

Evaluation of Sports Learning Methods of SD IT Haudhin Ilma Langkat City

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ABSTRACT

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Physical education and sports (PES) play a crucial role in the holistic development of individuals, particularly in physical, mental, and social health. Primary schools (SD) serve as an ideal setting for instilling healthy and active lifestyles through effective sports education. At SD IT Haudhin Ilma Kota Langkat, serious attention is given to this aspect. Therefore, an evaluation of the sports education methods employed in the school is essential to ensure the achievement of desired physical education goals. This study employs a qualitative method with an observational analysis approach to assess the sports education process at SD IT Haudhin Ilma Kota Langkat. The research aims to provide a deeper understanding of the effectiveness of sports education methods applied at SD IT Haudhin Ilma Kota Langkat. Consequently, it is anticipated that this study will contribute positively to the development and enhancement of sports education processes at the primary school level.

Kata Kunci

Evaluation, Teaching Methods, Sports, Primary School

INTRODUCTION

Physical education and sport play an important role in the holistic development of individuals, especially in terms of physical, mental and social health. Primary schools are an ideal place to start building healthy and active habits through effective sports teaching (Sari, 2024). In Indonesia, Haudhin Ilma IT Elementary School in Langkat City is one of the educational institutions that takes this aspect seriously. Therefore, an evaluation of sports learning methods at the school is important to ensure the achievement of the desired sports education goals (Arikunto, 2008).

Evaluation of sports learning methods is important to assess the effectiveness of the learning process that has been carried out and to identify areas of improvement that may be needed. With the evaluation, the school can ensure that the sports learning is in line with the educational standards and provides maximum benefits for students' physical and mental development (Idrus, 2019).

Haudhin Ilma IT Elementary School Langkat City has a strong vision and mission in advancing sports education. However, the implementation of this vision requires a deep understanding of how sports learning methods are

carried out at the school. Therefore, evaluation research is important to provide a better understanding of the sports learning process at SD IT Haudhin Ilma Langkat City.

Rahman, A., Sari, B., & Hidayat, C. (2019) in his research "The Effect of Cooperative Learning Methods on Improving Elementary Students' Basketball Playing Skills" This study evaluates the effectiveness of cooperative learning methods in improving elementary school students' basketball playing skills. The results showed that cooperative learning methods were effective in improving students' basketball playing skills.

Nugroho, D., Pratiwi, E., & Utomo, F. (2020) in their research "Analysis of Student Responses to Game-based Sports Learning in Elementary Schools" This research evaluates student responses to game-based sports learning in elementary schools. The results showed that game-based sports learning was able to increase students' interest and participation in sports activities at school.

Wijaya, G., Pranoto, H., & Kusuma, I. (2018) in their research "Evaluation of the Application of Competency-Based Learning Methods in Elementary School Students' Basic Movement Learning". - This study evaluates the application of competency-based learning methods in learning basic movements of elementary school students. The results showed that competency-based learning methods are effective in improving students' understanding and mastery of basic movements.

Susilo, J., Wibowo, K., & Hadi, L. (2017) in their research "The Effect of Problem-Based Learning Methods on Increasing Knowledge about Health and Sports of Elementary Students". - This study evaluates the effect of problem-based learning methods in increasing knowledge about health and sports of elementary school students. The results showed that problem-based learning methods were effective in increasing students' understanding of the importance of health and exercise.

Santoso, M., Dewi, N., & Wijaya, O. (2019) in their research "Analysis of the Effectiveness of Technology Use in Sports Learning in Elementary Schools" This research evaluates the effectiveness of technology use in sports learning in elementary schools. The results showed that the use of technology, such as learning videos and sports applications, can increase students' interest and understanding of sports lessons.

Sports learning at the primary school level has its own challenges, including providing adequate facilities, creating a safe learning environment, and attracting students' interest in sports activities. Evaluation of sports learning methods can help identify these challenges and find appropriate solutions to improve the quality of sports learning in schools.

This study aims to provide a deeper understanding of the effectiveness of sports learning methods applied at Haudhin Ilma IT Elementary School, Langkat City. Thus, it is hoped that this research can make a positive contribution to the development and improvement of the sports learning process at the elementary school level.

RESEARCH METHOD

This study uses a qualitative method with an observational analysis approach to the sports learning process carried out at Haudhin Ilma IT Elementary School, Langkat City. Observations are made to understand directly how the sports learning method is applied in the classroom context. In addition, to support the presentation of data in this study, interviews were also conducted with students and physical education teachers to understand the situation from various perspectives of teachers and students, and to support the results of the study also included field documentation. This research was conducted for one week at Haudhin Ilma IT Elementary School, Langkat City.

