



Development of Learning Media About Healthy Life Culture for Second Grade Students of Elementary School

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Abstract

Physical education's learning especially healthy cultural life material constrained by the lack of teaching materials in the form of learning books and also the unavailability of interactive learning media. Therefore, researchers interested in developing textbooks and interactive learning media of healthy living culture material that is able to attract and stimulate student creativity. From textbooks and interactive learning media is expected to become a source of learning and new learning media that can reduce the static atmosphere so as to create an interesting and enjoyable learning process. The results of this study are assessments of the students of large-scale pemasorkes are: (1) quality aspects of instructional media, (2) aspects of media application in the field, (3) aspect of interest in the product. Student appraisal shows that the medium of learning about healthy living culture has a "very good quality" with an overall average of 4.44. Textbooks and interactive learning media based on Adobe Flash Player 10 can be used by teachers and students in learning Physical Education, Sports, and Health as one of the contribution of material and learning media in the process of teaching and learning activities in schools and learning process independently.

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INTRODUCTION

Learning is a long-life journey in the process of coaching and self-understanding. This means that analysis and improvement of learning methods are required to continue in a sustainable manner (Sindhunata, 2000). The learning process can be done anywhere, one of which is in school.

Elementary school students are basically in concrete operational stages. This is also expressed by Piaget (Rita Eka Izzati, et al. 2008) which states that children at 7-12 years of age are at a concrete operational stage. It is important for teachers to understand this stage. In early childhood, the concept was still vague and unclear. Physical education provided at school the basis should pay attention to the characteristics that exist at each age level (Rofikoh, 2014).

Penjasorkes is not just about physical activity but there is material about personal hygiene and environment. In elementary schools, especially for 2nd grade, the standard of competence of healthy living culture is still minimal teaching materials and also still a few teachers who are willing to make learning media to support learning.

This is in line with Danim's opinion (2012) namely "the teacher is a very important factor in efforts to improve the quality of education, especially the quality of process and learning outcomes". If teachers can design and implement learning well, the quality of education can increase. Learning is an activity that involves a person in an effort to gain knowledge, skills and positive values by utilizing various sources for learning (Rudi Susilana & Cipi Riyana, 2009).

Based on the observations conducted in seven elementary schools of Rayon Prau, Ngadirejo sub-district, Temanggung Regency are SDN 1 Purbosari, SDN 2 Purbosari, SDN 1 Campursari, SDN 2 Campursari, SDN 1 Giripurno, SDN 2 Giripurno and SDN 2 Tegalrejo, media learning in providing materials of healthy living culture to students. Through interactive learning, media can build understanding to students. And the value that has

not reached the KKM in some schools in the early observation.

The problems above make researchers interested in developing textbooks and interactive learning media of healthy living culture material that is able to attract and stimulate student creativity. From textbooks and interactive learning, media is expected to become a source of learning and new learning media that can reduce the static atmosphere so as to create an interesting learning process and fun.

Based on research Eti Sumiati (2011), This assessment is seen from the evaluation result given by the students after the students use the module developed by the researcher covering the aspects of the book, the material aspect, the aspect of the drawing, the writing aspect, and the learning model aspect about the learning pattern of healthy lifestyle in the elementary school children of the lower class, then the learning media developed in this study can be used to train healthy living habits in lower grade elementary school children.

The statement above according to Sitepu (2014), Learning resources are one component of learning activities that allow individuals to acquire knowledge, attitudes, beliefs, emotions, and feelings and provide learning experiences. A similar opinion was also expressed by Helmy Firmansyah (2009) that physical education is an educational process that involves the interaction between learners and the environment that is managed through physical activity systematically toward the formation of the whole person. For that, every learning should use various sources. Resources can be obtained from the environment around the students. Learning resources are everything that supports the learning process, not limited to materials and tools but also energy, cost, and facilities (Ali, et al. 2007).

