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Mini volleyball games using plastic balls improve passing learning outcomes for grade IV elementary school

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ABSTRACT

This research aims to improve the learning outcomes of passing under volleyball using plastic balls for class VI students at 14 North Indralaya State Elementary School. This research is Classroom Action Research which consists of two cycles and each cycle consists of two meetings. This research took place at 14 North Indralaya State Elementary School. The subjects of this research were class VI students at 14 North Indralaya State Elementary School. The instrument in this research is to record students' psychomotor aspect scores during ongoing learning, and the results of students' performance in passing a volleyball with a plastic ball. Based on the results of observations, discussions and research results, it can be concluded that learning to pass down using a plastic ball in class VI students at 14 North Indralaya State Elementary School. Over two cycles it can improve student learning outcomes. This can be proven from the research results which show that the completeness of learning outcomes based on KKM, in the first cycle of students who completed it reached 58% and the average score was 58.62, then it increased in the second cycle of action, students who completed it reached 86% with an average score of the class average reached 86,20.

Key words: Vollleyball; Underpassing; Classroom Action Research (PTK)

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INTRODUCTION

Education is a conscious and planned effort to create a pleasant learning and learning atmosphere so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by themselves and the community (Pristiwanti et al. 2022). Education is a very important need for every human being. Education is very important, meaning that without education, humans will have difficulty progressing and developing according to the demands of the times. Thus, education must be really directed to produce qualified humans and able to compete because they have reason and noble ethics and good morals.

Every student must be able to utilize the knowledge gained from each lesson and use it in everyday life. The role of the teacher is as a facilitator in every lesson activity that will be taught to students and not the main source of learning (Widayati, 2019). To cultivate and improve the active, creative, innovative and competitive attitude of students is actually not easy (Ratno et al., 2016). Because of the fact that the teacher is considered the main and most correct

source of learning, and positions students as listeners to the teacher's lectures. As a result, the teaching and learning process tends to be boring and makes students lazy to learn. Nainggolan (2018) revealed that the passive attitude of students does not only occur in certain subjects, but in almost all subjects, including physical education, sports and health. There are many ways to improve learning outcomes in students, one of which is by applying learning through tools. One of the teaching strategies that is expected to improve student learning outcomes, because by using learning media the delivery of subject matter can be uniformed and the student learning process is more interesting (Firmadani, 2020).

Physical education provides students with the opportunity to be directly involved in various learning activities. This provides benefits to the development of students' abilities and the development of motor skills, cognitive skills through physical activity (Kusnadi et al., 2023). Games are one of the physical education materials listed in the curriculum. Ball games consist of several sports, namely big ball games and small ball games. In the big ball game taught in schools, one of them is the game of volleyball. The function of the volleyball game is as a tool or means of education. As one of the means of education, mastery of volleyball skills, especially elementary school children is not the only goal to be achieved in the learning process, but there are other educational goals that must be developed in students as whole individuals who are growing and developing. Wibowo (2015) states that the goals of education are the development of all students' potential both involving cognitive, affective, psychomotor, and social aspects.

The game of volleyball is one of the games of banging the ball in the air over the net. Volleyball games include big ball games. The goal of a volleyball game is to drop the ball into the opponent's area so that the opponent cannot return the ball to find numbers (Pranopik 2017). In the game of volleyball, the whole piece can be used if the strokes are not double or can be achieved with three strokes. The game is played by two teams and each team consists of six players. Volleyball is a sport where each team has 6 active teams separated by a net and each team tries to make points by dropping the ball onto the opponent's court held under the rules whereas, mini volleyball is a modification of the standard volleyball game that develops the rules to be attractive and easier to understand for elementary school. Mini volleyball presents a type of mini volleyball organized with the needs and capacity of children aged 9 to 12 years (Sumarni et al., 2020). Alamsyah et al. (2024) doing physical activity and good movement will affect the level of fitness and productivity in carrying out daily activities.

From the problem of learning volleyball about bottom passing to play volleyball correctly, of course, it must be supported by movement skills.

Therefore, researchers will use learning media by using tools in the form of plastic balls. The results of various studies state that using learning media has been successful in the physical education learning process. There is a significant influence of educational learning media in physical education learning (Karisman et al., 2018). The provision of audio-visual media affects the learning outcomes of breaststroke swimming (Bastomi 2017). There are differences in the teaching style of exercises using visual media and the style of teaching exercises using audio-visual media on the learning outcomes of pencak silat (Sumantri & Nasuka, 2016). Based on the explanation above, which is also supported by the results of previous research using learning media, it has helped a lot and succeeded in the physical education learning process. Therefore, this study will use learning media using tools with the aim of this study to improve bottom passing skills using tools.

Based on the literature review revealed that the effectiveness of learning especially the learning outcomes of volleyball games is still low. The low learning outcomes are due to the still inappropriate use of media and learning models used by PJOK teachers. Therefore, the researcher sees that one solution that can be offered to improve student learning outcomes is to use modified media using plastic balls and with mini volleyball games considering that not all schools have good and complete facilities and infrastructure, especially regarding volleyball fields. For this reason, this study is considered to have more innovation because it modifies the media using plastic balls and field modifications using mini volleyball so that volleyball games can be realized properly and produce maximum values in volleyball material so that the purpose of this study is to use games with mini volleyball using plastic ball media so that the media and facilities needed can be used and applied in facilities and infrastructure with any school conditions.

