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IMPROVING TABLE TENNIS LEARNING IN PHYSICAL EDUCATION THROUGH THEORY AND PRACTICE

I Made Andika Bayu¹, Husni Fahrītsani², Agung Mahendra³

Univesitas PGRI Palembang^{1,2,3}

imadebayu47@gmail.com

Abstract

This research aims to develop and test eligibility material teach e-modul eye studying theory and practice of table tennis learning. Method study used namely research And development (research and development) from theory Borg And Gall Which own 10 stages development. Stages started from; (1) research and information collection, (2) planning, (3) develop preliminary form of product, (4) preliminary field testing (validation The product is carried out involving expert judgment, namely material experts, media experts and experts learning), (5) main product revision, (6) main field testing, (7) operational product revision, (8) operational field testing, (9) final product revision, and (10) dissemination and implementation . However, due to time and cost constraints, this study only goes as far as at the 4th stage, namely preliminary field testing. Data collection using observation, questionnaire, And interview. Technique analysis data Which used in study This is descriptive qualitative statistics. The product produced is in the form of an e-module for theoretical courses. and table tennis learning practices. Based on the feasibility test of the development product e-learning materials The theoretical and practical course module for learning table tennis, obtained the results of the assessment by media experts with a very valid and usable category, while the results of the material expert assessment were obtained results with category valid And can used with revision, And results evaluation expert learning obtained results with category valid And can used with revision. Based on the results of the feasibility test for the development of e-module teaching materials for theory and practice courses table tennis learning practice, obtained the percentage results of the feasibility assessment scores from the test subjects try student program studies education physical University Indonesian Teachers Association Palembang that is as big as 61% with the category "Worthy/Attractive/Good". Thus the results of the development of the e-module for the subject studying theory And practice learning table tennis worthy For used as material teach student.

Keywords: teaching materials, table tennis learning.

INTRODUCTION

Physical education is an integral part of education as a whole, aimed at developing aspects of physical fitness, motor skills, emotional stability, healthy lifestyles and systematic environmental recognition in order to achieve educational goals , Husdarta (2011:18). Physical education is intended for schools in general, (Winarno, 2006:1). In schools, the most well-known and popular sport today is table tennis. At this time, table tennis has received quite a lot of attention from the public.

This can be seen from the high interest and enthusiasm of the public to play table tennis, from children to adults. Currently, table tennis is not only a game for fitness or just for recreation, but has also been used as a tool to achieve achievements. Table tennis in Indonesia was introduced as an official name in 1951, while changing the name PPSI to PTMSI as an abbreviation for Persatuan Tenis Meja Seluruh Indonesia, with a special note that the name tennis is used one "n" to distinguish it from tennis opponents. In the same year, PTMSI became a member of the Table Tennis Federation of Asia, abbreviated as TIFA. Several Asian championships organized by TIFA have been attended by PTMSI, especially those held in Singapore and Manila. Proof that table tennis has become a part of people's lives is the large number of people who play table tennis, both for recreation, seeking health and freshness and fitness, or to achieve high achievements both in villages, offices, schools to clubs that foster achievements, even almost every office, house and school has a table tennis court, (Kasanrawali, 2020: 3). Besides that, table tennis can be played by all age groups. One of the most important things to do in table tennis is mastering basic techniques. This is a very important thing for beginner players to master because it is the initial foundation in table tennis. The technical or skill aspect is the foundation and is one of the important factors in table tennis. The basic techniques in table tennis are push, drive, chop, topspin, lob, footwork, grip, service and others, Kertamana (2003: 15). The earlier you get educational services, the better the results you get. Based on the author's observations, it appears that students' success in carrying out the techniques is relatively poor. This can be seen from the frequency with which players fail to do so. This must be addressed, otherwise students will eventually be unable to do it. The low success of students in performing techniques is because students still do not understand and lack of repetition practice outside of class hours. Physical education is one aspect of the entire educational process as a whole. Physical education is a comprehensive service delivery system designed to identify, find and solve problems in the psychomotor domain.

Therefore, the purpose of this study is to improve table tennis sports learning in physical education and develop theoretical and practical materials for physical education students. By understanding table tennis sports learning in physical education and developing theoretical and practical materials for physical education students. This research is expected to provide a significant contribution to learning table tennis in physical education.

