Kinestetik : Jurnal Ilmiah Pendidikan Jasmani 6 (1) (2022)
Kinestetik : Jurnal Ilmiah Pendidikan Jasmani
https://ejournal.unib.ac.id/index.php/kinestetik/index
DOI : 10.33369/jk.v6i1.21114

DEVELOPMENT OF BASKETBALL LEARNING MEDIA IN VIDEO FORM FOR CLASS X STUDENTS OF SMA NEGERI 7 SELUMA

Bogy Restu Ilahi[1], Septian Raibowo[2], Defliyanto[3], Chintia Agustin[4]

[123]Study Program Physical Education, Universitas Bengkulu, Bengkulu, Indonesia.
[4]Dinas Sosial Bengkulu Selatan, Bengkulu, Indonesia.

Article Info

Article History :

Received : March 2022

Revised : March 2022

Accepted : March 2022

Keywords:

Basketball, Development, Video

Abstract

The aimed of this research to develop a learning media for high school students in the form of basketball learning media in the form of videos for class X students of SMA Negeri 7 Seluma. The development model used are the development model r&d which includes: (1) potential and problems, (2) data collection (3) doing product design (design), (4) product development (development), (5) implementation (implementation), (6) product evaluation (evaluation). The data analysis used were quantitative and qualitative which were obtained from the results of distributing questionnaires. For small group trials using a trial instrument in the form of a questionnaire given to 13 students of Ipa 2 at SMA Negeri 7 Seluma by random sampling. The product obtained results for the product feasibility test, namely a percentage of (80%) was obtained "very valid" and a large group trial using a questionnaire given to 32 students of Ipa 2 at SMA Negeri 7 Seluma. The product developed was obtained by product feasibility test results, namely a percentage of (84%) very valid. All the criteria have met product eligibility so that the product Development of basketball learning media in the video form in the class X SMA Negeri 7 Seluma can be used as media learning and alternative learning resources for students.

Corresponding address : Jl. Raden Fatah No. 100 Kota Bengkulu
*Corresponding email : bogyrestu@unib.ac.id

ISSN 2685-6514 (Online)
ISSN 2477-331X (Print)

INTRODUCTION

Basketball is one of the sports that is studied in PJOK subjects. At the primary and secondary education unit levels, subjects related to sports are PJOK. The subject is based on a concept derived from the word physical education. According to (Juliantine & Arifin, 2019) even though what is being educated is physical, it does not mean education of the body, but education that hits and covers all aspects of the student's personality. Physical education, sports, and health are subjects taught at all levels of education, from Elementary School, Junior High School, Senior High School, to Higher Education (Raibowo & Nopiyanto. 2020). In Middle School SMA Negeri 7 Seluma is one of the educational units that has used curriculum 13 learning in which in learning teachers are required to create creative, fun learning that requires various skills including teaching skills and the use of existing technology. Education in high school in particular has studied PJOK subjects. It is stated that the national education system in Indonesia is regulated in curriculum regulations.

The curriculum for primary and secondary education is required to include physical education. That the use of technology equipment in Indonesia has considerable opportunities in terms of developing human resources (HR) in various sectors, one of which is the education system. The use of technology in education has an influence, this is conveyed. that the use of technology in learning provides new responsibilities where students become more active in finding out, and the instructor acts as a designer in an educational environment with a style of learning. which is more modern in developing students' abilities and encouraging students to be able to solve problems via the internet.

Seeing the problems above, the ability of PJOK teachers at SMA Negeri 7 Seluma still needs to be improved, especially when referring to current technological developments. Utilizing advances in information and communication technology in learning is expected to help solve learning problems faced. Physical education is education that involves physical activity/movement in learning so that the use of ICT as a medium in learning can help teachers to more easily deliver learning materials related to motion (Lungit Wicaksono and Utama 2020). In addition, the use of technology is also able to increase the interest, motivation, and learning outcomes of students in participating in learning (Nopiyanto et al. 2021). By utilizing technological devices, the visualization of teaching materials will be more attractive because they contain multimedia content (text, graphics, images, animation, sound and video). So it can be explained from the opinion above that video media is one of the effective media and is an important alternative in education and is expected to be a means of improving the quality of learning.

