

The Influence of Playing Approach (*Permainan Bebentengan Dan Hitam Hijau*) to the Students Learning Outcomes in Sprinting Ability

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Abstract: The learning of playing approach is a model of physical learning activity as one of the appropriate method in which the active involvement of students in learning while playing. The purpose of this study is to determine how the influence of playing learning approach on student result in sprint learning. This research used classroom action research. By using this method, the writer can explain the whole phenomenon that occurred in the physical learning. The sample in this research were students of VII A SMPN 5 Cirebon as many as 40 students, but only 38 students attended. Based on the results of data processing and analysing, for student learning activities in a first cycle can be seen in the students presentage as active categories for 82.5%, and then in second cycle for 92.5% where as for student's sprint test result in the first cycle for 10,693 and in the second cycle for 9,399. So the conclusion of this research is the student participation in learning will increase and will have a better understanding and the teaching quality will be enhanced.

Keyword : Play approachment, learning outcomes, and sprint.

I. INTRODUCTION

In the world of education, physical education subject has the same position with other subjects. Physical education as one of the subjects in school has a very important role to the development of student behavior. Therefore, Physical education is based on basic knowledges and skills of sports and health. From the description above, it can be concluded that education is a series of planned physical activities to improve the ability and physical skills, and to achieve the growth of physical and mental development for the formation of intelligence, character and an adult attitude in a person. According to [4] physical education is an educational process through physical activity as a tool to achieve educational goals. The goals to be expected are comprehensive, including physical, intellectual, emotional, social, and moral aspects.

Based on the above description can be concluded that physical education is a process of physical activity which has a purpose to improve physical fitness and healthy behavior. The connection in the learning of physical education, the writer will discuss about athletic material. Athletics is also often referred to as the mother of all sports because athletic has a various forms of movement which are complete in comparison to other sports. According to [3] sprint is running

with high speed or running as fast as possible from one place to another place

Today, in the process of learning of physical education, one of the main problems of physical education in Indonesia is the ineffectiveness of teaching education in schools. The quality of teaching of Physical education is apprehensive in elementary school, secondary school, even in college. This condition is caused by several factors, among others is the limited resources used to support the learning process in physical education, one of them is the infrastructure. The explanation is quite the same with the delivered by the office of Menpora (1983) cited from [5] Physical education has not succeeded in developing the capabilities and skills of children as a whole, whether physical, mental, even intellectual.

To overcome the problem, it is needed a method or learning strategy through the playing approach. Because by using that method, the students will not be bored in implementing physical education. The description of the problem is also apparent in the process of athletic learning, especially in the Sprint. This can lead to a lack of student movement activity and can lead to boredom in the process of learning physical education. According to [3] playing is an activity that can be done by everyone, from children to adults, even for disabled. In childhood, playing is an inseparable part of their life even children are identical to play.

Playing can also lead to agility, excitement, and not bored. Children will be easily motivated to play, students becomes more active and feel more excited. It will encourage student's ability optimally. Explained by Wankel & Kreisel (1985), Scanlan et.al. (1993) (in Unierzyski, et al, 2007, p.2): "*Having fun is the most important motivator for children's involvement in sport*". From explanation above, students are more motivated and interested in learning physical education if in the learning there is a game, so that students are involved into happy situations that create motivational passion or bring the excitement.

Based on the description above, the writer is interested to conduct research as follows: "The Influence of Playing Approach (*Bebentengan* and *Hitam Hijau* Game) To Students

Learning Outcomes In The Sprint Learning In SMP Negeri 5 Cirebon".

II. METHOD

The Research will use classroom action research method or *Penelitian Tindakan Kelas (PTK)*. The model which used in this action research is from Kemmis and Mc. Taggart, while the method used is a qualitative method. *PTK* is a study where a teacher and students in learning want repairment, improvement, and change. So, the student's results are increase and achieve an optimal learning objective.

The procedures used in this study, developed as usual in action research that is cycle. The cycle model used in this study is spiral as developed by Kemmis and Mc. Taggart in Suyadi (2010: 50) "which includes planning, action, observe, and reflection". The population in this study is the students of SMPN 5 Cirebon which will take 1 class as a sample. The class is VII A class.. The Instrument of research used for data collection such as: observation sheet, field note, evaluation tool, and camera.

