



The Effectiveness Of Online Physical Education Learning At Private SMP Abdi Negara Binjai

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Abstract: The purpose of this study was to determine the effectiveness of online Physical Education learning at Abdi Negara Binjai Private Junior High School in the 2021/2022 academic year. This research uses quantitative descriptive research design. The data analysis technique in this study uses descriptive statistical analysis which aims to describe the object of research data. The results of research on physical education learning in the network (online) of Abdi Negara Binjai Private Junior High School during the Covid-19 pandemic can be seen from the data that has been obtained, where from a total of 60 students who filled out the questionnaire, there were 31 students with a percentage of 54.1% who stated that it was quite ineffective, 20 students with a percentage of 33.3% who stated ineffective, 7 students with a percentage of 3.5% who stated effective, 3 students with a percentage of 0.6% who stated very ineffective, and 0 students with a percentage of 0.0% who stated very effective. Based on the results of this study, it can be concluded that physical education learning at Abdi Negara Binjai Private Junior High School through online media is quite ineffective.

Keywords: Learning; Physical Education; Online

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INTRODUCTION

Currently, the world is being shocked by a new virus that is spreading very quickly, the virus is called SARS-Cov-2 which causes a disease called Corona Virus Disease (Covid-19) (R. Ginting et al., 2021). Quoted in Wellness and Healthy Magazine Volume 2, Number 1, February 2020, the Covid-19 disease was first discovered in Wuhan City, China. The significant and ongoing spread process globally has led the World Health Organization (WHO) to declare the Covid-19 virus outbreak a global pandemic on March 9, 2020. Based on a bulletin entitled "The Classical Definition Of A Pandemic Is Not Elusive", a pandemic is defined as an epidemic that occurs throughout the world that is very broad, crosses international borders and usually affects a large number of people (Nafrin & Hudaidah, 2021). Referring to this definition, the term pandemic seems scary but actually has nothing to do with the ferocity of this disease but rather the very rapid and widespread spread throughout the world. The spread of the virus that is difficult to control has made the Indonesian government issue a Large-Scale Social Restrictions (PSBB) policy which is regulated in Government Regulation Number 21 of 2020 concerning Large-Scale Social Restrictions in the Framework of Accelerating Handling of Covid-19 (Imtikhani1 et al., 2020).

With the issuance of Government Regulation Number 21 of 2020, starting Monday, March 16, 2020, the policy has been effectively implemented in several regions as an effort to suppress the spread of the Covid-19 virus (Melyza & Aguss, 2021). For example, DKI Jakarta began implementing the PSBB policy starting September 14, 2020, the PSBB policy in DKI Jakarta is regulated through three Governor Regulations which serve as guidelines for implementing PSBB, including; DKI Jakarta Governor Regulation Number 33 of 2020, DKI Jakarta Governor Regulation Number 79 of 2020 and DKI Jakarta Governor Regulation Number 88 of 2020 (Rizki & Aguss, 2020). The implementation of the Large-Scale Social Restrictions (PSBB) policy in several regions has changed various methods that were originally carried out face-to-face to online media. According to (Bilfaqih, 2015:1) online learning is a program for organizing online learning classes to reach massive and broad target groups (Saputra et al., 2021).

Adaptation in the use of online media is not easy considering the many challenges faced, especially for schools and students (Singarimbun & Usman, 2020). The challenges faced when conducting online learning come from various sectors including the economy, learning systems and also the results of the learning process through online media (Wibowo et al., 2020). From the economic sector, the problem is that not all students have the facilities available to carry out learning through online media. One of the most basic reasons that occurs with students in Yogyakarta is the economic limitations of schools and parents of students so that schools cannot implement Distance Learning (PJJ) online optimally (Sari et al., n.d.).

