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REVIEW ARTICLE

Physical education learning media: How important is it for the success of the learning provided?

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Abstract

Learning media is an important component and one of the determining factors for the success of the teaching and learning process. In physical education learning, media is also crucial because Jamsnai education is learning that involves physical and movement activities which in their application are closely related to the use of both electronic and non-electronic media in the field. The focus of this research is to examine learning media on the success of physical education learning. This article aims to examine the literature regarding the media used in learning, usually electronic and non-electronic, to support the success or completeness of physical education learning in schools, and then discuss each of them in qualitative categories. It is hoped that the results or reviews in this discussion can provide information that can be used as a theoretical and methodological basis for implementing the learning media used, especially in physical education learning, the media used, both electronic and non-electronic, which can then be developed for other learning to support success in the learning and teaching process. . This research is considered important to be able to provide a concrete picture of the benefits of each learning media, especially in physical education learning at school.

Introduction

Learning media is the most important component in the success of every lesson. Pratiwi et al. (2023) stated that learning media is one of the things that determine the success of the teaching and learning process. There are three functions integrated in learning media, namely stimulation that fosters interest in studying lessons, mediation between teachers and students, and information that displays explanations from the teacher. Learning media is an instrument that is very useful in a learning activity and is also very influential in the success or failure of a learning process and really determines whether a lesson is successfully understood by students or not in the classroom. Thus, if learning media is not used effectively then the results obtained will not be optimal (Ndraha & Harefa, 2023). Akbar & Hadi (2023) explains that accuracy in the application of learning models and media is also a determining factor for success in the teaching and learning process, the use of sophisticated smartphones in the learning process is able to foster students' interest in learning because learning is not only through books. Wulandari et al., (2023) that Learning Media is a set of tools that help educators deliver interesting lessons to students. Use of audio-visual online learning media. This is also very beneficial for students' learning activities inside and outside the classroom, especially for improving their learning outcomes.

The success of physical education learning cannot be separated from learning media as one of the supporting factors in the learning and teaching process. Vai et al. (2021) explains that determining the use of media is one of the factors that teachers must take into account, especially in physical education learning which has a physical component in the teaching implementation. Sulistianta et al. (2022a) stated that the learning media used in physical education learning is an important component that must be considered if it is suitable for students. Physical education learning is learning that involves physical components and movement which

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requires learning media that is very suitable to support success and achievement of the desired grades. Rahmawati (2024) stated that media in physical education learning can help improve students' understanding, present data more interestingly and reliably, make it easier to interpret data, and summarize news or information.

The media applied in physical education learning is specifically divided into two categories, namely electronic media and non-electronic media. Electronic or technology-based media is media that is developed by following advances in the use of technology. (Wicaksono, 2023) the development of science and technology (IPTEK) itself has encouraged teachers to produce or create more modern learning media, especially based on Android, which is one of the mobile OS (Operating Systems) that is developing among other OS that are being developed, such as Windows. Mobile, iPhone OS, Symbian and others. Audio visual media is media that involves the senses of hearing and sight simultaneously in one process. The nature of the messages that can be distributed are in the form of verbal and non-verbal messages that look like audio-visual media, as well as verbal and non-verbal messages. Audio visual media is a type of media that apart from containing sound elements also contains image elements that can be seen, such as video recordings, various sizes of film, sound slides and so on (Saputra et al., 2023). Learning media in physical learning activities are used to facilitate the delivery of knowledge to students. Students will be assisted when receiving the knowledge conveyed. The use of media plays a role in providing learning experiences for students (Jumawan et al., 2023).

Physical education learning media using technology is currently very developed and is applied and used for successful learning at school. However, physical education, which is learning that involves physical activity and movement components, requires real media that is used in the field in learning. (Permani et al., 2021) revealed that the modified volleyball media is to help teachers convey passing material on volleyball so that it can be well received, especially for female students. Learning media in general are tools to help the teaching and learning process. Apart from that, learning media is anything that can be used to stimulate the thoughts, feelings, attention and abilities or skills of the student so that it can encourage the learning process. Sastaman (2023) stated that apart from developing electronic-based media, developing traditional or real media used in physical education learning is an important component that must be considered. He continued that the development of the shot put media was replaced by the development of a shot put tool made from cement raw materials. Modifications to learning media with the aim of improving students' javelin skills. The learning media in question is small ball modified media which is very suitable for application in learning javelin throwing (Naraba, 2023).

