Efforts to Improve Learning Outcomes Lay-up Shoot In Basketball Games Using Audio Visual Media Learning In SMA Negeri 7 Medan Academic Year 2013/2014

Ibrahim

Faculty of Sports Science, Medan State University

Abstract: *This study aims to determine the improvement of lay-up shoot learning results in a basketball game by using Audio Visual learning media in students of class XI SMA Negeri 7 Medan Academic Year 2013/2014. The research method used is classroom action research. To obtain the data in this study then conducted the test results on the initial test, then conducted learning by using Audio Visual media conducted Test Results Learning I and Test Results Learning II in the form of application of lay-up shoot techniques in basketball game as many as two meetings. After the data collected will be analyzed: (1) From the test of learning result before using the application of Audio Visual media (Pre test) obtained 15 students (39,47%) who have reached mastery learn, while 23 student (60,53%) have not reached mastery learning. Then do the learning by using Audio Visual media. (2) From the learning result test using Audio Visual media, in the first cycle, 26 students (68,4%) have reached the learning comprehension level, while the 12 students (31,6%) have not reached the learning comprehension level. With the average value of student learning outcomes is 72.47. Then re-learning by using different Audio Visual media. (3) From the second learning result test in cycle II, there are 34 students (89,47%) who have reached the learning comprehensiveness level, while 4 students (10,53%) have not reached the learning mastery level, student learning is 76.45. In this case can be seen that there is an increase in the average value of student learning outcomes from cycle I to cycle II that is equal to 3.98 and the increase of classical mastery of 21.05%. Based on the results of data analysis can be said that by using Audio Visual learning media can improve the results of learning lay-up shoot in a basketball game on students of class XI SMA Negeri 7 Medan Academic Year 2013/2014.*

Keywords: Basketball, Lay-up Shoot, and Audio Visual Media

1. Introduction

In an effort to achieve learning objectives need to be created a system environment (condition) learning more conducive. "Teaching is an effort to create an enabling environment for learning." Learning process is effective if all students are actively involved mentally, physically, and socially. Therefore, teachers are said to be the driving force of learning journey and student learning facilitators who are expected to be able to monitor the overall level experienced by the students.

The success of a learning depends not only on the students, but also the role of the teacher. Students and teachers should play an active role in learning. Teachers are required to condition the class and choose the method of learning appropriately so that student achievement can increase.

Lay-up shoot is an effective type of shot because it is done and the distance is as close as possible to the basket. This can benefit the shooter, because shooting from a great distance can be approached by jumping-step-jump. At this last jump in the position as high as possible with the basket, continued with inserting the ball.

Based on the observation of the writer in SMA Negeri 7 Medan on November 18, 2013, it is seen that the teacher of sport lesson still use conventional method that is by demonstrating lesson at the time of learning process lay-up shoot takes place many students who do not look earnestly in doing learning activity that is doing with origin in doing the lay-up shoot movement.

This shows that the implementation of the special basketball learning sub-material Lay-up shoot conducted by students has not been going as seriously as expected on the purpose of learning. Based on learning outcomes on basketball sub-material Lay-up shoot them into low or less maximum.

Of the 43 students consisting of 19 female students and 24 male students, on the daily test score only about 18 students or 41.9% are able to pass the Minimum Exhaustiveness Criteria (KKM) score of 75 that is prescribed by the school for subjects of Physical Education. While rest of 25 students or 58.1% into the category did not pass. Judging from the results, the percentage of classical completeness in the class is not fulfilled which is 80% of the total number of students.

Many factors that affect student learning outcomes, such as motivation, interest, talent, spirit, physical condition, facilities or learning media used by teachers, and others. Recognizing this, there needs to be a renewal in learning to enable students to learn Typewriting especially Lay-up Shoot material becomes easier, faster, more meaningful, effective and fun. One of them is by using Audio-Visual Media according to (Setyosari and Sihkabuden, 2005: 148; Yudhi Munadi, 2008): "Audio Media (media listen) is media whose message content is only accepted through the sense of hearing. In other words, this type of media only involves the sense of hearing and manipulation of sound or sound element alone ".

