

# **DEVELOPING THE LEARNING MODEL OF PHYSICAL EDUCATION FOR ELEMENTARY STUDENTS ON THE BASIS OF TRADITIONAL SPORT AS THE LOCAL WISDOM**

Muhammad Deswin Pratama  
Program Studi Magister Pendidikan Olahraga, FKIP, Universitas Sriwijaya  
Jl. Raya Palembang – Prabumulih Indralaya, Ogan Ilir 30662  
muhammad.deswin.p@gmail.com

## **Abstract**

This study entitled “The Development of Physical Education Learning Model For Elementary School On The Basis of Traditional Sport As A Local Wisdom” aims to produce Physical Education models that valid, practical, and effective. Methods in this research is research-based development (Research-based development) or Research and Development. The results of the experiments for the validity of the small group experiments of teacher obtained the average of the answers by percentage (84%), whereas the large group trial of the prevalence rate obtained an average answer with percentage (76%), then the product has good category validity. Level of product effectiveness seen from aspect of motivation, result of small group test show relation aspect of motivation equal to 82% and large group trial is equal to 83% from motivation aspect, hence product result show level of effectiveness of good category. the development of physical education learning based of traditional sports as a local wisdom given to the learners has been effective so that it can be implemented in the application of physical education education.

**Keywords:** Development, Physical Education Learning, Traditional Sport, Local Wisdom.

## **1. BACKGROUND**

The teaching of physical education in teaching learning activities is always related to physical activities. James, cited in Iyakrus (2014:1) stated that physical education is a media to reach the education goals through the process of adapting some physical activities such as organs, neuromuscular, intellectuality, socio-culture, emotion and ethics. Husdarta (2009:19) claimed that teaching physical education to children means giving them activities of training and developing their potency, in all aspects such as physical, mental, social, emotional and moral aspect. In this case, giving the priority for physical activity in the process of teaching learning activity, has purpose to improve the health and the fitness of the students, rather than stress on the theory and knowledge of the students.

Activity of teaching will train the physical performance of the students with the teaching of the physical education, especially in teaching learning activity will stress on physical performance through the elements of the game adjusted with the readiness of the students. The kinds of the game must refer to the aims of the study. To fulfill the aims, the teaching materials must be suitable with the ages of the students. The students in elementary ages like to play some games, therefore the teaching materials must be attributed with the kinds of games, especially the games familiar in their society and the traditional games such as Hitam Hijau game, Lompat Tali game, free ball and engklek game.

Teaching physical education for elementary students should stress on the physical performance through the suitable elements adjusted with the student's readiness. The kinds of game must refer to the aims of the study. Physical education for elementary school is the basic of the education of motion formally, therefore it becomes the basic physical education that must be developed in playing a game (Iyakrus, 2014:6). In this case, the motion skills and the physical fitness of the students will be directed to the game.

Game is a media used in the process of teaching learning activity. According to Dasrun (2013:4) game is a recreation activity for the purpose of having fun, spending the spare time, or doing some simple sport. Some games are usually played by the kids in the yard or in the terrace of the house. The kids are in a group, running or sitting around and playing one of the game to get familiar each other. While according to Hardiyanti and Nor (2017:16) based on the students motion activity, there are two kinds of game, namely, active game, which makes the kids actively move and participate, and another one is passive game, the game where the kids getting the impression that make them active spiritually through listening and seeing.

Traditional games can be categorized as an enjoyable active games. A traditional games is a fun socially familiar games which contains some verbal, imaginative or physical content inherited from one generation to the next generation (Hardiyanti and Nor, 2017:35).

According to Hapidin (2016:204) A traditional game is a kind of expression and and appreciation from traditional society in creating fun and exciting activity. In conclusion, a traditional game and sport which give stimulus to make the kids active, creative, effective and fun so that the goals of the physical education can be reached.

The word "traditional" is closely related to the local wisdom. Wagiran, cited in Sutarto (2014: 6). A local wisdom must consist of several concepts: (1).A local wisdom is a long experience settled as a guide of someone's attitude.(2) A local wisdom is always related to the people around, (3) a local wisdom is dynamic, flexible, opening and adjusted with the era. A local wisdom and culture is a way of life, knowledge and also some strategies in life in the form of activities done by the local people in answering many problems to fulfill their need. All kinds of knowledge, believe, understanding and insight of the people in running their life in some perspective, such as politics, economics, social culture religion and also environment. Furthermore, Sutarto also stated that local wisdoms are exist in the form of activities done by the local people. The activities still exist like the traditional games found in some local places.

