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MOTIVATION IN PHYSICAL EDUCATION (PE) LEARNING THROUGH ONLINE SYSTEM

Mohamad Da'i^{1*}, Olivia Dwi Cahyani², Adi.S³

¹²³Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Nahdlatul Ulama Sunan Giri Bojonegoro

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Abstract

This study aims to determine the learning motivation of students in the Physical Education subject through online / online learning in the 2020/2021 academic year. This study used a descriptive survey method and a questionnaire for data collection. The subjects in this study were all students of class X at SMA Plus Al Fatimah Bojonegoro, totaling 112 students. The validity coefficient is 0.890 and the reliability is 0.891. The results of this study indicate that through the online learning system physical education subjects in class X SMA Plus AL Fatimah Bojonegoro academic year 2020/2021 the learning motivation of students is in the "high" category which is 14.29% (14 students), the "medium" category namely 73.21% (82 students) while those in the "low" category were 12.50% (16 students). Thus it can be concluded that through the online system students of class X / SMA Plus AL Fatimah Bojonegoro in the academic year 2020/2021 the learning motivation of Physical Education students is in the moderate category.

Corresponding address: Jalan Jendral Ahmad Yani No.10, Jambean, Sukorejo, Kec. Bojonegoro, Kabupaten Bojonegoro, Jawa Timur

* Corresponding email: dai@unugiri.ac.id

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INTRODUCTION

Physical Education (PE) is a learning process through physical activity that can develop sports skills, a healthy, active and athletic lifestyle. According to (Widodo, 2018), physical education learning allows students to have good endurance, physical abilities, correct understanding, and a good attitude towards physical fitness, so that it will last a lifetime. Physical education is the subject of choice for students because it can eliminate boredom. Physical Education is always carried out outside the classroom, namely directly in the practical field, and prioritizes the psychological aspects of student sports. Physical education is an educational process that equips students with learning experiences in the form of physical activities, games and gymnastics that are planned systematically to stimulate physical growth and development, motor skills, thinking skills, emotions, and social interactions, and morality. physical fitness exercises that allow students to have good endurance, physical ability, correct understanding, and a good attitude towards physical fitness, so that it will last a lifetime. have a healthy lifestyle. (Tite Juliantine & Sports Education, Faculty of Sport Science, 2006).

(Shaleh, 2016) States that learning motivation is an internal drive and externals that cause a person or individual to act or achieve goals, so that behavior changes in students are expected to occur. Motivation can be stimulated by external factors, but motivation grows in the body. The learning motivation factor is divided into two parts, namely internal

factors that come from students' own motivation, must be able to generate motivation through self-realization of the goals to be achieved, and achieve motivation through self-control. efforts to achieve goals; and external factors. External motivation factors themselves, for example driven by the surrounding environment, for example the teacher provides rewards in the form of praise, good numbers, a sense of success, and moral support from peers and family. What makes students more interested in participating in these learning activities in the Physical Education subject as well as supporting factors and infrastructure in the learning process. The success achieved in interaction with the learning environment will lead to a sense of satisfaction, this situation is a source of external motivation, if it continues to appear in students, students will be able to continue learning. According to (Maulana et al., 2021), motivation to learn is a person's motivation to carry out a goal that is desired by students, starting from one's motivation to learn so that their enthusiasm will be better than the results of learning activities.

The learning process in an educational context is a process that students experience directly and actively in the classroom or outside the classroom when they participate in school plans or proposed teaching activities. (Shaleh, 2016). Motivation to learn is someone's motivation to carry out a goal that is desired by students, starting from someone's learning motivation, their enthusiasm will be better than the results of learning activities Motivation to learn is a driving force in the learning process.

The purpose of learning is to benefit from the learning process, where students will experience problems in their studies so that their academic achievement is less than satisfactory (Khalimah, 2021).

Use of media learning in the teaching and learning process is one effort to increase the effectiveness as well as the quality of the learning process in the end, it can improve the quality of student learning outcomes. The use of online learning media (online) as a media distance learning (distance learning) creates a new paradigm if compared to conventional education (Obiedat et al., 2014). After the corona virus or the COVIDS-19 pandemic in Indonesia, the government has instructed students to avoid the corona virus, namely through social distancing so that the virus does not spread through interactions involving many people. Because according to a statement from the WHO (World Health Organization), the corona virus is a new type of SARS-CoV2 virus. Still under research to determine the characteristics and mode of transmission of the virus. However, WHO views the spread of MERS and SARS as a reference for the cause of the corona virus from the same virus group. The spread of the COVIDS-19 virus can occur through human-to-human contact, such as touching and shaking hands, coughing and sneezing, contacting surface objects with the virus, then humans touching the nose, eyes and mouth before washing. hand.

