

APPROACHING THE UNDERSTANDING OF THERMAL PHENOMENA USING 7E LEARNING CYCLE

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Submission date: 06-Dec-2019 02:45PM (UTC+0700)

Submission ID: 1228448311

File name: Ruhban_fix.doc (3.38M)

Word count: 5763

Character count: 32039



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Abstract

Conceptual understanding is often a problem in science learning, and this problem has become an important issue for science education experts including in Indonesia. Lately, ten articles in Indonesia and six articles in other countries have discussed the model of 7E Learning Cycle. It was mentioned that this model is able to increase the understanding of learners' concept. This research is aimed to reveal the effectiveness of physics learning using 7E Learning Cycle model after being reviewed with control classes in improving students' understanding of temperature and heat concepts. The research design is quasi-experimental with non-equivalent control group design. The sample was senior high school students. Objective test in the form of multiple choices equipped with reason was employed as the instrument to collect the data. Based on the data analysis, it was obtained that the value of Effect Size was as much as 0.5 with the medium category. It can be concluded that the use of 7E Learning Cycle learning model is effective to improve learners' understanding of temperature and heat concepts. This can be seen from the success of the learning process that integrates the whole 7 stages of the 7e learning cycle model with the 7 indicators of conceptual understanding in detail. So that the use of the 7E learning cycle model could be effectively used and is able to increase students' conceptual understanding.

Keywords: *Conceptual understanding in physics; Direct Learning; 7E Learning Cycle model*

INTRODUCTION

The outcome of the physics learning process, among others, is to enable the students to understand the applicability of physics concepts so the students can apply the knowledge in their daily life (Husein et al., 2017; Latifah et al., 2019; Pratiwi & Supardi, 2014). Students' inability to connect one concept to another is a common problem occurring in physics classes (Sagala et al., 2019b; Tanti et al., 2017). Students are more likely to memorize than to understand the concepts (Maharani et al., 2019). In this case, physics teachers should emphasize the students' understanding of the concepts (Lestari et al., 2017; Wahyuningsih, 2014) based on the knowledge acquired in the previous level to the next (Widayanti et al., 2018; Yulianti & Gunawan, 2019). The use of varied learning model is needed (Saregar et al., 2018) in order to be an intermediary so that the material taught could be understood by students (Pitan & Atiku, 2017; Sagala et al., 2019a; Widayanti & Yuberti, 2018; Yıldırım & Akamca, 2017).

Furthermore, at the final stage, it is expected to increase the students' mastery of the concepts (Saregar, 2016).

Some of the research results showed that conceptual understanding is very important in learning, since by mastering the concepts, the hardest problem can be solved easily (Alan & Afriansyah, 2017; Surosos, 2016). Many learners do not produce good results in learning. Learners are not aware of efficient and effective ways of learning because they only try to memorize lessons. Physics is not a material to be memorized since it requires reasoning and understanding of the concept (Lestari et al., 2017; Yuberti et al., 2019). As a result, if they are given a test, the learners will have difficulties (Yolanda et al., 2016). Therefore, understanding the concept is needed by every learner. By understanding the concept, it is expected for the learners to get good learning outcomes.

Many researchers have conducted many ways to improve students' concept understanding. One of which is through learning models, and one of learning models that

proved in improving students' conceptual understanding is constructivism learning model (Balta & Sarac, 2016). There are various types of constructivism learning models such as problem-solving learning model, mind mapping, and 7E learning cycle. In this research, the 7E Learning Cycle model was selected since it provides opportunities for students to build their knowledge (Febriana et al., 2014).

7E Learning Cycle model is the improvement of the 5E Learning Cycle model (Ghaliyah et al., 2015). The cycles of the applied learning model are emphasized in the understanding of the scientific physics concepts and correcting the knowledge misconception. Furthermore, it is also expected to be able to enhance the students' memorization process that is focused on the knowledge and knowledge transfer (Balta & Sarac, 2016). The model of the learning cycle Approach (LCA) is a model that is deemed effective for physics students (Olaoluwa & Olufunke, 2015). It can help them to elaborate their understanding toward certain aspects in scientific research (Hodson, 2014; Putra et al., 2018). One of the physics materials that is considered quite difficult for students to understand is temperature and heat (Sayyadi et al., 2016).

