

Effectiveness of Physical Education, Sports and Health Learning in Elementary Schools

Areslon Lumban Gaol^{1A-E*}, Dewi Susilawati^{2B-D}

^{1,2}Study Program Masters of Physical Education and Health, Faculty of Sports and Health Sciences, Indonesian Education University, Sumedang City, Indonesia

lumbangaolares@upi.edu^{1*}, dewisusilawati@upi.edu²

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A. Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

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ABSTRACT

This research aims to determine the process of implementing learning physical education, sports and health at SD Rachmani, sub-district East Karawang, Karawang district. The problem of this research is to know how the process of implementing physical education learning is carried out in sports and health which takes place at SD Rachmani Karawang. This research is a qualitative descriptive research, which describes how implementation of physical education, sports and health learning at SD Rachmani Karawang, the subjects in this study were 4 students, 1 physical education teacher, and 1 head school. The data collection techniques used in this research are observations, interviews, and documentation. Data analysis techniques used in this research are data reduction and data display techniques. Research result shows that the implementation of physical education, sports and health in SD Rachmani Karawang in terms of preparation is quite good, while the implementation and evaluation stages are still not good, apart from that School facilities and infrastructure are incomplete to fulfil the process learning physical education, sports and health, therefore physical education, sports and health teachers are not graduates Professional teachers of physical education, sports and health must further develop their knowledge learning physical education, sports and health.

Keywords : Learning; Physical Education; Sports and Health; Elementary School.

INTRODUCTION

Physical education and sports are increasingly developing with the advancement of the times. Humans follow and balance increasingly complex sports according to their needs. Sports will be done by everyone and can also be found every day in community life. Sports are like magnets in life that are difficult to separate from human daily activities. Community groups do sports in their spare time, on holidays or on days that are very little tired of today's modern life. Sports have become popular in Indonesia, even people who try to advance sports in Indonesia sometimes call out the slogan "Making sports popular and making people sporty".

Teachers are the parties who play an important role in determining the success of an education. Of the many parties who play a role in the world of education, teachers are



directly involved in the education process and are closest to students. That way, it is only natural that teachers are figures who realize how great the meaning of their existence is in the education process so that what they do is a maximum effort towards achieving educational goals.

Based on data in 2023/2024 from the Ministry of Education, Culture, Research and Technology (Kemdikbud). Karawang Regency has 960 Elementary Schools (SD), including 852 Public Elementary Schools and 108 Private Elementary Schools spread across 30 sub-districts in Karawang Regency. Meanwhile, the number of teachers in Elementary Schools (SD) in the 2023/2024 academic year is 9,765 teachers, including 3,103 male teachers and 6,662 female teachers. Based on these data, it shows that not all schools have Physical Education, Sports and Health (PJOK) subject teachers, based on statistical data published by the Ministry of Education and Culture in 2023/2024, shows that 55% of schools do not have physical education, sports and health teachers.

Based on the data above, we can conclude that there is a lack of attention to the professionalism of educational staff in physical education, sports and health learning. This is evident from the many schools that still consider the professionalism of physical education, sports and health teachers unimportant, with learning still being carried out with teachers who are not experts.

As a researcher, I took one of the elementary schools that did not have a physical education, sports and health teacher as a sample for research. Based on the results of observations and data collection from articles related to the research, several schools have not been optimal in implementing physical education, sports and health learning. Among the schools referred to above is Rachmani Private Elementary School. In implementing physical education, sports and health learning, this school has its way, namely by carrying out learning activities simultaneously once a week with the teaching staff being the respective class teachers often called homeroom teachers. Physical education, sports and health learning taught by class teachers will encounter obstacles in its implementation. These obstacles can arise from several factors that influence the less-than-optimal implementation of physical education, sports and health learning at Rachmani Karawang Elementary School as a whole and linking it to the ideals that should be.

From the phenomenon in SD Rachmani, awareness of the importance of professional teachers to realize quality education has emerged. One of the requirements for professional teachers is to have appropriate academic qualifications, as stated in Article 8 of Law No. 14 of 2005 concerning Teachers and Lecturers. By having professional physical education, sports and health teachers, the lessons delivered should be more targeted or effective because the teachers have more mastery of the material, stages of learning, indicators of success and other factors that are the essence of physical education, sports and health learning.

Based on the background above, the researcher intends to conduct a study entitled "Effectiveness of Implementation of Physical Education, Sports and Health Learning at SD Rachmani Karawang. From the background above, it can be formulated: Is the Implementation of Physical Education, Sports and Health Learning Effective? The aim is to determine the effectiveness of the Implementation of Physical Education, Health and Sports Learning.