Therefore, teachers and students must carry out the teaching process online or at home. The advantages and disadvantages of achieving learning

objectives can be seen from the plan. However, physical education subjects outside the assessment class are usually constrained by the psychological movement of students' sports, and lack of supervision of the development of student sports and the ineffective learning process through online learning. The system makes students 'learning motivation decrease, but some students' learning motivation has increased. Because the characteristics of each student differ in their ability to respond to delivery of material or homework through the technical system and the limited infrastructure available.

SPADA Indonesia is a system of distance or open education, online learning and the implementation of large-scale open online courses (MOOC), which aims to increase access to high-quality higher education by implementing appropriate information and communication technology as a means of credit transfer. (Kemenristekdikti, 2017)

The SPADA (Online Learning System) learning process does not require face-to-face communication between teachers and students via online applications, but learning from intermediary media such as video conferencing, e-learning or distance learning. However, this online learning system has advantages (can study anywhere, does not need to go to school, and is easy to store material) and drawbacks (no effective control, waste of internet quota, not focused).

From the results of online discussions with students, it can be concluded that there are students who like and dislike learning through the online

learning system, which makes student learning motivation unstable during the COVID-19 pandemic, this is because students feel lazy about several factors, namely interest in learning. caused by external factors in the delivery of ineffective material, limited facilities and infrastructure, limited learning media and teacher teaching methods, because the characteristics and abilities of each student's knowledge understanding are different in the implementation of this online learning. Therefore, student learning motivation is very important to overcome these problems and as an evaluation material for schools and teachers. Based on the description above, the purpose of this study is to determine the learning motivation of students in physical education subjects through the online learning system at SMA Plus AL Fatimah Bojonegoro in the academic year 2020/2021.

METHOD

This study used a descriptive cross sectional design survey method. to measure and determine the learning motivation of students in physical education subjects through the online learning system for class X (ten) SMA Plus Al Fatimah Bojonegoro in the 2020/2021 school year. Divided into high, medium and low categories. This research was conducted at SMA Plus Al Fatimah Kota Bojonegoro which organizes learning through an online learning system. The sample used is class X (ten).

Participants

The sample in this study were all students of class X (ten) at SMA Plus Al Fatimah, all of whom were women with an average age of 15 years with healthy physical and mental conditions.

Sampling Procedures

Technique The sampling collection technique used was total sampling. The population in this study were 112 students of class X (ten), because there has never been any investigation and research on student learning motivation and it is used as evaluation material for teachers and schools, especially physical education subjects.

Materials and Apparatus

Instruments This research uses a questionnaire that is individual or closed, the confidentiality of the respondents' answers is known only by the researcher. The instrument was made by the researcher because there was no questionnaire on the learning motivation of students in physical education with an online learning system, the questionnaire was made in accordance with the research title variables by making a questionnaire grid, and the respondents chose the available options according to what the respondent felt by filling out the questionnaire online through google form consisting of 25 statement questions, by entering the identity and "click" option then submit. The questionnaire statement is made from the grid according to the motivation variables and sub-indicators of intrinsic factors and extrinsic factors. The assessment of the

answers to the questionnaire was then processed and calculated using the statistical technique correlate product moment and tested for validity and reliability.

This research questionnaire uses a Likert scale, namely the attitude scale. According to Sugiyono (2013) "scale is Likert used to measure the attitudes, opinions and perceptions of a person or group of people about social phenomena".

Design or Data Analysis

Number of students who were subject to the test was 112 students, so it can be concluded that 42 of the 50 statement questions were declared valid because $r_{count} > r_{table}$, so the questionnaire was feasible to use. Use the formula Cronbach's Alpha for reliability testing, and the test results get the value of $r_{(11)}$. Compare this value with the result of r_{table} . If $r_{(11)}$ is greater than r_{table} , then the item is considered reliable; if $r_{(11)}$ is smaller than r_{table} , item is considered unreliable. If the alpha value is > 0.7 , then the reliability is sufficient; if > 0.80 all items are reliable, and all tests always have strong and accurate reliability. If alpha is 0.90 it means that the reliability is perfect, if alpha is between 0.70-0.90 then the reliability is high. However, if the alpha is 0.50-0.70, the reliability is moderate; if the alpha is low, one of them may not be reliable.

