



RESEARCH ARTICLE

The Use of Cooperative Learning Method, Volleyball Games to Improve Passing Results

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Abstract

This research aims to increase the use of cooperative learning in the game of volleyball in improving passing results in class VIII students at SMP Negeri 1 Lokop, East Aceh Regency. This research method is a survey with a questionnaire of 22 students. The instrument used to collect data in this research was a questionnaire content assessment sheet. Based on the results of research that has been carried out, it is known that the use of cooperative learning in volleyball games can improve passing in class VIII students at SMP Negeri 1 Lokop, East Aceh Regency. Where it can be seen that there has been an increase in students' passing results before and after implementing cooperative learning.

Keywords

Volleyball, Cooperative Learning, Passing.

INTRODUCTION

In essence, physical education is an educational activity that utilizes physical activity to achieve educational goals, not achievements in sports (Pasaribu & Mashuri, 2019). Sports achievement is the impact of the goals of physical education, not the other way around, sports achievement is the goal of physical education (Rahayu, 2013).

In achieving educational goals, sport is placed as an educational tool (Arifin, 2017), one of which is by including cooperative learning in volleyball games into the material or teaching materials in physical education and health subjects in schools (Hanief et al., 2018). The orientation of teachers or schools towards cooperative learning in volleyball can increase feelings of enjoyment, be interesting, educate, increase students' self-confidence so that students can understand cooperative learning well (Hamzah et al., 2019).

Cooperative learning is a broader concept covering all types of group work including forms that are more teacher-led or teacher-directed (Kustiawan, 2016). Meanwhile, according to (Budiman, 2013) cooperative learning is a method or model where students learn together, contribute ideas to each other and are responsible for achieving individual and group learning outcomes.

Cooperative learning in the game of volleyball in improving passing results is one of the main topics of discussion for class VIII students in accordance with the curriculum (Supriyono & Sudarsono, 2015). According to one of the physical education teachers, the percentage of cooperative learning for volleyball games in improving passing results at SMP Negeri 1 Lokop, East Aceh Regency is still "Not Good".

It is hoped that after learning about cooperative learning in ball games

volleyball in improving passing results will make it easier for class VIII students of SMP Negeri 1 Lokop, East Aceh Regency to be able to understand the material and speed, basic cohesiveness in cooperative learning that will be given by the teacher. This will help improve the learning outcomes of class VIII students at SMP Negeri 1 Lokop, East Aceh Regency in cooperative volleyball learning. It is on this basis that the researcher chose this material to be used as research.

METHODS

This research was carried out at SMP Negeri 1 Lokop. This research uses a classroom action research (PTK) approach. The research method used is action research. Kemmis & Mc Taggart's action research (in Arikunto, 2006: 132) includes four stages, namely (1) planning, (2) action (action), (3) observation, (4) reflection. On the Kemmis & Taggart model action (acting) and observation (observing) are made into one unit because of them considers that these two components are two activities that cannot be separated.

The place of this research is SMP Negeri 1 Lokop, East Aceh Regency. The data collection technique is a survey with a questionnaire (Arikunto, 2019). The sample for this research is all students in class VIII of SMP Negeri 1 Lokop, East Aceh Regency, totaling 22 students. Considering that the total population is 22 students, this research was conducted on the entire population (total sampling). The population of this study were all class VIII students of SMP Negeri 1 Lokop, East Aceh Regency. The variables used in this research are the use of cooperative learning and passing.

RESULTS

From the research results obtained, the level of understanding of the use of cooperative learning in the volleyball game in improving the passing of class VIII students was categorized into 5 categories, namely, very good, good, quite good, not good and very bad. So descriptive statistics regarding the level of understanding of the use of cooperative learning in the game of volleyball among class VIII students can be seen as follows:

1. Volleyball Game Passing Results

The results of the overall research statistical data analysis obtained a mean value of 47.9 and a standard deviation of 5.96. Then the results of the statistical data are ideally entered into a frequency distribution table, so the data on the results of passing volleyball games for class VIII students at SMP Negeri 1 Lokop, East Aceh Regency are as follows:

Table 1. Results of Passing Volleyball Game for Class VIII Students of SMP Negeri 1 Lokop, East Aceh Regency

No	Interval	Kategori	F	%
1	$X > 56,84$	Sangat Baik	0	0
2	$50,88 < X < 56,84$	Baik	2	9
3	$44,92 < X < 50,88$	Cukup Baik	6	27
4	$38,96 < X < 44,92$	Kurang Baik	12	55
5	$X < 38,96$	Sangat Kurang Baik	2	9
Jumlah			22	100

Based on the table above, it can be seen that the results of passing the volleyball game for class VIII students of SMP Negeri 1 Lokop, East Aceh Regency in detail are 0 (0%) in the "Very Good" category, 2 (9%) in the "Good" category, 6 (27%) in the "Fairly Good" category, 12 (55%) in the "Not Good" category and 2 (9%) in the "Very Poor" category. The highest frequency of categories is in the "Not Good" category. When depicted in bar diagram form, it is obtained as follows:

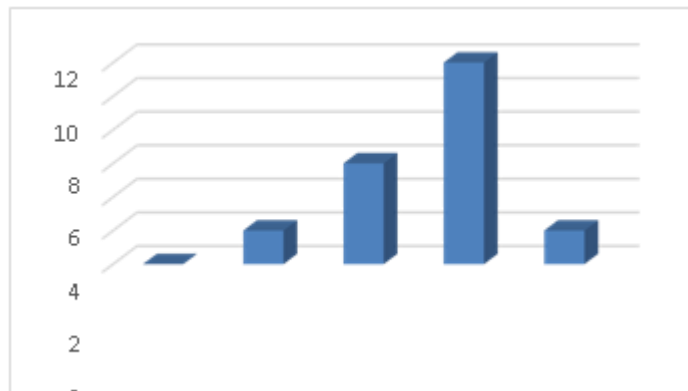


Figure 1. Results of Passing Volleyball Game for Class VIII Students of SMP Negeri 1 Lokop, East Aceh Regency

2. Level of Use of Cooperative Learning in Volleyball Games to Improve Passing Results.

In this research instrument, there is only one indicator, namely the use of cooperative learning in improving passing results in volleyball games for class VIII students at SMP Negeri 1 Lokop, East Aceh Regency. Based on research results, the factors for using cooperative learning in improving passing in volleyball games are known to be included in the frequency distribution table as follows:

Table 2. Results of Passing Volleyball Game for Class VIII Students at SMP Negeri 1 Lokop after using Cooperative Learning.

No	Interval	Kategori	F	%
1	$X > 56,84$	Sangat Baik	2	9
2	$50,88 < X < 56,84$	Baik	7	32
3	$44,92 < X < 50,88$	Cukup Baik	11	50
4	$38,96 < X < 44,92$	Kurang Baik	2	9
5	$X < 38,96$	Sangat Kurang Baik	0	0
Jumlah			22	100

Based on the table above, it can be seen that the results of passing the volleyball game for class VIII students of SMP Negeri 1 Lokop, East Aceh Regency after using Cooperative Learning, there was a specific improvement, in detail there were 2 (9%) in the "Very Good" category, 7 (32%) in the "Good" category, 11 (50%) in the "Fairly Good" category, 2 (9%) in the "Poor" category and 0 (0%) in the "Very Poor" category. The highest frequency of categories is in the "Good" category. When depicted in bar diagram form, it is obtained as follows:

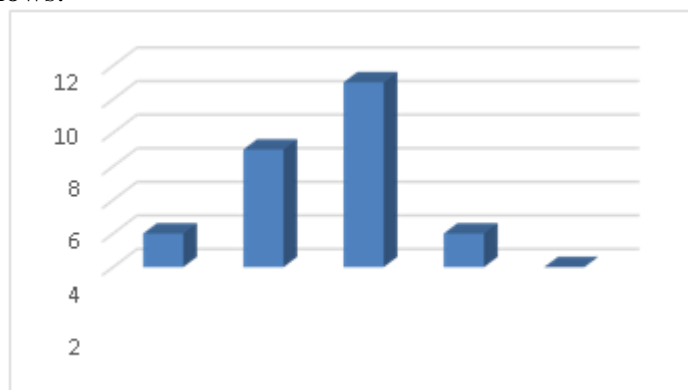


Figure 2. Results of passing the volleyball game for class VIII students at SMP Negeri 1 Lokop after using Cooperative Learning.

The increase in the total number of students shows that students have progressed in passing after using cooperative learning in the playing method. Researchers and collaborators have found answers that have become research material, namely the application of the cooperative learning model can improve passing results in volleyball games in class VIII SMP students. Negeri 1 Lokop, East Aceh Regency.

DISCUSSION

Based on the results of research that has been carried out, it is known that the use of cooperative learning in volleyball games can improve passing in class VIII students at SMP Negeri 1 Lokop, East Aceh Regency. Where it can be seen that there has been an increase in students' passing results before and after implementing cooperative learning. In the results of passing the volleyball game for class VIII students of SMP Negeri 1 Lokop, East Aceh Regency, in detail there were 0 (0%) in the "Very Good" category, 2 (9%) in the "Good" category, 6 (27%) in the "Fairly Good" category, 12 (55%) in the "Not Good" category and 2 (9%) in the "Very Poor" category. Meanwhile, after using cooperative learning, the results of passing the volleyball game for class VIII students at SMP Negeri 1 Lokop, East Aceh Regency in detail were 2 (9%) in the "Very Good" category, 7 (32%) in the "Good" category, 11 (50%) in the "Fairly Good" category, 2 (9%) in the "Not Good" category and 0 (0%) in the "Very Poor" category.

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