



Learning Videos with Gymnastic Materials on The Character of Students' Discipline and Cooperation

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ABSTRAK

Penggunaan media pembelajaran berupa video dapat diterapkan dalam pembelajaran pendidikan jasmani, olahraga dan kesehatan dalam pembelajaran karakter disiplin. Penelitian ini bertujuan untuk menganalisis respon siswa terhadap video pembelajaran PJOK, dan melihat bagaimana pengaruh respon siswa terhadap video pembelajaran PJOK terhadap karakter disiplin dan kerjasama siswa. Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif. Subyek yang digunakan dalam penelitian ini adalah siswa kelas X dan XI Sekolah Menengah Atas. Populasi penelitian ini adalah 70 siswa yang terdiri dari 35 siswa kelas X dan 35 siswa kelas XI. Metode pengumpulan data menggunakan kuesioner dengan skala Likert. Kemudian data kuesioner diolah menggunakan aplikasi SPSS. Berdasarkan hasil uji regresi dapat disimpulkan bahwa terdapat pengaruh respon siswa terhadap video pembelajaran PJOK terhadap karakter disiplin dan kerjasama siswa kelas X dan XI Sekolah Menengah Atas. Implikasi dari penelitian ini adalah dapat menjadi masukan bagi guru untuk melihat karakter kedisiplinan dan kerjasama siswa dengan menggunakan video pembelajaran pada materi senam.

ABSTRACT

The use of learning media in the form of videos can be applied in physical education, sports and health lessons in teaching character of discipline. The aim of this research is to analyze student responses to PJOK learning videos, and how the influence of student responses to PJOK learning videos on the character of student disciplines and cooperation. This study uses the type of descriptive quantitative research. The subjects used in this study were students of class X and XI at senior high school. The population of this study was 70 students consisting of 35 students of class X and 35 students of class XI. Data collection method is using questionnaire of a Likert scale. Then the questionnaire data was processed using the SPSS application. Based on the results of the regression test, it can be concluded that there is an effect of student response to the PJOK learning video on the discipline and cooperation character of class X and XI students at senior high school. The implication of this research is that it can be input for teachers to see the character of students' discipline and cooperation by using learning videos on gymnastic materials.

1. INTRODUCTION

An interactive and fun learning process can be built by presenting learning media in the form of video (audio visual). Media can be interpreted as intermediaries, teachers can use media to convey material to students (Akhmad et al., 2018; Hidayati et al., 2019). Learning video media is media that presents audio and visuals that contain good learning messages that contain concepts, principles, procedures, application theories that are used to help students achieve learning goals (Nuriha & Tsurayya, 2021; Ulyna et al., 2019). Through learning video students will be able to increase interest in learning, motivate in the learning process and the use of learning videos can optimize active learning (Ilsa et al., 2020; Wisada et al., 2019). New appropriate innovations and teaching methods will help students understand the process so that students can apply the knowledge gained in everyday life.

The use of learning media in the form of videos can be applied in Physical Education, Sports and Health lessons. Learning media in the form of video tutorials are useful to support a learning process that is able to provide good visualization of PJOK subjects and so that students can understand the material given well (Darsana et al., 2021; Hendrix & Rahmadi, 2021). Audio-visual media has the advantage of placing two senses working simultaneously besides that there is learning creativity that has been combined between text and images so that students can understand the content of the learning material (Simbolon et al., 2021; Situmorang et al., 2021). Through learning videos, it is hoped that it can help teachers to deliver material in a shorter time (Cahyono et al., 2021; Dewi et al., 2016). Learning media in the form of learning videos can be applied to PJOK subjects in gymnastic material.

