



Physical Education Teacher Strategies to Improving Student Learning Outcomes Through Publication of Work Results

(An exploratory study at Wonosobo Public Senior High School 1 during the COVID-19 pandemic)

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Abstract

Currently, physical education learning is experiencing a dilemma caused by the COVID-19 pandemic, so teachers must be able to improvise and be creative in creating distance learning models so that learning can be adequately conveyed to students. The purpose of this study was to examine the creativity and strategies of physical education teachers in improving the quality of student learning outcomes to maintain the continuity of online learning during the COVID-19 pandemic. Researchers used a descriptive qualitative approach with research subjects, namely Physical Education teachers and students of Wonosobo Public Senior High School 1. The data collection techniques used were in-depth interviews and documentation. The results showed that the form of physical education teacher strategies in improving the quality of online learning during the COVID-19 outbreak was by using the method of publishing the work of students. This method is proven effective and can increase students' interest, motivation to learn, stimulate student discipline, and can make it easier for teachers to make assessments. The obstacle in this research is that not all students get the same facilities from their parents, both in terms of learning facilities and infrastructure at home.

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INTRODUCTION

The COVID-19 pandemic has changed learning patterns that should have been face-to-face into distance-learning or what is commonly called online (Haerudin, 2020). This is a challenge for physical education teachers, because in general physical education is given face-to-face, and sports are used as a medium in physical education. The COVID-19 pandemic has brought changes to the learning process, which is a challenge for all educational institutions (Fadlilah, 2020). The best thing about distance education is that we can learn it from anywhere and anytime (Basilaia, Dgebuadze, Kantaria, & Chokhonelidze, 2020). So that a good strategy and planning are needed in implementing learning so that learning objectives can be achieved maximally. However, it is not easy. It takes seriousness for an educator to make it happen.

In general, the strategy is defined as the means used to achieve goals, whereas learning the plan is a broad view of the actions taken to select learning methods (Romiszowski. A.J, 1988). The Physical Education learning strategy is an approach in ways that will be chosen and used by an educator to convey learning material, making it easier for students to receive and understand learning material, which in the end, the objectives of Physical Education learning can be mastered (Alnedral, 2016).

Physical Education learning objectives are to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action and a healthy lifestyle (Hartono, Suherman, & Rusdiana, 2003). Many factors affect creating a pleasant learning atmosphere, such as student motivation, learning media and teaching materials (Kristiono, Dwiyoogo, & Hariadi, 2019). Besides experiencing confusion in adapting to the online learning system, teachers are also required to show that learning activities are still carried out, both for school supervisors, guardians, students, and the surrounding community in general (Fadlilah, 2020). So, it takes a strategy and accurate planning so that learning objectives can be achieved optimally.

Thus, it can be concluded that an educator must be able to design learning strategies by utilizing technological developments so that learning objectives can be maximally achieved. The combination of media and appropriate learning strategies is also believed by many to be able to increase students' enthusiasm for learning, which in turn will create more

exciting learning (Fardhany, n.d.). Renewal of teaching material models that utilize technology and communication development is needed to increase learning variations (Isaci, Rodriquez, & Dwiyoogo, 2020).

One learning model that utilizes technology and communication that has been proven to increase the enthusiasm and motivation of students to learn is the model of publication of student work results. Based on the results of research conducted by Fadlilah in 2020, it shows that the form of teacher strategy to turn on student learning motivation in online learning during the COVID-19 outbreak is by publishing the work of student assignments, which are proven to turn on student learning motivation. This study aims to examine the strategies of the Al-Huda Kindergarten Malang City Playgroup teacher in reviving student learning motivation to maintain the continuity of education in the Study From Home policy during the COVID-19 pandemic. However, in this study, the research subjects were the classroom teacher and the Playgroup students.