Textbooks are books used in the learning process, containing teaching materials systematically arranged from a subject or study material that must be mastered by students at a certain level of education. The book is a collection of papers containing information, printed, systematically arranged, bounded and externally protected by thick paper, cardboard or

other material (Sitepu, 2014). Adobe Flash Player-based media can also help ease the burden of trainers in providing training materials and it is expected to facilitate the players absorb the material quickly and efficiently and self-training can be applied (Abdy Windiartha, 2017)

This study discuss about the healthy living culture, according to Soekidjo Notoatmodjo (2007) that healthy living behavior is basically a person's response to stimuli related to illness and illness, healthcare systems, food and the environment and some other things discussed is hair, according to Wasitaatmadja (2007), Hair is a skin adnexa that grows on almost the entire surface of human skin except for the palms of the hands and soles of the feet. Next is the hand, according to Walker (2003), hands are composed of 27 bones. The amount of bone makes the hand as the most flexible part of the body so that people can walk upright and the hands that move the wrists, palms, thumbs, and fingers, allowing humans to perform various hand movements. Next are a the nutritious food and healthy eating, According to the Department of Nutrition and Public Health FKMUI (2007), nutrients are the basic ingredients of preparing food ingredients. Nutritional properties are known to be five, namely carbohydrates, proteins, fats, vitamins, and minerals. While foodstuffs or often known as foodstuffs are grouped into four groups, namely (1) basic foodstuffs, (2) side-food ingredients, (3) vegetable food, and (4) fruit food ingredients.

The purpose of this research are:
 (1) Produce the product in the form of textbook and interactive learning media based on Adobe Flash Player material of healthy living culture for elementary school students of 2nd grade;
 (2) Explain the feasibility of textbook development product development and interactive learning media based on Adobe Flash Player healthy living material material for elementary school students of 2nd grade.

METHODS

The resulting product is tested for its feasibility in accordance with predetermined standards through theoretical studies. Having

been declared feasible by experts and experts, the product is tested its effectiveness through testing to the subject of research on the resulting product. The products produced in this study are textbooks and interactive learning media based adobe flash player 10. The existence of the media is expected to develop students' understanding of the material Culture Healthy Life Elementary School for 2nd grade.

The model used by researchers in this development is the Borg & Gall development model. In the research model development Borg & Gall (2012) has ten stages of development. The ten stages are (1) Introduction Study (Research and Information Collecting); (2) Planning; (3) Development of Product Design (Develop Preliminary Form of Product); (4) Preliminary Field Testing, (5) Main Product Revision, (6) Main Field Testing, (7) Product Revision II, Operational Product Revision, (8) Operational Field Testing, (9) Final Product Revision, and (10) Dissemination and Implementation.

Data obtained from this research are analyzed based on the data type, that are qualitative and quantitative. Qualitative data were obtained from interviews with teachers. Quantitative data obtained from the observation and questionnaire. Quantitative data analysis techniques in this study using descriptive statistics. Scores obtained, then converted into five-scale qualitative data with the following formula references: (Widoyoko, 2009).

Table 1. Quantitative Data Conversion Questionnaire Product Assessment and Product Effectiveness Test

Formulation	Average score	Classification
$X > X_i + 1.8 S_{bi}$	> 4.2	Very good
$X_i + 0.6 S_{bi} < X \leq X_i + 1.8 S_{bi}$	> 3.4 – 4.2	Good
$X_i - 0.6 S_{bi} < X \leq X_i + 0.6 S_{bi}$	> 2.6 – 3.4	Enough
$X_i - 1.8 S_{bi} < X \leq X_i - 0.6 S_{bi}$	> 1.8 – 2.6	Less
$X \leq X_i - 1.8 S_{bi}$	≤ 1.8	Very less

The quantitative data is used to measure students' understanding of Healthy Living Culture materials was also analyzed using descriptive statistics. Both the data from the observation and the questionnaire, the indicator of "very good" answer was given a score of 5,

"good" was given a score of 4, "enough" was given a score of 3, "less" was given a score of 2 and "very less" was given score 1. After the score, data presented then categorized by classification using the formula.

RESULTS AND DISCUSSION

Aspects responded by the validator students by 2nd grade students SD N 1 Giripurno, SD N 1 Purbosari, and SD N 1 Tegalorejo with a total number of students 70 students related to the quality of learning media: (1) The letters in the media are easy to read, (2) Have better quality than previous media, (3) Image quality and explanation of the material is clear.

Aspects of media application in the field: (1) Media can help students in understanding the material, (2) Students are helpful in understanding the material so that it can be applied in everyday life, (3) Students in understanding the material in learning media.

Aspects of product linkage: (1) Students get excited about learning the material, (2) Interesting media display, (3) Students want to read and see it again, (4) Students are happy in following lessons.

