



Increasing the Interest of Class X MIA-2 Students SMA NEGERI 3 Binjai in Physical Sports and Health Education Learning Through the Application of the Demonstration Method in Academic Year 2021/2022

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ABSTRACT

The problem in this research is how is the Interest of Class X MIA-2 Students of SMA Negeri 3 Binjai in Learning Physical Education Sports and Health through the Application of the Demonstration Method for the 2021/2022 Academic Year. The purpose of this study was to find out how the Interest of Class X MIA-2 Students of SMA Negeri 3 Binjai in Learning Physical Education Sports and Health through the Application of the Demonstration Method for the 2021/2022 Academic Year. This research was conducted on class X MIA-2 students at SMA Negeri 3 Binjai for four months from August to November 2021. The research subjects were 35 students consisting of 16 boys and 19 girls. This research is a classroom action research using 2 cycles which include: planning, implementing, observing, and reflecting. Data collection techniques using the documentation method, observation method, and questionnaire method. The results of the study concluded that the students' interest in taking part in sports and health physical education lessons in class X MIA-2 SMA Negeri 3 Binjai in the subject matter of short distance running and long jump using the demonstration method was in the medium category with the highest frequency being considered at the end of cycle II in the category medium and high with 12 students or 34.28%. Students' interest in participating in sports and health physical education lessons in class X MIA-2 SMA Negeri 3 Binjai was in the very high category 3 students or 8.57%, low 8 students or 22.85%, while the cognitive aspects in cycle I obtained an average score -an average of 64.29 with the number of students who completed 20.57.

Keywords: Interest, Physical Education, Demonstration

Introduction

Education has existed since humans were born on earth. Education can be obtained anywhere, whether it's education given from parents, education given at school, even education can also be obtained from the surrounding environment. Education is very important since childhood. Education is a planned conscious effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and the skills needed by themselves, society, nation and state. Sports and Health Physical Education is an integral part of education as a whole, aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, aspects of a healthy lifestyle and recognition of a clean environment through physical activity, selected sports and health that are planned systematically in order to achieve national education goals. Physical education, sports and health are one of the subjects in the 2013 curriculum, are an integral part of the national education program, aiming to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, patterns healthy living and the introduction of a clean environment through provision of learning experiences using selected and systematic physical activities based on the values of faith and devotion to God Almighty. Physical education is education through physical activity by participating in physical activity, students can masterskills and knowledge, developing aesthetic appreciation, developing generic skills and positive values and attitudes, and improving physical conditions to achieve physical education goals. Physical education is one of the formal

subjects, which is given from elementary school to high school. This subject provides opportunities for students to be directly involved in various learning experiences through physical activities, playing and sports which are carried out systematically. The learning experience is given to direct and foster, as well as to form a healthy lifestyle. In addition, physical education aims to develop knowledge, skills in sports, improve physical health, children's physical fitness, and children's moral actions through physical education lessons. Physical education is one of the media to help achieve overall educational goals, so that it can motivate students in learning physical education. Learning is a form of growth or change in a person which is expressed in new ways of behaving thanks to experience through learning.

Physical education lessons given to junior high school students are expected to shape the body healthy and fit. In addition, students can express their feelings through outdoor activities. Based on the experience of the teacher (researcher) during the learning process at SMA Negeri 3 Binjai and the results of conversations with several students. There are several supporting factors for physical learning facilities such as; infrastructure, teachers, and curriculum. Existing infrastructure facilities include: basketball courts, volleyball courts, and football fields, as well as sports equipment that is good enough for students to use. These are all on the school grounds. Then, based on the questionnaire given to students, it turned out that not all students were active in participating in physical education learning. There are students who are lazy in participating in physical learning, including; some were not serious and some of them even tried not to attend physical education lessons for various reasons. There are reasons such as having a stomach ache due to menstruation (a woman), fear of the heat because of outdoor sports, sometimes there are students who take shelter under a tree while chatting with friends during physical education lessons. The physical education learning curriculum at SMA Negeri 3 Binjai uses the 2013 curriculum. The competency standards that must be mastered by students listed in the class X competency standards in the realm of knowledge are understand, apply, analyze factual, conceptual, procedural knowledge based on his curiosity about science, technology, art, culture, and humanities with insights into humanity, nationality, statehood, and civilization related to the causes of phenomena and events, and apply procedural knowledge in the field of study specific according to their talents and interests to solve problems. Based on student behavior tendencies, it is possible that the interest factor is one of the causal factors for inactivity as a student in participating in physical education learning at school. Based on the description above, it encourages teachers (researchers) to make changes to the learning process through classroom action research with the title "Increasing Interest in Class X MIA-2 SMA Negeri 2 Binjai in Learning Physical Education Sports and Health through the Demonstration Method for the 2021/2022 Academic Year".

