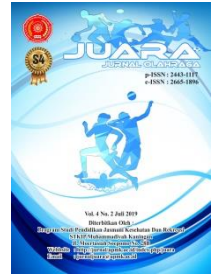




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EFFORTS TO IMPROVE LEARNING OUTCOMES OF VOLLEYBALL UNDERWEAR PASSING THROUGH THE DEMONSTRATION METHOD WITH BODITUNG ON GRADE V STUDENTS OF SDN BULAKWARU 03 TARUB DISTRICT SEMESTER I 2023/2024 ACADEMIC YEAR

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Abstract

This research was conducted in September 2023 to December 2023 with the research subjects of 27 fifth grade students of Bulakwaru 03 Elementary School. The data analysis techniques used were data reduction, namely data selection activities, data simplification, and transformation of raw data from field notes. This research was conducted in two cycles, each cycle 3 meetings. The results of the thesis through the demonstration method with boditung can improve the achievement of physical education, sports and health in the material of underhand passing in fifth grade students of Bulakwaru 03 Elementary School in the first semester of the 2016/2017 Academic Year. This can be seen from the initial condition of students who completed 15 students (55.6%) and 12 students (44.4%) who had not completed, with an average score of 70. In cycle I, 20 students (74.1%) completed and 7 students (25.9%) had not completed, with an average score of 74.5. In cycle II, 24 students (88.9%) and 3 students (11.1%) completed it, with an average score of 76.6. It turns out that the application of the demonstration method with boditung can improve student learning outcomes in volleyball underhand passing material.

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INTRODUCTION

At this time education is a very important issue for us as a nation that wants to progress, especially in formal schools, is improving the quality of learning to achieve maximum student learning outcomes, because learning outcomes are a measure of success in the learning process. However, what needs to be considered is how the learning and teaching process takes place, the learning process in question is the interaction between teachers and students in studying a subject matter that has been arranged in the curriculum. In carrying out the learning process, teachers in addition to having to master teaching materials or subject matter, of course need to know how the teaching materials or subject matter are delivered effectively to students. The failure of teachers in delivering teaching materials or teaching materials in general is not due to a lack of mastery of the teaching materials, but is caused by how teachers deliver the subject matter appropriately and effectively so that students can learn in a more meaningful atmosphere. The implementation of physical education learning is one of the main processes and tasks of physical education teachers, the general reality that occurs is that there are still many processes played by physical education teachers who are still less innovative and creative, tend to only give assignments and are left alone in the implementation of teaching and learning activities, the important thing is that students play, especially in limited facilities and infrastructure, only certain students are actively playing. Given the rapid development of volleyball, it is very appropriate that volleyball is included in the curriculum as an educational sport in schools. Volleyball is one of the games that is widely liked by people in Indonesia after football, because volleyball does not require a large field, the equipment used to play is very simple, does not require expensive costs and this game is very fun.

METHODS

This research method is the result of volleyball passing learning of grade V students of Bulakwaru 03 Elementary School, Tarub District, Tegal Regency, Semester I, 2023/2024 Academic Year. With the demonstration

method through Boding (hanging ball), the researcher will try to improve volleyball passing, in the form of individual learning completion determined if students get the same score or above the Minimum Completion Criteria for Physical Education Subject of 75 (KKM = 75), while classical learning completion is determined if the number of students who have completed individual learning in one class has reached the same or above 75%.

FINDINGS AND DISCUSSION

To facilitate understanding and reading, the results of the study are described first, followed by the discussion section. The results subtitles and discussion subtitles are presented separately. This section must be the most numerous, a minimum of 60% of the entire body of the article.

Findings

The implementation of physical education learning is one of the main processes and tasks of physical education teachers, the general reality that occurs is that there are still many processes played by physical education teachers who are still less innovative and creative, tend to only give assignments and leave them alone in the implementation of teaching and learning activities, the important thing is that students play, especially in limited facilities and infrastructure, only certain students are actively playing. By seeing the rapid development of volleyball, it is very appropriate for volleyball to be included in the curriculum as an educational sport in schools. Volleyball is one of the games that is widely liked by people in Indonesia after football, because volleyball does not require a large field, the equipment used to play is very simple, does not require expensive costs and this game is very fun. The results of the study conducted by physical education teachers as well as researchers through observations made during Physical Education learning on the basic competency "Practicing variations of basic movements into modifications of large ball games and the values of teamwork, sportsmanship and honesty" where the use of the

assignment method was still not enough to increase the learning activities carried out by class V students of Bulakwaru 03 Elementary School. In this cycle, learning of Physical Education material was carried out on the Competency Standard: Practicing variations of

basic movements into modifications of large ball games and the values of teamwork, sportsmanship and honesty. This cycle I learning was carried out in three face-to-face meetings, namely on October 4, 11 and 18, 2023.

Tabel 1 Length Weight of Sections

No.	Name	Length in Percent	Notes
1.	Introduction	20	Maksimum (incl. title and abstract)
2.	Methods	10	Up to 15% for quantitative research.
3.	Findings and Discussion	60	Minimum
4.	Conclusion and References	10	Approx.

Discussion

Based on the results of the research and discussion that have been described, the conclusions in this study are as follows:

1. Learning through the demonstration method with boditung (hanging ball) underhand passing of volleyball used by researchers in Physical Education learning can improve student learning outcomes. The classical learning completion indicator in the initial condition was only 55.6% while in cycle I it reached 74.1% and in Cycle II it increased to 88.9%.
2. The learning process takes place through the demonstration method with boditung (hanging ball) to improve volleyball underhand passing skills in Physical Education subjects for grade V students of Bulakwaru 03 Elementary School, Tarub District, Tegal Regency, carried out by the teacher by giving an example to students standing in a position to do an underhand pass, in front of them there is a ball hung with a rope tied to a rope stretched on two poles or trees. When the teacher blows the whistle to start passing, the group of students at the front does an underhand pass for 1 minute, as well as

the students behind them alternately do an underhand pass until all do it and are done repeatedly.

3. CONCLUSION

Other teachers need to implement active, innovative, creative and enjoyable learning in Physical Education learning, considering the significant positive impact of its implementation on increasing student activity and learning outcomes.

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