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THE EFFECT OF COOPERATIVE LEARNING MODEL ON IMPROVING BASKETBALL PLAYING SKILLS OF STUDENTS OF SMKN 1 BANGKINANG

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Abstract

The purpose of this study was to determine the effect of the cooperative learning model on improving basketball playing skills in students of SMK N 1 Bangkinang. This type of research is an experimental research. The population used in this study were all students of class XI majoring in mechanical engineering which consisted of 2 classes. The sampling technique used purposive sampling, and the sample obtained in this study amounted to 30 students. This study uses a one group pretest – posttest design. Researchers conducted experiments using the Cooperative Learning Model with the GPAI (Game Performance Analysis Instrument) instrument. The analysis was processed using the SPSS (Statistical Product and Service Solution) software version 25.0 IBM for window and the results showed $0.00 < 0.05$.

Keywords:

Cooperative learning model, Basketball Skills, GPAI, Learning Model.



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Introduction

Physical education is essentially an important part of the education system as a whole and is also an educational process that utilizes physical or physical activity to produce changes in individual qualities, both physically, mentally and emotionally. Physical education is a tool that can be used to achieve overall educational goals. Physical education is a learning process through physical activities designed to improve physical fitness, develop motor skills, knowledge and healthy living behavior, sportsmanship and emotional intelligence Mahendra (2015, p.12).

According to Mahendra (2015, p. 15) reveals the purpose of physical education itself, namely:

Physical education learning objectives must include goals in the psychomotor domain, cognitive domain, and last but not least in the affective domain. The development of the psychomotor domain in general can be directed at two main goals, firstly achieving the development of aspects of physical fitness, and secondly, achieving the development of perceptual motor aspects. This emphasizes that physical education learning must involve physical activity that is able to stimulate physical fitness abilities and is at the same time the formation of mastery of movement skills themselves.

So it can be concluded that the purpose of learning physical education is not only to develop physical skills. But able to develop cognitive, affective, and psychomotor aspects. Through physical education learning, students are involved in physical activities that will stimulate the abilities and skills of the students themselves.

Physical education in schools has an important role, namely providing opportunities for students to be directly involved in various learning experiences through systematic physical, sports and health activities. The provision of learning experiences is directed at fostering better physical growth and psychological development of students, as well as shaping students' lifestyles to be healthy and fit throughout their lives. Basically physical education in schools students can learn various kinds of physical activities ranging from big ball games, small ball games, gymnastics activities, athletic activities, self-defense, health and many others. For the big ball game itself, there are many types and one of them is basketball.

The sports learning activity at the school is a basketball learning activity, this activity is a team activity, which is able to develop forms of cooperation and communication, so that it has a social feel. This shows that basketball sports activities are not only good for developing physical aspects but also for developing positive student values. Socialization through sport is a complex process in which individuals learn the skills, attitudes, values and ways of behavior that enable them to function in a particular culture (Ioan-sabin, 2017, p. 47).

Basketball game sports activities also have certain values that have a recreational nature, basketball games can be played from children to adults, by



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people who are elderly, both men and women, with modified game rules according to their level, age and physical ability. Its recreational value is reflected in the fulfillment of a person's need to perform a physical activity, whether as a catharsis or simply as a release for emotional turmoil. Sports such as basketball have many potential benefits for children and adolescents, namely, healthy bodies, helping to avoid obesity, and accelerating growth. Participation in youth sports such as basketball offers many potential benefits for children and young people.

However, when learning basketball, there is a weakness, namely the limited time available in learning hours so that student learning goals in basketball learning are not achieved evenly because basically each student's grasping ability is different.

Researchers made observations to the SMKN 1 Bangkinang school there were problems that existed in basketball learning, namely in physical education learning using the traditional model, many things need to be noted that students experience weakness when playing basketball, especially in basketball skills such as dribbling, passing, and shooting. When doing dribbling skills, many students cannot control the ball so the ball moves anywhere. Also when passing the ball that should lead to a friend but the ball instead deviates from the direction. Then when shooting many students who still can't do it such as the ball doesn't reach the ring, the ball doesn't go to the ring, wrong body position, wrong ball holding position.

Playing basketball students must interact with each other because basketball is a team sport that requires each other to work together but there are still many students who are confused. This difficulty occurs due to the limited time available in learning hours so that students are less skilled in mastering one skill and there is no application of the model during learning. This becomes the difficulty of students in learning basketball so that the objectives of the learning are not achieved.

One of the learning models that are now getting a lot of responses is cooperative learning. The term cooperative learning in the Indonesian sense is known as cooperative learning. In the cooperative learning model, students are given the opportunity to communicate and interact socially with their friends to achieve learning objectives, while the teacher acts as a motivator and facilitator of student activities. The main purpose in implementing the cooperative learning model is that students can learn in groups by respecting each other's opinions and providing opportunities for others to express their ideas.

