

SELF-ASSESSMENT DEVELOPMENT IN PHYSICAL EDUCATION LEARNING ON UNDER SERVICE MATERIALS USING JOTFORM

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Abstract

The aim of this research is to develop self-assessment in physical education, sports and volleyball, using an online form jotform for class X at SMA N 1 Batipuh. Based on observations made by researchers at SMA N 1 Batipuh, so that students are able to do a self-assessment on the physical education of the under service volleyball which is difficult to understand the material and the achievement is not optimal and knows mistakes, making it easier for the teacher to make assessments and subsequent actions. This type of research is the development of the IDI model. The research subjects were 3 FIK UNP lecturers, one physical education teacher, and 31 students. The object of self-assessment research in the physical education of volleyball underserved using the jotform. The validity and practicality research data obtained directly are 86.76% very feasible, the practicality of teachers is 92.76% very feasible and practicality students for 90.77% are very valid.

Keywords: Self Assesment , jotfrom, volleyball, bottom serve

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INTRODUCTION

Education is an effort to develop the basic human quality potential, have competitiveness and the ability to face changes that are currently rapid, education must be oriented to the future that pays attention to the demands of the progress of the times as a whole (Nur et al., 2018). One of them is physical education class that focuses on the physical development and skills of students, using sports facilities to achieve national education goals. The subjects taught at all school levels are physical education, sports and health, which are one means to achieve national education goals (Ikhsan, 2017). Government Regulation No. 19 of 2005 defines that physical education is a learning process through activities era that designed to improve motor skills, knowledge, and behavior of the subject matter, weekly and daily programs, enrichment and remedial, as well as guidance and counseling programs.

Learning objectives are inseparable from the goals of national education, including increasing students' cognitive, emotional, psychomotor, and social values (Sukadiyanto, 2011). High school level education has a goal stated in the preamble of the 1945 Constitution, namely to educate the nation's life. Intelligence by definition is the ability to deal with and adapt to new situations quickly and effectively.

There are so many things that hinder the implementation of the teaching and learning process in schools today. To limit the spread of covid 19, the government implements the online teaching and learning process (online), online learning is a learning system that is carried out face-to-face directly, but uses a platform that can help the teaching and learning process that is carried out even though remotely (Sepriani et al., 2021). Distribution of school shifts by way of odd-even absentee numbers (offline). With the implementation of the learning implementation, the government's goals have begun to be realized because this process has hampered the development of covid 19 and the decrease in the number of the spread of covid 19 in various regions in Indonesia. in the field of education which is what we really need to improve human resources. In the activities that have been carried out, we can see the results of various good impacts ranging from all learning that can be done remotely, all students and teachers can use science and technology properly and wisely, especially in education, but unfortunately, It also feel many problems that arise.

Starting from the learning system that currently does not support it, starting from the facilities and infrastructure that are not maximized and there are still many abilities of teachers and students who experience problems when adapting to new habits that have not been maximized so that it hampers the implementation of good learning. Especially in subjects that have a lot of performance tests as an aspect of the assessment.

There are various kinds of learning in schools, one of which is Physical education, Sports and Health. Physical education, sports and health exist at every

level. Education has a different scope at each level. Physical education learning sports and health has a scope, namely games and sports, various activities ranging from fitness activities, gymnastics activities, rhythmic activities, aquatic activities, martial arts activities, athletic activities, health, and activities outside of school. There are 9 such scopes, 7 of which are mostly in the aspect of motion/motor.

These three things are the scope of development in the teaching and learning process, namely cognitive, affective and psychomotor aspects which will be developed properly with many problems that still occur in schools in learning physical education, sports and health, the problem is that the evaluation system provided is only limited to one way only. Where only the teacher only pays attention to the videos sent by students on the movement tasks they have done, then a teacher gives an assessment based on the video results of the movements they do. Where the teacher cannot provide or convey feedback to students on the shortcomings faced in the implementation.

This makes students seem passive and less active. This is because the assessment system designed is only limited to uploading portfolios (Ahmad, 2017) and has not accommodated the two-way system. The teacher gives an assessment mostly through Porto polio (Prastowo, 2021). Based on interviews with teachers of physical education, sports and health at the State Senior High School 1 Batipuh who teach in class X, namely Mr. Dova Ferdianto, S.Pd. stated that in the implementation of assessment learning carried out starting from written tests, oral and also assignments and in practical implementation as well but sometimes it was only the final result of the implementation carried out by students and did not pay too much attention to the stages of implementation as a whole.

