

Analysis of Movement Skills of SD Alam Lubuklinggau Students After the Post Covid-19 Pandemic

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Abstract: The purpose of this study was “to determine the Analysis of Movement Skills of Students of SD Alam Lubuklinggau After the Post Covid-19 Pandemic”. This is quantitative descriptive research by providing basic motion, so that the results of skills are obtained and analysis is carried out. The data analysis used in this study calculated the percentage of Movement Skills of SD Alam Lubuklinggau Students After the Post Covid-19 Pandemic. The result was found that the condition of students’ movement skills was still relatively poor after the COVID-19 pandemic. In addition, the phenomenon that occurs shows that children are more interested in doing electronic games -such as online games, gadgets and, other electronic games. Children feel very comfortable to do the game without feeling bored for a long period of time. On the other hand, the child himself stated that he only felt tired and bored with what was taught by the teacher and did not like to do running and jumping activities.

Keywords: Covid 19, Movement Skills, Student.

A. Introduction

In this day and age, the development of science and technology can no longer be limited, in the face of this, an education is needed to filter out positive and negative things. Education is a conscious effort in preparing students through guidance, teaching and training activities for the life to come, with the participation and joint responsibility between the government, community members, parents and the environment. This is very important for the achievement of quality education with continuous monitoring and coaching and improving the quality of education. Education is essentially a conscious effort made by adults to influence immature students or children, carried out inside and outside school and characterized by changes in attitudes as evidence of the success of these influences.

Maximum learning objectives, teachers are required to be actively creative in developing a learning by utilizing technology. Utilizing technology in the form of computer devices, internet teachers can develop learning methods at school so that learning objectives become more optimal. For this reason, every teacher must continue to develop to make learning interesting, efficient and maximally accepted by students.

This COVID-19 virus is a severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) virus that can cause respiratory system disorders. This virus spreads through droplets of COVID-19 patients attached to various public places and accidentally touched by people whose body conditions are not healthy or their immune systems are weak. The spread of this virus is so fast and easy that it takes many victims in the world. Especially in Indonesia, this threatening situation causes the Indonesian government to carry out lockdown and PSBB policies in several regions. PSBB is a large-scale social restriction, where the PSBB and lockdown aims to reduce the spread of the COVID-19 virus by forcing people to work at home. To participate in helping the government reduce the risk of spreading the COVID-19 virus.

Based on the results of initial observations made by researchers at Lubuklinggau natural school elementary school, it was found that the condition of students' movement skills was still relatively poor after the COVID-19 pandemic. In addition, the phenomenon that occurs shows that children are more interested in doing electronic games -such as online games, gadgets and, other electronic games. Children feel very comfortable to do the game without feeling bored for a long period of time. On the other hand, the child himself stated that he only felt tired and bored with what was taught by the teacher and did not like to do running and jumping activities.

Based on the background above, researchers are interested in conducting a study entitled "Analysis of Movement Skills of SD Alam Lubuklinggau Students After the Post Covid-19 Pandemic".

B. Methods

Research methods are defined as scientific ways to obtain data with specific purposes and uses (Sugiyono, 2016). This research is quantitative descriptive research, namely research by providing basic motion, so that the results of skills are obtained and analysis is carried out (Arikunto, 2006).

Table 1. Score Motion Description and Task

| No | Motion Tasks | Motion Description | Score |
|--------------------|--|--|-----------|
| 1 | Variations of manipulative motion of slapping the ball (bottom throw). | 1. Upright body position. | 5 |
| | | 2. Hold the ball with 1 hand. | 5 |
| | | 3. Bend the elbows to position the swing from bottom to top. | 5 |
| | | 4. Focus the direction of the gaze in the direction of the ball to be thrown. | 5 |
| | | 5. Throw the ball by swinging the ball from bottom to top as hard as possible. | 5 |
| Total Score | | | 25 |
| 2 | Variations of locomotor | 1. Upright body position. | 5 |
| | | 2. Straight-forward eyes. | 5 |

| | | | |
|--------------------|---|--|-----------|
| | motion zigzag | 3. Sideways body position. | 5 |
| | sideways | 4. Both hands are bent and at the sides of the body. | 5 |
| | running. | 5. Run in a forward-backward manner. | 5 |
| Total Score | | | 25 |
| 3 | Variations of locomotor motion zigzag running straight ahead. | 1. Upright body position. | 5 |
| | | 2. Straight-forward eyes. | 5 |
| | | 3. Body position straight ahead. | 5 |
| | | 4. Both hands are at the sides of the body and straight forward. | 5 |
| | | 5. Run by turning right and left in the specified direction. | 5 |
| Total Score | | | 25 |
| 4 | Variations of manipulative motion catch the ball using basket aids. | 1. Upright body position. | 5 |
| | | 2. The eye gaze is fixed on the direction in which the ball comes. | 5 |
| | | 3. Bend the elbow to position when catching the ball using the basket. | 5 |
| | | 4. Focus the direction of view and position of the basket on the direction of the ball to be captured. | 5 |
| | | 5. Catch and aim the basket at the arrival of the ball rate. | 5 |
| Total Score | | | 25 |

| Value | Criterion |
|--------|-----------|
| 100-86 | Excellent |
| 85-71 | Good |
| 70-56 | Enough |
| ≤ 55 | Less |

