

**DEVELOPMENT OF TRAINING MODEL THROUGH MEDIA IMAGES  
IN THE FORM OF POCKETBOOK TAEKWONDO  
KICK TECHNIQUE FOR BEGINNERS**

**Metidesiana<sup>1</sup>, Iyakrus<sup>2</sup>, Hartati<sup>3</sup>, Arisman<sup>4</sup>**

Universitas Sriwijaya<sup>1,2,3</sup>, Universitas Mitra Karya<sup>4</sup>

[metidesiana96@gmail.com](mailto:metidesiana96@gmail.com)<sup>1</sup>, [iyakrus@fkip.unsri.ac.id](mailto:iyakrus@fkip.unsri.ac.id)<sup>2</sup>, [Hartati@fkip.unsri.ac.id](mailto:Hartati@fkip.unsri.ac.id)<sup>3</sup>,  
[arisman.900225@gmail.com](mailto:arisman.900225@gmail.com)<sup>4</sup>

**Abstract**


*This research aims to develop an exercise model through image media in the form of pocketbook taekwondo kick techniques for beginners. The method used is Research and Development. Research site at Club Taekwondo Court Palembang. The subjects in this study were taekwondo novice participants in the District Court with a total of 30 people with the technique of taking research subjects using purpose sampling techniques. The results showed that validation of the development of the training model through the image media in the form of pocketbook taekwondo kick technique for beginners is validator I with a percentage of 98%, validator II with a percentage of 96%, and validator III with a percentage of 96%, then the pocket book developed is worth using on kick techniques for taekwondo beginners. The reliability rate in small group trials is 0.988 and large group trials are 0.998, so it can be categorized as high reliability level. Overall, the development of learning models for taekwondo novice participants is helpful in remembering or reinvigorating material about taekwondo kick techniques, attractive design and easy-to-understand images make taekwondo novice participants easy to practice movement, and practical pocketbooks to carry around.*

**Keywords:** *Pocket Book, Kick Technique, Taekwondo*

---

Accepted: 31th of July 2021

Correspondence author: Arisman, Universitas Mitra Karya, Indonesia. E-Mail: [arisman.900225@gmail.com](mailto:arisman.900225@gmail.com)

DOI <http://dx.doi.org/10.31851/hon.v4i2.6157> 



Jurnal Halaman Olahraga Nusantara licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

## INTRODUCTION

Taekwondo is a modern martial arts sport rooted in traditional Korean martial arts. Taekwondo is one of the achievement sports that is contested in various regional and international events that the sport has been accepted into the world sport. Taekwondo has advantages, not only teaching physical aspects, such as skill in fighting, but also greatly emphasizing the teaching of mental discipline aspects. Thus, taekwondo will form a strong mental attitude and good ethics for people who

earnestly study it properly by multiplying the exercises. Exercise is a skill activity that is done in a structured manner for a long time to improve abilities, gaining a new knowledge that is not yet possessed. In doing taekwondo exercises have the level to distinguish the mastery of the movement that taekwondo participants have according to the level of the belt, ranging from the lowest belt white color and the highest belt black color (Dewanto, 2015).

The development of taekwondo is one of the achievement sports, so that all countries that develop taekwondo will try their best to win medals, in various ways, namely calling coaches and conducting training process by utilizing science and technology in the world of sports as a supporter. Development should pay attention to the same services for each beginner participant in the training model. The development of the exercise model should also pay attention to the dominant basic skills that are seen to support the achievement of the success of novice athletes. The dominant basic skills in taekwondo training include locomotor skills, non-locomotor skills, and manipulative skills. The development of the exercise model should pay attention to the principle of adjustment in the modification of the exercise.

One of the modifications that can be applied is the development of the training model through the media of images in the form of pocketbooks, so that trainers can create a product of learning taekwondo kick techniques that make novice participants attract interest to learn. In addition, with the development of taekwondo learning model kick technique can be the creativity of existing trainers that learning not necessarily with expensive products but with the creativity of trainers with simple products, with a size that is easy to carry anywhere and cheap so that learning goals can be achieved efficiently and novice participants feel happy.

Observations on taekwondo training at the Club Taekwondo Palembang District Court, Taekwondo training was not yet a model of image media training in the form of a pocket book because so far the training for taekwondo novice participants using a leadership model that is a trainer. So that in this study can

add variants in developing training models through image media in the form of pocket books with design models size 14 cm x 10 cm for easy carrying and the creation of new training models. Because at the age of white belt beginners there are not only early childhood but there are also teenagers and even elderly who have just joined the category of beginners because it is still a white belt.