Many ways have been done in an effort to ensure the quality of learning in schools. Improvements to improve the quality of human resources, improving the quality of infrastructure and improving the quality of teaching resources and materials have been carried out (Azzahra, 2020). This will make the teaching and learning process run as expected with guaranteed quality in sports and health

physical education learning in schools. However, the case is different with learning physical education, sports and health. The level of achievement of learning outcomes is less than 75% (Sari & Sutapa, 2020). One of the problems that are often faced is the ability to carry out movement tasks that are classified as very low due to the demands of physical education in sports and health, namely performing various basic techniques in various sports. One of them in volleyball material, namely in the technique of under service.

Sports and health physical education learning that involves motor skills, the main factor that must be considered is direct touch in learning, as well as direct correction or correction of any movement errors made (Schmidt & Lee, 2019). This is done so that errors do not become permanent in the teaching and learning process. High school curriculum there is one standard of competence in the 2013, namely practicing various sports game skills in simple forms and the values contained therein and also having one of the basic competencies, namely practicing skills, one of which is in the big ball material is volleyball with the basic technique of serving down in volleyball.

Teachers in learning physical education, sports and health cannot see the overall implementation of the movement, especially on the volleyball material under the serve technique that is carried out by students in the implementation of learning. Therefore, self-assessment is used by using the online jotform in sports and health physical education lessons at school so that it can provide an overview of the results of the implementation of learning on volleyball material with the bottom service technique through the online jotform forum.

Self-assessment is an assessment technique where students are asked to assess themselves in relation to the process and level of achievement of the competencies, they learn in certain subjects based on criteria or references that have been prepared (Astutik and Maryani, 2007: 34). Jotform online form as an online form service that has various facilities to support assessment and evaluation services for sports and health physical education teachers in providing feedback in

order to improve students' motor movements during the adaptation period of new habits such as those currently in various schools.

Based on this, the researcher is interested in providing solutions to the problems faced by physical education and sports teachers who teach in class X at the State Senior High School 1 Batipuh because in the online and offline learning process that I participated in during the field experience program implementation. at the school with basic volleyball service technical material where there are still so many of them who have not been able to understand and perform movements well, therefore using a self-assessment with an online jotform can provide feedback changes in improving students' motor movements during the habitual adjustment period. new and can provide convenience for physical education, sports and health teachers in assessing.

The solution to the problem given is to develop a self-assessment in learning physical education, sports and health in volleyball, under serve techniques using the online jotform in class X at the State High School 1 Batipuh by designing an online jotform with indicators of success and error in carrying out movement tasks. volleyball material on the under service material in class X at Batipuh State Senior High School 1, these indicators will be assessed by students themselves so that students know the shortcomings of each movement in learning physical education, sports and health on basic volleyball techniques in service techniques down starting from the initial phase to the final phase of the implementation of the volleyball bottom serve. The goal is that students are able to measure their own abilities through self-analysis of their ability to carry out underhand services in volleyball and provide convenience for teachers of physical education, sports and health and take further action with feedback from students. The results of the self-assessment will be used as the basis for the teacher to take an action and support the online or offline implementation at the school.

Based on the problems described above, the development of self-assessment development in learning physical education, sports and health, for

volleyball underserved materials using the online form jotform for class X at Batipuh State High School 1 needs to be done.

METHOD

This research type is research and development aims to produce an online form in the form of a self-assessment. This development research uses the Instructional Development Institute (IDI) model. This model consists of three stages, namely defining, developing and evaluating (Gustafson and Branch, 1997). The research subjects were two IT experts, one teacher of Physical education, Sports and Health, State Senior High School 1 Batipuh, and 31 students of Class X IPS 6 State Senior High School 1 Batipuh. The object of this research is self-assessment on Physical education, Sports and Health, bottom service techniques on volleyball material using an online form jotform. To obtain data this research is carried out using primary data in the form of data obtained directly through the provision of instruments in the form of validity and practicality questionnaires to research subjects.

RESULT AND DISCUSSION

1. Define

Based on the availability of data and assessment information used in SMA N 1 Batipuh, the assessment carried out is in the form of skills assessment as well as knowledge assessment, based on the results of interviews with subordinate teachers with the application of self-assessment using online jotforms on volleyball bottom service material can provide convenience for teachers in assessment of online and offline learning and can also apply the value of honesty and development in the assessment of physical education, because the facilities and infrastructure at SMA N 1 Batipuh are adequate so that they are carried out later and based on the observation form to students also provide very supportive answers by using the application of self-

assessment on the subject of underserved volleyball where they already understand in outline what self-assessment is. Based on the results of the observation analysis to students, how the students' understanding of the online jotform answered very well; 78.8% of students also strongly agree that self-assessment using the online jotform is applied to the assessment of physical education in class X, answering agree; 59.5% and students' responses if the self-assessment using the online jotform is applied to the volleyball bottom service material, they answer agree 62.5.

