



## PJOK LEARNING DURING THE COVID-19 PANDEMIC ON STUDENTS' PHYSICAL ACTIVITY LEARNING OUTCOMES

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### Abstract

In this study, which aims to compare the learning outcomes of students' physical fitness before the pandemic with surviving the pandemic at junior high school 6 Cimahi City in the 2019/2020 academic year. In this study, the researcher used descriptive analysis method & used post-test only research design with a comparative analysis approach. In this study using a population of class VIII students at junior high school 6 Cimahi City. In this study using a sampling of class VIII-A students, totaling 32 students. In taking the sampling, the researcher used a random sampling technique where the sample was taken randomly. The instrument in this study used the Indonesian Physical Fitness Test (TKJI). In analyzing the data, the researcher used a paired sample t-test using the help of the Statistical Product and Service Solutions (SPSS) version 25 application. The results of this study were that there were significant differences between students' physical fitness learning before the pandemic and during the pandemic. The results of the analysis show that the group of students before the covid-19 pandemic got better physical fitness results than the group of students during the covid-19 pandemic.

### Keyword:

*Physical Activity of Student, Physical Fitness, pre-pandemic learning, learning during a pandemic.*

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### Introduction

Education plays an important role in the development of the country. Education can educate the younger generation, develop self-potential, have a critical and dynamic pattern, be responsible, have noble character, believe, and fear God Almighty. Education must also be able to produce talents with abilities: knowledge, attitudes and skills.

According to Ermadinoto (2013, p. 1) "that humans in carrying out their lives will not be separated from education, because education functions to improve the quality of humans themselves, both individually and in groups, physically, spiritually, materially and their thinking abilities." With education, it must be prioritized in its application function, in the educational method there will be

interactions involving an educator and students, so that students are expected to form a superior character.

Learning is the way students and teachers interact, which leads to the transfer of knowledge, skills, and the formation of attitudes and beliefs by educators to students, thereby helping students to gain good and meaningful learning knowledge.

In the learning process in the world of education, this cannot be separated from physical education, sports and health (PJOK). Physical education and health education (PJOK) is an integral part of the overall education process, so PJOK is included in the education plan. Physical Education, Sports and Health (PJOK) is one of the subjects offered at the primary, secondary, and higher education levels. "Physical education in general is an integral part of education and affects students through physical activity in terms of cognitive, emotional and psychomotor effects" (Utama, 2011, p.2).

Sports pedagogy is a science largely not dominated by sport theory and practice. "With increasing attention to physical education to promote physical activity, most physical education programs continue to emphasize physical fitness testing as the primary form of assessment" (Welk, 2008). Physical activity is body movement produced by skeletal muscles that requires energy consumption. "Exercise or physical activity is physical exercise that increases the consumption of energy or energy" (WHO, 2010). From this it can be concluded that physical activity is an activity related to sports activities that involve body movements produced by muscles.

Corona virus disease 2019 (Covid-19), which first spread from Wuhan, China at the end of 2019. "Covid-19 is an infectious disease, meaning that it can be transmitted directly or indirectly from person to person" (Mustakim, 2020, p. .2).

The International Health Organization or World Health Organization (WHO) has declared the COVID-19 virus status as a pandemic, and urgent efforts are needed worldwide to halt and contain its effects. The way the government has chosen to suppress the spread of the virus in Indonesia is through physical restrictions or physical distance. Restrictions cause many changes in various aspects of social life, economy, culture and even education.

Ministry of Education of the Republic of Indonesia, Ministry of Education and Culture 2020 Circular Letter Number 4 concerning Implementation of the Covid-19 Emergency Socialization Policy and Education by Stopping and Replacing the Education and Learning Process (KBM) in Online or Distance Schools. . A system that provides students with a meaningful learning experience without the burden of completing all syllabus work for promotion and graduation.

Physical learning in sports and health is basically physical exercise that is carried out indoors and outdoors. Meanwhile, according to Supriyadi (2018, p. 7), "The physical education teaching method is deduction, command, which includes various tasks and some explanations."

In Covid-19's pandemic online learning system, this created a very complex barrier to teaching and learning practices in schools. This is especially true in schools far from urban areas where internet access is restricted and infrastructure

is supported. This sudden and dramatic change in education makes it a challenge for teachers, especially PE and health (PJOK) teachers, to be able to achieve the goals and objectives of PJOK's learning outcomes.

There are advantages to using ICT, such as being space- and time-independent when implementing online learning (Pangodian, 2019). "Students can participate in online learning with access to the Internet on their smartphones and laptops" (Kay & Lauricella, 2011). "Using online learning with ZoomCloudMeetings has the advantage of being able to interact directly with students, teachers and class materials, but has the disadvantage of wasting allocations and being less effective for more than 20 students." (Naserly, 2020).

