



Effectiveness of Learning Breaststroke Swimming with a Visualization Model of Basic Swimming Movement in High Grade Students at SD Negeri 8 Metro Center

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Abstract

This study aims to identify the effectiveness of learning breaststroke swimming with a visualization model of basic swimming motion in elementary school students at SD Negeri 8 Metro Pusat. The method used is the experimental method with a population of 20 students. The sample used is total sampling by taking a sample where the entire population is students of SD Negeri 8 Metro Pusat, totaling 20 people. From the results of the data analysis research, it was obtained that $t\text{-count} = 15 > t\text{-table} = 2.262$ significant level α 5% for male students and $t\text{-count} = 13.856 > t\text{-table} = 2.262$ significant level α 5% for female students, degrees of freedom $dk = N-1 = 10-1 = 9$, which means that there is a significant difference in the pre-test and post-test data for boys and girls. Because $t\text{-count} 15 > t\text{-table} 2.262$ for male students and $t\text{-count} 13.856 > t\text{-table} 2.262$ it can be concluded that there is an application of an effective visualization learning model for the basic motion of breaststroke swimming in high grade elementary school students at SD Negeri 8 Metro Pusat (accepted).

Keywords: *Learning, Visualization, Basic Movement*

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INTRODUCTION

The subject of swimming is part of aquatic activities in the subject of Physical Education Sports and Health taught in high school elementary schools, with the aim of imparting various swimming skills to students. One of the sports currently favored by society in is a sport of swimming, because its easy and cheap. Swimming can too done by all people from young to old (Sungkowo & Rahardjo, 2012:243). Breaststroke swimming is an easy style to do done by people who have just learned because Respiratory movements can be learned relatively easy (Nakashima, Terauchi, & Wakayoshi, 2012: 736). Physical education, sports and health are one part of the system in the educational process integrated has the goal of providing innovation in aspects of

physical fitness in each person so that person can develop social skills, emotional stability, skills thinking, moral action and reasoning through activities or sports (Supriyadi, 2018:66) The learning process places more emphasis on basic swimming skills, so that students become more skilled at swimming. With these learning characteristics, many students experience difficulties in participating in the swimming learning process, especially students who do not have swimming skills at all.

That in learning that is classical in nature will face the problem of heterogeneity of students' abilities, it cannot be denied anymore. Hanief and Sugito in (Mashuri, Hanief & Subekti, 2018: 162) says that, Physical Education, Sports and Health (PJOK) has a complex role in the process character formation because it relates to affective, cognitive, and psychomotor. In general, only a small proportion of students have expertise or skills in sports and good academic abilities. So that students have difficulty following the learning process which places more emphasis on skill knowledge.

On the other hand, breaststroke swimming material requires movement skills which are carried out step by step from all the movements displayed. The description of swimming style the chest is contained in the FINA regulations in (Shava, Kusuma, & Rustiadi, 2017: 267) states that, a swimming style that starts pushing and the first hand pull after swinging hands at the start and after doing body turns who is in a prone position with shoulders parallel to the surface or average of the water. When carrying out breaststroke swimming it must be optimized regarding the basic techniques of good movement and right, because the technique moves properly and correctly is the first step to get effective movement and efficient (Salman, 2018:22). In addition, in giving examples by teachers of breaststroke swimming skills that are taught, they are still not innovative, explaining to students by making speeches beside the swimming pool without demonstrating or going directly into the swimming pool. So that it makes students lack of understanding of the basic breaststroke swimming technique movements. For this reason, teachers or teachers in schools are required to be able to develop various kinds of learning models with the help of media that are applied to practical learning. So that the learning process can take place properly and with quality. There is a change in the process and motivation to learn very much important in the learning process (Burbules, Fan, & Repp, 2020: 3).

Movement coordination is the ability to combine or make one movement from several movements of the nervous system separated by making one unified movement or making it an efficient movement (Ismoko & Sukoco, 2013:3). One of the learning models that can be used in this case is the visualization model assisted by video media. The visualization learning model is sensitivity in learning movement skills to processing, all information that a person receives either through the senses of sight, hearing, or feeling. While video media is a tool by showing moving images and sound together when conveying information or messages. Using video media will be effective in conveying information that includes elements of motion because it can show an event on an ongoing basis and can help carry out the learning process in a good and quality manner.

At least the students are able to see and correct the breaststroke swimming movement technique correctly. Because the use of visual aids through original props (models) is felt to be less than optimal, because students cannot see the focus of the swimming movements properly because they are disturbed by the bias of the water in the pool itself. Therefore, video showing that can be seen on the internet can be used as a visual aid in demonstrating swimming movements properly and correctly, because the focus of the movement is shown from several sides taken by a special camera in the water.