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Learning videos on gymnastic materials can make it easier for students to better understand the material being taught. Gymnastics is a sport that requires flexibility and good coordination between body parts (Gandasari et al., 2021; Prastyyo, 2015). Development in the use of audio-visual media for the learning process must be developed in accordance with the material and students, in order to provide maximum benefits and can generate student motivation in learning (Basri, 2018; Guthes et al., 2013). The application of audio-visual media can also attract students' interest in learning rhythmic activities because it has never been used before (Canggih, 2018; Suwarti et al., 2019). One of the attitudes that are needed when participating in physical education learning activities is a disciplined attitude (Nasihah & Ansori, 2020; F. T. Putri et al., 2021). Discipline is a feeling of obedience and obedience to the values that are believed to be their responsibility. Discipline character is one of the character values in the core competencies of social attitudes that must be developed for students (Chan et al., 2020; Ramdan & Fauziah, 2019). Scientifically, the implementation of physical education is supported by various scientific supports, where from the views of each of these disciplines it can be used as the basis for the ongoing physical education program in schools (Sembiring et al., 2020; Setiawati, 2021). By having a good discipline character, the cooperation will be good too.

Cooperation is a joint effort between individuals or social groups to achieve common goals. Cooperation is a form of social interaction (Santoso et al., 2018; Sari, 2020). Cooperation in learning is a process of positive interaction between students to achieve the same goal. Cooperation is a positive attitude that has been proven to improve student learning outcomes (Mararengga, 2019; A. R. Putri et al., 2018). Cooperation is an activity carried out between fellow human beings to achieve a common goal, with the cooperation of a person it will be easier to complete a job (Aqobah et al., 2020; Sato, 2010). Cooperation builds cohesiveness, especially in sports physical Education and health subjects which are often carried out in groups. This research is in line with research that has been conducted by previous study where the results obtained are that there is an influence of video media on the character of students, while the thing that distinguishes this research is the variables used and the samples used (Bulan et al., 2018). Character education through learning is very important to be implemented by teachers in schools. The success of the learning process is influenced by several aspects, including the use of strategies in classroom learning (Amri et al., 2020; Wuryanti & Kartowagiran, 2016). One strategy in learning that can be used is by using learning videos.

The purpose of this research is to analyze student responses to sports physical Education and health learning videos, to find out how the character of student discipline and cooperation in sports physical Education and health subjects and to determine the effect of student responses to sports physical Education and health learning videos on the character of student discipline and cooperation. Generalization and updating of this study is to determine the effect of video learning on the character of students' discipline and the character of student cooperation in gymnastics material in sports physical Education and health subjects.

2. METHODS

The method of this study is use descriptive quantitative research. Descriptive quantitative is a type of research methodology that focuses on the description and measurement of a phenomenon or group of phenomena through numerical data analysis. The instrument used in this study is a questionnaire sheet. The questionnaire used consisted of a student discipline character questionnaire and a student cooperation character questionnaire as well as a questionnaire to see student responses to the discipline character and student cooperation character in learning videos with gymnastics material in PJOK subjects. There are 12 valid statement items about the student's discipline character and 14 valid statement items about the cooperative character of students besides that there are 20 statement items about student responses to PJOK subjects. This instrument uses a Likert scale. The scale consists of 5 points with a very appropriate value is 5, appropriate is 4, sufficient is 3, less appropriate is 2, and not appropriate is 1. Each statement is representative of each indicator of student discipline character and student cooperation character. The focus of this research is on 2 dimensions of student discipline character, namely getting used to being on time and getting used to obeying the rules while for the cooperative character of students using indicators of being able to work together and being able to solve problems together For student response questionnaire grids, student discipline character questionnaires and cooperative character questionnaires students. Due to the student response questionnaire, the character of student discipline and the character of student cooperation using a Likert scale consisting of 5 categories, there are intervals in each category, and the intervals in each category. The descriptions of the categories of student responses to learning videos with gymnastic materials in PJOK subjects can be seen in Table 1, Table 2 and Table 3.