The unpreparedness of schools in implementing online learning is the main factor in the suboptimal learning (M. N. B. Ginting & Helmi, 2020). This transition in learning methods forces various parties to follow the existing flow. In addition, the implementation of the learning system through online media has changed several aspects in the world of education (Ningsih & Jatmiko, 2021). The implementation of this learning system has changed several aspects ranging from the Learning Implementation Plan (RPP) to learning objectives. However, the change in system was not followed by a change in the Regulation of the Minister of Education and Culture Number 37 of 2018, which means that the core competency standards and basic competencies are still the same as when learning was still carried out offline. This requires schools and students to be able to meet the core competency standards and basic competencies with a different system than usual (Wicaksana & Wahyudi, 2021). The change in system that was not followed by a change in the ministerial regulation also affected the learning process of subjects that carried out more practical activities in the field such as Physical Education (Mardela et al., 2021). Physical Education subjects that are usually in the form of field practice must now be adapted to new habits, namely through online media. The use of online media in Physical Education subjects that have been carried out by Physical Education Teachers usually uses videos and it is hoped that students can see, understand and then practice the movements shown in the video independently (Susanto, n.d.). However, when learning through online media like this, teachers cannot supervise optimally, therefore it is not uncommon for Physical Education Teachers to replace the task of carrying out practical movements with essay questions (Lubis & Nugroho, 2020).

Basically, replacing practical activities with theoretical assignments is not in accordance with core competency standards and basic competencies and existing objectives. If it is still forced, there are only two choices, namely not achieving the learning objectives as formulated in the Core Competency Standards and Basic Competencies or Physical Education Teachers receive complaints from parents of students who ask for accountability because their sons were injured while practicing

sports at home. From the various problems, risks and challenges experienced by students in carrying out the Physical Education learning process through online media, is this method effective if applied in Physical Education subjects? This problem prompted researchers to conduct a study and research entitled "Effectiveness of Online Physical Education Learning at SMP Swasta Abdi Negara Binjai in the 2021/2022 Academic Year".

Based on the results of observations that have been carried out by researchers during educational practice activities. SMP Swasta Abdi Negara Binjai is one of the schools in Binjai City. There, learning Physical Education through online media prioritizes student activity. This is evident from the learning that is often done, namely by discussing using Google Classroom as a learning medium. However, the Physical Education subject at SMP Swasta Abdi Negara Binjai through online media can still be said to be less effective in its learning because there are still students who are less active in discussing during Physical Education learning. Gender differences have an effect here. Where female students are more active than male students. but besides that, it may be because the learning methods taught are less interesting to students and also the condition of students in carrying out this online learning. The learning situation and conditions are one of the factors that influence the success of the learning process. However, based on observations made, there are still students who complain about the facilities and infrastructure they have when learning Physical Education through online media. Based on the description, the researcher wants to research the effectiveness of Physical Education learning through online media at SMP Swasta Abdi Negara Binjai, so as to provide input to all parties related to the effectiveness of Physical Education learning, especially for Physical Education teachers to use as a benchmark and as a consideration in efforts to improve the quality of Physical Education, especially at the Junior High School level.

METHOD

This study will measure the effectiveness of physical education learning through online media during the Covid-19 pandemic. This study uses a quantitative descriptive research design. Quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to research certain populations or samples (Sugiyono, 2013). This study uses a large population and sample, therefore researchers use quantitative methods to be more concrete, observable and measurable. Population is a generalization area consisting of objects or subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn (Setyosari, 2016). Based on the description above, the population in this study were students of grade VII and grade VIII of SMP Swasta Abdi Negara Binjai. The sample is part of the number and characteristics of the population. The technique used in this study is the total sampling technique. Total sampling is a sampling determination technique where all members of the population are used as samples (Simarmata et al., 2021). The sample used was all students of SMP Swasta Abdi Negara Binjai totaling 60 students.

The research instrument is a tool or facility used by researchers in collecting data so that their work is easier and the results are better in the sense that they are more accurate, complete and systematic so that they are easier to process (Assingkily, 2021). The research instrument is compiled based on indicators from the research variables, where these indicators are described into several questions. In this study, the researcher used an instrument containing questions that use alternative choices. In each question, 4 (four) alternative choices are provided, namely strongly disagree, disagree, agree and strongly agree. For positive questions, scores are given sequentially starting from 4, 3, 2,

and 1. Conversely, for negative questions, scores are given sequentially starting from 1, 2, 3, and 4. The following is a description of the following research instrument grid;

