

Development of Materials Guide Increasing Taekwondo Level of Sragen Regency in 2018

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Abstract

Sragen regency has an active member of Taekwondo 1179 jeja according to February 2018 increase test. Referring to SOP PBTI regency/city administration should have basic guidance for training to enable them to take exams from geup 1 to DAN test. So the researcher is interested to conduct research to develop the manual which contains the training materials which refer to the district level improvement test referring to the provincial increase test. The objectives of this study resulted in training guidance of Taekwondo level increase in Sragen Regency and resulted in effective guidance for trainers and jeja. The research design used in this research is development or R & D. Development steps are potential and problem analysis, data and information collection, product design, product validation, product revision, product trial, and product revision. The feasibility test is performed by a Taekwondo material expert validator and a media and language expert validator. Small-scale book trials use 10 jeja and 40 jeja for large-scale trials. Types of data are quantitative and qualitative. Quantitative data were analyzed by descriptive percentage, while the qualitative data were analyzed by drawing conclusions. The data were collected by questionnaire instrument. The average percentage gained from the examination of two material expert validators is 88.6% which means the book is good to use. The results of the assessment of two validators of media and language experts, manuals are well-stated average percentage of 87.5%. Based on the criticism and suggestions from the validator, the book needs to be revised. After the revision phase, the module is tested. The results of small-scale trials are 87%, indicating that the book is declared good for use, whereas large-scale trials are 87.2% declared good and usable. Suggestions for product development is for jeja and coach to study the manual.

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INTRODUCTION

Taekwondo is a popular sport, in addition to teaching about the value of life norms can also be used to gain achievement from the district, provincial or national level. Taekwondo routine activities carried out in municipality administration is a test of level increase. Training should therefore include exercise bouts that sufficiently stimulate both aerobic and anaerobic metabolism (Bridge, 2009).

Taekwondo has the following belt classifications: (1) Geup 10 (white); (2) Geup 9 (yellow); (3) Geup 8 (yellow green stripe); (4) Geup 7 (green); (5) Geup 6 (green blue stripe) (6) Geup 4 (blue red stripe); (8) Geup 3 (red); (9) Geup 2 (red strip 1); (10) Geup 1 (red stripes 2), 11) DAN KUKKIWON.

PBTI (Executive Board of Taekwondo Indonesia) is authorized to exercise its exclusive right to organize UKT geup, poom/DAN kukkiwon and issue certificates, Taekwondo Provincial Administration of Indonesia (TI) is authorized by PBTI as a specialized implementer of geup regularly and consistently, Taekwondo District of Indonesia (Pengkot/Pengkab TI) is authorized to carry out a geup exam with the permission and monitoring of IT Pengprov.

The geothermal exams are carried out referring to the UKT management according to the PBTI. UKT geup implemented every 3 months and no later than 4 months. The material tested is a written test of practice and tests (ranging from and 4) and practice.

The table shows the material from geup 1 to AND 1 whereas the material for geup 10 to geup 4 is not written, because the implementation of the geometry of UKT is carried out by the regent/municipality. Sragen regency has an active member of Taekwondo 1179 jeja according to UKT in February 2018. The member is divided into 25 dojang (training ground) spread all over Sragen regency. Consists of regular dojangs and extracurricular dojang in various elementary schools, junior high schools and high schools.

Referring to the SOP PBTI pengkab/municipal administration should have basic guidelines for training so that jeja can take the test of geup 1st up to the test DAN held by provincial government. Differences of material taught in various dojang seen in the results of interviews as follows: Based on the observation result, the trainer teaches the material that is not the same so that on the level increase test held by the districts jeja have difficulty in implementing it. The designated testers are Sragen district coaches. Testers from Sukodono test geup 10 with Dobyon momtong movement jierugi taekwondo dojang Masaran not yet trained so that jeja can not make movement. Sport anxiety is a feeling of worry, nervous, and uneasy by assuming sport as something harmful followed by physiological changes (Zulfan Maulana, 2017). Anxiety is a state of negative emotion that can make individuals experience fatigue (Sekar A, 2000), In order to avoid anxiety then required equation of compulsory training materials aimed at the district level increase test and referring to the provincial level increase test. The development of science and technology encourages various reform efforts in the learning process. Meanwhile, teachers are required to be able to utilize information and communication technology for self-development (Mahardini, 2017). The use of media is expected to increase the competence of trainers (Irawan, 2017).

