

## Development of Video-Based Learning Media Tutorial Basketball Material (Shooting Skills) for Grade XI High School Students

I Putu Adi Mahardika<sup>1</sup>, I Ketut Semarayasa<sup>2</sup>, I Made Satyawan<sup>3</sup>

<sup>1,2,3</sup> Sport Education, Universitas Pendidikan Ganesha, Buleleng, Indonesia.

email: [adimahardika265@gmail.com](mailto:adimahardika265@gmail.com), [ketut.semarayasa@undiksha.ac.id](mailto:ketut.semarayasa@undiksha.ac.id), [made.satyawan@undiksha.ac.id](mailto:made.satyawan@undiksha.ac.id).

### ARTIKEL INFO

#### Histori Artikel

Dikirim: 10 Agustus 2024  
Direvisi: 8 September 2024  
Diterima: 20 September 2024  
Tersedia online 30 September 2024

#### Kata Kunci:

*pengembangan; media video pembelajaran; bola basket; Model ADDIE.*

#### Keywords:

*development; learning video media, basketball, ADDIE Model*

#### DOI:

<https://doi.org/10.23887/ika.v22i2.88638>

### ABSTRAK

Penelitian ini bertujuan agar proses pembelajaran lebih optimal dari sebelumnya. Penelitian ini menggunakan pendekatan studi pengembangan dengan model ADDIE yang terdiri dari lima tahap yaitu analisis, desain, pengembangan, implementasi, dan evaluasi. Produk yang dikembangkan telah melalui validasi oleh para ahli bidang konten pendidikan, desain pembelajaran, media pembelajaran, dan praktik lapangan. Uji coba produk meliputi uji coba perorangan terhadap tiga orang peserta didik, uji coba kelompok kecil terhadap sembilan orang peserta didik, dan uji coba kelompok besar terhadap dua puluh tujuh orang peserta didik. Data dikumpulkan dengan menggunakan angket dan dianalisis dengan menggunakan analisis deskriptif kuantitatif. Hasil penelitian menunjukkan bahwa tahap validasi ahli konten pembelajaran menghasilkan skor 96%, kategori sangat baik, validasi ahli desain pembelajaran menghasilkan skor 96%, kategori sangat baik, validasi ahli media pembelajaran menghasilkan skor 95%, kategori sangat baik, validasi praktisi lapangan menghasilkan skor 96%, kategori sangat baik, uji coba perorangan menghasilkan skor 98%, kategori sangat baik, uji coba kelompok kecil menghasilkan skor 96%, kategori sangat baik, dan uji coba kelompok besar menghasilkan skor 90%, kategori sangat baik. Oleh karena itu, produk yang dikembangkan yaitu bahan ajar berbasis video tutorial materi bola basket (keterampilan shooting), berfungsi sebagai sumber belajar yang dapat meningkatkan kualitas pembelajaran pada saat proses pembelajaran.

### ABSTRACT

*This study aims to optimize the learning process more than before. This study uses a development study approach with the ADDIE model consisting of five stages, namely analysis, design, development, implementation, and evaluation. The developed product has been validated by experts in the fields of educational content, learning design, learning media, and field practice. Product trials include individual trials on three students, small group trials on nine students, and large group trials on twenty-seven students. Data were collected using a questionnaire and analyzed using quantitative descriptive analysis. The results showed that the validation of learning content experts produced a score of 96%, a very good category, validation of learning design experts produced a score of 96%, a very good category, validation of learning media experts produced a score of 95%, a very good category, validation of field practitioners produced a score of 96%, a very good category, individual trials produced a score of 98%, a very good category, small group trials produced a score of 96%, a very good category, and large group trials produced a score of 90%, a very good category. Therefore, the product developed, namely video tutorial-based teaching materials for basketball material (shooting skills), functions as a learning resource that can improve the quality of learning during the learning process.*

This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.

Copyright © Universitas Pendidikan Ganesha. All rights reserved.



