DEVELOPMENT OF SWIMMING LESSONS FOR EARLY CHILDHOOD AT AMANDA YURI SWIM CLUB MALANG

Surya Adi Saputra[1] Mohamad Danang Kurniawan[2]

[1-2] *Department of Physical Education, Faculty of Sports Science, Universitas Negeri Malang, Malang, Indonesia*

Email Co-Author: surya.adi.fik@um.ac.id

Abstract. The purpose of this study is to develop proper swimming technique learning for early childhood. This study is a Research and Development (R&D) study using the Lee & Owens development model. With the test subjects in this study were 15 elementary school children. Based on the data obtained from the results of data analysis by experts, namely media experts obtained results of 90%, learning experts obtained results of 85%, swimming experts obtained results of 90% and field trials obtained results of 85%. The results of data analysis from experts and field trials obtained "very valid" results. Data collection techniques were carried out through questionnaires and interviews. It can be concluded that this learning development product can help early childhood at the Amanda Yuri Swim Club Malang.

Keywords: swimming lessons, early childhood, development

1. INTRODUCTION

Learning is a learning process that involves the relationship between educators, students and learning resources in a learning environment, with the aim of gaining knowledge and developing students' attitudes and skills. Learning objectives are goals achieved during the teaching and learning activities. According to Brown and Green (2019) [1]. Affirms that the goal of education is to encourage individuals to gain and improve their abilities.

The purpose of learning is to help students inductively develop cognitive schemes from their concrete experiences. According to Piskurich and George (2015) [2] argue that the purpose of learning is to achieve education, identification of core competencies is one of the important foundations of learning design and is used as a guideline for students in participating in learning activities. Meanwhile, according to Musfiqon (2012) [3] said that within a certain period of time, students achieve learning outcomes after studying a topic that is obtained. It can be concluded that learning objectives are to be achieved as part of teaching

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and learning activities. Learning is not something that can only be done at school, and clubs are one of the informal learning places that teach learning outside of school. According to the Big Indonesian Dictionary (KBBI), the word "club" means a place to learn, guide, advice, or practice, for example a swimming club. Swimming is a form of sport that involves body movement in water, with participants using certain techniques to move and reach certain lanes or goals. Swimming clubs have also entered and developed in various clubs in Indonesia, one of which is the Amanda Yuri Swim swimming club in Malang city. The Amanda Yuri Swim swimming club is a swimming club for elementary school children to adults located in the Malang City Air Defense Forces. The Amanda Yuri Swim swimming club has approximately 40 elementary school students and adults.

The swimming sport, especially for elementary school children, must master basic swimming techniques such as taking a breath, gliding, moving the legs, moving the arms and balance. In theory, according to Komalasari (2022) [4] Learning is the process of planning, implementing and evaluating learning to achieve goals efficiently and through systematic methods. However, in real conditions in the field, elementary school children have not mastered the basic swimming techniques, especially breaststroke. Elementary school children take more than 2 months to learn the basic techniques of breaststroke swimming, whereas to learn the basic techniques of boxing swimming only takes 1 month with 3x a week training. After a survey was conducted, there were several things that influenced the learning achievements of elementary school children, one of which was the learning method factor used in the Amanda Yuri Swim swimming pool.

Researchers gave a questionnaire regarding basic breaststroke swimming techniques to 15 students at the Amanda Yuri Swim Malang swimming club and obtained the following results: (1) 40% had not mastered the breathing technique and 60% of students had mastered it, (2) 50% of students said they had not mastered the gliding technique while 50% of students had mastered the gliding technique, (3) 70% of students said they had not mastered the breaststroke leg technique while 30% of students had mastered the breaststroke leg technique, (4) 87% of students said they had not mastered the breaststroke hand technique. while 13% of students have mastered the breaststroke hand technique, (5) as many as 90% of students have not mastered the technique of gliding and taking a breath while 10% of students have mastered the

