

STAD-Type Cooperative Learning to Improve Learning Outcomes Under Ring Shoot

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Authors' contribution:

A. Conception and design of the study; B. Acquisition of data; C. Analysis and interpretation of data; D. Manuscript preparation; E. Obtaining funding

ABSTRACT

The purpose of this study is to improve learning outcomes in basketball games using the student team achievement divisions technique. The type of research used in this research is quasi-experimental research; in this study, it only compares one class, where in this study it only compares the initial test and the final test, while the research stages are determined by how many populations are taken to be the sample, the initial test, the treatment, the final test, the data processing, and the drawing of conclusions. The research design used is known as the one group pretest-posttest design, and the steps are O1 X O2, with O1 representing the pretest (before being given treatment) X, representing the posttest (after being given treatment), and O2 representing the treatment given techniques STAD. Based on data processing and analysis, learning outcomes using the student team achievement divisions technique show a significant increase in learning outcomes under the ring shoot in basketball games. In addition, this approach also emphasizes the placement of technical skills learning in the context of play and gives students the opportunity to see the relevance of basic technical skills in real-life playing situations.

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INTRODUCTION

Physical education is an educational process that utilizes physical activity that is planned systematically and methodically with the aim of developing and improving individual physical abilities organically, neuromuscularly, perceptually, cognitively, and emotionally within the framework of the national education system. One of the subjects that must be taught in schools is sports and health physical education. Physical education at school aims to help students improve their physical fitness through basic movement skills in various physical activities.

Physical education is a part of education in general that prioritizes movement activities as a medium for learning. Through physical education, the aspects that exist in students are optimally developed to support the achievement of educational goals as a whole. Suherman (2000) divides the purpose of physical education into four broad

categories: (1) physical development; (2) movement development; (3) mental development; and (4) social development. Based on the explanation above, physical education aims to improve physical fitness, correct movement activities, improve one's mentality, and foster social development towards the surrounding environment.

Physical education and sports in formal educational institutions can develop more rapidly so that they are able to become the basis for national sports development. The process of forming attitudes and generating motivation must start at an early age. Oriented towards achieving educational goals, educational sports activities cover various branches such as athletics, games, water sports, and martial arts. One of the sports games carried out in the educational process is basketball.

Physical education, or PE for short, is one of the formal subjects taught from elementary school to high school. The role of physical education is very important, as it provides opportunities for students to be directly involved in a variety of learning experiences through systematic physical activity, playing, and sports. Sport, health, and physical education is an integral activity of education as a whole and aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, aspects of a healthy lifestyle, and the introduction of a clean environment through physical sports activities and selected health programs that are planned systematically in order to achieve national education goals.

Individual development is one of the goals to be achieved through sports and health physical education. This means that it does not only cover physical education but also mental, emotional, social, and spiritual aspects. Suherman (2000) defines education as "education through physical activity," which includes skill and movement development from various sports. Basketball training includes a variety of elements and is tailored to the training category (Sofyan & Budiman, 2022).

Basketball is a type of big ball sport that is very popular with students. Besides being easy to learn because of the big ball shape and the fact that the game is not boring, some schools and colleges often have small basketball courts where people can play basketball. This game is also played in full school spirit everywhere, which makes it a good choice for fitness. Basketball is a group sport consisting of two teams of five people each competing against each other to score points by putting the ball into the opponent's basket or ring. Physical education learning facilities are facilities and infrastructure that are used to achieve the objectives of the teaching and learning process in physical education. Although the facilities at SMA N 1 Ciwaringin are quite good, the students' understanding of basic techniques in basketball is still lacking, especially in shooting.

Although many of the students who like this sport do not master the basic techniques, students should practice the basic techniques that have been given by the sports teacher so that their abilities in shooting are better than before. The teacher gave students 30 seconds to shoot a basketball under the rim for this assessment. Naturally, this lack of comprehension will also affect the kids' lay-up shooting abilities (Sofyan, 2020). As a result of 5 classes consisting of 174 students, there were only 53 students whose results were quite good, and the rest were less than the criteria. There were even students who could only put two basketballs in the basket. Only 53 students (37%) performed well in the time allotted by the teacher, out of 174 students (100%), while 121 (63%) performed poorly in under-the-ring shooting. Basketball is actually the most popular sport among students at SMA N 1 Ciwaringin, but on the other hand, the students' ability to shoot a basketball is still very lacking, as evidenced by previous scores: only a few students scored quite well, and the rest were less than average.

In carrying out teaching and learning activities, the teacher rarely accompanies students. Students are simply released from carrying out sports activities, not only in basketball material but also in other materials. Under these circumstances, students only follow their instincts when playing basketball. does not master the basic techniques in sports, especially in the game of basketball.