Based on presentations and presentations regarding sports, physical education learning media as one of the supporting factors for successful learning in the study of the world of sports. Reviewing this new matter in various journals, there is still debate between how important it is to know about the use of technology-based media and also, this research article aims to review the literature of previous research articles about the success of learning in the use of learning media, the use of electronic and non-electronic media and then will discuss The advantages of each learning media in the study of sports.

Methods

This research is an article literature review research which means the research examines the results of previous research through documents. This research is included in the type of qualitative research, the data obtained in this research comes from published scientific articles which are stable, natural, and useful as evidence for a test and the results can open up understanding of something that will be researched in this research. research. There are procedures in this research, first by conducting searches from various journals via the Google Scholar and Scopus databases regarding sports articles discussing physical education learning media. The second step is to group the types of media, namely technology-based media and traditional media or print media which is used as an index of success in physical education learning at school to then be analyzed more deeply regarding the weaknesses and strengths of each media used in physical education learning at school. After grouping and selecting articles about physical education learning media, the final step is to present the results of the analysis of each research article which is then used as a basis for producing the themes presented in the discussion section.

Results and Discussion

Research results, the first step is to look for references to sports research results regarding the success of using learning media in physical education learning. Then once obtained, it is grouped into electronic and non-electronic media. Based on the results of analysis carried out through 30 previous research results consisting of 15 published journals with electronic sports articles and non-electronic sports media influencing learning success. It can be concluded that each media that supports success has its own advantages and disadvantages which will be explained in the discussion. To better understand the explanation of each t used in the subsections below:

Understanding Physical Education Learning Media

Media has become an instrument or tool that plays an important role in the learning process. Media is a necessity used by teaching staff in conveying information or learning material to be delivered. If there is a lack of media used in delivering learning material, it is likely that students will not understand what the teacher is saying (Fadilah et al., 2023). According to Defa Saputra et al. (2023), media are forms of communication, both printed and audio visual, and their equipment. Media should be able to be manipulated, seen, heard and read. As for the limitations given, there are similarities between these limitations, namely that media is anything that can be used to channel messages from the sender to the recipient so that it can stimulate students' thoughts, feelings, attention and interests in such a way that the learning process occurs. Ramdani (2024) explains that learning media is any learning tool that is suitable for making learning more interesting, clearer and easier to understand. In Mathematics, the tools commonly used are slides, films, pictures, posters, student worksheets (LKS), audio cassettes, wall lists and so on. Permana (2024) explains that learning media are tools and techniques applied to increase the effectiveness of communication and interaction between teachers and students in the teaching and learning process in the school environment. Learning media plays a very essential and irreplaceable role in the educational process in schools.

Pinta et al. (2024) said that for this reason, educators must be more creative, productive and professional in using learning methods, media and resources to be able to change the learning atmosphere to be conducive, challenging and enjoyable. Teachers are also required to deliver learning material in an interesting way and choose learning media according to the teaching material that will be given to students to foster student enthusiasm and motivation in learning. Physical education learning media will not reduce students' activities in participating in physical education learning. In fact, on the contrary, because students will be facilitated to move more and be happy in the form of activities in the form of a play approach. This concept describes the conditions and environment of the school that can be used as a means. Physical education learning infrastructure and media (Asnawi et al., 2023). The media used in implementing physical education learning in the 21st century for the teaching and learning process is a combination of media and technology which is often called digital media. The digital media used in learning is media that combines text effects, sound, images, with the help of technology (Ela Nuryani, 2021; Sulistianta et al., 2022b) media, when understood in broad terms, are people, materials, or events that create conditions that enable students to acquire knowledge, skills, and attitudes. In this sense, teachers, textbooks, and the school environment are media. More specifically, the definition of media in the teaching and learning process tends to be defined as graphic, photographic or electronic tools for capturing, processing and reconstructing visual or verbal information.