After it is known that the assessment of the validity test results, it can calculate the reliability obtained from Cronbach's Alpha = 0.886 $>$ 0.80 from the

50 item questions statement, the instrument is declared reliable and all tests consistently have strong and accurate reliability, as follows:

Table 1. Reliability Test

Cronbach's Alpha	N of Items
0.886 physical	50

RESULT

The results of the survey on student learning motivation through education subjects through the Online learning system at SMA Plus Al Fatimah Bojonegoro in the academic year 2020/2021 with the category "high" 12.50%, as many as 14 students, "moderate" 73.21%, as many as 82 students, "low" 14.29%, as many as 16 students, an average of 110.26, so that through the Online Learning System Physical Education subjects in class X (ten) SMA Plus Al Fatimah Bojonegoro Academic Year 2020/2021 The learning motivation survey of Physical Education students is included in the "medium" category.

Tables & Figures

In this study, it was designed to measure data from a survey of student motivation to learn sports and exercise health through an online learning system carried out during the Covid-19 pandemic in the form of a percentage description. The level categories to be examined in this study are the percentage of descriptive statistical calculation data and display of data tables and graphs, as well as the calculation of the mean, mode, median, average, percentage and standard

deviation. According to (Hartini, 2012) Category standard reference (PAN) uses the mean and standard deviation to determine the assessment criteria as follows:

Table 2. Valuation Norm

No.	Interval	Category
1.	$M + 1SD \leq X$	High
2.	$M - 1SD \leq X < X + 1SD$	Moderate
3.	$X < M - 1SD$	Low

If the data is displayed in the form of a frequency distribution research survey of student learning motivation in sports and health physical education subjects through online learning system in class X SMA Plus Al Fatimah Bojonegoro Academic Year 2020/2021, can be described in table form as follows:

Table 3. Distribution of Research Data Result Frequency

No.	Interval	Category	Freq	%
1.	$X \geq 117$	High	14	14.29%
2.	$104 \leq X < 117$	Medium	82	73.21%
3.	$X < 104$	Low	16	12.5%
Total			112	100%

From the research data collected above illustrates the results of the conversion of significant values according to categories and frequency of student learning motivation in sports and health physical education subjects through the online learning system class X SMA Plus Al Fatimah Bojonegoro Academic Year 2020/2021. The data can be described in bar chart form as follows:

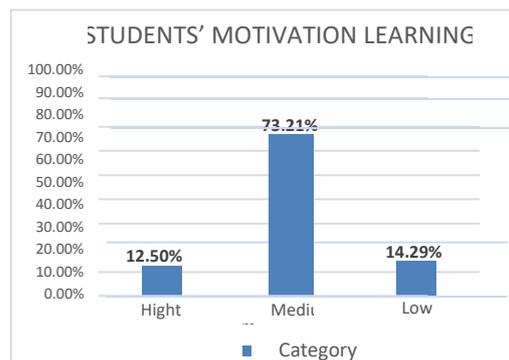


Figure 1. Bar Chart of Research Results

Based on Table 3 and Figure 1 above, it can be concluded that through the online learning system subject at SMA Plus Al Fatimah Bojonegoro in the academic year 2020/2021 a survey of students' learning motivation in physical education subject with the category "high" 12, 50%, as many as 14 students, "moderate" 73.21%, as many as 82 students, "low" 14.29%, as many as 16 students, an average of 110.26, so that through the Online Learning System Physical Education subject in class X (ten) SMA Plus Al Fatimah Bojonegoro Academic Year 2020/2021 The survey on the learning motivation of Physical Education students is included in the "medium" category.

DISCUSSION

Previous Research

(Amanuloh, 2015) examined the development of a YouTube channel video blog (vlog) with a systems approach as an alternative media for online learning. This study aims to develop a video blog (vlog) with YouTube channel as an alternative to learning physics using the STEM approach. Based on the results of product validation, the percentage of results obtained from the evaluation of

media experts is 84%, material experts are 84%, and IT experts are 72%. Student responses in small group trials obtained a percentage of 87% and in field trials 83%. Based on these results, it can be concluded that the YouTube video blog channel with the STEM approach is feasible to be used as an alternative media for online learning for SMA / MA students.

