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Effectiveness of The PJOK Online Learning on Futsal Ball Dribbling Technique Material

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Abstract

This study aims to determine School Readiness for Post-Covid-19 Offline Physical Education, Sports and Health Learning in Class 5 SDN Jatisampurna 3 Vocational High School Students in Bekasi, Bekasi The method used in this research is descriptive method. The data collection procedure used a test in the form of a questionnaire with a Likert scale with four possible answers, Strongly Agree (SS) = 4, Agree (S) = 3, Disagree (TS) = 2, and Strongly Disagree (STS) = 1. Sample in this study were Mardi Bakti Vocational School Class five junior high school Jatisampurna 3 bekasi students with a total of 30 students. The sampling technique is by means of total sampling. Based on the results of data analysis, it was concluded that the results of the School Readiness Survey for Post-Covid-19 Offline PJOK Learning in class five students of sdn jatisampurna 3 School were included in the high category. This is based on the average value of all indicators measured. There are two indicators from this survey namely; (1) Cognitive Aspect (2) Social Aspect where after analyzing the data on each indicator, both are included in the high category.

Keywords: School Readiness, Physical Education, Lurring, Covid-19

1 INTRODUCTION

With the government policy allowing schools to carry out face-to-face learning, there needs to be thorough preparation from schools, especially PJOK teachers, in preparing physical education lessons, especially efforts to improve learning outcomes that are still achieved through online learning. This preparation is absolutely necessary to maintain the safety of school residents from the threat of the Covid-19 virus, considering that physical education subjects are practical subjects and involve physical activity.

The psychological understanding of learning is a process of change, namely changes in behavior as a result of interaction with the environment in meeting one's life needs. Ahmad Susanto stated "Learning is an activity that a person carries out deliberately in a conscious state to obtain a new concept, understanding or knowledge so that it allows a person to experience relatively permanent changes in behavior both in thinking, feeling and in acting" "Learning is a process the efforts made by a person to achieve a new change in behaviour as a whole, as a result of his own experience in interaction with his environment."

Learning is a combination of two learning activities and teaching methodologically tends to be more dominant among students, while instructional teaching is carried out by teachers. Meanwhile, according to Oemar Hamalik, learning is "a combination that is composed of human elements, materials, facilities, equipment and procedures that influence each other to achieve learning goals."

A teacher should indeed use appropriate learning methods to create an effective and efficient teaching and learning process. Apart from that, students can also learn well because the learning methods used by teachers make the delivery of material more

interesting and good. For this reason, a teacher needs to be familiar with learning methods to support the achievement of teaching and learning goals.

During the Covid-19 pandemic, schools did many things to keep learning going, such as implementing online learning and offline learning. Even though sometimes the learning objectives to be conveyed have not been achieved well, it is hoped that from this process students will be able to receive learning, both online learning and offline learning. Including the efforts made by schools to educate their students.

Online learning is learning that is carried out without face-to-face contact, but through available platforms. All forms of study material are distributed online, communication is also carried out online, and tests are also carried out online. This online learning system is assisted by several applications, such as Google Classroom, Google Meet, Edmodo and Zoom.

The term offline is an abbreviation of "outside the network" as a substitute for the word offline. The word "offline" is the opposite of "online". Thus, offline learning can be interpreted as a form of learning that is not connected to an internet network at all. An offline learning system (outside the network) means learning using media, such as books, modules, printed teaching materials and so on. If students write articles or do assignments in Microsoft Word and do not connect it to the internet network, then that is an example of offline activity and if students do offline conferences by meeting face to face without using the internet, that is an example of offline activity.

Offline learning during the Covid-19 pandemic is a learning process carried out face to face with students where the time and number of students taking part in learning is limited with the aim of preventing the spread of the Covid-19 virus. Offline learning by teachers has been carried out in accordance with health protocols recommended by the government. Offline activities are carried out by teachers visiting students' homes while maintaining distance and using masks. Before PJOK learning begins, students are encouraged to wash their hands with soap. When learning begins, students will first be given several body fitness movements so that they can apply these movements every day at home for the health of students at home. PP Number 17 of 2010 concerning Management and Implementation of Education, article 1 paragraph 36 explains that learning is learning, a process of interaction between teachers and students and with learning resources that exist in the learning environment.