The second is a study conducted by Muttaqiyah in 2016. This research aims to determine: (1) influence; (2) different forces; (3) learning strategies that are more influential between the publication of assignments through the Student Teams Achievement Division and without the release of tasks through group study on cooperation, creativity, and science learning achievement. Based on the results of the study, it shows: (1) the publication of assignments through the Student Teams Achievement Division affects cooperation, creativity, and learning achievement in Science; (2) there is a difference in the impact between assignment publication through the Student Teams Achievement Division compared to without publication of assignments through group learning on work the same, creativity, and science learning achievement; (3) the publication of jobs through the Student Teams Achievement Division is more influential than without the publication of assignments through group study on cooperation, creativity, and science learning achievement. However, the strategy in this study is with a student team. The main obstacle to writing cooperation is the difficulty in forming the group itself (Darmalaksana, 2017).

Based on the review of the article above, it shows that the learning outcome publication strategy applied to students is proven to increase students' learning motivation. However, in this case, there has never been any research that has implemented a learning outcome publication

strategy in physical education subjects where physical education learning is more synonymous with physical activity. So that in this study, the researcher attempted to examine how the plan for the publication of the work of students was implemented in Wonosobo Public Senior High School 1. As well as what are the benefits and constraints faced by physical education teachers in implementing the strategy for the publication of the work of students.

METHOD

This study uses a descriptive approach to qualitative research types. The purpose of this study was to obtain information and descriptions related to the learning model by implementing a strategy for publishing the work of students, as well as to describe the constraints and benefits of the learning model. This research was conducted on physical education teachers and students of Wonosobo Public Senior High School 1, having their address at Jogonegoro Street No. 25, Singkir, Wonosobo District, Wonosobo Regency. The research was conducted on April 5, 2020, to July 27, 2020, where learning was carried out online. The following are the steps taken by the researcher **Figure 1** :



Figure 1. Research Stages

The data sources in this study were teachers and students. The data collection technique used in this study was to use in-depth interviews and documentation. With the conditions during the COVID-19 outbreak, interviews were conducted via cellphone media with physical education teachers and students to gather information needed by researchers. The documentation method used by researchers is opening several posts that have been uploaded by students, on their respective social media websites, from the results of the students' work and their information

RESULTS AND DISCUSSION

The existence of the coronavirus outbreak has had an impact on the education system in Indonesia, so the Central Java Provincial Government issued a warrant regarding the application of distance learning at the high school level. In

situations where students are not allowed to go to school, the alternative is to switch from traditional to online education (Giorgi Basilaia, 2020). In online learning patterns, students are required to be able to master learning material and apply and practice learning theories that have been taught by educators. That is a challenge for educators to find what learning solutions are most appropriate to the current situation and conditions.

Based on the information from one of the Physical education teachers at Wonosobo Public Senior High School 1, the teacher has implemented a learning model by publishing the work of students. Wonosobo Public Senior High School 1 is a school that was selected as a model school or reference school from 2017 to 2019 so that the learning model in it will become a reference model for surrounding schools. Based on information from physical education teacher, in physical education learning, three areas must be mastered by students, namely cognitive, affective, and psychomotor, so that teachers must be oriented towards these three domains both in the learning process and in assessing the work of students.

Student Work Publication Model

According to Thomas, a physical education teacher at Wonosobo Public Senior High School 1, the work result publication the model applied at Wonosobo Public Senior High School 1 is by uploading the results of the physical education teacher gave assignments to the students' YouTube account. As previously discussed, in implementing distance learning as a result of the coronavirus outbreak, the learning system at Wonosobo Public Senior High School 1, which is usually applied in schools, has now changed by giving assignments to do at home. The teacher gives tasks in the form of arranging rhythmic gymnastics movements, floor exercises, and physical fitness assignments through the Google Classroom application. Then students work on jobs accompanied by an explanation of the actions they are doing.

