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Effect of Audiovisual Media to Improving Floor Exercise Learning Outcomes

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ABSTRACT

The purpose of this study was to determine the difference in the effect of using visual media (pictures) and audiovisual (video) on student learning outcomes in floor gymnastics. This study used a quasi-experimental design. The research design of this study was a two-group pre-experimental design. The purpose of this study was to determine the impact of video and image learning platforms. The research sample was separated into two groups, the first group received video learning treatment and the second group received image learning treatment. Data analysis produced a t and gt account. This table is based on 1,697 observations and comments. The findings are followed by sig.2; 0.05 or 0.094; 0.05 Finally, in floor jumping exercises, there was no significant difference in improving student learning achievement. In conclusion, expanding learning activities to floor exercises will improve student learning achievement.

Keywords: Learning media, audiovisual, learning outcomes, floor exercise, senior high school

INTRODUCTION

Physical education is a crucial aspect in the education system that aims to develop individual quality holistically, including physical and spiritual aspects [1,2]. Education has an essential role in advancing the nation and state, so the government needs to pay special attention and formulate policies that support the development of education in Indonesia [3,4]. Education in Indonesia is expected to be able to direct students to be able to develop their potential [5].

Learning media plays a vital role in supporting the effectiveness of the teaching and learning process, especially in the context of physical education, sports and health [6,7]. The development of science and technology has brought significant changes in various aspects of human life, including the field of education [8,9]. Learning media, especially audiovisual and visual media, offer great potential in improving student learning outcomes, especially in subjects that require demonstration and visualization of movements such as floor gymnastics [10,11].

Learning floor exercises requires the right media so that students can understand and practice movements correctly. The use of media in learning can motivate students, stimulate memory of material that has been learned, and provide new learning stimulation [12,13]. Learning media functions as a tool, message intermediary, material reinforcement, and teacher representation in conveying information accurately, clearly, and interestingly [14,15]. Therefore, physical education teachers are required to have a variety of teaching methods and make learning innovations, especially in physical education learning [15,16].

the results showed that the effect of learning media on student learning outcomes increased with the use of well-integrated audiovisual and visual media [17]. in other studies, it shows that effective learning media are valid, practical, and effective media to improve student abilities [18].

Based on observations, the average student pass rate in floor exercises was 34%. This shows that traditional methods produce learning outcomes that are less varied. the use of learning media, especially audio visual, is expected to improve learning outcomes in floor gymnastics.

METHODOLOGY

This type of research is quantitative research, the determination of research methods is influenced by the object of research. So that the method used in this research is a pseudo-experimental method. pseudo-experimental method is a way to find a causal relationship between two factors that are deliberately caused by the researcher by eliminating or reducing or setting aside other factors that interfere [19].

The population taken in this study were all students of class XI IPA and IPS SMAN 1 Wiradesa which amounted to 192 students. the sample selected was simple random sampling. the sample in this study were students of class XI IPA 1 and 3 totaling 40 students. The research instrument used uses a learning outcome test which includes cognitive, affective and psychomotor aspects.

The data analysis technique used consists of prerequisite tests and hypothesis testing. in the prerequisite test consists of normality test and homogentias test. in the normality test with the following provisions

1) If the significance value <0.05 means that the data is declared inhomogeneous.
2) If the significance value> 0.05 means that the data is declared homogeneous

on the homogeneity test with the provisions

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While in the hypothesis test if the 2 tailed sig value is more> than 0.05 then Ha is accepted and Ho is rejected. And vice versa if the 2 tailed Sig value is more> than 0.05 then Ha is rejected and Ho is accepted.

All data analysis was carried out using SPSS version 23 software.

FINDINGS/RESULTS

The data analyzed were data on the learning outcomes of floor gymnastics in class XI SMA Negeri 1 Wiradesa through the application of learning models with visual and audiovisual media. The data generated from this study is by giving test instrument questions with floor gymnastics material on the kangkang jump and also doing a practical test of the kangkang jump. students are divided into two groups to be given the application of learning models with visual media and the application of learning models with audiovisual media. The results of the calculation of the learning outcomes of floor gymnastics in class XI SMA Negeri 1 Wiradesa before and after treatment, for the results of the scores obtained are the results of the cognitive and psychomotor assessments combined and the results obtained, as follows:

Visual Aspect

Tabel 1. Descriptive Statistics of Visual Data

No	Category	*Pretest*	*Posttest*
1	*Mean*	72,1	81,1
2	*Median*	72,3	80,6
3	Sum	2381	2678
4	Maximum	83,7	90,8
5	Minimum	64,3	73,5
6	standard deviation	4,04	4,55

From the results of the calculation of the learning outcomes of floor gymnastics of class XI SMA Negeri 1 Wiradesa before being given treatment using visual media, the pretest results obtained a mean or average value of 72.1, median value or middle value of 72.3, sum value or total of 2381, highest value 83, lowest value 64.3 and standard deviation value (std. deviation) 4.04 while for the postest results after being given treatment using visual media, the mean or average value is 81.1, the median or middle value is 80, the sum value is 2678, the highest value is 90.8, the lowest value is 73.5 and the standard deviation value is 4.55. From these results it can be seen that in the postest data all students got an average score of 81.81 and the value was above the KKM value for PJOK learning, namely 75. Furthermore, the average visual data can be displayed in figure 1 below.