The constructivism basis of the 7E Learning Model possesses some weaknesses and strengths. One of the notable strengths of the 7E Learning Cycle is that it could make the students active since the students are thinking maximally to acquire the knowledge. On the other hand, the weakness of 7E Learning Cycle is the length of time needed in its applicationsince the students are trained to explore their knowledge, and they are also given enough freedom to express their ideas. In order to minimize the weakness of this model, proper preparation is certainly needed by the teacher acting as a facilitator (Rawa et al., 2016).

The previous researchers showed that the Learning Cycle could be used to improve students' understanding (Nurmalasari et al., 2014). It can also be used to improve students' learning achievement (Sumiyati et al., 2016). To understand a concept means to be able to express the material having been learned into a simplified version to overcome the problems of the interconnected concept. The cognitive process of concepts understanding consists of interpreting, modeling, classifying, summarizing, predicting, comparing, and explaining (Setyawati et al., 2014). One of the factors that determine the outcome of the learning

process is the students' achievements measured by how much they are able to master the learning material (Parasamya et al., 2017).

There are some distinctions between this research and the previous ones. Firstly, there is an elaboration of each of the seven prescribed stages of the 7E Learning Cycle model implementation exposing the students' level of understanding presented in the discussion. In addition, there is the use of different learning materials, namely temperature and heat which is very suitable for the object of measuring concept understanding (Damar, 2013). Then, the learning circumstances where the subjects of this research study are also relatively different.

Learning cycle is a learning model centered on learners (Balta & Sarac, 2016). Learning cycle consists of a series of stages of activities organized in such a way that learners can master the competencies that must be achieved in learning with an active role (Ngalimun, 2014; Ratiyani et al., 2014). Learning cycle in the classroom practice focuses on the experience and knowledge of the early learners (Ghaliyah et al., 2015), based on the opinions, it can be concluded that the model of learning cycle centered on learners so that learners can actively find their own concept. In order for the learners' concept can be well-organized, an organized procedure is needed.

The development of learning cycle model has been developed from learning cycle 3E (Exploration, Explanation, Elaboration), learning cycle 5E (Engagement, Exploration, Explanation, Elaboration, and Evaluation), and learning cycle 7E (elicit, engage, explore, explain, elaborate, extend, and evaluate). The latest development is the learning cycle 7E.

Some studies suggest that learning cycle 7E can foster motivation and learning achievement (Febriana et al., 2014; Sumiyati et al., 2016), improve language comprehension (Balta & Sarac, 2016, effective to achieve goals quickly (Bozorgpouri, 2016), improve the ability of mathematical connections (Rawa et al., 2016), and foster conceptual understanding (Nurmalasari et al., 2014). So that the researchers consider it is necessary to conduct research to see the effectiveness of the learning cycle 7e model in improving students' conceptual understanding in the temperature and heat material.

The results of the earlier quantitative and qualitative research on the understanding of the thermal concepts and phenomena showed that the majority of children do not master the concepts of heat and temperature and the related phenomena even after receiving formal instruction on these subjects (Karabulut & Bayraktar, 2018). There is a confusion between the concepts "heat" and "temperature," and often they think that temperature is a measure of the heat, temperature is an intrinsic property of matter, they are hot and cold objects by nature, the warm and the cold are two separate entities, all materials if they are placed long in an environment with a temperature given, will reach the same temperature, confusion with the meaning of words like 'heat', 'heat flow' or 'heat capacity', mixing hot and cold water lead to correct qualitative judgements but incorrect quantitative judgements, difficulty explaining how a thermometer works (Gönen & Kocakaya, 2009; Kampeza et al., 2016; Ravanis, 2013).

METHODS

Design of Study

The design used in this research was Quasi-experimental with Non-equivalent Control Class Design (Sugiyono, 2010; Suharsimi, 2010; Tanti et al., 2017). The research was conducted at the X (Ten) IPA 1 and X (Ten) IPA 2 class of SMAN 1 Kotabumi North Lampung. The study was implemented in three phases (pre-test, teaching interventions in an experimental group and a control group and post-test). The data of the study consisted of student's responses to objective tests in the form of multiple choices equipped with the reason for the answers. Multiple choices test can show the concept understanding's characteristics on students (Pratiwi, 2016), and the ability of students in answering the question. Before the instruments were used, the questions were tested to find out the validity level, reliability, difficulty level, discrimination power, and destruction functions. The questions that have been tested are used to obtain student learning outcomes for grade X of SMA Negeri 1 Kotabumi (Senior High School 1 Kotabumi).

