

# Developing Learning Media in the Form of Floor Gymnastics Picture Cards for Elementary School Students

Iksan Sudibya<sup>1</sup>, Tomoliyus<sup>1</sup>

<sup>1</sup>Universitas Negeri Yogyakarta, Jl. Colombo No.1 Yogyakarta, Indonesia

**Keywords:** Gymnastic, Learning Media, Elementary School

**Abstract:** Gymnastics learning in the fourth grade at SDN Palbapang Baru was not optimal; many students were not enthusiastic. The teacher did not use learning media when teaching floor exercises. This study aims to develop learning media in the form of floor gymnastics picture cards. This research was a development study that went through 10 stages to produce a learning media product in the form of floor gymnastics picture cards. This research was taken place in SDN Palbapang Baru, Bantul regency, and involved 40 fourth-grade students. The instrument in this study was a questionnaire. The results of the questionnaire were calculated using percentage method and then put in a category system to determine the level of eligibility. Based on the results of the research, it is concluded that the developed learning media in the form of floor gymnastics picture cards falls into the category of decent. It is proven from the results of the trial, that the product gets a worthiness of 100% with a very decent category.

## 1 INTRODUCTION

The implementation of the floor gymnastics learning materials has been conducted according to the ability of each student towards the learning subjects without breaking the rules of the regulation towards the materials that have been set. In the fourth grade of Palbapang Baru Public Elementary School, the floor gymnastics learning materials has been adjusted according to the ability of the students. Several gymnastics for fourth-grade students at Palbapang Baru elementary school include; forward roll, backward roll, rolling/ wheels, and bridge. The floor gymnastic materials are already adjusted based on the ability level of fourth-grade students' physical activities. Moreover, the infrastructure that has been used in the floor gymnastics exercise at Palbapang Baru Elementary School is also sufficient. This school has four mattresses in a good condition and a wide place for the learning excercises.

Eventhough the floor gymnastics materials for fourth-grade students in Palbapang Baru public elementary school have been adjusted according to the ability level of fourth-grade students and sufficient facilities and infrastructure have been provided, the researcher still found some problems regarding the floor gymnastics activities. From the

research that has been conducted, the researcher found three main problems. Firstly, there are 28 students out of 40 students who feel they are not motivated to follow the floor gymnastics learning. Secondly, there are 29 out of 40 students who feel deep fear to do floor gymnastics movements. Thirdly, there are 30 students out of 40 students who find it is difficult to do floor gymnastics movements.

From the above problems, the researcher found a solution towards the problem that is by utilizing picture cards as learning media. From the results of the questionnaire among the teachers and the students, there are 40 students and 2 teachers who are willing to use card learning media in the floor gymnastics learning. The questionnaire is then calculated using the percentage method. The results show that there is 95.24% of teachers and students who want to use card learning media in the floor gymnastics learning.

## 2 RESEARCH METHOD

### 2.1 Time and the Place of the Research

This research is conducted in 6 months (November 2018-June 2019). This research was done in two

steps. The first step involved the preparation stage. In this stage, the researcher compiled a research proposal and research instruments, and made agreement and ratification of the proposal. The second step was the implementation of the research. In this step, the researcher conducted the research which is in the form of testing media product card in learning floor gymnastics picture. This research was conducted at Palbapang Baru elementary school.

## 2.2 Subject and Object of the Research

The subjects of this research are 40 fourth-grade students of Palbapang Baru elementary school who have problems in the floor gymnastics learning. The object of this research is picture card as floor gymnastics learning materials.

## 2.3 Design of the Research

This research was carried out through several steps, including exploring potential and problems, collecting the materials, designing the product, printing the product, and validating the product done by material and media experts.

## 2.4 Data Collection Technique

This research used a questionnaire as the data collection technique. This research used the questionnaire method of Guttman scale that contains only yes and no answer, positive negatives, right or wrong (Sugiyono, 2015). Questionnaire in this research is used for several purposes: to explore problems and the potential solutions; to review the product which was done by experts; to assess the product done by students after conducting trials on product.

