

## **Improving Students' Understanding in Practicing Static and Dynamic Gymnastic Movements through Audio Visual**

**Andri Buldani Rozaq<sup>1</sup>, Dessy Wardiah<sup>2</sup>, Jujur Gunawan Manullang<sup>2</sup>**

<sup>1</sup>SMP Negeri 3 Ulu Musi, South Sumatra, Indonesia, <sup>2</sup>Universitas PGRI Palembang, South Sumatra, Indonesia

Corresponding author e-mail: [andri.2022152073.students@univpgri-palembang.ac.id](mailto:andri.2022152073.students@univpgri-palembang.ac.id)

**Abstract:** The purpose of this study was to determine the effect of using audio-visual media on increasing students' understanding of practicing static and dynamic gymnastics movements. This form of research is using the One Group Pretest-Posttest Design research design. The subjects of this study were VII grade students of SMP Negeri 3 Ulu Musi, namely where the number of students was 20 students, namely 11 boys and 9 girls. The research data analysis technique was carried out by comparing the data from the pretest and posttest results after treatment using a one-sample t-test. From the results of the study before students saw audio-visual media, the average pretest result was a question item value of 48.05 with the highest value of 72, and the lowest value was 14. The average pretest skill value was 56.56 with the highest value of 87.5 and the lowest value was 25. Whereas during the posttest after students saw audio-visual learning media, the average value was a question item value of 95.8 with the highest value of 100 and the lowest value of 75. The average skill value was 85.93 with the highest post-test value of 100 and the lowest value of 62.5. Thus, showing an increase in student understanding in practicing static and dynamic gymnastics movements through audio-visual media from the pretest and post-test. This proves that the use of audio-visual media is effective in increasing students' understanding of practicing static and dynamic gymnastics.

**Keywords:** Audio Visual Media, Comprehension, Static and Dynamic Movement

### **A. Introduction**

The role of the teacher in teaching is more oriented toward the function of a learning leader. He plans, implements, organizes, and supervises the teaching and learning process. He must be able to choose and determine the right teaching and learning strategy according to the abilities and characteristics of students, the available environment, and the conditions at the time of the process. Physical education teachers are required to be creative and innovative in carrying out the PJOK learning process so that learning is not boring. What and how the learning process is the responsibility of the teacher to convey it to students in a way that enrichment of the teacher.

This research was conducted at SMP Negeri 3 Ulu Musi, one of the schools located in Air Kelinsar Village, Ulu Musi sub-district, Empat Lawang Regency. During PJOK lessons, students do not understand the warm-up movements correctly, so that every time students warm up independently there are still many movements that are perfunctory and do not match what the educator has taught before.

In the warm-up there are 2 types, namely Static stretching or static stretching is done by holding each movement for 10-30 seconds or a count of 1 x 8, before moving on to the next movement. In contrast to dynamic stretching or dynamic stretching which is immediately carried out in several repetitions usually with a count rhythm of 2 x 8. The material is contained in Chapter VII on "Rhythmic Movement Activities" is a subject taught in schools, especially class VII. In school learning practices usually only use lecture and demonstration methods. Teachers only emphasize the achievement of results without improving the learning methods used. In this learning, students have not been able to practice warm-up gymnastics movements independently, because static and dynamic warm-up movements have slight differences in movement so that students do not understand and are still mistaken for doing both movements. To improve understanding in practicing good static and dynamic gymnastic movements in order requires learning that is fun, easy to understand and innovative so that students are not bored and also interested in learning static and dynamic gymnastic movements correctly. In addition, inappropriate learning methods result in a decrease in student attitudes in performing static and dynamic gymnastics movements, so that learning outcomes are less than optimal.

Physical education sports and health is a subject given at a certain school level which is one part of the overall education that prioritizes physical activity and fostering a healthy life for the growth and development of physical, mental, social and emotional harmony, harmony and balance (Ministry of Education, 2006). According to Firmansyah (2009), physical education is an educational process that involves interaction between learners and the environment that is managed through physical activity systematically towards the formation of the whole person.

Understanding comes from the word understand. In the Big Indonesian Dictionary, understand means to understand. Understanding is a person's ability to capture the meaning and meaning of the material studied, which is expressed by describing the main content of a reading or converting data presented in a certain form into another form. If understanding is a measure of a person's ability to understand or understand the activities he does, then in learning, the teacher must understand or understand what he teaches to students. Daryanto (2008) states that: Understanding (comprehension) is this ability generally gets emphasis in the teaching and learning process. emphasis in the teaching and learning process. Students are required to understand or understand what is being taught, know what is being communicated and be able to utilize its contents without having to connect it with other things.

In Bloom's taxonomy, understanding is classified in the second level of cognitive domain. Understanding is a higher level than knowledge. This means that understanding is not just knowing, but also wants students to learn to be able to utilize or apply what they have learned and understand. According to Anas Sudijono (2011) comprehension is a person's ability to understand or comprehend something after something is known and remembered. In other words, understanding is knowing about something and being able to see it from various angles. A teacher is said to understand something if he or she can provide an explanation or give a more detailed description of it using the following words explanation or give a more detailed description of it using his own words.