According to Poerwadarminta (1986: 65), it is mentioned that the visual meaning is "based on observation, something related to vision, visible, visible, given by using pictures". Based on this understanding and exposure according to Setyosari, Sihkabuden, 2005: 148; Yudhi Munadi, 2008 and Poerwadarminta (1986: 65) can be concluded that audio-visual can be interpreted as "something related to assault and sight, can be heard with ears and seen with eyes, sound and sight, by hearing and sight, voices and pictures ".

Based on the description of the above background, the researcher was interested to conduct research on "Efforts to Improve Learning Outcomes Lay-up Shoot In Basketball Games Using Audio Visual Media Learning In Students of SMA Negeri 7 Medan Academic Year 2013/2014.

2. Theoretical Studies

Dimayanti and Mudjiono (2002: 3) argue that, "Learning outcomes are the result of an interaction of learning and teaching acts". Keller in (Abdurrahman, 1999: 37) suggests that, "Learning outcomes are the actual achievements displayed by children". Furthermore Abdurrahman (1999: 37) argues that, "Learning outcomes are the abilities that a child acquires after through learning activities". Ananto (2002: 8) says that, "The learning achievement or achievement is defined as the level of achievement of the students in learning the subject matter in school and expressed in the form of numbers obtained from the test result on certain subject matter for one semester".

Samsudin (2008: 2) defines, "Physical education of sports and health is a process of learning through physical activity designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active life, sportive attitude and emotional intelligence. Sukintaka (2004: 16), gives a restriction on physical education, "Physical education is an integral part of total education that tries to achieve the goal of developing physical, mental, social and emotional fitness for the people, by means of physical activity." Next, Suherman (in Arma Abdullah, 2001: 13) states "Physical education is education that actualizes the potentials of human activities in the form of attitudes, actions, forms of work, content and direction toward personal needs in accordance with the ideals of humanity.

From the above opinion it can be concluded that physical education is a part of the overall education that prioritizes physical activity and the promotion of healthy living for the growth and development of a harmonious, harmonious, balanced body and development.

According to James A Naismith 1981 The basketball game is played by two teams, each team consists of 5 players. When playing basketball in one game is 2 x 20 minutes with a rest period of 10 or 15 minutes. Field basketball game measuring 14 m x 26 m, with a center circle measuring 3.60 m diameter. boards measuring 1.8 m x 1.2 with a height of 2.75 m from the floor. Ball made and leather, rubber or other synthesis material with a circle (diameter) 74.9 cm -78 cm and weight of ball 567-650 grams. When the ball is reflected and a height of 1.8 meters should be able to bounce as high as 1.4 meters.

According to Sodikun (1992: 28) basketball is a sport game that uses basketball played by hand. Ball can be passed (thrown to friend), ball bounced on the floor (on the spot or while walking). And the goal is to insert an opponent's dry basketball. Performed by two teams each consisting of 5 players, each team tries to insert an opponent's basket ball and keeps (prevent) the bucket as little as possible.

Shooting or shooting is the most important basic technique a basketball player should have and be well-liked. Wooden (1979: 94) points out, "if you cannot enter matches against other teams". Then Sodikun (1992: 70) states, "Shooting is the final means and every game, the success of a team in the game is always determined by success in firing. Therefore shooting element is a basic technique that must be learned properly and correctly and enhanced his skills with practice ".

Audio-Visual Media (Setyosari and Shikabuden, 2005: 148; Yudhi Munadi, 2008). "Audio Media (the hearing media) is a medium whose message content is only received through the sense of hearing. In other words, this type of media only involves the senses of hearing and manipulating the elements of sound or sound alone.