Effective according to Peter F. Drucker in Husaini Husman's book (2011:2) is doing the right thing, while efficient is doing the right thing. Wahit et al.'s opinion is also supported by Hamzah B. Uno (2008:2) who stated that learning is essentially a planning and design strategy as an effort to teach students. Hamzah sees learning as a method planned to make students learn.

Physical education, sports and health (PJOK) are compulsory subjects in schools, this subject is intended to support the psychomotor development of students, Unesco, in the "International Charter of Physical Education and Sport" (1978) physical education is a process of educating someone as an individual or member of society that is carried out consciously and systematically through various physical activities to improve abilities and skills. The implementation of physical education, sports and health learning has been carried out from time to time, but the question is, whether its implementation has referred to the right goals or not, it is certain that if physical education, sports and health learning is carried out without referring to the right goals, then the learning will only be a physical activity. The purpose of learning physical education, sports and health is important because in its implementation it helps teachers in the success of learning.

METHODS

This research is a qualitative descriptive study to research or find information and the hope of obtaining an overview of the implementation of physical education, sports and health learning. Descriptive research itself aims to make systematic, factual and accurate planning regarding the facts and characteristics of the population of a particular area (Sumardi Suryobroto, 1983:19). Qualitative methods produce descriptive data in the form of written or spoken words from people and observed behaviour.

The determination of the subjects in this study used a purposive sampling procedure, which is a method used to obtain credible subjects, following predetermined criteria. The subjects in this study have criteria or requirements, namely physical education teachers at Rachmani Elementary School who are educators who are directly involved in providing physical education, sports and health lessons. The subjects in this study were 1 physical education, sports and health teacher, 4 grade 6 students and 1 principal. The instruments used in this study were the researchers themselves assisted by interview guidelines and observation sheets. These guidelines are guidelines developed by researchers based on indicators from each variable studied. The following interview and observation grids refer to the theory of learning implementation put forward by Nana Subjana (2002:19)

The following is a guide for interviews with school principals and physical education teachers at Rachmani Elementary School Karawang:

Table 1.
 Research Subject

No	Respondents	Population	Sample
1	Student	8	4
2	Teacher	1	1
3	Principal	-	1
Number of Samples			5

Instruments according to Suharsimi Arikunto (1992:182). Are tools used in data collection? From this opinion, it can be interpreted that instruments are tools used by researchers to examine data. Through instruments, the instruments used in this study were the researchers themselves assisted by interview guidelines and observation sheets. These guidelines are guidelines developed by researchers based on indicators from each variable studied. The following interview and observation grids refer to the theory of learning implementation put forward by Nana Subjana (2002:19).

Table 2.
 Interview Guide for school principals and teachers

No	Indicator	Component	Source
1	Learning Program	1. RPP	Principal
		2. Learning Materials	Teacher
2	Implementation	1. Open the textbook	Principal
		2. Delivering material	Teacher
		3. Learning methods	
		4. Facilities and infrastructure	
		5. Class management	
		6. Closing the class	
3	Learning Outcomes	1. Evaluation	Principal
		2. Results	Teacher
		3. Assessment	

Related to data collection on the implementation of physical education, sports and health learning at Rachmani Elementary School, the research uses the following data collection techniques:

Observation can be used by a researcher to collect information about the reality being studied. In using observation as a research method, it is required to meet certain requirements so that the observation results follow the reality that is the target of the research. By comparing research observations with the results of other observations in the same context. By repeating the results of the first observation and then comparing the results.

Interviews in qualitative research usually use interviews: (1) unstructured, (2) conducted openly, (3) placing informants as fellow researchers (Sanapsih, Faisal, 1990:62).

Documentation is a scientific research method that uses documents as reference materials in describing verbal data, namely writings, diaries, articles and so on. This document is used to find out past social symptoms (Koentjaraningrat, 1993:63).

The documents referred to in the study are notebooks and other documents in SD Rachmani such as syllabus, lesson plans, and evaluation sheets for physical education, sports and health learning. The purpose of using observations, interviews and documentation for data in this study is to complement each other, thus enriching the data or information needed. The data obtained in this study are more in the form of qualitative words than in the form of numbers. Therefore, data obtained qualitatively will be analyzed by induction and deduction. Induction analysis is used to conclude general things to specific and deduction analysis concludes specific data to general.

According to Nasution (1988:129), the steps of qualitative research are data reduction, data display and the last is verification conclusion. Data reduction is done by selecting or selecting relevant and meaningful data and can focus data on problem-solving then simplified and arranged systematically by highlighting important and main things to take the summary of the results of all findings. The results of data reduction are presented in a systematic report that is understood. Data display, classifying and presenting data according to the main problem that begins with coding in each sub-topic of discussion. To facilitate the conclusion of the field, a matrix or chart is made.