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The COVID-19 pandemic has two implications for educational continuity. The first is the short-term impact. Online learning allows students to communicate through intermediate devices, reducing human-to-human interaction when communicating. The lack of these interactions, coupled with the limitations of physical meetings, has resulted in student boredom. And the second long-term effect, the long-term effect of education, is the aspect of equity and the growing inequality between populations and regions.

Meanwhile, Baitur Rochman argued in Andi (2020) that having an online or online learning system during the COVID-19 pandemic had a psychological impact on students.

(1) Students are tired of learning online, (2) Students with low incomes from their parents are very anxious because their children have to buy a delegation to participate in online learning. By overdoing tasks that students find ineffective.

In connection with that, learning outcomes are a level of success achieved by a person or student after going through the learning process and measured through tests or exams. Likewise, the results of PJOK learning, especially physical fitness, can be measured through tests. Physical fitness required by each individual varies greatly depending on the activities carried out daily. With a high physical fitness status, students have the opportunity to have a good level of health so that students can get high PJOK scores.

School is one of the places to start physical education efforts and the cultivation of active living, but at this time with the covid-19 pandemic all schools are closed, so learning activities are carried out online and sports that students usually do at school at this time are only can be done at home so that students rarely do activities.

Based on the above explanation, it is related to the presence of the Covid-19 pandemic in the online teaching and learning process. For this reason, the author wants to know the results of PJOK learning on the materials of students during the pandemic, and further on this study entitled "PJOK learning during the Covid-19 pandemic and physical activity learning from students". I'm interested. "SMP Negeri 6 Get Results in Cimahi City".

## Methods

This survey is a type of descriptive survey. According to Sugishirono (2015, p. 2), "Descriptive methods are used to describe or analyze research results, but not to draw broader conclusions." is doing. which is a research method by revealing problems that exist in schools, processing data, analyzing, researching and interpreting as well as making conclusions and giving suggestions which are then arranged in a systematic discussion so that problems in schools can be solved. understood.

The researcher is of the opinion that the descriptive analytical research method is suitable for use in this study. This is consistent with a study conducted by the author to compare the value of PJOK learning for Class VIII physical fitness materials during the Covid-19 pandemic and before the Junior High School 6 Cimahi City. The descriptive study used in this study is a comparative descriptive method. "A comparative study is a study that compares the presence of one or more variables in two or more samples at different times or at different times" (Sugiyono, 2016, p. 36). Comparative descriptive research was chosen in this study because it wanted to compare an actual phenomenon and describe it in depth according to the conditions in the field. So it is appropriate to get an overview of the results of PJOK learning on students' physical fitness material during the covid-19 pandemic at SMP Negeri 6 Cimahi City. In this study, the research design was Post-test only design using a comparative analysis approach.

The participants or respondents in this study were 319 class VIII students and class VIII PJOK learning teachers who were at Junior High School 6 Cimahi City.

A population is an object or subject that is clearly defined by the researcher under investigation. The population of this study was great VIII Junior High School 6 Cimahi City as many as 319 students and PJOK teacher class VIII Junior High School 6 Cimahi City.

The number of class VIII students at Junior High School 6 Cimahi City is 319 students. Class VIII students are divided into 10 classes. From that population, 10% of the population is taken so that the number of samples is  $10\% \times 319 \text{ students} = 32 \text{ students}$ . The reason the researcher uses 10% in determining the size of the sample is because it is impossible to take all 319 students into the sample and to facilitate data processing and grouping, the sample size of 32 students is equivalent about the number of students in the class, so a sample of one class is taken at the VIII grade level. . Taking the number of samples by following the sampling technique. "Sampling technique is a sampling technique" (Sugiyono, 2010, p. 128). The sampling using random sampling technique. Class selection was random. In other



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words, Class VIII-A was chosen because the students in Class VIII-A were highly productive and recommended by the PJOK teacher.

In this study, the instrument used was in the form of data from the implementation of PJOK learning on physical fitness material which was second data. Secondary data is data obtained by researchers from existing sources. The following equipment will be used by PJOK teachers to measure the physical fitness of Class VIII students. In other words, it is the standardized 2010 Indonesian Physical Fitness Test (TKJI) by the National Ministry of Education. The validity value for sons is 0.950, while for girls is 0.923. The reliability value for men is 0,960, while for women it is 0,804 (Ministry of National Education, 2010, p. 3). Students take five test items in sequence from item one to item five with rest intervals of no more than 3 minutes.