Participants

The subject of this research was students of grade X (Ten) IPA in SMA Negeri 1 Kotabumi (amounted to 240 students). With cluster random sampling technique, we chose 80 students from class X (Ten) IPA 1 and X (Ten) IPA 2.

The samples of this research were male and female students (age range 15-16 years old). The chosen students had similar socio-economic characteristics and were randomly divided into two groups, thus forming the experimental class (here after E.C.) and control class (here after C.C.) respectively.

Teaching Interventions

The Experimental Class

The learning stage of 7E Learning Cycle model can be seen in Figure 1:



Figure 1. The Stages of 7E Learning Cycle Model.

The Researchers applied the seven stages of 7E Learning Cycle model during the teaching and learning activity. The first stage was Elicit to raise the student's initial knowledge by asking questions as displayed in Figure 2;

Zero Kelvin is Known as the absolute zero temperature. What is the definition of absolute zero temperature ?

Figure 2. The first Stage: Elicit.

The second stage was to Engage. It was involving the students with the surrounding events related to the temperature material by carrying out the demonstration as displayed in figure 3.

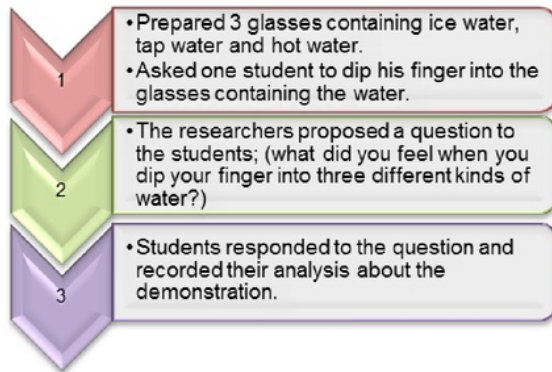


Figure 3. The Second Stage: Engage.

The third stage was to Explore. This was the stage of collecting information. The procedure can be seen in the following figure 4,

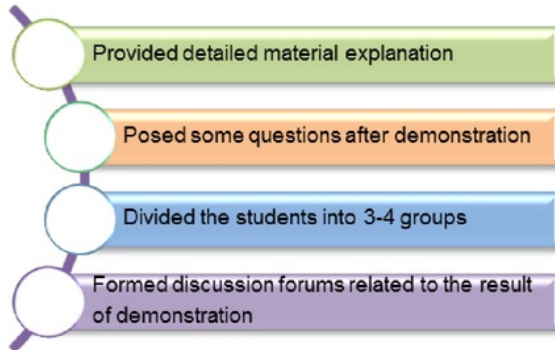


Figure 4. The Third Stage: Explore.

It was expected that based on the information-gathering stage the students were able to understand the material in detail.

The fourth stage was to Explain. The students were required to explain the results of the discussion by using their way to understand the material indicating the level of student' understanding, has appeared in the following figure 5,

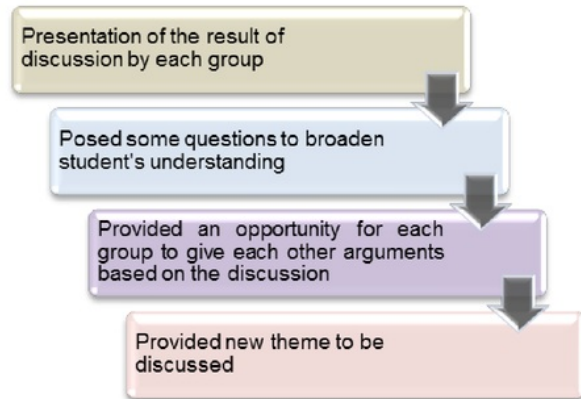


Figure 5. The Fourth Stage: Explain.

The fifth stage was Elaborate. Elaborate was the proficiency stage for the researchers and the students to connect previously learned concepts with daily life. It can be seen in figure 6.