According to Poerwadarminta (1986: 65), it is mentioned that the visual meaning is "based on vision, something related to vision, can be seen, seen, given by using pictures". Based on this understanding and exposure according to Setyosari, Sihkabuden, 2005: 148; Yudhi Munadi, 2008 and Poerwadarminta (1986: 65) can be concluded that audio-visual can be interpreted as "something related to assault and sight, can be heard with ears and seen with eyes, sound and sight, by hearing and sight, voices and pictures ".

Rahardjo (1988) cites several notions of media presented by several experts, namely as follows:
1) Information carrying technologies that can be used for instruction .., the media of instruction, consequently the extensions of the teacher (Wilbur Schramm, 1977).
2) Printed and audiovisual forms of communication and their accompanying technology (NEA, 1969).
3) The physical means of conveying instructional content ... books, films, videotapes, slide-tapes, etc (Leslie J. Briggs, 1977).

And the three opinions mentioned above, it can be concluded that:
1) Media is a container and a message that the source or distributor wants to be forwarded to the target or message.
2) The material to be conveyed is a message learning, and that the goal to be achieved is the occurrence of teaching and learning process.

3. Research Methodology

The research was conducted in SMA Negeri 7 Medan having address at Timor Street No. 36 Medan. This research has been conducted on March 4 to March 18, 2014. The subject of this research is all students of grade XI IPA 4 SMA Negeri 7 Medan, amounting to 43 people. The object of research in this study is the use of audio visual learning

model in improving the results of learning lay-up shoot in a basketball game.

This research is in the form of "Classroom Action Research" in the form of a reflective study and is conducted to improve the rational ability of the actions given to overcome student learning difficulties and to improve the conditions in which the physical education learning practices are carried out, "(Agus Krystiyanto, 2010: 32).
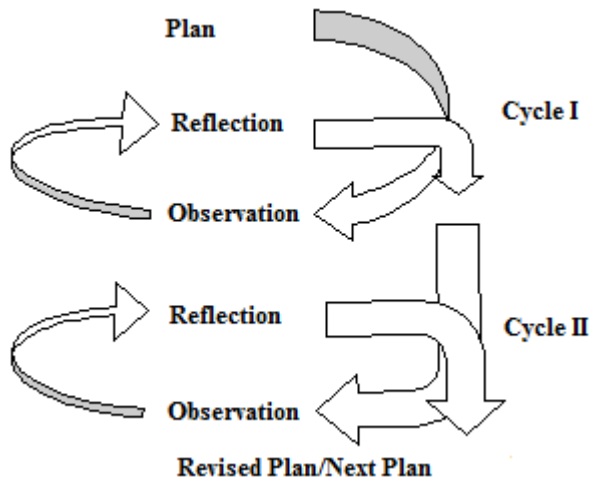
Hint:
1. Read the following statement before filling out the assessment indicator sheet.
2. Give a checklist (√) on all items done in accordance with the correct movement.
Student's name:
Class:
Gender:

Picture 1: Design of PTK in physical education and sports coaching (Agus Krystiyanto, 2010: 19)

Table 1: Portfolio Format Assessment of Learning Outcomes Process

No	Indicator *Lay-Up Shoot*	Descriptor Rating Learning Results Lay-Up Shoot Basketball	Score
	First Movement	- Students dribble the ball in place given the mark by the researchers. - Movement of the student footsteps prefix when doing Lay-Up Shoot to the ring. - At the time of stepping, this student's foot is at least 50-115 cm apart. - Student body at the time want to do prefix movement of Lay-Up.	
	Next Movement	- Students dribble the ball to the point specified by the researcher. - Students catch the ball and perform step-up shoot movements to the ring. - Students perform the correct footstool movement in accordance with the learning lay-up shoot. - At the time of jumping the ball is shot into the ring.	
	Last Movement	- Power to fire the ball into the ring, full of arms and hands. - Ball is reflected to bounce board slowly with hand shaped letter (L) - The angle of the hand is pressed and the ball is fired into the ring. - The ball goes into the ring.	
		Total Score	
		Maximum Total Score = 12	

In this activity the data obtained from the results of student learning is expressed in the form of a table by using a predefined formula. In accordance with the book Maximum Exhaustiveness Criteria or *KKM* subjects Physical Education Sports Health high school curriculum KTSP.

