

# THE EFFECTIVENESS OF PHYSICAL EDUCATION ONLINE LEARNING USING VIDEO TUTORIALS DURING THE COVID-19 PANDEMIC

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## Abstract

One of the improvements in physical education learning during the COVID-19 pandemic is by providing learning tutorial videos for students. Video tutorials can help them improve student learning at home. This study aims to determine the effectiveness of physical education online learning against using video tutorials during the covid-19 pandemic. The research method uses descriptive quantitative research with analysis in percentage as the result of the study. The population in the study was carried out in MI Negeri I, South Tangerang City. Determination of the sample in this study using simple random sampling where the sample is either students or parents. There were 64 students and 64 parents who were sampled. This study aims to determine the effectiveness of online physical education learning against using video tutorials during the covid-19 pandemic. Collecting research data in the form of a questionnaire by using an online google form link and measuring variables using a Likert scale. The results of the research and interpretation of the data showed good results, which means that most students stated that physical education tutorial videos were an online learning medium that could help them study at home. From the video tutorials it helps them in deepening the material and can carry out movement tasks well. Parental responses indicate that the use of physical education video tutorials is an effective medium and can be applied by sports teachers as a solution in conveying material and student movement assignments.

## Keyword:

*Effectiveness, Online Learning, Physical Education, Video Tutorials, Covid-19*

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## Introduction

Internet-based technology in industry 4.0 has become a primary need for everyone in supporting daily activities to get the various information they need. Technology and the internet are two things that cannot be separated because they

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are interrelated in their functions when used. Internet-based technology is used by various sectors, both offices, education and so on. Now the increasing use of technology for the education sector is growing because technology for education can help us in getting various information as digital literacy and the knowledge we need in increasing competence. In line with what is explained by (Scully et al., 2021) that the use of technology in schools can develop potential and increase student experience in digital literacy, think critically and improve other competencies.

The development of technology in the education sector is growing rapidly during the presence of Covid-19 in various countries. Covid-19 was declared a pandemic in March 2020 where children showed one of the influenza reservoirs in the community, where this virus can spread quickly (Gkentzi et al., 2021) (Ciotti et al., 2020) with this, all schools were closed on the grounds that there would be no spread of the virus to students during learning at school (Scully et al., 2021). This pandemic hampers community activities globally where countries carry out social restrictions and restrictions on public services as a whole to avoid health risks due to the COVID-19 pandemic (Vasileva et al., 2021) (De Young et al., 2021).

The change from conventional learning to online learning during the pandemic was experienced by all levels of education from K-12 schools to universities. During the pandemic, education practitioners collaborate with technology experts in developing virtual classes as a solution in implementing learning for students even though they are online. Online learning allows students to carry out learning flexibly (Daum et al., 2021). In this pandemic, all teachers have new challenges in carrying out online learning (König et al., 2020), but this has not stopped teachers as educators from continuing to provide learning to students even though it is carried out online. (Price et al., 2021)

Online learning during the pandemic is one of the learning model solutions that can be implemented. This learning is done by utilizing media that allows online interaction between students and teachers (Chen & Chiou, 2014). The presence of learning for students and teachers in online learning is in virtual classrooms (Vaillancourt et al., 2021). Online learning in its implementation utilizes networks with accessibility, connectivity, flexibility and to foster various types of interactions in learning (Lin, 2008). Internet-based online learning can be accessed using smartphones, laptops and computers. Online learning students can access their learning anywhere and anytime without being hindered by space and time (Hapsari & Pamungkas, 2019).

The development of sports is increasingly advanced both in the social, economic and moral realms. With the development of science, it is now possible to collaborate in the world of sports with technology. Technology has contributed to developments in the world of sports with the availability of a product to support various sports activities. Technology helps coaches or athletes to analyze performance or technique when carrying out sports.

Online learning in physical education during the pandemic is a challenge for teachers. During the pandemic, the implementation of conventional learning turned into online learning which required the use of technology as a medium to facilitate the implementation of learning.

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In the world of sports, especially in schools, there are very few technological means that can be used to support sports learning. Sports teachers and teachers in other fields using new technology are limited to administrative processing, attendance attendance, assessment or learning evaluation results. The current technology that is easy for physical education teachers to use in supporting learning by recording learning videos (Loughlin & Grady, 2015) . In a pandemic like this, video recording is one of the solutions in carrying out learning, where in the video recordings made there are sports learning tutorials, so that the material can be conveyed to students during learning even though in online learning (House et al., 2013) .

