



## **Body Language and Gestures of Teacher in Virtual Meeting during Online Physical Education Learning in Elementary School**

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### **Abstract**

The increase of sophisticated technological advances affects community lifestyle patterns to be easier and sedentary, especially for elementary school aged children. They mostly spend their time for watching television, playing computer, and playing video games. Their reluctance to move leads to the lack of activity, which would cause obesity or overweight. However, not all of them show the prevalence of obesity. Therefore, the researcher aimed to determine the association between sedentary behavior and body mass index in elementary school children. The survey method was carried out by distributing digital questionnaires to 96 students through Google Forms. The instrument used was the Adolescent Sedentary Activity Questionnaire (ASAQ). Descriptive analysis of the correlation between the two variables was conducted. The results show that sedentary behavior was 96.9%, body mass index was 38.5%, and there was no relationship between sedentary behavior and body mass index in elementary school students. In the future, it is hoped that there will be further research with a better research design on sedentary behavior, body mass index, and their impacts.

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## INTRODUCTION

The COVID-19 vaccine distribution in many countries today brings hope that our daily lives and activities can soon return to "normal" and provide a freer mobility (Byram & Golubeva, 2020). With equal distribution of vaccines, the spread of COVID-19 will soon be cut off and the public can work freely without any activity restriction policies. The restriction on community activities (known as PPKM) is a policy issued by the central government that has an impact on all sectors, such as industry, offices, and education. Restrictions on community activities are expected to minimize community activities and other activities triggering the transmission of new COVID-19 virus variants.

The COVID-19 pandemic has completely changed the education sector in Indonesia. The learning system in schools previously conducted face-to-face is transferred to online learning (Amran, Wawan S. Suherman, 2021). Learning is an effort of a process that runs effectively and efficiently, resulting in changes in student behavior to a better direction to reach the expected goals. Physical Education Sports & Health subject is basically a part of the overall education system, aiming to develop the aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning, and moral action through physical activity and sports (Hasanah, et al, 2021). Physical Education is identical to physical movements and the field, while physical contact makes Physical Education impossible to be conducted directly during this pandemic. Online Physical Education, by utilizing existing platforms to reach Physical Education learning goals, is the current solution (Mujiono, 2021).

Online learning using learning technology as a learning medium has several advantages, including training independ-

ence, training skills for independent learning, collaborating, building intrapersonal communication skills, and practicing good time management because it is flexible both in time and place, more cost-effective, and has unlimited access (Setiyowati et al., 2020). Online learning has provided opportunities to teach and learn in creative ways unlike the normal classroom teaching and learning experiences (Pokhrel & Chhetri, 2021). Various kinds of technology, both hardware and software, make the teaching and learning process more interesting. The use of advanced technology has tremendous scope in improving educational products and processes (Wang, 2011). In the online learning process, online media is helpful for students to carry out learning conducted remotely. The role of the media greatly influences the learning process. It is undeniable that every teacher is required to operate electronic media and understand technology to bring an inspirational, varied, and innovative learning process and give a pleasant impression to students (Amran, Wawan S. Suherman, 2021).

An educator is required to be able to design learning strategies by utilizing technological developments so that learning objectives could be achieved optimally (Williyanto et al., 2020). To prepare a generation that is ready for the required competence and competition in an ever-evolving era, we must always update the advances. A teacher should be responsive in technology advancement and self-development to give solutions and create an active, creative, and humanist academic atmosphere (Hudah et al., 2020). The learning process, from planning, implementation, to evaluation, is all technology-based in this new normal era. In the distance learning process, it is expected that teachers can choose media and applications that enable effective, communicative, and interactive learning activities.

The most recommended online learning application media is of course the media that can support the interaction between teachers and students effectively. Since the learning process could be carried out through video conferencing, which enables interactions through audio and direct face-to-face, the term is now "face to face" (Pernantah & Ramadhani, 2021). One of the new software-based conference room solutions is Zoom technology. Zoom is a cloud-based service offering tools for meetings and seminars by providing content sharing and video conferencing capabilities (Nadezhda,

2020). The role of the media greatly influences the learning process, hence it is undeniable that every teacher is required to be able to operate electronic media and understand technology to provide a good impression and to bring an inspirational, varied, and innovative learning to students (Amran, Wawan S. Suherman, 2021).

Video conferencing learning is proven more efficient, practical, and secure. The exchange of communication and a sense of togetherness is also maintained, although it can only be seen in visual and audio forms. Furthermore, online learning classes and video conferencing can overcome the distance so that anyone in any part of the world can share information (Pratama et al., 2020). Apart from zoom, there are several other platforms providing video conferencing services, such as Jitsi Meet, Google Meet, Webex, and others.

Google Meet is considered effective and has a great influence on the convenience during online learning (Maulia et al., 2021). Another study on online learning through Zoom stated that Zoom could make learning more effective, due to its supporting features during online learning in the midst of the Covid-19 pandemic (Monica & Fitriawati, 2020). These appli-

cations are communication tools allowing teachers to administer distance learning. Besides the communication tool, communication skills also play an important role in achieving learning objectives.

