

The Efforts to Improve Learning Outcomes of Breaststroke swim by using the aid of Swim Board to the students of the Faculty of Sport Sciences, PJKR IC Regular Department in Academic Year 2015/2016

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Abstract: *This study aims to discover the enhancement of learning outcome of breaststroke of swim by using the aid of swim board to the students of the Faculty of Sport Science Pjkr IC regular Department in academic year 2015/2016. The sample of this research was the student of PJKR IC State University of Medan with total number of students 30 and was taught by the using the aid of Swim Board. The research was conducted in classroom action research. In the Cycle 1 there was the lowest score of indicator it was in the motion indicator of breath taking and coordination of movement. It caused many of learning outcome of students did not reached minimum standard (KKM), so in this cycle was not uncompleted. Therefore the researchers continued improvement in the second cycle. In the second cycle to be improved by concentrating students in the lowest indicators and provide a variety of different learning cycles I. By performing of the movements with breathtaking of swim board clamped between the thighs. It was intended for the students so that they can concentrate on making the movement of the breath properly so that the overall coordination of the movement of the breaststroke was also good.*

Keyword: learning outcome, breaststroke swim and swim board

1. Introduction

Physical and Health Education is a subject that is inseparably linked with the curriculum, which seeks to enable students to be skilled in physical activity and improving physical fitness of students. Health Physical Education and Recreation, learners can develop basic motor skills which support the attitude (affective) and behaviors (behavioral) clean and healthy living and physical fitness. Health Physical Education and Recreation adapted to the circumstances and needs of the environment so the lesson material Health Physical Education and Recreation in UNIMED and play activities in order to establish healthy habits and fresh and help learners achieve optimal growth direction.

Pool is part of the subject of aquatic activity in the subjects of Physical and Health Education, the aim of providing a variety of swimming skills to the students. Swimming is movement when moving in the water. Sports pool includes four styles, the butterfly, backstroke, breaststroke and freestyle. Swimming learning process more emphasis on the basic skills of swimming, so that students become more skilled in swimming.

The learning process do in the collage, especially for subjects of physical education should be supported with a complete infrastructure because the means is one of a part of strategy in achievement of learning goal. A complete infrastructure can ease the lecture to achieve the target of learning goal. *Vise versa*, uncompleted means will be difficult to the lecture to achieve the learning goal.

Media as the source of information for students to be adequate and appropriate to the learning objectives to be achieved, so that the lecturers are required to select and provide a medium that suits your needs so that learning can be done well. Students may already understand the issue through faculty explanation, understanding it would be better if enriched with the activity to see, touch, feel or experience through the media. So that we need a way to allow students to master the technique of swimming breaststroke correctly so it will be mastered breaststroke swimming movements were good. One of the technique through the auxiliary board a float or swim board. If during the lecturer presents the material breaststroke swimming lessons through the book information and examples (demonstration) on this occasion, the lecturer presents the information through the aid of swim board that are shown to the students. Using visual tools swim board is a method of learning that is taking a tool to facilitate a learning process. The tools are available to facilitate students to perform movements breaststroke swimming.

Based on the explanation above the writer interested to do Classroom Action Research with the title "The Efforts to Improve Learning Outcomes of Breaststroke swim by using the aid of Swim Board to the students of the Faculty of Sport Sciences, PJKR IC Regular Department in Academic Year 2015/2016"

1.1 Physical Education

According to Sharman (in Nadisah 2005:15) stated that "physical education is a part of education (generally) which takes place through activities that involve movement

mechanism of the human body and produces patterns of behavior on the individual concerned”.

According to Hetherrington : “physical education with regard to the activity that uses large muscle groups, and the results obtained is the contribution to the health and growth of children so that he realizes that the students of the educational process will not be deformed growth "(in Nadisah, 2005: 16)

1.2 Learn and Learning

Azhar (2011:1) stated that “Learning is a complex process that occurs in everyone throughout life”.

According Skinner (in DimyatidanMudjiono, 2009:9) stated that “learning is an attitude ".When the people learn, so the response was better. Conversely, if he doesn't learn so the response willdecreases”.

1.3 The Nature of Learning Outcomes

One of the goal of whole process of learning is the student results. After going through the learning process is expected to increase student learning outcomes. The learning result is the culmination of a process that has been done in the study “<http://digilib.uns.ac.id/pengguna.php?mn=showview&id=27071>).

1.4 The Nature of Breaststroke Swim

Breaststroke is the most popular of swimming style to recreational swimming. Stable body position and can head out of water in a long time. Swimming lessons, beginner swimmer to learn the breaststroke or freestyle. Among the three numbers of officially regulated pool International Swimming Federation (FINA), swimmer breaststroke is the slowest swimmer.