One of the improvements in sports learning, the teacher makes video tutorials that are given to students as a form of assignment that can be viewed, analyzed and followed at home. Video tutorials can help improve student learning in physical education, where in recording students can follow the movements presented in the video (Potdevin et al., 2018) . In line with what has been explained by (Kok et al., 2019) that what is more specific in video tutorials allows students to not only be able to analyze, students can also follow movements repeatedly so that they can improve their skills.

However, in online learning there are unavoidable limitations where there is a lack of understanding of students in deepening the sports material in the video. This study aims to determine the effectiveness of physical education online learning against using video tutorials during the covid-19 pandemic.

### Methods

This research uses quantitative descriptive research with analysis in percentage as the result of the research. The population in the study was carried out in MI Negeri I, South Tangerang City. Determination of the sample in this study using simple random sampling from students and parents who researchers applied physical education tutorial videos as many as 128 samples of students and 128 samples of parents then researchers took 50% of each sample both students and parents, so the sample obtained was 64 students and 64 parents. This study aims to determine the effectiveness of online physical education learning against using video tutorials during the covid-19 pandemic. Collecting research data in the form of a questionnaire by utilizing an online google form link.

Measurement of variables using a Likert scale in measuring the opinions, attitudes and perceptions of a person or group (Sugiyono, 2015) . The instrument in this study has 2 parts, including: 1. Student responses to the use of video tutorials and 2. Parents' responses to the effectiveness of using physical education video tutorials for students. The first instrument with 5 types of alternative answers, namely (1) Strongly Disagree (SDA), (2) Disagree (DA), (3) Doubtful (D), (4) Agree (A) and (5) Strongly agree (SA) for the analysis of aspects of student responses to the use of video tutorials. The second instrument with 4 types of alternative answers, namely (1) Ineffective (IE), (2) Less effective (LE), (3) Effective (E) and (4) Very effective (VE). Analysis of the data used is by describing the results of participants' answers to the instrument and the results of data analysis by researchers are presented in the form of percentage graphs.

**No**

**Student Statement**



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- 1 Physical education tutorial videos can help students learn during the Covid-19 pandemic.
- 2 Physical education tutorial videos can make it easier for students to understand the subject matter
- 3 Physical education tutorial videos can make it easier for students to move assignments at home.
- 4 Physical education tutorial videos foster student motivation in studying at home during the covid-19 pandemic
- 5 Physical education tutorial videos foster student independence in studying at home during the covid-19 pandemic
- 6 Physical education tutorial videos develop student movement analysis in learning
- 7 Physical education tutorial videos are easy to access on all social media
- 8 Physical education tutorial videos can be accessed via smartphones, laptops & computers
- 9 Physical education tutorial videos affect delays on the internet network
- 10 Physical education tutorial videos affect internet data capacity

**No Parent's Statement**

- 1 An effective physical education tutorial video to learn at home during the covid-19 pandemic
- 2 Physical education tutorial videos are effective in student movement assignments at home during the covid-19 pandemic

Result

From the results that can be obtained from the questionnaire research, the authors present it as a diagrammatic image with percentage analysis so that it can be seen how much effectiveness online physical education learning is on using video tutorials during the covid-19 pandemic.

