



Learning Effectiveness, New Normal the Purpose of This Study was to Determine the Effectiveness of Sport Education Learning in the New Normal Era at MAN 3 Jombang High School in Face-to-Face Learning

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ABSTRACT

The purpose of this study is to determine the effectiveness of PJOK Learning in the New Normal Era of MAN 3 Jombang in alternating face-to-face learning. This research is a quantitative descriptive study. This research method uses a survey method, the data collection method used in this study uses the FCE Formative Class Evaluation questionnaire. The population in the study was class XI MAN 3 Jombang which amounted to 835 students. This study used a random sampling technique where researchers took class XI MIPA students into a sample of 160 students. The instrument used in this study is the FCE Formative Class Evaluation questionnaire, to obtain various questionnaire data used in this study is to use a likert scale. The results of this study show that the effectiveness in PJOK learning at MAN 3 Jombang is effective / achieved, due to existing results, from the four indicators, namely yield indicators, willingness indicators, method indicators and cooperation indicators. Regarding the survey of the effectiveness of PJOK learning in the new normal era at MAN 3 Jombang in class XI MIPA shows that the effectiveness of face-to-face PJOK learning alternately is still carried out effectively or achieved.

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INTRODUCTION

Sports and Health Physical Education (PJOK) is one of the common learnings that exists at all levels of education at the elementary school (SD), junior high school (SMP), high school (SMA) levels according to (Destriana, 2020). Sports and Health Physical Education (PJOK)



is a subject with many physical activities such as running, throwing, hitting, and jumping. According to (Safitri, 2022) Physical education as a learning program that pays attention to competencies, namely attitudes, knowledge, and skills through movement and also practice that is mostly carried out in the field than in the classroom, but the Covid-19 pandemic physical education and health learning has turned into online learning that cannot be carried out without complying with health protocols that have been set by the government. The implementation of online physical education and health learning needs to be known for its effectiveness so that it is evaluated to find corrective steps so that what is expected in the teaching and learning process can run well.

New normal is a new policy or habit by reopening public activities and activities on a limited basis using health standards. New normal itself is a new policy with social restrictions to prevent the chain of spread of Covid-19 According to (Fatimah, 2017). Limited face-to-face learning is education or learning where students are separated from education and learning that uses various learning resources through information and communication technology and other media used in the teaching and learning process according to (Pane & Darwis, 2017). New policies issued by the government to lead to a new normal can have a major effect in various aspects, especially in the field of education in processes such as learning.

The process of PJOK learning activities in the new normal era at MAN 3 Jombang is carried out with face-to-face learning (PTM) alternately and implementing health protocols in accordance with government regulations. PJOK learning at MAN 3 Jombang in the new normal era alternately with limited time this affects the learning process at school, PJOK learning is carried out indoors, of course this is a challenge for teachers and students when carrying out PJOK learning, therefore teachers must be more creative and innovative when learning PJOK in the new normal era. Based on the consultation made by the researcher to the PJOK teacher regarding PJOK learning carried out in the classroom even though PJOK learning is carried out in the classroom learning is still carried out, but student activities are limited and researchers also conduct interviews with students about PJOK learning alternately, students' responses to PJOK learning in turn are very enthusiastic in participating in learning. With alternating learning, students can return to school and interact with their peers and can directly receive learning from the teacher, and can discuss the learning learned.

This research is important to do because considering that face-to-face learning alternately is still ongoing with limited time and is also carried out indoors, it is hoped that by knowing the effectiveness of physical education learning sports and health in the new normal era like this, it will make it easier for teachers later when teaching in accordance with effective learning methods and applied to students so that they are more quickly understood when learning is delivered, so that the PJOK learning they learn can be easy to understand.

MATERIALS AND METHODS

This study uses Random sampling technique, Random sampling is a random selection of a small segment of individuals or members of the entire population. According to Sugiyono

(2012) a sample is part of the number and characteristics possessed by the population the sample taken from the population must be truly representative, the sample size is the number of samples to be taken from a population. In this study, researchers took a sample of 160 students. The instrument used in this study was to use Formative Class Evaluation FCE. In this study, data processing and data analysis were carried out with statistical analysis, the data would be calculated and categorized in the form of histogram. Next, the data will be presented in the form of a percentage.