## METHOD

This research uses Research and Development method. This research was located at the Palembang Taekwondo Court Club. The subjects in this study were taekwondo novice participants with a total of 30 people. The subjects of this study were divided into two parts namely 10 taekwondo novice participants for small group trials and 20 taekwondo novice participants for large group trials. The study subjects used temporary purpose sampling techniques to record data collection with observations, documentation, interviews and tests.

Product design through image media in the form of pocket books developed through image media measuring 14cm x10cm. The results of the development of the model were then validated by two material experts and 1 linguist. After that the initial product was tested on a small group trial and as a result a large group trial to find the results. The validation result of the validator against all aspects assessed on the validation instrument sheet is presented in the form of a table. Validation sheets are given to experts in the form of a likert scale. The analysis technique used is descriptive percentage to know the effectiveness, feasibility level, quality and acceptance of pocketbook products obtained from the value of the questionnaire.

## RESULTS AND DISCUSSIONS

### Result

This study successfully developed a product in the form of a valid, practical, and effective pocketbook that can help taekwondo athletes in self-training. The product is named "Taekwondo Kick Technique PocketBook for Beginners".

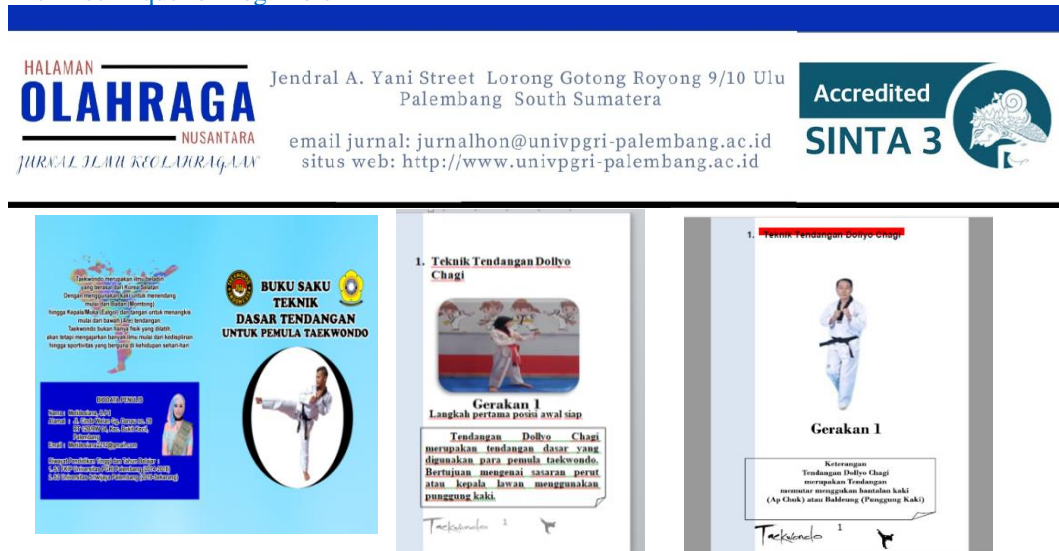


Figure 1. Pocket Book Cover and Taekwondo Kick Technique Movement

Initial observations were made with initial test tests that showed a significant difference in average results between the initial and final tests. The average initial test measurement result was 46.67 and the final test was scored at 82.33, resulting in an average difference of 35.66.

The results of this product validation was done before a small-scale trial by the material expert validator 1 obtained a percentage value of 98 % and the validator of material experts 2 obtained a percentage value of 96 %. Thus, the assessment of the product development of the model of training through the medium of images in the form of pocketbook taekwondo kick techniques for beginners is categorized as very good or feasible. Furthermore, validate linguists obtained a product assessment percentage of 96% with the product feasibility category is excellent or feasible.

Small-scale trial results showed that there was one taekwondo novice participant who got a test score of >100 in the very good category. two participants got test scores between 90-99 with a very good category, three participants obtained test scores between 80-89 good categories, then two participants with test scores between 70-79 in the good category, then another participant got a test score between 60-69 with a fairly good category. The calculation result using SPSS 21 obtained mean value of 78.00, median of 80.00, standard deviation of 13,166, range of 40, minimum value of 60, maximum value of 100, and sum of 780. Balanced data distribution. The normality test result obtained a value of 0.959. Thus, it can be concluded that the significance value of  $0.959 > 0.05$  is normally distributed.

The result of the calculation of Paired Sample Test small-scale data known sig value (2-tailed) is  $0.000 < 0.005$ , then  $H_0$  is rejected and  $H_a$  accepted.