Research Methodology

This research is a descriptive study that aims to find out how students of class X MIA-2 Binjai 3 Public High School are interested in learning physical education. According to Arikunto (2006) that descriptive research is non-hypothetical research, only describing what it is about a situation. The method used was a survey, the data collection technique used a questionnaire, the scores obtained from the questionnaire were then analyzed using quantitative descriptive analysis as outlined in the form of percentages.

Results and Discussion

Cycle I Research Results

The results of research on students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 1 Binjai. This research was conducted on Monday, 23, 30 August and 6 September 2021 and there were 35 research subjects. From the results of the above research will be described as follows: Description of Results of Students' Interest in Participating in Physical Education, Sports and Health Learning in Class X MIA-2. From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.1 Statistical Description of Students' Interest in Participating in Physical Education, Sports and Health Cycle I Learning

Statistics	Score
Average Score	71.51
Standard. Deviation	5,22
Range	27
Lowest Score	57
Highest Score	84

The data above can describe students' interest in participating in physical education learning in class X MIPA-2 SMA Negeri 3 Binjai with an average of 71.51, a standard deviation of 5.22. While the highest score was 84 and the lowest score was 57. From the results of the questionnaire, it can be categorized as students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the table as follows:

Table 4.2 Categorization of Student Interests in Participating in Physical Education, Sports and Health Education Learning Cycle I

No	Intervals	Frequency	Percentage (%)	Category
1.	$81 < X$	2	5,71	Very high
2.	75 - 80	7	20.00	Tall
3.	69 - 74	21	60.00	Currently
4.	61 - 68	5	14,29	Low
5.	$X \leq 60$	0	0.00	Very low
Amount		35	100.00	

From the table above it can be seen that students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency being considered in the medium category with 21 students or 60.00%. Students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is in the very high category 2 students or 5.71%, high 7 students or 20.00%, , low 5 students or 14.29%, very low 0 students or 0.00%. Description of Intrinsic Factor Results of Students' Interest in Participating in Physical Education Learning in Class X MIA-2. From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.3 Statistical Description of Intrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle I

Statistics	Score
Average Score	54,60
Standard Deviation	3,36
Range	22
Lowest Score	43
Highest Score	65

From the data above, it can be described as an intrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai with an average of 54.60, and a standard deviation of 3.36. While the highest score was 65 and the lowest score was 43. From the results of the student interest questionnaire, it can be categorized as an intrinsic factor of student interest in participating in physical and health sports education lessons in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the table as follows:

Table 4.4 Categorization of Intrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle I

No	intervals	Frequency	Percentage (%)	Category
1.	$62 < X$	1	2.86	Very high
2.	57 - 61	7	20.00	Tall
3.	53 - 56	19	54,28	Currently
4.	46-52	8	22.86	Low
5.	$X \leq 45$	0	0.00	Very low
Amount		35	100.00	

From the table above it can be seen that the intrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency

being considered in the medium category with 19 students or 54.28%. Intrinsic factors of students' interest in participating in physical sports and health education lessons in class X MIA-2 SMA Negeri 3 Binjai are in the very high category 1 person or 2.86%, high 7 students or 20.00%, low 8 students or 22.86 %, very low 0 students or 0.00%. Description of Extrinsic Factor Results of Students' Interest in Participating in Physical Education Learning. From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.5 Statistical Description of Extrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle I

Statistics	Score
Average Score	17,2
Standard Deviation	2,26
Range	9
Lowest Score	13
Highest Score	22

The data above can describe the extrinsic factors of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai with an average of 17.2 and a standard deviation of 2.26. While the highest score is 22 and the lowest score is 13. From the results of the student interest questionnaire, it can be categorized as extrinsic factors of student interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the table as follows:

Table 4.6 Categorization of Extrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle I

No	intervals	Frequency	Percentage (%)	Category
1.	$21 < X$	3	8.57	Very high
2.	19 - 20	7	20.00	Tall
3.	17 - 18	11	31,43	Currently
4.	13 - 16	14	40.00	Low
5.	$X \leq 12$	0	0.00	Very low
Amount		35	100.00	

From the table above it can be seen that the extrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency being considered in the low category with 14 students or 40.00%. Extrinsic factors of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai are in the very high category 3 students or 8.57%, high 7 students or 20.00%, moderate 11 students or 31.43%, and very low 0 students or 0.00%.

