

**Efforts To Increase a Bullets Shot Using a Plastic Ball In Grade 10 State Senior High School 1 Ampel Boyolali In the Year Of 2016/2017**

**Oleh :Singgih Nur Hasan**

**EFFORTS TO INCREASE A BULLETS SHOT USING A PLASTIC BALL IN GRADE 10 STATE SENIOR HIGH SCHOOL 1 AMPEL, AMPEL, BOYOLALI IN THE YEAR OF 2016/2017**

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**ABSTRACT**

Singgih Nur Hasan. Efforts to increase a bullet shot using a plastic ball in Grade 10 State Senior High School 1 Ampel, Ampel, Boyolali of the Academic Year 2016/2017, the thesis. Surakarta: Faculty of teacher training and education science, University of bud development, 2017.

**Keywords** : Reject bullets, plastic balls

Class Action Research was conducted in order to determine the increase in shot put learning outcomes in grade 10 in State Senior High School 1 Ampel in following the learning process, it is shown by the results of the performance, the students' attitudes and behavior of students better.

This study uses classroom action research. The object of research through the medium of a plastic ball while the subject is class 10 in State Senior High School 1 Ampel, Ampel, Boyolali with 20 students. Source of data derived from students, teachers and researchers. Data collection techniques are tests, observation and document data. Data analysis using descriptive technique that is based on qualitative analysis and percentage

Results of research conducted, there was an increase in student learning outcomes from the initial conditions to the first cycle and the second cycle, both from an increase in the average value of learning shot put and value unorthodox style mastery learning outcomes. In the initial condition of student learning outcomes demonstrated only 2 students (10%) that have been completed from Criteria Minimal completeness expected is 75, while 18 students were still under the Criteria Minimal completeness. Increased movement to the shot-learning

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media orthodox style plastic ball can be seen from the Criteria Minimal completeness (75.00) or completed at 100% after the action on the first cycle of students who pass the value of learning as much as 9 out of 20 students (45%) and in cycle II to complete as much as 20 whole or complete by 100%.

The conclusion of this research is that a plastic ball can improve learning outcomes of bullets shot in grade 10 in State Senior High School 1 Ampel, Ampel, Boyolali in the Academic Year 2016/2017.

### **A. Background**

Education is an essential need for every human being. Besides education is a strategic sector for the intellectual life of the nation in order to obtain the Human Resources (HR) quality. Therefore, education should be fostered to develop a systematic manner, so as to create an educational system that can produce quality human resources. Improving the quality of education must be done thoroughly covering several aspects such as moral aspects, knowledge, skills, arts, sports, and behavior. Education can be done both formal and non-formal. Formal education acquired through learning activities in schools, while the non-formal can be done outside the school. Formal education which is usually held the school is one of the appropriate means to improve the quality of human resources and to support the development of Science and Technology (Science and Technology). Thus formal education should organize learning processes effectively and efficiently so that the learning objectives can be achieved with good.

Subjects of physical education, sports, and health needs to be given to all learners as it aims to develop self-management skills in the development and maintenance of physical fitness and a healthy lifestyle through physical activity and sport share selection. Learning physical education, sports, and health are learning that aims to encourage the growth of physical, psychological, motor skills, knowledge, reasoning, and habituation to a healthy lifestyle.

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Based on observations during the first PPL 1 of students Grade 10 in State Senior High School 1 Ampel Boyolali on sport subject, especially on material shot put, students tend to be passive. They are less interested in learning shot put, so that students feel bored in this study. Students tend to perform other activities that attract more attention, such as play, often bullying during lessons and chat with friends. At the time of learning takes students tend to be passive, reluctant to ask, afraid or embarrassed to ask. Students rarely discuss with friends. When there who do not understand or do not understand the material they tend to be quiet. The situation of students as if ignored will lead students will increasingly have difficulty in studying and understanding the material dipelajaran

In the Shot Put a learning tool in State Senior High School 1 Ampel, still a lot of facilities and infrastructure are inadequate. Real conditions in schools, media cartridges are available only 3 pieces but can be used only 2 pieces, 1 bullet for bullet's girls and one boys. While the average student in high school N 1 Ampel numbering 20-25 people, so a comparison between the number of rounds and the number of students is 1: 13 boy / girl. Clear from these figures that the learning process becomes ineffective Shot Put, and consequently that the target of the curriculum to be very low.

