

Effectiveness of Online Media Learning For Physical Education In SD Tamansiswa Jetis, Yogyakarta



Pris Azassih¹, Sumaryanti²

^{1,2} Universitas Negeri Yogyakarta, Yogyakarta, DIY, 55281, Indonesia

ABSTRACT: This research aims to find out how effective online learning is in the use of online media during the pandemic at SD Tamansiswa Jetis (Tamansiswa Jetis Elementary School), Yogyakarta City. This research was a descriptive quantitative study. The research method was the survey method with data collection techniques used the instruments in the form of questionnaires. The research population was all fifth and sixth grade students of SD Tamansiswa Jetis Yogyakarta, with the total of 40 students. The results of the research on the effectiveness of online learning media in Physical Education lessons at SD Tamansiswa Jetis Yogyakarta show the results with the various categories as follows: in the poor category at 32.5%, in the moderate category at 30%, in the good category at 22.5%, in the very good category at 10 %, and in the very poor category at 2.5%. These results indicate that the online learning using online media During the Covid-19 Pandemic for the fifth and sixth grade students in Physical Education subject at SD Tamansiswa Jetis, Yogyakarta City is not effective.

KEYWORDS: Effectiveness, Online Learning, Online Media and Physical Education.

I. INTRODUCTION

Coronavirus Diseases 2019 is a virus that attacks the human respiratory system and is transmitted through saliva droplets which can cause death (Sari & Sutapa, 2020: 20). World Health Organization (WHO) on 24 April 2020, as many as 213 countries have been infected with Covid-19, 2,631,839 of which were confirmed positive and 182,100 died. The complexity of handling the outbreak, the lack of vaccines and drugs to cure Covid-19 patients and the limited personal protective equipment (PPE) for health workers have made the government implement strict policies to break the chain of Covid-19 spread. One of them is by creating an online learning policy for the process of teaching and learning activities at all levels of education. Minister of Education Nadiem Makarim issued Circular Letter Number 4 of 2020 concerning the implementation of policies and education during the Covid-19 pandemic emergency, therefore in order to break the chain of the spread of the Covid-19 virus, teaching and learning activities in schools were closed and replaced with the implementation of learning at the homes of each student using a networked learning system. Previous research shows that as many as 98% of teachers in primary schools and subject teachers in Bantul Regency Yogyakarta have used online learning during the Covid-19 pandemic (Anugrahana, 2020: 285).

However, field observations show that there are still many Physical Education, Sports and Health teachers who do not utilise learning media. Education has an important role in developing students' talents, potential, and skills to face greater future challenges. Therefore, the planning of the learning process continues to develop in accordance with the times. Physical Health and Sports Education has a relationship with children's feelings, children's personal relationships, group behaviour, children's mental development, social and intellectual aspects, and aesthetics. Student involvement in physical education learning is very important to achieve these goals. However, there is still a lack of teacher knowledge and ability to use online features, as well as barriers and limitations in the implementation of online learning, which causes obstacles in learning Physical Education Sports and Health during the Covid-19 pandemic (Herlina & Suherman, 2020: 3). In online learning situations, teachers must be more creative and innovative in teaching and choosing interesting learning materials so that students are enthusiastic and active during the physical education learning process. Observations and interviews with physical education teachers at Tamansiswa Jetis Elementary School in Yogyakarta City show that some students do not participate in online learning.

The learning media chosen by the PJOK teacher is not known to be effective because there are still many students who do not submit the assignments. To overcome these problems, learning media can be utilised in various ways, such as making learning videos or interesting tasks so that students feel challenged. In addition, the supporting factors needed to create effective teaching

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include professional human resources and facilities that motivate students to take part in physical education learning. Based on the above problems, the author is interested in examining the effectiveness of online learning media in Physical Education Sports and Health lessons at SD Tamansiswa Jetis Yogyakarta. This study aims to evaluate the use of online learning media in Physical Education, Sport and Health lessons, as well as to identify factors that influence its effectiveness. By conducting this research, it is expected to provide new insights for Physical Education, Sport and Health teachers in utilising online learning media effectively. In addition, the results of this study are also expected to provide recommendations to related parties, such as schools and governments, in improving the quality of physical learning during the pandemic and distance learning situations.

