THE LEARNING MODEL OF VOLLEYBALL OVERHAND SERVICE FOR JUNIOR HIGH SCHOOL

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Abstract

The purpose of this research and development is to produce the learning model of volleyball overhand service for junior high school age. In addition, research and development is conducted to obtain in-depth informationabout the development and application of the learning model of volleyball overhand service for junior high school age and determine the effectiveness, efficiency and attractiveness of the model created child. This research uses development methods research & development (R & D) from Borg and Gall. Subjects in research and development are the students of junior high school consisting of 60 children. Based on the results of the development can be concluded that: (1) whit the volleyball learning model overhand service for junior high school age can be developed and applied in physical education learning at schools (2) the volleyball learning model overhand service for junior high school age which have been developed, acquired evidence of this improv went is shown in the result testing data from pretest and posttest ther is significant difference between before and after the development of a model.

Keywords: Development, Model, Overhand Service, Volleyball

INTRODUCTION

Education is an effort to develop a person's personality in a purpose that he favors. In the development of personality in the world of education is seen in the realization of individual potential and it can be brought as provision of the future. To achieve an individual's goal in achieving the education, learning innovation is always increasing. Likewise, the enhancement of physical education quality. Husdarta (2011:3), stating that "physical and health education is essentially an educational process that utilizes physical and health activities to produce a holistic change in the quality of individuals, whether in physical, mental, and emotional ".

Physical education must have educational objectives to be achieved. In achieving educational objectives, there is a learning process that is a series of reciprocal activities between teachers and students, which is necessary for a series of planned teaching and learning activities. With a planned education as well as good guidance education objectives will be accomplished well too. Kemenegpora (2011:3), in LAW RI No. 3 year 2005 Article 1 paragraph 11 of national sports system is formulated that "educational exercise is a physical and sports education that is carried out as part of a regular educational process and Knowledge, personality, skills, health, and physical fitness. "

Innovations that can be done to improve the learning outcomes in the physical education subjects are very many ways and methods, both innovation in terms of learning infrastructure, methods of teaching, approaches in the learning process, and others Etc. In the process of learning the physical education teachers are expected to provide comprehensive knowledge and science. In the process of learning the physical education of a teacher

should certainly pay attention to the characteristics of the age of each education level, because the design of physical education learning refers to skills ability in the theory of phases Development of children.

Physical education includes subjects in schools as a medium that promotes motor development, physical abilities, reasoning knowledge, value-avertion (attitude, mental, emotional, spritual, social), helping students understand why humans Move and how to perform motion safely, efficiently, effectively. In the process of learning the physical education of a teacher should certainly pay attention to the characteristics of the age of each education level, because the design of physical education learning refers to skills ability in the theory of phases Development of children. In simple way, motor learning can be interpreted as the process of learning skills of movement and smoothing of motor skills, as well as variables that support or inhibit skills or motor skills. According to Ricard Decaprio, (2013:16) The motor learning aspect in education is "an aspect related to the actions or behaviors displayed by the students after receiving certain material from the teacher".

Volleyball is one of the sports branches which include mandatory material in the body of physical education that must be taught in schools. Student involvement in a volleyball learning program is expected to help optimise student growth and development, enhancing the student's physical fitness components, such as endurance, power, Kelentukan, agility, Balance and coordination of motion. In addition to developing the physical aspect of the Bolavoli learning is also expected to develop mental aspects such as learning

motivation, confidence, courage and discipline, attitude of tolerance and cooperation which is a social aspect is also expected to experience Change in the better direction.

Curriculum for SMP with curriculum year 2013 in its basic competencies stated practicing the variation and combination of basic techniques of various forms of big ball games with good coordination. In the scope of the big ball game there are bolavoli with various basic techniques. Like service, passing down, passing over, and smash. Service is one of the techniques in the game Bolavoli. At first the service was an early blow to start a game, but if it was reviewed from a point of tactics it was an early attack to get the value for a team to succeed.

In the learning of volleyball if a teacher lacks in developing creativity then students have less interest in following the learning, especially for students who have experienced trauma injuries. Therefore, a teacher must be able to perform assignments and adopt a new learning model that can help students problems and achieve educational objectives, especially on top service materials. It is sometimes difficult for teachers to realize.