Conclusion (verification) as a result of research based on data reduction and data display so that the conclusion does not deviate from the data and analysis. Verification is intended so that the assessment of the suitability of the data with the intent contained in the basic concepts in the research is more precise and objective.

RESULTS AND DISCUSSION

The data collected through interviews, as well as notes from informants, were then reduced and analyzed using qualitative descriptive techniques. Through this technique, researchers will describe, explain, and interpret the data that has been collected so that they will obtain a general and comprehensive picture of the implementation of physical education, sports and health learning at SD Rachmani Karawang.

Based on the results of the research that has been obtained at SD Rachmani Karawang regarding the implementation of physical education, sports and health learning, the following description was obtained: SD Rachmani Karawang is located on Jalan Baru Tanjungpura Klari Gedung Charles, Margasari Village, East Karawang District, Garut Regency. This school was established in 2018, when the school was first established, the number of students was 80 and 12 teachers, the facilities owned by the school were 6 classrooms and 1 lab, as well as one room for teacher activities and school administration, 1 library, 1 canteen. The location of the school is surrounded by densely populated villages, so the majority of students who study at the school are students who live in villages close to the school.

The infrastructure at Rachmani Karawang Elementary School is presented in the following table:

Table 3.
 Number of Rooms at Rachmani Karawang Elementary School

No	Infrastructure	Amount	Description
1	Principal's Room	1	Good
2	Teacher's Room	1	Good
3	Classroom	6	Good
4	UKS Room	1	Good
5	Canteen	1	Good
6	Computer Laboratory Room	1	Good
7	Warehouse Room	1	Good
8	Student's Bathroom/Toilet	2	Good
9	Teacher's Bathroom/Toilet	2	Good
10	Field	2	Good
11	Room	1	Good

The learning activity facilities available at Rachmani Karawang Elementary School are considered inadequate, based on the results of interviews with the principal and teachers, there are only a few supporting facilities for physical education, sports and health learning activities in limited numbers as presented in the following table:

Table 2.
 Facilities and infrastructure for learning physical education, sports and health

No	Infrastructure	Amount	Description
1	Futsal court	1	Good
2	Badminton court	1	Good
3	Volleyball court	1	Good
4	Football	1	Good
5	Table tennis	1	Good
6	Table tennis	1	Good
7	Basketball	1	Good
8	Badminton net	1	Good
9	Table tennis net	1	Good
10	Badminton pole	2	Good

It should be noted that the number of teachers in elementary school is 10 teachers, 2 male teachers and 8 female teachers, with physical education, sports and health teachers



who are graduates of elementary school teacher education, this is a limitation because the material mastered is not outside of their educational background, the solution taken by physical education, sports and health teachers is to convince themselves that they must know and understand the material that will be taught to students and know how to do it, so that when students practice it. After the teacher provides an explanation related to the material to be taught, the teacher then shows a video showing how to do a movement. From there it is assumed that students can get an idea so that they can practice it in the field. For students who can do their movements well, they become examples and teach other friends. Even so, of course in its implementation, there is still teacher supervision.

During the interview (October 24, 2024) with the principal, the researcher asked about the administration made by the physical education, sports and health teachers. The following are the principal's answers: "Teachers prepare the administration that they must make, in the form of an education calendar, annual work program, semester work program, syllabus, RPP, etc., so the administration that I mentioned earlier must all be fulfilled because they are interrelated to each other to support learning to be well organized and following the rules from the centre, before I assign the teachers to make all the administration, we first hold a work meeting (Raker) because we also refer to the regulations to the centre, of course in one year with learning there are often regulations and changes in learning, so we adjust in the work meeting, then the teachers can do all the administration".

Based on interview data with the principal, physical education teacher, and several students regarding teacher administration, they stated that all administration was complete which was made by physical education teachers starting from the education calendar, lesson schedule, annual program, semester program, syllabus and RPP. Following the provisions of the Ministry of Education and Culture in Number 22 of 2016 that "Standard education administration in the form of an education calendar, prota, promes, syllabus, RPP, RKPP, to teaching materials in the form of books, modules, LKS etc. to support learning to achieve the Basic Competencies that have been determined".

Based on the results of interviews with the principal, physical education teachers, and students, the program that was made was complete starting from the prota, promes, syllabus, RPP, RKPP and others. Following the definition of curriculum according to Law No. 20 of 2003: "The curriculum is a set of plans and arrangements related to learning programs that contain objectives, content, teaching materials and methods used as guidelines in organizing learning activities to achieve a national education goal". Then the researcher asked the principal, physical education teachers and students (RA, RB, R1, R2, R3, R4) regarding the implementation of the physical education learning program, the following is the answer "The program made is adjusted to the school agenda and existing materials, then designed so that the material in one material is all delivered on time, so that children can understand the material that will be given".