Cycle II Research Results

The results of research on students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai. This research was conducted on Monday, 13, 20 and 27 September 2021 and the research subjects were 35 students. From the results of the above research will be described as follows: Description of Results of Students' Interest in Participating in Physical Education, Sports and Health Learning in Class X MIA-2. From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.7 Statistical Description of Students' Interest in Participating in Physical Education, Sports and Health Cycle II Learning

Statistics	Score
Average Score	81.66
Standard Deviation	5.65
Range	30
Lowest Score	64
Highest Score	94

The data above can describe students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai with an average of 81.66, a standard deviation of 5.65. While the highest score was 94 and the lowest score was 64. From the results of the questionnaire, it can be categorized as students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the table as follows:

Table 4.8 Categorization of Student Interests in Participating in Physical Education, Sports and Health Cycle II Learning

No	intervals	Frequency	Percentage (%)	Category
1.	$90 < X$	3	8.57	Very high
2.	84 - 89	12	34,29	Tall
3.	78 - 83	12	34,29	Currently
4.	72 - 77	8	22.85	Low
5.	$X \leq 71$	0	0.00	Very low
Amount		35	100.00	

From the table above it can be seen that students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency being considered in the medium category with 12 students or 34.29%. Students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is in the very high category 3 students or 8.57%, high 12 students or 34.29%, low 8 students or 22.85%, and very low 0 students or 0.00%. Description of Intrinsic Factor Results of Students' Interest in Participating in Physical Education Learning in Class X MIA-2. From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.9 Statistical Description of Intrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle II

Statistics	Score
Average Score	61,91
Standard Deviation	3.91
Range	23
Lowest Score	49
Highest Score	72

From the data above, it can be described as an intrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai with a mean of 61.91 and a standard deviation of 3.91. While the highest score was 72 and the lowest score was 49. From the results of the student interest questionnaire, it can be categorized as an intrinsic factor of student interest in participating in physical and health sports education lessons in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the following table

Table 4.10 Categorization of Intrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle II

No	intervals	Frequency	Percentage (%)	Category
1.	$68 < X$	4	11.43	Very high
2.	64 - 67	8	22.85	Tall
3.	59 - 63	12	34,29	Currently
4.	55 - 58	11	31,43	Low
5.	$X \leq 54$	0	0.00	Very low
Amount		35	100.00	

From the table above it can be seen that the intrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency being considered in the medium category with 12 students or 34.29%. Intrinsic factors of students' interest in participating in physical sports and health education lessons in class X MIA-2 SMA Negeri 3 Binjai are in the very high category 4 people or 11.43%, high 8 students or 22.85%, and very low 0 students or 0.00%. Description of Extrinsic Factor Results of Students' Interest in Participating in Physical Education Learning From the results of the research data analysis conducted, it can be described in tabular form as follows:

Table 4.11 Statistical Description of Extrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle II

Statistics	Score
Average Score	19.74
Standard Deviation	2.65
Range	12
Lowest Score	13
Highest Score	25

The data above can describe the extrinsic factors of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai with an average of 19.74, and a standard deviation of 2.65. While the highest score is 25 and the lowest score is 13. From the results of the questionnaire, it can be categorized as extrinsic factors of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai. The calculation is presented in the table as follows:

Table 4.12 Categorization of Extrinsic Factors of Students' Interest in Participating in Physical Education Learning Cycle II

No	intervals	Frequency	Percentage (%)	Category
1.	$24 < X$	1	2.86	Very high
2.	21 - 23	12	34,29	Tall
3.	18 - 20	17	48,57	Currently
4.	15 - 17	2	5,71	Low
5.	$X \leq 14$	3	8.57	Very low
Amount		35	100.00	

From the table above it can be seen that the extrinsic factor of students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency being considered in the medium category with 17 students or 48.57%. Extrinsic Factors students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai which is in the very high category is 1 student or 2.86%, high is 12 students or 34.29%, low is 2 students or 5.71%, very low 3 students or 8.57%.

Students' Interest in Participating in Sports and Health Physical Education Learning

A description of the results of the research conducted on students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai from cycle I and cycle II can be seen in table 4.13 below:

Table 4.13 Categorization of Interests in Following Sports and Health Physical Education Learning

No	Cycle I		Cycle II		Category
	Frequency	%	Frequency	%	
1	2	5,71	3	8,57	Very high
2	7	20,00	12	34,29	Tall
3	21	60,00	12	34,29	Currently
4	5	14,29	8	22,85	Low
5	0	0,00	0	0,00	Very low