In teaching basic swimming techniques the teacher should think about how the delivery of breaststroke swimming material can be well understood by students, so that learning the basic techniques of breaststroke swimming can run effectively. Indirectly the quality that appears in the subject matter of Physical Education Sport and Health will affect the quality of the physical education subject itself. According to Harsono (in Rizkiyansyah and Mulyana, 2019: 113) states that practice is scheduled activity from work or exercise, that is done repeatedly, with increasing in the intensity of the training load or workload. According to Kent (in Diputra, 2015:44) argues that training or exercise is a program planned physical exercise improve physical fitness, learn skills, and most importantly to prepare for a match already scheduled. According to Aziz, Yusof, & Yatim (2012), learning outcomes are statements that explain what students must know, understand, and be able to do after the completion of a learning period. Looking at the problems obtained, researchers want to provide different things in the way of teaching with teaching aids in the form of visualization models. Teachers are required to think creatively in providing material so that at the time of learning students understand more about receiving material. The author wants

to make a way of delivering breaststroke swimming material using a visualization learning model with video media. Based on observations made by the author of the problems that can be seen by physical education teachers in delivering material, especially breaststroke swimming material, the authors are interested in conducting research based on the background described above entitled "Effectiveness of Learning Breaststroke Swimming with a Visualization Model of Basic Swimming Movement in High Grade Students at SD Negeri 8 Metro Center."

METHOD

The method in this study uses the experimental method. Sugiyono (2013: 107) states that the experimental research method can be interpreted as a research method used to look for the effect of certain treatments on others in the conditions they control. The research method used is a pre-experimental research design.

The population used in this study were all high school students at SD Negeri 8 Metro Pusat, totaling 20 people. In this study, quantitative research was carried out using the pre-experimental design one group pretest-posttest method (single group pretest-posttest). As for the tools used in this research, there is one research instrument taken from Mulyanto (2010, p. 87) thesis at the Indonesian University of Education and contained in the PGSD journal of the Indonesian University of Education entitled Learning Management of the Block Practice Method and DAP Principles on Learning Outcomes of Style Swimming Skills Elementary School Chest. The instrument used in the study was a breaststroke swimming skill test.

RESULTS AND DISCUSSION

The results of the pretest and posttest research on the basic movements of swimming in high school elementary school students at SD Negeri 8 Metro Pusat after being given breaststroke swimming lessons with a visualization model are described as follows:

Table. 1. The Results of Research Men's Basic Swimming Movement Research

No	Name	Initial Test	Final Test
1	Average	9,1	16,60
2	SD	2,84	1,57
2	Min	6	15
2	Max	15	20

Table. 2. The results of Research on the Basic Movements of Women's Swimming

No	Name	Initial Test	Final Test
1	Average	7,1	15,1
2	SD	2,02	0,87
2	Min	5	12
2	Max	14	16

The results of the initial basic swimming motion test on male students of the High Class Elementary School at SD Negeri 8 Metro Pusat with the visualization learning model. In the initial test, the average value was 9.1, the standard deviation was 2.84, the minimum value was 6, and the maximum value was 15. Meanwhile, in the final test, the basic swimming motion for high-class elementary school students at SD Negeri 8 Metro Center with the model visualization learning obtained an average value that experienced a significant increase, namely the average value was 16.6, the standard deviation was 1.57, the minimum value was 15, and the maximum value was 20. Comparison of the initial test and the final test of basic swimming movements can be illustrated through a diagram stem below:

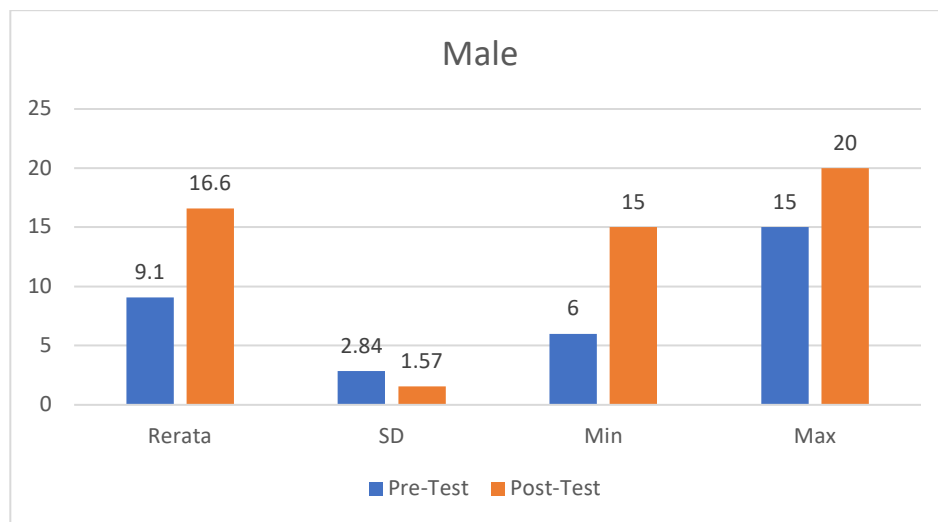


Figure 1. Initial and Final Tests of Basic Swimming Movement with Breaststroke Swimming Learning with Men's Visualization Models

