



The Implementation of Media in Teaching and Learning of Physical, Sport, and Health Education Subject

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Abstract

This study aimed at knowing the implementation of media in teaching and learning of physical, sport, and health education (PJOK) subject in State Senior High Schools (SMA Negeri) throughout Bojonegoro Subdistrict. In order to investigate such phenomenon, this study employed descriptive research. Moreover, the researcher used survey method with questionnaire as the instrument for data collection. Meanwhile, the subjects of this study were physical, sport, and health education teachers teaching at High School throughout Bojonegoro Subdistrict as many 4 teachers from four schools. Further, the data collected from the subjects of the study were analyzed by using the technique of descriptive percentage. The results showed that the implementation of the media in teaching and learning of physical, sport, and health education in High School throughout Bojonegoro subdistrict achieved “average” category.

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INTRODUCTION

In the globalization era, education becomes one of the absolute things to be fulfilled. For both developing and developed countries, education is a way of illumination and also has strong relationship with the development of the countries themselves. Nowadays, the students are faced by products of technology that they have to understand, but they have not yet had enough knowledge to learn them. In this case, we need school to help the students reach their dreams.

According to Sani (2013), there are seven aspects of effective teaching and learning process, namely students-centered, teachers and students interaction, democratic situation, variation on the teaching model, useful and accepted materials, conducive environment and good facilitations. Through this theory, it is known that the ideal teaching and learning process shows the relationship between teaching and developing.

The most important purpose of today's technology is for making all people especially the students smart and independent, specifically in the field of education. The same statement is also expressed by Angela Kearney, the UNICEF Country Representative of Indonesia who said that: "young people are always interested in learning new things, but they sometimes do not realize the risk of it". In addition to this, technology of information will be very useful for teachers to transfer the information to the students. It deals with the computer as the medium that can effectively deliver the materials. The development of technology and multimedia are running fast through all subject, including the teaching of physical, sport, and health education subject that has more activities in outdoor. This condition requires teachers to be more creative in choosing model and media of teaching.

Physical, sport, and health education subject is an obligatory subject that has to be followed by students in all level starting from Elementary until Senior High School. Khamidi (2008) argues that physical, sport, and health education is the interaction between teachers and students with the learning activities of physical,

sport, and health which the curriculum is clearly stated in the school and has purpose to adapt the healthy lifestyle. Ashar also states that the interaction in the teaching and learning process are influenced by the environment such as students, teachers, headmaster, librarian, materials (books, modules, magazines, video recording, audio, and so forth), any learning sources as well as facilities. As teachers belong to one of the influential factors in teaching and learning interaction, they become one of the biggest factor for the successful teaching physical, sport, and health education, supported by the contribution from other factors.

Any media chosen to implement in teaching and learning are useful thing to be used in both outdoor and indoor teaching. Through this concern, teachers need media to help them deliver the materials from the sources to the students. Alternatively, one of teaching and learning processes that has strong relationship with the media of teaching and exist in all teaching level is the teaching of physical, sport, and health education subject.

Medium is a way of communication coming from Latin word "between". This meaning is based on anything that can bring information from the sources to the receivers. Its focus is on the use of technology with the addition of concept and context (Dewdney & Ride, 2006, Flew, 2004, Heinich, 1996). Also, medium is a way of the transmission of message and teaching and learning perspective that bring content to students to reach effective learning. It gives way to address students to have strong involvement in learning. For more, medium can increase the effectiveness of the communication itself. If it has right design, and produced in a creative and effective way, it can give great influence to teaching and learning such as for time management, increasing interest, strengthening concept and remembering (Mohan, t. et al, 2001). Moreover Briggs (1970), defines medium as a physical way that is used to deliver message to the students and trigger them to learn. Accordingly, the use of media in physical, sport, and health education must be optimal because this is one of the indicators that

give support to learning, like the use of picture, audio visual, and computer.

There are many media used in physical, sport, and health education, starting from the simple to the complicated one. Even though media are many, the numbers of teachers who use them are still very limited. It is proven that the most common medium used in every school is printed media which is book. Besides, there are also a use of picture, model and OHP, and real objects. Otherwise, the use of audio, video, slide, and internet are rarely used although they are already well known for the teachers of physical, sport, and health education.