## 1. INTRODUCTIONS

Education is a conscious and planned effort in realizing the learning process and learning atmosphere so that students actively develop their potential to have spiritual, religious, self-control, intelligence, personality, noble character, and have the skills needed by students, society, nation and state (Rahayu, 2019). Learning is basically a process to create a learning environment atmosphere in such a way that there is interaction between students and educators and learning resources that cause learning events to occur in students (Asrul et al., 2022). Learning is a process that seeks to enable students to optimize their cognitive, social, and emotional potential effectively and efficiently to achieve

the expected behavioral change. Basically, every learning process that takes place is carried out to achieve a predetermined goal (Lestari & Muchlis, 2021).

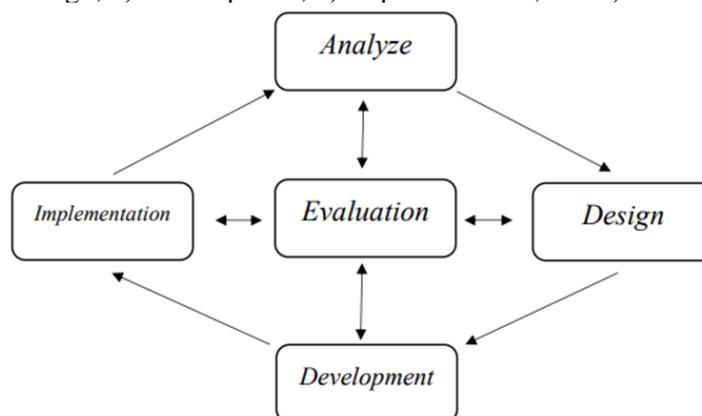
In the learning process, there is interaction between components, and learning components can be divided into three categories, namely: educators, teaching materials, and students. The role of educators is very important, because it functions as a supervisor who conveys and transfers teaching materials in the form of knowledge, as well as students who play the role of gainers, and the teaching materials delivered by educators are information or messages that must be learned by students to be understood, lived, and practiced as a provision to complete their studies later (Karin Preayani et al., 2023). In the teaching and learning process, educators are always required to provide innovations in the learning process (Agustini et al., 2019). Therefore, new innovations are needed so that the learning process becomes fun and interesting. The form of innovation can be in the form of the development of learning media and learning methods. Learning media that is interesting to students can spark students' interest in the learning process.

In the initial observation in the learning practice of physical education, sports and health education in Class XI during the learning process that has taken place, teachers of physical education, sports and health subjects in class XI basketball material shooting skills in classroom management still tend to be centered on the teacher as the main learning resource (teacher center). Media in the form of video tutorials to support the learning of physical education subjects in sports and health class XI basketball material (shooting skills) both in theoretical and practical learning is not yet available, so that in the learning process there are still many students who do not have a correct understanding of shooting skills in basketball games. With video tutorials, it can be made to explain in detail or in detail a certain process, how to do certain tasks, how to practice, and so on to facilitate the tasks of trainers, instructors, teachers, lecturers, and managers. This tutorial video-based learning media is not only beneficial for students but also for the teachers themselves (Ibtidaiyah, 2020).

According to Rustanto (Sembiring et al., 2021), the game of basketball is a group ball game consisting of two teams of 5 players each who compete with each other to score points by putting the ball into the opponent's basket (hoop). According to Khoeron (Sembiring et al., 2021) in the game of basketball, several basic techniques must be mastered, namely passing, dribbling, and shooting. The game of basketball is inseparable from the basic techniques of the game, one of the basic techniques in the game of basketball is shooting. In the game of basketball, shooting is a very important throw. Therefore, the media is needed to support the learning process and make it more effective so that the learning media in the form of learning videos was chosen.

## 2. METHODS

In this study, the method used is Research and Development (R&D), which is designed to produce a specific product, test its effectiveness, and ensure it can function widely in society through needs analysis research (Rahmat et al., 2019). The ADDIE development model, a systematic and interactive instructional design approach, is applied for its effectiveness and efficiency. This model comprises five steps: 1) Analysis, 2) Design, 3) Development, 4) Implementation, and 5) Evaluation.



**Figure 1.** Stages of the ADDIE Model

The data analysis methods and techniques used in this study are qualitative descriptive analysis and quantitative descriptive analysis. This qualitative descriptive analysis technique is used to process data from review results from subject design experts, subject content experts, learning media experts and individual tests, small groups and large groups. This data analysis technique is carried out by grouping 1 formation of qualitative data in the form of inputs, responses, criticisms, and suggestions for improvement contained in the questionnaire. The results of the analysis are then used to revise the developed product. Quantitative descriptive analysis techniques are used to process the data obtained in the form of percentages. The percentage of scores obtained is then converted based on the PAP achievement criteria scale 5.