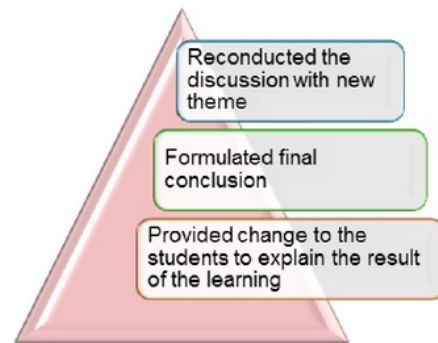


Figure 6. The Fifth Stage: Elaborate.

In this stage, the students re-conducted the discussion to acquire new findings in order to overcome different problems and concepts and to produce the conclusion that was correct and clear.

The sixth stage was to Extend. The result of the students' findings was extended to enable the students to be more active and interested in searching for new concepts as displayed in figure 7.

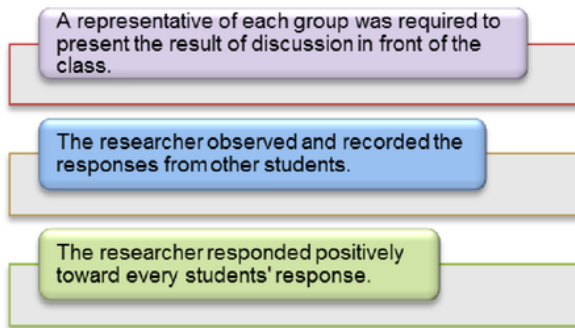


Figure 7. The sixth Stage: Extend.

The seventh stage was to Evaluate. The students were given opportunities to conclude everything related to the material that had been studied. Then, an evaluation was carried out in order to gain a deeper understanding of the concept of the temperature material by giving the task to the students. One of the conceptual understanding problems can be seen in the following figure 8,

Look at the following Images:

The three images above are liquid which are heated with the same amount of heat. If the volume of each liquid is same and the density is different, namely $\rho_1 < \rho_2 < \rho_3$, then the correct statement regarding the temperature rise is...

- Figure 1 has the biggest temperature rise
- Figure 2 has the biggest temperature rise
- Figure 3 has the biggest temperature rise
- Figure 1 has the lowest temperature rise
- Figure 2 has the lowest temperature rise

Reason:.....

Figure 8. The Seventh Stage: Evaluate

In the final step of the seventh stage, the researcher conveyed information about the next material that will be studied so the students should learn before the material is delivered.

The learning process through the 7E Learning Cycle model requires time accuracy considering its numerous stages. Time is one of the key factors in implementing this learning model. Furthermore, to achieve the learning objectives, this learning model should be done in complete seven stages, if only two stages were done or skipping even a stage, then the implementation of this learning model will not be optimum.

The control classes

The learning process in the control class was conducted using Direct Learning Model which is commonly used by physics teachers. Researcher only delivered the lesson by writing the material on the whitboard. The whole process of learning was focused on the teacher/researcher (teacher center). The students responded passively and only listened to the researcher explained. It resulted in a lack of understanding of the concepts of the material; consequently, the students were having difficulty in solving some of the physics problems on temperature and heat materials.

The research questions

Based on the research design presented, we formulated two research questions.

With the first research question, we ask if the students of the experimental class (who took part in a 7E teaching intervention) would be able to better understand the thermal concepts and phenomena, compared to the children in the control class (who participated in a Direct Learning Model).

With the second research question, we ask we ask whether students of both groups progress after the two didactic interventions.

Data analysis

Students' understanding of the concepts were measured through pre-test and post-test using objective test in the form of multiple choices equipped with the reason for the answers. Each test consisted of 15 items. Since the original version of the tests was the only multiple-choice format, then modification was carried out by asking the students to provide a reason for choosing the answer.

To investigate the effectiveness of learning toward the students' understanding of the concepts, the Effect Size test was used. Effect Size is a measurement to determine the effect of one variable on another. Effect Size can be counted using a particular formula (Cohen, 1998), and further explanation of it is also available (Anwar et al., 2019; Hake, 1998).

$$d = \frac{m_A - m_B}{\left[\frac{(sd_A^2 + sd_B^2)}{2} \right]^{1/2}}$$

Definition:

- d = effect size
 m_A = mean gain of the experimental class
 m_B = mean gain of control class
 sd_A = standard deviation of experimental class

sd_B = standard deviation of control class

The value of Effect Size can be seen in Table 1, as follows:

Table 1. Effect Size Criteria.