Table 1. Effectiveness Trial Grid

Variables	Indicators	Question Items	Question Number
Learning Conditions	Learning Objectives	4	1,2,3,4
	Learning Constraints	4	5,6,7,8
	Student Characteristics	2	9,10
Learning Methods	Learning Strategies	3	11,12,13
	Delivery Strategies	10	14,15,16,17,18,19,20,21,22,23
	Management Strategies	6	24,25,26,27,28,29
Learning	Learning Attraction	6	30,31,32,33,34,35
	Learning Effectiveness	5	36,37,38,39,40

Data collection techniques are techniques or methods that can be used by researchers to collect data (Hermawan, 2019). From this opinion, it can be concluded that to measure existing symptoms, data obtained from measuring instruments in research is used, so that the data used is accurate data without any manipulation. The data collection technique in this study was by using a Google form questionnaire aimed at students of SMP Swasta Abdi Negara Binjai. The data analysis technique in this study used descriptive statistical analysis which aims to present the data of the research object. In this type of quantitative research, descriptive analysis is arranged in the form of tables, curves, or diagrams as basic materials to be explained narratively and descriptively (Nasrudin, 2019)

RESULT AND DISCUSSION

Result

The data of this research were collected using the Google Form questionnaire method which was distributed to respondents through Physical Education Teachers at SMP Swasta Abdi Negara Binjai. Data collection in this method was carried out by giving a set of written statements to respondents to answer. This research was conducted in June 2022. The data source for this study was all students at SMP Swasta Abdi Negara Binjai. The technique used in sampling was the total sampling method. Namely, sampling is taken from all populations so that it will produce more accurate data.

Descriptive data that describes the condition of the respondents is additional information to understand the research results. The presentation of descriptive respondent data is used to map respondents based on class and gender. Respondents in this study consisted of: The data regarding the gender of respondents who have filled out the research questionnaire are as follows,.

Table 2. Respondent Data Based on Gender

Gender	Frequency	Percentage
Male	15	25%
Female	45	75%

Based on the information in the table above, it can be seen about the gender of the respondents who have filled out the research questionnaire. The most common gender is female at 75% and male at 25%. Class The data regarding the class of respondents who have filled out the research questionnaire are as follows.

Table 3. Respondent Data Based on Class

Class	Frequency	Percentage
VII	30	50%
VIII	30	50%

Based on the information in the table above, it can be seen about the distribution of respondent classes that have filled out this research questionnaire. Respondents consist of class VII totaling 30 respondents and class VIII totaling 30 respondents.

Table 4. Overall Data Calculation Results

N	60
Maximum Ideal	148
Minimum Ideal	37
Mean Ideal	111
Standar Deviasi Ideal	18,5

Based on the table above, it can be seen that the ideal maximum value obtained is 148 while the ideal minimum value obtained is 37, for the ideal average (ideal mean) the value is 111 and the ideal standard deviation is 18.5. The results of the calculation were obtained through calculations using the Microsoft Excel 2010 application. The results of the data that have been collected are then converted into an interval table of assessment categories and the following results are obtained:

Table 5. Frequency Distribution of Effectiveness of Physical Education Learning

Category	Interval	Frequency	Percentage
Very Effective	$X > 144,3$	0	0,0%
Effective	$122,1 < X \leq 144,3$	7	3,5%
Quite	$99,9 < X \leq 122,1$	31	54,1%
Ineffective	$77,7 < X \leq 99,9$	19	41,8%
Very Ineffective	$X < 77,7$	3	0,6%
Amount		60	100,0%

Based on the table presented above, it is known that out of 60 students as research samples, 0.0% of students stated that the implementation of physical education learning through online media at SMP Swasta Abdi Negara Binjai was in the very effective category; 3.5% of students stated effective; 54.1% of students stated sufficient; 41.8% of students stated ineffective, and 0.6% of students stated very ineffective. The majority of students (54.1%) stated sufficient, thus seen from the highest frequency it can be stated

that the implementation of physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 Pandemic was running sufficiently.

The next analysis is to analyze each variable of the implementation of physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 Pandemic. The data in this study are 3 variables, namely learning conditions, learning methods and learning outcomes. Before further explanation, the following describes the calculation of the average percentage score for each variable. The results of the average calculation of each variable from the implementation of physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 Pandemic. are presented in the table below.