The results of the initial basic swimming motion test on female students of the High Class Elementary School at SD Negeri 8 Metro Pusat with the visualization learning model. In the initial test, the average value was 7.1, the standard deviation was 2.02, the minimum value was 5, and the maximum value was 12. Meanwhile, in the final test, the basic swimming motion for high-

grade elementary school students at SD Negeri 8 Metro Center with the model visualization learning obtained an average value that experienced a significant increase, namely the average value was 15.1, the standard deviation was 0.87, the minimum value was 14, and the maximum value was 16. Comparison of the initial test and the final test of basic swimming movements can be illustrated through a diagram stem below:

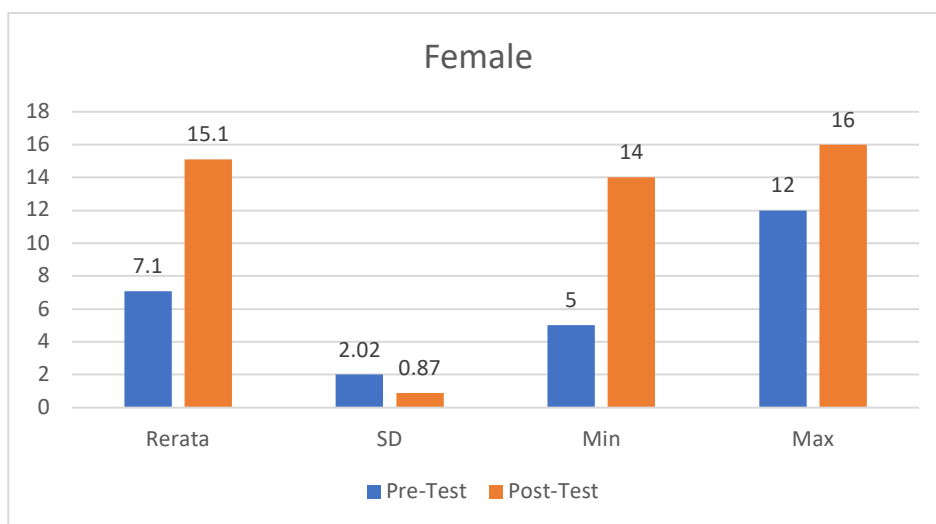


Figure 2. Initial and Final Tests of Basic Swimming Movement with Breaststroke Swimming Learning with Women's Visualization Models

After knowing the description of the data for each variable, then testing the hypothesis is carried out with the following results:

Table 3. Male Influence Test (Pre Test and Post Test)

Data	N	Average	T-count	T-table	Information
Pre Test	10	9,1	15	2,262	Significant
Post Test	10	16,6			

From the table above it can be seen that the value of $t\text{-count} = 15 > t\text{-table} = 2.262$ significant level $\alpha 5\%$, degrees of freedom $dk = N-1 = 10-1 = 9$, which means there is a significant difference in the results of the pre-test and post son test. Because $t\text{ count } 15 > t\text{ table } 2.262$ it can be concluded that the hypothesis reads "There is an application of an effective visualization learning model for the basic motion of breaststroke swimming in high grade elementary school students at SD Negeri 8 Metro Center." Accepted.

Table. 4. Female Influence Test (Pre Test and Post Test)

Data	N	Average	T-count	T-table	Information
Pre Test	10	7,1	13,856	2,262	Significant
Post Test	10	15,1			

From the table above it can be seen that $t\text{-count} = 13.856 > t\text{-table} = 2.262$ significant level α 5%, degrees of freedom $dk = N-1 = 10-1 = 9$, which means that there is a significant difference in pre-test and post-test data daughter test. Because t count $13.856 > t$ table 2.262 it can be concluded that the hypothesis reads "There is an application of an effective visualization learning model for the basic motion of breaststroke swimming in high grade elementary school students at SD Negeri 8 Metro Center." Accepted.

Table. 5. Classification of Men's & Women's Breaststroke Swimming Scores

Number	Quality Value	Information
20-24	BS	Baik Sekali
15-19	B	Baik
10-14	S	Sedang
5-9	K	Kurang
1-4	KS	Kurang Sekali

(Source: Tarigan, H, 2012)

Analysis of the research data used to see how effective the visualization learning model is on the basic motion of breaststroke swimming. The N-Gain Percent value was 0.7084 for male students and 0.6142 for female students, which means that learning the visualization model provides an increase in the basic motion of breaststroke swimming in high grade students at SD Negeri 8 Metro Pusat by 70.84% for male students and 61.42% for female students, (Quite Effective). Hake (2000).

CONCLUSION

Based on the results of the research and discussion, the researcher can conclude that: There is a significant effectiveness of the visualization learning method on basic swimming movements in high school elementary school students at SD Negeri 8 Metro Pusat.

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