Table 4.13 shows that the students' interest in taking part in physical sports and health education in class X MIA-2 SMA Negeri 3 Binjai is moderate with the highest frequency at the end of cycle II being in the moderate category with 12 students or 34.29%. Students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is in the very high category 3 students or 8.57%, high 12 students or 34.29%, low 8 students or 22.85%, very low 0 students or 0.00%. If we review the intrinsic and extrinsic factor data above, it can be concluded that the intrinsic factor has a bigger role than the extrinsic factor. There are 3 items that stand out from internal factors and external factors. Internal factors, namely number 7, 8 and 12 with statements (7) I enjoy participating in physical education learning because it can eliminate boredom of thinking, (8) I enjoy participating in physical education learning because it can improve health, (12) I attend physical education learning, because it can maintain a healthy body. While the factors that stand out from the outside, namely numbers 19, 20 and 24 with the statement (19) The teacher always gives examples of movements to be taught in physical education learning, (20) The physical education teacher is very disciplined in carrying out physical education learning, (24) The teacher physical education is very skilled in a variety of activities. (12) I take part in physical education lessons, because I can maintain a healthy body. While the factors that stand out from the outside, namely numbers 19, 20 and 24 with the statement (19) The teacher always gives examples of movements to be taught in physical education learning, (20) The physical education teacher is very disciplined in carrying out physical education learning, (24) The teacher physical education is very skilled in a variety of activities. (12) I take part in physical education lessons, because I can maintain a healthy body. While the factors that stand out from the outside, namely numbers 19, 20 and 24 with the statement (19) The teacher always gives examples of movements to be taught in physical education learning, (20) The physical education teacher is very disciplined in carrying out physical education learning, (24) The teacher physical education is very skilled in a variety of activities.

Based on the results obtained, it shows that the interest of class X MIA-2 students in participating in physical sports and health learning on the subject matter of short distance running and long jump using the demonstration method is in the medium category. This situation is influenced by several factors including intrinsic factors and extrinsic factors. These results show how much interest students have in participating in physical education, sports and health and what are the factors that influence it. Students' interest in participating in physical learning greatly influences the success of learning packaged by the teacher. This is because students as a learning actor becomes the most important part in the success of learning. So that learning must be packaged in such a way and try to foster student interest in learning so that learning can run optimally. Problems that often arise in physical education learning must be minimized by the teacher so that students can be interested in actively participating in physical education learning. Various problems from students and learning packaging will affect students' interest in participating in learning. According to Suryobroto (1988) interest is a tendency in individuals to be interested in a subject or like an object. This shows that how much students' interest in participating in physical education is a reflection of how much students are interested in learning physical education. This situation can be influenced by factors from within and from outside. High student interest will be reflected by a high level of student participation in learning physical education. Interest is influenced by many factors. The psychological condition of students is the main criterion for how much interest students have, in this case a teacher must be able to control and create a fun learning atmosphere and attract students' attention in participating in learning. The results showed that extrinsic factors greater than the intrinsic factor in influencing student learning interest. This shows that the role of teachers and learning facilities influence students more than attention, feelings of pleasure and forms of student activity in learning. The role of the teacher in learning is very central to package learning and control class conditions. This shows that a teacher must be able to create a learning atmosphere by utilizing facilities and psychologically controlling students so that students have a high interest in learning. High interest in learning will help students to be active in learning and have the opportunity to master the skills being taught and achieve maximum learning achievement.

Improvement of learning outcomes in the aspect of knowledge.

From the results of research data analysis on the knowledge aspect can be seen in table 4.13 below:

Table 4.14 Increasing student learning outcomes in the knowledge aspect.

No	Magnitude	Cycle I	Cycle II	Enhancement
1	Average value	64,29	80,71	16,42
2	Completed Amount	20 (57.14%)	32 (91.43%)	12 (34.29%)

Based on the data above, the increase in the average value of students from cycle I to cycle II in the learning process using the demonstration method was 16.42 points. An increase also occurred in the number of students' learning completeness of 12 (34.29%) students.

Conclusion

Based on the results of research and discussion it can be concluded that students' interest in participating in sports and health physical education lessons in class X MIA-2 SMA Negeri 3 Binjai on the subject matter of short distance running and long jump using the demonstration method is in the medium category with the highest frequency considerations at the end of cycle II in the medium and high categories with 12 students or 34.29%. Students' interest in participating in physical education learning in class X MIA-2 SMA Negeri 3 Binjai is in the very high category 3 students or 8.57%, low 8 students or 22.85%, very low 0 students or 0.00%, while aspects cognitive in cycle I obtained an average value of 64.29 with the number of students who completed 20 (57.14%) in cycle II the average value increased to 80.71 with the number of students who completed as many as 32 (91.43%) students .

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