Basketball subjects are more practical and required to master skills (psychomotor), while aspects of knowledge (cognitive) and attitudes (affective) have a very small portion. Then there is no basketball learning media with the use of technology, until now the learning media used is only in the form of printed teaching materials, so many students feel bored quickly and find it difficult to understand explanations from teachers who only rely on books. This is also stated by the results of research that the implementation of physical education programs in Bengkulu

is still in the low category (Raibowo et al, 2019). Learning takes place for 6 weeks with 3 hours of lessons with only learning time for 6 weeks with 3 hours of meetings, students are not able to understand basketball material during PJOK lessons at school.

Physical education, sports and health (PJOK) is one of the subjects included in the curriculum in high school (SMA). Teachers of physical education, sports and health practice more in the field that involve students' physical activity than in the classroom. The professionalism of teachers as educators must still be equipped with Information and Communication Technology (ICT) capabilities, especially knowledge of Information and Communication Technology (ICT)-based learning media, because using technology can make it easier for physical education teachers to convey messages and learning materials to be taught.

METHODS

This research is a type of research and development or Research and Development (R&D). According to (Sugiyono, 2017) research and development is a research method used to produce certain products, and test the effectiveness of these products. The data collection method used is the questionnaire method, this method is done by giving some written questions to the respondents to be answered (Sugiyono, 2018). In this study, the questionnaire method was used to determine the feasibility of learning media in the form (video) that had been developed. The study used a Likert scale with 4 alternative answers to calculate the score for each answer. Validation questionnaires were used to analyze the feasibility of basketball video learning media by expert experts conducted by three experts consisting of media, material and learning experts and trial data. The form of the questionnaire for each expert is different to collect data about the evaluation in the form of input, comments, criticism and suggestions from experts. In addition, instruments that have been validated by experts will be distributed to students for small group trials using a test instrument in the form of a questionnaire given to 13 students by random sampling. and large group trials using a questionnaire given to 32 students.

Technical analysis of the data in this study used descriptive qualitative analysis in the form of input, criticism of experts and descriptive quantitative analysis to analyze the data obtained from the results of distributing questionnaires for small group trials, large group trials. The results of data analysis become the basis for perfecting product development. Regarding data analysis techniques (Sugiyono, 2011) explains as follows. Quantitative descriptive analysis is carried out with percentage analysis related to product quality (conformity with theory, application, effectiveness) and qualitative descriptive analysis related to eligibility or validity criteria, development can develop its own feasibility or validity criteria rationally and in combination with the developed instrument.

Subject and Object

The test subjects used were students of class X IPA 2 SMA Negeri 7 Seluma with a small group trial using a subject of 13 students (Grady, 2010) using (simple random sampling) because it was carried out randomly without regard to the existing strata in the population and the last is a large group trial using a subject of 32 students. The students who participated in the product trial were students of class X Science 2

SMA Negeri 7 Seluma. The object of this research is about basketball learning videos

Test Time and Place

Time The research is carried out in the odd semester of the 2021/2022 academic year. This research location will be carried out face-to-face to Class X (IPA 2) students of SMAN 7 SELUMA.

Formula

The formula for processing percentage descriptive data used (Akbar, S. & Sriwiyana, 2010:213) is as follows:

$$V = \frac{Tsev}{Smax}\ x\ 100\ \%$$

Information:
V = Validity
TSEV = Total Validator Empirical Score
S-max = Maximum expected score
100% = Constant

RESULT

The results of the validation by media experts, learning experts, material experts, and trials are explained as follows. The following is a clearer description of the evaluation and validation of material experts (practitioners/trainers) presented in Table 1 as follows:

Table 1. Data Validation Results by Material Experts (Practitioners/Trainers)

Indicator	Percentage (%)	Description
Clarity	100 %	Very Valid
Accuracy	100 %	Very Valid
Ease	100 %	Very Valid
Average	**100 %**	Very Valid

The following is a clearer description of the results of the small group trial data presented in Table 2 as follows:

Table 2. Data on the results of small group trials.

Indicator	Amount	TSEV	SMAX	Percentage
Attraction	8	84	104	81%
Convenience	16	165	208	80,00 %
Benefit	8	81	104	78%
Accuracy	8	82	104	79%
Clarity	**24**	**250**	**312**	**80%**
Average			**80%**	

The Data From The Small Group Test Results For The Developed Product Were Obtained For The Product Feasibility Test, Namely The Percentage (80%) Was Very Valid. All Criteria Have Met The Feasibility Of The Product So That The Product Developed Is Declared To Be Good And Suitable For Use And Can Be Continued For Large Group Trials. A Summary Of The Results Of Small Group And Large Group Trials Is Presented In Table 3.

Table 3. Data from large group trials.