Sports and health physical education aims to help students to instill a positive attitude towards health by strengthening physical fitness through basic movements of various physical activities. According to Hartatidkk, the goal of PJOK will be achieved through real experience directly from physical activity. Physical activity can take the form of games or sports chosen for the learning process. In line with the opinion above, PJOK in schools is a learning experience using physical activity carried out systematically with the aim of developing aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, healthy lifestyles and environmental awareness. clean.

Readiness refers to a state of being ready to do something. Jamies in Slamet stated that readiness is "preparedness to respond or react" which is the willingness to respond or react. Samson in Nanang and Cucu states that readiness is the willingness to take action. From the opinions above, it can be concluded that readiness is a condition where one is willing to react under certain conditions.

Readiness is closely related to maturity, if someone has reached a certain level of maturity then he will be ready to accept new lessons. There are several factors that can shape readiness, namely: (1) equipment, related to completeness of tools; (2) motivation, related to the need to achieve goals.

Readiness needs to be developed, for this reason guidelines are needed in developing readiness. Principles for developing readiness include; (1) all aspects of growth interact and together form readiness (2) a person's experience influences individual physiological growth (3) experience provides a cumulative effect in the development of individual

personality functions (4) individual readiness in carrying out certain activities at certain times in His life was a formative period for his personal development.

January 2022, based on the latest Joint Decree (SKB) of 4 Ministers regarding Guidelines for Organizing Learning during the Corona Virus Disease 2019 (Covid-19) Pandemic, Education units located in PPKM level 1 and 2 areas have been permitted to implement face-to-face learning (PTM) 100 percent with the condition that the spread of the Covid-19 virus in the area is under control.

Based on school evaluations of online learning, schools complain that it is difficult to develop students' character if it is carried out online, students ignore learning and are busy with things outside of learning using their devices, especially when parents cannot monitor students because they are working. Reflecting on this, it indicates that one of the consequences of not maximizing PJOK learning is that it has the function of forming students' character if it is carried out online. By using offline learning, it is hoped that it can help the learning process and be able to create learning that meets the expected goals.

In order to face face-to-face learning after the Covid-19 pandemic, schools must make various preparations, especially in physical education subjects. Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual quality, both physically, mentally and emotionally. Achieving learning through student physical activity, which is the key to physical education learning, becomes very difficult to achieve if it is carried out online.

School readiness in implementing PJOK offline is related, among other things, to implementation procedures, infrastructure, learning approaches or methods, and assessment of PJOK learning in offline learning that will be used later. With the government policy allowing schools to carry out face-to-face learning, there needs to be thorough preparation from schools, especially PJOK teachers, in preparing physical education lessons, especially efforts to improve learning outcomes that are still achieved through online learning.

SDN Jatisampurna 3, which is in the PPKM level 1 and 2 area, has the opportunity to carry out face-to-face learning offline. The difficulty of developing student character during online learning and the decline in learning outcomes in practical subjects, especially PJOK, are also felt by SDN Jatisampurna 3. For this reason, SDN Jatisampurna 3 feels the need to make adequate preparations to carry out PJOK learning offline during the Covid-19 pandemic.

Preparation for facing PJOK learning offline needs to be made as part of building student character, improving student fitness, and catching up on PJOK learning achievements which have decreased during PJJ. This preparation for offline learning must of course be carried out by the school as a whole as an educational unit. In the education unit there are members of the education unit consisting of educators, education staff and students. Comprehensive preparations regarding Health Protocols and offline learning rules during this pandemic must be understood by all members of the educational unit so that learning can take place optimally.

Based on the description above, researchers are interested in conducting a scientific study regarding school readiness surveys for offline physical education, sports and health learning during the Covid-19 pandemic.

