

Physical Education and Health Sports (PEHS) Learning Model Through Investment Group Online in Digital Era

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Abstract—This study aimed to develop a physical education and health sports (PEHS) learning model through investment group online in the digital era, practical and effective. This study is a research and development (research and development) is the research which was followed by the development of education. Learning model development procedure in PEHS learning model through investment group online in the digital era, do based models ADDIE, which consists of five stages: analysis, design, development, implantation and evaluation. The location of this product trials conducted on students state vocation high School I Bengkulu city. Subjects tested in this study were as students state vocation high School I Bengkulu as many as 34 people. The instrument used to collect the data is shaped and questionnaire evaluation sheet. Data analysis techniques used in the study of this development is the use of the percentage-shaped descriptive analysis techniques. These results indicate that the model of developing PEHS through Online Investment Group in the digital era this to improve the effectiveness of learning hosted by the teacher followed by a student who is being sampled in this study. This increase is based on cognitively rating scale 60% (enough) increased to 85% (very good), Psychomotor assessment 55% (enough) increased to 80% (very good) and affective 65% (enough) increased to 90% (very good).

Keywords: Online Investment Group in the digital era, PEHS learning model

I. INTRODUCTION

To humanize only be done with the educational process, with human education can be knowledgeable and knowledgeable because education is basically aimed to develop the potential that exists in humans, through human education can improve the quality of self for the development of life towards the better, the needs and demands of the times. Competence humans continue to evolve with advances in technology and the progress of civilization. Education is an effective means to menstranmisikan knowledge attitudes and skills in the community, especially the younger generation.

In the world of teacher education is a key element in the educational system, especially in schools all other components ranging from curriculum means the cost of infrastructures and so forth will be useless if the essence of learning is the interaction of teachers and students are not qualified. All other components of the curriculum will live especially when undertaken by teachers. Once the importance of the role of teachers in education mentransper inputs, so the school there will be no change or an increase in quality in the absence of the role played by the teacher. As soon as the urgency of the role of the teacher, then the teacher should be able to make the learning atmosphere to be very interesting, so it can be digested material presented students with ease. Therefore, teachers should be good at choosing the learning model can be optimized. Optimizing learning can be done in various ways, mengembangkan and apply them with a variety of approaches, strategies, models and methods with megikuti development of science, knowledge and technology (Science and Technology).

In Act No. 20 of 2003 Article 37, paragraph 1 of the system of national education, stated that the curriculum of primary and secondary must contain, among other things: (a) religious education, (b) civic education, (c) language, (d) mathematics, (e) science, (f) social sciences (h) of physical education and sport, (i) the skills / vocational, and (j) local content.

PEHS is an integral part of the overall education, through physical activity aimed at developing individual Yag organically, intellectual, social, emotional, and spiritual. In essence PEHS is the unity of body and soul, utilizing the physical tools to develop human integrity, improvement of mind and body that affects all aspects of human daily life, the activity of which is used for entertainment are not competitive, and play organized competitive nature. Through PEHS learning in the form of sports activities, can be reached in two ways, namely through sports activity and activity in sport. PEHS with the students in learning through movement,

getting the added value of social and psychological and physical skills. For students, the motion solely for pleasure and not driven by the intent and purpose. Motion is an absolute requirement of students in general. Unfortunately, when their age is increasing, the activity of the students on the wane.

Baron Pierre de Courbertin is Mr. Olympics Modern in Lutan (2001) says, "the goal of sports and physical education lies in its role as a forum for the unique refinement of character, and as a vehicle to own and form a strong personality, good character and noble trait ; only those who have a moral virtue as this will become a useful citizen ". Robert Gensemer in (Freemen, 2001) PEHS termed the process of creating "a good body to place the mind or soul". PEHS as a compulsory subject, but the learning process is not optimal and effective, because it caused any factors one of them: 1) the teacher as designer education has not optimal transmit knowledge and technology, 2) a shortage of interest in student learning in the digital age, 3) the limited means and infrastructure in the field of technology.

Based on these problems, the researchers argue the need for efforts to develop a learning model that can change the science and technology students. With online investigation group contributed greatly to the materials on the subject of PEHS. which can coloring all the materials for education leads to active, innovative, creative, effective and fun. Later this oline investigation group on learning PEHS more effective practical and efficient to understand students.

Learning theory is basically an explanation of how it happened or information is processed in the student's mind. Based on a theory of learning, a learning is expected to further improve as a result of learning student acquisition (Trianto, 2010).