Table 2. Skills Assessment Rubric

| No | Name | Manipulative Motion Variations | Sideways zigzagging | Zigzag run straight ahead. | Catch the ball using basket aids. | Total Score |
|----|------|--------------------------------|---------------------|----------------------------|-----------------------------------|-------------|
| 1 | | Slap the ball (bottom throw). | | | | |
| 2 | | | | | | |
| 3 | | | | | | |

The data analysis used in this study calculated the percentase of Movement Skills of SD Alam Lubuklinggau Students After the Post Covid-19 Pandemic with the following formula:

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

Information:

P : Percentage value

F : The frequency of the values obtained

N : The total number of members

C. Results and Discussion

Elementary school is a basic educational institution that provides students with the ability to continue to higher education. To prepare students are equipped with various fields of study that can be grouped into (1) general education programs, (2) academic education programs, (3) skills programs. One of the fields of study in this field of study is the field of Physical Education and Health (Penjaskes).

Physical Education and Health is one of the subjects contained in the general education program. Understanding physical education is a process of education of a person as an individual or as a member of society which is carried out consciously and systematically through various physical activities in order to obtain increased physical abilities and skills, growth, intelligence and character formation (Atmajanti, 2020).

Thus, it can be said here that school physical education, is not solely emphasized on achieving physical freshness, skill development, motor skills only, but instilling a love of healthy living since childhood. A person who has an understanding from an early age about planning a freshness program, healthy living behaviour which in turn will be able to actively participate in all activations, including sports activities in the wider community. For this reason, physical education in elementary schools should be able to develop motor skills, fitness and character simultaneously.

Physical Education and Health is an integral part of overall education, which in the learning process prioritizes physical activities to encourage healthy living habits leading to harmonious and balanced physical, mental, social and emotional growth and development.

To create effective and systematic physical education teaching, the Ministry of Education and Culture (1999) provides a teaching pattern consisting of warming up exercises (warming up) the aim of preparing students' physical conditions to face core exercises both breathing and blood circulation and body temperature. (2) Core training aims to improve skills. This core exercise consists of two parts: (a) the student learns a new form of movement or exercise or repeats and corrects the movements that the core exercise consists of two parts: (a) the student learns a new form of movement or exercise or repeats and corrects movements that have not yet Controlled. (b) Students perform familiar and mastered movements to improve skills with faster, stronger, higher and coordinated results. Core exercises are performed at a higher tempo and are the highlight of activity. (3) calming exercises, the purpose of which is to prepare students physically and spiritually to be able to recover from origin.

Motor skills are related to individual movement behavior in everyday life, both movements that are not for sports or movements in sports or maturity of motor

skills/movements. Motor ability comes from English, namely *motor ability*. Basically, the understanding of motor skills has been given by many experts. Oxendine quoted by [13] states that motor ability is a terminology used in various skills that lead to mastery of basic skills and physical freshness activities. Muthohir & Gusril, (2004) states that motor abilities are individual abilities that underlie the appearance of various motor skills. Motor ability is said to be a quality of one's ability that can facilitate in performing movement skills, motor ability is also a general quality that can be improved through exercise (Yudanto, 2005). Another opinion, Sukintaka, (2001) provides an explanation of motor ability which means the quality of individual motion results in making movements, both those that are not sports movements or in sports or motor skill maturity.

Motor ability is the maturity of muscles and nerves in supporting limb movement activities. The higher a person's motor development ability, the more likely his working power will be higher and vice versa. Motor skills really need to be discussed in physical education because motor skills are part of the psychomotor realm. Motor development expressed by (Sukadiyanto, 2011) is "a person's developmental ability in displaying more complex movement abilities". Motor development ability is a person's general ability related to the appearance of various skills or motion tasks.

Motor can be described by words such as automatic, fast and accurate or in other words the emphasis is on accuracy and accuracy (Prasetyo & Suhartini, 2014). Based on this research, it can be concluded that motion patterns are a general understanding and motor is a more specific motion. Often motion is distinguished between smooth and rough. *Fine* motor skills are movements that require precision and ingenuity, while *gross motor skills* are movements of the whole body and large body parts such as in moving places. For example, in throwing the ball, sufficient target accuracy is needed. Accuracy requires intelligence and mastery of fingers and hands (smooth motion), while movement speed requires more large hand and body movements so that the throw is strong enough.