Table 1. Categories of Student Responses to Learning Videos with Gymnastic Materials in PJOK Subjects

Category	Indicator Interval student learning outcomes	
	Media use	Interest in studying PJOK
Very not good	7 – 12.6	7 – 12.6
Not good	12.7 – 18.2	12.7 – 18.2
Enough	18.3 – 23.8	18.3 – 23.8
Good	23.9 – 29.4	23.9 – 29.4
Very good	29.5 - 35	29.5 - 35

Table 2. Category of Student Discipline Character

Category	Indicator Interval student discipline character	
	Get used to being on time	Get used to obeying the rules
Very not good	6 - 10.8	6 - 10.8
Not good	10.9 – 15.6	10.9 – 15.6
Enough	15.7 – 20.4	15.7 – 20.4
Good	20.5 – 25.2	20.5 – 25.2
Very good	25.3 - 30	25.3 - 30

Table 3. Category of Student Cooperation Character

Category	Interval Indikator student cooperation character	
	Able to work together	Able to solve problems
Very not good	7 – 12.6	7 – 12.6
Not good	12.7 – 18.2	12.7 – 18.2
Enough	18.3 – 23.8	18.3 – 23.8
Good	23.9 – 29.4	23.9 – 29.4
Very good	29.5 - 35	29.5 - 35

The research sample is the research subject that will be examined for characteristics and other things that will be needed in a study (Resita & Ryanto, 2018). The population of this study was 70 students consisting of 35 students of class X and 35 students of class XI at SMAN 12 Jambi City. The sampling technique is random sampling. The reason for taking research subjects from 70 students consisting of 35 students of class X and 35 students of class XI at SMAN 12 Jambi City is because the school has done a lot of learning so that it can be seen the character of student discipline and the character of student cooperation in the school.

From these data, descriptive statistical tests and inferential tests were then carried out in the form of testing assumptions and hypotheses. In the assumption test, two tests were carried out, namely the normality test and the linearity test. The normality test is used to determine whether the data is normally distributed (Amin et al., 2021). Linearity test serves to determine whether two variables have a linear relationship or not significantly. Homogeneous test serves to find out whether several groups of research data have the same variance or not. Then test the hypothesis in the form of t test and regression test. The t-test serves to determine the comparison of the teacher's communication variables to the student's discipline character. Regression test serves to determine the effect of student interest in learning variables on student learning outcomes. These tests were then tested using SPSS 26 to obtain accurate results. This research was conducted starting from the development of learning media in the form of audio-visual media, namely learning videos. The video media is then applied in the learning process. From the application researchers collect data, the first thing to do is to select students based on the categories given by the researcher, then provide a questionnaire about student responses to learning videos with exercise material on PJOK subjects. Questionnaires are data collection techniques that are carried out by giving a set of questions or written statements to respondents to be answered (Sugiyono, 2016). This questionnaire is addressed to students at SMAN 12 Jambi City, namely 70 students consisting of 35 students of class X and 35 students of class XI who are the subjects of this study, which aims to analyze the effect of learning video media on character.

Then the questionnaire data was processed using the SPSS application. The use of the SPSS application serves to view descriptive statistics in the form of mean, min, max, percentage, and category of students as well as to see the results of several tests such as testing assumptions and testing hypotheses (Kamid, Sofnidar, et al., 2021; Kamid, Syaiful, et al., 2021). The data needed in research can be collected or obtained from various data sources. The data collection procedure in this study is in accordance with the diagram as show in Figure 1.



Figure 1. Research Procedure

3. RESULT AND DISCUSSION

Results

The following describes the results of descriptive statistics on student response variables, the character of student discipline and the character of student cooperation on learning videos in gymnastics material in PJOK subjects. Where the results obtained from the distribution of questionnaires in class X and XI at SMAN 12 Jambi City.

Descriptive Statistics Test

The description of student response variables to learning videos in gymnastics material in PJOK subjects is show in Table 4.

Table 4. Description of Student Responses to Learning Videos in Gymnastics Material in PJOK Subjects

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class X	7 – 12.6	0	0%	Very not good	29.14	31.0	21.0	35.0
	12.7 – 18.2	0	0%	Not good				
	18.3 – 23.8	4	11.4%	Enough				
	23.9 – 29.4	12	34.3%	Good				
Class XI	29.5 - 35	19	54.3%	Very good	29.65	30.0	21.0	35.0
	7 – 12.6	0	0%	Very not good				
	12.7 – 18.2	0	0%	Not good				
	18.3 – 23.8	3	8.6%	Enough				
	23.9 – 29.4	13	37.1%	Good				
29.5 - 35	19	54.3%	Very good					

Based on Table 4, a description of student responses to learning videos in gymnastics material in PJOK subjects, it was found that class XI with a percentage of 37.1% in the good category was superior to class X with a percentage of 34.3% in the good category. The description of the character of student discipline in the learning video with gymnastic material in the PJOK subject on the indicator Get used to being present on time as shown in Table 5.