The analysis is to find out results of the comparison of the value of PJOK learning on physical fitness material for class VIII online the Covid-19 pandemic and before the pandemic at SMP Negeri 6 Cimahi City. Descriptive Data Analysis, t-test.

### Result

The purpose of the t-test is to determine if there is a significant difference in physical fitness between students before and during the Covid-19 pandemic. Therefore, the t-test is performed. This study used the PAIRED SAMPLEt test with SPSS25 software. The results of the t-test analysis are summarized in the table below.

Table 1. Uji Paired Samples Test

Paired Samples Test								
Paired Differences								
	Mean	Std. Deviation	Std. Error	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
				Lower	Upper			
Pair 1 Before – in pandemic	2,875	1,185	,209	2,45	3,30	13,729	31	,000

Because the t-count is 13,729 > 2.452, then H<sub>0</sub> is rejected. It can be concluded that there is a significant difference in fitness scores between the group of students before the Covid-19 pandemic and the group of students during the Covid-19 pandemic and the group of students before the Covid-19 pandemic increase. The - 19 pandemic showed a better fitness score than the students during the Covid-19 pandemic.

## Discussion

### **Results of Students' Physical Fitness Scores Before the Pandemic**

It is based on the data management conducted by the Indonesian Physical Fitness Test (TKJI) on 32 students of class VIII at Junior High School 6 Cimahi City. The results of the data on physical fitness scores for students before the pandemic had a good category, there were only 2 students who were in the less category. The results of observations where when students attend school face-to-face or before the pandemic, students always carry out activities at their school so that students are always moving and make students' physical fitness good.

### **Student Physical Fitness Score Results During the Pandemic**

The results of data on physical fitness scores for students during the pandemic obtained 18 students whose physical fitness scores were moderate and 14 students whose physical fitness scores were less. The results of the observation that the majority of students have reduced physical fitness because students tend to have less physical activity at home. This shows that during recess at home, on average, students do activities that are classified as light (not to the point of sweating).

### **The Result of Better Student Physical Fitness Score**

From the analysis and explanation, it can be seen that the results of the physical fitness level of the student group before the pandemic were superior to the results of the physical fitness level of the students during the pandemic. The decrease in physical fitness results during the pandemic was due to the lack of physical activity by the students. People who usually went to school. In other words, there is a significant difference between the student's pre-pandemic fitness score and the Junior High School 6 Cimahi City pandemic score. Thus, the conclusion that the level of physical fitness measured by TKJI students at Junior High School 6 Cimahi City is significant and can be applied (generalized) to the population. These results show that the physical fitness of pre-pandemic students is fundamentally different from that of students during the pandemic.

Based on measurements at TKJI, where a group of students achieved good results in terms of fitness level prior to the pandemic, there were only 2 students whose physical fitness level scores were less. Meanwhile, a group of students who received 18 medium-strength students and 14 low-strength students during the pandemic.

The results of this study show that several factors contribute to the fact that some students were ill during the pandemic compared to pre-pandemic students. Where students tend to have less activity when they are at home. Students are rarely seen doing physical activity while resting at home. This shows that during breaks at home, on average, students do activities that are classified as light (not to the point of sweating). In addition, environmental factors affect students' physical activity at home. Lack of adequate facilities and infrastructure is also an obstacle for students to be able to carry out physical activity optimally. Students are also less able to use their free time at home,

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In addition, low levels of physical fitness can also have an impact on decreasing student achievement in school. Bugiarto, Sigit (2009) said that fitness has a significant relationship with student achievement. This is because the psychological factor of students who are less fit will be more difficult to receive knowledge than students who have good fitness.

Having good fitness will certainly benefit students when carrying out their daily activities both at school and at home. In addition, good fitness also boosts the body's immunity and helps protect it from COVID-19. To be able to have good fitness, parents and teachers should provide encouragement (motivation) and facilities for students to be willing and responsible for their physical fitness and especially when doing the tasks assigned by the sports teacher.

### Conclusion

Based on the research conducted, it can be concluded that there is a significant difference in physical fitness results between students who were in Junior High School 6 Cimahi City before the Covid-9 pandemic and those who were in Junior High School 6 Cimahi City during the Covid-19 pandemic. The town of Cimahi. On the other hand, the group of students who had better pre-pandemic physical fitness scores than the group of students who had lower physical fitness scores during the pandemic due to lack of physical activity at home during the pandemic was in the majority of students' physical fitness. Insufficient in degree, in online learning, students work properly in the form of student videos that inadvertently do it in online learning, unlike in regular schools. Is supervised by the teacher to do. Physical fitness obtained from regular physical activity can provide benefits both academically and non-academically. Academic benefits are achieving optimal learning achievement at school and non-academic is being able to play with peers without feeling excessive fatigue.

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