II. METHOD

Research Design

This research is quantitative descriptive research, namely by collecting quantitative data which is then described. Based on Priyono's opinion (2016: 37) that descriptive research is research conducted to provide a description or describe a phenomenon or symptom on the object under study. The method used in this research is the survey method and data collection techniques using instruments in the form of questionnaires or questionnaires. The data collected is based on the acquisition of the number of scores from the questionnaire given to respondents. This study aims to determine how high the level of effectiveness of online learning media in PJOK subjects at Tamanansiswa Jetis Elementary School, Yogyakarta. Time and Place of Research This research was conducted at SD Tamansiswa Yogyakarta which will be held on 22 May 2022. This research was attended by all students of grade V (five) and VI (six) of SD Tamansiswa Yogyakarta. Research Subjects The population of this research is all students of grade V and VI at SD Tamansiswa Jetis Yogyakarta. Research subjects are sources or parties that provide information that researchers want to obtain. Research subjects can be individuals or entities related to the research topic. The researcher will collect data from the research subjects who are the students to analyse and draw conclusions in accordance with the research objectives.

Table 1. Research Subjects

No	Kelas	Jumlah Siswa
1	Kelas lima (V)	18
2	Kelas enam (VI)	22
Jumlah Siswa		40

Instruments, and Data Collection Techniques Based on the opinion of Margono (2010: 157) the instrument grid contains the scope of the question material, the type of question, the abilities measured, the number of questions, the time required. The ability in question is the expected ability of the subject under study. The following instrument lattice is as follows:

Table 2. Instrument Lattice

Variable	Factor	Indicator	Test Item
Implementation media learning media Online by Physical Education, Sport and Health at primary school Tamansiswa Jetis Elementary School Yogyakarta	Media based visual	Photo media	1, 2, 3, 4, 5
	Audio-based media	Recorded media	6,7,8,9,10
	Audio-visual based media visual-based media	Video media	11,12,13,14,15
	Media based computer	Internet media	16,17,18,19, 20

The data collected in the study were used to test hypotheses or answer research questions. The questionnaire statements that originally referred to the use of offline learning media have been modified to the utilisation of online learning media. The questionnaire used has been tested for validity by Bagus Pambudi in 2021. The validity test results showed a correlation between 0.534 to 0.863. After the second retest, the validity correlated between 0.635 to 0.856.

Data Analysis Technique

The data analysis technique used is descriptive percentage data analysis technique, based on the opinion of Sudijono (2009: 40) the formula used is as follows:

$$P = \frac{F}{N} \times 100\%$$

Description:

P = Percentage sought (Relative Frequency)

F = Frequency

N = Number of respondents. (Sudijono, 2009: 40)

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Then in determining the interval using the Norm Reference Assessment (PAN) formula from Azwar (2016: 163) in the table as follows:

Table 3. Assessment Norms

No	Intervals	Category
1	$M + 1,5 SD < X$	Very High
2	$SD < X \leq M + 1,5 SD$	High
3	$SD < X \leq M + 0,5 SD$	Smplly
4	$SD < X \leq M - 0,5 SD$	Low
5	$X \leq M - 1,5 SD$	Very Low

Description:

M = average value (mean)

X = score

SD = Standard Deviation

III. RESEARCH RESULT

The results of research on the effectiveness of online learning using online media during the Covid-19 pandemic in PJOK subjects in Grades 5 and 6 at Tamansiswa Jetis Elementary School, Yogyakarta City as a whole are measured by a questionnaire totalling 20 statement items. Based on the results of data research in the field, the following results were obtained:

Table 4. Statistics of Research Data on the Effectiveness of Online Learning Using Online Media During the Covid-19 Pandemic in PJOK Subjects