Large-scale trial results showed that there were four taekwondo novices who scored  $>92$  in the good category, seven participants got test scores between 84-91 with a good category, four participants with test scores between 68-75 in the category were quite good, and lastly one participant obtained a test score between 60-67 with a fairly good category. The calculation result of SPSS 21 obtained mean value of 84.50, median of 90.00, standard deviation of 11,910, range of 40, minimum value of 60, maximum value of 100, and sum of 1690. Data distribution output is also balanced. The normality test result obtained a value of 0.250. Thus, it can be concluded that the significance value of  $0.250 > 0.05$  is normally distributed. The result of the calculation of Paired Sample Test small-scale data known sig value (2-tailed) is  $0.000 < 0.005$ , then  $H_0$  is rejected and  $H_a$  is accepted.

## DISCUSSION

The product uses image media as a tool to help taekwondo novice participants learn independently and to know the correct movements, in their development procedures. (Hartati et al, 2019) suggests Exercise is a form of effort in improving the functional quality of the organs of the body as well as the psychic culprit. (Giartama, 2018) Exercise is also interpreted as something repetitive and the longer the burden increases. Exercises are designed to aid learning, skills, improve physical freshness, prepare athletes for certain compositions.

Furthermore, (Syafuruddin, 2013) "Exercise is basically a process of physical and psychic activity with a certain dosage setting of exercise load to achieve the desired training goals using the right methods, materials or forms of exercise". Exercise is a series of activities that are carried out regularly to achieve a clear goal (Arisman, 2018). Training according to the program and designed with a structure has benefits for one's achievements. This is explained (Iyakrus, 2012) Exercises aim to improve the appearance of skills.



Taekwondo training in kick techniques can make it easier for taekwondo beginners to see pictures. (Haryanti, 2018) picture or foto included in the visual media that serves to channel the message from the source recipient to the recipient of the message. The message that will be conveyed into the symbols of visual communication, the symbol needs to be understood correctly, meaning that in order for the message delivery process to be successful and does not cause errors. (Rohini, 2010) about the usefulness, images have a number of implications for teaching that the usefulness of images can stimulate interest and attention peserta, gambar chosen and adapted appropriately will help students understand and remember the content of the accompanying verbal material information, non verbal conditions or symbols such as arrows or other marks on the picture can clarify or change the actual message. This is in accordance with the opinion (Ormrod, 2012) that through modeling can give influence to someone who sees their behavior and learning motivation. Besides, picture media can make it easier for someone to learn anywhere and anytime.

Product validation is a process of activity to assess whether the product design, in this case the new work system will rationally be more effective than the lama or not (Sugiyono, 2017). In order for this research to be valid, it must be added a questionnaire where material experts and media experts fill in accordance with the questions provided in the content validity. Because according to (Azwar, 2011) validity content is validity based on expert opinion that the instrument is worthy to be used as a tool for data collection.

Evidence of content validity is obtained by doing an agreement from experts so that the product of the research will be validated by experts or experts who have experienced to assess new products that have been designed, in order to know the short comings and strengths. (Winarno, 2004) states that the validity of a product can be calculated by correlate the assessment of products obtained by the assessment of two or more people. Agree with (Arikunto, 2012) that validation is a measure that indicates the levels of validity or validity of an instrument. Product

validation performed by material experts shows an average of 97%. (Arsil, 2015) suggests that the criteria are very good or feasible in the validation process lies in the range of presentase 81-100%. The category includes excellent or feasible so that the product can be continued at the trial stage.

The product of training model development through image media in the form of pocket book kick technique for taekwondo beginners has undergone revision. (Sugiyono , 2017) states that product revisions are made to correct errors or deficiencies that occur during the product manufacturing process. Revision aims to facilitate the implementation of instruments and make movement easier and practical. (Winarno,2004) said that good instrument features have practicality in their use and relatively easy to do.

## DISCUSSION

The development of taekwondo became one of the sports of achievement that was contested in various regional and international events. Taekwondo has been widely developed in various countries and become a world sport, so all countries that develop taekwondo will try their best to win medals sportsively. The role of coaches is also most decisive to realize achievements by utilizing science and technology in the world of sports as a supporter. One of the developments that can be done is by modifying the exercise by using image media in the form of a handy pocket book to carry everywhere.

(Aini & Sukirno, 2013) revealed that pocketbooks are one of the good learning media to increase students' motivation to learn independently, creatively, effectively, and efficiently. Book sizes also have their own criteria, small books tend to be easy to carry and can be read in various places (Mashita, 2016).