Table 6. Calculation Results for Each Variable

No.	Variables	Number of Items	Most Respondent Percentage	Category
1	Learning Conditions	9	63,90%	Not Effective
2	Learning Methods	17	71,20%	Quite Effective
3	Learning Outcomes	11	51,90%	Not Effective

Discussion

Based on descriptive analysis, it is known that physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 pandemic is quite ineffective. This can be seen from the data that has been obtained that there are 31 out of 60 students who are respondents with a percentage of 54.1% in the sufficient category. Based on several factors, physical education learning at SMP Swasta Abdi Negara Binjai which according to the results of data analysis is in the sufficient category, but based on the analysis of each factor and also based on the previous theory which states that the indicators that can be used to determine effectiveness in the learning process are; a) good organization of material, b) effective communication, c) mastery and enthusiasm for the subject matter, d) positive attitude towards students, e) fair grading, f) flexibility in the learning approach, and g) good student learning outcomes. Based on the description mentioned above, it can be concluded that the effectiveness of physical education learning through online media is quite ineffective because the planned learning objectives have not been achieved and also the student learning outcomes are less than optimal.

Learning condition variables are variables that influence the use of method variables. Learning conditions are defined as a factor that influences the effect of methods in improving learning outcomes that cannot be manipulated. On this basis, learning conditions are divided into three indicators, namely learning objectives, learning constraints and student characteristics. In the results of this study, learning conditions were declared ineffective by 63.9% of students.

The variable of learning methods is defined as a way to achieve different learning outcomes under different learning conditions. In this case, the learning method can be manipulated by the teacher or learning designer. There are three categories in learning methods that are used as instruments in this study, namely learning strategies, delivery strategies and management strategies. Based on the data analysis in this study, the results showed that 71.2% of students stated that it was sufficient.

The learning outcome variable is all effects that can be used as indicators of the value of using a method under different conditions. There are two categories in learning outcomes that are used as instruments in this study, namely learning appeal and learning effectiveness. Based on the data analysis in this study, the results showed that 51.9% of students stated that it was ineffective. This is because it is ineffective in terms of time, as evidenced by the large amount of student time wasted because they have to download the material first. In addition, the grades obtained by students during physical education learning through online media are not higher than face-to-face learning. Thus, the learning outcomes obtained by students tend to be ineffective because student achievement is less than optimal based on the results of student statements. This is also reinforced by the opinion (Sinambela, 2006:78) that learning is said to be effective if it achieves the desired targets, both in terms of learning objectives and maximum student achievement.

In this study, there are several limitations to the study, including the following; The research time used was less effective because it was carried out during a pandemic which was quite fluctuating. So the results of the study are predicted not to provide significant benefits if the pandemic has ended. This study only focuses on the students' perspective on the effectiveness of physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 pandemic without considering the perspectives of teachers, parents or other subjects that influence the effectiveness of physical education learning at SMP Swasta Abdi Negara Binjai through online media during the Covid-19 pandemic.

The results of this study indicate that physical education learning through online media at SMP Swasta Abdi Negara Binjai is quite ineffective. This can be used as a marker of the success of learning through online media, especially from the learning methods provided by teachers. Based on the research that has been conducted, the suggestions that can be given are as follows; For schools, it is hoped that they can use this research as a reference to determine the level of effectiveness of physical education learning through online media so that it can be used as a benchmark for the learning process. And for teachers, it is hoped that teachers can be more creative in providing interesting learning methods so that students become more enthusiastic in participating in learning.

CONCLUSION

The results of the study of online physical education learning at SMP Swasta Abdi Negara Binjai during the Covid-19 pandemic can be seen from the data that has been obtained, where out of a total of 60 students who filled out the questionnaire, there were 31 students with a percentage of 54.1% who stated that it was quite ineffective, 20 students with a percentage of 33.3% who stated that it was ineffective, 7 students with a percentage of 3.5% who stated that it was effective, 3 students with a percentage of 0.6% who stated that it was very ineffective, and 0 students with a percentage of 0.0% who stated that it was very effective. Based on the results of this study, it can be concluded that physical education learning at SMP Swasta Abdi Negara Binjai through online media is quite ineffective.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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