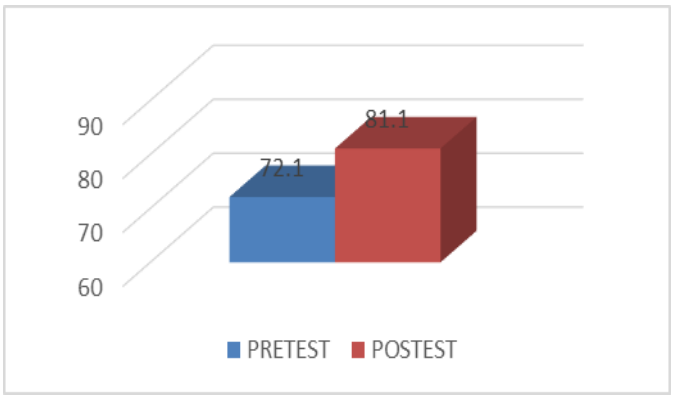

Figure 1. visual media diagram data

Audiovisual

Tabel 2. Descriptive Statistics of Audiovisual Data

No	Category	*Pretest*	*Posttest*
1	*Mean*	73,1	83,1
2	*Median*	73,5	81,5
3	Sum	2634	2992
4	Maximum	79,7	96
5	Minimum	63,2	77,5
6	Standart deviation	3,83	4,99

From the results of the calculation of the learning outcomes of floor gymnastics of class XI SMA Negeri 1 Wiradesa before being given treatment using audio-visual media, the pretest results obtained a mean or average value of 73.1, median value or middle value of 73.5, sum value or

total of 2634, highest value 79.7, lowest value 63.2 and standard deviation value (std. deviation) 3.83 while for the posttest results after being given treatment using audio-visual media, the mean or average value is 83.1, the median or middle value is 81.5, the sum value is 2992, the highest value is 96, the lowest value is 77.5 and the standard deviation value is 4.99. From these results it can be seen that in the posttest data all students got an average score of 83.1 and the value was above the KKM value for PJOK learning, namely 75. Furthermore, the average of audiovisual data can be displayed in figure 2 below.

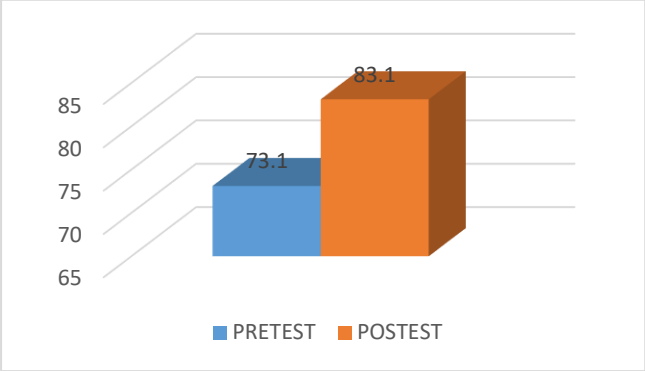

Figure 2. Audiovisual media diagram data

From the acquisition of the learning results of the value of floor gymnastics for class XI of SMA Negeri 1 Wiradesa, it can be explained that the mean / average learning outcomes of the value of floor gymnastics for class XI of SMA Negeri 1 Wiradesa before being given the application of learning models using visual media pretst results of 60.2 and posttest of 83.8 while the learning outcomes of the value of floor gymnastics for class XI of SMA Negeri 1 Wiradesa before being given the application of learning models using audiovisual media pretest results of 60.2 and posttest of 83.8. The following is the percentage of the increase in learning outcomes of the value of floor gymnastics for class XI SMA Negeri 1 Wiradesa as follows:

Table 3. Percentage increase in learning outcomes of floor gymnastics

Variable	***Mean***	**Difference**	improvement
Pretest visual	72,1	9	12,4%
Postest visual	81,1		
Pretest audio visual	73,1	10	13,6%
Postest audio visual	83,1		

From the calculation of the percentage increase in the mean or average learning outcomes of floor gymnastics values of class XI SMA Negeri 1 Wiradesa, the results of the increase in the visual treatment group were 12.4% while the percentage increase in the mean or average with audiovisual treatment was 13.6%. With these results, it can be concluded that the increase in learning outcomes of floor gymnastics in class XI SMA Negeri 1 Wiradesa through audiovisual treatment (video) is higher than visual treatment (pictures).

DISCUSSION

The use of learning media can help teachers as a tool to facilitate the achievement of teaching objectives [20]. This is based on the belief that teaching and learning activities at school with the help of media or tools will improve the quality of student learning in a long time and can improve student skills [21]. The use of audiovisual media is expected to have an impact on learning the material of floor gymnastics jumping kangkang. The role of educators is also influential in these learning activities because they are required to provide motivation in the

process of learning activities for floor gymnastics material by using audiovisual media in the form of PPT (Power Point) or other media.

The use of learning media can help teachers as a tool to facilitate the achievement of teaching objectives and affect the effectiveness of learning [22,23]. Effective learning media can overcome time and space limitations, present messages in an interesting way, develop students' thoughts and opinions, and stimulate imagination [24]. the use of local wisdom-based cartoon puppet media is very valid and student responses are very good so it is very feasible to use as learning media [25]. thus, audiovisual and visual media have great potential in improving learning outcomes in floor gymnastics through the delivery of information that is more interesting, clear, and easy to understand.

CONCLUSION

Based on the research data, it can be concluded that the influence of visual and audiovisual media is proven to be able to improve the learning outcomes of floor gymnastics of class X students of SMA N 1 Wiradesa. Both visual and audiovisual learning media can improve student learning outcomes.

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