Development of Audio-Visual Media for Learning Distance Running Short For Student Junior High School

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Abstract

This article is based on a developmental research. In the production step, the initial product was developed. This product was validated by an expert in subject matter and an expert in media. The next step was trying out the product to the students in three steps, namely, one- to-one try out, small group try-out, and field try-out. The subjects were students of junior high school 3 Tanjung Jabung Timur in seventh grade. The subject in this research consists of two students for one-to-one try-outs, ten students for the small group try-outs, and 31 students for the field try-out. The data collected in this research included the data from the subject matter expert, the evaluation data from the media specialist, and data from the students on the aspect of attraction. The data were collected using an interview sheet for the subject matter expert, the media expert, and questionnaire sheet for the one-to-one try- out, the small group try-outs, and the field try-outs. The data were analyzed using the descriptive analysis. The research results show that: 1) the development of audio-visual media Learning spin was in five phases, namely analysis, design, development, implementation, and evaluation, the quality of instructional media developed viewed from the content aspect is good, the quality of the developed instructional media in terms of the appearance aspects are good. the quality of the developed instructional media in regard to the attraction aspect is interesting.

Keywords: Audio visual Media; Lesson Run Distance Short; Junior High School

INTRODUCTION

Something must in activity learning field studies Education Physical sports and health, teachers are required to empower all its potential in managing learning both in mastering the material and in use media learning. Delivery materials in learning Physical education done No only form practice in field but Also in class room in form theory. Process learning often found learning Physical education Which not enough effective And efficient And it's not even interesting because most teachers don't use media or tools help Yang according to the material And objective learning.

Physical education lesson material really emphasizes psychomotor aspects will but need started with theory moreover formerly before exercise/practice in field. So that presentation material learning

in class more interesting and pleasant Teacher need apply strategy Which appropriate, among them with use media learning The obstacles that students often experience in running are not being fast or not specifically reaction student moment start, student other Already run 3 until 4 step, part Again new react for run. Sometimes time appear attitude no want to continued running because his other friends had already left him far away. Whereas Action and reaction are not only necessary in athletes but also very important required in other sports. Another obstacle is that students are not capable run with Correct, whereas run with technique which correct will can increasing speed, students do not have a strong driving force, and yet capable maximizing stride length owned.

The aim of learning short distance running in junior high school is so that students are able to improve physical fitness through sports activities and refining basic running movements distance short, Which related tightly with enhancement reaction, speed, understand And obey regulation as well as value person other. Process learning run distance short, teacher more lots give order for do in accordance with example which given, Teacher more dominate learning, the teacher provides and conveys as much information as possible to students. Behavioristic understanding is suitable for physical education learning, However, there are several sides that have not been touched, including: students are not given chance For process information, so that they no capable manipulate movements. This is clearly visible when presenting material learning, the teacher packages learning in the form of a sequence of exercises with loading task motion. Findings researcher in field about learning Athletics reveal has it shifted emphasis learning education physical exercise emphasis. Teachers are more focused on assessing quantitatively and ignoring the quality of movement. To help achieve learning goals The teacher uses the media in the textbook, demonstrating the teacher's movements or designated student. The fact that the author discovered at school is that the number The number of students in each class is still very large, namely 40 people for each group practical learning on the basketball court and school yard where the conditions are the school yard is muddy when it rains before practice. On the other hand environment school Which Not yet own arena play Which adequate for student.

Results learning run distance short is, part student can enjoy learning presented by the teacher. But others feel they don't get it complete information, because for them verbal media is more difficult to be understood, as well as examples demonstrated by the designated teacher or student the movement is so fast that it is difficult to understand, especially for students The level of observation is low, if the movement example is repeated the student sees something difference between second movement the, so that add confusion. Those who cannot understand learning will assume learning short distance running is too difficult and not fun, so they doesn't like learning run short-haul, for those who are motivated low levels will always lead to failure, especially if the learning is packed deep form order exercise Which can bring boredom.

Problems in learning to run short distances need to be overcome. Actions that taken is that efforts are made to make learning more effective in short distance running. The efforts made according to the author are synchronous with the problems faced are: analyzing content standards, formulating objective learning And determine material as well as formulate indicator evaluation. So that learning objectives can be achieved more effectively and efficiently as well pleasant, use media very needed. Media Which used of course media that can facilitate all types of student learning, media that able to provide concrete examples of the movements required, and media Which can displays return material Which Already learned, criteria media which needed that in find on media audio visual in form videos.

