

Improving Learning Outcomes Passing Up In Game Volleyball Target Through Ring Model For Class VIII students SMP Budi Mulia School Year 2019/2020

Ika Puspita Sari Endah

²Prodi Pendidikan Jasmani Kesehatan Dan Rekreasi, STOK Bina Guna, Jl. Aluminium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara 20241

Abstract-The research was conducted in SMP Budi Mulia Terrain Academic Year 2019/2020. This study was conducted in two cycles, with each cycle comprising the implementation of the action in the form of learners passing through Model Top Volleyball Ring Target tailored to the subject matter. Subjects in this study is a class VIII SMP Budi Mulia Terrain academic year of 2019/2020 with a research subject as many as 30 people. The method of research is a classroom action (Classroom Action Research). To obtain the data in this study is carried achievement test I and II shaped teshasil Ring learn the basic techniques of passing target on volleyball as much as two meetings. After the initial data collected is of 30 students who have learning completeness only 19 people (79%) while the remaining 11 students (67%) has not been completed, so do the analysis of the obtained results of the analysis: (1) In the first cycle after test results can be seen that the first study of 30 students who are the subject of this research, it turns out 20 students (66.67%) who own mastery learning, while the rest are 10 students (33.33%) have not had a mastery learning. -Rata average value obtained was only 60.64. (2) In the second cycle can be seen that the turns of 30 students, there are 27 students who completed (90%) who own mastery learning, while the rest are 3 students (10%) do not yet have complete learned. Value - average earned only reached 74.64.

Keywords : Learning outcomes, Passing Up, Ring Target

1. Introduction

The game of volleyball is a team sport played by two teams with a number of players 6 people on each team separated by a net with a basic engineering service, passing, smash, block. One of the basic techniques that must be mastered is passing. Passing is a blow toss the ball which aims to provide feedback to a friend in his own field.

Volleyball games are games in which the team event involving more than one player eg beach volleyball consists of two players each team, volleyball international system each team consists of six players (Macfud Irsyada, 2000: 14).

Volleyball is a game that is carried out by two teams, each consisting of six people. The ball is played in the air over the net, each team can only play the ball three times the punch (Munasifah, 2008: 3).

The game of volleyball is a complex game that is not easily done by everyone. Therefore, in the game of volleyball necessary motor coordination can really be relied upon to perform all the movements that exist in the game of volleyball. However, the game of volleyball is very fast growing and is one sport that is very popular in Indonesia after the sport of football and badminton. The popularity of the sport is evident from the existing field facilities in rural and urban as well as various activities organized in inter-school championships, inter-agency, inter-company and others. In the game of volleyball, there is some form of basic techniques which must be mastered. The techniques in volleyball game consists of service, passing down, passing on, block,

The process of learning and teaching physical education subjects in class VIII SMP Budi Mulia Terrain taught by a teacher of physical education and health sport. From the observations made by observation in the learning process and interviews to teachers of physical education and sports health VIII class totaling 30 students, students who completed the material Passing Over volleyball amounted to 11 or 19%, while 19 students or 79% did not complete , Students are said to be complete if it reaches a minimum completeness criteria (KKM) is 70 and in the process of learning the game of volleyball especially learning the basic techniques of passing on emerging problems faced by teachers after the delivery of content. The problem is that the level of understanding of each student

after the given material passing technique on the volleyball games appear different absorption in practice. Once taught, students in the techniques of passing on much wrong. Such as the position of the feet, body posture, perkenaan ball in hand and the direction of the ball after passing above by students are not in accordance with the desired objectives. It is still able to carry out learning but study results are not as expected by the teacher because it has not reached the target. perkenaan ball in hand and the direction of the ball after passing above by students are not in accordance with the desired objectives. It is still able to carry out learning but study results are not as expected by the teacher because it has not reached the target. perkenaan ball in hand and the direction of the ball after passing above by students are not in accordance with the desired objectives. It is still able to carry out learning but study results are not as expected by the teacher because it has not reached the target.

Students of secondary school (SMP) that do not equip themselves by contributing additional activities such as extracurricular or join a club outside of school and just follow the teaching of physical education and sports health at school only, the capacity is still relatively below compared to those who took the extra activities outside school time. Plus hours of learning that it is still lacking to intensify a basic technique alone. Because a lot of material from other sports to be taught by teachers of physical education and health sports within 1 semester in accordance with the applicable curriculum. This makes the learning outcomes of the students who do not follow the additional activities outside of school hours is still low.

Observations to the interview, the students of class VIII SMP Budi noble field requires a creative learning and innovative in order to optimize the results of their study in the school. Ring researchers used targets that are expected to improve student learning outcomes as a learning model that can motivate students of class VIII SMP Budi Mulia Penjasorkes Terrain in the following study.

Based on this, the author is interested in conducting research on "Improving Learning Outcomes Upon Passing in Volleyball Games Through Ring Model Targets for Student Class VIII SMP Budi Mulia field in the school year 2019/2020".