Communication is a human way to interact. People communicate in various ways. One of the most familiar ways is using language. All humans in the world are able to master and use language, meaning that every human being has his own language distinguishing humans from other creatures. Language is the most important way to communicate and interact (Farlianti et al., 2017). Communication is a process, which refers to the exchange of ideas, thoughts, and information between two or more persons. A successful communication includes interaction and transaction of information and understanding. Communication consists of two parts, named verbal and nonverbal communications. Verbal communication refers to "words" and nonverbal communication refers to unspoken words, which consists of gestures, tone of voice, expressions, and body movements (Thseen, 2020).

The interactions between teachers and students during the online learning process could be done with one-way and or two-way communication through virtual meeting media. Communication through virtual meeting media requires appreciation to attract students' attention to focus on the teacher and the information conveyed. For this reason, the information delivery should be emphasized. The focus of information will be more striking when supported by body language and gestures. This requires special tricks and understanding of body language and gestures so that students can receive the information provided by the teacher, thus the learning objectives could be achieved with satisfied results. Therefore, researchers were interested to analyze the body language and gestures of

teachers during the online Physical Education Sport & Health learning process through virtual meetings.

## METHOD

This research is qualitative descriptive research employing a literature study. The steps taken were article compilation, data reduction, data analysis, data presentation, and drawing conclusions. Compilation of articles was carried out by collecting articles from various online sources with relevant topics.

The researcher constructed the article selection instrument criteria based on the PICOT criteria (Population, Intervention, Comparison, Outcome, and Time). Instrument of this research used PICOT criteria table as a guideline to choose the articles. "P" indicated the population of the unit of analysis studied; "I" denoted intervention by the researchers (person or community action or case) or exposure to intervention by another party or nature; "C" stated comparison, namely the usual/other intervention as a comparison; and, "O" represented the outcome, or outcomes associated with the intervention; "T" denoted the particular consideration time when the intervention took place.

## RESULT & DISCUSSION

A teacher has a role in planning learning, carrying out the learning process, and evaluating various challenges in distance learning. In implementing the learning process, teachers could design the learning process by utilizing a variety of available online media so that it is interesting for students. The online learning process requires media. Online media really help students in carrying out online learning when the learning process is carried out remotely.

Physical Education Sport and Health teachers have different characters

and appearance. Physical Education Sports & Health teachers have a characteristic that is visible from the way they teach outside the classroom and the impression of being relaxed and familiar with students. The direct communication process during face-to-face learning in front of students is different from communication during virtual meeting. Effective communication occurs when there is a pleasant interaction and the information could be conveyed properly

The various forms of communication in the human community, education, or teaching environment require an effective communication with students to be successful. People who have sacred duties, such as teachers, are required to be competent in various skills, one of which is body language (Bambaeeroo & Shokrpour, 2017). A teacher's communication skills have important roles in students' academic success. It is therefore necessary for a teacher to adopt good communication skills while teaching the students (Khan et al., 2017).

Proper communication between teachers and students is the most important skill in teaching. If this relationship is well established, educational goals will be more easily realized with a high quality outcomes (Bambaeeroo & Shokrpour, 2017). Teachers must use words carefully for a successful teaching. Each word evokes feelings in people, certain emotions, and different functions. The right words will affect the soul and body of the audience. Conscious use of non-verbal language is not a show, but it makes the effect of the words better; the more natural the non-verbal language, the more acceptable it is to the audience (Bambaeeroo & Shokrpour, 2017).

Effective communication does not only rely on verbal messages, but also on the meaning exchanged through non-verbal language, which characterizes paralanguage

guages from speech signals such as tone of voice, voice quality, speech rhythm, and body. Language includes eyes gaze, facial expressions, hand gestures, and body movements (Busà, 2015). As a part of normal interpersonal communication, people send and receive messages with their bodies, especially with their hands. Gestures

play an important role in teacher-student classroom interactions. In the educational domain, many research projects have focused on the study of such movements either in real classrooms or in tutorial settings with experienced teachers (Barmaki & Hughes, 2015).