METHOD

The method used in this study is classroom action research. Classroom action research is an examination of learning activities in the form of an action, which is deliberately raised and occurs in a class together. Through classroom action research, education and learning problems can be studied, improved and resolved, so that the education and learning process takes place innovatively and obtain better learning outcomes (Destriani et al., 2020). This research will be carried out in several stages in the form of cycles but before entering the cycle first carry out activities. Then the sample is directed to do a bottom passing test and the results of the student's test are used as test I results in this study. After obtaining the results of test I, observation and evaluation were then held to see the existing problems that had caused low student learning outcomes. After that enter into the cycle in question. The approach used is a qualitative

approach that is useful for revealing students' learning difficulties in the pjok learning process and how to overcome difficulties to improve students' learning outcomes on the bottom passing material (Hendrianto & Hardinoto, 2022). The data analysis technique used is to calculate the percentage of student graduation.

The method used in this study is classroom action research. This study is a population study, meaning that the entire population is a sample of grade VI students of SD Negeri 14 Indralaya Utara. The subjects of classroom action research (PTK) were grade VI students of SD Negeri 14 Indralaya Utara in Ogan Ilir Regency, totaling 29 students. The instrument used in this study was to use a portfolio sheet for assessing student learning outcomes on the material of mini volleyball underhand passing. The observation instrument in this study used a student performance sheet in performing underhand passing of a volleyball with a plastic ball. This observation sheet aims to be a reference guideline in observations made by researchers during the learning process. This study will be carried out in several stages in the form of cycles, but before entering the cycle, the activities must be carried out first. Then the sample is directed to take a underhand passing test and the results of the student's test are used as the results of test I in this study. After obtaining the results of test I, observations and evaluations are carried out to see the existing problems that cause low student learning outcomes. After that, enter the intended cycle. The data analysis technique used is to calculate the percentage of student graduation

FINDINGS AND DISCUSSIONS

Findings

This class action research process was carried out at 14 North Indralaya State Elementary School. Researchers observed an increase in learning outcomes of passing under mini volleyball games using plastic balls in students carried out 2 cycles. The first cycle is carried out in (2) meetings and the second cycle are also carried out in (2) meetings. At the end of each cycle, an evaluation of the learning process is carried out in the form of a performance test of students passing under a mini volleyball.

Cycle I Results

The data on obtaining test results in the first cycle can be seen in the following table

Table 1. Cycle I result

Aspects	Complete	Uncomplete
Cognitive	79.31%	20.69%

Psychomotor	58.62%	41.38%
Affective	79.31%	20.69%

Based on the table above, In the cognitive and affective aspects, the same results were obtained, namely the number of participants who got scores above KKM of 79.31% and 20.69% had not exceeded the KKM limit. In the psychomotor aspect, it was found that 58.62% of students crossed the KKM limit and the remaining 41.38% had not exceeded the KKM limit. It was found that more than 50% of research subjects had scored above KKM, but during the learning took place, researchers also observed that learning implementation still found some shortcomings of students in following learning so that it can be concluded that the results of this cycle have not achieved the achievement and success of research, so it is necessary to make improvements in cycle II.

Cycle II Results

The process in the implementation of cycle II has been running well, so the following data are obtained

Table 2. Cycle II result

Aspects	Complete	Incomplete
Cognitive	93.10%	6.89%
Psychomotor	86.21%	13.79%
Affective	96.55%	3.44%

Based on the table above, it can be concluded that almost all students already have a good understanding of learning as evidenced by a percentage that is close to the perfect number. In addition, based on observations that have been made and observations from researchers with collaborators on students, it has been shown that in cycle II the activity of learning to pass under volleyball with plastic balls has run as expected, so that the actions implemented have been successful with increased results on the psychomotor scores of students.

The results of the study have shown that with plastic volleyball in the process of learning passing under volleyball in class VI boys and girls can improve the learning outcomes of volleyball bottom passing skills of learners. These results can be seen from the results of student performance when the learning process takes place in each cycle. The increase can be seen in the chart below