Effect Size	Category
$d < 0.2$	Low
$0.2 \leq d < 0.8$	Average
$d \geq 0.8$	High

RESULT AND DISCUSSION

The data display of pre-test and post-test score recapitulation of the control and experimental class can be seen in table 2,

Table 2. The Pre-Test and Post-Test Score of the Control and Experimental Class

Indicator of Concept Understanding	Pretest				Posttest			
	Experimental Class*		Control Class**		Experimental Class*		Control Class**	
	Highest Score	Lowest Score	Highest Score	Lowest Score	Highest Score	Lowest Score	Highest Score	Lowest Score
Interpreting	71	41	70	40	95	72	83	62
Modeling	72	40	70	38	94	70	80	63
Predicting	70	35	69	32	89	65	82	60
Explaining	70	32	68	30	90	66	80	61
Classifying	65	31	64	29	97	62	79	58
Comparing	64	30	62	28	94	68	78	59
Summarizing	62	31	60	30	92	66	78	57
The Highest and Lowest Total Score	474	240	463	227	651	469	560	420
The Highest and Lowest Average Score	68	34	66	32	93	67	80	60
Total Score	1.986,4		1.880		3.113,2		2.820	
Number of Students	40		40		40		40	
Total Average Score	49,66		47		77,83		70,5	

*Learning cycle 7e model

**Conventional model

The pretest and posttest shown in Table 2 were measured through a multiple-choice test of concept understanding (example figure 8). The scores measured in this study are cognitive scores according to the blooms' taxonomy that includes cognitive 2, 3, 4 and 5 (C2, C3, C4, C5). There are seven indicators of understanding the concept applied in this study. Table 2 shows that the results of the concept of understanding tests in each indicator change. On the test of understanding the concepts (interpreting), the highest and lowest scores in the experimental class and the control class experienced an

increase, both as a result of pretest and posttest. However, the highest and lowest scores in the experimental class are higher compared to the scores in the control class. On the concept understanding test (modeling), the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class. This significant increase is obtained from the results of Independent-Sample T Test that is shown in table 3:

Table 3. Independent-Sample T Test Results

Independent-Sample T Test	Pretest	Posttest
Criteria	Sig.(2-tailed) > 0,05	Sig.(2-tailed) < 0,05
Sig.(2-tailed)	0,229	0,000
Decision	H ₀ is accepted	H _a is accepted

Based on table 3, it is shown that in pretest we got Sig.(2-tailed) of 0,229. It means Sig.(2-tailed) > 0,05 so the average pretest scores in the experimental class is equal to the average pretest scores in the control class. And based on posttest results we got Sig.(2-tailed) of 0,000, it means the average pretest scores in the experimental class is not equal to the average pretest scores in the control class.

On the concept understanding test (predicting), the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class.

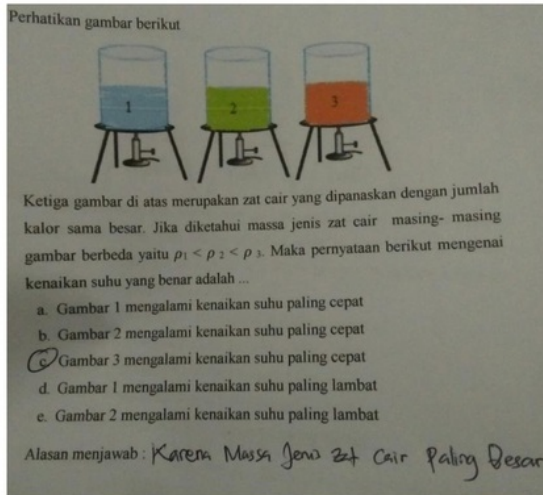
On the concept understanding test (explaining) the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class.

On the concept understanding test (classifying) the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class.

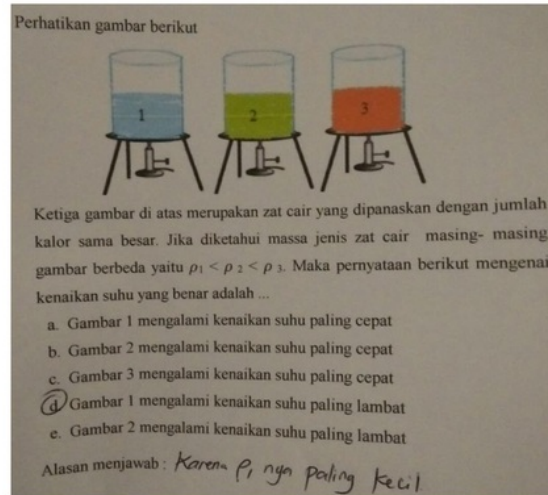
On the concept understanding test (comparing) the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class.