Talang Kelapa in Banyuasin district is chosen as the location of the research because the district is famous for the local culture. Talang Kelapa is an area that still has quite strong and religious character of environment. This area is still trying to maintain the local wisdom like the traditional game. Based on the survey in that area, the game of Hitam Hijau, Lompat Tali, Bola Bebas and Engklek are still played there.

Based on the back ground, the researcher did a research entitled: Development of Physical Education Learning Model For Elementary school on the basis of traditional sport as the local wisdom. Some problems were identified as follows: 1). The need of developing physical education learning model for elementary students based on traditional sport as the local wisdom.2). The need of applying the physical education learning model for elementary students based on traditional sport as a local wisdom. 3).

The need of motivation of the students in studying physical education for elementary students based on the traditional sports as the local wisdom.

The writer conducted a research by focusing on the following research questions : 1). How to develop physical education learning model for elementary students based on traditional sport as the local wisdom. 2). How to apply physical education learning model for elementary students based on traditional sport as the local wisdom.3). How is the motivation of the students in studying physical education on the basis of traditional sports as a local wisdom.

## **2. METHODOLOGY**

The method used in this research is Research and Development, which is used to produce a product and to test the effectiveness of the product. The researcher used the research analysis, meanwhile, to test the effectiveness of the product in order to make implemented result, there must be continued research to know the effectiveness of the product. So, this research is a longitudinal research.

### **2.1 Place And Time Of The Research**

This research was applied in three elementary schools, SD Negeri 12, SD Negeri 26 and SD Negeri 27 in Talang Kelapa area during the event semester of the school time.

### **2.2 Steps In Research**

There were several steps in this research, namely: 1) Problem Identification, 2) Collecting Data, 3) Designing the product, 4) Validating the design, 5) Revising the design, 6) Trying Out the product, 7) Revising the product 8) Tryng out the use, 9) Revising of the product.

### **2.3 Technique Of Collecting The Data**

The data used in this research were qualitative and quantitative data which were collecting by the following technique:

The result of pretest and posttest to get the data of student's improvement of short distance running 40 meters, vertical jump and standing long jump and the effectiveness of using the learning model of physical education for elementary students on the basis of traditional sport as a local wisdom.

Using the questionnaire in order to get the data of student's improvement of motivationin using the model of traditional sport for teaching physical education for elementary students.

### **2.4 Technique Of Analyzing The Data**

#### **Validity of the Product**

In order to know the validity of the model, a questionnaire was developed to gain the data from the teacher. The result of the data to all of the aspects is in the form of table The validation sheets are in the form of Likert Scale while the sheets for the students is in the form of Guttman scale.

#### **The Test of Effectiveness of the Product.**

The aims is to prove the significant difference between the pretest and the posttest of traditional (Hitam Hijau, lompat tali, and Engklek). The result of the pre and post test will be analyzed by using the paired sample t test.

The validity of the questionnaire

The instrument of the validity and reliability test was done to know the level of appropriateness of the instrument with the aims of the research, from the aspect of motivation, and to make sure that the questionnaire has a good content validity. The result of the questionnaire is analyzed by using corrected total item correlation by comparing the  $r$  gain with the  $r$  table. The  $r = 20$  is 0.444. It is valid if the  $r$  gained  $>$   $r$  table.

The result of all 10 items of the questionnaire are valid with the range between 0.513 and 0.888. The reliability test of the questionnaire are estimated by using cronbach's alpha formula with the minimal reliability coefficient of the instrument is 0.70.

The technique analysis used is relative distribution frequency or percentage to analyze and give score to the subject and then judging the level of appropriateness, the quality and the acceptance of the product.

### 3. RESULT AND DISCUSSION

Before the process of developing the product, the researcher did a need analysis through the observation and interview to the students and two physical education teachers of SD Negeri 12, 26 and 27 in Talang Kelapa area to analyze he characteristic of the appropriateness of the traditional game model of Hitam Hijau, Lompat Tali and Engklek. Based on the observation the researcher did to the 5th level students of SD Negeri 12, 26 and 27 Talang Kelapa. It was found that there was an obstacle in the process of teaching learning physical education in the teaching material of athletic of jump and run. This is because the facility which was not support the process of teaching and learning. The design of the game consist of athletic material such as long jump and high jump and short distance run (40 meters).

