

## **Preparation for Learning Physical Education, Sports and Health during the COVID-19 Pandemic on Learning Outcomes**

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### **Abstract**

Learning Preparation for physical education in sports and health during the COVID-19 Pandemic on Learning Outcomes (Descriptive Research on PJOK Teachers in Region III Jagakarsa District): Sports Education Study Program, College of Higher Education (STKIP) Kusuma Negara Jakarta, July 2022, This study aims to obtain an overview of the implementation of learning during the COVID-19 pandemic and describe the results of the continuity between the Learning Implementation Plan (RPP) on student learning outcomes. This type of research is descriptive research. The population in this study was KKG region III, Jagakarsa sub-district. The sample of this study was 20 teachers, who were taken with a total sampling technique. The instrument used is a questionnaire that is distributed using Google Form. Data analysis used descriptive percentage. The conclusion of this study is based on the results of the processing and analysis of research data on "Learning Preparation for Physical Education in Sports and Health in the COVID-19 Pandemic Period on Learning Outcomes", in KKG region III, Jagakarsa sub-district for the results of all student respondents, the percentage of learning planning aspects is 57.85%, on indicators of learning implementation aspects of 61.11% and learning evaluation indicators as much as 58.75%

Keywords: COVID-19 pandemic, learning outcomes, learning preparation, physical education.

## **1 INTRODUCTION**

An opinion by Utami and Purnomo (2019) that physical education is a learning process through physical activity designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, sportsmanship and emotional intelligence. The learning environment is carefully regulated to promote the growth and development of all domains, physical, psychomotor, cognitive and affective for each learner. In supporting good learning outcomes, learning activities are needed, because without learning activities, the learning experience will not occur. Direct experience in the learning process is a learning activity, there is no learning without learning activities (Husdarta, 2021).

Learning outcomes are when the learning materials are completed. Evidence that someone has learned is a change in the person's behavior, for example from not knowing to knowing and from not understanding to understanding (Hasanah et al., 2021). Learning outcomes and even then there are changes in aspects, namely: knowledge, skills, appreciation, emotional, and social relationships (Saryanti, 2016).

During the COVID-19 pandemic, PJOK teachers in the Jagakarsa sub-district III still experienced difficulties when carrying out the learning process from only one direction, so it could be concluded that teachers were still hampered and had difficulties when carrying out online learning. so that teaching and learning activities are interrelated for the achievement of student learning outcomes themselves. This implies that the success or failure of achieving educational goals depends on how the learning process is experienced by students where the teacher plays the main role (Rosdiani, 2013).

Based on the background of the problem that has been stated, the researcher is interested in carrying out the research, namely "Preparation for Learning Physical Education in Sports and Health in the COVID-19 Pandemic Period on Learning Outcomes". By applying the survey method, the teacher can make a Lesson Plan (RPP) so that learning is clearer and more focused, so that students can easily understand and produce good learning outcomes (Rusli, 2000).

In general, the formulation of the problem in this study is "Is the use of the method of Preparation for Physical Education, Sports and Health during the COVID-19 pandemic on learning outcomes?". Based on these general problems, the following sub-problems of research are presented: (1) How is the preparation of PJOK learning in region III Jagakarsa sub-district during the COVID-19 pandemic on student learning outcomes? (2) Why is there a need for PJOK learning preparation during the COVID-19 pandemic on student learning outcomes in region III, Jagakarsa sub-district? (3) Does the preparation for PJOK learning during the COVID-19 pandemic affect student learning outcomes in region III, Jagakarsa sub-district?

The specific objectives of this research are described as follows: (1) To obtain an overview of the implementation of learning during the COVID-19 pandemic. (2) Describe the continuity between the Learning Implementation Plan and learning outcomes

## 2 RESEARCH METHODS

This research is a descriptive research that provides an overview of the object under study. Sugiyono (2018) states that the research method is a scientific way to obtain data with certain goals and uses. This research method uses a survey method, while the data collection uses a questionnaire.

The current COVID-19 pandemic does not allow direct data collection, so an online questionnaire is given using Google Form. With the survey method, the researchers collected data regarding the level of implementation of physical education learning, and then carried out an analysis.