### 3. RESULT AND DISCUSSIONS

This development research resulted in a video-based learning media tutorial of basketball material (shooting motion therapy). This research fully uses the ADDIE model. The ADDIE model consists of five stages, namely (1) Analyze, (2) Design, (3) Development, (4) Implementation, (5) evaluation.

Video-based learning media tutorials are prepared for educators of physical education, sports, and health subjects that specifically discuss basketball material (shooting skills). Needs analysis is a benchmark in making basketball materials (shooting skills). Through needs analysis, the researcher got a reflection of learning made based on shooting skills following the textbook, namely lay up, jump shoot, and one-hand set shoot in basketball games. The three activities that have been carried out by the researcher at this stage are, (1) Needs analysis (2) Environmental analysis (3) Subject analysis.

In the planning stage, the developer of this tutorial video goes through the stages, namely the Selection of Software and Hardware Assignment The software selected to support the creation of tutorial video-based learning media in this study is the Adobe Premiere Pro video processing application for compiling edited and hardware videos using cellphones, laptops, and cameras. Developing a Learning Video Script/storyboard, A storyboard is a set of rectangular images that describe the flow or sequence of the proposed material in the learning video content. In the visual section, visualization in the form of communication symbols, in the form of sketches, graphics, verbal or combined are all discussed in detail. The purpose of this storyboard is to support the image or help with the visualization of the concept. Therefore, understanding the flow of learning videos is very important when creating a script. Discussion of the Tutorial Video Flow, Designing the Content of the Tutorial Video, Designing the Intro, Outro, and Background Display. The design of this tutorial video media is more focused on attracting students by making the content in the tutorial video short and clear so that students do not feel bored

At the development stage, it is an activity to produce products by the design and design that has been determined. The activities carried out at this stage are as follows production or creation of learning media. Media and materials are prepared in the form of images, audio, and videos and videos obtained through self-creation, and personal documentation in the field of BBC Bali which is then combined into one learning video, including text, images, videos, and audio that has been created using the Adobe Premiere Pro application. After the product or learning media has been made, the next activity is a tutorial video-based learning media ready to be assessed and reviewed by validators using a questionnaire or questionnaire that has been prepared. This activity was carried out to find out the feasibility of the product or media that had been developed before being tested on students. Comments or suggestions from validators are used as a reference to improve or revise teaching materials based on video tutorials that have been developed. The results of the review of the learning media based on video tutorials are presented in Table 4.2

Table 1 Expert Feasibility Test Results

Expert	Percentage (%)	Category
Learning Materials Expert	96%	Very good
Learning Design Expert	96%	Very good
Learning Media Expert	95%	Very good
Field Practitioner Expert	96%	Very good

Based on the product feasibility test table, it is known that according to content/material experts, learning design experts, learning media experts, and field practitioner experts, video tutorial-based

learning media products are in the very good category. However, to maximize the results of the research, the researchers carried out several revisions according to suggestions for improvements from experts.

The application/implementation stage is a concrete step to implement the video tutorial-based learning media that has been developed. At this stage, the media is set in such a way according to its role and function so that it can be implemented. This stage is the implementation stage where the research development stage includes 3 (three) activities, namely 1). Individual trials, 2). Small group trials, and 3). Large group trials. This implementation stage was carried out in class. Based on the results of product trial data analysis, both individual trials, small group trials, and large group trials, it is known that video tutorial-based learning media products are in the very good category.

