

Efforts to Improve Learning Outcomes passing Down Volleyball Variations Through Learning and Modified Ball On Private Junior High School eighth grade students Perbaungan Satria Dharma School Year 2019/2020

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Abstract-Research conducted intend to find information about the implementation of learning do bawahd natural passing game of volleyball through the application of learning variations and modifications media delivered with the treatment of class action, namely the existence of the stages in the learning cycle. Volleyball is a sport game that has many fans. To be able to play volleyball it is necessary mastery of basic techniques which include passing, serve, smash, and block. Technique is a way of doing or carrying out something to achieve certain goals efficiently and effectively. Techniques in volleyball games can be interpreted as a way to play the ball efficiently and effectively in accordance with the norm of the game that apply to achieve optimal suatuhasil. Playing field shall be rectangular with a size of 18 meters long and 9 meters wide. The boundary line marked using paint / chalk, of a width not more than 5 cm. After the second cycle of learning to walk and to finish, the student's ability to perform under increased passing. Of the 17 students, there were 15 students have achieved mastery learning value (complete) with an average value of 85.40 and 88.24% percentage of classical completeness. However masihada 2 students who have not gained mastery learning although the value that was obtained has increased in comparison with the passing of learning under volleyball before in terapkannya variety of learning with modifications ball. This is because the student is not able to do most of the prefix attitude indicator, and attitude exercising their end.

Keywords: *Passing Down Volleyball, Variation, Modification*

1. Introduction

Volleyball game created by (William G.Morgan 1895). He is a physical education instructor in the organization "Young Man's Christian Association '(YMCA) in the town of Massachusetts, USA. At first the game of volleyball named "mintonette" where the game is similar to the game of badminton. The number of players is not limited, in accordance with its original purpose: to develop physical fitness in addition to exercising common laborers. The name of this game changed to volley ball more or less interchangeably memvoli ball. In 1902, the YMCA managed to hold a national championship of volleyball in the United States. Then in 1948 IVBF (International Volley Ball Federation). was established, which consists of 15 countries and headquartered in Paris.

Sukintaka (1979: 57) says that the game of volleyball is a sport shape to hit the ball in the air back and forth over a net or a net with the intention to drop the ball into the opponent's field plots seek victory dakam play.

PBVS1 (2004: 46) volleyball is a sport played by two teams in each field by passing the ball in the net in order to fall touching the floor opposite field and to prevent the same effort of opponents and each team can only be bouncing ball 3 times.

In the middle of the field bounded halfway line that divides the two parts of the field at large. Each field consists of the top area of attack and defense areas. The area of attack is the area bounded by the center line of the field behind the attack line extent 9 x 3 meters. While the defense area is the area bounded by the center line of the field behind the attack line extent 9 x 6 meters. At the rear there is a finish line area to perform service called service area.

Suharno in Arma books Abdullah (1994: 23) states "passing is one of the techniques volleyball games are done a certain way that the goal is to pass the ball being played seregunya.

Passing in a volleyball game consists of two (2) types, namely passing above and below passing. Basically two types of passing the same aims to pass the ball to a member of his team to the next is expected to be an attack back to the opposing team. Passing on a ball control techniques that are important to learn. Passing on is a means serving the ball or pass the ball by using your fingers to direct spaciousness friend or opponent, in addition to passing on the good will affect in the game but it is more pronounced in high-level games than at a lower game.

In the execution of the subject matter under the passing can not be fully conveyed properly suit the demands of the curriculum used in schools, curriculum unit level pendidikan. Terlihat of delivery of material that the teacher has not been conveyed systematically as in the phase of reasoning and communicating was not implemented in learning as well as the material does not fully accepted students about the material passing down because teachers do not provide feedback and reinforcement material provided on learning so that the learning outcomes of passing down less than the maximum. This can be seen when students perform below passing, movement which did still not correspond to the actual movement which includes the preparation phase, among which one of such a view do not look into the ball,

See of tools and learning media provided by the school can say is good, adequate ball courts as well as the net, the ball, amounting to 8 ball unfit for use, but teachers only use two balls in learning. The beberapa obstacles or difficulties experienced in teaching students passing under them are the implementation of teaching styles by using a very dominant style of command resulted in students are less active and can not be creative.