In fact, those media are still not yet used optimally. Not all teachers use them to support learning. It can be caused by the lack of teachers' understanding on the use of media in learning. Nevertheless, teachers must have knowledge to use the media. The use of media should be adapted based on the learning purpose, materials, and students' characteristic. The lack of media use is also caused by the school limitation on providing media of learning. Although schools already provide the media, however, the numbers are still limited.

To support the successful learning in the elementary school especially in physical, sport, and health education subject, actually, schools have already provided media although they are limitedly available. Moreover, from those limited media provided by the schools, teachers are asked to be able to use optimize them in the teaching of physical, sport, and health education. For that, teachers must have knowledge and understanding on the media used. Also, the media used should be adjusted to the demands of the era and students' characteristics.

The high requirement for the teachers of physical, sport, and health education subject in using the media for teaching and learning process triggers the writer to conduct an observation on the effort done by the teachers of physical, sport, and health education subject in using media to teach physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict to increase the education quality through physical, sport, and health

education. Therefore, technology will be very useful if it is suitable with what is required. The technology in learning gives chance to be studied not only by teachers but also by students to develop their cognitive aspect. In cognitive aspect, students learn repeatedly in order to understand learning materials and be able to answer any exercises given. Further, several State Senior High Schools in Bojonegoro Subdistrict were chosen as the research site by considering their reachability from the researcher's home and the researcher willingness to give contribution to Bojonegoro Subdistrict. At last, this study was aimed at describing the implementation of media in teaching and learning of physical, sport, and health education subject in State Senior High Schools throughout Bojonegoro Subdistrict.

METHODS

This study employed descriptive research design. Meanwhile, the method used in this study was survey with the technique of collecting data was from questionnaire. For more, the subjects of this study were all physical, sport, and health education teachers from State Senior High Schools throughout Bojonegoro, namely 4 teachers from 4 schools. Their data were collected by using questionnaire as proposed by Fajar (2013).

RESULTS AND DISCUSSION

This study was conducted in Senior High Schools throughout Bojonegoro Subdistrict on 8th - 19th of May 2017 by involving the teachers of physical, sport, and health education subject teaching in Senior High Schools. There were as many as 4 teachers from 4 schools. Further, the results of the questionnaire distributed to the physical, sport, and health education teachers were as follows.

Table 1. Media Use Statistics Description

| | |
|----------------|-------|
| n | 4 |
| Mean | 24,25 |
| Std. Deviation | 1,708 |
| Minimum | 22 |
| Maximum | 26 |

In addition, the results of questionnaire regarding the use of learning media in physical, sport, and health education subject in Senior High School throughout Bojonegoro Subdistrict were also presented in the form of frequency distribution. They were as follows:

Table 2. The Distribution of Media Use

| Interval | Classification | Freq | % |
|----------|----------------|------|-----|
| 26 | Excellent | 1 | 25 |
| 25 | Good | 1 | 25 |
| 24 | Average | 1 | 25 |
| 23 | Less | 0 | 0 |
| 22 | Less All | 1 | 25 |
| Σ | | 4 | 100 |

For more, the writer also presented the results of questionnaire in the form of graph. The graph covering the results of questionnaire is presented in the following:

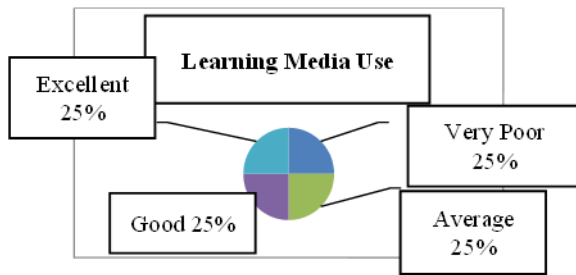


Figure 1. The Use of Learning Media

From the table and graph, it was known that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict were in very poor category by 25% (1 school), poor category by 0% (none), good category by 25% (1 school), and excellent category by 25% (1 school). Besides, viewed from the average score, namely 24.25, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict was in the category of average.