RESEARCH RESULT AND DISCUSSION

From the results of field interviews with Mr. AS, a sports teacher at Haudhin Ilma IT Elementary School in Langkat City, it was revealed that he applied the Problem-Based Learning (PBL) method with a collaborative approach in the sports learning process. According to him, one of the main challenges he often faces is the limited sports facilities, especially the narrow field space. However, with strong determination, he tries to overcome these obstacles by utilizing the existing open space and maximizing the use of available facilities. Mr. AS has high hopes to increase students' interest in sports and develop their motor skills through innovative and collaborative approaches in the learning process.

Then the researcher interviewed several students and from the results of the interview it was found that students were very enthusiastic about sports lessons at SD IT Haudhin Ilma Kota Langkat. In interviews, students eagerly expressed their great interest in sports activities. Students also stated that sports lessons are one of their favorite moments at school. For him, moving and playing with his friends on the field is a fun and energizing activity (Jonassen, 1997).

When asked about preferred learning methods, students stated that they prefer methods that involve games or practical exercises. For them, the hands-on experience of participating in sports activities makes them feel more

enthusiastic and energized. Students feel that through games and practical exercises, they can learn more effectively and enjoyably (Deci, 1985).

However, students also mentioned that sometimes obstacles arise related to limited field facilities. Even so, this does not reduce students' enthusiasm for sports lessons. Students hope that schools can expand or improve sports facilities so that students can play more comfortably and more variations of games can be accessed (Gallahue, 2006).

In this interview, students also expressed their desire to continue to improve their sports skills, in the areas that they are interested in. Students hope to become healthier and more active through sports lessons at school. Students also give high appreciation to their sports teacher. Students feel that the teacher is very supportive and makes sports learning more fun. Students also feel that the teacher always gives positive encouragement to students.

Thus, interviews with students provide a clear picture of students' interests and experiences of sports lessons at SD IT Haudhin Ilma Langkat City. Despite facing obstacles related to field facilities, students' enthusiasm shows the importance of the teacher's role in creating a fun and supportive learning environment for students.



Figure 1.

Implementation of Sports Activities on the Field

Field observations at SD IT Haudhin Ilma Langkat City show that student participation in sports activities is very good. The majority of students are actively involved in every sports activity taught by the teacher. Students' responses to sports learning were also very positive, showing high enthusiasm and enthusiasm for sports lessons. The quality of teaching provided by teachers is also seen to be good, providing clear instructions and paying attention to students' individual needs. Although the sports field is limited, its use is well optimized by teachers and students.

The learning method applied by Mr. AS, namely PBL, is supported by the PBL theory which states that learning that starts from problems will be more effective in building deep understanding and relevant skills for students.

Students' enthusiasm for sports lessons at SD IT Haudhin Ilma Langkat City reflects the theory of intrinsic motivation, where students feel encouraged to learn and participate in sports activities because they enjoy the learning process itself, not because of external pressure.

Mr. AS's statement about the importance of improving students' motor skills is in accordance with motor skills theory which states that sports learning is not only about understanding certain concepts, but also about developing basic motor skills that are important for students' health and fitness.

Students' active participation in sports activities, as observed in field observations, is consistent with student engagement theory which emphasizes the importance of student involvement in the learning process to achieve maximum learning outcomes.

Students' high appreciation of their PE teachers and the positive encouragement they receive reflects the positive reinforcement effect, where giving praise and constructive encouragement can improve students' motivation and performance in sports learning.

The constraints related to limited sports field facilities conveyed by Mr. AS and students highlight the importance of facility availability theory, which states that the availability of adequate facilities can improve the quality of learning and student participation in sports activities.

These statements and findings from the interviews and field observations consistently support the principles and theories in sport education and learning. This confirms the importance of a holistic approach in planning, implementing and evaluating sports learning in primary schools.

CONCLUSION

This study shows that the Problem-Based Learning (PBL) method with a collaborative approach applied by Mr. AS, a sports teacher at Haudhin Ilma IT Elementary School, Langkat City, is able to increase students' interest and participation in sports lessons. Despite facing obstacles related to limited field facilities, the teacher tries to overcome this by maximizing existing facilities. The results of interviews with students also revealed their enthusiasm for sports lessons, despite the awareness of limited facilities. Field observations showed students' active participation in sports activities and good teaching quality from the sports teacher. The findings confirm the importance of a holistic approach in planning, implementing and evaluating sports learning in primary schools. In addition, the findings also support the principles and theories in sport education and learning. Thus, the evaluation of sports learning methods at Haudhin Ilma IT Primary School in Langkat City provides a better

understanding of the sports learning process at the school and provides a foundation for further improvement in an effort to improve the quality of sports learning at the primary school level.

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