Based on the observations and interviews of authors with a physical education teacher were found the following facts: The first high school volleyball service learning process goes well, but not all materials are mandated Curriculum can be implemented, the methods taught in teaching are still conventional, the purpose of learning has not been achieved by the adequacy indicators of the movement of students has not been met, and the skills of

students ' movements do not include good Catagori, The facility for volleyball learning is still very lacking, a volleyball learning program applied to the intrurricular activities still refers to the performance of volleyball learning program.

To address the problems of the volleyball service learning as described above, the research and development of a volleyball service learning model for high school students is important to do.

Description of Volleyball

Ahmadi, (2007:20) "Bolavoli is a complex game that is not easy to do by everyone, because in volleyball games needed coordination of motion that is really reliable to do all the movements that exist in the Game Bolavoli ". However, it does not prevent people from learning more deeply because of the interests that occur in the high society.

Another advantage of Bolavoli is expressed also by Papageorgiou which states *"Volleyball is a game that is suitable for both sexes and for players of all ages and abilities and can be adapted to allow players with a physical or mental disability to play at competitive level"*. Games that can be played by men and women even for people with special needs, of course, adjusted the difficulty level in competing. Barbara L Viera and Bonnie Jill Ferguson, (2002:11) expressed other advantages of the game volleyball among others:
(1) It is adaptable to various conditions that may present themselves, (2) It can be played with any number on a side from two, which is extremely popular in the beach game, to six. which is the number used for interscholastic, intercollegiate, junior, and
club play, (3) It can be played and enjoyed by all ages and ability levels, (4) It can be played on many surfaces-grass, wood, sand, and various artificial surfaces, (5) It is an excellent co-ed activity, (6) It is an exciting spectator sport, (7) It can be played indoors or outdoors, (8) It is an extremely popular recreational activity with numerous leagues in business,community, and school intramural programs, (9) It requires few basic rules and skills, and (10) It has limited equipment needs."

Based on the statement that volleyball game has advantages that can be played in various conditions, the game can be modified by the number of people (flexible), can be played between schools, colleagues, and volleyball clubs, besides It can be played by all ages and at skill levels. This game can be done in any form of field area, sandy, grass, cement and so on. Another advantage of this game is the amazing game because through this game of Bolavoli can arouse the interest of local audiences, the game can be played outside or indoors.

RESEARCH METHODS

The approach used in this study is a qualitative and quantitative approach, which is an approach to finding the answers to problems through the formulation of problems that have been formulated in chapter I, which is the learning of volleyball services. For junior High School.

The end result of this development research is the model of volleyball for middle school age, the product will produce a complete learning method with its product specifications while also testing the effectiveness of Created learning models that can improve student motivation and

can also be used as teacher's grip to improve volleyball service learning. Research and development in this study used qualitative and quantitative approaches and used the development model of

Research & Development (R & D) of Borg and Gall consisting of ten steps or could also be described in Development stages of the scheme as shown below:
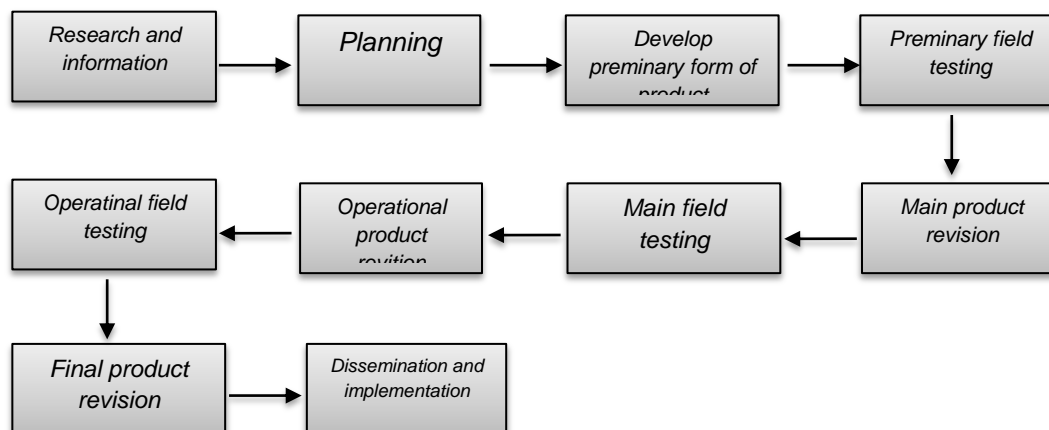