The details of the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict were based on the factors of: (1) visual media, (2) audio media, (3) audiovisual media, (4) computer-

based media. Furthermore, they were described in the following:

Visual Media Factor

In this factor, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict obtained results, namely mean = 5, median = 4, mode = 4, and standard deviation = 1,15. Alternatively, the lowest score was 4, while the highest score was 6. Those results were further described in the following table:

Table 3. The Statistic Description of Visual Media Factor

| | |
|----------------|------|
| n | 4 |
| Mean | 5 |
| Median | 4 |
| Mode | 4 |
| Std. Deviation | 1,15 |
| Minimum | 4 |
| Maximum | 6 |

From the above statistic description, the distribution of the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding visual factor was drawn in the following table:

Table 4. The Frequency Distribution of The Use of Learning Media with the basis of Visual Factor

| Interval | Classification | Freq | % |
|----------|----------------|------|-----|
| 7 | Excellent | 0 | 0 |
| 6 | Good | 2 | 50 |
| 5 | Average | 0 | 0 |
| 4 | Less | 2 | 50 |
| 3 | Less All | 0 | 0 |
| Σ | | 4 | 100 |

The above table shows that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding visual factor in the very poor category was 0% (none), poor category by 50% (2 schools), average category by 0%, good category by 50% (2 schools), and excellent category by 0% (none). Meanwhile, the average score of this

aspect was 5. It indicated that the use of learning media in this factor belongs to average category.

Audio Media Factor

When viewed from audio media factor, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict got results, namely mean = 5.25, median = 5, mode = 5, and standard deviation = 0.5. Accordingly, the lowest score was 5, while the highest one was 6. Moreover, the overall results of this factor can be seen in the following table:

Table 5. Description of Statistic Factor of Audio Media

| | |
|----------------|------|
| n | 4 |
| Mean | 5,25 |
| Median | 5 |
| Mode | 5 |
| Std. Deviation | 0,5 |
| Minimum | 5 |
| Maximum | 6 |

Also, the writer provides the distribution table of the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding this factor in the following:

Table 6. The Frequency Distribution of The Use of Learning Media with the Basis of Audio Factor

| Interval | Classification | Freq | % |
|----------|----------------|------|-----|
| 7 | Excellent | 0 | 0 |
| 6 | Good | 1 | 25 |
| 5 | Average | 3 | 75 |
| 4 | Less | 0 | 0 |
| 3 | Less All | 0 | 0 |
| Σ | | 4 | 100 |

The above table shows that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding audio factor in the very poor category was 0% (none), poor category by 0% (none), average category by 75% (3 schools), good category by 25% (1 school), and excellent category by 0% (none). Meanwhile, the average

score of this aspect was 5. It indicated that the use of learning media in audio factor belongs to average category.

Audio Visual Media Factor

In audio visual media factor, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict got results, namely mean = 5, median = 5, mode = 5, and standard deviation = 0.82. Accordingly, the lowest score was 4, while the highest one was 6. Moreover, the overall results of this factor can be seen in the following table:

Table 7. The Statistic Description of Audio Visual Media Factor

| | |
|----------------|------|
| n | 4 |
| Mean | 5 |
| Median | 5 |
| Mode | 5 |
| Std. Deviation | 0,82 |
| Minimum | 5 |
| Maximum | 6 |

In order to support the presentation of the data, the writer provides the distribution table of the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding this factor in the following:

Table 8. The Frequency Distribution of The Use of Learning Media with the basis of Audio Visual Factor

| Interval | Classification | Freq | % |
|----------|----------------|------|-----|
| 7 | Excellent | 0 | 0 |
| 6 | Good | 1 | 25 |
| 5 | Average | 2 | 50 |
| 4 | Less | 1 | 25 |
| 3 | Less All | 0 | 0 |
| Σ | | 4 | 100 |

The above table shows that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding audio visual factor in the very poor category was 0% (none), poor category by 25% (1 school), average category by 50% (2 schools), good category by 25% (1 school), and excellent

category by 0% (none). Meanwhile, the average score of this aspect was 5. It indicated that the use of learning media in audio visual factor belongs to average category.

