

Mardiana Alyu, Doewes Muchsin, Purnama Sapta Kunta. Development of learning media based on video tutorial on basketball based shooting techniques. *Journal of Education, Health and Sport*. 2019;9(5):298-303. eISSN 2391-8306. DOI <http://dx.doi.org/10.5281/zenodo.3156678>
<http://ojs.ukw.edu.pl/index.php/joehs/article/view/6925>

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26/01/2017).
1223 Journal of Education, Health and Sport eISSN 2391-8306 7

© The Authors 2019;

This article is published with open access at Licensee Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland
Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author (s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution Non commercial license Share alike. (<http://creativecommons.org/licenses/by-nc-sa/4.0/>) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

The authors declare that there is no conflict of interests regarding the publication of this paper.

Received: 28.04.2019. Revised: 28.04.2019. Accepted: 22.05.2019.

Development of learning media based on video tutorial on basketball based shooting techniques

Alyu Mardiana¹, Muchsin Doewes², Sapta Kunta Purnama³

1) Master Program in Sports Science, Sebelas Maret University, Surakarta, Indonesia

2)3)Department of Sports Science, Postgraduate Program, Sebelas Maret University, Surakarta, Indonesia

Email: alyuhockey_5@yahoo.co.id¹, doewes2000@yahoo.com², saptakunta_p@yahoo.com³

ABSTRACT

The purpose of this study are: 1) Facilitate and clarify basic basketball technique training material with the video tutorial media. 2) Know how to develop video tutorial based learning media on basketball shooting material that fits the needs and characteristics of students. 3) Know the effectiveness of video tutorial based learning media on basketball shooting material to improve basic basketball techniques. 4) Knowing how much the effectiveness of tutorial video-based learning media on basketball shooting material increases knowledge, understanding students to improve their basic basketball skills.

This research was conducted at MAN 1 Ponorogo. The type of research design used is one group pretest-posttest design for one group. This research uses development research methods with a design model of procedural development. This research produced a product in the form of a DVD video tutorial for learning basic shooting techniques in basketball games. The steps for developing video tutorials are: 1) Research and Data Collection, 2) Planning, 3) Product Draft Development, 4) Initial Field Trials, 5) revisions, 6) Small Field Trials, 7) Dissemination and Implementation.

The results showed that there was a considerable difference between the pre test and the post test. Namely the pre test value has an average of 72.9, while the post test has an average of 78.1. This means that learning outcomes increase significantly from 72.9 to 78.1. Based on the results above it can be concluded that the product development of video-based learning media based on basketball shooting techniques developed by researchers can improve the ability of basic basketball shooting skills in MAN 1 Ponorogo in class XI students.

Keywords: Media for Learning, Shooting, Basketball

INTRODUCTION

Learning requires interaction, especially interactions that are human in nature. Interactions that occur during the learning process are influenced by the environment, which include students, teachers, library officers, principals, materials and subject matter (books, modules, leaflets, magazines, video or audio recordings, and the like), and various learning resources and facilities (overhead projectors, audio and video tape recorders, radios, televisions, computers, libraries, laboratories, learning resource centers, etc.). A student will have knowledge faster because of help from a teacher, trainer or instructor. In this case two-way communication occurs between students and teachers (Arsyad, 2011: 1).

Physical sports and health education are learning processes through motion activities designed to improve physical fitness, sportsmanship, and emotional intelligence. The learning environment is carefully regulated to improve the growth and development of physical, psychomotor, cognitive and affective students. In sports and health physical education subjects there are also large ball game teaching materials. In large ball games there are various materials, namely volleyball, basketball, soccer and so on. One of the material taught at school is basketball.

Learning media can be used by teachers to help deliver material. With the existence of learning media it is expected that teachers can deliver teaching material well. Even though the teacher did not really master the movement that was taught, but with the learning media, it would be more helpful for me to deliver the teaching material. With learning media students can capture the objectives and teaching materials easier and faster. Learning media have been used in several schools, but the media used is the simplification of tools and media used to deliver teaching material is still simple.

According to Susilana and Riyana (2008: 10), learning media serves to improve the quality of the teaching-learning process. In addition to learning media also serves to accelerate the learning process. The choice of media in the teaching and learning process has many types, just adjusting between learning objectives and the characteristics of the media. One example of the media used in learning is video media. Video media is part of audio-visual media, because so-called in addition to having the form of a motion picture, it also emits an amplifying sound or sound in accordance with the image displayed.