technique of gliding and taking a breath, (6) as many as 93% of students said they had not mastered the combination of breaststroke swimming techniques while 7% of students have mastered the combination of breaststroke swimming techniques (7) as many as 80% of students said they had never used learning media in the form of videos while 20% of students said they had used learning media, (8) as many as 90% said they needed learning media in the form of videos while 10% of students did not need learning media. Based on the results of interviews with coaches at the Amanda Yuri Swim Club in Malang City, the coach has been coaching at this club for 10 years, the learning system at this club is carried out on Saturdays and Sundays at 08.00-10.00. This club has 40 elementary school students and adults. In the process of learning basic breaststroke swimming techniques, the coach uses course media. However, according to the coach, this media is very ineffective because the media is in the form of a module that contains only pictures and writing, so that swimming students do not understand the basic swimming techniques. In the process of explaining the material according to the trainer using the media in learning basic swimming techniques, only a few understand the explanation of the material. The trainer also said that there needs to be development of learning basic swimming techniques, especially breaststroke swimming at the Amanda Yuri Swim Club, especially for elementary school children. The trainer needs learning media to be an alternative in the learning process at the Amanda Yuri Swim Club in Malang City. In the learning process, learning media is very much needed as a means to facilitate the learning process. According to (Netriwati, 2022) [5] said that the use of learning media is a means of communication between educators and students, conveying educational material to encourage student involvement and interest. According to Sanjaya (2016) said that the role of learning media is to support teachers in delivering material. It is concluded that the function of learning media is to help teachers deliver material that aims to clarify the information given to students. According to Arifin et al (2023) [6] the statement, the word medium comes from the Latin word "medium" which means "introduction", "exercise”

The function of learning media as a role of learning media is to support teachers in delivering material. According to Daniyati et al (2023) [6] it is explained that learning media has four functions, which include attention, emotional, cognitive, and compensation functions. Learning

media is very useful for teachers to help provide material through images, audio and video. Video media is the right tool to convey skills, because elements such as sound, images, lines, symbols, and movements appear in the video. Learning media functions to capture certain objects or events, manipulate certain situations or objects, and motivate students to learn.

At this time, technological developments are increasingly rapid, also applicable in learning media. Continuous use of learning media is very important to ensure that the teaching and learning process continues. The use of educational materials is very important to ensure the continuity of the teaching and learning process. Learning media is divided into two types, namely traditional learning methods and innovative learning methods. An example of innovative learning media is YouTube, which is one example of internet-based learning. YouTube is currently popular with many people because it is a video sharing site that is used to share videos online. YouTube functions as a very fast information media to communicate information to the wider community. Information received through YouTube is available to people anywhere using the Internet data network provided by providers that support their smartphones and laptops. According to Abdulhadi (2022) [7] The use of YouTube as a learning platform can attract great views on the development of effective teaching methods. One of the positive impacts of the existence of YouTube is the ability to search for learning media in the form of videos. YouTube is the most visited online video sharing site and is the most popular site in the world. Currently, YouTube is a platform that can be accessed widely and has gained popularity worldwide. YouTube learning videos can be used as interactive tools used in the classroom. Educational content on YouTube can not only be used for interactive learning materials in the classroom, but also functions to provide online and offline learning opportunities for students (Muzaki, 2023) [8].

2. METHOD

The initial data for this study were obtained through a needs analysis conducted on athletes. This research and development refers to the following steps developed by (Dede et al, 2020) [9] : (1) needs analysis, (2) product design, (3) product development, (4) implementation or execution, and (5) product evaluation.