Computer-Based Media Factor

In audio computer-based media factor, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict got results, namely mean = 9, median = 9, mode = 9, and standard deviation = 1. Accordingly, the lowest score was 8, while the highest one was 10. Moreover, the overall results of this factor can be seen in the following table:

Table 9. The Statistic Description of Computer-based Media Factor

| | |
|----------------|----|
| n | 4 |
| Mean | 9 |
| Median | 9 |
| Mode | 9 |
| Std. Deviation | 1 |
| Minimum | 8 |
| Maximum | 10 |

In order to support the presentation of the data, the writer provides the distribution table of the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding this factor in the following:

Table 10. The Frequency Distribution of The Use of Learning Media with the basis of Computer-based Factor

| Interval | Classification | Freq | % |
|----------|----------------|------|-----|
| 11 | Excellent | 0 | 0 |
| 10 | Good | 1 | 25 |
| 9 | Average | 2 | 50 |
| 8 | Less | 1 | 25 |
| 7 | Less All | 0 | 0 |
| Σ | | 4 | 100 |

The above table shows that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict regarding computer-based factor in the very poor category was 0% (none), poor category by 25% (1 school), average category by 50% (2 schools),

good category by 25% (1 school), and excellent category by 0% (none). Meanwhile, the average score of this aspect was 9. It indicated that the use of learning media in computer-based factor belongs to average category.

Supporting Data

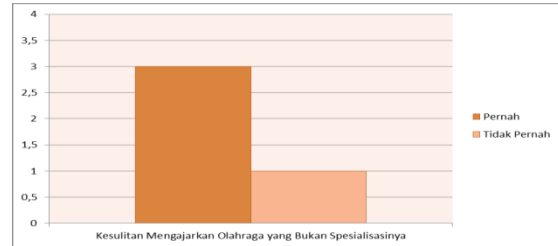


Figure 2. The Difficulties Faced by Teachers Who Teach Physical, Sport, and Health Education Subject

From the questionnaire and interview with the teachers of physical, sport, and health education, the writer got data that there were 3 of 4 teachers who found some difficulties while teaching and giving materials which were not their specialization. However, one of them did not find any difficulties because the teacher could maximally use the learning media.

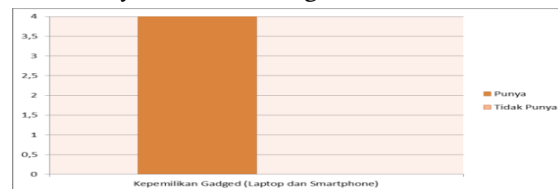


Figure 3. The Ownership of Gadget Such as Laptop and Smartphone.

All teachers had laptop and smartphone. Unfortunately, their gadgets were only used for administration and communication with other teachers.

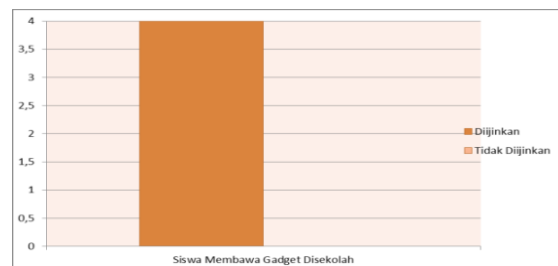


Figure 4. The Permission of Bringing Gadget to School

All students were allowed to bring and use their gadgets at schools. Unluckily, this permission has not been optimized to support teaching and learning activities.

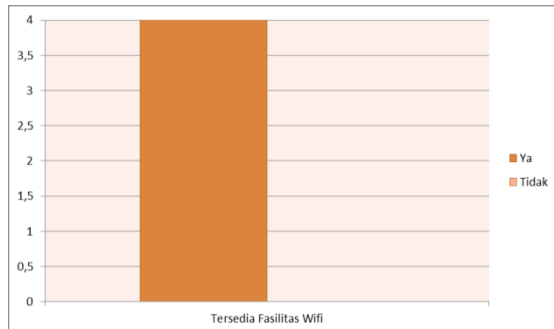


Figure 5. The Availability of Wifi Facility at School

All the schools have already had internet connection that is accessible in the teaching and learning session.

The aim of this study was to know the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict based on the factors of: (1) visual media (2) audio media, (3) audio visual media, (4) computer-based media. For more, the result showed that the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict was in very poor category by 25% (1 school), poor category by 0% (none), average category by 25% (1 school), good category by 25% (1 school), and excellent category by 25% (1 school). Besides, by its average score which was 24.25, the use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict was in the level of average.

The use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict by using visual media was in the level of average. From the data, all teachers in Bojonegoro have already used picture as media in teaching the theory, but there were still few teachers who used them for outdoor activities. Therefore, the use of media in the teaching and

learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict viewed from the use audio media was in the level of average. Accordingly, it was proven by the data which showed that the use of audio as media was found as the accompaniment of school gymnastic activity on Fridays. Unfortunately, the teachers still did not make it as the way to give instruction.