**Table 1.** Results of Article Review

Researcher	Tittle	Statement
Roghayeh Barmaki, Charles E. Hughes	A Case Study to Track Teacher Gestures and Performance in a Virtual Learning Environment	As a part of normal interpersonal communication, people send and receive messages with their body, especially with their hands. Gestures play an important role in teacher-Student classroom interactions.
Bambaeroo & Shokrpour	The impact of the teachers' non-verbal communication on success in teaching	Communication in the human community, education, or teaching requires an effective communication with students to be successful. People who have sacred duties as teachers must be competent in various skills, one of which is body language.
Khan, A., Khan, S., Zia-Ul- Islam, S., & Khan, M	Communication skills of a teacher and its role in development of student academic success.	A teacher's communication skill has important roles in students' academic success. Therefore necessary for a teacher to adopt A teacher's communication skill has important roles in students' academic success. It is therefore necessary for a teacher to adopt good communication skills while teaching the students.
Busà, M.G.	Teaching Learners to Communication Effectively in the Integrating Body Language on Students' Syllabus	Effective communication does not only rely on verbal messages, but also on meanings exchanged through non-verbal language, which characterizes paralanguages from speech signals such as tone of voice, voice quality, speech rhythm, and body language includes eyes, gaze, facial expressions, hand gestures, and body movements.
Barmaki, R., & Hughes, C.E.	A case study to track teacher's gestures and performance in a virtual learning environment.	As part of normal interpersonal communication, people send and receive messages with their bodies, especially with their hands. Gestures play an important role in teacher-student classroom interactions. In the educational domain, many research projects have focused on the study of such movements either in real classrooms or in tutorial settings with experienced teachers.

Nonverbal communication, facial expressions, and gestures provide a good information about the speaker. Hand gestures help listeners to scaffold the speaker's speech specifically in instructional discourse (Barmaki & Hughes, 2015). Nonverbal communication is effective when verbal communication is insufficient or any verbal communication cannot be provided. For example, a teacher does not need to interrupt the lesson to make students calm, because he can make eye contact with students through body language while teaching. This situation could be considered important because the teacher has effective body language skills and it shows the importance of body language. The smiling face of a teacher increases students' interest in the course. An energetic teacher in the classroom stimulates the students' interest in the course, while a teacher observation on the students during teaching gives a more effective lecture (Gulec & Temel, 2015).

Facial expressions, eye contact, physical appearance, and other gestures help us in expressing messages or information. Facial expressions are more effective than other non-verbal cue modes. Some theorists believe that facial expressions are the most important source of information after language (Bambaeeroo & Shokrpour, 2017). The teacher expression during delivering material in a virtual meeting is the main focus of the student screen on the device used. The appealing expressions are certainly the less serious expression and a smile.

The trick for Physical Education Sports & Health teachers in delivering material at virtual meetings is simply by giving simple examples, which can also be interspersed with variations of local cultural movements, and giving emphasizing tone on words or terms in Sports and physical activities that might be unfamiliar for most students. In learning sports and physi-

cal activity, there are terms that need to be said correctly to students, for example cooling down, warming up, start, finish, handball, and other terms that should be said clearly and, sometimes, spelled out the letters. Repetition of words is also needed so that students really understand what the teacher conveyed and the meaning of the words. Effective nonverbal communication methods during teaching are:

- 1) Body Language: non-verbal communication is an important part of human interaction, for example tone, facial expressions, and gestures that could transfer people's attitudes and feelings to others and actions that could be even more effective than verbal messages in many cases.
- 2) Spatial Language: when we talk to someone, we subconsciously tend to maintain a personal space with them. This space depends on culture and position. For example, friends stand closer than strangers. The language of space can be divided into intimate space, private space, social space, and public space.
- 3) Touch Language: touch is the first sense of our body that a child learns after birth and the first experiences in relation to other people.
- 4) Object Language: clothing and appearance often form the basis for initial judgments about people and have a significant impact on how others perceive us. In fact, noun language ranges from the clothes we wear to the food we put on the table for our guests.
- 5) Language of Time: the concept of time is different in different cultures. Our relationships with other people develop and become effective.
- 6) Language of Signs and Passwords: a password is a group of signs and symbols that can be created in a way that is meaningful to some people.
- 7) Phonetic Language: phonetic language

distinguishes our emotions from one another and influences our judgments about the personality and social character of people. Every human voice is unique and considered as a combination of qualities exclusively belonged to his or her own (Bambaeeroo & Shokrpour, 2017).

- 8) Gestures are hand movements or other body movements to emphasize or help express one's thoughts or feelings in interaction and communication (Hardianto, Subanji, 2015). In a teaching and learning activity, teacher and student interactions occur as well as two-way communication.
- 9) The interaction between teachers and students during the online learning process could be done with one-way and or two-way communications through virtual meeting media. Communication through virtual meeting media requires appreciation to attract students' attention to focus on the teacher and the information conveyed. For this reason, an emphasis is needed in information delivery. The focus of information will be more striking when supported by gestures. It requires a special trick and understanding of how gestures or body language are appropriate according to the context so that students can receive the information provided by the teacher and the learning objectives are achieved optimally.

## CONCLUSION

In the online Physical Education Sport and Health learning process through virtual meeting media, it is necessary to consider the expression to attract students' attentions to focus on the teacher and the information conveyed, especially in elementary school. Emphasis on the delivery of the information supported by body movements help students to understand. The focus of information will be more

prominent when body language and gestures are involved.

Elementary School Physical Education Sport and Health teachers should use special tricks in delivering practical material presented at virtual meetings. It could be carried out by giving a simple example, accenting local cultural movements, and emphasizing unfamiliar words or terms in sports and unusual types of physical activity.

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