Table 5. Description of Student Discipline Character in Learning Videos with Gymnastic Material in PJOK Subjects on Indicators of Getting Used to Being on Time

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class X	7 – 12.6	0	0%	Very not good	24.68	25.0	18.0	33.0
	12.7 – 18.2	1	2.1%	Not good				
	18.3 – 23.8	14	29.2%	Enough				
	23.9 – 29.4	16	33.3%	Good				
Class XI	29.5 - 35	4	8.3%	Very good	24.2	24.0	18.0	33.0
	7 – 12.6	0	0%	Very not good				
	12.7 – 18.2	1	2.1%	Not good				
	18.3 – 23.8	14	29.2%	Enough				
	23.9 – 29.4	17	35.4%	Good				
29.5 - 35	3	6.3%	Very good					

Based on Table 5, the description of the character of students' discipline in the learning video with gymnastic material in the PJOK subject on the indicator Getting used to being present on time it was found that class XI with a percentage of 35.4% in the good category was superior to class X with a percentage of 33.3% in the good category. The description of the character of student discipline in the learning video with gymnastic material in the PJOK subject on the indicator Get used to obeying the rules as shown in Table 6.

Table 6. Description of Student Discipline Characters in Learning Videos with Gymnastic Materials in PJOK Subjects on Indicators Getting Used to Obeying the Rules on Time

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class X	6 - 10.8	0	0%	Very not good	21.5	22.0	16.0	26.0
	10.9 - 15.6	0	0%	Not good				
	15.7 - 20.4	11	31.4%	Enough				
	20.5 - 25.2	20	57.1%	Good				
	25.3 - 30	4	11.4%	Very good				
Class XI	6 - 10.8	0	0%	Very not good	21.85	21.0	16.0	29.0
	10.9 - 15.6	0	0%	Not good				
	15.7 - 20.4	12	34.3%	Enough				
	20.5 - 25.2	18	51.4%	Good				
	25.3 - 30	5	14.3%	Very good				

Based on Table 6, the description of the student discipline character in the learning video with gymnastic material in the PJOK subject on the indicator Getting used to obeying the rules, it was found that class X with a percentage of 57.1% in the good category was superior to class XI with a percentage of 51.4% in the good category. The description of the character of student cooperation in learning videos with gymnastic material in PJOK subjects on the indicator of being able to work together as shown in Table 7.

Table 7. Description of Student Discipline Characters in Learning Videos with Gymnastic Materials in PJOK Subjects on the Indicator Able to Work Together

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class X	7 - 12.6	0	0%	Very not good	23.8	24.0	18.0	31.0
	12.7 - 18.2	1	2.9%	Not good				
	18.3 - 23.8	16	45.7%	Enough				
	23.9 - 29.4	15	42.9%	Good				
	29.5 - 35	3	8.6%	Very good				
Class XI	7 - 12.6	0	0%	Very not good	25.0	26.0	14.0	31.0
	12.7 - 18.2	1	2.9%	Not good				
	18.3 - 23.8	10	28.6%	Enough				
	23.9 - 29.4	22	62.9%	Good				
	29.5 - 35	2	5.7%	Very good				

Based on Table 7, the description of the student discipline character in the learning video with gymnastic material in the PJOK subject on the Able to cooperate indicator, it was found that class XI with a percentage of 62.9% in the good category was superior to class X with a percentage of 42.9% in the good category. The description of the character of student cooperation in learning videos with gymnastic materials in PJOK subjects on the indicator Able to solve problems as shown in Table 8.