Indicator	Descriptor			
First Movement	4	3	2	1
Next Movement	4	3	2	1
Last Movement	4	3	2	1

$$KKM = \frac{indicator\ 1 +\ \ indicator\ 2 + indicator\ 3}{Total\ Descriptor\ (12)} \times 100$$

With the criteria: Criteria Mastery Learning or *KKM*
- > 9.50 = very high = complete
- 8.60 - 9.40 = height = thoroughly
- 8.00 - 8.60 = medium = complete
- 7.50- 7.99 = medium = complete
- 7.49 = low = incomplete

Source: Indonesia KTSP Depdiknas (2008)

4. Research Results and Discussion

The description of research data in SMA Negeri 7 Medan Academic Year 2013/2014 which starts from the Pre-test, Post-test I and Post-test II obtained by students can be seen in the following table below:

**Table 2:** Description of Learning Data Results Lay-up shoot Basketball

No	Test Result	The number of students Completed	Percent (%)	Average Score	Information
1.	First Test	15	39,47	66,6	incomplete
2.	Cycle I Test	26	68,42	72,47	incomplete
3.	Cycle II Test	34	89,47	76,45	Complete

From the above table it is known that the initial test results, from 38 students who became the subject in this study, it turns out that only 15 students (39.47%) who have reached the completeness of learning in lay-up shoot basketball, while the rest is 23 people students (60.53%) have not reached the completeness of learning in doing lay-up shoot basketball. The average grade obtained is only 66.6 (Unfinished).

The results of the first cycle test, from 38 students there have been 26 students (68.42%) who have reached the completeness of learning, the rest 12 students (31.58%) who have not reached mastery learning. The average grade obtained is 72.47 (Unfinished).

The results of the second cycle test, from 38 students, it turns out already 34 students (89.47%) who have reached completeness to learn, only 5 students (10.53%) who have not reached mastery learning. The average grade obtained has reached 76.45 (Completed). For more details, please see the following picture:
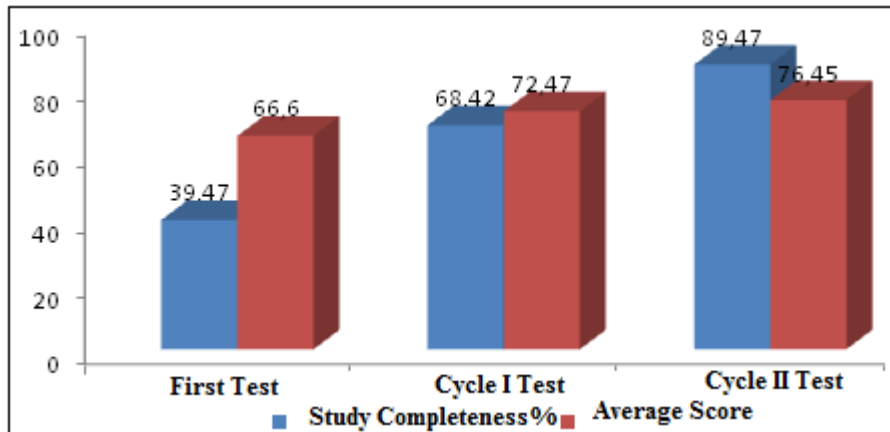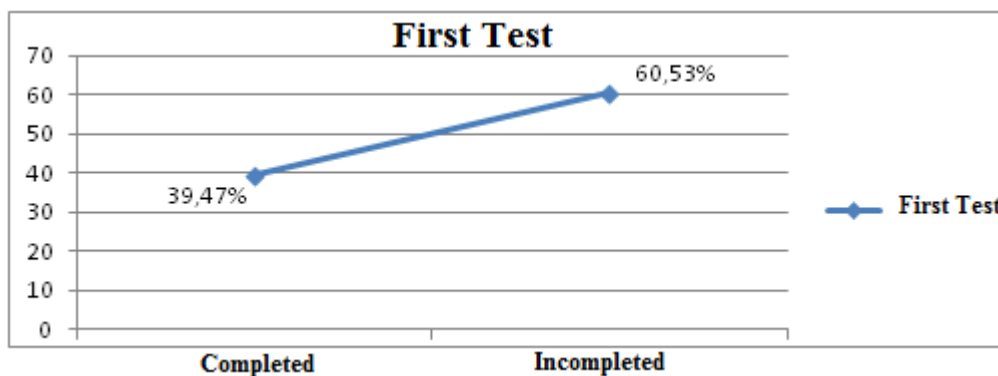