The task is made in the form of a video recording along with the description, which is then uploaded to the social media youtube. After the video has been uploaded, students send a link or YouTube address that the teacher can visit in assessing student work, through the google classroom application. According to Thomas, this method is believed to be effective in helping teachers assess student work results. In this way, the teacher can also evaluate the practice and theory mastered by students. As previously exp-

lained, students make movements along with an explanation of these movements, so that at one time, the teacher has got two assessments at once, namely assessments in the cognitive and psychomotor domains. As for the affective domain, the evaluation is carried out by assessing the discipline of students when submitting assignments by observing the timeliness of providing learning outcomes. The following is an example of a screenshot **Figure 2** of the results of the publication of student assignments carried out by physical education teachers at Wonosobo Public Senior High School 1.

The image above is taken from a cellphone screenshot of a physical education teacher at Wonosobo Public Senior High School 1. According to the teacher, students will be more enthusiastic about doing the assignments were given by the teacher when given the task to upload their work to their social media accounts because everyone can see their work published on social media. Also, parents of students are eager to help carry out learning activities at home so that togetherness between parents and children is well established.

The following is an excerpt from an interview conducted with a physical education teacher:

”The pandemic brings about changes that directly force us to change. As a teacher, I have to follow the stipulated provisions but still carry out learning even though it is done online.”

”In physical education, I carry out the learning process by using the help of applications to carry out the learning process.”

”Students carry out the learning process by uploading their work through YouTube, which is then followed up by using the google classroom.”

”Students tend to make videos as good as they can; this is because if their work results are not optimal; they tend to feel embarrassed because everyone will see the results of the work.”

The statements of students also support this. The following is an excerpt from interviews conducted with students:

”I make assignments by working hard and with all my heart, even to the point where I repeatedly do the movements in the hope of getting a good video.”

”I will feel embarrassed if the movements I make are not good because everyone will see them.

Thomas, explained that the application of this method shows a positive impact where students are increasingly enthusiastic about doing their jobs. They are competing to do the job as well as possible and with the best possible appearance. Not to mention when students see the google classroom application where another friend has posted their work, while he has not done it, the student becomes hooked and wants to immediately work on his assignment and send it to the google classroom. This can encourage so that students are moved to work on their jobs because they see that their other friends have sent assignments directly. The paragraph above is in line with the theory previously stated; student learning outcomes are influenced by many factors, including student interest and motivation (Ricardo, Meilani, 2017). Even though the learning system has changed, where children do not learn with their teachers and classmates, children still have the enthusiasm to study at home, also though they occasionally complain that they miss meeting their teachers and friends (Fadlilah, 2020).

