



Senam Seribu Learning with Audio Visual Media

Yogi Slamet ^{✉1*}, Entan Saptani ² & Respaty Mulyanto ³

^{1,2,3} Universitas Pendidikan Indonesia, Bandung, Indonesia

Correspondence: E-mail: yogislamet17@student.upi.edu

ABSTRACTS

In this study, it began with the findings in the field of learning rhythmic gymnastics where it was found that students had less mastery of movements, lack of completeness of movements with rhythm, and students did not memorize the movements of the thousand gymnastics. The application of audio-visual media can help students memorize the thousand gymnastics movements, the suitability of the movements with the rhythm of the music, the teacher is less creative in utilizing the available facilities and infrastructure, students are less enthusiastic in participating in learning. The aim of the researcher is to determine the application of audio-visual media to improve the learning of a thousand gymnastics "new Indonesian fun gymnastics". The research method used by researchers is literature study, with designs ranging from collecting sources, analysis and conclusions. The results of this study are in the form of predictions about the improvement of learning exercise in a senam seribu.

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INTRODUCTION

Physical education is an integral part of the education system in total so that it has the aim of developing aspects of physical fitness as well as social action and critical thinking through physical activities Wahyudi, U. (2017). Physical education is a physical activity that is presented as part of a curricular activity, which is needed as a medium for the educational process that develops three domains, namely cognitive guidance, namely reasoning, knowledge,

knowledge, and breadth of insight, affective domain or good attitude, spiritual attitudes, social attitudes, psychomotor domains. daily behavior patterns, physical. In addition, the research process utilizes the physical activities of health children to produce holistic changes in individual quality, both in physical, mental, and emotional terms. "(Kustiana, Sudirjo & Rukmana, p. 221). "... .For students motor skills acquire, increase their physical fitness, keep health benefits from that physical activity, must be they physically active. "Function of the music together with movement and overall visual and audio aspect very important. While the trainer and the assessment code also stressed the need to open harmony with music ". Which means, the overall audio and visual aspects are important.

Currently, this goal is still underdeveloped because of the lack of learning media and the pattern of emphasizing learning that is less innovative so that students are less enthusiastic in the learning process, when a child is less enthusiastic, the impact is that the child is reluctant to explore movement skills. Besides that, the audio function along with the movements must be harmonized with the help of the movements contained in the visuals (Ying, 2012, p. 3206). and, through Physical Education, it is used as a medium to reach the individual as a whole, namely mentally, emotionally, socially, and virtual, and through Physical Education (Wahyudi, 2017, p. 1432). Rhythmic activity is an acceptable subject matter, which is processed as interestingly as possible and makes it easier for students to take part in learning gymnastics, especially the learning of thousand gymnastics is a type of gymnastics that is not mastered by students. Gymnastics is a material that gives pleasant meaning to students, looks flexible, enthusiastic, , movement moves and always likes movement (Oktavani, Meirony, & Evaluation, 2017, p. 169). Rhythmic gymnastics is a gymnastic movement done to the rhythm of music or free exercises that are done rhythmically. There are also objectives of learning gymnastics including; 1). Develop physical skills, 2). develop physical fitness, 3). Instill knowledge and awareness of physical fitness, 4). Develop emotional skills and social talents, 5). develop attitude / personality. (Istanto, 2017, p.44)

In a thousand gymnastics consists of several stages: 1) Heating, 2) Core, 3) Cooling. (Oktavani et al., 2017, p. 169). Learning media is interpreted as a means of communication in the teaching and learning process in the form of hardware and software to achieve the process and learning outcomes effectively and efficiently as well as the learning objectives to be obtained. The use of media is very effective in learning the thousand gymnastics by applying audio-visual media. Then, many students have difficulty participating in the learning of the thousand gymnastics which is caused by the boring concept of learning, the learning media is not used innovatively, the learning method becomes monotonous so that it has an impact on learning where students have difficulty memorizing movement patterns, coordination of movements and rhythms. Responding to the above problems, a solution is needed by optimizing audio visual media in the learning process. Audio-visual media is the distribution of

material through video broadcast media accompanied by music by utilizing the senses of hearing and sight Firdaus, A. (2017). in line with Ying (2012, p. 3206). "... the music of function to gether the with \ moovment and overall audios and visual are imfortant aspects" This means that learning the thousand gymnastics must be in harmony between audio and visual. Then supported by the opinion of Fajar and Sri, 2009, p. 38, argues that audio-visual media in the form of video recordings contain basic techniques of a thousand rhythmic gymnastics which basically can be used in improving rhythmic gymnastic movement skills, especially mastery of movements (Wahyuniati, 2015, p. 38).

