Readiness of the Physical Education Major Students to Use the Learning Media in the Teaching Practices at UNY in 2020

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Abstract. This research aims to determine the level of readiness of Physical Education major students in using the learning media at the teaching practices at UNY in 2020. The type of this research was a descriptive quantitative study with survey method. The research population was the students majoring Physical Education with the total of 168 students who had implemented the teaching practices in 2020. The sample gained was for about 117 respondents as the sampling used the purposive sampling technique. The research instrument used a questionnaire. The results of the reliability test were at 0.925. The results of the validity test using the one shot technique with the r table at 0.361 as it was stated that out of 26 statement items, it was found 1 invalid item so that the research data collection was for about 25 items. The data analysis technique used the descriptive analysis with percentages. The results of the research show that the level of readiness of Physical Education major students in using the learning media in the teaching practices at UNY in 2020 is as follows: in the very good level for about 12 students (10.26%), in the good level for about 21 students (17.95%), in the quite good level for about 30 students (25.64%), in the poor level for about 53 students (45.30%), and in the very poor level for about 1 students (0.85%).

Keywords: Readiness · Learning Media · Physical Education Major Student

1 Introduction

Teaching Practices (PK) at the Yogyakarta State University in 2020 will still be carried out despite the 2019 Corona Virus Disease (COVID-19) pandemic. Students of the physical education, health and recreation (PJKR) study program carry out PK by being given the freedom to determine the school to be used for PK. In accordance with circular letter number 4 of 2020 from the minister of education and culture regarding the implementation of education policies in the emergency period for the spread of COVID-19, the process of teaching all schools in Indonesia is carried out using online or remote methods to minimize the spread of the virus.

In every school there are physical education subjects for sports and health (PJOK) or physical education (Penjas) for students, PJOK subjects are not only theoretical understanding but also very important in practice. To continue to achieve learning objectives

according to the level or class of students, PK students as prospective teachers can take advantage of the facilities optimally so that students get good learning with online methods. Utilization of the facilities in question is the use of technology as a learning medium to carry out online learning. Optimization of learning media is needed so that students are not only given or presented with theories in the form of writing about a material,

The implementation of online learning can run well when school preparation factors and parental readiness are connected and are able to continue to provide students' needs. Schools can provide solutions regarding online learning by utilizing technology for the continuity of the learning process, but uses such as student books, student activity sheets and so on also need to be used to support student learning outcomes. Teacher readiness is part of school preparation, by implementing online learning the teacher makes learning media for students so that the material is conveyed well. In accordance with the objectives of the PK stated in the standard operational procedures for PK UNY 2020 in implementing PK students are given direct experience in carrying out guided learning activities, in this way students replace the role of teachers during PK activities at school. The readiness of teachers in applying learning media as well as the readiness of PK students in applying learning media. Learning media is an important part in the online learning process, especially in PJOK subjects, because in delivering the material requires several display examples of movements so that students understand what is given by the teacher. In PK activities, students are given the opportunity by the school principal to teach students.

Readiness is the ability to respond and react to activities to perform skills. Students who are prepared to use good learning media will be helped when carrying out online learning. Mentally, by applying online learning suddenly, of course, students experience obstacles in their readiness. In lecture activities that were previously carried out face-to-face and prepared to teach face-to-face, now with the pandemic, PK activities is done online. There are factors that affect a person's readiness, namely: internal factors and external factors. Internal factors consist of ability, willingness and motivation, while external factors consist of school and family.

Based on observations of the school environment and interviews with teachers during the PK implementation at the school I chose, in the implementation of online learning there are various kinds of learning media used for students. For PJOK teachers, the implementation of learning through the *WhatsApp* application by combining *Google forms* for student attendance so that the data is stored properly. In the whatsapp application, students are made into groups according to class and the learning media used are power point and youtube. Actually, the teacher wants to do all learning hours through *zoom meet* so that they can interact with students directly, but are constrained by the limitations of students regarding internet quotas and facilities. The school has made learning efforts using *zoom meet* on a scheduled basis, but during the implementation there were still many students who did not enter the *zoom meet* class. The teacher understands the constraints of the students and tries to provide effective learning by using good learning media. Solution after solution is always thought of by the teacher so that students can achieve learning goals easily. For PJOK learning, students will have difficulty understanding motion through text and images only, therefore the teacher provides variations in using learning media in the form of videos from platforms such as *YouTube*.

By using learning videos from other people's work, the teacher is less free to develop the material presented in the learning video. Rithaudin (2010) argues, the media is able to increase student interest in the material presented, and support the achievement of learning objectives. By using learning media related to the use of technology, it can increase the competencies possessed by a teacher.