Opinion Arikunto (2010) and Sudijono (2009), the first stage the instrument or tool used in this research is a closed questionnaire. Closed questionnaire is a questionnaire that is presented in such a way that the respondent only needs to put a check list mark (✓) in the appropriate column or place, with a direct questionnaire using a multilevel scale. The stratified scale in this questionnaire uses a modified Likert scale with four answer options, namely, Strongly Agree (SA) = 4, Agree (A) = 3, Disagree (DA) = 2, and Strongly Disagree (SDA) = 1. The following is the process of respondents filling out the questionnaire.

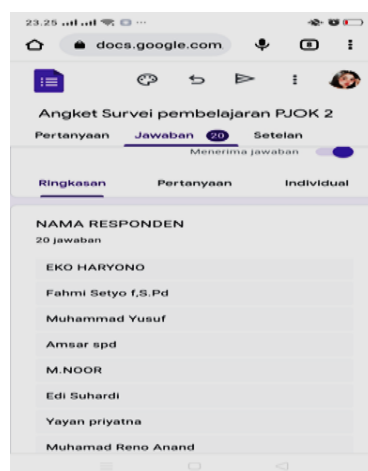


Figure 1. Process of Respondents filling out the Questionnaire

Figure 1. The process of Respondents filling out questionnaires through the Whatss App (WA) application to obtain data from respondents, in this case the respondents consisted of 20 samples of sports teachers from region III, Jagakarsa sub-district, who filled out 20 types of research questionnaires.

Table 1. Score Classification

Interval	Category	Frequency
$92\% < X$	Very high	9
$67\% < X \leq 79\%$	high	11
$54\% < X \leq 66\%$	medium	0
$41\% < X \leq 53\%$	low	0
$X \leq 40\%$	Very low	0

Table 1. shows how to calculate the percentage obtained and then compared with the score interval. The determination of the score interval is carried out as a basis for classifying the results of the calculation of the application with a benchmark.

Table 2. Validation Test Results

No. Item	r table	r count	criteria	No. Item	r table	r count	criteria
1	0,444	0,837	Valid	14	0,444	0,591	Valid
2	0,444	0,356	drop	15	0,444	0,488	Valid
3	0,444	0,718	Valid	16	0,444	0,445	Valid
4	0,444	0,704	Valid	17	0,444	0,688	Valid
5	0,444	0,311	drop	18	0,444	0,718	Valid
6	0,444	0,725	Valid	19	0,444	0,268	drop
7	0,444	0,866	Valid	20	0,444	0,916	Valid
8	0,444	0,624	Valid	21	0,444	0,725	Valid
9	0,444	0,131	drop	22	0,444	0,517	Valid
10	0,444	0,023	drop	23	0,444	0,508	Valid
11	0,444	0,849	Valid	24	0,444	0,886	Valid
12	0,444	0,652	Valid	25	0,444	0,781	Valid
13	0,444	0,707	Valid				

Based on Table 2, after the Validity Test was carried out using SPSS 20, the number of statements totaled 25 items, but what was stated was 20 items and the invalid or drop 5 items. If the value of a questionnaire is greater than r table (0.444) then the questionnaire is declared valid.

### 3 RESULT AND DISCUSSION

Then according to the table of scores and assessments of respondents and after a total calculation, the analysis of "Learning Preparation for Physical Education in Sports and Health during the COVID-19 Pandemic on Learning Outcomes" was obtained which was 79.02%. This means that KKG region III Jagakarsa sub-district is preparing PJOK learning on learning outcomes that are included in the "high" category.

From the results of the study, it can be linked to a relevant research article entitled "Survey of Learning Implementation (PJOK) for class IX students during the COVID-19 Pandemic at SMP Negeri 5 Bangkalan." The results of this study were to find out how much the Learning Implementation (PJOK) for Class IX Students during the COVID-19 Pandemic at SMP Negeri 5 Bangkalan. shows that 4% or 11 respondents have very high implementation in the PJOK learning process during the COVID-19 pandemic, 32% or 82

respondents have high implementation, 34% or 81 respondents have moderate implementation, 22% or 56 respondents have low implementation and 8% or 21 respondents with very low implementation in the PJOK learning process during the COVID-19 pandemic.

Subsequent research from the research entitled "Survey for the Implementation of PJOK Learning in the COVID-19 Pandemic Period." From this study, it was found that the results showed that the implementation of PJOK learning in public junior high schools throughout the Burdendem District was in the effective category for teachers with a percentage of 50% and the percentage for students was 71.26% who entered the effective category.