Indicator	Amount	TSEV	SMAX	Percentage
Attraction	8	219	256	86%
Convenience	16	424	512	82,80 %
Benefit	8	217	256	85%
Accuracy	8	213	256	83%
Clarity	24	637	768	83%
average			**84%**	

The Data From The Large Group Trial Of The Developed Product Obtained Results For The Product Feasibility Test, Namely The Percentage (84%) Was Very Valid. All Criteria Have

Met The Feasibility Of The Product So That The Product Developed Can Be Used As Learning Media And Alternative Learning Resources For Students.

DISCUSSION

At the beginning of the development of this learning media, it was designed and produced into an initial product in the form of a Compact Disk (CD) basketball learning media in the form of a video for class X students of SMA Negeri 7 Seluma. The development process through research and development procedures. Then the product was developed using an editing application, namely Adobe Premiere which is software by adding backgrounds, animations, sounds, videos and images and then packaged in a Compact Disk (CD). In the learning media CD there is a video explaining the understanding, the purpose of learning basic basketball techniques and there is a warm-up video before doing sports and a tutorial on how to carry out the basic technical movements of basketball games with explanations. According to (Wulandari ,2019) "explains that learning media are everything that can be used to channel messages from the sender to the recipient of the message so that it can stimulate the thoughts, feelings, concerns and interests and concerns of students in such a way that the learning process occurs". basketball videos will attract students' interest, because it is easier to learn, understand and students are able to add active learning activities by watching basketball learning videos before they are practiced in the field.

Using the product that has been developed, the data is obtained from the distribution of questionnaires for small group trials using a test instrument in the form of a questionnaire given to 13 students of class X IPA 2 at SMA Negeri 7 Seluma by random sampling. The product developed was obtained for product feasibility testing, namely a percentage of (80%) "very valid" and a large group trial using a questionnaire given to 32 students of class X IPA 2 at SMA Negeri 7 Seluma. The product developed was obtained for the product feasibility test, which was obtained a percentage of (84%) "very valid" All criteria had met the feasibility of the product so that the product "Development of basketball learning media in the form of video for class X students of SMA Negeri 7 Seluma" can be used as media alternative learning and learning resources for students to learn independently that involve active learning in discovering material concepts, encouraging students to try and do independently the material accessed by the teacher and arouse students' curiosity.

The assessment was carried out on the attractiveness and ease of use of basketball learning media products in the form of videos for class X students of SMA Negeri 7 Seluma. Then the assessment is converted in the form of an assessment statement to determine the quality and level of usefulness of the resulting product based on the opinion of the respondents so that a conclusion can be drawn, from these results it can be concluded that the results of developing learning media in the form of videos can attract students' interest in learning.

As revealed by (Chukhlantsev, 2017) the use of computer technology in teaching physical education can increase students' interest and motivation in exercising compared to teaching physical education using traditional methods. This is in accordance with the results of research conducted by (Nopiyanto & Raibowo 2020) which states that mastery of learning media today will make the class conducive and fun and students will be more interested and more enthusiastic

in participating in teaching and learning activities. This statement indicates that using the media in the learning process can generate interest and motivation for students in following and implementing the learning process. In practice basketball learning is more practical and required to master skills (psychomotor), while aspects of knowledge (cognitive) and attitudes (affective) have a very small portion. Through the development of video learning media all aspects of learning can be fulfilled.

Video media is anything that can be displayed with sequential moving images. Video programs can be used in learning programs, because they can provide unexpected experiences for students, besides that video media can be combined with animation and speed settings to demonstrate wages from time to time (Putra ,2017)

The advantage of this learning media is that there are various types of media such as audio, video, animation, and text. Learning media is made aiming to facilitate independent learning and the teaching materials are formed into a set of printed, audiovisual, or computer-based materials. The same thing was also stated by (Hardianto, 2012) to help explain the concept of ideas and help motivate active learning participants by involving multimedia. Learning media in the form of videos, apart from being a learning medium, learning resources are also used to stimulate the learning process that can be observed directly.

This product, in addition to having several advantages, also has some disadvantages. Among them are videos made using Adobe Flash software that are electronic, meaning that they can only be used when there are supporting electronic devices such as laptops, infocus and computers.

Based on the weaknesses and strengths above, video learning media can be used as an alternative learning media in the learning process. The researcher realizes that the product developed is still not perfect and for a quality product it requires many factors in order to be more optimal. The experience of researchers in developing this product is one of the factors that have an impact on the quality of the product developed. Many things appear in the field when the research is carried out, these things are increasingly optimizing the product being developed. From these various things, the researcher hopes that this development can be useful and can be developed further.