Based on the results of interviews conducted with the principal, physical education teacher and students regarding the learning process carried out during physical education, sports and health learning at Rachmani Elementary School, it is sufficient to enter the criteria for a learning process that should be carried out including preliminary activities, core activities, closing activities. Based on the regulations made by Permendikbud No. 22 of 2016 concerning "process standards, namely the implementation of learning is the application of the learning implementation plan which includes preliminary, core and closing activities". Then the researcher asked the principal, physical education teacher and students (RA, RB, R1, R2, R3, R4) regarding the core activities in the implementation of physical education learning and the answer was "In the core activities, the physical education teacher conveys

the theory about the material to be practised, then the teacher gives examples of demonstrations of the movements being studied, then the students demonstrate the movements demonstrated by the teacher while the teacher corrects the movements". From the results of interviews with the principal, physical education teachers, and students regarding the facilities and infrastructure available at SD Rachmani, it is already adequate sports facilities and infrastructure, it can be concluded from several opinions above that the field is already complete, as well as supporting facilities in the form of other sports equipment. Based on the definition of sports facilities and infrastructure according to Agus S. Suryobroto (2004:4): "infrastructure or equipment is everything that is needed in the physical education learning process and is easy to move (can be semi-permanent) but heavy or difficult, for example: such as mats, jumping boxes, horses, etc. Infrastructure or facilities are everything that is needed in the physical education learning process that is permanent or cannot be moved. For example: football field, volleyball court, basketball court, swimming pool, hall, and others. "

Then the researcher asked the principal, physical education teachers and students (RA, RB, R1, R2, R3, R4) about the utilization of facilities and infrastructure in SD Rachmani and the answer "in the use of the field we maximize for physical education learning all types of sports are done in the existing field but it is very less than optimal because it is not a special field for the learning that will be learned, then the sports equipment is indeed very less than optimal because the number is small then it is not optimal in its use ". Based on the results of interviews conducted with the Principal, physical education teachers, and students regarding the evaluation of physical education learning carried out at SD Rachmani the evaluation given to students is in the form of an evaluation held at the end of each semester, and there is also an evaluation given every week. Based on the theory put forward by Eddy Soewardi Kartawidjaja (19987:30), "Evaluation of learning outcomes is usually carried out at the end of the quarter, the last semester of the school year or at the end of the level of education in the form of a final exam or final stage learning evaluation ". Then the researcher asked the principal, physical education teacher and students (RA, RB, R1-R4) about the form of evaluation given in physical education learning and the answer "the evaluation used in physical education learning is in the form of observations regarding students' attitudes and knowledge in physical education learning".

Based on the results of interviews conducted with the principal, physical education teacher, and students (RA, RB, R1, R2, R3, R4) conducted at Rachmani Elementary School regarding the physical education assessment carried out based on the opinions of several respondents who were interviewed, the physical education learning assessment was carried out starting from the daily learning process carried out by students, the aspects studied were cognitive, affective and psychomotor, and there was an assessment at the end of the semester. Based on the theory put forward by the Ministry of Education and Culture No. 22 of 2016 concerning physical education assessment "the assessment criteria in physical education learning include using reference standards/criteria, authentic assessment in the form of learning process assessment, then holistic assessment in the form of cognitive, affective, and psychomotor."

Discussion

Based on the results of the study through observations, interviews, and documentation that have been described and explained in the discussion conducted, it can be concluded that the implementation of physical education, sports and health learning at SD Rachmani Jalan Baru Tanjungpura, Karawang Timur District, Karawang Regency, is said to be quite

good or appropriate. This can be seen from two aspects, namely the implementation of physical education learning and the condition of physical education facilities and infrastructure. In the implementation of physical education, sports and health learning, there are three teacher competencies, namely planning, implementation, and evaluation. In these three competencies, physical education, sports and health teachers have fully implemented the three competencies well and following school regulations. When viewed in terms of facilities and infrastructure, SD Rachmani Karawang is quite complete, but there is still some supporting equipment for physical education learning that is incomplete or even non-existent. This is a challenge for physical education teachers because they have to modify facilities and infrastructure that the school does not have.

CONCLUSION

Based on the researcher's conclusions above, the researcher provides the following suggestions:

1. For the Karawang Regency Education, Youth and Sports Office Through this research, it is hoped that the institution can be used as material and literature study and help the learning process for employees or officers so that they can get information about the implementation of physical education, sports and health learning.
2. For physical education, sports and health teachers to further develop knowledge about physical education, sports and health learning to be more varied and innovative so that physical education learning does not feel boring.
3. For schools, schools are expected to pay more attention to physical education learning in terms of teachers, facilities, facilities and infrastructure for physical education so that learning runs optimally.
4. For researchers, themselves to be able to develop physical education learning in their respective schools so that physical education learning can be more varied.

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