2 RESEARCH METHODS

This research is descriptive research that provides an overview of the object being studied. Meanwhile, the method used in this research is a survey method using a questionnaire as the instrument. The data collection technique in this research uses an instrument in the form of a closed questionnaire. Sugiyono stated that research methods are a scientific way to obtain data with specific purposes and uses. Using the survey method, researchers will collect data regarding school readiness for offline physical education, sports and health learning during the Covid-19 pandemic and then carry out analysis.

Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics determined by the researcher to be studied and then drawn conclusions. The population in this study was the 5th grade SDN Jatisampurna 3 school in Bekasi. In this research, the author used a sampling technique using total sampling. According to Arikunto, total sampling is taking samples that are the same as the existing population. So the sample in this study was all class students at SDN Jatisampurna 3 Bekasi.

Divided into several stages, (1) Researchers Develop a School Readiness Questionnaire for Offline Physical Education, Sports and Health Learning Post Covid-19. (2) Researchers distributed a questionnaire on School Readiness for Offline Physical Education, Sports and Health Learning Post-Covid-19 (3) Researchers described data from the survey results on School Readiness for Offline Physical Education, Sports and Health Learning Post-Covid-19.

The instrument or tool used in this research is a closed questionnaire. A closed questionnaire is a questionnaire that is presented in such a form that the respondent just needs to put a check list mark (√) in the appropriate column or place, with a direct questionnaire using a graded scale. The multilevel scale in this questionnaire uses a modified Likert scale with four answer choices, Strongly Agree (SS) = 4, Agree (S) = 3, Disagree (TS) = 2, and Strongly Disagree (STS) = 1

The instrument grid can be seen in table 1 as follows:

Table 1. Instrument Grid

Variabel	Aspek	Indikator	No Butir	Positif	Negatif
Offline Learning (PTM)	Physical education function	Kognitif	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	1, 2, 3, 4, 5	6, 7, 8, 9, 10
		Social	11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	11, 12, 13, 14, 15, 16, 17, 18, 19, 20	21, 22, 23, 24, 25, 26, 27, 28
Jumlah			**28**	**15**	**13**

In this instrument there are negative questions, totaling 13 items, while the rest are positive statements totaling 15 items.

Table 2. Weight Score

Alternatif jawaban	Skor negatif	Skor positif
Strongly agree	1	4
Agree	2	3
Don't agree	3	2
Strongly disagree	4	1

After all the data is collected, the next step is to analyze the data so that a conclusion can be drawn from the data. To determine the category of school readiness using the Fitriyanto formula quoted from B. Syarifudin, which is as follows:

Table 3. Categorization

No.	Category Score Interval	.
1	X ≥ M + 1,5 SD	Very high
2	M + 0,5 SD ≤ X < M + 1,5 SD	Tall
3	M – 0,5 SD ≤ X < M + 0,5 SD	Currently
4	M – 1,5 SD ≤ X < M – 0,5 SD	Low
5	X ≤ M – 1,5 SD	Very Low

Information :

X: Score obtained

M: Mean Ideal

SD :Standard Deviation

The data analysis technique in this research uses descriptive percentage data analysis techniques. The simple formula is as follows:

$$P = \frac{f}{N} x100\%$$

Keterangan:
P = persentase yang dicari (frekuensi relatif)
F = frekuensi
N = jumlah responden

3 RESULTANDDISCUSSION

The results of this research are data obtained using the survey method, with data collection techniques using questionnaires. This research data is in the form of the level of school readiness for offline physical education, sports and health learning after the Covid-19 pandemic, which was conducted on 30 grade 5 students at SDN Jatisampurna 3. In detail, a description of the school's readiness for physical education, sports and health learning in depth. Offline After the Covid-19 pandemic is described as follows:

The level of school readiness in implementing physical education, sports and health learning offline after the Covid-19 pandemic was captured through the respondent's ability to answer 28 questions given through a questionnaire.