Picture 2: Comparison Chart Improved Learning Completion from Preliminary Test, cycle I and cycle II

Table 3: Preliminary Test Results (Pre-Test) Lay-up shoot Basketball

Test Result	Total Student	Percent (%)
Complete	15	39,47
Incomplete	23	60,53
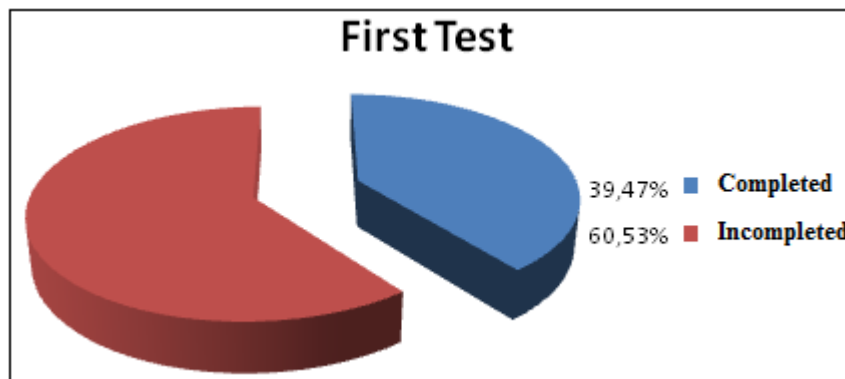
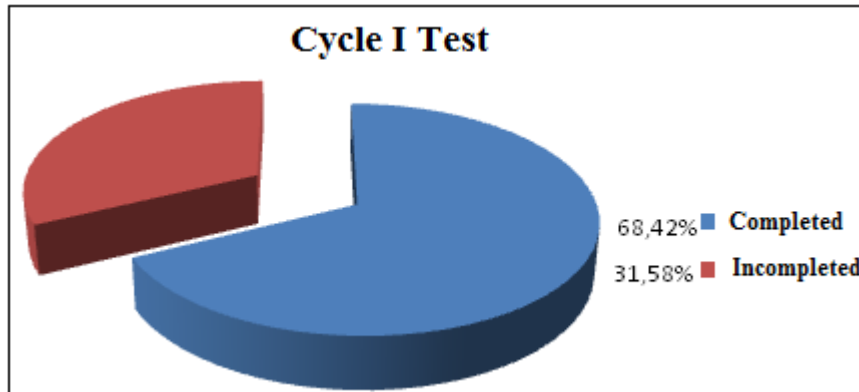**Picture 3:** Comparison of Learning Completed At The Initial Test