Table 3 Product Trial Results

Implementation	Percentage (%)	Category
Individual Tria	98%	Very good
Small Group Trials	96%	Very good
Large Group Trials	90%	Very good

The evaluation stage aims to determine the level of achievement of the target. Based on the results of testing from content experts, design experts, learning media experts, and field practitioner experts, the evaluation stage and the final feasibility of the video tutorial can be found that the video tutorial-based learning media on basketball material (shooting movement skills) is included in the very good category so that it is very feasible to use and can be implemented in the actual learning process. The content expert test obtained a percentage of 96% which was categorized as very good, the learning design expert test obtained a percentage of 96% which was categorized as very good, the learning media expert test obtained a percentage of 95% which was categorized as very good, the field practitioner expert test received a percentage of 96%. The results of product trials in individual trials got a percentage of 98% categorized as very good, small group trials got a percentage of 96% categorized as very good, and large group trials got a percentage of 90% categorized as very good. Design revisions are still carried out to obtain optimal results from the development process.

The development of video-based learning media tutorials for basketball material (shooting skills) is designed for grade XI students at SMA N 1 Sukasada, physical education, sports, and health subjects. Students can use this tutorial video-based learning media as a tool and material as a learning resource so that it can make it easier for students to study, understand, and practice the material delivered by the teacher. This statement is also supported by research that states that Rusman in (Satyawan et al., 2023) Multimedia learning is a learning approach that utilizes computers to create and combine components such as text, graphics, audio, moving visual content (video and animation), as well as tools and links that allow users to interact, explore, create, and communicate. Learning media is a tool that can help the teaching and learning process so that the meaning of the message conveyed becomes clearer and the goals of education or learning can be achieved optimally (Teni Nurrita, 2018). Therefore, media in the form of video tutorials is also important to develop because this video tutorial is made so that students can easily understand basketball material (shooting skills).

The media is presented with a short duration and made as interesting as possible so that boredom does not occur without reducing the meaning of learning. Learning media in the form of videos are suitable to be used by students to support the learning process. The video tutorial media is developed using Adobe Premiere Pro and Storyboard. The design of learning media development basketball material development (shooting skills) based on video tutorials is made based on a video design that includes layout, image design, and the use of good grammar. The details of the components contained in the tutorial video are 1. Animation of the names of Study Programs, Departments, Faculties, and Universities 2. Self-introduction 3. Presentation of material 4. Stages of doing One Hand Set Shoot, Lay Up, Jump Shoot Basketball Game 5. Conclusion 6. Closing 7. End of Video. With interesting and complete media, students will be able to increase students' motivation to learn. Video tutorials are important to develop because video tutorials can make students easily understand basketball material (shooting skills)

The use of this tutorial video learning media will help simplify the learning process for students and teachers. Students can learn first by seeing and absorbing the learning material more completely. Thus, teachers do not have to explain the material repeatedly so that the learning process can take place

more interestingly, effectively, and efficiently. Several previous studies have stated that video tutorial media is valid and suitable for use in the learning process (I Dewa Kompyang Wijana Sidan et al., 2023). Another study states that video tutorial media can improve students' understanding and learning outcomes (Karin Preayani et al., 2023). The use or application of this tutorial video-based learning media can increase students' understanding in following the learning process, as a media that can optimize all their senses because they are physically and psychologically active, linear videos, and can provide dynamic visualization and provide freedom for students to be more effective in understanding the step by step movement of basketball material (shooting skills).

#### 4. SIMPULAN

The tutorial video-based learning media developed according to expert assessments shows a very good category. The results of the product trial show a very good category. The results showed that the validation of learning content experts produced a score of 96%, categorized as very good, validation of learning design experts scored 96%, categorized as very good, validation of learning media experts scored 95%, categorized as very good, validation of field practitioner experts scored 96%, categorized as very good, individual trials scored 98%, categorized as excellent, Small Group Trials scored 96%, categorized as excellent, and the large group trial scored 90%, categorized as excellent. Thus, this tutorial video-based learning media is feasible for the Achievement Indicator of Learning Objectives of basketball material (shooting skills).