Figure 1. *Instructional Design R & D*
Source: Walter R. Borg and Meredith D. Gall, *Educational Research: An Introduction*, 4th Edition. (New York: Longman Inc., 1983)

RESULTS AND DISCUSSION

That there are 23 worthy of the 25 forms of learning models that have been developed, based on expert tests conducted on the service learning model of Bolavoli for middle school age can be withdrawn as follows: (1) based on expert test It can be concluded that variations of models 6 and 17 are models of learning that are not worthy given to junior high school students. (2) for a variety of 23 learning models are seen to have a level of difficulty in this time it can facilitate the students in doing movement, but to be more convincing this variation will be seen effectiveness and flexibility after Small group trials. (3) Based on expert tests conducted from 25 learning models leaving 23 learning models to be tested at a later stage. (4)

Implementation instructions must be made clearly for easy understanding.

First Stage/Trial of Small Group Results

The trial phase of small group in junior high school 74 Jakarta which amounted to 15 people. The Model of the service learning below the volleyball for middle school age researchers made after the expert evaluated, then underwent a revision of stage I. Data obtained is used as a foundation in conducting revisions in the next stage of the trial phase II.

Based on the evaluation of small group trials conducted by researchers can be concluded as follows: (1) Basically all variations can be applied, but should be adjusted from easy to difficult levels so that

the child's ability can Increased. (2) When conducting small group trials that of all models must be sorted from easy agility learning model to more difficult levels.

Result of Second Stage/Trial of Large Group

After the product development of the service learning model of volleyball for junior high school age is tested in small number and has been revised, then the next step is to do the trial of large group. Based on the limited trial results (small group trials) evaluated by experts, researchers revised the initial product and gained 23 volleyball service learning models that would be used in large groups of trials.

The next step after the model underwent a revision of the level II of the expert then continued by testing the product to large group by using research subjects as much as 60 people consisting of 20 students of SMP 74 Jakarta, 20 students of LPINA SMP Jakarta and 20 SMP students at Garuda Jakarta.

The Data in the table above are the results of Pre Test and Post Test results obtained by large group trials that were previously performed Pre Test or preliminary tests and Post tests performed on students, prior to the application of the learning models applied to students . Researchers conducted an initial test to determine the outcome of service learning the Bolavoli owned by the subject to be researched, after the treatment was administered then the subject in the test again with the same test with the previous service test of the test was called post test That are used to determine if there is increased service learning outcomes after the treatmen in the service-learning model of the Bolavoli. To calculate the effective use test (T-Test) with the analysis of the two average differences for non-free samples such as the Opinion on Kadir (2010:198) on non-free samples is a sample of the mutually affecting (correlated) presence. In the calculation of using SPSS 16 with analysis paired sample T-Test.
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Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Tes_Awal	63.80	60	3.074	.397
	Tes_Akhir	82.20	60	6.767	.874

Based on output by using SPSS 16 that the average value of the game learning result of volleyball before being given a learning model is 63.80 and after treatment with the learning model 82.20 means that the average value Service for improvement.

Paired Samples Test

			Paired Differences						Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	
					Lower	Upper			
Pair 1	Tes_Awal-Tes_Akhir	-18.40	6.72	.867	-20.14	-16.67	-21.22	59	.000

In the test of significance differences with SPSS 16 obtained the result of t count =-21.22, df = 59 and P-value = 0.00 < 0.05 which means there is a significant difference of service learning to the students before and after the treatment of a ball service learning model Volleyball.

Based on the information, it can be said that the model of the Volleyball service learning for the junior high school age, can effectively improve the learning service of volleyball for SMP.

