

# The Effect of Teaching Method and the Motor Educability towards Learning Result Skills to Play Basketball

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**Abstract:** *This research aimed to determine the effect of teaching method on learning the result Basketball for students who have a motor educability different. Teaching method consists of two kinds of method of teaching exploration and method of teaching command, meanwhile motor of educability consists of two levels such as high educability motors and motors lower educability. This research carried on in FIK UNIMED the fourth semester students of academic year 2015/2016. Research method is used is experiment with the design of the block 2x2. The collected data will be analyzed by using of variance (ANOVA). But for the second and third hypothesis used t-test. The research concludes are that the overall result of learning basketball in teaching students with exploratory teaching method is not better in compare with the learning result in teaching basketball to the teaching method of command. ( $t_h = 4,72 > t_t = 1,73$ ). For students university who have a motor educability low, learning result that uses basketball to teach command method better than exercise method of teaching exploration ( $t_h = 2,70 > t_t = 1,73$ )*

**Keywords:** The skill of basketball, exploratory teaching method, teaching method command and the motor educability

## 1. Introduction

Faculty of sports science (FIK) Medan of state University (UNIMED) is one of formal institutions in the level of college that prepare teacher candidate, coaches, trainers, and sports scientists. Because of that in the hope the graduates FIK UNIMED have a good learning achievement in various sports, among of basketball.

Based on the result of observation for this result of study basketball students university are still far from the expected. There are still many students university who have not reached the limit basketball graduated courses with basic techniques good game and score mark that has been set by a team of faculty of lecturer basketball. The fact that there may be some difficulties in the learning process for the students basketball needs to seek a solution to allow students to achieve the target graduation. Basketball is one sport games and is one of the compulsory subjects for students university FIK. In need of a teaching method of teaching is right that learning process can run optimally. Method of teaching is approached or learning style that accurate so that a process of teaching and studying can be held on optimally. Teaching of style is a manner of approached or strategy of teaching that used teacher in explaining for movement sport subject to students. Coincidentally in determine for strategy of teaching can be seen for result of achieve. The pick out of teaching style that used always is thing not easy, sometimes a alternative that reputed is more accurate for that moment. Meanwhile can be appear to bad effect is not before account, and then can caused boring and the students is not motivated in following the subject that given and finally the aim of learning have been chosen and is not achieve.

The refers to receipt of new student university FIK Unimed by means of 3 way consist of SNMPTN track, ( invitation way ), SBMPTN and UMB track. The third of this receipt track also make information different the basic of ability in

sport skill for every students university. Based on the observation in field at teaching basketball subject that occur to problem, because there are some factors that make students university is not direct to able done teaching of classical, must early to attention in basic ability to students university, it among to motor educability skill.

Viktor (1988) is interpretation to motor educability is a thing that to showed about how the way someone is fell to happy or easy to study for a skill in sports. The ability to motor educability between one student and others students university that different. This ability can be classified in 2 categories, consist of ability of high motor educability and the ability low of motor educability.

Teaching exploration style emphasize to students university. According to Husdarta & Yudha M saputra (2000 :31) "Teaching exploration style can be focused to teaching process for students university (child centered)". Meanwhile the teaching of command style according to Rusli Lutan (2000 : 31) is teaching approach is too depending on teacher. The teacher preparing all of aspects in learning. The teacher all of responsibility and initiative toward teaching and monitoring study progress.

Thus for the refers to important for obtained empirical data about the different the effect between learning process that used exploration teaching style and command teaching style in students have ability to high motor educability and students university low motor educability towards the result of ability to play basketball.

## 2. The Research of Methodology

This research held on in field of basketball at FIK UNIMED, towards students university FIK UNIMED third semester academic year 2016/2017, with time of research for 6 (six) month. Method of that used in this research is experiment method. The program that used in this research is random

block program 2x2. The program of random block is experiment units is classified in this block, so experiments units in relative block homogeneous character. Treatment is occur based on random for experiment units in every block. (sudjana, 1989 ).