Researchers can conclude from the problems discussed above that learning employs the STAD method to improve learning outcomes. Of the various existing learning models, the cooperative learning model type student team achievement divisions (STAD) is one of the learning models in which it shows the stages of a simple, easy-to-learn learning model, the distribution of student team achievement, which is one of the cooperative learning models, where students are divided into study teams consisting of 4-5 students. STAD is an effective, easy, and simple learning model that can be applied to learning in schools. Student team achievement divisions (STAD) are one of the simplest types of cooperative learning. Students are placed in learning teams of four members who are mixed according to their level of performance, gender, and ethnicity. The teacher presents the lesson, and then students work in teams to ensure that all team members have mastered the lesson. Finally, all students were given a quiz about the material with a note that, during the quiz, they were not allowed to help each other. The STAD-type cooperative learning model is a cooperative learning approach that emphasizes activity and interaction among students to motivate each other and help each other master the subject matter in order to achieve maximum performance.

METHODS

Basically, research is an activity to solve a problem by collecting data, classifying it, analyzing it, and drawing conclusions. A research method appropriate to the problem to be studied is required to obtain the desired results—accurate, tested, and objective. According to Sugiyono (2009), in general, the research method is defined as a scientific way of obtaining data with specific purposes and uses.

The research method used in this study will be experimental research. According to Sukmadinata (2013), experimental research is a typical research approach that directly examines the effect of a variable on other variables. According to Maksum (2010), the main feature of experimental research is the presence of a treatment that is applied to the subject or object of the research. Then Sugiyono (2009) said that the experimental research method can be interpreted as a research method used to look for the effect of certain treatments on others in controlled conditions.

The research design is the plan for how the research is carried out. The research design used is called the "one group pre-test post-test" design, namely, in this design, there is a pre-test before being given treatment. Thus, the results of the treatment will be more accurate because they can be compared with the conditions before being given. This design is used in accordance with the objectives to be achieved, namely wanting to improve learning outcomes under the ring shoot through the student team achievement method in basketball games.

Tabel 1. Research design

Pretest	Treatment	Posttest
O ₁	X	O ₂

Source: Sugiyono (2012)

The sample for this study was 30 students from 174 students in class X; samples were taken from each class, a total of 6 students from class X at SMAN 1 Ciwaringin. Next, treatment will be given using the student team achievement divisions method. The author conducted research at SMAN 1 Ciwaringin, attempting to provide treatment to the sample in the form of learning under the ring shoot using the student teams achievement divisions method. so that the data is processed based on the learning assessment rubric. Can be described as follows:

Table 2. Scoring rubric under ring

No	Rated aspect	Score			Total
		1	2	3	
1	Initial attitude				
2	Implementation				
3	Final attitude				
	Total				

This hypothesis test is used to determine whether there is an increase in learning outcomes under the ring shoot through STAD-type cooperative learning in basketball games. The significance level of the independent sample T-test is 0.05, while the confidence interval is 95%. Hypothesis testing with similarity tests and averages was carried out to find out whether there was a significant average difference between the posttest results of the two research samples. If the mean value of the two groups is significant (2-tailed) below 0.05, then the result is significant and the hypothesis is accepted; conversely, if the significance (2-tailed) is greater than the probability above 0.05, then the result is not significant and the hypothesis is rejected.

RESULTS

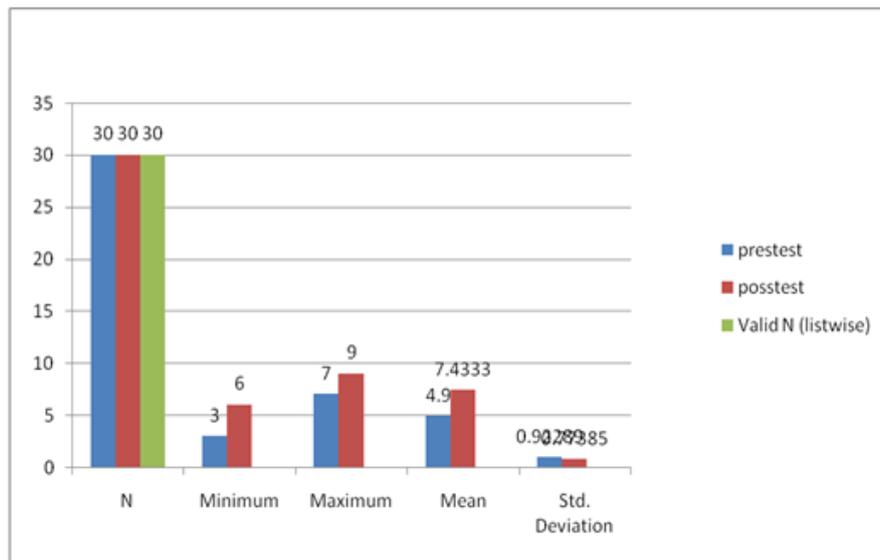
This section presents an analysis of data on basketball games to improve learning outcomes under the ring shoot through STAD-type cooperative learning in basketball games at SMAN 1 Ciwaringin. Quantitative data from the research results was obtained through a basketball game test to improve learning outcomes for 30 students. The results of the study are as follows, test analysis improves learning outcomes under the ring shoot in a basketball game.