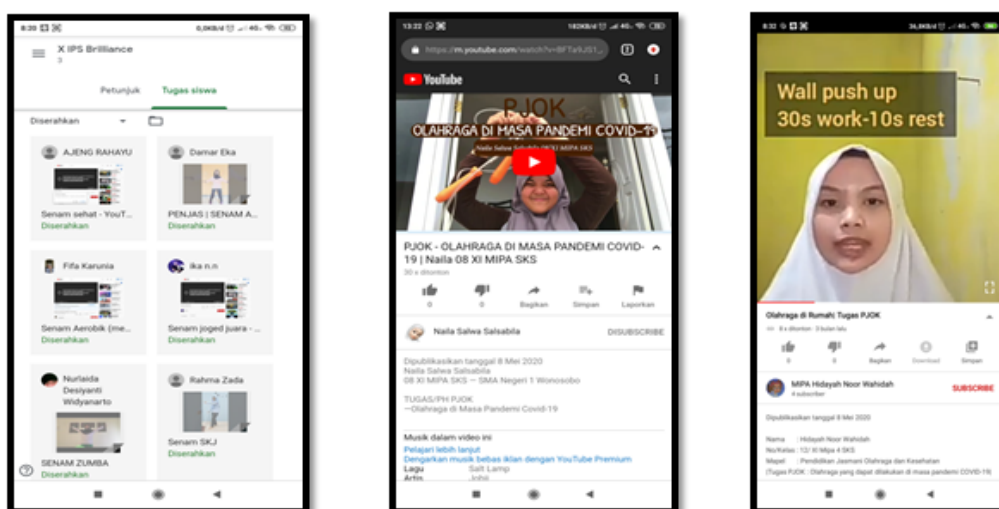


Figure 2. Screenshot of Student Performance Publication Results

Benefits of Implementing Student Learning outcome Publication

As explained above by Thomas, a physical education teacher at Wonosobo Public Senior High School 1, that the application of publications on the work of students have many benefits, including increasing the interest and motivation of students to learn. Enthusiasm and motivation to learn are two psychological factors that have been proven empirically to have a significant effect on the academic achievement of students in the school (Kpolovie, Joe, & Okoto, 2014). Motivation to learn is a power within students that encourages them to be willing and diligent in learning, to make their best and directed efforts in the learning the process to achieve the best results, which are goals that are owned and maintained during the learning process (Ricardo, Meilani, 2017).

The application of the publication of the work of students indirectly can also stimulate student discipline. Students who see their classmates have collected assignments from the teacher are indirectly also influenced to complete their tasks and report immediately them to the teacher so that their friends can see their work. This is in line with the theory that has been previously expressed that children become disciplined in collecting assignments according to the daily schedule determined by the teacher, because when students have not done and sent jobs to the teacher, then they see other friends the results of their work have been posted. By the teacher, of course, he also wants this (Fadlilah, 2020).

Furthermore, another benefit of implementing this method is that it makes it easier for teachers to make assessments. According to Thomas, a physical education teacher at Wonosobo Public Senior High School 1, by applying this method, teachers can make assessments anytime and anywhere. This is in line with what has been explained previously that the best thing about distance education is that we can learn it from anywhere and anytime (Basilaia et al., 2020). In this assessment method, teachers can also make assessments ranging from cognitive, psychomotor, and affective evaluations. Because in carrying out assignments, students are asked to explain the movements that students have made so that students also understand what actions they are doing.

Constraints in Implementing Student Work Publication

According to the physical education teacher at Wonosobo Public Senior High School 1, in

the implementation of learning, there are several obstacles. The main obstacle to implementing this method is that not all students get the same facilities from their parents, both in terms of gadget availability to the internet network. In applying this method, of course, the most necessary means are gadget devices because gadgets are a link in the distance learning process between educators and students. The impact felt by students on the teaching and learning process at home is that students feel forced to learn remotely without adequate facilities and infrastructure at home (Agus Purwanto, Rudy Pramono, Masduki Asbari, Priyono Budi Santoso, Laksmi Mayesti Wijayanti, Choi Chi Hyun, 2020). The learning facilities needed in the form of gadgets are one of the obstacles found in implementing this Study From Home (SFH), where in fact, not all students have devices, and not all educators or students and parents can use gadgets properly (Nasution, 2020).

Another obstacle to implementing this method is the difficulty of having an internet network in each region. Gadget devices must have an internet connection to be able to communicate because applications that support teaching and learning activities are currently dominated by applications connected to the internet. According to the physical education teacher at Wonosobo Public Senior High School 1, in this kind of distance learning, parents often complain about the cost of purchasing internet quota. Because online technology requires a network connection to the internet, therefore the level of internet quota usage will increase and will increase parents' expenses (Agus Purwanto, Rudy Pramono, Masduki Asbari, Priyono Budi Santoso, Laksmi Mayesti Wijayanti, Choi Chi Hyun, 2020).

CONCLUSION

Based on the results of this study, it can be concluded that in applying the method of publication of work results to students at Wonosobo Public Senior High School 1, teachers use social media in the form of youtube applications. Students who have finished working on their assignments will then upload their work on their respective YouTube accounts. After the video assignment has been uploaded and published on youtube media, students will then report and write down the address that the teacher can visit through the google classroom application. Although it is quite simple, the results of this study indicate that the implementation of this method has proven to be effective. This research has several benefits, including that it can increase stu-

dents' interest and motivation to learn, stimulate students' discipline, and can make it easier for teachers to take or make assessments. The main obstacle to implementing this method is that not all students get the same facilities from their parents, both in terms of gadget availability, to the internet network.

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