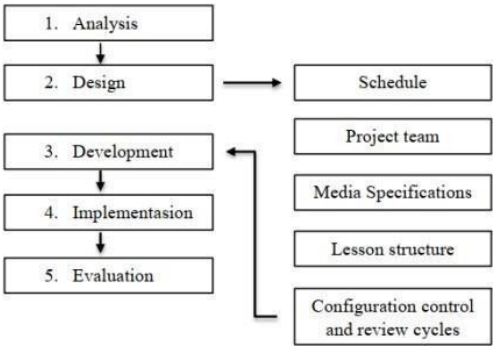

Fig. 1. Research steps

The subjects in this research and development consist of 1) Expert evaluation, 1 media expert, 1 learning expert, 1 swimming expert, 2) field trial subjects with a total of 15 elementary school students. The instrument used in this study was a questionnaire that was distributed directly to 15 elementary school students at the Amanda Yuri Swim Club in Malang. The method for data analysis used in the development of basic swimming technique learning is to use a quantitative data analysis approach obtained from the results of the questionnaire. Data analysis uses a formula according to Sugiyono (2018) [10] (12), namely the Likert Scale is a scale used to measure the attitudes, opinions and perceptions of each individual or group towards social phenomena. The Likert scale has a response level ranging from very positive to very negative and this answer can be evaluated based on the specified points, namely one (1), two (2), three (3) and four (4) for quantitative analysis purposes.

The data processing formula is in the form of quantitative descriptive analysis with percentages according to (Akbar and Sriwijaya, 2011), as follows:

$$V = \frac{TSEV}{S - max} \; x\; 100\%$$

Description

V : Validity

TSEV : Total Empirical Score of Validator

S – Max : Maximum expected score 100%: Constant Number

To facilitate the process of collecting data from the results of percentage analysis, the data obtained can be classified according to the

percentage. According to (Akbar and Sriwijaya, 2011), the classification of percentages is as follows:

Table 2. Product Quality Criteria

No	Criteria	Description	Meaning
1	Highly Valid	75,01%-100%	Used without revision
2	Moderately Valid	50,01%-75%	Used with revision
3	Invalid	25,01%-50%	Cannot be used
4	Highly Invalid	00,00%-25%	Prohibited from use

3. RESULTS AND DISCUSSION

3.1 Result

Data analysis to determine the feasibility of a product developed as an innovation in swimming learning for elementary school children at the Amanda Yuri Swim Club in the form of a learning video. Data analysis aims to collect information from experts, namely media experts, learning experts, swimming experts and field trials. Display of the product development of basic boxing technique learning in the form of a learning video.

Fig. 2. Application cover

This development product is in the form of an instructional video on the basic techniques of breaststroke swimming. The instructional video covers fundamental techniques such as breathing techniques, gliding techniques, breaststroke kick techniques, breaststroke arm techniques, and balance.

Media Expert

Analyzing media expert evaluation data from different perspectives that include, among others, aspects of attractiveness, aspects of ease, aspects of accuracy, aspects of clarity, aspects of suitability and aspects of flexibility in products developed through the development of basic engineering learning.

Table 3. Results of Media Expert Data Analysis

No	Aspect	Feasibility	Category
1	Attractiveness	94%	Valid
2	Ease	100%	Valid
3	Accuracy	88%	Valid
4	Clarity	100%	Valid
5	Suitability	100%	Valid
6	Flexibility	75%	Valid
	Average	95%	Valid

Based on the analysis of media expert data with a result of 90%, the results of these aspects were obtained, until the results were adjusted based on the feasibility classification table which showed that the product of developing swimming learning innovations for elementary school children at the Amanda Yuri Swim Club in Malang had met the criteria, namely showing very valid results and being feasible to use without revision and can be continued to field trials.

Learning Expert

Analyzing the evaluation data of learning experts from different perspectives covering aspects of attractiveness, aspects of ease and aspects of clarity in the product of developing swimming learning innovations for elementary school children at the Amanda Yuri Swim Club in Malang is presented in the following table 4:

Table 4. Analysis Of Learning Expert Data

No	Aspect	Feasibility	Category
1	Attractiveness	100%	Very Valid
2	Ease	92%	Very Valid
3	Clarity	88%	Very Valid
	Average	90%	Very Valid

Based on the analysis of learning expert data with a result of 89%, the results were obtained from the aspects that had been determined and so the results were adjusted based on the feasibility classification table which showed that the product of learning innovation development for swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang had met the criteria, namely with very valid results and was suitable for use with minor revisions and could be continued to field trials.

