Analysis of Learning Outcomes Materials Applying Healthy Living Culture Through Online Learning to Students

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Abstract
This study aims to determine the achievement of learning outcomes in implementing a healthy living culture through online learning in grade I students of SD Negeri 101828, Pancur Batu District, for the 2020-2021 academic year. The research was carried out through learning in a network of healthy living culture material with the results of measuring tasks in the form of photos, voice notes, or videos. The material delivered by the teacher is done through a whatsapp group with parental assistance at home, providing explanations regarding the material. Healthy living culture material is given to grade I elementary school students contained in the student package book so that learning outcomes must be achieved in the COVID-19 pandemic situation. This study uses qualitative methods aimed at describing, summarizing various conditions, various situations, or various phenomena of social reality. This research focuses on obtaining activities that reflect the learning outcomes of healthy living culture materials through online learning. The data obtained were in the form of monitoring and studying learning activities during the COVID-19 pandemic for grade I students at SD Negeri 101828, Pancur Batu District. The implementation of this online learning process is through giving instructions to students by sending assignments related to a healthy living culture including (1) Healthy Living, (2) Treating a Clean Life, (3) Eating and Drinking Patterns, (4) Resting Patterns, and (5) Knowledge Health. Based on the research data, it is known that the 1st grade students of SD Negeri 101828 Pancur Batu District with a total of 30 people and became the subject of the study obtained data on 29 students having an average score exceeding the Minimum Completeness Criteria (KKM) of 75 and 1 student having a low score, namely with the average value is 65.8. The conclusion in this study is the online learning process in this case shows that the stages applied by the teacher can provide an effective learning process during the covid-19 pandemic to provide learning materials and assessments with media that can be operated by students. The assessment indicators are as follows: (1) students have the ability to “live healthy”; (2) students have the ability to “treat clean life”; (3) students have good “eating and drinking” skills; (4) students have a good “rest pattern” ability; and (5) students have good “Health Knowledge”. learning in the network can show that students can achieve the expected KKM, namely with the time that has been set students are able to achieve 96.7% classical completeness.

Keywords: Analysis, Healthy Living Culture, Online

Introduction
Learning during the corona virus disease 2019 (covid-19) pandemic is a difficult condition in dealing with the corona virus outbreak that causes the loss of a person's life. The COVID-19 pandemic has an impact on the weakening of community activities due to social restrictions to avoid the spread of the epidemic. The weakening of community activities led to a weakening of the economic system, government, and education.

The situation of the outbreak of the Corona virus, which continues to spread, causing a global health crisis, has very fast transmission and it is difficult to detect someone who has been exposed to the virus. Covid-19 transmission occurs through direct human-to-human
contact through the five senses, so a person must protect themselves by using masks and face shields. Prevention techniques can also be carried out by limiting social interaction between people, which can inhibit the rate of growth and progress in the field of life, but there is no other choice because this is the most effective way to inhibit the spread of the corona virus.

Online learning during the pandemic is a process in supporting the achievement of the learning curriculum in schools through the application of competency achievement models and strategies. Learning competence refers to the provisions set by the curriculum with the development of innovation as the basis for the formation of learning outcomes Ermalinda, D., Usman, K., & Sari, L. P. (2022), Fahmi, N. A., Sari, I. E. P., & Keliat, P. (2022), Ginting, A., & Sari, D. M. (2021).

The application of online learning really requires supporting devices or media including internet networks, computer devices (laptops or cellphones), and data packages. These supporting devices must be owned by every student in carrying out learning at school during the covid-19 pandemic. The requirement to fulfill the equipment requires an effort to allocate costs to purchase devices and areas that support the reach of the internet network.

PJOK learning is a subject that is related to the pandemic situation, namely to maintain health. PJOK subjects are carried out by utilizing the body as the main object of learning so that it has an impact on increasing body functions in carrying out blood circulation, improving muscle function, and organs in the body so that they are able to support the achievement of maximum health status. However, in the aspect of implementing the PJOK learning process, it is still carried out in accordance with the regulations set in the regions and schools. As it is known that the red zone areas have provisions for implementing online learning and not face-to-face.

Based on the explanation above, it can be concluded that the learning process cannot be carried out properly in normal times, so learning strategies are needed to achieve learning competencies. In terms of implementing learning strategies to achieve learning outcomes, studies are urgently needed to find the concept of achieving learning outcomes in the COVID-19 pandemic situation. In accordance with the formulation of the problem above, the purpose of this study is to find out "To find out the achievement of learning outcomes in applying a healthy living culture through online learning in first grade students of SD Negeri 101828, Pancur Batu District, for the Academic Year 2020-2021."

