Systematic Literature Review: Method Quality as a Determinant of Successful Athletic Learning

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Abstract

Learning in physical education has athletic teaching materials that have a poor image of students. The tendency to dislike athletic material which is considered only limited to running is an obstacle in carrying out athletic learning in elementary schools. So in this literature study, the purpose of this study is to identify, as well as provide criticism and input as well as evidence based on data or research that examines athletic learning. The source of the data for this research was obtained from Mendeley's reference management software with a span of 2015-2021. The process of getting articles with inclusion and exclusion criteria with the keywords learning athletics in elementary schools. The method used is Systematic Literature Review (SLR) with article feasibility test using MMAT. The results of the search for articles in the database obtained 140 articles with screening in 2015-2021 there were 116 which were then entered into the inclusion and exclusion criteria of 26 articles. Furthermore, the feasibility test process with the MMAT was carried out so that 6 articles were obtained which were used as literature in this study. The conclusion of this study is in accordance with the research that has been done and collected from the database that the learning method has an influence on the success of an athletic learning. It can be said that a good method can determine the quality of athletic learning.

How to Cite

INTRODUCTION

Athletics is one of the teaching materials in the discipline of Physical Education at all levels of education. As the parent of all sports that involve thorough physical activity, athletics is an important part in developing children's growth and development (Febrianti, 2013). Through physical education, increasing physical activity, playing sports and health is the goal of learning that has a principle of balancing the development of cognitive, affective and psychomotor aspects (Prasetyo et al., 2021). So that in learning will provide a positive value in the development and growth of children through Physical Education. As one of the teaching materials in physical education learning, athletics is more likely to have a less attractive impression. According to a survey of student interest in schools, they still show a lack of interest in carrying out athletic learning (Gupita & Wibowo, 2021; Moerianto et al., 2021; Trisnawati et al., 2021; Utami & Purnomo, 2019). Because, there are approaches to teach athletics in elementary schools.

As the parent of other sports, athletics has a tendency to lack attention from students and teachers in physical education learning. This can be seen in the methods used in learning that are less developed and only conventional. Because the perception of the general public that athletics is just a running movement. However, in athletics, there is an element of overall motion that is used as a means to increase the growth and development of children in elementary school (Ababei, 2017). But in today's digital era, the interest in athletics also needs to be questioned. Because children are more likely to like things that seem recreational than something that requires motion performance. Seeing all of this, it is necessary to provide an assessment of one approach method in introducing athletic sports so that athletic sports are again considered important by children and teachers.

Problems that often occur in athletic learning in schools have factors including the role of a teacher. Learning at this time is still struggling with classical problems, namely the methods applied in athletic learning. If the learning method is deemed inappropriate, it will lead to feelings of boredom in children, which will result in a decrease in children's learning motivation. Increasing children's interest in athletic learning through physical education has actually been a lot of effort. Through previous studies on the learning method used as an approach to athletic material, it has been carried out, such as the approach model with facilities and infrastructure in the good category (Febrianti, 2013), Furthermore, the implementation of the athletic learning model using a nature-based approach shows good in the aspect of the child's will (Sumarsono, 2017).

Looking at the findings above, it seems that athletic learning seems to be good. But what happens in reality is that there is still a small percentage of children's interest in athletic learning. This study will discuss the testing of research and analyze research on athletic learning in children with Systematic Literature Review (SLR), so that findings will be found that are actually the main problems and are resolved in this study.

METHODS

Systematic Literature Review (SLR) is a research method used in this article by examining, analyzing, and then interpreting athletic learning in children. The purpose of the SLR is to identify the relevant articles, extract the necessary data, analyze, synthesize, in the process gain broader knowledge for the main review of the article. (Mohamed Shaffril et al., 2021; van Dinter et al., 2021). There are six steps in the Systematic Literature Review (SLR) process, namely: (1) Analyzing research questions, (2) setting inclusion and exclusion standards, (3) exploring literature, (4) sorting literature, (5) validating literature, (6) synthesize and interpret (Baker, 2016).

The research subjects used in this study were taken from reputable national journal publications or not indexed by Google Scholar and others. The articles used as datasets are those that are related to athletic learning in children. This technique is used to select samples that match the field of study from the variable, namely athletic learning in children. The sample used is indexed articles on Google Scholar and others from 2015-2021. The type of data from this research is secondary data with research instruments using coding because the data is expected to have a function to answer some research that is not included in the synthesis. (Cooper et al., 2019).

The data collection stage is an important part of this research by collecting data obtained from articles that are used as studies. The data in this study are in the form of secondary data obtained from article search engines in national journals using the keywords athletics and athletic learning.