So it can be concluded that in this cooperative learning model students work together with their groups to solve a problem, and are responsible for their learning outcomes. In learning physical education applying the cooperative learning model, students are expected to be able to help each other, discuss and argue with each other to hone the skills and knowledge that they currently master and close the gaps in each other's understanding.



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At the time of observation, researchers saw teachers teaching physical education, especially basketball lessons using a traditional approach. Basically the traditional model approach is not suitable when used in basketball learning, because the traditional approach is monotonous or sedentary so that learning objectives are not achieved and make students bored, bored and do little. So the researcher offers a cooperative learning model, the cooperative learning model is very suitable to be used in basketball learning because it can make students active in expressing opinions and can stimulate student motivation and students do it more often. If students do it more often so that the goals of basketball learning can be achieved and also students can provide input to each other and correct each other.

The author wants to apply the cooperative learning model in the process of implementing physical education at SMKN 1 Bangkinang, especially in basketball learning because when teaching teachers use traditional learning models. The traditional learning model is a learning model that has been carried out from the past at the school or the tradition carried out by the teacher. In my opinion, this traditional learning model is not suitable for learning to play basketball because it is individual and cannot be discussed with each other. According to the author, if learning basketball with a cooperative learning model is very suitable to be used in the basketball learning process because in learning it makes small groups so that students try a lot, As well as this model, students can discuss each other's opinions with each other. This learning model emphasizes teams to work together to achieve common goals and cooperative learning provides opportunities for all students to maximize their playing skills. At the time of mastering playing skills students can form creativity, cooperation, motivation and interaction with other students. By providing a cooperative learning model, the teaching and learning process will run well, where a good learning process will improve good learning outcomes in accordance with what is proclaimed in the 2013 curriculum. At the time of mastering playing skills students can form creativity, cooperation, motivation and interaction with other students. By providing a cooperative learning model, the teaching and learning process will run well, where a good learning process will improve good learning outcomes in accordance with what is proclaimed in the 2013 curriculum. At the time of mastering playing skills students can form creativity, cooperation, motivation and interaction with other students. By providing a cooperative learning model, the teaching and learning process will run well, where a good learning process will improve good learning outcomes in accordance with what is proclaimed in the 2013 curriculum.

From the description above, the author offers the application of a cooperative learning model in learning the game of basketball, students are required to work together to master the material given by the teacher. To see its effect on learning outcomes in mastering basketball playing skills, the authors were interested in conducting a study on basketball games and chose the title "The Effect of Cooperative Learning Models on Improving Basketball Playing Skills at



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SMKN 1 Bangkinang".

Methods

Participant

Participants in this study were students of SMKN 1 Bangkinang

Population & Sample

In this study the participants were students of class XI Mechanical Engineering at SMKN 1 Bangkinang who took part in basketball lessons. There were 32 students who participated in this activity.

Instrument

To collect data using the instrument GPAI (Game Performance Analysis Instrument) is used to measure playing skills. There are three components of the assessment used, namely decisions taken/Decision Marking, implementing skills/Skill Execution and providing support.

Procedure

In this section, please describe chronologically the research steps carried out, especially how the research design is operationalized. Especially the research flow, which a notation can accompany, and its elements are conveyed in detail. This makes it easier for other readers/researchers to conduct similar research.

Data Analysis

Analysis to find out the results of the Effect of Cooperative Learning Model on Improving Basketball Playing Skills at SMKN 1 Bangkinang. Descriptive Data Analysis, t-test.

Result

Testing the hypothesis and knowing how much the increase in playing basketball skills can be seen from the results of the pretest and posttest and the average pretest and posttest scores in the table as follows:

Table 1. Paired Samples Test

No	Variable	mean	Sig Value	Alpha (α)	Conclusion
1	Pairs 1	8.167	.000	0.05	Significant

Because the Sig value for the skill variable playing basketball bangkinang $000 < 0.05$, then H_0 is rejected. So it can be concluded from these variables that there is a significant effect of the Effect of the Cooperative Learning Model on the Improvement of Basketball Playing Skills at SMKN 1 Bangkinang.



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Discussion

From the results above, it can be concluded that cooperative learning is a learning model that functions to explore the potential and develop the skills that exist in each student. In addition, the cooperative learning model can also form an attitude of responsibility and cooperation in a group. So it can be ascertained that the cooperative learning model has an effect on improving students' skills, one of which is playing hockey skills. From the results that have been obtained in the research of students who take part in basketball lessons at SMKN 1 Bangkinang. So for further researchers to further and develop specifically regarding playing skills in basketball learning in a wider scope.

Conclusion

Based on the results of research, processing and data analysis, which has gone through statistical procedures, the authors conclude as a result of this research process that there is a significant effect of the cooperative learning model on improving basketball playing skills in students of class XI Machinery at SMKN 1 Bangkinang

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