From the explanation above, it can be concluded that understanding is a person's ability to understand or interpret something. Someone can be said to understand if it can provide an explanation of the information obtained in detail using its own words in accordance with existing concepts. It is even better if someone can give examples of what he learned with the problems around him.

Keep in mind, a sports or training session consists of three phases, namely warming up, core training, and cooling down. These three aspects are important to be done in a disciplined manner. However, there are many who skip or only do the **warm-up** phase, even though warming up has many benefits. The goal is to prepare the body before starting physical activity and avoid the risk of severe injury. That's why it's important to warm up before exercising. Moreover, warming up brings benefits.

In (Emodul.kemdikbud.go.id, Wednesday (4/5/2022)). There are various kinds of warm-ups that can be done during sports, static warm-ups and dynamic warm-ups. Static warm-up is a warm-up with a form of stretching that is done starting from the upper body towards the bottom (from head to toe) using a count of 1x8. This static warm-up aims to prepare the muscles to do heavier work so that cramps or other muscle injuries do not occur. This static warm-up must be done correctly so that the muscles are completely stretched. This is done to avoid injuries caused by inappropriate muscle stretching.

Dynamic warm-up is a warm-up that is carried out using continuous or interrelated movements. Examples of dynamic warm-up movements are moving the head up and down. Then short-short long-long bending movements on the hands or combination movements (squat upright). This form of warm-up is intended to relax stiff muscles.

The development of technology certainly has a positive impact on the world of education, because by utilizing technology, learning will be more professional and make teachers and students creative. This is in accordance with the contents Benson and Odera (2013) in his journal argued that Media is expected to play a critical role in enhancing academic performance. Which means that the media is expected to play a

critical role in improving academic performance. Advanced education certainly requires adequate facilities, professional teaching staff and creative and fun ways of teaching.

Media is anything that can channel messages from people who give messages to people who receive messages in the form of hardware or software (Fujiyanto, 2016). Interesting learning media can create a pleasant learning atmosphere for students. Learning media has an important role in supporting the quality of the teaching and learning process. According to Purwono, (2014) media can also make learning more interesting and fun. According to Khalistiana (2015) explains that learning media can clarify the presentation of messages and information.

The main function of the learning media itself is as a means to realize more effective learning. This will affect the quality of better learning outcomes if the use of media is appropriate. Because through learning media, concepts that are abstract for students will be illustrated in real terms so that they arouse students' interest in learning. Thus, the media can be concluded as a tool to facilitate the teaching and learning process in streamlining communication between teachers and students.

Nowadays, audio-visual media is important in the education system. Audio-visual media is a device used in classrooms to encourage teaching and learning and make it easier and more interesting. Audiovisual media is the best tool to make effective teaching and the best dissemination of knowledge. So, there is no doubt that technical devices have a greater impact and dynamic informative system.

According to Andayani (2014). Audio visual media is a combination of audio and visual media or commonly called hearing media which makes the presentation of the content of the learning theme more complete. Furthermore, audio visual media is a tool used in learning to assist the written and spoken word in conveying knowledge, attitudes, and ideas in learning.

Researchers also identified students' problems in practicing between static and dynamic gymnastics which are still not good, including (1) students do not understand in practicing static and dynamic gymnastic movements in accordance with the correct sequence; (2) there are still students who do not understand the difference between static movements and dynamic movements; (3) lack of awareness of students in doing warm-up activities before exercising; (4) students have not been able to practice static and dynamic gymnastic movements independently.

## **B. Methods**

The method used in this research is an experimental method with a one group pretest-posttest research design. This method is used on the basis of the consideration that the

nature of experimental research is to try something to determine the effect or effect of a treatment or treatment (Arikunto, 2010). Regarding this experimental method Sugiyono (2013) explains, the research method used to find improvements to others under controlled conditions. Regarding the experimental research method, it is a series of experimental activities with the aim of investigating something or a problem so that results are obtained. So, in the experimental method there must be two factors that are tried, in this case the factor that is tried and is an independent variable is audio-visual media to find out its effect on the dependent variable, namely the results of understanding static and dynamic gymnastic movements. Researchers want to know the effect of the independent variable on the dependent variable being investigated or observed, namely: the use of audio-visual media with and without using audio visual media to increase understanding in static and dynamic gymnastic movements. This study compares the results of the pretest and posttest of class VII students of SMP Negeri 3 Ulu Musi, totaling 20 people.