According to Joyce and Weil (2011: 31) learning model can be classified into four groups learning model, namely: (1) model of learning process information, (2) model of social learning, (3) learning model personal, (4) learning model behavioral system.

Based on some of the opinions expressed by the experts above, it can be concluded that the learning model is a pattern that contains acuhan steps before implementing the learning process. The use of the learning model also helps teachers and students in the smooth process of learning, as well as obtain optimal learning results. The learning model can also function as an important communication tool in implementing the learning.

The learning model PEHS more evolved based orientation and the model curriculum. According to Gao (2006) explains that "The type of learning offered in physical education activity may influence students' motivational beliefs, physical activity participation and effort / persistence in class". Types of learning activities offered in physical education can affect the confidence of student motivation, physical activity participation and effort / perseverance in the classroom. Metzler (2000) classifies learning model PEHS into 7 different consisting of (1) direct instructional (direct instruction), (2) Personal Learning models System (learning model for personal systems), (3) cooperative models for physical education (cooperative model for education physical), (4) sport education models (Sports education model), (5) teaching peer models, (6) inquiry teaching model, and (7) fitness models (fitness models).

Elements of learning according to Joyce and Weil (2011) proposed five basic elements, namely: (1) syntax, (2) social system, (3) principles of reaction, (4) support system, and (5) Instructional and nurturant effects *m* Nieveen (2013) explains that the quality of the model on research and development is determined by the criteria of relevance (content validity), consistency (construct validity), practicality (practice) and effectiveness (effectiveness). Nieveen, (2013) stated models of development is said to be practical if the model is expected to be useful for any field in accordance with the model developed and the model can be used for any field in accordance with the model developed. Akker, (2013) stated practicability refers to the opinion of practitioners and experts say that the model is clear, usable and effective in normal conditions.

So it can be concluded that the practicality of the learning model is determined from the results of the assessment or practitioners. Rate practicality by practitioners, seen in the answers: (1) whether the practitioner believes what was developed can be used and (2) whether the reality shows that what is developed can be applied / used by practitioners.

Reigeluth, (1999) stated that the most important aspect for the effectiveness in the development of the model is the level or degree of application of the theory (manual or method) for the purpose under the given circumstances. Many ways can be used to look at the effectiveness of the model in development research. Akker, (2013) states the effectiveness refers to the level of experience and the results of the intervention is congruent with the expected goals. The effectiveness according to Nieveen, (2013) is expected in the use of the model results are as expected and actual outcomes means the use of the model managed to meet the desires of outcomes.

The model developed should be evaluated to improve the quality of the model evaluation technique used is the technique of formative evaluation, Tessmer (1993) in (Plomp, 2013), namely assessment (self-evaluation) .penilaian expert (expert review), assessment of one to one (one- to-one evaluation). Assessment by a small group (small group evaluation) and field trials (field tests).

Based on the concepts of quality of the model and the model developed evaluation, aspects that used to certify the quality of the model in this study are:

- a. Validity PEHS learning model through small game are determined from the results of the expert assessment (expert review) of the prototype.
- b. Kepraktikalitasan PEHS learning model of learning through small game are determined from the results of the assessment of users (students), practitioners (teachers colleagues) to the prototype, and the observations of the learning process.
- c. The effectiveness of teaching learning model PEHS through small game are determined from the results of learning aspects of connection capabilities, interest in student learning, student learning activities and interviews with students and practitioners / teachers.

Hastad and Lacy (in Edison in 2016) suggests there are four domains or purpose in learning PEHS, namely: corporeal aspect that affects the functional health and the state of one's physical (health-Related Physical Fitness domain), motion pattern fundamentally linked with the skills and presses on specific skills needed sports (Psychomotor domain), the process of acquisition and use of knowledge, such as; think, recognize, save and recall, creativity, and understanding (Cognitive domain), and the development of social-emotional skills, honesty, cooperation, self-concept, positive attitude toward physical activity (Affective domain).

Model Group investigation called cooperative learning method possible the most complex. It is due to this method of combining multiple rationale, based on a constructivist view, democratic, and cooperative learning groups. Group investigation is a small group to guide and encourage the involvement of students in learning. Joseph B, Weil, M & calhoun, E (2000) revealed that the investigation is as a process, and problem-solving as a process. Then Eggen & Kauchak (in Maimunah 2005) mengemukakan investigation is cooperative learning strategies that match the students into groups to make investments on the group to investigate sustu topic. According to Evans (1997) investigation learning is student activities that spread (divergent activity). That is, the student is given the opportunity to think, develop, investigation interesting things that disturb their curiosity price, so the proportion solution groove or settlement that much. Then, according to Chandra (2015) investasi activities carried out in several steps, namely: (1) prior to the investigation carried out, (2) the actual investigation process, (3) what one does after investigation.