Figure 1. Student responses to the use of video tutorials

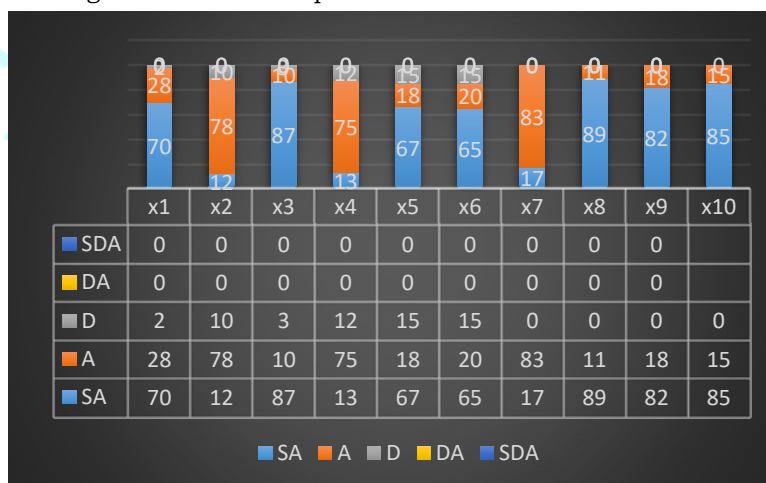
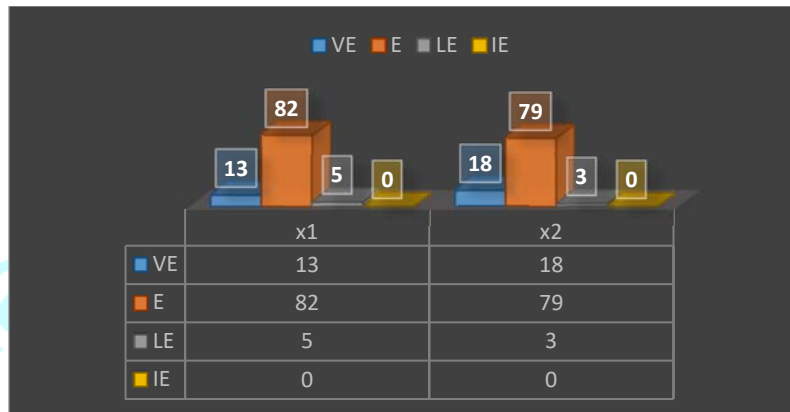


Figure 2. Parents' responses about the effectiveness of using physical education video tutorials for students



### Discussion

Based on the results of the study in Figure 1, it can be obtained that:

1. Most students showed a 70% response that they strongly agree that physical education tutorial videos can help them carry out learning at home during the covid-19 pandemic.
2. Most students showed a response of 78% agreeing that video tutorials make it easier for them to deepen their understanding of the physical education material being taught.
3. Most of the students showed a response of 87% strongly agree that video tutorials make it easier for them to move assignments at home.
4. Most of the students showed a 75% response agreeing that physical education tutorial videos foster their motivation in studying at home during the covid-19 pandemic.
5. Most students showed a response of 67% strongly agree that physical education tutorial videos foster student independence in studying at home during the covid-19 pandemic.
6. Most of the students showed a response of 65% strongly agree if the physical education tutorial video develops student movement analysis in learning.
7. Most students showed a response of 83% agreeing that physical education tutorial videos are easy to access on all social media.
8. Most students showed a response of 89% strongly agree that physical education tutorial videos can be accessed via smartphones, laptops & computers.
9. Most students showed a response of 82% strongly agree that physical education tutorial videos affect delays in the internet network.
10. Most students showed a response of 85% strongly agree if physical education tutorial videos affect internet data capacity.



Based on the results of the study in Figure 2, it can be obtained that:

1. Most parents showed an 82% response if physical education tutorial videos were effective to study at home during the covid-19 pandemic.
2. Most parents showed a 79% response if physical education tutorial videos were effective in student movement assignments at home during the covid-19 pandemic.

### Conclusion

Based on the results of research and interpretation of data on the effectiveness of physical education online learning against using video tutorials during the covid-19 pandemic, it showed good results, which means that most students stated that physical education tutorial videos were online learning media that could help them study at home. . From video tutorials it helps them in deepening the material and can carry out movement tasks well. They can repeat the video tutorial by analyzing the movements so that they can increase their independence in their study at home. Although physical education tutorial videos can be accessed on various social media, they are still there are several obstacles, starting from an internet network that is less stable and internet data that runs out easily in the use of video tutorials as a learning medium for sports education for students at home during the covid-19 pandemic.

Parental responses show that the use of physical education video tutorials is an effective medium and can be applied by sports teachers as a solution in conveying material and student movement assignments. Where video tutorials make it easier for students to improve understanding of the material presented in the video tutorials they learn at home. One of the improvements in sports learning during the covid-19 pandemic is by making learning tutorial videos where the teacher makes the video tutorial to be given to students as a form of solution in learning or assignments that students can see, analyze and follow at home during the covid-19 pandemic. Video tutorials can help improve student learning in physical education, students can follow the movements presented in the video.

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