#### 5. REFERENCES

- Agustini, K., Santyasa, I. W., & Ratminingsih, N. M. (2019). Analysis of Competence on "TPACK": 21st Century Teacher Professional Development. *Journal of Physics: Conference Series*, 1387(1). <https://doi.org/10.1088/1742-6596/1387/1/012035>
- Almeida, C. S. de, Miccoli, L. S., Andhini, N. F., Aranha, S., Oliveira, L. C. de, Artigo, C. E., Em, A. A. R., Em, A. A. R., Bachman, L., Chick, K., Curtis, D., Peirce, B. N., Askey, D., Rubin, J., Egnatoff, D. W. J., Uhl Chamot, A., El-Dinary, P. B., Scott, J.; Marshall, G., Prensky, M., ... Santa, U. F. De. (2018). No 主観的 健康感を中心とした在宅高齢者における 健康関連指標に関する 共分散構造分析Title. *Revista Bra Sileira de Linguística Aplicada*, 5(1), 1689–1699.
- Asrul, Saragih, A. H., & Mukhtar. (2022). *Evaluasi Pembelajaran*.
- Darsana, I. M. A., Satyawan, I. M., Spyanawati, N. L. P., Astra, I. K. B., & Parta Lesmana, K. Y. (2021). Video Tutorial Model Permainan dalam PJOK untuk Mendukung Pembelajaran Tematik Tema 3 Kegiatanku. *Jurnal Ilmu Keolahragaan Undiksha*, 9(3), 182. <https://doi.org/10.23887/jiku.v9i3.39717>
- I Dewa Kompyang Wijana Sidan, Semarayasa, I. K., & Gunarto, P. (2023). Media Pembelajaran Berbasis Video Tutorial Teknik Dasar Sepak Kura dalam Permainan Sepak Takraw. *Jurnal Ilmu Keolahragaan Undiksha*, 11(1), 45–53. <https://doi.org/10.23887/jiku.v11i1.54208>
- Ibtidaiyah, J. M. (2020). *Muallimuna : jurnal madrasah ibtidaiyah*. 29, 74–84.
- Karin Preayani, K., Semarayasa, I. K., & Gunarto, P. (2023). Media Pembelajaran Berbasis Video Tutorial Teknik Dasar Sepak Sila dalam Permainan Sepak Takraw. *Jurnal Ilmu Keolahragaan Undiksha*, 10(3), 257–263. <https://doi.org/10.23887/jiku.v10i3.51332>
- Lestari, D. D., & Muchlis, M. (2021). PENGEMBANGAN e-LKPD BERORIENTASI CONTEXTUAL TEACHING AND LEARNING (CTL) UNTUK MELATIHKAN KETERAMPILAN BERPIKIR KRITIS SISWA PADA MATERI TERMOKIMIA KELAS XI SMA. *Jurnal Pendidikan Kimia Indonesia*, 5(1), 25–33. <https://doi.org/10.23887/jpk.v5i1.30987>
- Rahayu, S. (2019). Manajemen Sarana dan Prasarana Pendidikan Diajukan sebagai salah satu tugas Mata Kuliah Manajemen Sekolah. *J. Isema Islam. Educ. Manag*, 4(106), 77–92.
- Rahmat, R. F., Mursyida, L., Rizal, F., Krismadinata, K., & Yunus, Y. (2019). Pengembangan Media Pembelajaran Berbasis Mobile Learning Pada Mata Pelajaran Simulasi Digital. *Jurnal Inovasi Teknologi Pendidikan*, 6(2), 116–126. <https://doi.org/10.21831/Jitp.V6i2.27414>
- Satyawan, I. M., Lasmawan, I. W., Artanayasa, I. W., Swadesi, I. K. I., & Yoda, I. K. (2023). The development of interactive multimedia in e-learning Undiksha to improve soccer learning

- outcomes in FOK Undiksha. *Journal of Physical Education and Sport*, 23(12), 3468–3477.  
<https://doi.org/10.7752/jpes.2023.12398>
- Sembiring, H., Wiyaka, I., Medan, U. N., Utara, S., Olahraga, J., & Indonesia, K. (2021). *Jurnal Olahraga & Kesehatan Indonesia* available online at <https://jurnal.stokbinaguna.ac.id/index.php/jok> KORELASI KEKUATAN OTOT LENGAN DAN OTOT TUNGKAI. 1, 75–83.
- Tegeh, I. M., & Kirna. I. M. (2010). *Metode Penelitian Pengembangan Pendidikan*. Singaraja: Universitas Pendidikan Ganesha.
- Teni Nurrita. (2018). Kata Kunci :Pengembangan media pembelajaran untuk meningkatkan hasil belajar siswa. *Jurnal Misykat*, 03(01), 171.