From the information obtained from interviews with students implementing PK UNY in 2020, there are still students using learning media following the method used by the teachers of each school who implement PK. The learning media that is widely used is power point, power point is chosen by students as learning media because it is practical in making. In the power point learning media made by students for students, it only involves text and images (visual) but does not combine it with sound (audio), there are also students who innovate to make learning media in the form of videos.

On this occasion the researcher would like to examine the "The readiness of PJKR students to use learning media in UNY's teaching practice in 2020". Because, the readiness of educational students as prospective teachers to use learning media is needed, the use of technology for learning media is one of the pedagogic competencies of a teacher.

2 Research Methods

2.1 Types of Research

This research is a quantitative descriptive study that aims to determine readiness of PJKR students to use learning media at PK UNY in 2020. Description research is a research method that seeks to describe and interpret objects based on what they are according to Best in Pinton (2020: 55). The research method used is a questionnaire with data collection techniques using a stratified scale questionnaire, the scores obtained from the questionnaire are then analyzed using quantitative descriptive analysis as outlined in the form of percentages.

2.2 Research Time and Place

The research was conducted at the Faculty of Sports Science, State University of Yogyakarta. The time of the research was carried out on March 4 to June 7, 2021.

2.3 Research Subject

The subjects of this study were PJKR 2017 students who had implemented PK 2020, based on data from FIK UNY students, a total of 168 PJKR 2017 students were active students.

2.4 Data Collection Technique

This research method uses a questionnaire method, where the tool used to collect data is a multilevel scale. The data collection method using the questionnaire research method is more practical because the faster the researcher collects data from respondents and the higher the score, the greater the readiness of PJKR students to use learning media at PK UNY 2020.

Table 1. Determination of score categories

No	Norm range	Category
1	X M + 1.5 SD	Very good
2	M + 0.5 SD X < M + 1.5 SD	Good
3	M − 0.5 SD X < M + 0.5 SD	Quite good
4	M − 1.5 SD X < M − 0.5 SD	Poor
5	X < M − 1.5 SD	Very poor

X = Total Score
SD = Standard Deviation
M = Mean

2.5 Research Instruments

In this study, the instrument used was a questionnaire for uncover readiness of PJKR students to use learning media at PK UNY in 2020 with indicators: ability, willingness, motivation, school and family.

2.6 Data Analysis Technique

The data analysis technique used is by using a descriptive percentage analysis technique. According to Sudijono (2010: 43) the percentage descriptive data analysis is:

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

p   = Presentase
f   = frekuensi
N   = Jumlah sampel

Then the determination of the category of research data scores according to Saifuddin Azwar (2011: 108), namely (Table 1):

3 Research Results and Discussion

3.1 Research Result

The research data that has been obtained is used for the readiness of PJKR students to use learning media at PK UNY in 2020, the data is obtained through a questionnaire totaling 25 items and is divided into 2 factors, namely internal factors (18 points), and external factors (7 points). To facilitate the description of the data, the data will be categorized in general and specifically on each factor that affects the readiness of PJKR students to use learning media at the 2020 UNY PK.

The results of research on the readiness of PJKR students to use learning media at PK UNY in 2020. This research was conducted from April 27 to May 27 2021 and obtained 117 respondents. From the results above will be described as follows (Table 2):

The results of the calculation of the data were obtained using IBM SPSS version 25.

Table 2. Overall data on the readiness of PJKR students to use learning media at PK UNY 2020.

Overall Data	
N	117
Sum	9536
mean	81.50
Standard Deviation	8.83
Maximum	100
Minimum	65

Table 3. The category of student readiness for PJKR uses learning media at PK UNY 2020.

Score Interval	Criteria	Frequency	Percentage (%)
X 94.75	Very good	12	10.26%
85.92 X < 94.75	Good	21	17.95%
77.09 X < 85.92	Quite good	30	25.64%
68.26 X < 77.09	Poor	53	45.30%
X < 68.26	Very poor	1	0.85%
Total		117	100%
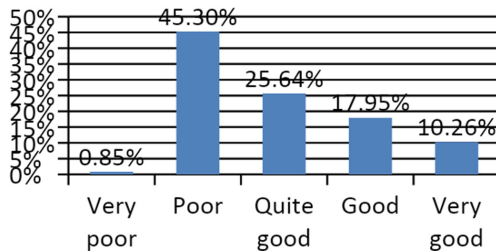
Fig. 1. Bar chart of student readiness for PJKR study program using learning media at PK UNY 2020.

From the results of the data that has been obtained can then be converted into a frequency distribution and the following results are obtained (Table 3):

Based on the frequency distribution in the table above, the readiness of PJKR students to use learning media at PK UNY 2020 can be presented in the following (Fig. 1; Table 4).