Table 8. Description of Student Discipline Characters in Learning Videos with Gymnastic Materials in PJOK Subjects on the Indicator Able to Solve Problems

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class X	7 - 12.6	0	0%	Very not good	25.7	25.0	18.0	33.0
	12.7 - 18.2	1	2.9%	Not good				
	18.3 - 23.8	8	22.9%	Enough				
	23.9 - 29.4	23	65.7%	Good				

Student Response	Interval	F	%	Category	Mean	Median	Min	Max
Class XI	29.5 - 35	3	8.6%	Very good	25.6	25.0	18.0	33.0
	7 - 12.6	0	0%	Very not good				
	12.7 - 18.2	1	2.9%	Not good				
	18.3 - 23.8	8	22.9%	Enough				
	23.9 - 29.4	22	62.9%	Good				
29.5 - 35	4	11.4%	Very good					

Based on [Table 8](#), the description of the student discipline character in the learning video with gymnastic material in the PJOK subject on the indicator Able to solve problems, it was found that class X with a percentage of 65.7% in the good category was superior to class XI with a percentage of 62.9% in the good category.

Assumptions Test

In this assumption test there are 2 tests that will be carried out, namely the normality test which serves to see whether the data is normally distributed or not and linearity test which serves to see the linear relationship between the two variables to be tested and homogeneity test which functions to see whether the data is homogeneous or not. Normality test is a test that is useful for determining the data that has been collected is normally distributed or not. The data requirements are said to be normally distributed if the value of sig. > 0.05. The description of the results for the normality test of student responses, the character of student discipline and the character of student cooperation in grades X and XI at SMAN 12 Jambi City is shown in [Table 9](#).

Table 9. Description of the Normality Test of Student Responses, the Character of Student Discipline and the Character of Student Cooperation in Grades X and XI at SMAN 12 Jambi City

Variable	School	Sig.	Distribution
Student response	Class X	0.200	Normal
	Class XI	0.200	Normal
Student discipline character	Class X	0.200	Normal
	Class XI	0.200	Normal
Student cooperation character	Class X	0.200	Normal
	Class XI	0.100	Normal

Based on [Table 9](#). The description of the normality test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City obtained the results of the normality test, namely the significance value > 0.05, it can be concluded that the data is normally distributed.

Linearity test

Linearity test is a test used to determine the form of the relationship between the independent variable or the dependent variable. The data conditions are said to be related if the value of sig. < 0.05. The description of the results for the linearity test of student responses, the character of student discipline and the character of student cooperation in grades X and XI at SMAN 12 Jambi City is shown in the [Table 10](#).

Table 10. Description of the Linearity Test of Student Responses, the Character of Student Discipline and the Character of Student Cooperation in Grades X and XI at SMAN 12 Jambi City

Variable	School	Sig.	Distribution
Student response *Student discipline character * Student cooperation character	Class X	0.022	linear
	Class XI	0.045	linear

Based on [Table 10](#), the description of the linearity test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City obtained the results of the linearity test, namely the significance value < 0.05, it can be concluded that there is a linear relationship between student responses, character of student discipline and character of student cooperation in grades X and XI at SMAN 12 Jambi City.

Hypothesis test

In this hypothesis test, the test performed is a regression test. Regression test aims to determine the effect of video learning on the character of students' discipline and the character of student cooperation in gymnastics material on PJOK material. The description of the results for the Regression test between student responses, student discipline character and student cooperation character in class X and XI at SMAN 12 Jambi City is shown in the [Table 11](#).

Table 11. Description of the Regression Test Between Student Responses, Student Discipline Character and Student Cooperation Character in Class X and XI at SMAN 12 Jambi City

Class	Unstandardized Coefficients		Standardized Coefficients Beta	T	Sig.
	B	Std. Error			
Kelas X	63.457	3.556	0.042	12,473	0.043
	0.055	0.033		0.303	0.0153
Kelas XII	83.452	6.345	0.025	13,200	0.013
	0.083	0.055		0.302	0.0241

Based on [Table 11](#) descriptions of the regression test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City were obtained, the results of the regression test were sig. (2-tailed) < 0.05 then, it can be concluded that there is an effect between student responses, student discipline character and student cooperation character in class X and XI at SMAN 12 Jambi City.