In the study group pelksanaan facebook investigation by using the existence of the underlying theory is important because learning theory is the main foundation of learning using technology (facebook). There are three main learning theories are used as the basis of distance learning (e-learning) is behaviorism, cognitivism and constructivism. Atkisks (1993) highlights four aspects that are relevant to the realization of the material of e-learning to the idea behavioristik a) materials, b) the design must be established, c) to improve the efficiency of learning, d) approach behavioristik suggest to mendomontrasi skills and procedures learned , Overall, behavioristik recommends deductive approach to designing the structure and materials, so that the basic concept.

Baharudin & Wahyuni: 2015) states cognitive learning theory focuses students understand and know how to think in view kognitivistik learning is the transformation of information or knowledge that exist in the environment and then stored in thought. Then konstruktivistik theory assumes that knowledge is the result of human construction that knowledge is constructed in the mind of the student.

II. METHOD

This research is a type of design (design research). Design research purposes of education (educational design research) with the type of development studies is to develop research based solutions to complex problems in education. This study is a research and development (research and development) is the research which was followed by the development of education developed by Borg and Gall. According to Gall and Borg (1996) educational research and development (R & D) is a process used to develop and validate educational production. "Procedure development on teaching model of physical education and sport health through group investigation online in this digital age dilakukan based ADDIE models, which consists of five stages: analysis, design, development, implantation and evaluation (Molenda, 2003). This product trials aimed at obtaining the effectiveness, efficiency and usefulness of the product. Location product testing is performed on students state vocation high School I Bengkulu city . The data obtained are qualitative and quantitative data in the form of

reason in selecting answers and suggestions. The instrument used to collect the data is shaped evaluation forms and questionnaires.

III. RESULTS

The end result of this is the development of research activities learning model health physical education and sport is a new product development group online investigation in the digital age. The learning model physical education and sport health through online investigation group in this digital age can be developed at the vocation high School or equivalent. It was based on data from test results and data from questionnaires (covering aspects of psychomotor, cognitive and affective).

The preparation of a more focused learning materials, learning model physical education and sport health through online investigation of this group more effective and benefit in motivating students to follow the learning process compared with applied learning by teachers at an earlier time. The quality of the learning process would be enhanced if the training given to teachers to make Recana conduct of the study and application based models of learning online investigation group on the subjects of health physical education and sport in schools.

The learning model physical education and sport health through online investigation group was able to increase the effectiveness of learning organized by teachers and attended by students sampled in this study. This increase is based on cognitively rating scale 60% (enough) increased to 85% (very good), Psychomotor assessment 55% (enough) increased to 80% (very good) and affective 65% (enough) increased to 90% (very good).

The learning model physical education and sport health through online investigation group is very effective and in accordance with the characteristics of students, because in this game there are many advantages and disadvantages that bit;

1. Excess invertigasi model of group online in the digital era
 - a. Cognitive learning with this model of group invertigasi online quickly understood the students, because teachers explain the learning with tanyangan with interesting videos and pictures.
 - b. Psychomotor learning model student model of group invertigasi online faster memahmi a sports -gerakan movement that will in practice by students in the field.
 - c. To design teaching materials, so that the basic concepts, skills and factual information can be quickly obtained by students.
2. The weakness of the model group invertigasi online in the digital era
 - a. Not all teachers understand more about the technology in delivering the learning process of physical education and sport in school health.
 - b. Not all schools mempunyai facilities in the field of technology.

IV. DISCUSSION

The learning model physical education and sport health through online investigation group in this digital age to improve the effectiveness of learning organized by teachers and attended by students sampled in this study. This increase is based on the assessment scale learning experts I and II results from the evaluation of data analysis (cognitive psychomotor and affective).

The learning model physical education and sport health through online investigation group in this digital age can be discussed or disseminated to school, either at the district / city and provincial levels. The learning model physical education and sport health through online investigation group in this digital age needs to be disseminated by the teachers of the sport in Indonesia For the perfection of this model, needs to be reviewed and further developed.

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