On the concept understanding test (summarizing) the highest and lowest scores in the experimental class and the control class experienced an increase, both the results of the pretest and posttest. However, the highest and lowest scores in the experimental class are higher than the scores in the control class.

In general, the results of concept understanding tests on each indicator experienced an increase in both the experimental class and the control class. However, before applying the learning cycle 7e model, there was no significant difference in the understanding of the concepts of the experimental class students. However, after the implementation of the learning cycle 7e model, the scores of the experimental class were significantly improved. Based on the results of the analysis of each student's answers, the understanding of their concepts had not been trained when answering the conceptual understanding questions in the form of multiple choices when they choose the answer (Figure 9). In contrast to the results after applying the learning cycle 7e model and the conventional model, there are significant differences in the understanding of the concepts in the experimental class and the control class. In the experimental class, the answer is more appropriate than the control class (Figure 10).

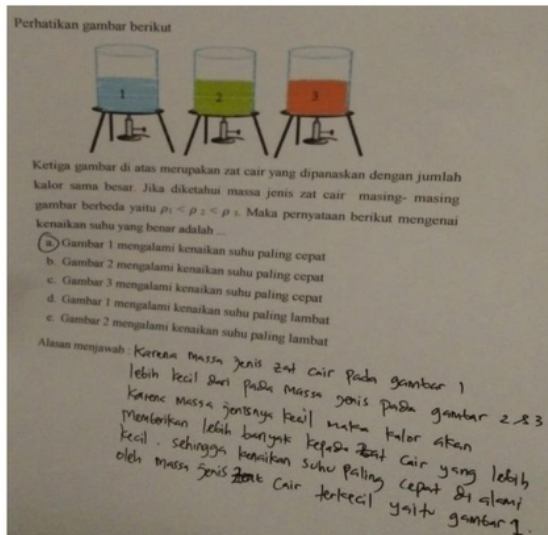


(a) Learning Cycle 7e Model

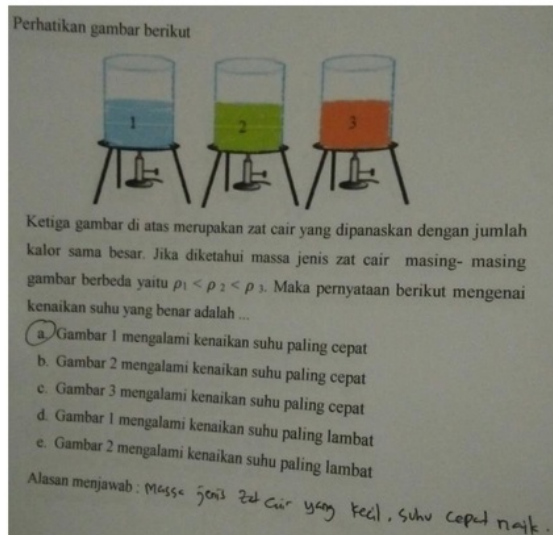


(b) Conventional Model

Figure 9. Before the Application of Learning Cycle 7e and the Conventional Model



(c) Learning Cycle 7e Model



(d) Conventional Model

Figure 10. After the Application of Learning Cycle 7e and the Conventional Model

In addition to the results of cognitive scores, the management of learning ⁹ is also the key to the successful implementation of the learning model. The following is the explanation of the learning management in this study.

Learning Management

The scoring percentage given by the physics teacher while the researcher was applying the learning model can be seen in the following figure 11,

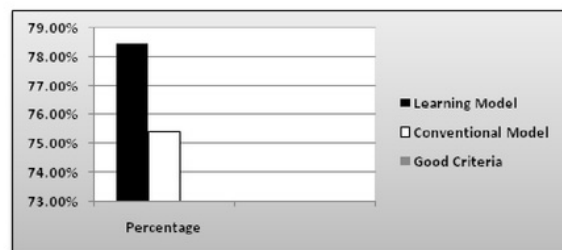


Figure 11. Graphic Percentage of Learning Management.