All these things are done of course in order to facilitate students in accepting the material delivered by the teacher. In addition, the teacher must also adjust the learning media used to deliver the material in the classroom, so that the learning outcomes are expected to be achieved by understanding students in the subject matter delivered (2016: 17-18).

Based on observations during the learning process in MAN 1 Ponorogo, it is rare for teachers to use learning media to deliver teaching material. Likewise with the delivery of physical education learning with the subject of basketball, the delivery of material must be adapted to the theme and purpose of the learning. Because the material to be delivered is basketball shooting which contains elements of motion and students need a lot of experience from various learning sources. Shooting a ball into a basket (shooting) is one of the most important skills and to master shooting techniques it takes a lot of practice. For the delivery of material in the learning process must be delivered clearly. Therefore a learning media is needed to make the material that is intended to be conveyed. So the media to convey this learning must be the most appropriate learning media. Learning media that can be used one of them is audio-visual learning media (video). This media is chosen because in it there are many elements that can be used to deliver learning material.

METHODOLOGY

This research was conducted at MAN 1 Ponorogo. The type of research design used is one group pretest-posttest design for one group. This research uses development research methods with a design model of procedural development. This research produced a product in the form of a DVD video tutorial for learning basic shooting techniques in basketball games. The steps for developing video tutorials are: 1) Research and Data Collection, 2) Planning, 3) Product Draft Development, 4) Initial Field Trials, 5) revisions, 6) Small Field Trials, 7) Dissemination and Implementation.

RESULT AND DISCUSSION

1. Preliminary Study

Based on the results of the interview it was concluded that there was no media-based learning media video tutorial on basic basketball shooting techniques.

2. Product Development

This development research produces products theoretically, conceptually, procedurally, methodologically and empirically. The product in this development research is a video recording of learning basic basketball shooting techniques. The development model in this study consists of several items, namely:

- a. Lay up shoot
- b. Jump shoot
- c. Free throw shoot

3. Test the Product

a. Expert Evaluation

Based on expert validation and group trials. Material experts who assess aspects of material quality and aspects of content Overall, the average is 4.46 (≈ 4), which means the overall material is categorized as good, while media experts assess the aspect of the display and aspects of programming with. Overall the media assessment has an average of 3.9 (≈ 4) so that overall is categorized as good.

b. Group Trial

Assessment of students through small group trials, based on aspects of the display, aspects of content, and aspects of learning obtained an average value of 3,880 including the good category, while the average value of the broad group trial of 3,856 included the good category. When compared it turns out that both the small group trials and the trial of the average broad group obtained almost the same namely 3.88 (small group trials) and 3.85 (broad group trials) this means that both are stable / consistent describing the form of trials.

c. Product Effectiveness Test / Skill Test

1) *Lay Up Shoot*

	Mean	Std. Deviation
pre_ learning outcomes <i>lay up shoot</i>	73.0417	1.51741
pos_ learning outcomes <i>lay up shoot</i>	79.0417	1.62799
Z count	-4.316	
Probability	0.000	

Table 1 Summary of the Wilcoxon lay up shoot test

The calculation results show the probability value of the Wilcoxon test is 0,000. Because the probability value is <0.05, it can be concluded that there are differences in the pretest scores of the shoot up shoot result with the post-test results of the shoot lay-up. If you look at the average value, there also seems to be a significant difference between the pretest and the posttest. Namely the pretest value has an average of 73.04 while the posttest has an average of 79.04. This means that the results of the shoot lay-up skill test increased significantly from 73.04 to 79.04.

2) *Jump Shoot*

	Mean	Std. Deviation
Pre test <i>jump shoot</i>	73.2083	1.47381
Postest <i>jump shoot</i>	78.6250	1.13492
Z count	-4.319	
Probability	0.000	

Table 2 Wilcoxon test summary on jump shoot

The calculation results show the probability value of the Wilcoxon test is 0,000. Because the probability value is <0.05, it can be concluded that there is a difference in the value of the jump shoot pretest with the jump shoot posture. Judging from the average value there seems to be a considerable difference between the pretest and the posttest. Namely the pretest value has an average of 73.2 while the posttest has an average of 78.6. This means that learning outcomes have increased significantly from 73.2 to 78.6.