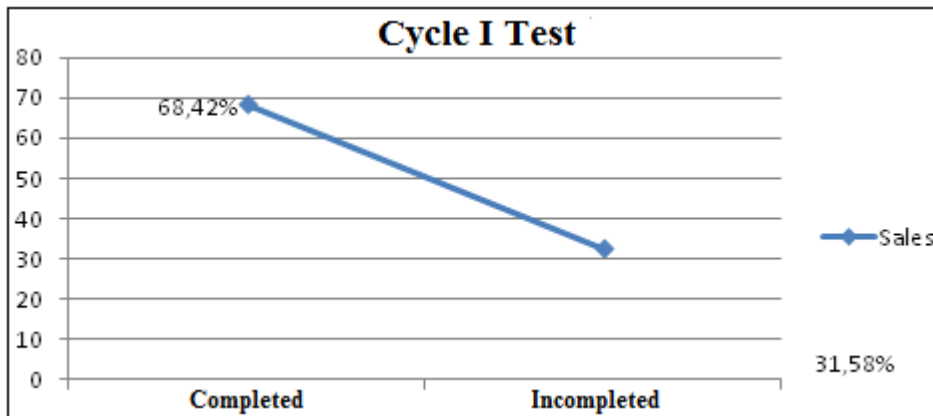**Picture 4:** Comparison of Learning Completed At The Initial Test

Table 4: Result of Cycle I Test (Post-Test 1) Lay-up shoot Basketball

Test Result	Total Student	Percent (%)
Completed	26	68,42
Incompleted	12	31,58

To make it easier to see student learning result from cycle I visually can be seen in picture below:

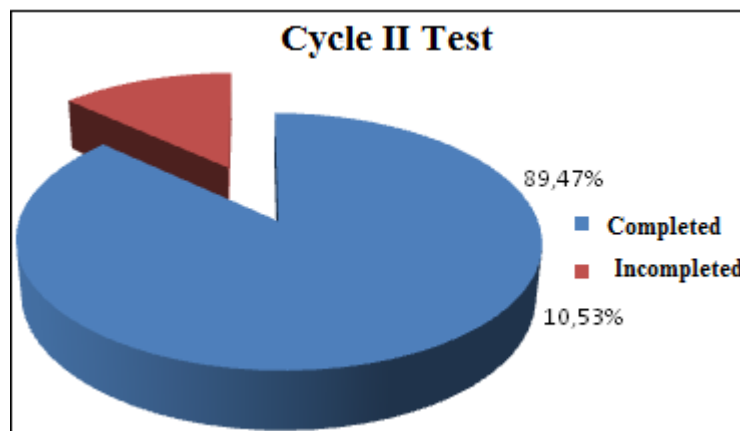**Picture 5:** Comparison of learning completeness in the cycle I test.

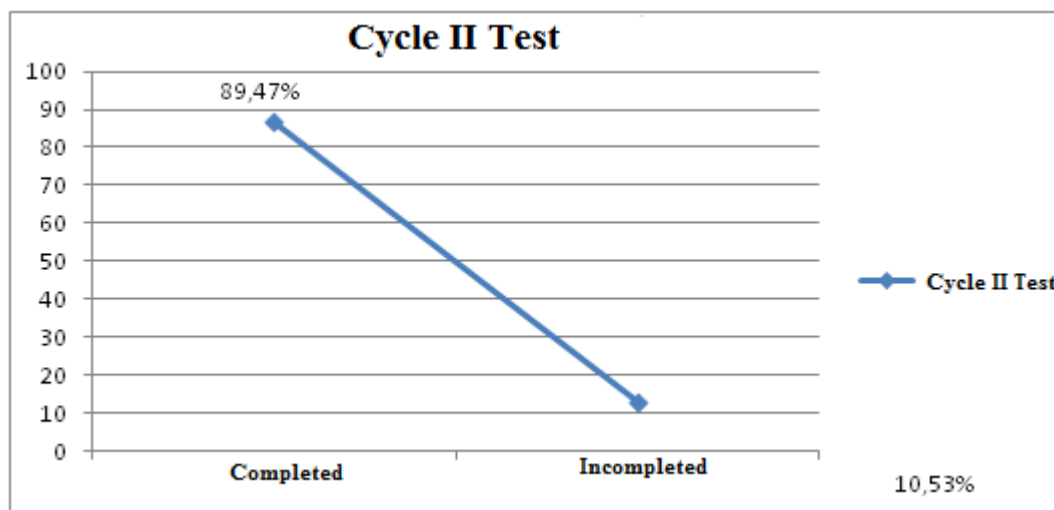**Picture 6:** Graphic of Comparison of learning completeness in the cycle I test.