(Maulana et al., 2021) examined the use of the Ministry of Education and Culture's learning house portal as a model for online learning in primary schools. This study aims to describe the use of the Kemendikbud's Learning Center Portal in the learning process in elementary schools. The results show that the learning steps taken by the teacher in utilizing the Kemendikbud's Learning Center portal are starting from the preparation and implementation of learning which includes the opening, core and closing activities of learning. Some of the features that have been used by teachers in learning are Learning Resources, Electronic School Books (BSE), and Question Banks. Meanwhile, the methods used by the teacher in utilizing the learning house portal as an online learning model during the learning process can be grouped into (1) Classical Presentations / Demonstrations, (2) Small Group Discussions and (3) Individual Learning.

(Amza & Effendi, 2015) examined students' perceptions in the study of the effect of online learning on interest in learning Ipa. Based on the research that has been done, online learning strategies are not only concerned with the internet, but an important aspect,

namely "safer (safer)", then online learning can expand the learning community. With online learning, education users / teachers can more easily find the right science learning rhythm for students.

(Isman, 2013) conducted a resume on the use of vlogs as an integrated learning media for information technology. The results of the resume state that utilizing Vlog as a learning medium is expected to increase student interest in learning through assignments and creativity that is built into the results of both the teacher as the delivery of the material and the students in presenting the work of their assignments. Students' learning interest can increase by choosing the right media in accordance with technological developments, conditions and the environment so that learning objectives can be achieved.

(Wichadee, 2017) examines the effectiveness of online learning models in Indonesian language lectures in universities. This study aims to develop an online learning model (OLM), as well as to apply it to increase the effectiveness of Indonesian language lectures in tertiary institutions. OLM development uses the Online Interactive Learning Model (OILM) technique by utilizing internet-based social media as well as cell phones or cell phones as the means. The results showed: OILM is effectively used in Indonesian language courses for the Strata 1 program. The learning model has been able to increase student absorption of course material, with an increase of more than 81% compared to only using face-to-face learning models. Based on the results of the questionnaire the subject

argues that OLM has provided a new experience that is more challenging than conventional or face-to-face learning models.

Techniques to motivate learning sports and health physical education by way of success orientation, modification of sports, motivation in children, teaching by offering assignments, and variance between teaching tasks. Therefore, the task of motion is adjusted to the student's ability and the success criteria are adjusted to the level of student development. In the subject of physical education, sports and health, learning motivation is needed so that the teaching and learning process can take place to achieve the learning objectives as planned and expected. Motivation to learn sports and health physical education is an impetus for the desire of students to carry out activities contained in learning activities, especially in the state of the Covid-19 pandemic, the teaching and learning process via an online learning system requires the cooperation of students, teachers, and schools (Isman, 2013)

Therefore, teachers and schools need to pay more attention and make greater efforts to improve the teaching process that has been implemented, such as teaching methods and learning media that are material and moral in accordance with the characteristics and conditions of students, so that students can participate in sports and healthy sports. , internal learning motivation in subjects can be maintained or even increased, students' external learning motivation is increased, and teaching and learning activities will be more successful. In order for these two

factors to motivate and support each other because they cannot run independently, the success of the learning process must be supported by motivated students.

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that through the online learning system for class X (ten) SMA Plus Al Fatimah Bojonegoro academic year 2020/2021 the learning motivation of Physical Education students is included in the "medium" category, so that in this case students are still able doing PJOK learning through an online system by changing the deficiencies that still need to be fixed so that student learning motivation becomes high.

Research Limitations

The limitation of this research is that the research was carried out at SMA Plus Al Fatimah Kota Bojonegoro which organizes learning through an online learning system. The population in this study were 112 students of class X (ten) because investigations and research on student learning motivation had not been carried out and were used as evaluation materials for teachers and schools.

Research Recommendations

Based on the research that has been done, online learning strategies are not only concerned with the internet, but an important aspect, namely "safer (safer)", then online learning can expand the learning community. With Online Learning learning, education users / teachers can more easily find the right rhythm of Sports Education (PE) learning for students.

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