Based on these data, it can be concluded that the development of self-assessment in sports and health physical education learning in volleyball underserved materials using the online jotform needs to be done.

2. Develop

The results of self-assessment validation of online jotform on the underserving material for class X volleyball as seen in Table 7 above shows an average of 86.67% with a very decent category. This means that the self-assessment of the online jotform on the underserved volleyball class X material that was developed has been valid both in terms of the aspect of measurement test experts, volleyball material experts and technology experts so that it can be used in one way of assessing in physical education learning on volleyball underserving material. The self-assessment of the online jotform on the underserved material for class X volleyball which has been very feasible will be tested in the evaluation stage.

3. Evaluate

Based on the practicality value of self-assessment in learning physical educations on the service material under volleyball using the online jotform for class X by the teacher is 92.76% with a very practical assessment category, while based on table 9. it is known that the value of using self-assessment in learning physical educations on the subject of volleyball under service using

the online jotform for class X by students is 90.77% with a very practical category.

DISCUSSION

1. Self-assessment validation in physical education learning on volleyball underserved materials using the online jotform for class X

Analysis of data from self-assessment validation test questionnaires in physical education learning on volleyball bottom service materials using an online form jotform for class X by validators, namely lecturers and teachers, is based on filling out a validation questionnaire. The results of data analysis showed that self-assessment in physical education learning on volleyball underserved material using an online jotform for class X which was developed by validating s was developed very well with a category level of 86.67%.

Judging from the expert on the validity aspect of the test that was carried out on self-assessment in physical education learning on the volleyball bottom service material using the online jotform for class X, it was 77.50% with a decent category. This indicates that self-assessment in physical education learning on volleyball underserved material using the online jotform for class X has implemented the elements that must be met in the measurement test.

Judging from the volleyball material expert with the validity aspect, the self-assessment in physical education learning on the volleyball bottom service material using the online jotform for class X has a value of 90.83% with a very decent category. This indicates that his subordinates in developing self-assessment in physical education learning on volleyball underserved materials using the online jotform for class X are in accordance with the materials and assessments that must be included in the volleyball bottom serve material and are also in accordance with the learning objectives because one of the validators is one of the physical education teachers who teach directly on the material and can assist in carrying out assessments easily and effectively.

Judging from the information technology experts for the development of self-assessment in physical education learning on volleyball underserved material using an online jotform for class X it has a validation value of 91.67% with a very feasible category where in developing self-assessment in physical education learning on volleyball underserving material using the form online jotform for class X already has an element of updating and using IT in an interesting way using technology that is easily accessible to students because currently students are very happy to use this interesting technology.

2. The practicality of self-assessment in the learning of physical education on the volleyball bottom serve material using the online jotform for class X.

Tests implementation are carried out on teachers and students. The practicality test involved 1 physical education teacher at SMA N 1 Batipuh and 31 students in class X Social Sciences at SMA N 1 Batipuh. The results of the analysis of the practicality test on self-assessment in physical education learning on volleyball under service materials using the online jotform for class X has a practicality value from the teacher with an average of 92.76% which is assessed in it, starting from this feasibility with 93.18% very high category. feasible, learning time with a practical value of 91.67% with a very decent category, from the display with a value of 90% with a very decent category and also from the aspect of feedback assessment with a value of 95.68% very feasible and on the average student results practicality is 90.77% with a very feasible category in which there are 4 aspects of the assessment as well, namely the feasibility of content with 87.84% in the very feasible category, the learning time aspect with 88.71% with a very decent category, the display aspect with a value of 93.06% with a very decent category and also on the aspect of feedback with a category of 93.68% with a very decent category.

Based on the research that the researchers have conducted, the researchers found the weaknesses of this study in terms of the aspect of self-assessment analysis in physical education learning on volleyball bottom service

material using an online jotform for class X which was carried out whether students had filled out an honest observational analysis, therefore the researchers approached first. first to students. So that maximum results are obtained because students understand everything they will fill and do not carelessly fill it in.

Then in designing the online self-assessment form, it also takes a long time. This is because researchers still use basic accounts so that a better understanding of what is in the advantages and disadvantages of these accounts is needed. Researchers must consider this both in terms of the procedure for making the developed online form, the costs incurred, and the ease of accessing the form from various devices. It would be nice before making an online form, it is better to sample it first for making an online form, for example, in this way researchers will have more control over its use and better understand its strengths and weaknesses.

CONCLUSION

According to research objectives, it can be concluded that self-assessment has been produced in sports and health physical education learning on volleyball underserved materials using an online jotform for class X High School with a very valid category and practicality level with a very practical category. It has been done through defining, developing and evaluating.

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