III. RESULTS AND DISCUSSION

The application of this learning model with this playing approach for students is still new. Although they have already done group learning, but this learning model is different. The application of learning with a playing approach that is still new to the students is causing most of students still feel awkward and unfamiliar. Based on the result of observation of student activity in sprint learning, it showed that student activity has improved time from cycle I up to cycle II in sequence that is equal to 82,5%, and 92,5%. Student activity on cycle I is good enough then in cycle 2 there was a 10 % increase of 92%. The learning result obtained by the students on the sprint test showed an increase of mean value that is on pre observation of 12.367 seconds, cycle 1 of 10.693 seconds and in cycle 2 of 9.399 seconds. In childhood, playing is an inseparable part of their life even children are identical to play. Playing can also lead to agility, excitement, activity that not boring, then they can be fun. Based on the data above, it can be seen that the capability of student's practice test on Sprint test in the pre-cycle only get the average value 12.367 seconds. While after doing the Playing approach in cycle 1, it gets average value about 10.693 seconds and in cycle 2 gets average value about 9.399 seconds. It is clear that there is an improvement on student's understanding. It seems on graph 1.

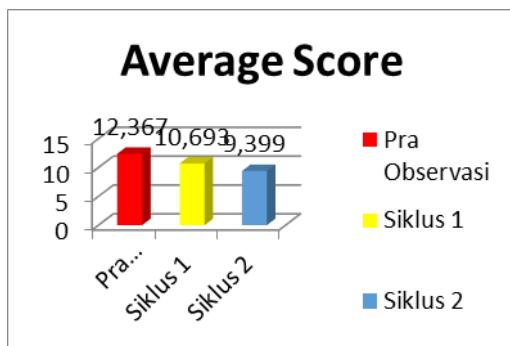


Fig. 1. Pre and Post test

Based on Graph 1, it is clear that there is an increase in the average value in each cycle. For cycle 1, the result of the sprint learning practice test for student learning has not been said to be successful because it is still not planned by the writer.

It is still not as planned by the researcher. Meanwhile, for cycle 2, the average score has been successful as planned as by the writer. the average decrease which means for Sprint means that there is improvement of the quality of time. This result shows that the learning in cycle 1 and cycle 2 has met the criteria of student's learning success that has been planned by the writer. Therefore, the learning has been considered complete. Based on the above analysis, it can be concluded that the classroom action research using the learning model with this playing approach can improve student learning outcomes.

The play approach is a model of physical activity learning which is one of the appropriate methods in which students activities and involvement in the learning process even while playing they have carried out physical activities as an effort to maintain body. According to [3] playing is an activity that can be done by everyone, from children, to adults, including disabled people. At the time children play is an inseparable part of their lives even children are identical to playing. Playing can also cause agility, excitement, and not boring, passionate to play. As children will easily become interested in playing.

The influence game of bebentengan and hitam hijau is a game that can develop learning domains such as cognitive aspect is that students become more creative, develop emotional intelligence and interpersonal personal. In the affective aspect students will associate with friends caused by their teammates, so that what they feel can be compared with the nature or behavior of their friends. Whereas in the psychomotor domain, the aspects that are developing are the increasing speed of students in performing short distance running, this can be proven by the game character itself. This game really needs running speed and also reliable strategy skills. According to [2] sprinting is a way to run where the athlete must travel the entire distance with the maximum speed possible. that means having to run as fast as possible by mobilizing all its strength from the start (start) until it passes the finish line (finish).

A student is said to have learned if there is a change in behavior in the student, namely permanent behavioral changes. This it can be said that changes in behavior in students is the result of learning. This is in accordance with what Djamarah (2008: 13) said that learning is a series of mental activities to obtain a change in behavior as a result of individual experience in interaction with the environment that involves cognitive, affective, and psychomotor. This it can be concluded that learning outcomes are the business results obtained by students through the learning process based on predetermined learning goals, which are measured through tests.

IV. CONCLUSION

Overall from the results of the study can be concluded that there is an increase in learning outcomes is the average decrease which means in the Sprint, it is the improvement of the quality of time and student activity in learning sprint on 50 meters sprint by using the playing approach for student learning activities in cycle 1 can be seen on the percentage of active students in the active category of 82.5% students, then in cycle 2 of 92.5%. While as for the results of student's sprint practice test on cycle 1 of 10.693 seconds, in cycle 2 of 9.399 seconds.

In conclusion on this discussion of 50 meters sprint by using Playing approach is as follows:

1. Through playing learning that refers to the actual sprint material made the student's participation and interest being increased.
2. Improving knowledge and understanding of learning physical education are important for the students to maintain consistency of successful implementation of learning physical education especially in the learning of 50 meters sprint.

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