Media learning is vehicle delivery information or message learning to students. With the presence of media in learning, it is hoped that can help teachers improve student learning achievement. Because it's a teacher media should be present in every learning process in order to achieve this learning objectives. In general, educational media has uses for overcome various obstacle, between other: obstacle communication, limitations study room, passive student attitudes, less uniform student observations, Power remember student which different, so that no possible studied without media, place study which isolated and etc. Achievement objective learning needs the support of good media and teaching materials, namely teaching materials which are able to attract students' interest, according to current developments or not deviate from the curriculum. Implementation of short distance running

lessons with Using learning video media is expected to attract students' interest, awaken excitement student in express his abilities on learning to run distance short.

Management learning run distance short need arranged Again, so that can apply media videos learning which has developed. Through video media, learning to run short distances can run effectively, efficiently, interesting and fun, and has an impact on changing students' attitudes (discipline, enthusiasm, sportsmanship, self-confidence, honesty) so that all the problems above can overcome. Based on background behind in on study This given title. "Development of Audio-Visual Media for Learning Short Distance Running for Students School Intermediate First". Study development This aim describe process development audio-visual media for learning short distance running and providing audio-visual media short distance running learning visuals for junior high school students can be as teaching materials for teacher and example concrete for student

RESEARCH METHODS

The development design used refers to the design being developed by Lee and Owens (2004) with the following steps: analysis, design, development, implementation, evaluation. From 5 stage development This each stages own stages And procedure Which follow him. Procedure This development can be explained as follows: Analysis, which consists of needs analysis, the activities carried out are identifying minimum completeness criteria, materials learning points, media/tools used, student learning outcomes, targets what you want to achieve. Audience analysis of activities carried out at this stage is identify the characteristics of students as product users. these characteristics consisting of: general characteristics, such as cultural, social background, gender And class. Characteristics special consists from: Knowledge, Skills, And ability beginning Which owned candidate user. Design (design) On stage This is the design stage regarding the product that will be produced: Manufacturing Timetable, Determination team project , Determination of specifications, Structure of matter.

This media development includes the development of computer based multimedia in matter This videos learning, For eye lesson Education Physical sport And health Junior High School class VII on competence base "Practicing variation And combination technique base Athletics as well as mark tolerance, believe self, courage, keeping yourself and others safe, willing to share space and equipment" stage This consists from: pre production, production and post production. Implementation, Programs that have been completed are produced and implemented preview , then validated by validators. Validators consist of media experts and material experts. After the media is declared valid by both validators, the next step is to carry out a test try it on the user. The trial was carried out in several stages, namely: trial one by one, test try group small And test try group big (class). Every finished stage test try done revision based on input from user. Evaluation, procedure implementation evaluation consists from two step namely: Introduction. The preliminary stage is to determine the basic rationale for the plan necessity in do evaluation And determine components Which need to be evaluated. Determining the evaluation requirements, this stage is carried out by consider things as following: How implement strategy evaluation, tool measuring Which in use, How method measure it, How validate, How collect them, analyze and use, as well as determine system Which will used For analysis data.

Product Which developed This through process validation Which done by expert material, validation by media experts as well as individual trials, small group trials, and field trials. Validation by experts and trials are carried out with the aim of ensuring that the product developed is suitable for use. Procedures followed in the test try the products in this study mostly follow the steps that developed by Asyhar (2010). The data obtained is then analyzed and used For repair or perfect product Which developed.

RESULTS AND DISCUSSION

Implementation of Physical Education learning, especially athletics, at junior high school 3 Tanjung Jabung timur, there are still many students who have not complied minimum completeness criteria has been determined by the subject teacher. Incomplete athletic learning this short distance

running number is caused There are several disadvantages, including: draft learning, development syllabus and lesson plan, strategy learning, means (media and equipment others), the number of students which is too Lots, condition environment, etc. Based on the results of observations and interviews conducted with participant educate class VII Junior High School 3 Tanjung Jabung timur, is known that learning Education physical sport And health the material very monotonous, as well as example movement No always The same, Which will give rise to boredom and indecision for students, teacher's explanation of the course of movement through pictures students cannot translate well, so student do movement carelessly just.