To see the effectiveness of the product used, this model was tried out to 10 students in small group in SD Negeri 26 Talang Kelapa, and 80 students in SD Negeri 12 (40 students) and SD 27 (40 students). This try out was done in order to know the effectiveness use of the model. The sample was chosen by using random sampling..

In small group, it was found that the average result of the validity was 84%, it means that the product of the model on the basis of traditional game can be categorized as good or valid, which means that the model can be continued to the large scale try out. Some revision or the advices given by the experts are as follows:

Instruction of the game must be made clear.

The game must be adjusted with the characteristics of the students.

The procedure of the game must be made clear.

The wide of the field for playing Hitam Hijau must be adjusted.

It is allowed to touch the rope from the waist to one span upper the head in the Lompat Tali game.

After all the draft was validated and revised by the expert, the try out for the small scale group consist of 10 students, was done. After the try out was done, the 10 sample were asked to fill up a questionnaire. To analyze the effectiveness of the model of teaching physical education for the students to improve the result of short distance run 40

meters, vertical jump and standing long jump after doing the traditional game of Hitam Hijau, Lompat Tali and engklek with the average percentage of 82%. The result of the achievement of motivation showed that the model was effective in motivating the students the students. The next step was to calculate statistically and prove the significant result of the short distance run, vertical jump and standing long jump after doing the traditional game of Hitam Hijau, Lompat Tali and Engklek by using the regression test. The result was 0.000 which means that there were significant difference result in short distance run, vertical jump and standing long jump. The result was based on the assumption that if the p value was lower that 0.05, then H2 is accepted, which means that there were correlation between the traditional game of Hitam Hijau, Lompat tali and Engklek with the aspect of motivation. After the product was tried out in the big scale group, the researcher received the revision from the teacher.

The average result of the draft of the product for the large scale try out was 76%. Based on the result of the validity, the model of the teaching Physical education on the basis of traditional sport is valid. After the draft was validated and revised, it was tried out to the large scale of 40 students. The next step is to analyze the effectiveness of the product in relation to the questionnaire given. From the result of the questionnaire, the average score was 83%. The revision of the product given by the experts are as follows:

The learning model of Hitam Hijau, lompat tali and engklek had been appropriate to the development of physical education. Those games had been related to the basic skill of athletic learning material about running and jump, so it can be used as the solution in athletic learning materials. Based on the result of research and discussion, it was known that the learning model can be used for elementary level because it was effective in improving students' motivation. The improvement of their motivation caused the students active movement become more active and fit. This result is relevance to the theory of Husdarta (209:167) stated that the physical education is an activity which uses physics or body as a tool to reach the aims of physical education through the physical education. The aims of physical education is to improve the skills of moving and the fitness of the students.

The conclusion of the result of short distance run, vertical jump and standing long jump with the aspect of motivation, there was correlation of 72%. If the average age of the 5th class students was 11 years, the result of the questionnaire could reach 75%. In addition, the result of the the try out of the large scale students was effective to motivate the students.

#### **4. CONCLUSION AND SUGGESTION**

The result of the questionnaire done by the expert from the teacher of sport education in the draft of traditional game in the small scale try out was 84% and the result in the big scale try out was 76%.

The result of the validation of the traditional game production in the small scale try out was 72% and in the big scale try out was 75%.

From the result of validation done by the physical education teacher, the product was valid, and can be used in the process of teaching learning physical education in SD Negeri 12, 26 and 27 Talang Kelapa.

Based on the effectiveness, the result of the motivation aspect was on the average of 70,6% By using spss 22 program, it was found out that, the result of running 40 meters, vertical jump, and standing long jump did by the respondents were increased.

The result of questionnaire of motivation was the significant. The p value was:0.000 which means that there was a significant difference in result of running 40 meters, vertical jump and standing long jump before and after applying the model of hitam hijau, lompat tali and engklek with the aspect of motivation.

The development model of studying physical education based on traditional sport given to the students to make the students actively move and this model is ready to be used.

### **SUGGESTION**

For elementary students, it is hoped that the model of studying physical education based on traditional sport can become the reference of student's motivation in studying.

For the teacher, the use of the model of studying physical education in elementary school based on traditional sport is the solution in studying this subject, because after the research done, all the games are effective in improving the motivation to do the physical motion. This can be seen from the increased of the student's motivation so as the goals of studying physical education are reached.

For other researchers, the similar research and develop another better model to study physical education to improve the quality of teaching physical education for elementary school.

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