

THE DEVELOPMENT OF LONG JUMP STYLE SQUAT LEARNING MODEL BASED ON SAINTIFIC APPROACH

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Abstract

The development of learning model of long jump squat style based on scientific approach in junior high school students was conducted to obtain information about students' abilities including affective, cognitive and psychomotor spheres in learning long jump. The design in this research using research and development model approach (Research & Development). While the subjects in this study are all first grade students in Srijaya Negara and Mandiri Junior High School Palembang amounted to 32 people. The instruments used in this study were questionnaires, questionnaires, assessment rubbers, methods of need analysis, initial product design, expert validation, design improvements, small group trials, product revisions, large group trials, product revisions and final products. Result of validation model with value 78,4% good criterion, rublik aspect appraisal 81,33% good criterion, for significant level using spss where got t count $7,33323 > t$ table 2,039 H_0 rejected no significant difference. In conclusion, the development of learning model long jump style squat based on scientific approach in junior high school students produce an effective product to improve psychomotor aspects, cognitive aspects and affective aspects. It is recommended for physical education teachers to be able to use this learning model as supporting learning material of long jump in school.

Keywords: Long jump learning, squat style, scientific approach

PRELIMINARY

Implementation of Physical Education, Sport and Health in schools but aims to improve the physical fitness but also to develop the various elements phisikis in children. Based on the 2013 curriculum learning program elementary / junior high and high MI must use an approach that is a scientific approach that covers 5 M or five shutter covering observe, ask, try, reason, and communicate (Ridwan, 2015: 54) . One of the basic competencies for class VII in the first half is practicing basic movements variations continued into athletics modifications, as well as the value of teamwork, sportsmanship and honesty.

The long jump is a series of movements that started with a sprint, reject, hovering and landing. Sukirno (2017: 86-90) long jump is a series of movements that started with a sprint, reject, hovering and landing. Movements in the long jump must be done properly and harmoniously not diputusputus its implementation in order to obtain the jump that far, far away.

Most students do not please athletics at the time of theory and practice for students to have an understanding that learning about the long jump tends to be boring. This could disebkan as a form of exercise less attractive long jump and not to have a variety of learning. In addition permsalahan that often arises is less active students on this material because it is due to the lag time makes students tired of waiting for the time a student practice in the field.

Characteristics of the students are happy to play, move, and Hadisasmita and Syarifudin (2006: 54) explains that at the age of 11-13 years is the most appropriate age for the development of basic skills needed in the future.

Based on the problems that have been described, the researchers concluded that it is necessary to develop learning model pengembangan long jump squat style scientific approach based on a junior high school students that can later be used as a solution to help students learn basic motion long jump effectively and efficiently.

Research purposes

1. To improve the mastery of theory and practice long jump squat style learning model through the development of long jump squat style scientific approach based on a junior high school students, which can be used as a tool in the learning process PJOK teacher at the school.
2. Knowing the effectiveness of learning model development long jump squat style scientific approach based on a junior high school students.

Benefits of research

The results of this study are expected to have benefits include: For students are expected to improve the mastery of theory and practice long jump style squat and Share sports teacher, a useful tool for teachers, especially in the learning process characterized by scientific to improve the mastery of theory and practice long jump style squat. Next For schools, a new experience in improving learning style learning model long jump squat scientific approach based on students

LITERATURE REVIEW

a. Learning model

Leondra (In Syarifudin, 2002.180) Development learning model is one form of the application of the system pedekatan in learning activities that in fact is a systematic process that generates a learning system that is ready to be used appropriately.

The learning model is a model derived from conceptual thinking, and executors organized from planning and implementation, to evaluate the results. (Mulyatiningsih, 2013: 162).

b. Scientific characteristics

According to Simon Philips (in Mu'in, 2011: 160) revealed that the character is a collection of values that lead to a system which underlies the thinking, attitudes, and behaviors that are displayed.

The scientific approach is intended to provide insight to the learner in identifying, understanding the various materials using a scientific approach, that information can come from anywhere, anytime, do not rely on the information in the direction of the teacher.

c. Long jump

According to Widya (2004: 64) Jump is a movement to lift the body from one point to another more distant or higher to run to square off sooner or later with rested one foot and landing with feet with good balance.

Long Jump in the system of teaching in schools which is understanding the needs of students will need in the jumping motion and the motion especially adjusted to the level of education (Sukirno2017: 20-21).

According Sukirno (2012: 133-135) the basic elements of the long jump is divided into 4 basic technique of the prefix, the pedestal, the movement of floating in the air, landing.

d. Style Long Jump Squat

Long jump style squat is a movement to swing the right leg forward and follow the left leg and then sealed straight ahead as though do attitude jogkok in the air, and then forwarded to the preparation of the air with the preparation for landing with both legs bent at the position of postures in a state of squat second hands stretched forward, aagar limbs do not fall backward. (Sukirno, 2012: 139).

This style is a style leap of the most widely used because this style is a style that is most easily performed compared with other styles such as style and gait hanging in the air.

Relevant research

Some research, which has links with research variables are as follows:

Hartati conduct research related to the development of scientific characteristic learning model to improve the mastery of the theory and practice of nutritional science II, this study applied to students of physical education and health S1 Sriwijaya University.

Ansari Danamik conduct research related to the application of the scientific approach to media use in an effort to improve the learning hurdles long jump squat style in class XI MAN Lubukpakam academic year 2016/2017. Based on the analysis we concluded that through the application of a scientific approach to using the media to improve learning outcomes hurdles long jump squat style.

Sufairroh conduct research related to the scientific approach and the learning model implemented in junior high school 1 Malang where the purpose of this paper is: (1) To explain the important issues on which the judgment implemented curriculum, 2013. (2) To describe the implementation of learning the scientific approach to the curriculum, 2013. (3) To decipher the learning models used by teachers in curriculum implementation in 2013.

Dwi.PP Rico et al conducted research relating to the modification of learning media influence on learning outcomes in the long jump squat style class junior High school 1 Mojokerto. The purpose of this paper to know the effect of modification of learning media to the learning outcomes in the long jump squat style class VII junior High school 1 Mojokerto 2 where the influence of 32.31%.

METODE RESEARCH

a. Research subjects

The research subject is class VIII junior high school students and junior In Srijaya Negara.

b. Research methods

This research method using a research model of R & D or research and development.

Data analysis technique

This study uses several ways to menanalysis data are observation, interviews, questionnaires and assessment of the affective, cognitive and psychomotor.

RESULTS AND DISCUSSION

This study successfully developed a learning product in the form of a valid model of learning, practical and effective so that it can help students and teachers facilitate the learning process of learning, especially athletics long jump squat style at Junior High School (SMP).

CONCLUSION

Based on data obtained from the test results of small group and large group testing and discussion of the results of research, it can be concluded that:

1. With the development of learning models long jump squat force based scientific approaches to the junior high school students can improve the ability to learn effectively and efficiently.
2. Through the development of learning models long jump squat force based scientific approach on this junior high school students, can help the physical education teachers can teach students multilateral motions.

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