Table 3. Description of the under ring shoot results

		Statistic	Std. Error
	Mean	4.9000	.16850
95% Confidence Interval for Mean	Lower Bound	4.5554	
	Upper Bound	5.2446	
	5% Trimmed Mean	4.9074	
	Median	5.0000	
	Variance	.852	
Prestest	Std. Deviation	.92289	
	Minimum	3.00	
	Maximum	7.00	
	Range	4.00	
	Interquartile Range	1.25	
	Skewness	-.073	.427
	Kurtosis	.106	.833

	Mean	7.4333	.14129
95% Confidence Interval for Mean	Lower Bound	7.1444	
	Upper Bound	7.7223	
	5% Trimmed Mean	7.4259	
	Median	7.0000	
	Variance	.599	
Posttest	Std. Deviation	.77385	
	Minimum	6.00	
	Maximum	9.00	
	Range	3.00	
	Interquartile Range	1.00	
	Skewness	-.001	.427
	Kurtosis	-.214	.833

Based on the table of under ring shoot results, it can be described that the average value of the pretest under ring shoot results is 4.9000 with a standard deviation of 92289, the median value is 5.0000, the minimum value is 3.00, and the maximum value is 7.00, while the posttest results are greater than the pretest results, namely with an average value of 7.4333 and a standard deviation of 77385, the median value of 7.0000, the minimum value of 6.00, and the maximum value of 9.00. The description of the data can be seen in the bar chart as follows:



Based on the picture above, it states that the results of the posttest mean value of increasing learning outcomes under ring shoot through cooperative learning type STAD are higher than the average pretest value.

Hypothesis testing is done to find out whether the hypothesis is rejected or accepted. The hypothesis test is how much the learning outcomes under ring shoot are enhanced through STAD-type cooperative learning in basketball games at SMA N 1 Ciwaringin. Based on the table regarding the difference test using the one sample test, it shows a sig. (2-tailed) value of 000 and not > 0.05. Thus, H₀ is accepted, and it is concluded that there is an increase in learning outcomes under the ring shoot through cooperative learning.

Tabel 4. Hypothesis testing

		Paired Samples Test							
		Paired Differences					t	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	pretest – posstest	-2.53333	1.22428	.22352	-2.99049	-2.07618	-11.334	29	.000

DISCUSSION

After analyzing the research data, we discussed improving learning outcomes under the ring shoot through STAD-type cooperative learning in basketball games, along with an explanation of it.

A series of under the ring shoot tests have been conducted based on the findings of research on the game of "under the ring shoot" basketball. So it can be described that the average value of the results of increasing the under ring shoot is 4.9000 with a standard deviation of 92289, the median value is 5.0000, the minimum value is 3.00, and the maximum value is 7.00, while the posttest results are greater than the pretest results, namely with an average value of 7.4333 and a standard deviation of 77385, the median value of 7.0000, the minimum value of 6.00, and the maximum value of 9.00.

It can be seen from the data that has been collected that all student scores meet the KKM (minimum completeness criteria), so student scores are declared complete. Likewise with the results of the under-ring shoot test, from the tests that have been obtained, the average level of under-ring shoot is relatively good. Based on the results of under-the-ring shoot learning in basketball games through cooperative learning, STAD type has a significant influence on increasing learning outcomes under the ring shoot in basketball games. It will be easier to improve students' skills in improving learning outcomes in basketball games by using cooperative learning (STAD).

CONCLUSION

Based on the data processing and analysis in Chapter IV, the authors conclude that learning outcomes with the student team achievement divisions approach show a significant increase in improving learning outcomes in basketball games for students of SMAN 1 Ciwaringin, Cirebon Regency. Based on these conclusions, the hypothesis that the authors propose can be accepted.

Based on the results of the research that has been carried out, the authors make several suggestions to coaches, trainers, and physical education teachers about how they should provide learning with achievement techniques. Because it has been proven to have a significant influence on improving learning outcomes, underline shoot well. It is suggested that researchers conduct additional research with a larger population than that used in this study in order to demonstrate more real results.

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CONFLICT OF INTEREST

Authors declare that have no conflicts of interest.

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