Table 5: Result of Cycle II Test (Post-Test 2) Lay-up shoot Basketball

Test Result	Total Student	Percent (%)
Completed	34	89,47
Incompleted	4	10,53

To make it easier to see student learning outcomes from cycle II visually can be seen in the picture below:

Picture 6: Comparison of Learning Completeness in the Cycle II Test

Picture 7: Comparison of learning completeness in the cycle II test

5. Conclusions and Suggestions

Based on student learning outcomes in cycle I after given the test result of learning I can be seen that students' early ability in doing lay-up shoot technique in basketball game is still low. With the learning in cycle I use Audio Visual media for basketball material with sub material lay-up shoot. There is a good improvement of learning outcomes, in the students who pass post test I. While in the second cycle learning can be seen that the students' ability has improved in compare post test I. Post test results II showed excellent learning results, in conducting test results of study II has been classically increased. Based on that it can be concluded that the learning by using Audio Visual media can increase the results of learning lay-up shoot in a basketball game on students of grade XI IPA 4 SMA Negeri 7 Medan.

As a suggestion that can be given the researcher is as follows:

- It is recommended to Physical Education teachers in SMA Negeri 7 Medan to consider the use of Audio Visual media to improve student learning outcomes in lay-up shoot learning in basketball games.
- In order for teachers of Physical Education to pay more attention and develop Audio Visual learning media so that learning can run more effectively and the expected learning objectives can be achieved.
- To friends of FIK UNIMED students to try to do a Class Action Research model (PTK) using Audio Visual media on other material.
- As a reference material for those who will research on a similar theme.

References

[1] Abdullah, Arma. (2001). *Dasar-dasar Pendidikan Jasmani,* Departemen Pendidikan dan kebudayaan.
[2] Abdurrahman M. (1999). *Pendidikan bagi Anak Berkesulitan Belajar*, Jakarta: Rineka Cipta.
[3] Arikunto, S. (2006). *Prosedur Penelitian,* Jakarta : Bumi Aksara.
[4] Danny Kosasih. (2008). *Fundamental Basketball A First Step to Win,* Semarang: Karangturi Media.
[5] Dimiyanti, Mudjiono. (2002). *Belajar dan Pembelajaran,* Jakarta: Rineka Cipta.
[6] FIBA. (2008:11). *Peraturan-peraturan Bola Basket, Official Basketball Rules,* Pengurus Besar Persatuan Bola Basket Seluruh Indonesia.
[7] *http://pojokpenjas.wordpress.com/2007/11/12/hakikat-pendidikan-jasmani*
[8] Krystiyanto, Agus. (2010). *Penelitian Tindakan Kelas (PTK) dalam Pendidikan Jasmani dan Kepelatihan Olahraga*, *Cetakan I.* Semarang: UNS Press.
[9] Oliver, John. (2004). *Seri Dasar-dasar Olahraga/Dasar-dasar Bola Basket. (Sport Fundamentals Series/Basketball Fundamentals),* Yogyakarta: PT. Pakaraya Pustaka.
[10] Salim, Agus. (2008). *Seri Olahraga : Buku Pintar Bola Basket,* Bandung: Penerbit Nuansa.
[11] Samsudin. (2008). *Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan,* Jakarta: PT. Fajar Interpratama.
[12] Senjaya, Wina. (2008). *Strategi Pembelajaran Beriorentasi Standar Proses Pendidikan,* Jakarta: Prenada Media.
[13] Wissel, Hal. (1996). *Bola Basket Dilengkapi dengan Pemahiran Teknik dan Taktik,* Jakarta: PT. Raja Grafindo Persada.