Pocketbook as a medium of images adds practicality in remembering movements for a beginner in taekwondo training. (Harahap, 2016) Image media is a medium that can facilitate understanding and strengthen students' memory. Therefore, images can be used as an educational medium and have educational values for students that allow efficient learning related to the utilization of image

media. (Himli, 2016) Learning with image media is a learning that is easy to see by students. Visual tools can convey understanding or information in a more concrete or more tangible way than words can convey.

## CONCLUSION

Based on the results of research and discussion on the development of training models through image media in the form of pocketbook taekwondo kick techniques for beginners can be concluded (1) The results of validation of training model development through image media in the form of pocket book taekwondo kick technique for beginners on validator I with a percentage of 98%, validator II with a percentage of 96%, and validator III with a percentage of 96%. Thus, the average percentage of the three validators is 96.7% which is very well categorized. This suggests the developed pocketbook is worth using on taekwondo kick techniques for beginners. (2) The test results that have been analyzed, stated that the training model through the image media in the form of a pocket book is very helpful for taekwondo novice participants in remembering or refreshing taekwondo kick material, attractive design and easy-to-understand images make taekwondo novice participants easy to practice movement, and pocketbooks are also practical to carry around.

## REFERENCES

- Aini dan Sukirno. (2013). *Pocketbook as Media of Learning to Improve Students' Learning Motivation*. Jurnal Pendidikan Akuntansi, 9 (2).
- Arikunto, S. (2012). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Arisman, A. (2018). Pengaruh Metode Latihan Sirkuit terhadap Keterampilan Memanah. *Gelombang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)*, 2(1), 150–157. <https://doi.org/10.31539/jpjo.v2i1.489>
- Arsil. (2015). *Evaluasi Pendidikan Jasmani dan Olahraga*. Padang : Wineka Media
- Azwar, Saifuddin. (2011). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Dewanto, Anang Nur. (2015). *Kebugaran Jasmani Siswa Ekstrakurikuler Tae Kwon Do di SDIT Mutiara Insani Jeronan Brosot Galur Kulon Progo*. Skripsi. Yogyakarta: Fakultas Ilmu Keolahragaan, Universitas Negeri Yogyakarta.



- Giartama. (2018) *Latihan Running Abc Terhadap Hasil Kecepatan Lari 100 Meter Pada Kegiatan Ekstrakurikuler*. Jurnal Ilmu Olahraga dan Kesehatan Vol 7, No 2
- Harahap, Dahniar . (2016) *Penggunaan Media Gambar Untuk Meningkatkan Hasil Belajar Ips Siswa*. Rekognisi: Jurnal Pendidikan dan Kependidikan . Vol.1 No.1
- Hartati,dkk (2019). *Latihan Dot Drill One Foot Terhadap Sabit Dalam Ekstrakurikuler Pencak Silat*. Jurnal Ilmu Olahraga Vol 8, No.1 2019
- Haryanti.A.S. (2018) *Penggunaan Media Gambar Dan Media Radio Pada Pembelajaran Menulis Deskripsi Siswa Kelas X Sma Tunas Harapan Balaraja-Tangerang*. Jurnal Kredo Vol. 1 No. 2 April 2018.
- Hilmi. (2016) *Efektivitas Penggunaan Media Gambar Dalam Pembelajaran Bahasa Arab*. Journal Lantanida, Vol. 4 No. 2.
- Iyakrus.(2012) *Penerapan Closed Skill Dan Open Skill dalam Latihan sepaktakraw Di Penjas Fkip Universitas Sriwijaya*. Jurnal Volume , Nomor 1, Januari
- Mashita.M,dan Komalasari.K (2016) *Efektivitas Penggunaan Media Buku Saku Dalam Pembelajaran Pendidikan Kewarganegaraan Untuk Menumbuhkan Cinta Budaya Daerah Siswa (Studi Kuasi Eksperimen Pada Siswa Kelas Vii Smp Negeri 5 Malang)*. MODELING: Jurnal Program Studi PGMI. Volume 3, Nomor 1, Maret.
- Ormrod,J.E (2012). *Human Learning (6th Ed) One Lake Street, Upper Saddle River, New Jersey:Pearson Education Inc*.
- Rohini. (2010). *Pengaruh Penggunaan Media Gambar Terhadap Hasil Belajar Ilmu Pengetahuan Sosial Siswa Kelas Iv Sdn 02 Korleko* . Jurnal EducatiO Vol. 5 No. 2, Desember 2010, hal. 75-90 75.
- Syafruddin. (2013). *Ilmu Kepeleatihan Olahraga*. Padang: UNP Press Padang.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif dan R & D*. Bandung: Alfabeta.
- Winarno, M.E (2011). *Metodologi Penelitian Dalam Pendidikan Jasmani*. Malang: Media Cakrawala Utama Press.