 %
		Meter	1	1	-	50 %
8.	Discus Throw	Field	1	1	-	50 %
		Meter	1	1	-	50 %
		Discus	8	8	-	60 %
9.	Shot Put	Field	1	1	-	50 %
		Meter	1	1	-	50 %
		Bullet	8	8	-	60 %
10.	Gymnastics	Mattress	5	3	2	40 %
		Hall	1	1	-	60 %
<b>Total Average Percentage</b>					<b>46,1 %</b>	
<b>Category</b>					<b>Average</b>	

Observation Sheet of Physical Education Facilities in State High Schools All Middle City of Tebing Tinggi Academic Year 2018/2019:

School Name : SMAN 4 Tebing Tinggi City  
 An area :-  
 Address :-  
 Since :-

**TABLE 4. OBSERVATION SHEET OF PHYSICAL EDUCATION FACILITIES SMAN 4 TEBING TINGGI CITY**

No	Research Variable	Amenities Education Physical	Indicator			
			Amount	Feasible To Use	Not Worth Using	Percentage
1.	Soccer	Field	1	1	-	60 %
		Goal Post	-	-	-	-
		Ball	14	6	8	70 %
2.	Volley Ball	Field	-	-	-	-
		Net	2	2	-	50 %
		Ball	7	4	3	60 %
3.	Basket Ball	Field	-	-	-	-

		Ring	2	2	-	50 %
		Ball	4	3	1	50 %
4.	Badminton	Field	1	-	1	25 %
		Net	2	2	-	50 %
		Racket	4	4	-	50 %
		Shuttle Cock	12	12	-	60 %
5.	Table Tennis	Table	6	-	6	25 %
		Net	2	2	-	50 %
		Bed	6	6	-	50 %
		Ball	4	4	-	40 %
6.	Relay Race	Trajectory	1	1	-	50 %
		Stop Watch	2	2	-	50 %
		Stick	4	4	-	40 %
7.	Long Jump	Trajectory	1	1	-	50 %
		Sand Box	1	1	-	60 %
		Meter	1	1	-	50 %
8.	Discus Throw	Field	1	1	-	50 %
		Meter	1	1	-	50 %
		Discus	2	2	-	25 %
9.	Shot Put	Field	1	1	-	50 %
		Meter	1	1	-	50 %
		Bullet	2	2	-	25 %
10.	Gymnastics	Mattress	5	5	-	50 %
		Hall	1	1	-	50 %
<b>Total Average Percentage</b>						<b>43,2 %</b>
<b>Category</b>						<b>Average</b>

Recapitulation of Observation Percentage of Physical Education Facilities in SMA Negeri All Middle City Tebing Tinggi:

TABLE V. ACADEMIC YEAR 2018/2019

NO.	School Name	Percentage of Physical Education Facilities	Category
1.	SMA – N 1	65 %	Good
2.	SMA – N 2	45 %	Average
3.	SMA – N 3	46,1 %	Average
4.	SMA – N 4	43,2 %	Average
		<b>199,32 %</b>	
<b>Rata - Rata</b>		<b>49,8 %</b>	<b>Average</b>

TABLE VI. INSTRUMENT OF TEACHING AND LEARNING PHYSICAL EDUCATION IN SMA NEGERI ALL MIDDLE CITY TEBING TINGGI ACADEMIC YEAR 2018/2019

No.	School Name	Total Score	Final Score	Average Value
1.	SMA – N 1	109	91	4,5
2.	SMA – N 2	94	78,3	3,9
3.	SMA – N 3	90	75	3,8
4.	SMA – N 4	93	77,5	3,9
		<b>386</b>	<b>321,8</b>	<b>16,1</b>
<b>Category</b>				<b>Average</b>



Fig. 1. Observation Documentation of Physical Education Facilities and Teaching and Learning Process of Physical Education in Middle Schools in Middle City Tebing Tinggi Academic Year 2018/2019

#### IV. CONCLUSIONS

Based on the results of data analysis of Physical Education Facilities and Physical Education Teaching and Learning Processes in High Schools in the Middle City of Tebing Tinggi Academic Year 2018/2019. Where obtained an average percentage of 49.8% and included in the medium category. Looking at the observational data of Physical Education Facilities at High Schools in the City of Tebing Tinggi, it can be concluded that the Physical Education Facilities at the level of High Schools in the City of Tebing Tinggi are feasible to carry out the teaching and learning process of Physical Education.

Then seen from the results of Observation Assessment of Teaching and Learning Process of Physical Education in High Schools in the Middle City of Tebing Tinggi Academic Year 2018/2019 with a Total Score of 386, Final Score is 321.8 and the Average Value is 16.1 and included in the category is

#### V. SUGGESTIONS

Based on the results of the study above, the researchers tried to give suggestions - suggestions as follows.

1. It is expected that the school can better fulfill the standard Physical Education Facilities so that the physical education learning process can be carried out as expected.
2. It is expected that physical education teachers in Tebing Tinggi City Government Environment will be better in carrying out Physical Education Teaching and Learning Process so that students can better understand and know so that they can apply physical education properly and correctly.

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