**Methods**

The research approach is carried out through field research through descriptive concepts. The descriptive concept is a qualitative method that is implemented with the researcher’s analytical ability in connecting between research variables. Connecting between research variables is an effort to determine the results of descriptive analysis.

Research with a descriptive qualitative approach has naturalistic characteristics, namely research that has an actual background as a direct source of data and the researcher is the key instrument. The word naturalistic comes from an ecological approach to biology. Researchers enter and spend time studying the research object, and some people use recording equipment to help complete the required data and obtain research data (Hulu, A., & Raharjo, F. M. (2020) Izra’i, M., & Sari, D. M. (2022) Karo, S. B., & Sari, D. M. (2021).

This study focuses on obtaining activities that reflect the achievement of learning outcomes for healthy living culture materials through online learning in grade 1 students of SD Negeri 101828, Pancur Batu District, for the 2020/2021 Academic Year. The study was obtained through PJOK learning activities that have relevance to the learning process during the covid-19 period.
Result and Discussion

Result

The learning process at SD Negeri 101828, Pancur Batu District, for the 2020/2021 academic year is carried out through an online process as stipulated by the rules for non-face-to-face learning in schools as a prevention of covid-19. Online learning is implemented through the use of whatsapp groups (WAG) as a learning media application and communication between teachers and students. This application is implemented because it can be operated easily by students and teachers and is very helpful in conducting active interactions in the learning process and controlling the achievement of learning competencies. Another indication of the application of learning in the network, especially grade 1, is that learning is still dependent on students' parents. So that the WAG social media application is indispensable as a medium for student learning while at home.

This research was conducted using a qualitative technique, namely detecting student learning outcomes in applying a healthy living culture for class I SD Negeri 101828, Pancur Batu District in the COVID-19 pandemic situation for the 2020/2021 Academic Year. The qualitative method applied is a case study approach used to maintain the integrity of the object, meaning that the data collected in the case study is studied as an integrated whole, because the focus of the research is only directed at the implementation of learning.

Research activities analyze student learning outcomes by sending photos or videos that include healthy living cultural activities and are equipped with photo or video descriptions. Application of the material through the class whatsapp group (WAG). The data obtained from students include the results of assignments given to students and then in-depth observations by the teacher who in this case is a researcher.

The application of healthy living culture material is to provide verbal explanations and provide video examples of the implementation of the movement carried out on the first day of the meeting. The notes given by the teacher to students are that students must provide practical examples of the implementation of (1) Healthy Living, (2) Treating a Clean Life, (3) Eating and Drinking Patterns, (4) Resting Patterns, and (5) Health Knowledge and recording them in image/photo format accompanied by a description/sound recording and then sent to the whatsapp group.

Discussion

This research produces a CD product in the form of technical video tutorial media This martial arts defense for early childhood has a duration of 7.55 minutes, a capacity of 1.15 GB. This video tutorial covers the basic technique of blocking, including defense Gedang, Age uke, Ude uke, Uchi Uke and Shuto Uke taken from training basic techniques of karate parry for early childhood. This product can be used as a source of exercise for children at an early age, especially the age group 6-12 years, remembering basic technical training defense for an early age is very good and effectively trained in the age group 6-12 years old. This age group is the age to learn basic parrying techniques. This age is the easiest to learn and absorb new blocking techniques, through videos tutorial on basic techniques of parry for an early age, along with development technology. Technological advances will support the effectiveness and efficiency of every activities carried out, including the process in training. This will make it easier for students to practice independently, through the help of media other electronics that are already widely used, such as DVD players, computers, laptops, and smartphones with sufficient memory.

Conclusion

Healthy living culture material is a series of physical activities to move body parts that cause energy expenditure which is very important for maintaining physical, mental health, and
maintaining quality of life in order to stay healthy and fit throughout the day. Types of physical activity that can be done daily, namely: studying, walking, gardening, working in the garden, washing clothes, washing cars, mopping floors, going up and down stairs, and others. While the types of sports that can be done are: push-ups, light running, playing ball, swimming, gymnastics, playing tennis, yoga, fitness and weight lifting, or other activities.

These activities require little effort and usually do not cause changes in breathing or endurance. Examples: walking, sweeping the floor, washing clothes/dishes, washing vehicles, dressing up, sitting, tutoring at school, tutoring outside school, taking care of younger siblings, watching TV, playing playstation activities, playing computers, studying at home, and sitting relaxed. This activity requires intense or continuous exertion, rhythmic muscle movement or flexibility. Examples: jogging, tennis, swimming, playing with pets, cycling, playing music, brisk walking. Good rest will certainly make the body always fit in carrying out daily activities.

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