Teacher of physical education and health during this exercise gives the material passing under less controlled substance. This led to the passing down the learning process becomes monotonous, because teachers are impressed more of a role in learning while students are listening to and mimic movements starring physical education teacher. This unfavorable situation on the student's ability to understand a lesson, especially in passing under study with the old method or lecture caused sisiwa can not develop his imagination and power capability fikirnya.

Based on some of the descriptions that appear at the top, the researchers concluded that the main issues contained in the passing of learning under the Private Junior High School eighth grade Al Washliyah 4 Terrain is an approach that has not been appropriate teaching styles, learning less varied, and the saturation of the students to receive course material. Seeing the condition that there are researchers assume that the inclusion of teaching styles can be a solution to solve the problem of learning and as an effort to improve learning outcomes volleyball passing under the Private Junior High School eighth grade students of Al Washliyah 4 Terrain. From the application of inclusion style teaching style is applied in passing down the learning process, in the hope that students can play an active role, process-oriented, able to solve problems and obtain good learning outcomes.

So to solve it is in need of a suitable action learning under the passing on learning, one that uses a teaching style passing inclusion under volleyball.

According to researchers Passing on is one technique that is often used as bait (set up) to present the ball in the smash. In order for a team of friends to play or perform well against his opponent's attack, then passing on the technique must be done properly and appropriately. Passing on good and right will make it easy for her to play ball or strike so the results are perfect. To be able to do the passing on properly, the player must master the technique of motion correctly. The ability to master the basic techniques of passing on in the game of volleyball, basically is an ability acquired through practice.

Technics passing on to do well when done really - really. It was necessary, because passing on has an important role in the game of volleyball. Analysis passing above described movement is the attitude and body movement when performing passing up that consists of attitude and starters will make passing on, the attitude berkenaan ball, and a final gesture in doing passing on. Attitude starters in doing passing on the attitude of the prepared such that it makes it easy to quickly move towards diinginkan. On the whole body must be in balance unstable. Balanced means that coordination rather than the body can be controlled. Labile meaning that the body can be moved to different desired direction in a short time.

According Sudjana S, N (in Dimayati and Mudjiono 2009: 201) that: "The result of learning is the ability of the student after he received a learning experience". According Dimayati and Mudjiono

(2002: 200) that: "The study is a follow intraksi intraksi of a learning and teaching follow, in terms of student learning outcomes is the end of the beheading of a peak learning and learning process".

Thus the learning outcomes is the mastery of knowledge, comprehension skills that are reflected by a change in behavior after experiencing a learning process. Learning outcomes is closely associated with the assessment. Learning outcomes assessment undertaken by the teacher. Equipment used is a test.

2. Theory

2.1. Learning variation Passing Up Volleyball

One of the basic teaching skills must also be controlled by a master is the skill in conducting the variation in learning. Skills hold a variety of learning no less important in the learning process. Perform the same activities continuously can lead to boredom and motivating. Students who are bored usually tend to be more disruptive. Variety is one of the ways that keep students engaged and motivated, so the learning activities always goes with the dynamic, that is always the case variety and innovation. The term variations in popular terms dictionary is defined as "a distraction" or commutation.

According Soetomo (2015: 262), held a variation in the learning process can be interpreted as a change in the way / style of delivery that is one to way / style of delivery to another, with the aim of eliminating the boredom / saturation current students to learn, so it becomes actively participate in learning. The same thing was stated by a senior official Hamid (Abdul Majid in 2015: 262), that the variation in learning activities refer to the action and the action of teachers who intentionally or spontaneously, with the aim of improving the students' attention on the lesson.