Here are the average comparisons of the above level of service tests prior to the treatment of treatmen and after treatments with top service learning models with bar charts in the following image:
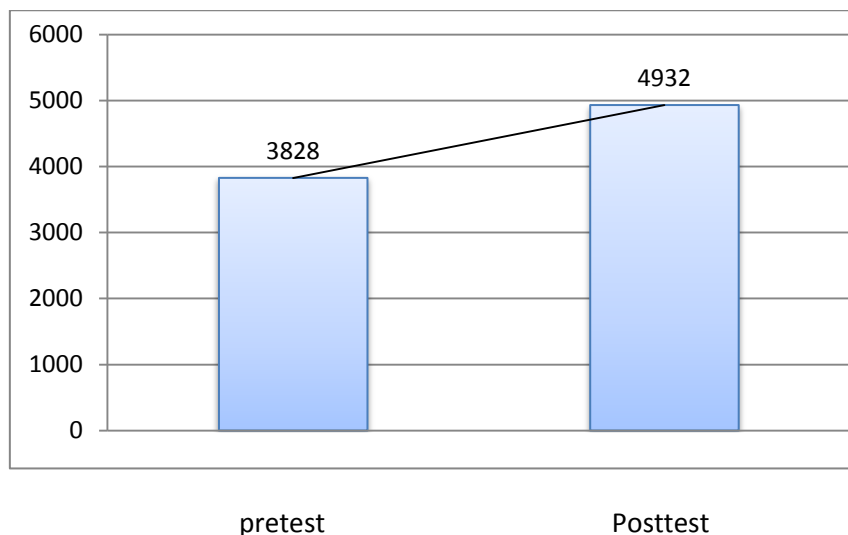
Gambar 2. Diagram Batang
(Uji Coba Kelayakan Produk)

Small group test results and large group trials can be concluded that the volleyball service model for junior high school age can be used in the learning process of volleyball for junior high school age and is worthy and effective to improve learning To the student's service.

CONCLUSION

Based on the score in the table above, it can be concluded that the volleyball service learning model for SMP can be and worthy to be used in school learning and effective to improve the ability of the child's service. There is a comparison of numbers that shows the results of the initial test and the final test was developed, from the initial tests amounting to 3828 then given the treatment of top service models that have been developed then newly held final tests or Post test to determine the effectiveness of the model developed and obtained data amounting to 4932 so that the model of the high-learning Bolavoli effective service learning for the development of volleyball for junior high school.

Seeing the shortcomings and advantages of the products made there are inputs that will researchers convey to achieve the improvement of this product, the input is as follows: a) in this model it is necessary to adjust the movement of the students who Learning with a volleyball service model. b) The use of more equipment and attention to comfort and safety can make the child more maximal in conducting service models of volleyball given by the teacher. c) The characteristics and understanding of students, requiring teachers to provide direct practice to

students to learn new perceived movements to do.

Product Discussion

A volleyball service Model made by researchers is a product aimed at assisting teachers or coaches in delivering volleyball service learning materials, improving student service capabilities, and for reference to material Learning. The volleyball service Model is based on the child's level of need in physical education, particularly in the learning activities of volleyball services for junior high school children.

This product after being examined about some of the disadvantages that need improvement, then can be delivered several advantages of this product, among others: a) improve the volleyball services of students. b) This Model can make students more active, enthusiastic in training and learning the service of volleyball. c) Students can feel comfort and safety in the process of learning the service of volleyball in school. d) Volleyball service Model More effective and efficient e) can help teachers in the learning process at school. f) as a reference for learning at school. g) donations for science, especially physical education in schools. h) The volleyball service Model is performed systematically from easy to difficult. i) Students are also required to think quickly, appropriately. j) The Model used is very varied that can increase the level of students ' enthusiasm in learning.

Based on the data obtained, from the results of field trials and discussion of research results can be concluded that:
1) with service model of junior high school age children can learn the top service material effectively and efficiently. 2) with

top service materials that researchers have developed, middle school age children can understand the top service material quickly and correctly.

Volleyball Service Learning Model for Junior high School can provide positive support in supporting the achievement of objectives in the learning, because in addition to improving the ability of the volleyball service, students can also Motivated in following varied learning. Thus not closing the possibility of this learning model can also be applied by the teacher/coach of volleyball to improve exercise and learning.

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