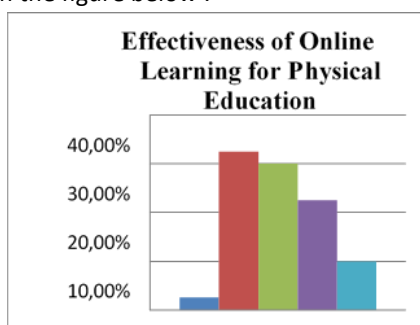
Description	Value
Mean	60,78
Median	60,50
Mode	55,00
Std. Deviation	7,05
Minimum	50,00
Maximum	80,00

Description of the research results on the effectiveness of online learning using online media during the Covid-19 pandemic in PJOK subjects in Grades 5 and 6 at Tamansiswa Jetis Elementary School, Yogyakarta City in this study can be seen in the table below:

Table 5. Description of the Effectiveness of Online Learning using Online Media During the Covid- 19 Pandemic in PJOK Subjects

Interval	Kategori	Frequency	%
$X > 71,35$	Very Good	4	10
$,31 \leq x < 71,35$	Good	9	22,5
$,25 \leq x < 64,31$	Simply	12	30
$,21 \leq x < 57,25$	Less	13	32,5
$X < 50,21$	Very Less	1	2,5
Jumlah		40	100

If displayed in diagram form, it can be seen in the figure below :



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Figure 1. Diagram of Research Results on the Effectiveness of Online Learning Using Online Media During the Covid-19 Pandemic in PJOK Subjects

Based on the table and figure above, it is known that the effectiveness of online learning using online media during the Covid-19 pandemic in PJOK Subjects in Grades 5 and 6 at Tamansiswa Jetis Elementary School in Yogyakarta City is mostly in the category of less with a percentage of 32.5%, followed by a sufficient category of 30%, a good category of 22.5%, a very good category of 10%, a very poor category of 2.5%. Online Learning using Online Media During the Covid-19 Pandemic in PJOK Subjects in Grades 4 and 5 at Tamansiswa Jetis Elementary School in Yogyakarta City in this study is based on visual, audio, audio-visual and computer media.

1. Visual-based media

The results of research on the effectiveness of online learning using visual-based media in PJOK subjects in this study were measured by 5 statement items. The statistical results of the research data are obtained as follows:

Table 6. Research Data Statistics on the Effectiveness of Online Learning Using Visual-Based Media Visual

Description	Value
Mean	15,05
Median	15,00
Mode	13,00
Std. Deviation	2,54
Minimum	11,00
Maximum	20,00

The description of the research results of online learning effectiveness data using visual-based media can be seen in the table below:

Table 7. Description of Research Results on the Effectiveness of Online Learning Using Visual-Based Media

Intervals	Category	Frequency	%
$X > 18,86$	Very Good	4	10
$16,32 \leq x < 18,86$	Good	8	20
$13,78 \leq x < 16,34$	Simply	16	40
$11,24 \leq x < 13,78$	Less	7	17,5
$X < 11,24$	Very Less	5	12,5
Jumlah		40	100

If displayed in a diagram, it can be seen in the figure below

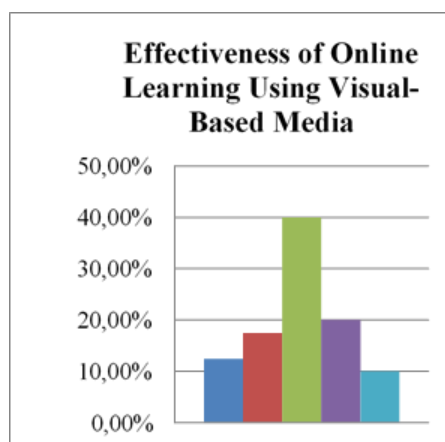


Figure 2. Diagram of Research Results on the Effectiveness of Online Learning Using Visual-Based Media

Based on the table and figure above, it is known that the effectiveness of online learning using visual-based media is mostly in the moderate category with a percentage of 40%, good category of 20%, poor category of 17.5%, very poor category of 12.5%, and excellent category of 10%.