The above data can be displayed in graphical form as follows (Fig. 2):

Table 4. Percentage Total Total Each Score

Factor	Score	Percentage
Internal	6539	68.57%
External	2997	31.43%
Total	9536	100%
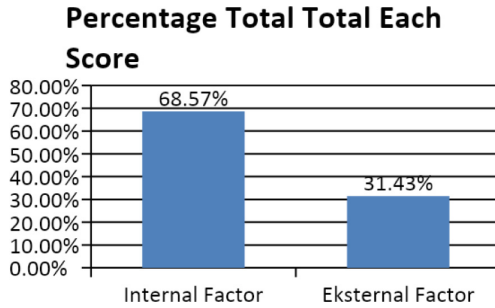
Fig. 2. Bar chart of each factor

Table 5. Statistical description of internal factors

Internal Factor Data	
N	117
Sum	6539
mean	55.89
Standard Deviation	6.37
Maximum	68
Minimum	43

The calculation of the data above is a general calculation that calculates the total number of two factors, namely internal and external factors of the readiness of PJKR students to use learning media at PK UNY 2020. For more details, then it is then described and calculated from each factor.

3.1.1   Internal Factors of Readiness of PJKR Students Using Learning Media at PK UNY in 2020

The results of data calculations that describe the internal factors of PJKR student readiness to use learning media at PK UNY 2020 with the number of N = 117 are as follows (Table 5):

The results of the calculation of the data were obtained using IBM SPSS version 25.

Table 6. The category of internal factors for the readiness of PJKR students to use learning media at PK UNY in 2020.

Score Interval	Criteria	Frequency	Percentage (%)
X 65.45	Very good	16	13.68%
59.08 X < 65.45	Good	15	12.82%
52.70 X < 59.08	Quite good	37	31.62%
46.33 X < 52.70	Poor	47	40.17%
X < 46.33	Very poor	2	1.71%
Total		117	100%
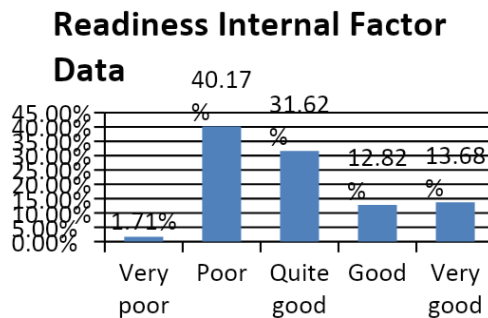
Fig. 3. Readiness internal factor data bar chart

From the results of the data that has been obtained can then be converted into a frequency distribution and the following results are obtained:

Based on the frequency distribution in Table 6, the internal factors of PJKR student readiness to use learning media at PK UNY 2020 can be presented in Fig. 3:

3.1.2 External Factors of Readiness of PJKR Students Using Learning Media at PK UNY in 2020

The results of data calculations that describe external factors of PJKR student readiness to use learning media at PK UNY 2020 with the number of N = 117 are as follows (Table 7):

The results of the calculation of the data were obtained using IBM SPSS version 25.

From the results of the data that has been obtained can then be converted into a frequency distribution and the following results are obtained:

Based on the frequency distribution in Table 8, the external factors of PJKR student readiness to use learning media at PK UNY 2020 can be presented in Fig. 4:

Table 7. External factor statistics

External factor data	
N	117
Sum	2997
mean	25.62
Standard Deviation	3.01
Maximum	32
Minimum	19

Table 8. The category of external factors is the readiness of PJKR students to use learning media at PK UNY 2020.

Score Interval	Criteria	Frequency	Percentage (%)
X 30.14	Very good	12	10.26%
27.12 X < 30.14	Good	17	14.53%
24.11 X < 27.12	Quite good	25	21.37%
21.09 X < 24.11	Poor	59	50.43%
X < 21.19	Very poor	4	3.42%
Total		117	100%

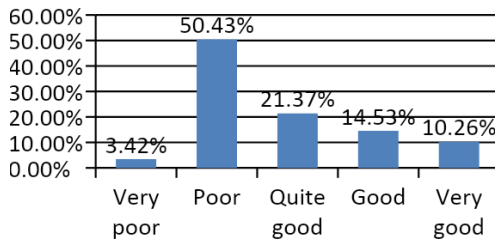**Readiness External Factors Data**

Fig. 4. Bar chart of readiness external factors data.

3.2 Discussion

Based on the results of data analysis, the level of readiness of PJKR students to use learning media at PK UNY in 2020, there are 12 (10.26%) students classified in the very good category, 21 (17.95%) students in the good category, 30 (25.64) %) students in quite good category, 53 (45.30%) students in poor category, and 1 (0.85%) students in very poor category.