Why the variation in learning activities is necessary? There is reasoning behind it, namely the existence of an element of burnout and boredom in human beings, including students. Therefore, variations in the learning activities are absolutely necessary and important to be done by the teacher as the prime mover of learning activities. The use of varied teaching methods to stimulate students' learning (Saiful Bahri Djamarah 2001: 158).

3. Method

The research method in this study is classroom action research (PTK). Research conducted intend to find information about the implementation of learning do the passing on in the game of volleyball through the application of learning variations and modifications media delivered with the treatment of class action, namely the existence of the stages in the learning cycle.

4. Results and Discussion

4.1. Result

Based on the results of passing the test under volleyball in the second cycle is done the student's ability has been increased to better than at the beginning of the test cycle and I. In the second cycle was obtained that 15 students (88.24%) who achieved mastery learning and yet achieve mastery learning as much as 2 students (11.76%). The total amount obtained by the students when carrying out the attitude of the prefix is 163 with an average student 8.15, The total number of students who carry out the implementation of the motion stage was 144 with an average value of students 7.2, And total amount obtained by the students when implementing advanced motion stage was 154 with an average value 7.7, Total student's overall score was 461 with an average value 23.5, And the average class 85.37%, The following table learning outcomes under volleyball passing students in the second cycle:

Table 1. Data Learning Results Volleyball Passing Down Cycle II

No.	Test Results	Information	Total Students	Percentage
1	0-77	Incomplete	2	11.76%
2	78-100	complete	15	88.24%
Amount			17	100%

In the second cycle obtained by students (88.24%) who achieved mastery learning and who have not reached complete learn as much as 2 students (11.76%). From exposure to these data showed an increase learning outcomes passing under volleyball darisiklus I 58.82% to 88.24% padasiklus II.

4.2. Discussion

Learning passing under volleyball before using the teaching style of SMP inclusion in SATRIA PRIVATE DHARMA Academic Year 2019/2020 Perbaungan not meet basic competencies volleyball game in accordance with the applicable curriculum. Siswamelakukan under sertahasil passing ability that was obtained student learning is still very low. Students are not serious class because the teachers give lessons in unattractive.

Having implemented the use of a variation of learning with instructional modifications on passing the ball under volleyball, some students are able to perform under volleyball passing better. Seen from the data of the first cycle of learning passing under volleyball is still low with an average value of 78.21 and 58.82% percentage of classical completeness. Several obstacles / difficulties were found in the learning of the first cycle, the students do not understand about the task that is precisely the attitude of the hands especially and gestures how to form the correct body and legs were bent and there are still some students who are confused in deciding repeating tasks or continue with the next task. For that in the implementation of measures d cycle II,

After the second cycle of learning to walk and to finish, the student's ability to perform under increased passing. Of the 17 students, there were 15 students have mencapai nilai mastery learning (complete) with an average value of 85.40 and 88.24% percentage of classical completeness. But there are still two students who have not gained mastery learning although the value that was obtained has increased in comparison with the passing of learning under the ball volise not applied learning yavariasi ball dengam modification. This is because siswater call has not been able to do seabagian of prefix attitude indicator, and attitude exercising their end.

From the observation, learning activities in the first cycle and the second cycle an increase in the average value of 78.21 and 85.40. In view of these results it can be concluded that through the application of learning to the modification ball variation can improve learning outcomes passing under volleyball in class VIII SMP PRIVATE SATRIA DHARMA Perbaungan Academic Year 2019/2020.

5. Conclusion

Based on the research results can be concluded that learning by using a variation of learning with balls modifications can improve learning outcomes passing under volleyball in class VIII SMP PRIVATE SATRIA DHARMA Perbaungan Academic Year 2019/2020. Using a variety of learning with balls modification can be an alternative for teachers to be applied in passing learning under volleyball. Application of learning with modifications ball variation in teaching physical education not only customize characters with character learning activities of students. Approach to learning with a modified variation of the ball is a teaching method that can be in use in improving student learning outcomes, especially passing under volleyball.

6. Reference

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