METHOD

This study aims to predict the increase in learning exercise using audio-visual media. The method used as a reference in this research, namely literature study, is defined as a method of research by collecting related theories, analyzing theory search results from journals, books, relevant research, experts and other supporters. in line with Annisa (2010, p. 23) argues that the documents used in this study are sourced from research reports, articles, seminar results, resource persons, journals and other documents. All data collected above are processed by analyzing and then concluding. so that it becomes a data. In collecting library data regarding the activity of reading, processing and recording the results of the analysis which are used as the basis and aspects of the theory in research. and in analyzing the results of relevant research, another way is by reading research abstracts. The designs used are as follows.

RESULTS

The results of this study were in the form of a prediction of learning using a new concept in which learning of the thousand gymnastics was carried out using audio-visual media during the learning process to make it easier for students to memorize and follow the movements. In addition, it is assisted by a pattern of memorizing the movements that are gradually from the 1st and 2nd movements combined into 1,2 and so on. With many repetitions students will quickly memorize a thousand gymnastic movements. in line with the results of research by Heny Kusmawati (2012, p. 2) entitled increasing mastery of learning thousand gymnastics with tiered training which resulted in an increase of 76%. As well as Basri, H. (2018). entitled increasing rhythmic learning through visual audio, with an increase of 88%. It has a connotation with the research results of Fajar Istanto (2017, p. 43) with the title of efforts to increase rhythmic learning with audio visuals, with an 84% increase in results. As well as the researcher designed the concept of learning where in the core there are four stages: in the first stage the students memorize the motion without looking at the projector, the second stage the students look at the projector, the third stage the students look at the projector and coordinate the previous movements, the last stage the students improve the coordination of movement to the rhythm

of the music with Thus learning Sribu gymnastics will not be boring and improve learning so that the learning atmosphere is not monotonous.

DISCUSSION

Exposure to the results of the analysis: In the cognitive aspect, there were several student problems, namely that most students did not know about the thousand exercise movements, did not master the movements, the concept of movement, the meaning of health, the movements that were not memorized, did not understand the meaning of exercise for the body, the above things were based on: the intellectual potential of each individual either in the form of the ability to solve problems or in the process of thinking. Likewise, according to Jean Piaget (2017, p. 4) argues that elementary school students have cognitive development that is closely related to physical and motor skills, besides that good cognitive abilities will be supported by aspects of morality, environment, concentration of attention, and memory. affective or attitude aspects. This aspect is clearly stated in the RPP but in the implementation in the field it is not used even only as a string of words without actualization.

Psychomotor aspects of the difficulties and mistakes of students in carrying out a thousand exercise lessons include aspects of physical activity, physical ability, lack of motor skills in participating in learning, as well as body organs, lack of physical fitness so that students feel tired while participating in learning, lack of exercise patterns. In learning a thousand gymnastics, good stamina, physical fitness and supporting motor factors are needed. Oriented goals carry out the process of learning gymnastics for a thousand teachers and students are always focused on memorizing all movements quickly without considering aspects and abilities of students that cannot be forced to memorize quickly and accurately. The process of formulating learning needs to be complemented with several things that must be considered, namely, the learning objectives must be in accordance with basic competencies and indicators equipped with several components of the objectives are clearly stated so that it does not cause multiple impressions. In addition, there are several components in the learning objectives, namely, Audience learning subjects, expected behavior, conditions, success criteria, must be sequential and logical, ranging from easy to difficult levels, from simple to complex, from concrete to abstract, and must be logical.

To overcome the above problems, a logical and rational logical learning design must be prepared by optimizing the components in learning, which consists of: Teacher as facilitator, students as practitioners. learning facilities, tools and resources as well as learning media needed so that all problems that students experience can be corrected. In the cognitive realm the learning objectives are directed at the realm of knowledge, for example regarding the understanding of the Thousand Gymnastics, the meaning of health, the benefits of doing gymnastics, knowing the kinds of thousand gymnastic movements, knowing how to memorize

the movements. So the result is that there are many students who are not sporting enough to create negative perceptions in the physical education learning process. In other words, many people's views argue that meaningful education does not have norm values.

In the psychomotor aspect, students can perform sribu gymnastics movements consisting of preliminary, core and cooling movements according to the rhythm, coordinating movements with rhythm, improving learning using audio-visual media.

In planning the teaching material, it must pay attention to several aspects including the scope of the material, according to the curriculum and syllabus, the systematics of the material, the suitability of students' abilities and needs, up-to-date so that all planned aspects appear or appear in the learning process. The method suggested by researchers in learning the thousand gymnastics is by using audio-visual media, namely by installing a projector screen to make it easier for students to follow and memorize the thousand gymnastics movements. In addition, it is supported by a sound system as an audio medium that will make it easier for students to adjust movements to the rhythm of the music. If the process of learning a thousand gymnastics is carried out, it will increase the learning of thousand gymnastics through the application of audio-visual media. In addition, the researcher provided a way to memorize the movements, namely the patterns when the 1st and 2nd movements were combined into 1,2 and so on, and students were given assignments after learning with the help of parents in facilitating students at home, namely watching thousand exercise videos. In connection with the learning method is a way that is used by teachers in anticipating students so that learning occurs efficiently and effectively. And several things that must be considered in the preparation of the method include the suitability of the use of the method with the learning objectives, the suitability of the method with student characteristics.