The results of data analysis also show the internal factors of PJKR student readiness to use learning media at PK UNY in 2020. There are 16 (13.68%) students in very good category, 15 (12.82%) students in good category, 37 (31.62%) students in quite good category, 47 (40.17%) students in poor category, and 2 (1.71%) students in very poor category.

Based on the results of data analysis shows that external factors are the readiness of PJKR students to use learning media at PK UNY in 2020, there are 12 (10.26%) students in very good category, 17 (14.53%) students in good category, 25 (21.37%) students in quite good category, 59 (50.43%) students in the poor category, and 4 (3.42%) students in the very poor category.

Based on data analysis in implementing PK, student readiness to use learning media is not good. The physical learning process that used to be carried out offline and outdoors during the COVID-19 pandemic, is now taking place online. The sudden change in the implementation of learning from offline to online may be the cause of the student's lack of readiness to use learning media in PK.

According to Nuarisapta's thesis data (2018), with the title of using media in learning physical education, sports and health (PJOK) in junior high schools in the mlati sub-district, Sleman district, it can be seen that the level of use of learning media by teachers is in the medium category, this indicates that the level of the use of learning media itself is still not maximized in offline learning. By implementing online learning for students in pandemic conditions, PK students should maximize their skills to optimize the achievement of learning goals. The results of the study stated that the level of student readiness was categorized as poor.

Hastuti, jatmika and kalpikosari (2020), argues that the PJKR study program is one of UNY's educational study programs that is closely integrated with the program content and mobilizes all knowledge and skills to train professionals. When implementing PK, students are responsible for implementing learning outcomes. That is, he observes and directs the learning process in schools and other educational institutions, and practices the development of learning tools in guided pedagogical practices under the supervision of teachers and lecturers. In addition, students also do school work as picket teachers and extracurricular trainers. By obtaining research results that show the readiness of PJKR students to use learning media is not good,

From the aspect of ability, ability is the formation of knowledge and skills. Knowledge is obtained by students through education, experience, training, and interests. Student skills are influenced by talent and personality. In this aspect of ability, each student is different in the process of getting it, but all students have been equipped with knowledge and trained in their skills regarding physical education learning media in several courses.

The willingness aspect can be observed from student behavior in terms of enthusiasm and interest in learning media. When a student has high enthusiasm and interest and thinks about the responsibilities that are carried out, then he has confidence in himself to do something, especially in this case the readiness to use learning media. The willingness of students is not good due to the lack of a sense of responsibility in doing the tasks to carry out learning in PK.

Motivation is an impulse that arises to do something. Motivation can be observed in the sense of confidence and commitment given by a person. A person's motivation can be related to psychological maturity. People who are said to be psychologically mature in certain areas and responsibilities, feel that a sense of responsibility is important and is followed by a sense of confidence to be able to do the job. The high category of students who are not good at learning media readiness is one indicator of student readiness to become teachers, if a student wants to become a teacher, he really prepares all aspects that will be used in learning, one of which is learning media. In carrying out learning a teacher must try to use various kinds of delivery using learning media so that students do not get bored and find effective and efficient learning. Student motivation can also be stimulated through the surrounding environment.

External factors of readiness according to Dalyono (2009) are school and family. In the implementation of PK, students have made observations of the school environment and several schools have also made regulations for students to carry out learning activities with students from schools. In doing something, especially in an effort to create and use learning media, not only from internal factors but also external factors related to giving birth to good readiness. To make learning media requires references as learning materials and the availability of supporting facilities and infrastructure, this can increase the readiness of students or teachers to create and use learning media for students.

Irfan and Fadli (2019), argue that learning is a process experienced by a person to gain knowledge and discover one's potential based on experiences experienced in certain situations. The UNY faculty of sports science should have made a team that has tasks related to learning media, especially learning videos, because finding or accessing learning videos is very limited. After all, when you find a learning video, it is not maximized because of the limited tools and energy of the video creator. With the creation of a team that makes good learning videos, it will certainly provide great benefits to the world of education, especially physical education, learning videos are able to motivate and stimulate creativity to students and even teachers throughout Indonesia.

3.3   Research Limitations

This research was carried out during the COVID-19 pandemic, researchers have tried to meet all the needs needed in this study. There are several limitations in this study, among others, as follows:

(a)   Data collection is only based on the results of the questionnaire, so it is possible that there are less objective elements in filling out the questionnaire.
(b)   Because this research coincides with the COVID-19 pandemic, data collection can only be done online, so researchers cannot monitor respondents in filling out the questionnaires given.

4   Conclusion

The study shows that the level of PJKR students using learning media at PK UNY in 2020 is in the very good level for about 12 students (10.26%), in the good level for about

21 students (17.95%), in the quite good level for about 30 students (25.64%), in the poor level for about 53 students (45.30%), and in the very poor level for about 1 students (0.85%).

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