Subsequent research from the research entitled "Survey on the Implementation of PJOK Learning During the COVID-19 Pandemic in State Junior High Schools in Seruway District" From the results of the research above, it can be seen that the implementation of PJOK learning during the COVID-19 pandemic in State Junior High Schools throughout the Seruway District is explained in several indicators, namely 100% of teachers continue to provide PJOK learning, 100% of teachers use online learning methods, 100% PJOK learning according to the lesson plan, 80% use whatsapp group learning media, 80% of students are enthusiastic and participate well in learning, 80% of teachers cooperate with parents of students so that the PJOK learning process continues, 40% of teachers state that learning is in accordance with RPP and 40% of teachers say that in its implementation only part of learning is in accordance with RPP, 100 % of assessments based on collection of assignments and exams, 60% of teachers say online learning is not effective, and 80% of the obstacles in online PJOK learning are difficulties in accessing the internet, the results of the observation sheet on the implementation of physical education learning in sports and health during the COVID-19 pandemic at State Junior High Schools throughout the Seruway District, the implementation of learning during the COVID-19 period is in the GOOD category with percentage 92%.

After being linked to several articles relevant to this research, it was found that there were many related matters, such as research that felt more "(1) the preparation of teachers to prepare PJOK learning during the COVID-19 pandemic in region III, Jagakarsa sub-district on student learning outcomes had been carried out well (2) teacher preparation to prepare PJOK learning during the COVID-19 pandemic in region III, Jagakarsa sub-district the survey method can be implemented well (3) The average value of student learning outcomes from representatives of class 1 Elementary School (SD) from each region (Lenteng Agung-Tanjung Barat) results in an above average score (KKM) which has been set by the school, which is 80, which means the score is achieved." Activities of PJOK teachers (Tanjung Barat-Lenteng Agung) during the PJOK learning process.

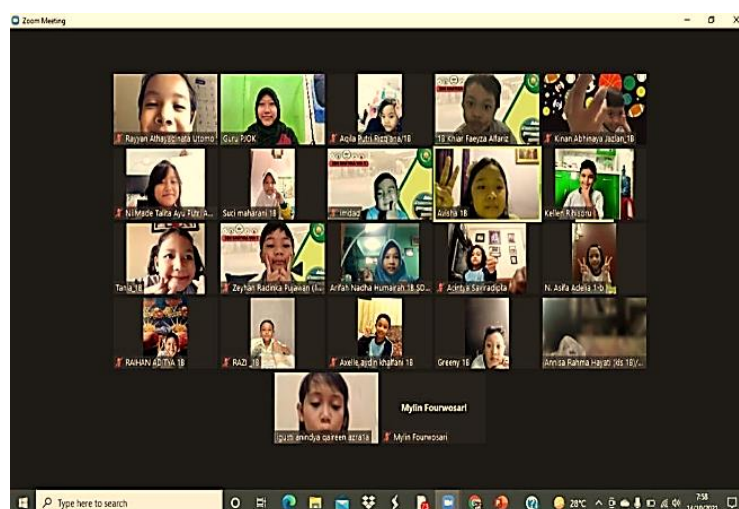


Figure 2. PJOK Learning Activities Online

Figure 2 shows the activities of PJOK (Tanjung Barat-Lenteng Agung) teachers during the PJOK learning process which was carried out online during the COVID-19 pandemic.



Figure 3. PJOK Learning Activities during face-to-face

Figure 3 shows the activities of PJOK teachers (Tanjung Barat-Lenteng Agung) during the PJOK learning process which have been carried out face-to-face but the condition is still a COVID-19 pandemic.

#### 4 CONCLUSION

The results of the processing and analysis of research data on "Learning preparation for Physical Education, Sports and Health in the COVID-19 Pandemic Period on Learning Outcomes", in the KKG0 region III of Jagakarsa sub-district for the results of all student respondents showed, on the indicators of learning planning aspects as much as 57 percentages, 85%, on indicators of aspects of the implementation of learning by 61.11% and on indicators of evaluation of learning as much as 58.75%

Then, according to the score table and respondent's assessment and after the total calculation, the analysis of "Learning preparation for Physical Education in Sports and Health during the COVID-19 Pandemic on Learning Outcomes" was obtained which was 79.02%. This means that the KKG0 region III of the Jagakarsa sub-district is preparing the learning of Physical Education, Sports and Health on learning outcomes that are included in the "High" category.

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