Based on figure 11, the gain percentage shows that the learning management through 7e Learning Cycle was 78.46% compared to the conventional learning amounting 75.38%. The percentage falls into satisfying criteria. Improvement can occur because the teacher applied the learning cycle 7e systematically. In the class that the learning cycle 7e model was applied, the teacher started the lesson by eliciting knowledge and involving students through engaging demonstrations. Like in the elicit step, when the teacher gave a question to raise students' initial knowledge, students responded enthusiastically. They were willing to present the answer in front of the class. Thus, it brought about the impact of active classroom atmosphere at the beginning of the learning process. In the class that the conventional model was applied, the teacher started the lesson by psychologically preparing the students through stories without demonstrations or involving the students.

The core activity in learning cycle 7e model begins with the grouping to discuss the continuation of the demonstration by changing the object of the demonstration and discussion finding solutions to the questions given by the teacher (explore). Then each group conducts a presentation by explaining the results of the discussion (explain), the teacher gives feedback to each group to expand the discussion material in the group through question and answer between groups (elaborate & extend). In the class that applies conventional models, the core activity begins with the teacher explaining the material then the teacher forms a group to observe events related to the material in daily life. Then students are asked to communicate the material through assignments.

The closing activity in the learning cycle 7e model is ended by asking each group to conclude the results of the discussion and the teacher concludes the overall results of the discussion. The closing activity in the conventional model is ended by giving homework.

Based on the description of learning management, the learning cycle 7e model is a student-centered model. The teacher only acts as a facilitator in learning while the conventional model is still a teacher-centered model. The curriculum in Indonesia is the 2013 curriculum which emphasizes student-centered learning. In addition, other countries such as Finland, England, the United States, and

other developed countries also implement student-centered learning which is more effective than teacher-centered learning.

The effectiveness of the application of the learning model is analyzed with effect size formula. Further description is shown in Table 3.

6
Table 4. The Result of Effect Size.

Class	Mean Gain	Standard Deviation	Effect Size	Category
Experiment	28,17	36,64	0,5	Average
Control	23,50	137,72		

Table 4 shows that the gain of effect size is 0.5 in the average category. This shows that the use of the 7E Learning Cycle model could effectively improve students' understanding of concepts in Physics subjects.

Based on the recapitulation of the post-test scores, both the experimental and the control class of the students' conceptual understanding have increased significantly. This might be caused by the fact that the 7E Learning Cycle model has such distinctive characteristics that the students not only listen to the teachers but can also play an active role in exploring and enriching their understanding of the concepts learned.

The importance of understanding the concept of learning in school requires researchers to use various ways to analyze and improve understanding of concepts, including: increasing mastery of concepts through interactive multimedia (Husein et al., 2017), improving understanding of concepts through 7e learning cycle for junior high school students (Nurmalasari et al., 2014), improving understanding of concepts by utilizing PhET Simulation (Saregar, 2016), increasing understanding of concepts through the application of guided inquiry learning model (Setyawati et al., 2014), increasing understanding of concepts through the application of experiential learning models (Wahyuningsih, 2014) and understanding analysis of concepts through TTCl and CRI instruments (Yolanda et al., 2016).

This study supports Nurmalasari's research that the learning cycle 7e model can improve concept understanding. In the Nurmalasari study, the learning cycle 7e model was applied to the junior high school students, but

in this study, it was applied to senior high schools students. It means that the learning cycle 7e model can improve concept understanding to both junior and senior high school students

The findings of this study indicate that the use of the learning cycle model 7e was able to improve the mastery of the concept of the learners effectively. In this paper, the procedures of the learning cycle model 7e in the classroom are discussed in detail and thoroughly.

CONCLUSION

In short, it can be concluded that the use of 7E Learning Cycle Model is effective in improving students' conceptual understanding. In other words, the learning process through 7E Learning Cycle Model was more effective compared to the conventional model in improving the students' concept understanding, especially on temperature and heat subject matter. This is because each learning process truly integrates the 7 stages of the 7e learning cycle model with the 7 indicators of conceptual understanding that must be achieved by students, so that the use of the learning cycle 7e model is effective and is able to increase students' conceptual understanding.

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