This Test of motor Educability is consists of : (1) one touch head, (2) Forward hand kick, (3) kneel, jump to feet , (4) stork stand, (5) single squat balance , (6) Gravine, (7) three Dips , (8) side kick , (9) Russian Dance ,and (10) jump foot. Meanwhile skill of test basketball is consists : (1) throw ball test in the wall, (2) herd ball and , (3) shooting to basket for one minutes. For hypothesis test , first used analysis technique variance (Anava ) and to hypothesis test second and third, that used t-test with significant level  $\alpha = 0,05$

### 3. The Result of Research

The result of value of basketball for group ability to high motor educability with teaching exploration style , refers to distance between 160,9 – 196.63 : averages value is 176,515 : and branching off basic in the amount of 12,38. This result getting is amount of 5 people (50%) from total students for result of basketball study is on top average in group , 2 people (20 %) the position average and 3 people (30%) there is a low average .

The score result of basketball for group that low motor ability with exploration teaching style , to showed is among 112.07 – 170.97 : the average 139.938 and the basic branching off 21.16. this result to achievement there is 5 people (50%) from total students university for the result of study basketball is above that average , 2 people (20%) there are average and 3 people (30%) there is low average.

The score result of basketball study in group that given teaching command style in ability the high motor educability to showed distance between 118.71 – 150.45 ; the average value 131,289 ; and basic branching off 10.06. there is 2 people (20%) from total students university the result of study basketball is above average , 4 people (40%) there is average , and 4 people (40%) there low average .

The score of result basketball in group that given teaching command style in ability motor educability is low refers to distance between 121.23-184.10; the average score 152,254 ; and basic branching off 21,67. The result of 5 people (50%) from total students university the result of basketball in above getting average score 1 people (10%) there is average position and 4 people (40%) there is low average position.

### 4. Discussion of the Research Result

The first hypothesis testing, refers to that there is not different result of study basketball between students university that teaching with teaching exploration style and teaching command style giving the same effect or balance toward the result of study basketball. Based on theoretic, every teaching style have advantages and disadvantages toward the result of basketball study.

The first hypothesis is not providing or not yet can be test truth and appropriate data that analyzed with used ANAVA

for block program. This discussion appropriate with theory investigate and planning of thought have been explained to chapter II, still become assumption because is not yet that truth based on empiric, overall the result of study basketball with exploration teaching style higher than command teaching style. Thus , indeed discussion is more deep about possibility that cause is not provided that hypothesis.

The first hypothesis is not provided that probably is cause by some factors , it consists of : it is not controlling toward variables extra that assumption that follow to influence for this result, such as motivation, interest, talent, brightness level, and the long duration of time, and also not done controlling towards physical activity although rest time this experiment is out of time..

Hypothesis of test second and third , for students university have ability motor educability is high, the result of basketball with exploration teaching style higher than command teaching style. Exploration teaching style more better in increase the result of basketball .is one of caused by many of frequency moving that explaining that repeating respond of certain till several will strengthen connection between respond of stimulus. Thus given the positive effect toward the result of increase of basketball study

The students university have high ability motor educability, is probably to done the high practice of intensity , meanwhile for acquire result of study basketball that more accurate if using command teaching style

Thus , necessary style of teaching appropriate to ability lever for motor educability for students getting increase to result of study basketball. For students university have low ability to motor educability, more better using to command teaching style.

### 5. Conclusion

Based on planning of mind and result hypothesis test, concluded that is not difference effect between teaching style is overall toward the result of basketball. In other word is overall the result of study of basketball for students that teaches with exploration teaching style is not more better than the result of study basketball that exercised with command teaching style. Exploration teaching style given effect is higher toward the result of study of basketball is compare than command teaching style in students university that have with command teaching style in students university have ability motor educability is higher. In other word in students have ability motor educability is higher, the result of study of basketball that exercised with exploration teaching style is more better than command teaching style. Command teaching style given effect higher toward result of basketball is compared with exploration teaching method in students university have ability of motor educability is lower. The result of study of basketball that exercised with command teaching style is more better than result of study basketball that exercised with exploration teaching style.

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