

## IMPROVING THE LEARNING OUTCOMES PASSING THE APPROACH TO PLAY VOLLEYBALL CREATIVE

(Action Research In Junior high school students of Class VII E Seputih Agung Lampung Tengah)

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### Abstract

This research aims to find out if through creative play can improve the outcome of learning passing a volley ball. The benefit of this research is to give educators an idea of the use of a suitable approach in teaching learning activities, so as to improve the quality of learning outcomes. The research action will be implemented two cycles, each cycle begins with planning, action, observation, and reflection. The subject of this study is a class VII E SMP Negeri 1 Seputih Agung which amounted to 34 people. Data collected from observation results and test results. The results showed that there was an increase in student learning outcomes, proven on the one-end cycle of learning to reach 19 students or 56% with an average value of 76. On cycles of two reaches 29 students or 85% with an average value of 83. In addition, with a creative play approach can improve students ' activity on the learning of passing over.

**Keywords:** *Improving Learning Outcomes Passing Up, creative play approach.*

### INTRODUCTION

Physical education must have the educational objectives to be achieved. To achieve 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 learning activities. With a planned education as well as good guidance education objectives will be achieved well too.

In the realm of different age education has an important influence on students ' progress in following teaching and learning activities. In addition, physical education programs should also be associated with improved health and physical fitness. In the material presented by physical education for class VII includes basic game and sports skill techniques, gymnastics, rhythmic activity, outdoor life skills, and personal life skills. The delivery

of learning materials has been supported by the latest curriculum to improve the quality of education.

The curriculum for Class VII SMP 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 is a volleyball with various basic techniques. such as service, passing, blocks and smash.

Lack of teacher creativity in creating volleyball learning can make students less interested in following the learning, especially for students who have experienced trauma injuries. Therefore, a teacher must be able to perform assignments and modify aids in learning that can help students problems and achieve educational objectives, especially on volleyball material. It is sometimes difficult for teachers to realize. Physical education

teachers generally only assess student learning outcomes based on the final outcome after the student moves a learning material, volleyball learning materials such as passing on or passing down, judged by the teacher are How many students do passing for a minute.

Weakness in physical education often occurs because the methods of teaching and modifying tools that have not varied often make students experience saturation in following physical education subjects. This is what happened in one of SMP in Lampung Tengah Lampung, teachers have not used creative play approach and also modification of device in physical education learning so that students often experience saturation, Therefore, students choose to play with their peers so that the material to be delivered by the teacher is not maximally achieved by the students. Researchers use teaching methods to approach creative play to deliver material passing over volleyball. With a creative play approach that has been designed in such a way that it is expected to be more interesting and enjoyable for junior high school students. Therefore, researchers prefer to apply a creative play approach to improve the learning outcomes of passing volleyball at junior high level, adapted to students ' characteristics. Learning to pass on volleyball for junior high school children has come to the development of skills, so in the future learning children will do a variety of creative games that have been designed by researchers.

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### **Played**

The effectiveness of teaching is largely determined by the teaching approach chosen by the teacher based on the teacher's knowledge of the nature of the skills or task assignments that students will learn. Bermian has several meanings, namely (1) play is a means of training the skills needed by children to become competent individuals, (2) play is a multidimensional experience that involves all the senses and arouses one's plural intelligence, and (3) playing is a vehicle for learning about how should learn (learning how to learn) (Yuliani Nuraini Sujiono and Bambang Sujiono: 2013: 35).

Play is one of the activities that requires the body to move in accordance with the desires of the self (individual) without coercion from others, this shows that by playing means the body also carries out sports activities. As is done in human daily life in order to obtain pleasure and health. According to Freud and Erikson in the book Jhon W. Santrock (2012: 306) Playing helps children in overcoming anxiety and conflicts - conflicts. Because tension can be alleviated through play activities, children can overcome problems in their lives.

## **Volleyball**

Volleyball game is a technique to play volleyball quite diverse in accordance with the demands of the rules of the game. For beginners the emphasis in learning volleyball is more focused on mastering the passing technique because passing in volleyball is quite dominant, both to realize attack and defend.

According to Viera dan Fergusson (1996:2) Volleyball is played by two teams each having two to six players on a 9-meter square (about 30-foot square) court, the two courts separated by a net. The primary objective of each team is to hit the ball to the opponent's side in a manner that prevents the opponent from returning the ball. This is usually accomplished by using a three-hit combination of a forearm pass to a setter, followed by a set to an attacker, and a spike into the opponent's court.

## **Passing Up Volleyball**

In passing there are stages - stages that must be known, these stages are the attitude of the beginning, the attitude of the implementation and the final attitude. Judging from the characteristics of volleyball, passing is one of the main elements to attack the opposing team. This is in line with the opinion of passing in a volleyball game according to (Katrin Barth and Richard Heuchert: 2007: 136) argues that "Digging is an underhand defensive or passing technique. The ball is played with the forearms "passing is a defense with the technique of picking up the ball. The ball is played using the arm. In passing over there are several stages of attitude namely the attitude of preparation, the attitude of implementation, and the final attitude.

