Increasing Front Rolls Learning Outcomes Through the Use of Learning Assistance Media

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Abstract
This research uses Classroom Action Research (CAR). The data sources in this study were all seventh-grade students of Cawang Baru Junior High School Jakarta for the 2019/2020 Academic Year. The subjects of this research were the seventh-grade students of SMP Cawang Baru Jakarta for the Academic Year 2019/2020 totaling 22 people, consisting of 12 male students and 10 female students. Data collection techniques are through tests and observations of the process of learning activities. The data analysis technique used in this research is descriptively based on qualitative analysis. The procedure of this research includes planning, acting, observing, and reflecting. The results of the study show that the learning outcomes of the VII students of SMP Cawang Baru Jakarta for the Academic Year 2019/2020 can be improved through use of learning aid media. From the results of the analysis obtained, there is an increase in the learning outcomes of front roll from the initial conditions to cycle I and cycle II. The results of the front roll learning have initial conditions (36%), cycle I (60%), cycle II (70%) with 18 students who completed. The conclusion of this research is that the use of learning aids media can improve the learning outcomes of front roll in class VII students of SMP Cawang Baru Jakarta for the Academic Year 2019/2020.

Keywords: Front Rolling Learning Outcomes, Use of Media and Learning

INTRODUCTION
Physical education is education held in schools that cannot be separated from learning as whole. The principle of learning physical education, namely, education through physical movement. Through learning physical education will support the achievement of educational goals as whole. The definition that was once formulated as a national reference, for example, expresses the function of physical education to contribute to comprehensive education: "Physical education is an integral part of education through physical activity aimed at improving individuals organically, neuromuscularly, intellectually and emotionally". With variations of disclosure here and there, the explanation of the
definition of physical education that applies today, including in the 1994 Penjaskes curriculum, for example, has not changed much from the ideas formulated by Hetherington-the father of modern physical education in the US-in 1910, or Bucher's formulation which emerged half a century ago then (Andi Taufan Bayu, 2022).

Physical education learning objectives are very broad, covering several aspects. Aspects developed in physical education include physical, psychomotor, affective and cognitive aspects (Arifin, 2022). Efforts to development student aspects through physical education have been regulated in the curriculum for various sports that must be taught to students according to their school level (Munzir, 2022). Agility gymnastics is a sport that requires flexibility and good coordination between body parts. Movement in agility gymnastics requires courage, body flexibility and the right technique (Wardhani, 2022).

In learning agility gymnastics which includes the forward and forward roll, the front has been running, but has not shown maximum results, not all students are able to do the front roll properly and correctly, besides that student do not dare to do the front roll because they are afraid. The low student learning outcomes indicate a weakness as well as learning to teach front roll (Irfandi, 2022). Based on the results of observations during agility gymnastics learning which includes the front roll motion of class VII students of Cawang Baru Junior High School, Jakarta, there are still many students whose learning outcomes are below the minimum completeness criteria (KKM). Of the 22 new students, 8 students or about 36% have scores above the KKM. One of the dominant factors that caused learning do not optimal was due to the lack of a student's hand pushing force when doing a forward roll with the use of ordinary mattress learning media.

Departing from this, an effort is needed from the teacher to be able to improve the learning outcomes of front roll for class VII students of SMP Cawang Baru Jakarta. The first attempt will be to use learning aid media. It is expected that by using learning media aids can help students to do the forward roll movement. This rationale is the reason for using assistive media. Learning to improve front roll learning outcomes for class VII students of SMP Cawang Baru Jakarta.

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**METHODS**

Based on the problems that have been stated above, this study aims to improve Rolling Front Learning Outcomes through Learning Assistance Media for Class VII Students of Cawang Baru Junior High School Jakarta for the 2019/2020 Academic Year. This research was carried out at the Cawang Baru Junior High School, Jatinegara, East Jakarta, for seventh grade students in the 2019/2020 academic year.

The CAR steps are procedurally carried out in a participatory or collaborative way between (teachers and other teams) working together. To obtain the results of action research as expected, the overall research procedure includes the following stages:

**Initial survey preparation stage**

At this stage the activity carried out is to make observations of the school or class that will be used as a place for classroom action research. Reviewing the extent of the implementation of the front roll gymnastics learning implemented by the school (Annisa, 2022).