CONCLUSION

The product developed, the results for the small group test were "very valid" and the large group trial "very valid." All the criteria had met the product eligibility so that the product "Development of basketball learning media in the form of video for class X students of SMA Negeri 7 Seluma" can be used as learning media and alternative learning resources for students and as a teaching aid or as a solution with various existing teaching materials.

Impact

Impact of Product Development of basketball learning media in the form of videos for class X students. Now it can help students more optimally in the PJOK learning process and help facilitate the teacher's task. The resulting product is a product intended for class X high school students.

Suggestions

The researcher's suggestions in developing this research go further, as follows:

a. Learning media products are developed based on the analysis of current field

needs, so if they are to be further developed into a wider scope, they need to be adapted to the state of field needs at that time.

b. This learning media product can be used as a reference for further development with more recent learning materials.

c. The quality of video capture in basic technical material is expected to be further improved so that it can increase interest and motivation and can also be developed and used in other schools.

d. To learn about this product, some users can use the help of LCD projectors and portable speakers to make it more interesting to use.

REFERENCES

Abidin, Z., & Praherdhiono, H. (2019). Pengembangan Media Pembelajaran E-Book Infografis Sebagai Penguatan Kognitif Siswa X MIA. JKTP: Jurnal Kajian Teknologi Pendidikan, 2(1), 37-44.

Chukhlantsev, N. (2017). "The Use of Active Video Games in Physical Education and Sport." Dialnet.Unirioja.Es 3(2):1–11. doi: 10.22178/pos.19-5.

Grady, K. (2010). Designing and developing online instruction for the adult learner: learning theories, motivational models, and e-tivities.

Juliantine,T & Arifin, F. (2019). "Jurnal Pendidikan Jasmani Dan Olahraga, Universitas Musamus." 4(1):103–10.

Hardianto, D. (2012). Pengembangan Media Pembelajaran Berbasis Komputer. Majalah Ilmiah Pembelajaran.

Mardiana, A., Doewes, M., & Purnama, S. K. (2019). Development of learning media based on video tutorial on basketball based shooting techniques. Journal of Education, Health and Sport, 9(5), 298-303.

Nopiyanto, Y. E., & Raibowo, S. (2020). Penerapan model pembelajaran Jigsaw untuk meningkatkan motivasi dan hasil belajar mahasiswa penjas pada mata kuliah filsafat penjas dan olahraga. Journal Of Sport Education (JOPE), 2(2), 61-69.

Nopiyanto, Y. E., Sutisyana, A., Raibowo, S., & Yarmani, Y. (2021). Blended learning with jigsaw in increasing interest, motivation, and learning outcomes in sports sociology learning. Kinestetik: Jurnal Ilmiah Pendidikan Jasmani, 5(1), 26-34.

Putra, M. S. (2017). Pemanfaatan Media Visual Terhadap Hasil Belajar Dribble Bola Basket (Studi Pada Siswa Kelas Xii SMALB-B Dharma Wanita Sidoarj. Jurnal Pendidikan Olahraga dan Kesehatan, 5(2).

Raibowo, S., & Nopiyanto, Y. E. (2020). Evaluasi Pembelajaran Pendidikan Jasmani Olahraga & Kesehatan pada SMP Negeri Se-Kabupaten Mukomuko melalui Pendekatan Model Context, Input, Process & Product (CIPP). Jurnal Pendidikan Kesehatan Rekreasi, 6(2), 146-165.

Raibowo, S., Nopiyanto, Y. E., & Muna, M. K. (2019). Pemahaman guru PJOK tentang standar kompetensi profesional. Journal Of Sport Education (JOPE), 2(1), 10-15.

Sugiono. (2011). Metode Penelitian Kuantitatif, Kualitatif, Dan R&D. Bandung: Penerbit Alfabeta Bandung.

Sugiyono. (2017). Metode Penelitian Kuantitatif, Kualitatif, Dan R&D. (2 st ed). Bandung: Alfabeta.

Sugiyono. (2018). Metode Penelitian Kuantitatif, Kualitatif Dan R&D. Bandung: Alfabeta.

Wicaksono, L., & Utama, D. D. P. (2020). Pemanfaatan Media Pembelajaran Berbasis Ict Oleh Guru Penjas Kota Bandar Lampung. Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga), 5(1), 41-49.