## **RESEARCH METHODS**

This research is an action research. Action research is research that is oriented to the implementation of actions with the aim of improving quality or problem solving on a group of subjects studied and observing the level of success or consequence of their actions, to then be given further actions that are perfecting actions or adjusting to conditions and situations in order to obtain better results . Then proceed with the study of action through several cycles.

The research design used is a model from Kemmis and Mc. Taggart is in the form of a cycle or cycle of activities which includes design stages in each round, namely: (1) Planning (plan), (2) Action, (3) Observation, (4) Reflection (reflect), and planning revisions will be held in the re-cycle if necessary.

## **RESULTS AND DISCUSSION**

Observations were made by researchers and collaborators including using cameras. The results of observations on the field notes about the creative play approach are: playing throwing catch, catching behind the body, frog jumping, bouncing ball floor, hands touching the floor and team play that with the creative play approach, volleyball lessons that were boring turned into fun no one left class, no students who daydream, no students who play alone because with this approach to playing the children feel happy, excited, without the burden of competition, students seem to have a lot of changes and progress where students have applied the form of the game in the test passing over many progress that has been experienced by students and in the game unwittingly children are trained

in passing, cooperation and discipline, but there are still students who have not obeyed the mutually agreed rules but only a few students.

While the quantitative data obtained in the first cycle that about 56% complete students are around 19 students while there are about 44% unfinished and 15 students.

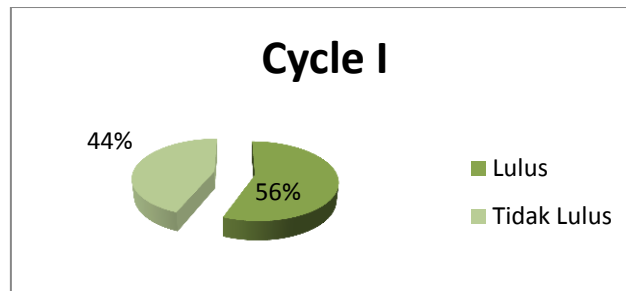


Figure : Diagram Pie  
Cycle I Data Presentation

In this first cycle it has not been said to be successful because the total number of students who did not reach 80% of the total, then, continued to the second cycle where

the action has been given with the results of students who completed about 85% by 29 students and about 15% of students who did not complete as many 5 people.

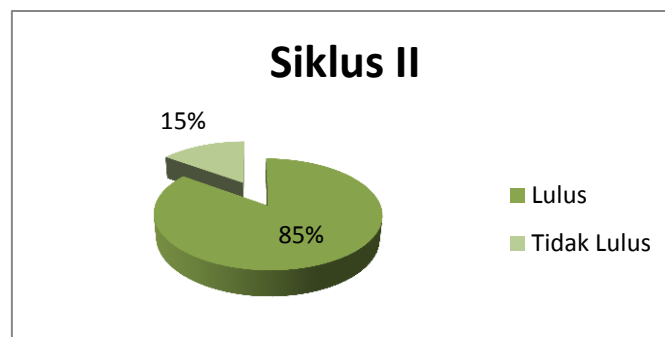


Figure : Diagram Pie  
Cycle II Data Presentation

From the above data it can be seen that in the second cycle can be said to be successful because the number of students who completed more than 80% of the total. So the researchers did not proceed to the next cycle and stopped the second cycle because the number of students who completed was more than 80%.

## CONCLUSION

Based on the results of research and discussion, it can be concluded as follows:

- 1) With the creative play approach in learning to pass volleyball on grade VII E students of SMP Negeri 1 Seputih Agung has a significant increase in the percentage of mastery learning outcomes passing on

volleyball in the first cycle is 53% and for the second cycle of 85% which means that with a creative play approach can improve the learning outcomes of passing over volleyball.

Based on the findings and conclusions from the results of the study, the following implications can be made:

1) The creative play approach in learning passing on volleyball is an alternative in solving some of the problems faced by teachers in an effort to activate students in learning because the physical education teacher acts as a student leader, managers who manage learning and teaching activities, facilitators who seek to create an effective learning environment student

learning process. 2) In each application of the method the teacher must be able to create a conducive class so that the interactive relationship between students and the teacher, students and students can be realized so that the class atmosphere becomes active and interesting. In this case the teacher must be able to be an example and example of his students, not only in words but also in daily actions. 3) With this creative play approach the students are more challenged, more motivated and must be more serious, because the teacher and students have agreed on rules that were made together before the lesson begins. Because if you do not really - really follow the lessons and violations will get a penalty.

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