2. Theory

2.1. Ring Target

According to Agus S. Suryobroto (2004: 16), facilities and infrastructure requirements of a good physical education are:

- 1) Secure
The security element is the most fundamental element in teaching physical education, security means in learning education is a top priority before other elements.
- 2) Easy and Inexpensive
The point is that the facilities and infrastructure easy to get / set / is held, and if you buy it is not expensive, but also not easily broken.
- 3) interesting
Facilities and infrastructure are good, if appealing to users, meaning that students enjoy using them, not vice versa.
- 4) Spur to move
With the infrastructure and facilities for physical education, then students will be more motivated to move. This is possible because the infrastructure is a challenge for students.
- 5) As needed
In the provision of facilities and infrastructure should be tailored to the needs of students or users.
- 6) In accordance with the objectives
Facilities and infrastructure should be fit for purpose, meaning juka facilities and infrastructure will be used to mengukur force in accordance with the purpose of the force, which must be related to weight.
- 7) In accordance with the environment
Facilities and infrastructure are used to study physical education should be tailored to the circumstances of the school environment. That is not to hold a physical education facilities are not suitable for schools that will use it.

A tool created and designed is a modification of the tools contained in NBA skill challenge as a target to do passing. Tools designed to train passing ability is called ring targets, its shape resembles a basketball hoop in general, but the ring is mounted vertically on a pedestal-shaped iron tripod which height can be set as desired as it aims to target permanent chest pass in basketball. The definition of the target ring is when students do passing fed from a friend or partner, then after passing the ball must go into the ring which is used as a target. Ring a target made of cane with a diameter of 60 cm, mounted on a pole at a volleyball game that measures 2.55 m with a height of 2.43 m for men and 2.24 m for the princess.

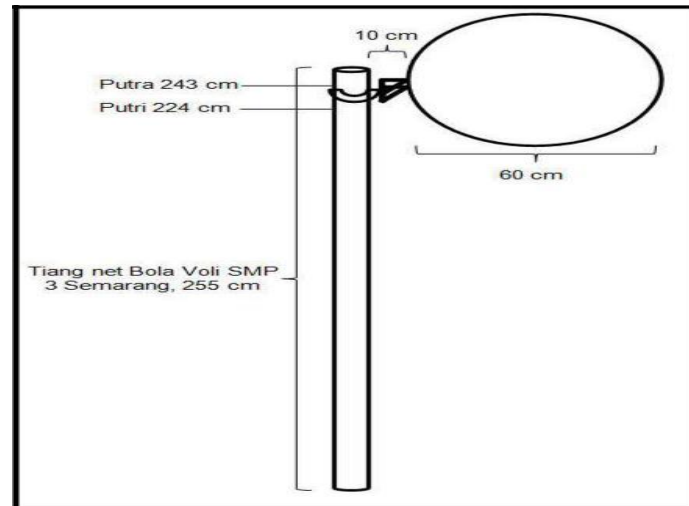


Figure 1. Ring Target Mounted

In the game of volleyball, the basic techniques are the main assets so that the game can run well. One very important basic technique is passing.

Direction of the ball after passing often not in line with expectations. Must also have the correct technique so that the ball can be controlled. Seeing this, the researchers tried to make the learning method passing in a game of volleyball through the ring model that targets students in doing passing accuracy increased and directed.

Utilization of the target ring tool is expected to help teachers to design learning activities, known during most of the teachers was minimal in memanfaatkan alat-learning tool is designed to support the activities outside the classroom. However, with the target ring designed such that it is quite easy to make and use. Departing from the problems above, the research attempts to develop targeted modification tool in the form of rings, the material subject volleyball games physical education, sports and health in schools.

3. Method

In accordance with this type of research, the research follow-class (PTK), this research is done into 2 cycles. 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. Result

From the second cycle learning outcomes data obtained shows that the students' ability to perform classical achievement test has increased. Of the 30 students, there are 27 students (90%) who have achieved mastery learning, while 3 students (10%) who have not yet reached complete

learn. In this second cycle of teaching and learning processes work better when compared with the cycle I.

It can be concluded that the passing on Volleyball learning through the implementation of demonstration methods set out in the learning outcomes I and II increased and improved learning outcomes learning completeness individually or classical.

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Table 4.3. Hasil Siklus II Gerakan Passing Up Volleyball

NO	Hasil Tes	Total students	Percentage	Information
1	<70 (Tidak tuntas)	3	10%	Tidak Tuntas
2	≥ 70 (Completed)	27	90%	complete

5. Discussion

From the research conducted, it appears that at the first cycle of 33.33%, then increased to 66.67% in the second cycle. Learning outcomes passing movement on volleyball. Students as a whole is still 90%. Then in the second cycle based on the reflection was found to increase to 90%. Learning on Volleyball passing completely after the second cycle, this is because the motivation and more do pengulangan gerakan passing on. While in the first cycle, students are not familiar with the study by using a rubber ball provided by the teacher, so students need to adapt to the learning method given by the teacher.

It can be concluded that learning on Volleyball passing through the application of models ring targets contained in the first and second learning outcomes increase learning outcomes and increased mastery learning, both individually and in the classical style. To more clearly seen in the picture below:

In group (classical), complete learn otherwise have been achieved if at least - kuranya 80% of students in the group has fulfilled the minimum completeness criteria per individu of ≥ 70 .

6. Conclusion

Based on the results of the discussion of research can be concluded as follows by applying a target ring model can improve the ability of the basic techniques of passing on volleyball in class VIII SMP Budi Mulia Terrain Academic Year 2019/2020. Due to the increase in learning outcomes in the first cycle and the second cycle that there is an increasing mastery learning outcomes of physical education teachers are expected to make the target ring material into the teaching materials on the subjects of volleyball.

7. Reference

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