RESULTS AND DISCUSSION

This research was conducted to determine the effectiveness of PJOK learning in the new normal era at MAN 3 Jombang. The data was obtained using the FCE questionnaire which contains several questions to determine the effectiveness of PJOK learning in the new normal era. The data obtained on the results indicators are known that in this new normal era conditions as many as 68% of students choose yes, 8% of students choose no and 24% of students choose not to know. On the will indicator, it is known that in this new normal era conditions, 78% of students choose yes, 18% of students choose no and 4% of students choose not to know. In the method indicators, it is known that in this new normal era conditions, as many as 68% of students choose yes, 12% of students choose no and 20% of students choose not to know. In the cooperation indicators, it is known that in this new normal era conditions as many as 68% of students choose yes, 12% of students choose no and 20% of students choose not to know. So it can be concluded that in the conditions of this new normal era in terms of indicators of results, will, methods and cooperation in PJOK learning, many students choose yes answers, which means that PJOK learning is effective / achieved.

Discussion

Based on data from research conducted on 160 samples of students at MAN 3 Jombang in the conditions of the new normal era in terms of indicators of results, willingness, methods and cooperation After obtaining the results of the study showed that the effectiveness of learning physical education sports and health in the new normal era was carried out effectively. It is indicated by the value of the result of a higher percentage of the yes category in each indicator. According to research (Kusuma, 2018) the effectiveness of PJOK learning can be carried out effectively, namely one setting class rules, secondly starting activities on time and organizing lessons. The effectiveness of high sports and health education learning will be reflected in the effectiveness of high sports physical education learning and vice versa.

The results of the study on the outcome indicators, students showed that students chose as much as 68% yes, 8% no and 24% did not know. The reason why the average student chooses yes is because the learning delivered by the teacher is very enjoyable and they also like physical education learning sports and health. So it can be concluded that during the new normal era, the average of the results of students and the effectiveness of PJOK learning in the new normal era is very impressive, gaining new motion experiences

and understanding of the theory taught. According to (Susanto, 2013) states "Learning outcomes are changes that occur in students both affective, and psychomotor as a result of learning activities. According to (Maksum, 2014) to achieve this goal, qualified PJOK teachers are needed, qualified teachers are professional teachers. The results of research on the indicator of student willingness showed that students voted as much as 80% yes, 16% did not and 4% of students chose not to know. The reason why the average student chooses yes is because students want to be able to understand the material well. So it can be concluded that during the new normal era, the willingness of students in PJOK learning, on average, students mean it and have a feeling of pleasure when learning takes place, where at the time of learning PJOK the material presented by the teacher is easy to understand, so that many students mean it and are happy. According to (Kompri, 2015) namely: 1 Feelings of pleasure A student who has a feeling of pleasure or liking for the study of Science for example, then he must continue to study science-related science, there is no feeling of being forced to study the field. 2 Attention in learning The existence of attention is also an indicator of willingness to learn. Attention is the concentration or activity of the soul towards observation, understanding, and so on to the exclusion of the other.

The results of research on method indicators show that students choose as much as 68% yes, 12% no and 20% of students choose not know. The reason why the average student chooses yes is because they don't feel compelled to carry out physical education learning in sports and health and they train hard because they want to be able to do the material that the teacher presents. So it can be concluded that most students state that they are not depressed and practice hard during the learning process. According to (Sudjana, 2010) interpreting the learning method is the method used by teachers in establishing relationships with students during teaching.

The results of research on student cooperation indicators showed that students chose as much as 68% yes, 12% did not and 20% of students chose not to know. The reason students choose yes is because students give each other support in doing sports and health physical education learning practices and students help each other and teach to other students who have not been able to demonstrate the movements taught. So it can be concluded that in the new normal era, most students cooperate in PJOK learning, this is evidenced by students who study with their friends and help each other and teach if there are friends who cannot. according to (Soekanto, 2006) Cooperation is important for human life, because with cooperation humans can carry out their lives. Of the 4 indicators that have been described above, face-to-face PJOK learning alternately continues to be carried out effectively. In its implementation, there is a slight difference, from what is usually an online meeting turned into face-to-face learning face-to-face learning face-to-face learning in turn. With face-to-face learning in the new normal era, the effectiveness of PJOK learning is more effective than the previous PJOK learning. However, on the other hand, the role of teachers and students is very important in the effectiveness of PJOK learning in the new normal era. In this case, teacher creativity is needed because students will be more interested if the learning carried out is different from previous learning and in order to achieve the effectiveness of PJOK learning in the new normal era.

CONCLUSION

Based on the results and discussions that have been obtained, of the four indicators, namely yield indicators, willingness indicators, method indicators and cooperation indicators. So researchers can draw conclusions about the survey of the effectiveness of PJOK learning in the new normal era at MAN 3 Jombang in class XI MIPA shows that the effectiveness of face-to-face PJOK learning alternately remains effectively carried out or achieved.

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