

# Efforts to Improve Learning Outcomes Meroda In Floor Exercise Learning Through Teaching Style Command On High School Student Class XI GKPS 1 Simalungun Pematang Raya Academic Year 2015/2016,

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**Abstract-**This study aims to determine the improvement of learning outcomes through the implementation of teaching style Meroda command graders XI High School GKPS 1 Simalungun Pematang Raya Academic Year 2015/2016. This study is a class XI student of the sample with the number of students as many as 28 people who will be given the action in the form of learning through the application of the teaching style of command to the learning outcomes meroda gymnastics floor. To obtain the data in this research achievement test at the end of each cycle of the application in the form of learning outcomes assessment tests meroda gymnastics floor. With the implementation of the research achievement test was carried out for two weeks or two meetings. Data analysis was performed with data reduction and exposure data. The study concluded: Of the 28 students there are 8 students (28.57%) who have reached the level of mastery learning with the average value of 55.17% of student learning outcomes. The results of the first cycle are 18siswa (64, 28%) of the 28 students, who have reached the level of mastery learning with the average value of 68.14% of student learning outcomes. In the second cycle 25 students (89.28%) of the 28 students who have reached a level of mastery learning with an average value of 79% can be seen that student learning outcomes from initial tests to do the first cycle and the second cycle there is an increase, it can be said through the application of this teaching style command can improve student learning outcomes.

**Keywords :** Style of Teaching, Learning Outcomes, Floor Exercise.

## 1. Introduction

Subjects of Physical Education and Health are an integral part of the overall education, aims to develop aspects of physical fitness, motor skills, skills of critical thinking, social skills, reasoning, emotional stability, moral action, aspects of healthy lifestyles and the introduction of clean environment through activities physical. The success of the process of teaching and learning activities in physical education teaching can be measured by the success of students who take these activities. , Gymnastics floor exercises are done on the mat. The elements consist of a roll movement, jumping, leaping, spinning through the air, rested with hands or feet to maintain poise or when jumping forward or backward. By implementing the learning process through the floor gymnastics teaching style of command, is expected to provide an update in the learning process and enables students to become easier, faster, more meaningful, effective and fun to learn the material the teacher's gymnastics floor. Of the total number of students 28 people who completed only 8 people did meroda, while 20 others did not completely do meroda properly or only 20% of the total number of students. This data can be found in the appendix. The results of observations researchers turned out to students still much less actively participated in gymnastics. Students are still not mastered the basic movements of gymnastics, so they are difficult to perform these movements. Facilities and infrastructure are also less than expected, especially unttuk gymnastics floor mat that is not standard. Besides teaching methods teachers who prefer the theory in the classroom learning floor exercises make students bored, teachers never tried learning gymnastics floor meroda material with practical teaching methods

## 2. Theoretical basis

Gymnastics consists of several parts, the rhythmic gymnastics, artistic gymnastics, floor gymnastics, gymnastics and other tools lain.Senam floor (flour exercise) is one part of the family of

gymnastics, in accordance with the terms of floors, the movements of gymnastics performed above repose mat or rug, or often referred to as free practice, because at the time the motion or latihannya. Pesenam must not use equipment or a benda. Senam typically uses a floor area measuring 12 x 12 meters and 1 meter area to maintain security. One floor gymnastics movements that are taught at secondary school tingkat is meroda movement. Meroda movement is a movement with the initial attitude whirled sideways direction of movement and body weight when spinning using both hands and feet

One was in the gymnastics floor is by using the teaching style of command. This style of teaching such as this will further help students kemampuan meroda important role in improving learning for the students are taught to be mempraktekkan GERAKA meroda through teaching style of command. By implementing the learning process through the floor gymnastics teaching style of command, is expected to provide an update in the learning process and enables students to become easier, faster, more meaningful, effective and fun to learn the material the teacher's gymnastics floor.

Komado teaching style can be done in various ways dependent learning settings. Some form of guidance a little loose, so just give a little help to show to students. Another form dari bimbingan there are more stringent and bersifat direct contact with students. Guidance of this type can be in direct contact with teachers or with certain tools such as the senam. Setiap form of guidance must provide temporary relief during the initial phase of the exercise. After further processing, the student should be able to do it without the help of a teacher. Some research on the teaching style has given a clear picture of when, on what conditions, and in jenis skills how this model works best.

### 3. Research methods

According Arikunto, (2008: 16) states that the outline in each cycle of four stages through which it carries out research class action, namely planning (planning), action (acting), observation (observing) and reflection (reflecting).

At each study in science generally aims to discover and develop and test the truth of a science. The research method is the way a researcher to achieve the intent and purpose. The method used in this research is the Classroom Action Research (Classroom Action Research).

### 4. Discussion

Research conducted at the State High School GKPS 1 Causeway Kingdom Simalungun Class XI at Jl. Teacher Jason No. 3 Pematang Raya. Measures that researchers do is apply the teaching style of command to increase the completeness of students in class XI SMA GKPS 1 Simalungun Pematang Raya Academic Year 2015/2016

**Table 4.**  
Description of Research Results

No.	cycles	Initial attitude	attitudes Implementation	attitude End	amount
1.	pre Test	69	65	71	205
2.	Post Test I	78	75	76	229
3	Post Test II	94	85	87	266

Based on the results of preliminary tests conducted on students of class XI SMA GKPS 1 Simalungun Pematang Raya. Of the 28 students there are 8 students (28,57%) who have reached the level of mastery learning with the average value of 55.17% of student learning outcomes. The results of the first cycle are 18siswa (64,28%) of the 28 students, who have reached the level of mastery learning with the average value of 68.14% of student learning outcomes. In the second cycle 25 students (89,28%) of the 28 students who have reached a level of mastery learning with an average value of 79% can be seen that student learning outcomes from initial tests to do the first cycle and the second cycle there is an increase, it can be said through the application of this teaching style command can improve student learning outcomes.

In the next stage researchers have improved the quality of learning through improvements in the process of delivery of material is done with a more clear and systematic improvement of learning management through the use of the facilities and infrastructure meroda on floor exercises more effective, so it is expected to improve learning outcomes meroda.

Therefore, it is expected the participation of educational institutions and teacher training in preparing personnel especially teacher educators who will provide teaching in and outside the classroom to improve student learning outcomes. In the sense of a teacher should be able to choose and apply the methods and learning pedekatan are predicted to be more effective to help students learn in class and outside of class and independent study. The success of a person in learning is as a result of the ability and capability in students, partly because the approach to teaching and learning the right and partly because of the environment.

## 5. Conclusion

As the conclusion of the study Based on the results of students in the first cycle after learning the results of the first tests can be seen that the initial ability of students to perform basic engineering meroda learning is still low floor exercises. Of the 28 students, there are 18 students (64.28%) who have achieved mastery learning, while 10 students (35.71%) have not yet reached complete learn. With an average value of student learning outcomes is 68.14%. While on the second cycle can be seen in the test the student's ability to learn classical result has been increased. Of the 28 students 25 students (89.28%) who have achieved mastery learning while 3 students (10.72%) have not yet reached complete learn. With an average value of student learning outcomes is 79%.

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