



The Influence of Self-Regulated Learning Model In Basketball Games on Learning Motivation of SMP Negeri 1 Telagasari Students

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Abstract: Learning is a very strategic effort to achieve the expected goals. One of the delivery of creative and innovative teaching is by modifying a lesson to make it more interesting and to make students enthusiastic in participating in physical education, sports and health lessons. The problem that currently arises is that students are less comfortable when faced with standard tools such as basketball. Students complained because the ball used felt heavy when doing shooting techniques. So that modification techniques are needed in this game. The purpose of this study was to determine the influence of self-regulated learning models using modified basketballs on the learning motivation of class XI students of SMPN 1 Telagasari. This study used the Pretest-Posttest research design, with a population of class XI students of SMPN 1 Telagasari totaling 440 students and using a sample of class XI students of SMPN 1 Telagasari totaling 29 which were taken by using the normality test technique, homogeneity, and paired sample test. Based on the results of the research that has been done, the researcher can conclude that the results of this study are good and have an effect on students' learning motivation by using modified basketball.

Keywords: Self-Regulated Learning Model; Basketball; Motivation

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INTRODUCTION

Education is a deliberate and planned effort to assist the development of children's potential and abilities to benefit the interests of their lives as individuals and as citizens/society, by selecting appropriate content (material), activity strategies, and assessment techniques. Education is also a very important activity for children for the process of self-development which will later equip them in society. The purpose of national education in the Law of the Republic of Indonesia No. 22 of 2003 concerning the National Education System is to develop the potential of students to become human beings who are faithful and devoted to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens. (Yuski Alfian Toriq & Dwi Cahyo Kartiko, 2012)

Improving the quality of learning is the basis for improving education as a whole. At school, physical education is one of the subjects that is very important for students because the dominant learning is physical activity. In general, physical education classes are popular and favored because in them there are many games, games that can encourage students to develop their skills and interests to the fullest. Basically, students

are very happy and excited in learning sports, many movements or physical activities are carried out in the form of games, for example, basketball games.

To increase students' learning motivation, an effective and efficient learning is needed, such as self-regulated learning model. On the other hand, self-regulated learning is an active-constructive process in which students set learning goals and then try to monitor, regulate and control cognition, motivation, behavior, and the character of the learning environment context in order to achieve their learning goals. Selfregulated learning is carried out in three phases, namely the future thinking, performance, and self-reflection phases. (Sunawan et al., 2013)

To regulate learning activities well, a strategy in SRL is needed which includes cognitive, motivational, and academic behavioral regulation strategies. (Siti Aimah & Muhimatul Ifadah, 2013). The influence of the self-regulated learning model in basketball games in order to increase student learning motivation at SMPN 1 Telagasari which is the subject matter of our testing, the techniques in basketball games at SMPN 1 Telagasari students also look good. The learning process is not only aimed at developing self-regulated learning such as cognitive aspects as well as affective aspects. Someone who has learning goals regarding effective learning strategies in the right way and time is the definition of self-regulated learning. (Sri Rahayu Utami et al., 2020)

METHOD

The experimental research method is a research method used to seek the effect of certain treatments on others under controlled conditions. Researchers conducted random individuals assigned to groups, while group one received treatment and group two also received, these experimental activities can be said to be treatment treatment so that the results are not influenced by other factors. The form of pre-experimental design with the model in this study is the one group pretest-posttest design model. In this study, it consists of only one group in the experimental group that received treatment, so that the results of the treatment can be known more accurately by comparing with the situation before treatment. (Sri Rahayu Utami et al., 2020)

The research design used in this study was "Pretest-Posttest Design", which is a research design that has a pretest before treatment and a posttest after treatment. Thus it can be known more accurately, because it can compare with being held before treatment (Intan Fauziah et al., 2018).

Based on the explanation above, the population used in this study was in class XI students of SMPN 1 Telagasari with a total of 29 students. Researchers took all members of the population in class XI SMPN 1 Telagasari to be sampled. The variable used in the study is the effect of self-regulated learning model in basketball games on the learning motivation of junior high school students.

This study will examine the ability to control the ball shooting, dribble the ball, and pass the ball. Then the data source is all class XI students at SMPN 1 Telagasari, totaling 29 students. Data collection technique is a way to get data that is in accordance with the research being carried out. The data collection technique is carried out by test, which is done twice, namely Pretest-Posttest.