Based on the results of the interviews and statements, the researcher is interested to conduct research to develop a guide containing the training materials referring to the district-level increase test referring to the provincial increase test by selecting the title of the study

Table 1. Poomsae Material

Tingkatan yang Diuji	Wajib/ Compulsory	Jurusan Pilihan Penguji/ Appointed
Geup 1 ke Poom 1/DAN 1.	Taegeuk 8	Taegeuk 1 - 7
DAN 1/Poom 1 KE DAN 2/Poom 2	Koryo	Taegeuk 1 - 8
DAN 2/Poom 2 KE DAN 3/Poom 3	Keumgang	Taegeuk 1 - 8, Koryo
DAN 3/Poom 3 KE DAN 4	Taebaek	Taegeuk 1 - 8, Koryo, Keumgang
DAN 4 KE DAN 5	Pyongwon	Taegeuk 1 - 8, Koryo, Keumgang, Taebaek
DAN 5 KE DAN 6	Jitae	Taegeuk 1 - 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
DAN 6 KE DAN 7	Cheonkwon	Taegeuk 1 - 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
DAN 7 KE DAN 8	Hansoo	Taegeuk 1 - 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
DAN 8 KE DAN 9	Ilyeo	Taegeuk 1 - 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo

Setiap ujian diujikan 1 jurus "Compulsory" plus min. 1 jurus "Appointed"

"Development of Taekwondo Level of Increase Material Book of Sragen Regency 2018.

METHODS

The research design used in this research using research model of development or R & D. In this research the researcher use development research method. Facilitate students in mastering the material so that in the belt ride test does not experience engineering differences with students from other places that have different trainers.

The Implementation Plan for Research located in Sragen regency, small-scale trial will be conducted on dojang Sukodono with jeja of 10 jeja. Large-scale trials will be taken 4 dojang in Sragen regency, namely dojang Sukodono, Masaran, Gabugan and Tangen. Each taken 10 jeja, so the amount of 40 jeja. Expert Validator SabemnimMujiAshadi (DAN III KUKKIWON) is a board of Sragendan Regent Master Djoko Suprajitno (DAN VII KUKKIWON) is a Central Java Pengprov management. The product will be developed in the form of books and audio visual for Taekwondo material training in Sragen regency, as for the stages namely: (1) The first thing to do is look at the problems that exist in the community that must be considered for development, (2) the second is the process of developing ideas by collecting information and data to create a concept, (3) developing the concept form into a draft or product design, (4) design validation by the Taekwondo expert concerned, (5) product revision by the same Taekwondo expert, (6) trial of existing products on a small scale, (7) product revisions made by experts to improve results, (8) large-scale trial use by looking at input from experts and jeja. (9) revision of the final product, refinement of products that have been through the process. The first stage is to look at the problems in people's lives to find potential or opportunities that can be developed in order to improve and improve. Develop emerging problems by seeking information and data as much as possible to support initial drafting and as a preliminary guideline for the development process. Kicking actions were grouped into three

categories; circular, linear and with a previous spin kick (Falco, 2012) his stage stage takes the idea in mind so as to form a product containing the material of the belt training according to the belt referring to the material tested. The initial product developed is expected to be arranged in a coherent, logical fashion so that it can be used for the effectiveness of exercises that will improve the quality of the jeja. Design validation is done after the idea is poured into a ready-to-use product for pilot testing, however it must be validated by experts providing feedback to improve existing products. Validation of products is done by providing products to experts by including a questionnaire in the form of aspects that exist in the training. The next stage of product revision is to improve the design of the manuscript or book according to the expert input and complete the product design into ready-to-use books or videos to be tested. The next stage is a product trial, aiming to find the shortcomings of the products that have been developed, the test phase is as follows: (1) determine the test design, (2) determine the test subject, (3) arrange the data instrument, (4) determine the data analysis technique. The trial phase of the product is carried out on a small scale, small scale test conducted by 10 jeja. This product is tested to determine the usefulness of the media and see the shortcomings and inputs that will be done by media experts and experts Taekwondo. The data obtained will be the basis of researchers to update the product with attention to the results and input from the expert.