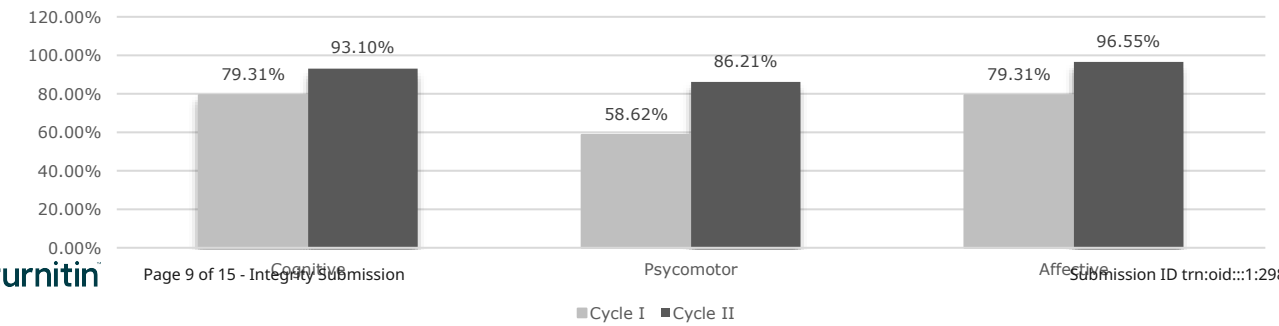

Figure 1. Improved learning outcomes

Looking at the graph in every aspect has improved learning outcomes. The process of learning pasing under volleyball using plastic balls in grade VI male and female students has increased by 19.54% from the average score of the three aspects, it can be seen from the results of the percentage of completeness in cycle I and cycle II. The percentage of completion of cycle II actions increased higher than cycle I. This happens because in cycle I actions students in following learning there are shortcomings in passing under volleyball, and is caused by students lacking practice in passing down and the attitude of children who still want to play and want to be noticed.

Discussion

Based on the results of the implementation of actions in the first cycle, student learning outcomes can be categorized as sufficient, but in every aspect of assessment still have shortcomings. From the results of conservation in learning implementation, several shortcomings were found in learning, namely in following the learning process, students still do not pay attention and there are still many students who are not right in practicing the basic movements of passing down. Deficiencies in learning can be said to occur due to lack of student concentration during learning. Mayasari (2017) states that concentration has a very large influence on student learning outcomes, by increasing student learning concentration can optimize their ability to respond and interpret the lessons being learned so that it will affect student learning outcomes. This is supported by the opinion of Yachsie et al. (2021) who expressed the view regarding concentration, namely that all activities actually require concentration because when doing activities if you do not concentrate, the intended results will not be as expected, by increasing concentration here you can do daily activities faster and with better and maximum results. Hidayat et al. (2022) explains that it is a sports game played by two opposing groups. Each group has six players. There is also a variation of the beach volleyball game where each team only has two players. Based on what has been found from the results of reflection in cycle I, it can be concluded that the results of this cycle have not reached the indicators of achievement and success of research, so it is necessary to make improvements in cycle II, so that this action activity achieves the expected results.

In the second cycle, the deficiency that occurred in the previous cycle has improved. Students are more attentive and focused on learning so that the material can be received well, and students' abilities can also practice basic volleyball passing movements to increase. This increase occurs due to the use of tools in the form of plastic balls. With the media of tools, activities are more focused because when students make movements with the help of media aids, it will foster motivation, seriousness and desire in carrying out the stages of movement well (Taufik & Kosasih, 2020). This opinion is supported by Kastalani (2017) which reveals that by modifying learning approach tools it can actually improve the ability of these students because each student gets a greater opportunity to carry out a series of movements of a learning. In addition, the increase also occurs due to increased student motivation and concentration in learning. In the opinion of Saputra and Gusniar (2019), the improvement of student learning outcomes is actually closely related to the desire of the students themselves to learn, supporting factors for learning activities and the learning media itself. Student learning desires are also influenced by the techniques and methods applied by teachers in teaching. The opinion of Destriani et al. (2019) states that in learning there are various learning techniques, each of which has different goals and objectives, so an educator must be able to adjust the techniques used in a learning. Hal tersebut sejalan dengan pendapat Abidin (2019) which states that a learning model that is in accordance with the characteristics of the subject matter will create a quality learning process, so that predetermined competencies are achieved.

So based on this study, it can be stated that learning to pass down in students should be given plastic ball learning aids, because students have not been able to observe a series of bottom passing movements well. Hudah and Rais (2020) stated that media as a tool used by teachers is to motivate student learning, clarify teaching information/messages, emphasize important parts and clarify teaching structures. Through plastic ball learning aids, the bottom passing material for grade VI students of SD Negeri 14 Indralaya Utara is able to improve the learning outcomes of mini volleyball games, especially in the bottom passing that has been carried out class action. In addition to the application of tools, the learning methods applied by teachers also affect the learning outcomes of students. This study proved correct with the support of several similar studies that produced similar results such as (Prayoga, 2016; Susanti et al., 2020; Asnaldi, 2020; Wahyudi, 2021; Erliana, 2017).

CONCLUSION

Based on the results of the action research that has been carried out, it can be concluded that using plastic balls can improve volleyball bottom passing

learning in students during two-cycle actions on grade VI students of SD Negeri 14 Indralaya Utara both male and female students, so as to get results that achieve KKM scores. The improvement in learning outcomes of grade VI students of SD Negeri 14 Indralaya Utara can be seen from the results of actions during cycle I and cycle II. The results of this study found that the completeness of learning outcomes based on KKM, in the first cycle of completed students reached 58% and an average score of 70.68, then increased in the second cycle of actions, completed students reached 86% with an average grade score of 80.68. Based on the results of research data, it can be shown that using plastic volleyball can improve the learning outcomes of volleyball bottom passing in grade VI male and female students of SD Negeri 14 Indralaya Utara can increase. This can be proven by the increase in average learning outcomes in each cycle.

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