The instrument or tool used in this research is a closed questionnaire. The multilevel scale in this questionnaire uses a modified Likert scale with four answer choices, namely, Strongly Agree (SS) = 4, Agree (S) = 3, Disagree (TS) = 2, and Strongly Disagree (STS) = 1, so that each response and it is possible to have a minimum score of 28 and a maximum score of 112. Next, the percentage of answers obtained from each respondent is calculated and classified into 4 (four) categories to determine the level of school readiness, with the categories very high, high, medium, low, very low.

Based on the results of the calculations carried out, a description of student knowledge data regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic can be seen in the following frequency distribution table:

Table 4. Frequency Distribution of School Readiness in Carrying Out Offline Physical Education, Sports and Health Learning Post the Covid-19 Pandemic

Kategori	Frekuensi	Persentase
Very high	3	6%
Tall	31	62%
Currently	13	26%
Low	2	4%
Very low	1	2%
Total	50	100%

The table shows that the majority of responses and as many as 29 students (58%) had cognitive aspects regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic in the high category. The remaining 5 students (10%) were in the very high category, 7 students (14%) were in the medium category, 7 students (14%) were in the low category and 2 students (4%) were in the very low category. Furthermore, the frequency distribution of students' cognitive aspects regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic can be depicted in the following bar diagram.

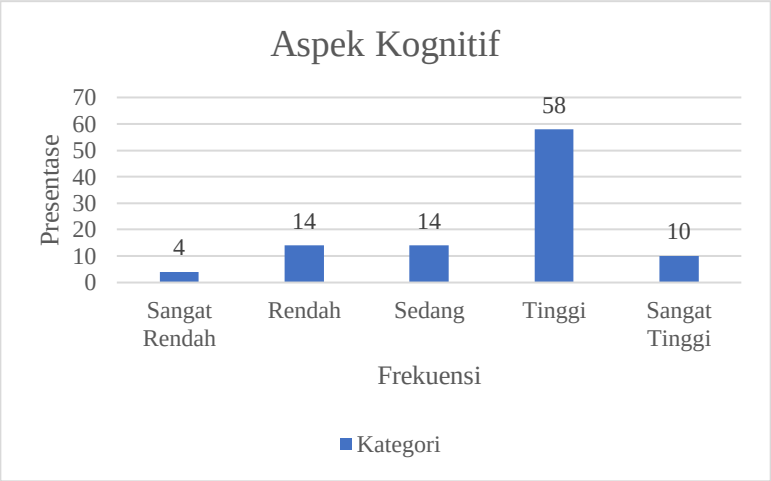

Figure 1. Cognitive aspects related to school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic.

3.1 Subresult

Social aspects related to school readiness in implementing physical education, sports and health learning offline after the Covid-19 pandemic were captured through response ability and in answering 18 questions number 11 to 28 which were given through a questionnaire. The instrument or tool used in this research is a closed questionnaire. The multilevel scale in this questionnaire uses a modified Likert scale with four answer choices, Strongly Agree (SS) = 4, Agree (S) = 3, Disagree (TS) = 2, and Strongly Disagree (STS) = 1, so that each It is possible for respondents to have a minimum score of 18 and a maximum score of 72. Next, the percentage of answers obtained from each respondent is calculated and classified into 4 (four) categories to determine the level of cognitive readiness, with the categories very high, high, medium, low, very low.

Based on the results of the calculations carried out, a description of the data on students' social aspects regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic can be seen in the following frequency distribution table:

Table 5. Frequency Distribution of Students' Social Aspects on School Readiness in Carrying Out Offline Physical Education, Sports and Health Learning Post-Pandemic

Kategori	Frekuensi	Persentase
Very high	2	4%
Tall	31	62%
Currently	4	8%
Low	11	22%
Very low	2	4%
Total	50	100%

The table shows that the majority of responses, 31 students (62%), had social aspects regarding the school's readiness to implement offline physical education, sports and health learning after the Covid-19 pandemic in the high category. The remaining 2 students (4%) were in the very high category, 4 students (8%) were in the medium category, 11 students (22%) were in the low category and 2 students (4%) were in the very low category. Furthermore, the frequency distribution of students' social aspects regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic can be depicted in the following bar diagram.