Based on some of the opinions above, it can be concluded that motor ability is an ability obtained from general motion skills which is the basis of a good level of performance or the level of motion ability (*motor ability*) will reflect the ability to move. Motor skills in children vary, depending on the basic movements they master. In motion learning contains experience and movement exercises, it also affects the motor skills of each child. Elements contained in motor abilities including strength, (Yudanto, 2006) coordination, speed, balance and agility (. Strength is the ability to use energy such as lifting weights or lifting one's own body. Coordination is the ability to show hand eye and leg eye tasks such as kicking, throwing, and others of the sort. Speed is the ability to move from one place to another in the shortest possible time. Balance is the ability to maintain body position and balance in both moving and

stationary positions. Agility is the ability to change direction quickly and control body movements (as a whole), (Yudanto, 2005).

According to Sajoto (2002) that the elements of motor ability are as follows: 1) Coordination is the ability to unite separate nervous systems into one efficient motion pattern; 2) Balance is the body's ability to maintain position in various motions; 3) Speed is the ability to cover a certain distance, especially a short distance in the shortest time; 4) Agility is the ability to change direction quickly as the body moves from one place to another; 5) Power is the ability to move explosively.

Bompa (1994) states that there are five basic biomotors, namely: 1) Strength is the ability of a muscle or group of muscles to overcome resistance.; 2) Endurance is the ability to perform work for a long time; 3) Speed is the comparison between distance and time or the ability to move in a short time; 4) Flexibility is the ability of joints to perform movement through a wide range; 5) Coordination is the ability to perform movements in varying degrees of difficulty quickly and precisely efficiently.

Movement skills are closely related to the element of physical fitness. As for the physical elements, (Lutan, 2001) stated as follows: 1) Muscle strength is the ability to move maximum power towards objects outside the body, in another sense, namely the ability to exert maximum effort; 2) Muscular endurance is the ability to exert power against objects outside the body for several times. Muscular endurance is formed through relatively lighter loads. However, the implementation of his duties was carried out repeatedly in one fell swoop; 3) Flexibility is a description of the area of movement in various joints in our body. Such as doing movements of twisting the body, bending, turning, and stretching; 4) Coordination is the rhythmic fusion of the nervous system and motion in a harmonious performance of tasks from several limbs; 5) Speed is the ability to exert the body from one place to another in the fastest time possible; 6) Agility is the ability to move the body or change direction as quickly as possible; 7) *Power* is the ability to exert maximum effort as quickly as possible; 8) Equilibrium is the ability to maintain equilibrium in relation to the attraction of the earth in both stationary (static) and moving (dynamic) situations.

Motor abilities are also influenced by mechanical and physical factors. Mechanical factors consist of several elements, including: (1) balance factors consisting of: force centers, force lines and body support bases; (2) powering factors, consisting of: slow motion, acceleration, activity/reaction; (3) power receiving factors consisting of: surface area and distance; (4) locomotor ability, consisting of: reflex phase, rudimentary phase, basic phase, specialization phase; (5) manipulative ability; (6) stable ability. Physical factors consist of elements including: (1) freshness factors consisting of: strength, aerobic endurance, endurance, flexibility, body

composition; (2) *motor fitness* factor consists of: speed, agility, coordination, balance, and explosive power (*power*) (Yudanto, 2005).

Sukintaka, (2001) states that the development of motor skills is largely determined by growth and development. These two factors must still be supported by exercises that are in accordance with the child's maturity level, and good nutrition. It is possible that good growth and development will affect a person's motor skills.

Based on the components of motor ability above, it does not mean that everyone should be able to develop the overall components of motor ability. Everyone has advantages and disadvantages in obtaining components of motor skills. However, internal and external factors always have an influence. In addition, gender also determines as well.

Indonesia and many other countries in the world are still fighting against the COVID-19 virus. This COVID-19 virus is a severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) virus that can cause respiratory system disorders. This virus spreads through droplets of COVID 19 patients who stick to various public places and are not deliberately touched by people whose body condition is not healthy or their immune system is weak. The spread of this virus is so fast and easy that it takes many victims in the world. Especially in Indonesia, this threatening situation causes the Indonesian government to carry out policies lockdown and PSBB in several regions. PSBB is a large-scale social restriction, where the PSBB and lockdown aim to reduce the spread of the COVID-19 virus by forcing the community to work at home. To participate in helping the government reduce the risk of spreading the COVID-19 virus. Health protocol issued by the government in the Decree of the Minister of Health of the Republic of Indonesia Number Hk.01.07/Menkes/328/2020. We see that from a number of points listed in the protocol, there are several simple but important points to be known, understood, and applied by the public such as (Ministry of Health of the Republic of Indonesia, 2020): 1. Wash hands well and correct, 2. Avoid using personal utensils (cutlery, prayer utensils, etc.), 3. Maintain personal and environmental hygiene (Atmajanti, 2020; Sujarwo & Widi, 2015).

D. Conclusions

Based on the results at Lubuklinggau natural school elementary school, it was found that the condition of students' movement skills was still relatively poor after the COVID-19 pandemic. In addition, the phenomenon that occurs shows that children are more interested in doing electronic games -such as online games, gadgets and, other electronic games. Children feel very comfortable to do the game without feeling bored for a long period of time. On the other hand, the child himself stated that he only felt tired and bored with what was taught by the teacher and did not like to do running and jumping activities.

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