These circumstances has been running long enough and schools until this moment can not meet the bullet means to an extent sufficient or ideal conditions, for example in the ratio 1: 2 (1 bullet for 2 people). This is understandable, because the schools have needs that are many and almost all of them have a high degree of urgency to be fulfilled by the school. That requires schools to provide a bullet in accordance with the ideal conditions, is an unrealistic and more away can cause turmoil and the climate is not conducive at school.

From the condition learning process shot put in Class 10 State Senior High School 1 Ampel District of Ampel Boyolali experienced many problems that result in learning outcomes shot put is not maximized proven, only 16% of the total number of students 24 children, it is measured by the value of learning

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outcomes by Criteria Minimal completeness (KKM) 75 which reached a value of 75 or more only 11 children were remaining unresolved ..

From the problems above, the title was issued a Class Action Research "Efforts Improving Learning Outcomes Using the Media Ball Shot Put Plastic In Grade 10 High School N 1 Ampel Ampel Boyolali District of the School Year 2016/2017". The problem of the background as described above, can be identified as follows:

1. Lack of shot-owned in State Senior High School 1 Ampel.
2. Lack modification / variation teacher, the lesson to the students, so that students become passive student learning.
3. Lack of motivation to the students in implementing learning orthodox style shot put with a plastic ball media.
4. Unknown learning outcomes shot put orthodox style using a plastic ball media in class 10 State Senior High School 1 Ampel Ampel district subdistrict boyolali 2016/2017 school year.

The purpose of this classroom action research is to determine the extent of the plastic ball media can improve learning outcomes shot put unorthodox style in Class 10 State Senior High School 1 Ampel Ampel Boyolali District of the academic year 2016/2017.

### **B. Literature review**

#### **1. Physical Education**

Physical education is an educational process involving physical activity, which is arranged in a systematic and gradual growth on the terms of levels of physical abilities and skills. According to the study sukintoko jamsani interpreted as a process of interaction with the environment anantara learners melaluoi physical activity in stacking systematically towards Indonesia fully human. (21: 2004). In the quotation understanding of CA Bucher physical education (1960) makes the

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definition of physical education as follows: physical education is intergal any part of the total education that tried to reach the goal to develop physical fitness, mental, and emotional soial eahanan for people with physical activity. further quoted from rijdsorp 91971 (1980) states that physical education is an education through physical pendidikan to achieve jasmni education that have been formulated in the realm of physical, psychomotor, affective and cognitive. Gabbard.

### **2. Understanding Shot Put**

Reject bullet is included numbers in athletic sports. In the shot put it there is a variety of sizes for senior men's bullet weighing 7.26 kg, daughter weighing 4 kg, for juniors son and daughter weighing 5 kg weighs 3 kg.sehingga with the goal that students can drive the power, memningkatkan speed, improve their skills, improving endurance, improve flexibility. In the sense of departure bullet According Djumidar (2004: 152) that "Rejection is a movement of channeling the energy to an object that is producing speed on the object and thrust come forward strong differences by tossing located at the time of releasing the object, in rejecting the wrist does not move and energy derived from the movement of straightening the elbow ". Meanwhile, according Munasifah (2008:

### **3. Understanding Media Learning**

In general, learning media is a tool of the learning process. Everything that can be used to stimulate thoughts, feelings, attention and ability or skill to learn so as to encourage the process of learning. The word comes from the Latin media that medius meaning intermediary or introduction. According to Gerlach and Ely (1997) when the media is understood broadly human, material or events that build the conditions for students were able to acquire the knowledge, skills or attitudes. Latuheru (1988: 14), stating that the media is learning materials, tools, or techniques used in teaching and learning activities with the intent to process communication interaction anatar education teachers and students can take place

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in appropriate and useful. Based on these definasi, instructional media has great benefits to facilitate the students to learn the subject matter. Instructional media used must attract students pay attention on learning activities and further stimulate students' learning activities.