Products that have been tested on a small scale and get less data and need to be repaired after the review by experts and have been improved by the researchers, then next is a large-scale trial use in order to know the shortcomings of these products. This stage is done by perfecting the product by editing or improving the arrangement of books or videos that have been made. So that the final product in the form of books and video can already be used and in mass production. Researchers collect the literature that has been implemented so that it can be a foundation in developing existing products. Field studies are also required for the measurement of

needs, after the preliminary study the researcher makes a plan that contains the purpose of the use of the product, the user of the product and the components therein. The initial product development is a rough draft of the product to be made, the initial product developed by the researchers in cooperation with the expert or practitioner of Taekwondo according to his field. Conducted Expert validation carried out based on analysis and logic considerations from experts. Trial the initial product is limited to a small scale that will be evaluated by the expert, an improvement made after initial product trials are limited. Product trials are widely conducted after product revisions in accordance with expert evaluation. Completion of exercise products will strengthen the products we develop. If the product is feasible to be used according to the expert it can be mass production.

RESULTS AND DISCUSSION

The problems that exist in Taekwondo training related to the difference of the material that is taught to take the Sragen regency level improvement test need to be held analysis of the training that has been running. Achievement in Taekwondo required a programmable and sistematic (Devi, 2011). So guidebook is needed. This activity is done by analyzing the actual training process in the field, and making observations and studies in accordance with the research. Based on the observations and interviews and inputs from the trainers, a guide book is needed to help train footwear. Athletes achievement required a long-term coaching that requires handling in a systematic, directed, planned and consistent and carried out from an early age (Arin Triyasari, 2016).

The data of needs and evaluation analysis of two media and linguistic experts, as well as two Taekwondo experts and small-scale trials and large-scale trials are as follows: (Table 2)

Suggestions from Taekwondo experts for the development of guidebooks and videos are as follows: (Table 3)

The following is a data analysis performed based on expert evaluation and media results,

each of these aspects will be described in the table 4.

Table 2. The Results of Taekwondo Expert Analysis

Material	Min	Max	Result	Percentage (%)
Material	6	24	20	83
Material accuracy	12	48	42	87.5
Material updates	4	16	14	87.5
Pushing curiosity	4	16	14	87.5
Presentation technique	4	16	14	87.5
Presentation supporters	6	24	21	87.5
Presentation of training	4	16	14	87.5
Total (Average)	43	160	139	87

Table 3. Expert Suggestions Materials

Material	Suggestions
Material conformity	Additional material for white belt as the beginning of practice
Material accuracy	Unclear material is removed, which is not necessary
Presentation techniques	Search for Taekwondo books as a base
Material updates	Provide a clear and unambiguous understanding
Encourage curiosity	Pictures on the book must be complete and clear
Presentation supporters	Language used in Korean language to improve word order
Book and video presentation techniques	Evaluation should be given at the end of the exercise

Table 4. Evaluation Results of Media and Language

Material	Min	Max	Result	Percentage (%)
Foreign language suitability	2	8	6	75
Image clarity	2	8	7	87.5
Ease of readers	2	8	7	87.5
Sync sound and movement	2	8	8	100
Appropriate description	2	8	8	100
Writing demands	2	8	7	87.5
Match colors on	2	8	8	100
Material worthiness	2	8	6	75
Clarity font	2	8	7	87.5
Material completeness	2	8	6	75
Total (Average)	20	80	70	87.5

Small scale trial data with sample of 10 people with 7 indicators and details as well as large-scale trials with a sample of 40 people with 7 indicators with details to the product development training guide book equipped with video with rules as follows: (1) score 4 if the answer accordingly with good, very good, very effective and unnecessary corrected, (2) score 3 if the answer is good, effective need to deepen, (3) score 2 if less good, less effective and less in accordance with the wishes of experts, (4) score 1 if not appropriate, ineffective and badly needed to

be fixed. Below are the results of small-scale trials and large-scale trials.

Table 5. Results Small Scale and Large Scale

Component	Min	Max	Result	Percentage (%)	Category
small-scale n=10	200	800	688	86	Good
large-scale n= 40	800	3200	2778	86.8	Good

CONCLUSION

The material development model of level increment is added in the Taekwondo level increase manual of Sragen Regency and completed by video with belt restriction inside. The development model of the guidebook is effective to be used by the trainers and master the material of Taekwondo level increase of Sragen Regency based on the small scale test result with the percentage of 86% and the result of large scale trial with the percentage of 86.8% which is in good category and proper to use.

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