The next stage is the withdrawal of inclusion and exclusion criteria which in the assessment have determined criteria, namely as follows:

Inclusion Criteria
1. The data used is related to athletics and athletic learning
2. Originality of the data
3. Articles available on Google Scholar and Reference Manager
4. Data time span between 2015-2021
5. Subjects or participants are children
6. Scope is learning in school

Exclusion Criteria
1. Data not related to athletics and athletic learning
2. The data is included in the category of review articles
3. The article is not indexed on Google Scholar
4. Articles outside the 2015-2021 timeframe
5. Subjects or participants are children
6. Scope is learning in school

The analytical technique used in this study uses bibliographic annotations. Bibliographic annotation analysis is drawing simple conclusions based on the identity of the source, qualifications, objectives, conclusions, and sources used to answer the problem formulation (Susanti et al., 2021).

RESULTS AND DISCUSSION

The articles collected from the 2015-2021 publication year on athletic learning were obtained as many as 125 articles which were then carried out with inclusion and exclusion criteria. Articles relevant to the inclusion and exclusion criteria determined by the researcher obtained 26 articles. After going through the relevance process by means of inclusion and exclusion criteria, it is necessary to test the feasibility of articles using the 2018 version of the mixed methods appraisal tool (MMAT) so that 6 articles are obtained that can be used as literature in this study. The following is the process of getting articles that are worthy of being used as research literature as follows **Figure 1**.

Judging from the prism scheme above, the articles obtained become the basis for literature. In the feasibility process, the MMAT method is used to see whether or not the article is used as literature (Pace et al., 2012). From the results of the feasibility test of the article, 6 articles were obtained that were in accordance with the research, namely as follows **List of Articles.**
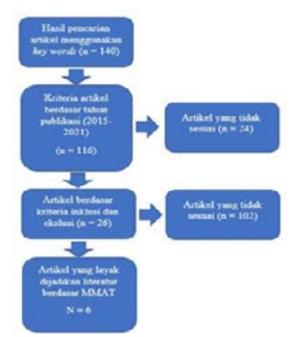

Figure 1. Schematic of the Literature Selection Prism

List of Articles
1. Pengembangan Peralatan Modifikasi Atletik Pada Pembelajaran PJOK Tingkat SD (Aditya et al., 2019).
2. Peningkatan Pembelajaran Gerak Dasar Atletik dengan Permainan Pos Berangkai (Ardiansyah, 2015).
3. Pengembangan Model Pembelajaran LAri Cepat Melalui Permainan Untuk Meningkatkan Hasil Belajar Lari cepat Pada Siswa SD Kelas V (Rachmat Dody, 2019).
4. Pengembangan Permainan Bintang Gedalo dalam Pembelajaran Atletik Bagi Siswa Sekolah Dasar (Naheria et al., 2015).
5. Pengaruh Model Quantum Learning Terhadap Penguasaan Teknik Dasar Lompat Jauh Siswa Pada Pembelajaran Atletik di SD (Nurfauzan, 2018).
6. Model Pengenalan Permainan dalam Pembelajaran Lompat Jauh pada Siswa Kelas Atas Sekolah Dasar (Setyawan & Lumintuarso, 2015).

The development of the era demands that in all fields it develops in showing its existence. It cannot be separated from the world of education as one of the fields in development. The education system is required to always develop in carrying out the goals of education itself. Physical education as one of the teaching materials in elementary schools is a facility to achieve these edu-

cational goals. The learning process used should follow any developments in line with the will of students who are increasingly critical of the educational process. Athletics teaching materials in physical education have the impression that they only run and tend to be disliked by students. So that in athletic learning the teacher is required to be able to provide and present interesting material so that students can receive athletic learning material well.

Several studies explain that the athletic learning model can be presented in several variations according to the needs of students. The learning model can be modified through the development of learning equipment in the form of an audio-visual Corps Diplomatique (CD) with sound images (Aditya et al., 2019). Research that has been done clearly modifies athletic learning equipment can give students' attention in learning increased athletic material. Furthermore, the development of athletic learning models can also be presented through 'POS Berangkai' games (Ardiansyah, 2015), as an increase in basic athletic movements such as walking, running, jumping, throwing. Through games, it can also provide an increase in sprint learning for students (Rachmat Dody, 2019). This shows that the development of learning models in athletics can have a positive impact on students as well as give a good impression of athletic learning.

Athletic learning is actually a physical activity that is very easy to teach to students. However, as explained in the problem section, the methods used in presenting the material seem monotonous and tend to be classical, students feel bored and pay less attention. So we need innovations that bring athletic learning closer to students. Like the Gedalo Star game that can increase the effectiveness of athletic learning (Naheria et al., 2015). It can clearly be seen in the development of an athletic learning model that can provide increased learning effectiveness by modifying the methods used by teachers in carrying out the learning process.

Learning is an experience that has a good impression so that it is always attached to students the content of the teaching material. One of the methods used is Quantum Learning. Quantum Learning method can provide effectiveness in improving students' long jump technique (Nurfauzan, 2018). This will provide more evidence that a good learning model can give good results as well.

CONCLUSION

Looking at the literature presented in order to discuss studies on athletic learning models that can improve the quality of learning, the data evidence is clear. The data used to examine the research variables can be accounted for, so it needs to be underlined that the selection of athletic learning methods needs to adapt to the characteristics of students. So that the quality of athletic learning will be even better.

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