Discussion

Base on descriptive statistical test results were obtained a description of student responses to learning videos in gymnastics material in PJOK subjects found that class XI with a percentage of 37.1% in the good category was superior to class X with a percentage of 34.3% in the good category. Based on [Table 8](#), the description of the student's discipline character in the learning video with gymnastic material in the PJOK subject on the indicator Getting used to being present on time it was found that class XI with a percentage of 35.4% in the good category was superior to class X with a percentage of 33.3% in the good category ([Amin, Alimni, et al., 2021](#); [Ernawati et al., 2021](#); [Kamid, Sabil, et al., 2021](#)). Based on [Table 9](#), the description of the student's discipline character in the learning video with gymnastic material in the PJOK subject on the indicator Getting used to obeying the rules, it was found that class X with a percentage of 57.1% in the good category was superior to class XI with a percentage of 51.4% in the good category. Based on [Table 10](#), the description of the student discipline character in the learning video with gymnastic material in the PJOK subject on the Able to cooperate indicator, it was found that class XI with a percentage of 62.9% in the good category was superior to class X with a percentage of 42.9% in the good category. Based on [Table 11](#), the description of the student discipline character in the learning video with gymnastic material in the PJOK subject on the indicator Able to solve problems, it was found that class X with a percentage of 65.7% in the good category was superior to class XI with a percentage of 62.9% in the good category.

After the descriptive statistical test was carried out, the analysis was carried out for the next test, namely the assumption test. Analysis of data assumptions in this study was using normality test, and linearity test. The normality test was carried out to determine whether the data was normally distributed or not by looking at the Kolmogorov Smirnov results that were greater than 0.05. Based on [Table 12](#) the description of the normality test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City obtained the results of the normality test, namely the significance value > 0.05, it can be concluded that the data is normally distributed. Based on [table 13](#) The description of the linearity test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City obtained the results of the linearity test, namely the significance value < 0.05, it can be concluded that there is a linear relationship between student responses, character of student discipline and character of student cooperation in grades X and XI at SMAN 12 Jambi City. Furthermore, the hypothesis test is carried out, namely the regression test. Based on the [table 14](#) descriptions of the regression test of student responses, the character of student discipline and the character of student cooperation in class X and XI at SMAN 12 Jambi City were obtained, the results of the regression test were sig. (2-tailed) < 0.05 then, it can be concluded that there is an effect between student responses, student discipline character and student cooperation character in class X and XI at SMAN 12 Jambi City.

This research is in line with research conducted by previous study which states that there is an influence of learning video media on the character of students' discipline (Bulan et al., 2018). Discipline is an attitude of being obedient and obedient to applicable regulations based on self-awareness without coercion, and being able to accept sanctions or penalties if violated. By using audio-visual media it will attract the attention of students in learning, audio-visual media can also foster student motivation, the meaning of the material will be clearer so that it can be more easily understood by students, the teacher is also not monotonous in verbal communication through the speech of the teacher, but students can also make observations (Gabriela, 2021; Paningga et al., 2019).

The implication of this research is provide generalization and updating of this study was to determine the effect of learning videos on the character of students' discipline and the character of students' cooperation in gymnastics material in PJOK subjects. Where there is no research that examines the character of student discipline and the character of student cooperation in 2 different classes. Therefore through this research it can be known in more detail and accurately based on the tests that have been carried out by this research. The character of student discipline is very important to students in existing learning so that a good personality is formed (Chan et al., 2020; Naum, 2018). With this research, researchers hope that in the future there will be research on the effect of learning videos on the character of student discipline and the character of student cooperation in gymnastics material in PJOK subjects with different variables or different materials and subjects.

4. CONCLUSION

Based on the regression test conducted, it can be concluded that there is an influence between student responses, student discipline character and cooperative character of class X and XI students at SMAN 12 Kota Jambi. With this research it is hoped that it can be input for teachers to assess or improve the character of discipline and student cooperation.

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