2. Audio-based Media

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The results of research on the effectiveness of online learning using audio-based media in PJOK subjects in this study were measured by 5 statement items. The statistical results of the research data are obtained as follows: Table 8. Data Statistics on the Effectiveness of Online Learning Using Audio-Based Media in PJOK Subjects

Description	Value
Mean	15,70
Median	15,00
Mode	14,00
Std. Deviation	2,51
Minimum	12,00
Maximum	20,00

Description of the results of research on the effectiveness of online learning using audio-based media in PJOK subjects can be seen in the table below:

Table 9. Description of Research Results on the Effectiveness of Online Learning Using Audio-Based Media in PJOK Subjects

Intervals	Category	Frequency	%
$X > 19,46$	Very Good	2	5
$16,95 \leq x < 19,46$	Good	14	35
$14,45 \leq x < 16,95$	Simply	9	22,5
$11,93 \leq x < 14,45$	Less	15	37,5
$X < 11,93$	Very Less	1	2,5
Jumlah		40	100

If displayed in a diagram, it can be seen in the figure below:

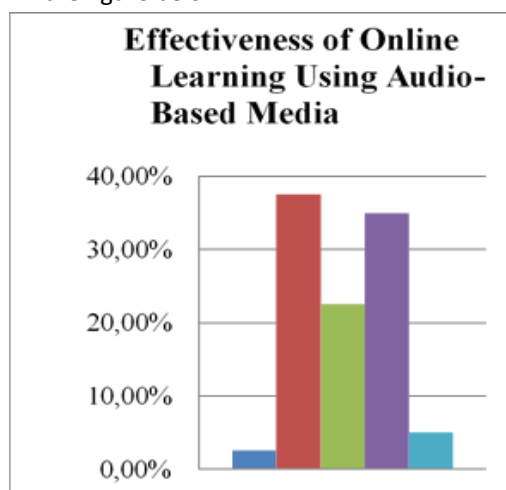


Figure 3. Diagram of Research Results on the Effectiveness of Online Learning Using Audio-Based Media in PJOK Subjects

Based on the table and figure above, it is known that the effectiveness of Online Learning using audio-based media in PJOK subjects is mostly in the category of less with a percentage of 37.5%, a good category of 35%, a sufficient category of 22.5%, a very good category of 5%, and a very poor category of 2.5%. From these results it can be seen that audio-based media is felt to have less of a good impact in helping to convey material.

3. Audio-visual based media

The results of research on the effectiveness of Online Learning using audio-visual based media in PJOK subjects in this study were measured by 5 statement items. The statistical results of the research data are obtained as follows:

Table 10. Data Statistics on the Effectiveness of Online Learning Using Audio-Visual Based Media

Description	Value
Mean	15,43
Median	15,00
Mode	14,00
Std. Deviation	2,18

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Minimum	12,00
Maximum	20,00

Description of the results of research on the effectiveness of online learning using audio-visual based media can be seen in the table below:

Table 11. Description of Research Results on the Effectiveness of Online Learning Using Audio- Visual Based Media

Intervals	Category	Frequency	%
$X > 18,69$	Very Good	6	15
$16,51 \leq x < 18,69$	Good	4	10
$14,45 \leq x < 16,51$	Simply	28	70
$11,94 \leq x < 14,45$	Less	2	5
$X < 11,94$	Very Less	0	0
Jumlah		40	100

If displayed in a diagram, it can be seen in the figure below:

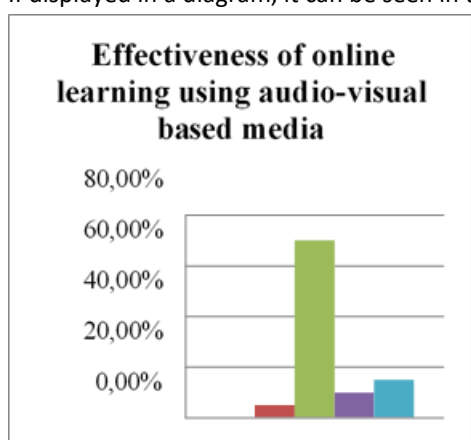


Figure 4. Diagram of Research Results on the Effectiveness of Online Learning Using Audio-Visual Based Media

Based on the table and figure above, it is known that the effectiveness of online learning using audio-visual-based media is mostly in the moderate category with a percentage of 70%, a very good category of 15%, a good category of 10%, a poor category of 5%, and a very poor category of 0%. This shows that audio-visual-based media can be an effective alternative in online learning, but other factors need to be considered such as the quality of the media and the ability of teachers to manage online learning. By paying attention to other factors, audio-visual media can be more effectively used.