1.5 The Nature of the Aid of Swim Board

The aids are aids which used by educators in delivering learning materials. These tools are more commonly referred props because it serves to help and to practice something in the educational process of teaching. According to Samsudin (2008:57) states that. "To carry out the process of the physical activity of course requires completeness of media and teaching aids. Because without the support of the media and aids, the physical education learning process will be in vain"http://sport-physical-education.google.com/2012/06/penerapan-alat-bantu-pembelajaran-untuk_11.html

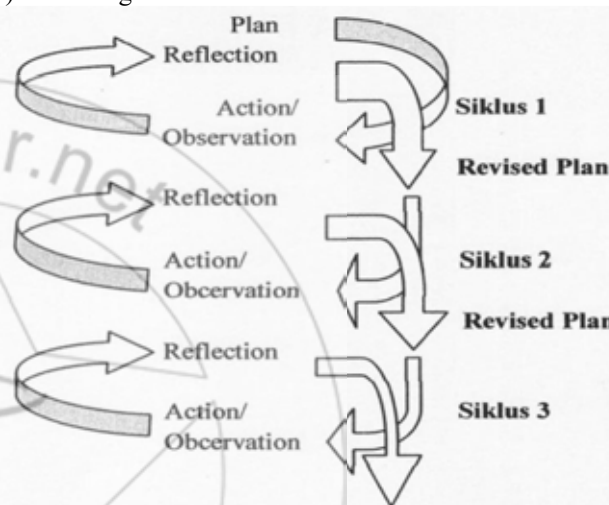


Figure: Various forms of swim board
Source www.google.com

The location of this research was in Sejahtera Club Chain swimming pool UNIMED, WilliemiSkandar Street, State University of Medan. This research was conducted at November 2nd 2015 until November 14th 2015.

The subject of this research was the FIK students PJKR Regular C1 Department in academic year 2015/2016, which consist of 24 man students and 6 women students. The objective of the research is the Efforts to Improve Learning Outcomes of Breaststroke swim by using the aid of Swim Board to the students of the Faculty of Sport Sciences, PJKR IC Regular Department in Academic Year 2015/2016”

According Kurt Lewin (in Arikunto 2006:92), the steps of Classrommaction research have 4 (four) principle that show the step, namely : (1) Planning, (2) Acting, (3) Observing, (4) Reflecting.



2. Research Finding and Discussion

Based on the first test on the student of Faculty of Sport Science PJKR IC Regular Department in academic year 2015/2017, from 30 students there are five students who have achieved a level of mastery learning with the average value of student learning outcomes 53.56. The results of the first cycle, there were 15 students (50%) of the 30 students who have reached a level of mastery learning with an average value of student learning 73.55. In the second cycle, there are 27 students who have achieved a level of mastery learning with an average value of 82.22. It can be seen that student results from the test start to do the first cycle and the second cycle increased, it can be said through the application of tools on board swim breaststroke swimming learning can improve student learning outcomes.

From the data analyst can be concluded that through the application of tools swim board, students can improve learning outcomes on the subject of sport swimming pool in the breaststroke. From the data analyst also showed that student results from the initial tests conducted still low. So the provision of implementation aids do swim board using the learning process. Then from the data analysis is well known that student results from the first cycle achievement test using application tools swim board there is an increase, but do not found minimum completeness criteria and

classical, so that corrective action performed on the second cycle.

In the first cycle researchers found many difficulties experienced by students in learning, namely:

- 1) There are still many students who can't coordinate breaststroke swimming movements were true, it was 15 students. Five aspects of evaluation are two aspects that have a low average value that is on the breath taking motion indicator (indicator 4), and the coordination of movement indicators (indicator 5). The problem that occurs here is the student has not been able to get the right timing to capture the breath, it also affects the overall coordination of the student movement. With problems like that, the students do a lot of leg and arm movements simultaneously, later did 2 times to 3 times the stroke arm. Then in the second cycle of researchers using application tools swim back board with emphasis on aspects not yet mastered the movement and guiding the students who have not completed that have been recorded on the cycle I. So that students can be able to do the basic techniques of swimming breaststroke correctly.
- 2) There are still many students who confused how to coordinate the movement of the legs, arms and taking a breather. Then on the second cycle of lecturers to explain and re-emphasize technique breaststroke swimming movements in indicators breath taking and coordination of movement so that the swimming breaststroke well done

Based on the results of the study after administration of teaching action through the application of the aids wearing swim board in the first cycle obtained average value is 73.55 with a 50% level of mastery learning. Then in the second cycle of learning can be seen that there has been an increase in students' learning activities from the previous cycle. This increase occurred after a given learning through the application using tools that are designed swim board on the second cycle, which is based on the reflection and the experience of the cycle I. The test results obtained by studying the second cycle the average value was 82.22 students with mastery level of 90%.

Mastery of technique in every sport is the key to success, as well as in swimming breaststroke. Learning to use the aids can be used as materials to provide learning materials, but the use of these aids must be adapted to the learning materials and state student.

3. Conclusion

According the results of the study after giving a treatment from the first cycle to the second cycle can be concluded that the application of the aids of swim board can give improved to learning outcomes breaststroke of swim at the students of the Faculty of Sport Sciences PJKR IC Regular Department Academic Year 2015/2016.

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