## 2.5 Data Analysis Technique

Data analysis techniques in this study employed percentage method (Suharsimi Arikunto, 1996). The percentage can be written using this following formula:

$$\text{Percentage of eligibility} = \frac{\text{score obtained}}{\text{expected score}} \times 100\%$$

After the data were calculated, the results were presented in the form of percentage. The following table shows the result of the calculation:

Table 1: The percentage scale of expert judgement (Suharsimi Arikunto, 1996).

Percentage	Value	Intepretation
76%-100%	16 - 20	Very Eligible
56%-75%	12 - 15	Eligible
40%-50%	9 - 11	Fair
0%-39%	0 - 8	Eligible less

Furthermore, the percentage scale of the students' according to Suharsimi Arikunto is presented below:

Table 2: Percentage table scale for students (Suharsimi Arikunto, 1996).

Percentage	Value	Intepretation
76%-100%	13 - 16	Very Eligible
56%-75%	9 - 12	Eligible
40%-50%	7 - 8	Fair
0%-39%	0 - 6	Eligible less

## 3 RESULT AND DISCUSSION

### 3.1 Result

The results of the research are presented in three parts. Firstly, the result of the research at the collection stage data to find out the level of need of the students and teachers in using picture card for floor gymnastics learning. The results of the research are as follows.

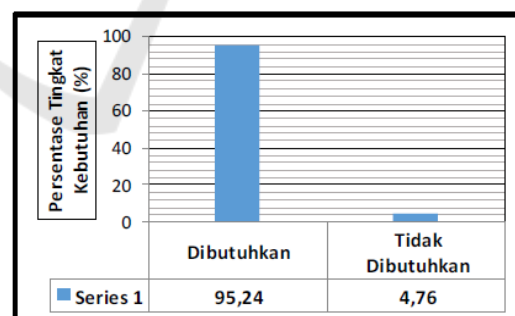


Figure 1: Chart bar of the questionnaire results to know the level of students and teachers' need towards the product.

The second part is the result of the validation process by floor gymnastics material experts and learning media experts. The function of this validation process is to get the eligibility of the product. The result of the validation is presented below:

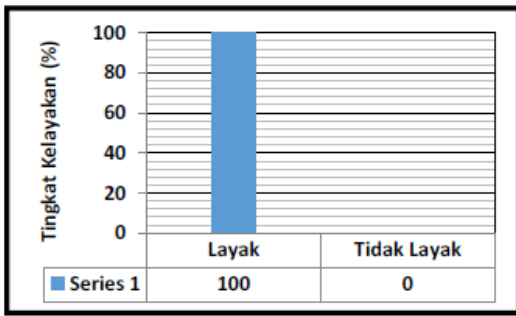


Figure 2: The chart of the eligibility validation result by floor gymnastics learning experts.

Below is the validation result of the product by learning media experts:

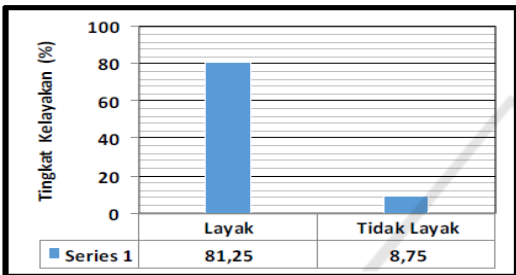


Figure 3: The chart of the eligibility of the product by learning media experts.

The result of product testing divided into two scales, namely small scale and big scale, as explained in the charts below:

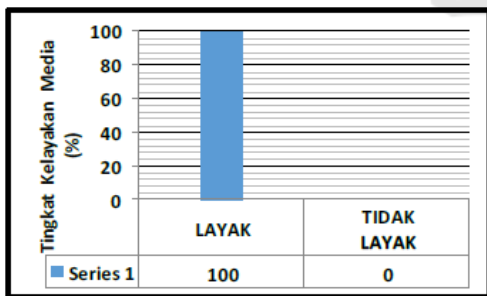


Figure 4: The chart of the trial result in the first scale that conducted towards 2 students.

