



Implementation Of The Problem Based Learning (Pbl) Learning Model In The Subject Of Physical Education, Sports And Health (PJOK) At SD Negeri 1 Lanbaw, Gisting District, Tanggamus District

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Abstract

This research aims to describe the implementation of the Problem Based Learning (PBL) learning model in physical education, sports and health (PJOK) subjects at SD Negeri 1 Lanbaw. This research is a qualitative descriptive study. The subjects of this research were school principals, PJOK teachers, goods treasurers or facilities and infrastructure supervisors, library managers, grade 5 teachers, grade 4 teachers and female students at SD Negeri 1 Lanbaw. The data collection techniques used were observation, interviews and documentation. The main instrument is the researcher who uses observation guidelines and interview guidelines. This research uses the Miles and Huberman model of data analysis which includes three stages. Namely data reduction, data display, and drawing conclusions. The results of this research can be concluded that the implementation of the problem based learning (PBL) learning model in the subject (PJOK) has not been implemented well. The various obstacles faced are the lack of facilities and infrastructure and learning media in schools, as well as the students who are still adapting.

Keywords: Implementation, Problem Based Learning Model, PJOK Learning

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INTRODUCTION

Education is an effort to change individual and group behavior through teaching and training efforts. Education can occur in the surrounding environment where there are social activities. The educational process can occur in three educational environments known as the Educational Trilogy. The Education Trilogy is education in the family (informal education), education in schools (formal education), and education in society (non-formal education) Eka Permana (2018:1).

Education at school is formal education that involves teachers and students. This interaction between teachers and students can be called a learning process. The learning process is a process of conveying knowledge from teacher to student. The aim of education is basically to

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lead students towards changes in behavior, both intellectual, moral and socio-cultural. The learning process has a goal so that students can achieve the competencies as expected. An effective learning process can be seen from the two-way interaction between teachers and students, Eka Permana (2018:2).

In education there are several learning materials, one of which is Physical Education, Sports and Health (PJOK). Physical education is the process of learning to move, and learning through movement. The characteristic of physical education is learning through movement experiences to achieve teaching goals through implementation, physical activity, play and sports. Physical education learning is related to learning movement and teaching movement. Movement learning theory is a process of individual adaptation to the environment or certain conditions which can result in changes in the individual.

According to Ni Nyoman (2022:90) Improving the quality of learning is something that is endlessly discussed and pursued. Various efforts have been made to change and improve the quality of education so that it runs optimally. One effort to improve the quality of education is to change the educational paradigm from teacher-centered teaching to student-centered learning. This change in the educational paradigm also requires teachers to be more creative and innovative in developing learning in the classroom. As educators, of course every teacher hopes that their students are able to achieve optimal learning outcomes. Increasing learning outcomes also means increasing human resources. To be able to increase resources, students can have experience in how to discover a concept. If this is done, it will stimulate the development of students' thinking skills. One of them is by using the Problem Based Learning (PBL) learning model.

According to Resti Gustinawati (2016) implementation is a process of applying ideas, concepts, policies or innovations in the form of practical actions so that they have an impact, whether in the form of changes in knowledge, skills, or values and attitudes. By understanding the implementation of the Problem Based Learning (PBL) model in Physical Education subjects through a qualitative approach, it is hoped that we can make a meaningful contribution to the development of more effective and enjoyable learning methods in the context of physical education, sports and health. Arsil (2019:2) concludes that the problem based learning model is a way for teachers to present learning that makes students think critically and develop their abilities in solving existing problems. In line with this, Ahyar (2019:75) defines PBL as learning that directs students to think at a higher level in problem-based learning conditions.

METHOD

Based on the problems and objectives of this research, researchers used descriptive methods with qualitative approach analysis. This is related to considering the data described in the form of the reality that occurred at the research site. According to Sugiono (2022: 15), "Descriptive research is research that attempts to explain solutions to existing problems based on data. Sugiyono (2022:1) states that qualitative research is research conducted in natural conditions (natural settings), the presence of the researcher as a human instrument without affecting the research conditions, data collected through triangulation, namely using various data collection techniques in combination, data analysis is inductive. and research results emphasize meaning rather than generalizations.

In this research, what will be analyzed is the planning and PBL-based learning process that has been carried out. By using qualitative research, the data obtained will be more complete, deeper and more meaningful so that the objectives of this research can be achieved, Susdarwasi (2021:143). The method used is qualitative research with reference to the case study approach. The case study approach is a way to explore issues or phenomena that have never been expressed before which are sought empirically in investigating and researching phenomena with real contexts and tend to have vague facts or events, giving rise to writing topics to find answers Tri Yogi Kahayu (2022:293).

From several expert opinions above, it can be concluded that qualitative research is research that presents data in descriptive form or words and not in the form of numbers. Data sources in this research were collected using purposive snowball sampling. According to Hanif Faizah (2021:192) the use of the problem based learning (PBL) learning model is effective for improving critical thinking, because this model is problem based by explaining and providing motivation to solve problems, then organizing students in learning tasks related to these problems. From Previous research by Ellyna Hafizah & Siti Nurhaliza (2021:8) argued that the practical problem-based learning (PBL) model is a learning design innovation that can be used and is ideal in future learning.

RESULTS AND DISCUSSION

Result

The implementation of the Problem Based Learning (PBL) learning model has not been carried out effectively or optimally. Problem-based learning or other words (problem-based

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learning) is an innovative learning model, which can create active and creative learning situations for students. A problem-based strategy is a learning strategy that involves students acquiring problem-related knowledge from the level of scientific methods so that students gain knowledge related to the problem and the students' skills can help solve the problem.