Table 2. Product Quality at Large Group Trial (Student)

Aspect of assessment	Average	Category
Quality of learning media	4.38	Very good
Application of media in the field	4.47	Very good
Interest in the product	4.48	Very good

Assessment of students Penjasorkes scales are: (1) quality of learning media aspect with score 4.38 with criterion "very good", (2) aspect of media application in field with score 4,47 with criterion "very good "And (3) aspects of interest in the product with a mean of 4.48 with" very good "criteria. Student appraisal shows that the medium of learning about healthy living culture has a "very good quality" with an overall average of 4.44.

Furthermore, the researcher conducted a test question s done twice, the first before doing the test was explained using the existing book media in the school (BSE) of 15 given questions,

with the number of students 70, got the overall result of 728 questions answered correctly and 322 questions answered wrong. With 70.68% presentation the correct answer. Afterward, the teacher explained using the developed media that got 921 results correctly answered, 129 questions answered wrong. With 89.42% presentation correct answer or increase 18.74%.

Media in the learning of healthy living culture has been tested to students of second-grade elementary school which previously students in 2nd grade elementary school explained by BSE book media and given 15 problems, with the number of students 70, got the overall result of 728 questions answered correctly and 322 question answered wrong. With 70.68% presentation the answers are correct. Afterward, the teacher explained using the developed media that got 921 results correctly answered, 129 questions answered wrong. With 89.42% presentation correct answer or increase 18.74%.

Table 3. Results of The Successful in Answering The Students' Problems

Item questions (Number)	Explain by BSE book		Explain with developed media	
	Valid	False	Valid	False
1	54	16	65	5
2	53	17	63	7
3	54	16	62	8
4	52	18	62	8
5	51	19	62	8
6	49	21	63	7
7	50	20	60	10
8	46	24	62	8
9	45	25	62	8
10	50	20	63	7
11	49	21	62	8
12	48	22	61	9
13	47	23	61	9
14	42	28	58	12
15	38	32	55	15
Total	728	322	921	129

In this learning media also includes images or photos that are relevant to the material. It is intended to generate attraction and facilitate learners to understand the content of learning materials. It is supported by Arsyad (2011) regarding the use of illustrations of the contents of this learning material in accordance with the physical standards of textbook writing and learning media developed.

Positive responses to this product can be concluded that this media can be perceived benefits by learners and teachers. The application of this media usage is acceptable, they gain knowledge and understanding of healthy living culture.

Media in learning healthy living culture is said to be effective when the learning activities of children in the material culture of healthy living children become understandable, happy and understand the mastery of the material. Content in textbooks and flash-based media is easy to understand so that positive impact for learners.

The effectiveness of the application of this media as a source of learning is not only felt by the students and teachers in SD 1 Tegalrejo only but also in the elementary school that became the place of research. In textbooks and flash-based media is using a language that is appropriate for children 2nd grade elementary school and has a character that leads to children in 2nd grade SD level.

CONCLUSION

Based on the results of research and discussion on the development of textbook and interactive learning media based on Adobe Flash 10 on the learning of Physical Education of Sport and Health (Penjasorkes) Healthy Living Material of Elementary School for 2nd grade students can be concluded as follows: The uses of textbooks Penjasorkes in 2nd grade level still limited to books issued by BSE. Teachers only use one reference that is BSE Books; the result of the development product is Healthy Culture Learning Book integrated with Interactive Learning Media based on Adobe Flash Player for learning material of Culture Healthy Living subjects of Physical Education, Sport, and Health (Penjasorkes); The level of Feasibility of Interactive Language Learning and Interactive Learning Book based on Adobe Flash Player of Healthy Living Culture for 2nd grade students of Elementary School is seen from expert assessment, teacher, and student response, that is, the quality of instructional media has an average score of 4.36 with the category "very good",

Aspects of media application in the field get an average score of 4.48 with the category of "very good", the aspect of the relationship to the product get an average value of 4.52 or categorized "very good", the textbook display aspect to get the average value 4.33 with the category of "very good", interest in textbooks get an average value of 4.33 or the category "very good", the book content aspect gets an average value of 4.50 or the category "very good", aspect display of interactive learning media based on Adobe Flash Player 10, get the average value 4.33 or categorized "very good", aspect of interactive learning media content based on Adobe Flash Player 10 scores 4.50 or is categorized as "excellent", interest in interactive learning media based on Adobe Flash Player 10 gets an average score of 4.33 or is categorized as "excellent".

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