Swimming Expert

Analyzing expert swimming evaluation data from different perspectives that include aspects of accuracy, aspects of ease and

aspects of suitability in the product development of swimming learning innovations for elementary school children at the Amanda Yuri Swim Club in Malang is shown in the following table 5:

Table 5. Analysis Of Learning Swimming Expert Data

No	Aspect	Feasibility	Category
1	Accuracy	95%	Valid
2	Ease	88%	Valid
3	Suitability	90%	Valid
	Average	90%	Valid

Based on the analysis of swimming expert data with a result of 90%, the results were obtained from the aspects that had been determined, until the results were adjusted based on the feasibility classification table which showed that the product of developing swimming learning innovations for elementary school children at the Amanda Yuri Swim Club in Malang had met the criteria, namely with very valid results and was feasible to use without revision, and could be continued to field trials.

Field Trial

Analysis of assessment data from field trials based on aspects including aspects of attractiveness, ease, clarity, suitability and flexibility in the product of developing swimming learning innovations for elementary school children at the Amanda Yuri Swim Club in Malang, table 6 below:

Table 6. Field Trial

No	Aspect	Feasibility	Category
1	Appeal	88%	Valid
2	Ease	87%	Valid
3	Clarity	80%	Valid
4	Suitability	80%	Valid
5	Flexibility	75%	Valid
	Average	82%	Valid

Based on the results of data analysis obtained from field trials on elementary school children at the Amanda Yuri Swim Club with a percentage of 85% and these results were obtained from the aspects that had been determined, until the results were adjusted based on the feasibility classification table which showed that the product of developing innovations in swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang has met the criteria, namely with very valid results and is suitable for use without revision.

3.2 Discussion

The product of developing innovations in swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang is packaged in a video via the YouTube application. Learning is a combination composed of human elements, materials, facilities, equipment, and procedures that influence each other in achieving learning goals Puspitarini (2022) [11]. Learning is the ability to manage components related to learning operationally and efficiently (Khamila, 2023) [12]. According to Law No. 20 of 2003, it is stated that the expected learning process is active student learning. The active learning process contained in the definition of education above, one of which aims to develop the potential of students' intelligence (Fina, 2023) [13]. Learning is a process of mental activity carried out by a person to obtain a positive and relatively long-lasting change in behavior through practice or experience that concerns aspects of personality both physically and psychologically (Salmiyanti, 2023) [14]. The use of media in the learning process according to Musfiqon (2012) [3] can be divided into three main principles, namely: (a) The principle of effectiveness and efficiency. Effectiveness in the concept of learning is the achievement of a learning process in achieving learning goals. Learning media that are used appropriately in the learning process will be a more effective and efficient supporting tool in achieving learning goals. Learning videos are one of the media that are commonly used to involve students in the learning process and deliver material effectively (Pebrianti, 2019) [15]. Youtube is the most widely used social media platform in society. Youtube is not only about entertainment but also about learning and information. According to Rasagama (2020) [16] learning media can increase students' learning motivation, make learning more fun, and reduce boredom while learning. The rise of YouTube as one of the most popular social media is an opportunity in the world of education (Sung, 2023) [17]. Many tutorials and content presented on YouTube, one of which is education. YouTube learning videos can be used as interactive learning tools in the classroom, but YouTube can also be used as a learning medium that can be accessed anytime and anywhere.

This development product explains basic swimming technique material, especially breaststroke swimming, using text, images, audio, and video. In the research and development of educational videos for learning and practice, it was found that educational videos are one of the supporting elements in achieving learning objectives. This product is specifically

used in learning basic swimming techniques at the Amanda Yuri Swim Club in Malang City for elementary school children. Because in this product there are basic swimming techniques and variations of exercises to correct the correct swimming technique. The contents of the learning video include learning objectives, basic swimming technique material and variations of exercises, and evaluations in the form of practice questions.

By creating an innovation development of swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang in the form of videos via the YouTube application, it aims to improve basic boxing techniques, motivation, interest and understanding of students towards basic breaststroke swimming technique material and add references for students and swimming coaches.

4. CONCLUSION

From the results of research and development of swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang, it can be concluded that the product of developing swimming learning for elementary school children at the Amanda Yuri Swim Club in Malang. Can be used to help students learn more effectively, improve students' understanding of the material presented by the coach, and increase the variety of swimming training and basic breaststroke swimming techniques.

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