The results of supervision carried out by the supervisor of junior high school 3 Tanjung Jabung timur, obtained information that part big the teacher implements process learning by using the syllabus and lesson plans downloaded via the internet, in part small Teacher make lesson plan myself, however application of learning models too monotonous like a direct learning model with a lecture method. Model Direct learning will be effectively applied to learning material that is of a nature procedure or practice.

Departing from this problem, teachers need to analyze content standards, determine objective learning as well as formulate material lesson. So that objective learning can achieved more effective and efficient as well as pleasant, it is important to develop learning media to meet needs and solve the problem. Based on developer studies, the media Suitable for explaining short distance running material is audio-visual media in the form of learning videos. With video media, students can learn witness the real world in the athletic arena, as well as video media can provide examples of movements that match the actual technique, and if the movement the be repeated movement will still The same, as well as movement the can slowed down, so that student Which level his observations low will capable observe the course of movement. Apart from that, this video media can also be played back on House without presence teacher for remember return movement which needed.

Based on observations made by developers on class VII junior high school students 3 Tanjung Jabung obtained data that students aged between 12-13 year, background behind education previously finished from elementary school in around subdistrict Nipah panjang, they has Study material Athletics in form introduction motion base run. Results observation developer obtained information that of the 152 class VII students, they have different hobbies, however Most of his hobbies are sports and art. Results of developer interviews with 4 randomly selected students, the developer asks for information on how to their learning, the four students have different ways of learning there are verbal, auditive and participatory styles. From the results of the daily test, it can be read that fourth student the own mark test which different, student which own style Study verbal value more Good compared other.

Based on characteristics participant educate Junior High School Country 3 tanjung Jabung timur, development media learning important done, with consideration participant characteristics educate and ability Teacher eye lesson, they Still need tools to think concretely. Therefore there is media learning audio visual in form videos learning This participant educate will more easy understand learning Which served by Teacher. Skills precondition which must mastered, teacher nor student in operate media, this is capable operate computer as well as the ability to display this media via LCD. Through ICT subjects taught in Junior High School 3 tanjung Jabung timur, ability precondition the Already fulfilled.

After through a number of validation from second validator, media stated worthy to be tested, some input from users such as the appearance of the text on slides too fast, slides flash. Meanwhile, subject teachers are more concerned with the procedure for using media, not the method of production, but the part that is considered it is important to carry out revisions, so that a ready-to-use product is produced. Ready to use product consists of 4 meetings, each meeting begins with an introduction, contents, The closing section contains assignments/exercises and at the end contains evaluation, as for the final product is: The opening begins with an intro athlete who while running practice is then followed by an athletic competition, at the end screen display "Development of audio-visual media for learning short distance running" and the name of the developer and department, name of the university. Next is the displaya selection menu containing Meeting I, until the opening of Meeting I begins with a screen display containing the title, developer name and program name study, letters used by time newroman, Accompanied by a little music cheerful and ends with animation. Next is the display of the red and white

flag, the tutwuri logo handayani, and followed by a video of an athlete running with audio "Welcome to Physical Education learning, as well as introductory audio" which is followed by a video of a short distance running race, with the sound of instruments gentle. This is followed by the display on the screen of the learning objectives. IAAF logo with a soft blue colour that doesn't dazzle the eyes accompanied by light music nice to hear, video displays of long jump competitions, hurdles accompanying, as well excitement viewer see athlete race run goal For intersperse introduction.

CONCLUSION

This research and development aims to produce audio-visual media learning run distance short, process design until to use media audio-visual Which developed can concluded: A product Good media development certainly refers to a good development model according to the product produced, the development model adopted The development of audio-visual media for learning short distance running is a model Lee and Owens. The first step taken in this development is analyze need, based on need in do analysis a number of aspects, namely: analysis of the learning curriculum, analysis of student characteristics, analysis technology, media analysis, environmental analysis. The results of the analysis are then presented in a plan (design). This stage is the design stage about product. Which will in produce, his activities between other: Making Timetable, determination team project, determination of specifications, and structure material. Stage development consists from: pre-production, production and post-production. Media which produced is media audio visual in form videos learning, media so reviewed by previous reviewer delivered to the validator for validated which is called the implementation stage. The validation results stated that the media was feasible for field trials. Based on one-on-one trials of audio-visual media development will be revised, the next step is to conduct small group trials, test data try analysis, made base revise media before test try group big/class. Results test try group big show enhancement results Study which is significant.

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