3) *Free Throw*

	Mean	Std. Deviation
Pre test	72.9167	1.55806
Post test	78.0833	2.14510
Z count	-4.312	
Probability	0.000	

Table 3 of the Wilcoxon test summary on the free throw

The calculation results show the probability value of the Wilcoxon test is 0,000. Because the probability value is <0.05 , it can be concluded that there are differences in the value of pretest-free throw and post-free throw. If you look at the average value also appears there is a considerable difference between the pretest and the posttest. Namely the pretest value has an average of 72.9, while the posttest has an average of 78.1. This means that learning outcomes increase significantly from 72.9 to 78.1.

CONCLUSION

Based on the results above, it can be concluded that the product development of video tutorial based learning basics basketball shooting techniques developed by researchers can improve the ability of basic basketball shooting skills in MAN 1 Ponorogo in class XI students.

REFERENCE

- Amung Ma'mum, Yudha M. Saputra. 2000. *Perkembangan Gerak dan Belajar*. Jakarta: Departemen Pendidikan Nasional
- Arikunto, S.2009. *Prosedur Penelitian Suatu Pendekatan Praktik*. Edisi Revisi 6. Jakarta : Rineka Cipta.
- Arsyad, Azhar .2011. *Media Pembelajaran*. Jakarta: Rajagrafindo Persada.
- Baedowi, Arif. 2008. *Pengembangan Media Pembelajaran Dengan Aplikasi Program Macromedia Profesional 8 pada Mata Pelajaran Geografi SMA Kelas X untuk Topik Hidrofer*. Sekripsi tidak diterbitkan. Malang: FMIPA UM.
- Bloom, B.S., Engelhart, M.D., Furst, E.J., Hill, W.H., Dan Krathwohl, D.R. 1956.*The Taxonomy Objectives The Classification Of Education Goals*. New York : Mckay
- Bompa, Tudor O. 1983.*Theory And Methodology Of Training*. Dubuque : Hunt Publishing Company
- Borg and Gall. 1983. *Educational Research, An Introduction*. New York and London. Longman Inc.
- Bidang III PB, PERBASI. 2006. *Bolabasket Untuk Semua*. Jakarta: Pengurus Besar Persatuan Bolabasket Seluruh Indonesia.
- Fitrianto. Teguh, Mahliatussikah. Hanik, Maziyah. Laily. 2011. *Pengembangan Media Video Tutorial Adobe Photoshop Untuk Pembelajaran Materi Pengenalan Bentuk Desain Dan Ragam Hias Kaligrafi Di Jurusan Sastra Arab Fakultas Sastra Universitas Negeri Malang*. Tidak diterbitkan. Malang. Fakultas Sastra. UM
- Kusumah, Wijaya. 2010. *Pengertian Media Pembelajaran (Online)*, <http://media-grafika.com/pengertian-media-pembelajaran>, diakses pada tanggal 09-02-2011, pukul 19.16.
- Maksum, Ali. 2009. *Metode Penelitian dalam olahraga*. Surabaya.
- Marijono (Tim PKG/MGMP Penjaskes Propinsi Jawa Timur). 1996. *Belajar Cepat PENDIDIKAN JASMANI DAN KESEHATAN Untuk Sekolah Menengah Umum Kelas 2*. Surabaya : Prapen Wiyata.
- Muhajir. 2007. *Pendidikan Jasmani Olahraga dan Kesehatan untuk SMA kelas X*. Jakarta: Erlangga.

- Muhajir. 2007. *Pendidikan Jasmani Olahraga dan Kesehatan untuk SMA kelas XI*. Jakarta: Erlangga.
- Oliver, Jon. 2007. *Dasar-Dasar Bola Basket*. Jakarta: PT. Intan Sejati..
- Samsudin. 2008. *Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan SD/Mi*. Jakarta: PT. Fajar Putra Grafika.
- Sugiyono. 2010. *Metode Penelitian Pendidikan*. Bandung. Alfabeta.
- Susilana, Rudi & Riyana, Mansur. 2007. *Media Pembelajaran*. Bandung: Wacana Prima.
- Wasis D. Dwiwogo. 2004. *Konsep Penelitian dan Pengembangan*. Pusat Kajian Kebijakan Olahraga LEMLIT UM.
- Wissel, Hal. 2000. *Bola Basket Dilengkapi Dengan Program Pemahiran Teknik dan Taktik*. Jakarta: PT. Rajagrafindo Persada.