RESULT AND DISCUSSION

Result

Results concisely and reasonably summarize the findings in form of text, tables and figures arranged in a logical and internally self-consistent manner. The number of tables and figures should be limited to those absolutely needed to confirm or refute the

thesis. Data given in graphs and tables should not be automatically repeated in the text. This section may be divided by subheadings.

The Kolmogorov Smirnov normality test is part of the classic assumption test. The normality test aims to determine whether the residual value is normally distributed or not. A good regression model is to have a normally distributed residual value.

Table 1. Normality Test

	Kelas	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Sikap Afektif	1	.091	32	.200 [*]	.979	32	.783
	2	.125	32	.200 [*]	.913	32	.013

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

From the table above, it can be seen that the Sig. list in the Shapiro-Wilk column is 0.783. This data is said to be normal if Sig. from the normality test ≥ 0.05 . So the data obtained by researchers at this time is normal.

Table 2. Homogeneity Test

		Levene Statistic	df1	df2	Sig.
Sikap Afektif	Based on Mean	2.195	1	62	.144
	Based on Median	2.236	1	62	.140
	Based on Median and with adjusted df	2.236	1	58.324	.140
	Based on trimmed mean	2.083	1	62	.154

From the homogeneity test table above, the Sig. 0,144. Because the Sig. result obtained ≥ 0.05 , the data obtained in this study is homogeneous.

Table 3. Uji Paired Samples Test

Paired Samples Test									
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	VAR00001 - VAR00002	-1.312	3.053	.540	-2.413	-.212	-2.432	31	.021

Based on the paired sample test table, the significance value (2-tailed) $0.21 < 0.05$ indicates a significant difference between the initial variable and the final variable. This shows that there is a significant effect on the difference in treatment given to each variable.

Discussion

Learning motivation is basically closely related to student achievement (Siti Aimah & Muhimatul Ifadah, 2013). Learning motivation is a process by activating actions or behavioral motives to satisfy or fulfill needs or to achieve goals. In an action related to learning, high student motivation is needed because learning motivation determines student learning outcomes (Afif Baihaqi & Ridwan, 2023). Motivation is not only learning from within, but also from within outside is also available when students are motivated, learn about yourself and outside the teaching and learning processes to be maximized and vice versa if student learning motivation is low, then the goal of learning outcomes is not maximized (Yuski Alfian Toriq & Dwi Cahyo Kartiko, 2012).

In the self-regulated learning model, students are not only responsible for the basic basketball game but rather utilize this game to increase their learning motivation to understand the material. Interpreting the self-regulated learning model as a learning strategy that involves students in basketball game activities to complete certain tasks with the expectation that all students are motivated to contribute to the learning process and results obtained. From the quote above, it is clear that self-regulated learning is a learning strategy that makes students excited to contribute equally in the process and achievement of the expected learning goals.

In the self-regulated learning model, the groups formed must consist of diverse students. This aims to train the nature of mutual motivation between group members and reduce the laziness felt between one group and another. In addition, this grouping system can also increase the sense of care between group members because the knowledge and abilities of one of the group members will affect the achievement of the group as a whole. Grouping in the self-regulated learning model emphasizes the heterogeneity grouping system. Self-regulated learning model is a learning model that provides flexibility to students to effectively manage their own learning in various ways to achieve optimal learning results (Melly Nur Eka Anggraini et al., 2022).

Education in Indonesia today, especially in junior high school, the development of the curriculum used is using the 2013 curriculum. In this curriculum, basketball is included as one of the Basic Competencies that must be taught in the learning process as well as at SMPN 1 Telagasari. Basketball sports are also included in game sports that have a fun nature like volleyball, soccer or other game sports. So, this basketball sport is included in a sport that is in great demand by students. Researchers provide briefings to students about modifying basketball games to increase learning motivation in physical education for 2 times starting from the second week and the third week. Motivational briefing for students in the form of shooting. The effort to put the ball into the basket is termed shooting, which can be done with one hand or two hands (Yuski Alfian Toriq & Dwi Cahyo Kartiko, 2012).

CONCLUSION

From the results of the study, there is an effect of applying the self-regulated learning model in basketball games on the learning motivation of SMPN 1 Telagasari students, it is concluded that there is a significant difference between the initial variable and the final variable. This shows that there is a significant effect on the difference in treatment given to each variable.

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CONFLICT OF INTEREST

This study has no conflicts of interest related to the reported research.

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