The method used in the learning process is by using the method of lectures, demonstrations, question and answer, independent training, classical corrections and memorizing patterns of movements as well as memorizing activities in pre-teaching and learning activities with the process of assigning students to memorize movements which will then be learned through exercise videos. a thousand being distributed. Pre-KBM assignments.

In learning a thousand gymnastics using a Pre-KBM assignment so that students can learn a thousand gymnastics learning longer, namely at home. In addition, it aims to make it easier for students to take the movement into several stages. The stages in this component include:

Introduction: The teacher conditions the students into a 4 syaf formation facing the projector screen. The teacher leads the students in singing the national song, the teacher gives

motivation so that the students are excited, the teacher prepares the students to do a thousand exercises, the teacher leads the warm-up.

Core: The teacher explains the material of the thousand gymnastics about the introductory, core and cooling movements, the teacher conditions the students to stretch out their arms so that they do not hit other students, the teacher demonstrates the thousand exercise

movements accompanied by the students following what they can, the teacher gives the opportunity to students to ask and answer questions about the thousand gymnastics , The teacher assigns the students to do a thousand gymnastic movements without looking at the projector screen.

The first stage consists of: Students doing a thousand gymnastics movements without looking at the projector screen, Students only seeing the movements exemplified by the teacher.

The second stage consists of: Students do the 1st, 2nd, 3rd and 4th movements. Then the students combine these movements into a series of movements by looking at the projector screen, Students make the above movements using the rhythm and adjusting to the rhythm of the thousand gymnastics, The teacher demonstrates the movement again 1,2,3, and 4 so that students get direct corrections and students make movements with the initial formation but try to memorize the next movements, namely, movements 5, 6, 7 and 8. Then the students did this with the help of the teacher and a video display on the projector screen.

The third stage consists of: Students make movements 9, 10, 11, 12, 13 and 14 into a series of beautiful movements, the teacher makes corrections if there are differences with the movements they should be.

The fourth stage consists of: Students make the next movement, namely movements 15, 16, 17, 18 and 19 with the help of a projector screen and sound from the sound system. Students do all the movements from start to finish with the help of the teacher and a projector screen

In the explanation above, with heterogeneous student abilities, of course students will experience the ease in following the thousand exercise movements because with the help of a projector screen and a sound system as audio-visual media. Thus students will not find it difficult to memorize movements, adjust movements to the rhythm and will create the beauty of good movements. In addition, with the explanation above, the writer can argue that the application of audio-visual media in learning can improve the learning of thousand gymnastics.

Evaluation

The evaluation process here is related to observations during learning about the thousand gymnastic movements that students do. In addition, there are several things that must be considered, namely, evaluation related to movement, rhythm, coordination of movements with rhythm, and correcting errors that occur in learning.

Closing: The teacher conditions the students as before, randomly absences students, sings the national song, gives students the opportunity to ask questions and answers, invites the class leader to lead the prayer and closes the lesson.

CONCLUSION

Describe Based on the results of the research, in the application of audio visual media to improve learning of the thousand gymnastics, there are problems. Many students experience difficulties such as; memorizing movements, lack of coordination between movement and rhythm, monotonous learning, non-innovative and creative learning methods so that learning objectives are not achieved. Therefore, the researcher provides a solution, namely the application of audio-visual media which functions to make it easier for students to memorize movements, adjust movements to the rhythm. The result of this research is a prediction of learning using a new concept in which the learning of the thousand exercise is carried out using vical audio media during the learning process to make it easier for students to memorize and follow the movements.

There are several steps in learning as follows: The teacher explains the thousand gymnastics material regarding the preliminary, core and cooling movements, the teacher conditions the students to stretch out their arms so that they do not hit other students, the teacher demonstrates the thousand gymnastic movements accompanied by the students following what they can, the teacher gives the opportunity to students to ask questions and answered about the thousand exercise lessons, the teacher gave the assignment to students to do a thousand exercise movements without looking at the projector screen.

The first stage consists of: Students doing a thousand gymnastic movements without looking at the projector screen, Students only seeing the movements exemplified by the teacher. The second stage consists of: Students make the 1st, 2nd, 3rd and 4th movements. And the students combine these movements into a series of movements by looking at the projector screen. Students carry out the above movements by using the rhythm and adjusting to the rhythm of the thousand gymnastics, the teacher demonstrates the movements 1,2,3, and 4 again so that students get direct corrections, Students make movements with the initial formation but try to memorize the next movement, namely, the 5th movement, 6th, 7th and 8th, then students do with the help of the teacher as well as a video display on the projector screen.

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