According to the Big Indonesian Dictionary, an instrument is a set of tools used to collect data and gather information. Meanwhile, assessment can be interpreted as a process, making value or method. The term is often referred to as assessment. Based on the explanation above, the researcher concludes, the assessment instrument is a set of tools used in activities to collect data and collect information by something. Based on the explanation above, the researcher concludes, the assessment instrument is a set of tools used in the activity of collecting data and collecting information by something that has been measured, aiming to determine the level of competency achievement in the form of test instruments or non-test instruments. According to the opinion of Musfiqon (2012), said that the assessment instrument is a tool that can be used to measure the level of competency achievement in the form of tests and non-tests, and the techniques used are inseparable from an instrument used to collect data on the progress of students, both related to the learning process and learning outcomes in accordance with the competencies of interest. The instrument used in this study is a performance test in the form of an assessment rubric found in a modified teacher's handbook.

The data analysis technique in this study was carried out by analyzing the results of the pretest and posttest. This study is to determine whether one treatment is said to be good or less, sufficient or insufficient. The treatment is given after the initial test, after the data is collected from the initial test and the treatment is given, then the final test with the aim of knowing whether there is a significant difference before being treated and learning static and dynamic gymnastic movements using audio visual media.

### **C. Results and Discussion**

From the results of the study before students saw audio visual media, the average pretest results were the average pretest value of question items 48.05 with the highest value of 72, the lowest value of 14. The average pretest value of skills 56.56 with the highest value of 87.5 and the lowest value of 25. Whereas during the posttest after students saw audio visual learning media, the average value was obtained was the value of question items 95.8 with the highest value of 100 and the lowest value of 75. The average skill value was 85.93 with the highest posttest value of 100 and the lowest value of 62.5. Thus, it can be seen that there is an increase in students' understanding of practicing static and dynamic movements from the pretest and posttest. This proves that the use of audio-visual media in learning static and dynamic movements is effective in increasing the understanding of seventh grade students of SMP Negeri 3 Ulu Musi on static and dynamic movements. Audio visual media is very helpful in the process of delivering material that makes learning more interesting and makes it easier for students to understand the material. The use of this media has made a major contribution to the development of learning, where PJOK subject matter is not only from explanations and demonstrations but from media that is made more interesting and students are invited to utilize more of their five senses. The more five senses used to receive and process information, the greater the information is easier to understand and remember.

Based on the results of research on the results of static and dynamic gymnastics movements using audio-visual methods in class VII students of SMP Negeri 3 Ulu Musi, there are still some errors and difficulties found in students when practicing static and dynamic gymnastics becomes an obstacle in learning. One of the efforts applied in overcoming this problem is the application of audio-visual media. Based on the results of the study, it was found that the understanding of class VII students of SMP Negeri 3 Ulu Musi on static and dynamic gymnastics movements increased with the help of audio-visual media.

The application of audio-visual media in learning is one of the effective teaching methods, because audio visual media can combine several components ranging from images, videos and sound into one unit. Audio visual media is also able to increase interest and strengthen student understanding of a materials. The application of audio visual will make students understand better and get a more external picture of a particular material.

### **D. Conclusion**

Based on the results of the study, the researchers can conclude as follows: There is a positive influence on students' understanding of static and dynamic gymnastics movements. With the application of audio-visual media, students are easier and faster

in understanding and can perform independently static and dynamic gymnastics movements, because the audio-visual media describes the image of each part and also explains each part of the static and dynamic movements in detail. This proves that the application of audio-visual media is able to improve the understanding of seventh grade students of SMP Negeri 3 Ulu Musi on static and dynamic gymnastics movements.

### **E. Acknowledgement**

The authors thanks of SMP Negeri 3 Ulu Musi as the place where the research from start to finish. We also thanks to Universitas PGRI Palembang for making it easy for us to carry out this research.

### **References**

- Arikunto. (2010). *Research Procedures A Practical Approach*. Jakarta: Rineka Cipta.
- Andayani (2014). *Integrated Learning in Elementary School*. Jakarta: Open University.
- Benson., & Odera. (2013). *Media is expected to play a critical role in enhancing academic performance*.
- Daryanto. (2015). *School Culture and Climate Management*. Yogyakarta: Gava Media.
- Firmansyah, (2009). *Physical education is an educational process involving interaction between learners and the environment managed through physical activity*.
- Fujiyanto, A. (2016). The Use of Audio-Visual Media to Improve Student Learning Outcomes on the Material of Relationships Between Living Things. *Jurnal Pena Ilmiah*: 1(1), 842.
- Musfiqon, H. M. (2012). *Education Research Methodology*. Jakarta: Prestasi Pustakaraya.
- Ministry of Education, (2006). *Unit Level Curriculum for Primary Schools, Physical Education Subjects*. Jakarta: Dikdasmen.
- Purwono. (2014). The Use of Audio-Visual Media in Natural Science Subjects at State Junior High School I Pacitan. *Journal of Educational and Learning Technology*, 2(2), 127-144, <http://jurnal.fkip.uns.ac.id>. Accessed February 4, 2017.
- Sudijono, A. (2011). *Educational Evaluation*. Jakarta; Raja Grafindo Persada.
- Sugiyono. (2013). *Quantitative Research Methods and R and D*. Bandung: Alfabeta.