4. Computer-based Media

The results of research on the effectiveness of Online Learning using computer-based media in PJOK subjects in this study were measured by 5 statement items. The statistical results of the research data are obtained as follows:

Table 12. Data Statistics on the Effectiveness of Online Learning Using Computer-Based Media

Description	Value
Mean	14,60
Median	14,00
Mode	13,00
St. Deviation	2,52
Minimum	10,00
Maximum	20,00

Description of the results of research on the effectiveness of Online Learning using computer-based media can be seen in the table below:

Table 13. Description of Research Results on the Effectiveness of Online Learning Using Computer-Based Media

Intervals	Category	Frequency	%
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$X > 18,36$	Very Good	5	12,5
$86 \leq x < 18,36$	Good	8	20
$34 \leq x < 15,86$	Simply	13	32,5
$83 \leq x < 13,34$	Less	12	30
$X < 10,83$	Very Less	2	5
Jumlah		40	100

If displayed in diagram form, it can be seen in the figure below:

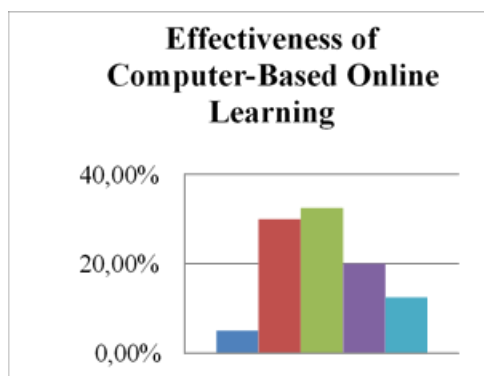


Figure 5: Diagram of Research Results on the Effectiveness of Online Learning Using Computer-Based Media

DISCUSSION

Research conducted by Marjan et al. (2020: 193) shows that during online learning in Indonesia, there are nine types of applications used, including Zoom Meeting, Google Classroom, WhatsApp, email, Edmodo, Skype, Webex, Camstudio, and Google Meet. This shows the variation in the use of technology in the online learning process in Indonesia. In addition, research conducted by Pambudi (2021) focused on the utilization of online learning media by physical education, sports and health teachers in Kapanewon Kasihan. The results showed that the utilization of online learning media in this context was categorized as "sufficient". This shows that the use of online learning media in physical education and health learning can make an adequate contribution to the learning process. Online learning uses the internet network as a means of distance learning (Isman, 2016: 587). It allows learners to learn without having to physically interact directly with teachers and classmates. This approach has proven to be effective especially in situations such as the Covid-19 pandemic, where face-to-face learning is limited or not possible. However, there are challenges in online learning, such as lack of direct social interaction, difficulty in understanding the material, and technical constraints. Therefore, it is important to overcome this barrier and ensure good internet access to optimize the online learning process. In addition, evaluation and supervision of students is also a challenge in online learning, where teachers have to find effective ways to assess students' attitude and progress in online learning.

IV. CONCLUSIONS

Conclusion

Based on the results of the analysis and discussion in the previous chapters, it can be concluded that the results of research on the effectiveness of online learning using online media during the Covid-19 pandemic in PJOK Subjects in Grades 5 and 6 at Tamansiswa Jetis Elementary School, Yogyakarta City are mostly in the less category at 32.5%, followed by the sufficient category at 30%, the good category at 22.5%, the excellent category at 10%, the category is very poor at 2.5%. These results can be concluded that Online Learning using Online Media during the Covid-19 Pandemic in PJOK Subjects in Grades 5 and 6 at Tamansiswa Jetis Elementary School in Yogyakarta City is less effective.

Suggestion

Online learning in PJOK subjects requires teacher creativity and innovation in effective learning methods. Students need to have high motivation and discipline in learning PJOK materials online. Future researchers are advised to conduct a broader study with a larger sample and additional variables to identify factors that affect the effectiveness of online learning.

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