

Efforts to Improve Learning Outcomes of Floor Gymnastics Through Exercise Teaching Styles

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ABSTRACT

This study aims to study the improvement of learning outcomes in floor exercise through the style of teaching gymnastics to students. The subjects of this study were conducted at SMK Negeri 1 Percut Sei Tuan in the 2017/2018 academic year, the sample in this study were 30 students of class XI. Analyzing the data in this study and learning outcomes seen from the individual completeness of students (scores above 75 and above KKM) and classically (more than 85%). The research method used is a classroom action research method. To obtain data in this study, a learning outcome test was carried out which formed a portfolio, and was complemented by learning through the application of a training style. After applying the teaching style in learning, a learning outcome test was carried out in cycle I and cycle II of the floor gymnastics movement rolling forward. The results of the study concluded that: (1) From the test of learning outcomes in cycle I, it is estimated that 24 students (80%) have reached the completeness level of learning while 6 students (20%) have not reached the level of learning completeness with an average value of learning outcomes. 9.30 students. (2) Because in cycle I classical completeness has not been fulfilled, the researcher conducted further research, namely cycle II, from the data on the second cycle of learning tests, it was obtained that 26 students (86.7%) had reached the completeness level of learning as many as 4 students. (13.3%) students had achieved mastery learning with an average score of 9.97. From the results of the above research, it can be seen that from cycle I to cycle II there was an increase in student learning outcomes by 6.7%, thus it can be said that the application of styles can improve student learning outcomes through floor exercise.

Keywords: *Gymnastic, Exercise Teaching Styles*

1. INTRODUCTION

In the Indonesian education system Law Number. 20 years 2003 on the National Education System conscious and planned effort to create an atmosphere of learning and process learn so students actively develop their potential to have religious spiritual power, self-control, personality, intelligence, noble character, and the skills needed by him society, nation and state. For the learning process that is understood very determines the realization of quality education. Learners need get adequate guidance, encouragement, and opportunities for learning and Help the things needed in his life.

According to Moh.Surya (1981: 32), Learning is a business process carried out by individuals to obtain a whole new behavior change, as a result of the individual's own experience in his interactions in the environment. According to Ernest R Hilgard in (Surmadi Surybrata, 1984: 252) Learning is a process of

action that is done on purpose, which then causes change, which is different from the changes caused by others.

According to Imam Hidayat in Agus Mahendra (2001:1), gymnastic is a physical activity that requires a wide range of motion. In general, physical education learning activities involve physical activity, as well as in learning the floor roll forward gymnastics. Wrong one factor teachers' success in delivering material is influenced by style teach. Teaching style is defined as the way the teacher chooses to interact with students in the learning process, so that the material which will be taught can be mastered by children well. Appropriate teaching style in the implementation of learning will help children to master the material taught so that learning objectives can be achieved.

From the problems outlined above, there is a need to solve the problem that can be done by teachers and

students, then one thought that is easy hopefully can be a way out to resolve the problem above is the necessity of applying the style of practice or repetition in learning to support physical education especially in the future bolster material in gymnastics floor. The application of this style of exercise or repetition can foster

a feeling curious students when the learning process takes place so students can active when participating in learning.

From the description above forward learning with the style of teaching training is expected to affect ability and mastery basic techniques in the future roll, so the authors are interested in studying more far about applying the teaching style of practice in an effort to improve results learn bolsters forward in class XI AV 3 students of SMK Negeri 1 Percut Sei Tuan Regency.

2. METHOD

Researchers use the Classroom Action Research (CAR) method or Classroom Action Research. The action is given by the teacher or with direction from the teacher done by students

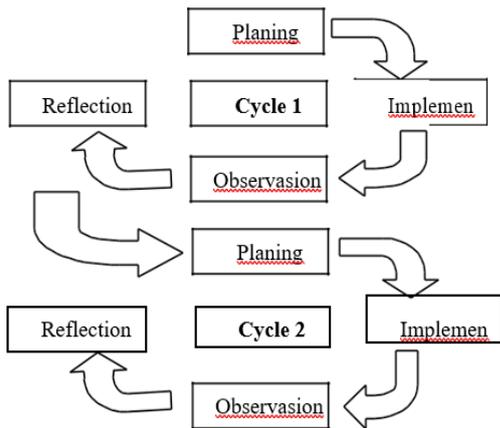


Figure. 1. Cycle Scheme in Classroom Action Research
Source: Arikunto, et al (2008: 16)

The subjects in this study were students of class Regency, totaling 30 students. This class consists of 12 male students and 18 female students. earning media, in the form of floor gymnastics videos. learning aids, namely: hall / field, mat. Based on the table description of the results of rolling forward the gymnastic floor above can be seen that in cycle I an increase in mastery of the descriptors on the indicator at the beginning stage of 11 indicators, and an increase of 6 descriptors in the second cycle. The increase in descriptors on the mastery of the implementation phase of the second cycle was 7 indicators, and increased by 6 indicators in the second cycle. The increase in mastery of the deskriptor in the advanced stage was 10 indicators and increased by 8 indicators in the second cycle

3. RESULT AND DISCUSSION

The results of research on efforts to improve learning outcomes of the forward roll gymnastics with the teaching style of the exercise can be seen in the following table

Table 1. Description of learning outcomes roll to the front of the floor gymnastics

No	Information	Complete		Not Complete	
		Amount	Percentage	Amount	Percentage
1	Preliminary	14	46,67 %	16	53,33 %
2	Cycle I	24	80 %	6	20 %
3	Cycle II	26	86,7 %	4	13,33 %

The following is a discussion of the results above: From the analysis of the data that has been done can conclude research with style can improve student learning outcomes bolt forward. Student learning outcomes from the results of learning cycle I can improve student learning processes on the subject of the future roll especially the preparation, preparation, and preparation movements. On the test the results of learning bolsters to in front of cycle I can be seen that 24 students (80%) have achieved completeness and 6 students (20%) who have not yet reached mastery with an average grade of 9.30. Assessments that do not meet the criteria. The expected classic is <85%. This is because some factors of these students cannot reach the level of mastery learning, that is, lack of understanding of students by the process of preparing, installing, and installing continuously on the results of the future roll carried out by students. For this reason, further improvements are needed in cycle II.

Then the learning in cycle II can be seen an increase in student activity from the previous cycle, students are able to roll forward well. In cycle II, there were 4 students (13.33%) who had not been completed and 26 students (86.47%) who had achieved completeness with an average value of 9.97. This result is greater than the classical completeness of 85% which means it looks better from cycle to cycle. But there are still some students who have not yet gotten the mastery of learning to roll forward the floor gymnastics. To improve student learning outcomes, switch to physical education teachers to improve the student's learning process

4. CONCLUSION

Improved learning outcomes of gymnastics on the floor through the teaching style of the exercise

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