The implementation or application of the problem based learning (PBL) learning model in subjects (PJOK) at SD Negeri 1 Landbaw has been carried out since the 2022/2023 academic year. Physical education learning is related to learning movement and teaching movement. Movement learning theory is a process of individual adaptation to the environment or certain conditions which can result in changes in the individual. Currently, the implementation of physical education, sports and health learning uses the PBL problem based learning model. However, in the process of implementing learning, sometimes things don't go as expected. There are various obstacles faced by teachers, usually obstacles in using learning methods.

Implementation of a learning model is the process of implementing new ideas, programs or activities with the hope that other people can accept and make changes to learning and obtain the expected results. The learning media used at SD Negeri 1 Landbaw is considered good, but there are still some things lacking, because teachers use books and modules that have been designed for ongoing learning, students are also required to be able to look for new information regarding the material being studied. The learning media used during field learning is also adequate where the school has prepared sports equipment that is able to support the learning process. Supporting factors in implementing the PBL learning model at SD Negeri 1 Landbaw cannot be separated from the role of teachers as educators, teachers as educators must provide and be actively involved in designing learning that is in accordance with regulations and student needs. The provision of teaching materials is also included in the supporting factors for the implementation of the problem based learning (PBL) learning model. Appropriate teaching materials will have a good impact on the learning process carried out.

In implementing the PBL learning model at SD Negeri 1 Landbaw, there are certainly obstacles or obstacles experienced by teachers in implementing learning, but the obstacles faced can still be overcome. Teachers at SD Negeri 1 Landbaw use image media to support the implementation of this PBL model, access to support its implementation has also been facilitated by the school of tools and materials for this learning even though it is not completely complete and also sufficient teacher competence (skill) is sufficient to provide to students. Maya Sari (2023:9)

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says that if teachers can choose and use learning models that are appropriate, then learning results will be good or can be maximized.

Table 3. Observation Results

No	Aspects observed	Yes	No	Remarks
1.	Preliminary Activities			
a.	Prepare students psychologically and physically to take part in the learning process.	√		
b.	Providing contextual learning motivation	√		
c.	Explain the learning objectives to be achieved	√		
2.	Problem Based Learning Approach			
A.	Problem Orientation			
a.	Applying learning principles with problems as learning objects.	√		
B.	Organizing learning			
a.	Get students used to thinking spontaneously and quickly in responding to a problem.	√		
b.	Give students the opportunity to ask and respond to a problem.	√		
C.	Guiding Independent Study			
a.	Applying learning principles, students learn independently	√		
b.	Encourage and guide students to search for learning resources and discuss independently.	√		
D.	Testing the Work			
a.	Facilitate students to display the results of discussions of problems in front of the class.	√		
b.	The teacher provides assessment and appreciation to students who display their work in front of the class.	√		
E.	Closing Activities			
a.	Summarize and evaluate learning outcomes together with students.	√		
b.	Find direct and indirect benefits from learning outcomes.	√		

Based on the results of interviews conducted with the principal, teachers and students of SD Negeri 1 Landbaw, it is known that SD Negeri 1 Landbaw is still not optimal in using problem based learning methods. Various obstacles are faced by the school, such as lack of facilities and

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infrastructure, students who cannot active in learning, and the difficulty of learning media. To provide and present a quality learning model, there needs to be an evaluation regarding the learning process provided, so that the learning provided can be in accordance with the material that must be obtained by students. In its implementation, problem-based learning (PBL) also needs to be evaluated so that it can provide new experience, knowledge and skills to students at SD Negeri 1 Landbaw. Students, as the target of implementing this learning model, also need to be evaluated after the learning is carried out, so that it can be seen which deficiencies they faced during the learning process. Evaluations must be carried out regularly so that they can run according to the desired expectations.

Discussion

One alternative that can be used to improve Physical Education learning is the Problem Based Learning (PBL) learning model. This model emphasizes solving real problems that are relevant to students' daily lives. In the PBL model, students are invited to be active in searching, analyzing and solving problems through collaboration with classmates. Teachers need to develop a classroom environment that allows for the open exchange of ideas. This learning model emphasizes students communicating with their peers and with the students' learning environment, thereby helping students become more independent in solving problems Junaidi (2020:29).

According to Rahmayanti (2020:85) said that the characteristics of the problem base learning model is a learning model that emphasizes solving problems previously given by the teacher in the form of questions, so that in this case students are required to be active and think about everything, especially in the aspect of their knowledge based on ability and knowledge sought from various sources that support this. The environment in this sense is not just the students but also the learning space, teacher, teaching aids, library, laboratory, and various other things that are irrelevant and support the students' learning activities. Ai Ovi Siti Sopiah (2019:734). According to Mu'tiqoh Izatun Nadiyah, et al (2022:222) Interesting learning can make things easier for students by focusing on the teacher and helping students better understand the material presented by the teacher.

CONCLUSION

Based on theoretical studies, research results, analysis and discussions that have been collected by researchers, the research on the implementation of the problem based learning model in the PJOK Learning Process at SD Negeri 1 Landbaw has the following conclusions: In terms

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of the planning of the learning model it has not been implemented well or efficiently. effective. Various obstacles faced are the lack of student activity during the learning process which becomes an obstacle in the learning process. Apart from that, the lack of facilities and infrastructure as well as incomplete learning media at SD Negeri 1 Landbaw also affects the implementation of learning using the problem based learning method. The aim of using the PBL learning model is to provide insight, knowledge and skills to students. Teacher readiness in implementing the PBL learning model is also ready.

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