METHOD

Study This use research methods And development (Research and Development) . with steps its development using Borg's theory and Gall among others; (1) research and information collection, (2) planning, (3) develop Preliminary form of product, (4) preliminary field testing, (5) main product revision, (6) main field testing, (7) operational product revision, (8) operational field testing, (9) final product revision, And

(10) dissemination and implementation (Borg & Gall, 1983). However Because Due to time and cost limitations, this research only reached stage 4. namely preliminary field testing. Research development is study approach Which connected on design Work And development as well as own objective for designing learning environments and making efforts to understanding on fundamental in a way scientific. Study development No For detailing and implementing interventions the complete one will but intended For give motivation Study with display learning Which interesting and creative. According to (Emzir, 2012) "in the field of education the main objective of research is and development not to formulate or test theories, but to develop products Which effective For used in school- school" More clear Again (Gall et al., 2007) define " research and development is an industry based development model in which the findings of research are used to design new products and procedures, which then are regularly field-tested, evaluated, and refined until they meet specified criteria of effectiveness, quality, or similar standards".

Instrument Collection Data

According to (Sukardi, 2011) the functional use of research instruments is to

obtain the data needed when the researcher has stepped on on step collection information in the field. In study development This, data Which collected is with use instrument in the form of questionnaire eligibility product development that is; instrument evaluation for expert (expert) media And material expert).

Table 1. Analysis Percentage

Percentage	Category	Information
80-100%	Very Good	Can used without revision
61-80%	Good	Can used with revision small
41-60%	Enough	Not enough worthy used, recommended No Used
21-40%	Not enough	GoodNo can used
00-20%	No Good	No can used

result

The conclusions that can be drawn from the data from this small-scale product trial are: which aims to test stage beginning eligibility material teach *E-Module* subject theory And practice table tennis learning . With The test subjects were third semester students. The Physical Education Study Program at PGRI University of Palembang consists of 21 students. The following is a table of assessment results from a small-scale product test. material teach E-course module theory and learning practice table tennis :

Table 2. Results Test Try Scale Small Material Teach E-Module Eye Studying Theory and Practice Learning table tennis

NoAspect	Evaluation	ΣX	Score Maximum	Score %	Category Eligibility E-Module
1.	Eligibility E-Module	271	300	76.5%	Worthy/interesting/good
2.	E-Module Language	124	200	83%	Very Worthy/veryinteresting/very Good
3.	Benefits E-Module	161	250	84.5%	Very Worthy/very interesting/very Good
4.	E-Module Graphics	277	300	84%	Very Worthy/very interesting/very Good
Amount Total		833			
Score Maximum		1,050			
Percentage		61%			
Criteria Eligibility E-Module		Worthy/interesting/good			

Based on results test eligibility product development material teach e- module eye

studying theory And practice table tennis learning is obtained results percentage of eligibility assessment scores from trial subjects of study program students education physical University Indonesian Teachers Association Palembang that is as big as 61% with category "worthy/interesting/good". Thus it can be concluded that the results development of e-modules for theoretical and practical table tennis learning courses is feasible For used as material teach with revision.

DISCUSSION

The element of novelty of the research carried out by researchers compared with the results of previous research which referred to research results from (Imansari et al., 2017) and (Sugihartini, 2017) namely, a) product development in the form of material teach e-modul eye studying theory And practice table tennis learning that can accessed in smartphone and also PC/Laptop in a way independent by students, (b) the material contained in the e-module is complex in accordance with the RPS and SAP.

CONCLUSION

This research has produced products in the form of teaching materials for theory and practice courses. practice table tennis learning, and based on the feasibility test of the product development course e-module teaching materials The theory and practice of table tennis learning are obtained from the assessment results by media experts. with a very valid and usable category, while the results of the expert assessment material obtained results with Category valid And can used with revision, and the results of the learning expert assessment obtained results with valid categories and can used with revision. Based on results test eligibility product development of e-module teaching materials for table tennis theory and practice courses obtained the percentage results of the feasibility assessment scores from the trial subjects students of the physical education study program at PGRI University of Palembang, namely as big as 61% by category "worthy/attractive/good". Thus it can be concluded that the results of the development e-modul eye studying theory And practice proper table tennis learning For used as material teach And can to be

continued on test try next.

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