## C. RESEARCH METHODS

Source of data used in a classroom action research (AR). To perform the necessary data in research, measurement tools need to be used to know the test.

Analysis of the data is an important stage in each cycle because based on this analysis may reflect a baseline or starting point for the next action. All the data will be collected checked for completeness and sensor name used, which ones are not, data is presented and analyzed to verify the data required. Then analyzed with procedures as been below this.

1. Finding the average - av

$$ratarata(x) = \frac{\sum X}{n}$$

$\Sigma$  : total

X : value

N : Number of samples

2. Qualitative

$$P = \frac{fx}{n} \times 100\%$$

P : Percentage of success

f : The number of successful

n : The number of respondents

100% : Fixed number

The steps in the procedure of action research implementation is a participatory dilaksanakan or collaborators (teachers, principals, professors with his team) to cooperate, starting from the orientation phase was continued action planning continued implementation of the action in the first cycle. Analytical

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discussion followed on the reflective-evaluative step on the activities carried out in the first cycle, and then preparing the plan modification, correction or rectification, or improvement in the second cycle and so on.

As for the procedure or measures of classroom action research, according to Iskandar (2009: 67) that in quotes if Agus Kristianto (2010: 138):

- a. Identify common problems
- b. Conducting field checks
- c. Make a general plan
- d. Developing the first action
- e. Observe, discuss first action
- f. Reflection-evaluate and revise or modify for improvement in the next two cycles.

#### **4. RESULTS AND DISCUSSION**

Before carrying out the research process, researchers must first conduct a survey to determine the real situation on the ground. The results of the initial survey as follows: 10 grade students in State Senior High School 1 Ampel, Ampel District, Boyolai Academic Year 2016/2017 of 20 people consisting of 13 students and 7 male student daughter. Judging from the learning process shot put, can be said to be a learning process in the category of less successful, because of the number of students 20 children who experience learning mastery in only 10% or 2 children with Criteria Minimal completeness 75 while 18 children have not completed because got under 75. This study aims to determine the effectiveness of a health learning model. Efforts to improve learning outcomes shot put to use plastic ball media in class 10 in State Senior High School 1 Ampel, Ampel District, Boyolai Academic Year 2016/2017. The data obtained are the data

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aspects of student learning outcomes in affective, cognitive, psychomotor, data from student observation and observation.

Observations from the table behavioral activity of students in shot put with using plastic balls in cycle 1 can be seen well affective aspects are included as many as 20 students or 100% .At complete cognitive aspects as many as 13 students or 65% complete, while the psychomotor aspects there are 11 students or 55% were resolved. So overall still need to reform or reflection because they have not reached the category of either 85% Classical manner.

From the table understanding of the concept of motion in the shot put to use plastic ball on cognitive aspects in the second cycle in mind that the students belonging to the criteria of excellent 4 students, or 20%, belong to the criteria of either 16 students or 80%, enough categories and category lacking nothing. It shows the students' understanding of the concept of motion in the shot put at the second cycle indicators meet the 95% of students included in the criteria yang good understanding.

### **D. Conclusion**

The results of this study can be summarized as below:

1. Giving shot put with a plastic ball media to improve basic motor skills orthodox style shot put graders 10 in State Senior High School 1 Ampel, Ampel, Boyolali the academic year 2016/2017 successfully as planned
2. The learning process using unorthodox style shot put with a plastic ball media have managed to improve the skills of the students about the basic motion shot put.
3. Obtaining the results of study in the first cycle by 45% and increased 55% in the second cycle to 100%.



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**E. Suggestion**

Based on the research that has been taken, the advice to researchers convey is:

1. To the managers of the school, the results of this study should be used as the basis for determining policies relating to instructional media as teacher professional development efforts and increase the quality of learning by equipping the facilities and infrastructure that support the implementation of learning.
2. For teachers who have difficulty in increasing the shot put, Action research can be used as input to solve the problem.
3. With the increased activity of the students doing the learning, then learning the students are faced with a structured training materials and proportionate.

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