Cecep & bambang (2011) argue that media in learning tend to be considered as things such as graphics, photographs, and electronic aimed at catching, processing, and rearranging the visual or verbal information. Additionally, media in learning is defined by Santyasa (2007) as anything that can transfer message so that it can motivate students to achieve their goals. Again, Kristiyanto (2014) states that media in learning helps teachers to explain materials by considering some factors in choosing learning media.

The use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict in terms of audio visual media was in the level of average. From the data, it can be seen that the teachers used video while delivering the theory to make the materials easy to understand. However, the use of audio visual media was rarely found for the reason of time limitations and the numbers of students to cover.

The use of media in the teaching and learning of physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict in terms of computer-based media was in the level of average. The data showed that Microsoft Power Point was by several teachers to explain the theory. It had a purpose for making the students gain better understanding on the materials.

From the observation conducted by the writer in almost 12 days at several Senior High Schools in Bojonegoro Subdistrict, it can be stated that the existence of media in learning have already been appropriate although it was still limited. Meanwhile, in the terms of media, the teachers preferred using picture to any other media for their easiness. Yet, the use of video

were still rarely found because of the time limitation on preparing the video itself.

Apart from any of their disadvantages, the use of media help the teachers a lot. Most of teachers found difficulties in delivering the materials, but by the use media they could decrease such difficulties. Also, the physical, sport, and health education subject teachers in Bojonegoro Subdistrict have already had gadgets such as laptop and smartphone. It was also supported by the school rule which allowed students to bring gadget like smartphone. Moreover, both teachers and students were allowed to bring gadget like smartphone and laptop at school to support the use of media. Not to mention, the internet access in every school has already been easy to get. At last, the teachers hoped that that later there would be media that cover all the use of those four media factors to make the use of media effective in many ways.

The development of media is expected to be able to utilize any advantages given by the media and try to avoid any obstacles which may appear in the process of teaching and learning. It is said so since in teaching and learning, media are used to transfer information from the sender (teacher) to the receiver (student). Meanwhile, method is a set of procedure for helping students to gain information to achieve the objectives of learning.

Media can support achieving the objectives of physical, sport, and health education subject teaching and learning. According to Setiawan, Soekardi & Rumini (2015) media products can be learning resources that can be used by teachers and students. Meanwhile, according to Fibrilia, Hanani & Soenyoto (2016) media are appropriate to be used for the learning of physical, sport, and health education subject with the aim of improving the knowledge of students. In line with this, Rahayu, Widodo & Sudarmin (2012) argue that the response given by students on the use of media shows very well criteria. Besides, Marhadi (2012) stats that products of media can be used to observe students. Similar to this, Sudarmono (2013) explains that media can break through the intensity of the physical, limitations of the facilities and infrastructure, the allocation

of time and provide complex movement of coordination experience.

Students' interests are the important thing for knowing students' improvement in many aspects of physical, sport, and health education subject that later the suitable method can be arranged to achieve the objectives of the learning. According to this, teachers argue that the availability of media would motivate and improve students' interests. In this case, the use of media are very recommended. In line with this, Hempel (2016) states that the use of media can give many advantages, one of which is the increase of students motivation. For example, by using pictures and audio, students will pay more attention to the learning and during this, their interests will increase as well. Thus, any media selected to be applied in teaching and learning are supposed to represent students' condition for later doing exploration, analysis, and giving good assessment to a particular activity. Moreover, the use of media is supposed to be balanced with the consideration of practicality, availability, less cost, and time-saving. Through this consideration, media will help teachers and students to achieve learning objectives. Therefore, the teachers should use media in their teaching because: (1) media address the students to gain much experiences since students are vary on the factors of background, social, economy, etc., so they absolutely have different experience, (2) media can reach many things that can be found exactly in a class like delivering the picture of public places with the aim of getting the students know the world outside by just sitting in class, (3) media give chance for the students to have interaction with their environment, (4) media are addressed for achieving the objectives of learning, (5) media can save the concept of materials in concrete and real way, (6) the students can gain better motivation by having media in class, (7) media integrate any abstract things into concrete ones.

CONCLUSION

From the data analysis, description, results, and discussion, it can be concluded that:

the use of media in learning physical, sport, and health education subject in Senior High Schools throughout Bojonegoro Subdistrict is in the level of average.

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