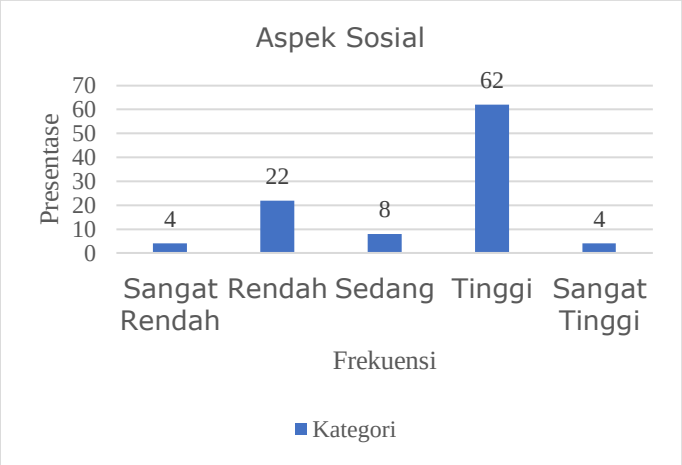

Figure 2. Diagram of the frequency distribution of students' social aspects regarding school readiness in implementing offline physical education, sports and health learning after the Covid-19 pandemic

This research aims to determine the readiness of schools to carry out offline physical education, sports and health learning after the Covid-19 pandemic, explained in the following table:

Table 6. Summary of school readiness levels in implementing offline physical education, sports and health learning after the Covid-19 pandemic

No	Dimension	Maximum Score	Average Score Obtained	Percentage
1	Overall Aspect	112	79,96	62%
2	Cognitive Aspect	40	27,98	58%
3	Social Aspect	72	51,98	62%
Category		Hight		

3.1.1 Sub of Sub Result 1

The results of data analysis show that the average student knowledge of school readiness is in the high category, namely 79.96 from a maximum score of 112 for 31 students (62%).

Based on 2 aspects which are indicators in this research, namely: (1) the average score of students' cognitive aspects regarding school readiness was obtained with a score of 27.98 out of a maximum score of 40 for 29 students (58%). This result is in the high category.

3.1.2 Sub dari Sub Result 2

The results of data analysis show that the average student knowledge of school readiness is in the high category, namely 79.96 from a maximum score of 112 for 31 students (62%).

Based on 2 aspects which are indicators in this research, namely: the average of students' social aspects regarding school readiness obtained a score of 51.98 out of a maximum score of 72 for 31 students (62%). This result is in the high category.

3.3 Sub Discussion

These results show that the readiness of the SDN Jatisampurna 3 school in implementing physical education, sports and health learning offline after the Covid-19 pandemic is quite good in terms of students' understanding.

Students' understanding of health protocols and rules during offline physical education, sports and health lessons is very important. One indicator that a school is ready to implement physical education, sports and health learning offline after the Covid-19 pandemic is by knowing the level of students' understanding of health protocols and the rules and regulations that must be adhered to. That way we know that the efforts made have been effective.

Widiyani stated, Because of the very fast transmission of the corona virus, the World Health Organization (WHO) declared the corona virus a pandemic on March 11 2020. This rapid spread of the virus means that schools need to anticipate all possible risks posed by Covid-19 to the health of educational unit residents. since offline learning was allowed. For this reason, the school's readiness to face PJOK learning offline is to provide knowledge for students so that they can apply health protocols and comply with school rules and regulations during the pandemic, so that learning can run orderly and smoothly

4 CONCLUSION

These results show that the readiness of the SDN Jatisampurna 3 school in implementing physical education, sports and health learning offline after the Covid-19 pandemic is quite good in terms of students' understanding.

Students' understanding of health protocols and rules during offline physical education, sports and health lessons is very important. One indicator that a school is ready to implement physical education, sports and health learning offline after the Covid-19 pandemic is by knowing the level of students' understanding of health protocols and the rules and regulations that must be adhered to. That way we know that the efforts made have been effective.

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