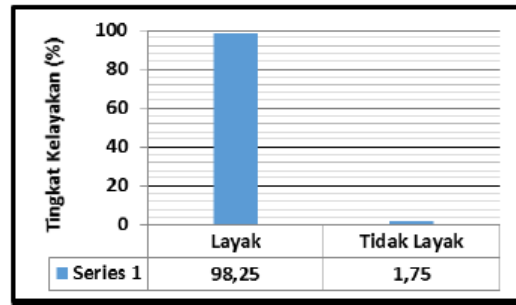


Figure 5: The chart of the trial result in the small scale that conducted towards 20 students.

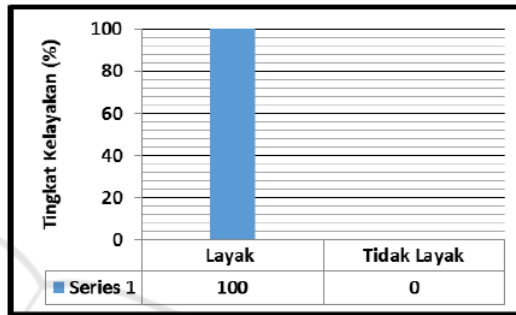


Figure 6: The chart of the trial result in the big scale that conducted towards 40 students.

### 3.2 Discussion

The result of the learning media trials towards the fourth-grade students of Palbapang Baru elementary school in the Bantul regency was significant. The product had a positive impact on both students and teachers. By using the product, the teacher could easily teach the materials to the students. On the other side, the students also felt easier to learn the materials. It can be seen from the enthusiasm of the students during the implementation of the learning materials. There are 40 students who stated that by using the product, it easier for them to understand the floor gymnastics learning materials. Moreover, they also stated that they can remember the learning materials better. Besides, they also could practice the materials easily by using the learning media. According to Kemp and Dayton (Hamdani 2011), learning media can make the learning process more clearly, interesting, and efficient.

In the implementation of the learning media product, the teachers found it easier to teach the materials and the students also found it easier to understand the materials. This happened because the product is a kind of learning media that can be visually understood. By relying on the vision, teachers will more easily convey lessons to students

and the students will also be easier to learn the lessons delivered by the teacher, thus the learners' learning goals can be achieved effectively. This is in line with Daryanto's opinion (2010) that vision has the percentage of stimulus absorption of 82%. Vision has a superior absorption rate of stimulus compared to other sensings. The results of product trials for fourth-grade students at SD Negeri Palbapang Baru show that the use of the product increased students' interest and activity. The students were interested in the product, and it is found that the product had a positive impact on the students and added new experience to their learning.

The use of picture cards could improve students' enthusiasm in learning. It made the students feel happy and do not get bored quickly during the learning process, resulting in more effective learning. The students looked more active during learning activities: they actively asked and answered questions and made various floor gymnastics movements.

The use of floor gymnastics learning media in the form of picture cards made the learning methods used by teachers become more varied. It also made it easier for the teacher to present an object that is not possible to be brought into the classroom in its original form. By using the media, the teacher was able to present mock objects from the actual ones. Students found it easier to understand the teacher's explanation than when the teacher used conventional method (lecturing).

#### 4 CONCLUSION

Based on the results of the research, it can be concluded that the instructional media product in the form of picture cards of floor gymnastics movement falls into a very decent category. The product viability has been proven from the results of product trials and assessment that got the eligibility percentage of 100%.

This research proposes some recommendation: (1) picture cards with other themes are suggested to be made (2) picture cards will last longer if its base material is plastic (3) validation from learning experts is suggested for further research (4) it is suggested for other researchers to use research steps in a coherent and complete manner.

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