**Informant selection stage, instrument preparation, and activity tools in this stage are:**

a. Prepare research and evaluation methods and instruments
b. Determination of research subjects

Data collection and action stage

At this stage, data collection and tabulation of research data are carried out consisting of:

a. Student satisfaction with the learning process
b. Implementation of learning
c. Enthusiasm and activeness of students
d. Data analysis stages.

In this stage the data analysis uses descriptive qualitative, the analysis technique is used because the data collected is in the form of a descriptive description of the front roll gymnastics learning which is described through qualitative results.

Report preparation stage

At this stage, a classroom action research report is prepared from the start of the survey to analyzing the data conducted during the research. In this study, the method used is class action research (CAR) or classroom action research (CAR). Classroom action research that begins with planning (planning), applying action (action), observing, and evaluating actions (observation and evaluation), reflecting (reflecting), and so on until the improvement or improvement that is expected to be achieved is explained through the following explanation:

a. Planning is the stage where, what, why, when, where, by whom, and how the research is carried out is explained
b. Action planning is the implementation stage or the implementation of the plans that have been prepared at the previous planning stage.
c. Observation and evaluation of actions (observation and evaluation) is the observation and evaluation of the actions that have been carried out during the research.
d. Reflection is the stage of re-disclosing the results of observations and evaluations in the application of the cycle, so that it can be used to design research programs in the next cycle.

RESULTS AND DISCUSSION

From the results of the comparison between the cycles above, it can be concluded that through use of learning aids media can improve students’ front roll learning outcomes, this is evident from the use of learning aids media on front roll learning materials for Class VII students of Cawang Baru Junior High School for the 2019/2020 Academic Year which has increased in any given action. Moreover, the percentage of front roll learning outcomes in the second cycle of the second meeting that has met the planned target of 72% with the number of students completing is 16 students out of a total of 22 students. From the results of these actions, the description of the results of the front roll test data analysis and the completeness value of the students’ front roll learning outcomes are presented as follows:
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Table 2. Data Description the Completeness Score of Students' Front Rolling Learning Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Jumlah</th>
<th>Statistik</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pra Siklus</td>
<td></td>
<td>1523</td>
</tr>
<tr>
<td></td>
<td>Rata-rata</td>
<td>69</td>
</tr>
<tr>
<td>Siklus I</td>
<td></td>
<td>1533</td>
</tr>
<tr>
<td></td>
<td>Rata-rata</td>
<td>70</td>
</tr>
<tr>
<td>Siklus II</td>
<td></td>
<td>1575</td>
</tr>
<tr>
<td></td>
<td>Rata-rata</td>
<td>72</td>
</tr>
</tbody>
</table>

A comprehensive picture of the average score for students' front roll learning results can be made a histogram of the comparison of values as follows:

![Average Student Learning Outcomes](chart)

Figure 2. Histogram of the Average Completeness Score of Students' Front Rolling Learning Outcomes

Through the histogram of the average value of completeness results for Class VII students of SMP Cawang Baru for the Academic Year 2019/2020 there was an increase in student learning outcomes starting from the pre-cycle, cycle I and cycle II. From the increase in front roll learning outcomes for Class VII students of Cawang Baru Junior High School for the 2019/2020 Academic Year above, it can be concluded that the use of learning aid media in the implementation of front roll learning can provide enlightenment to teachers as an alternative in choosing learning aid media, especially front roll learning materials in order to improve student learning outcomes and also as a form of teacher effort in delivering learning materials so that students can play an active role during the learning process so that the objectives of the learning can be achieved optimally (Iqbal, Asmawi, Tangkudung, et al., 2019).

CONCLUSION

Classroom Action Research on Class VII Students of SMP Cawang Baru Academic Year 2019/2020 was carried out in two cycles. Each cycle consists of four stages, namely: (1) planning, (2) action implementation, (3) observation and interpretation, and (4) analysis and reflection. Based on
the data analysis that has been carried out and the discussion that has been revealed in Chapter IV, it is concluded that learning through use of learning aid media can improve the learning outcomes of front roll in Class VII students of SMP Cawang Baru for the Academic Year 2019/2020. From the results of the analysis obtained a significant increase from cycle I and cycle II. The learning outcomes of front roll gymnastics in the first cycle in the complete category were 59%, the number of students who completed was 13 students. In cycle II there was an increase in the percentage of student learning outcomes in the complete category by 72%, while 16 students completed.

REFERENCES