Electronic Physical Education Learning Media

Setiawan et al. (2022a) stated that if the application of Android-based physical education learning media is able to increase passing results in volleyball learning, Android-based media is considered more effective and efficient because it can be used in any situation and condition. The Android-based learning environment is easy to replicate. To use Android-based apps, you need a media-enabled device. Smartphones are devices that can use Android application-based learning environments. Almost all students have smartphones which are currently used in online learning (Huda, 2022). Handoyo et al. (2023a) revealed that electronic or digital-based physical education learning media are usually developed using Android software. He continued to explain that PJOK learning is based on Android with the characteristics of learning about PJOK subject matter techniques. This application was designed with reference to Android, which can then be downloaded via the official website,

which is the default Android application which is a place to download all applications.

The aim of this application is so that students are able to understand Physical Education material and the facilities or infrastructure are not burdensome. Physical education is an integral part of education as a whole, aiming to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, aspects of a healthy lifestyle and the promotion of a clean environment through selected physical activities, sports and health. which is planned systematically in order to achieve national education goals (Raihan et al., 2024). Fernando (2022) said that the creation of Android-based Physical Education and Sports Learning Media Applications shows that Android-based physical education and sports learning media are useful and provide convenience in the learning process. This application was chosen as educational media using an Android application because it can provide a combination of reading, photos, animation, audio and video to explain the learning module, this certainly cannot be achieved if using novel media.

Utilization of Android-based educational media with Adobe Flash CS6 as equipment for creating, designing and implementing media. The Adobe Flash CS6 application program is one application that can be specifically designed to provide interesting multimedia programs in classroom education (Milenianto et al., 2022). Pratama et al. (2023) explains if. At the initial design, there was still no PJOK learning Android application and learning only used media packages, student worksheets and learning videos during the pandemic. Then the second design, the researchers designed a PJOK learning media application using Articulate Storyline Software, determined the appropriate lesson material in the teacher's textbook into the application, and tested the Smart Learning application.

Advantages and Disadvantages of Electronic Physical Education Learning Media

The use of electronic learning media applied to physical education learning has several advantages that help make learning outcomes successful. This is in accordance with the research results of (Banat & Martiani, 2020) explaining that the use of electronic media that students can access anywhere can create a sense of independent learning, which is an active and participatory way of learning to develop each individual. Learning independence can be interpreted as an attitude that enables a person to do things and act freely either on his own encouragement or for his own needs without the help of other parties, as well as acting and thinking creatively and original, taking initiative and being able to influence the environment, having self-confidence and obtain satisfaction resulting from the efforts they make. Arif et al. (2021) explained that providing training in the use of hurdle drills and ladder drills for physical education teachers in physical education lessons in Kupang City, East Nusa Tenggara had a positive impact on physical education teachers at the elementary, middle and high school levels. In addition, this training in the form of theory and practice will increase student resources. As technology develops rapidly, it certainly has changes or impacts in all aspects of life, one of which is the world of education. Based on the results of this research, it can be concluded that the development of learning media for pencak silat referees using Lectoraspire is suitable for use as a medium for learning audio-visual based pencak silat on a small scale (Vai et al., 2021)

Technology in the digital sector has experienced an extension of its meaning and benefits to the point that it can reach all life in society (Lufthansa et al., 2022). Hamidah et al. (2023) explains that the advantages of media, especially electronic-based audible ball media, have the advantage that the ball will make a stable sound so that it can be played even when it is still or not moving, so that students can know the position of the ball. Although in the paragraph above several advantages of using it are revealed. electronic media, there are also shortcomings of electronic media applied in physical education learning. Septiana & Kurnia (2020) explained that teachers have not used it optimally, teachers rarely use media, because this is a bit troublesome and teachers also have difficulty using electronic media, for example computers, mobile smartphones, or the like, but having media will help the learning process. Some schools use print media (books), many schools also use other types of media, images, audio, video, models and other media such as VCDs, slides (film frames) and while the internet is still rarely used even though it is already familiar to most physical education teachers, sports and health for that matter.

Destriani et al. (2023) stated that the use of electronic-based volleyball teaching materials is indeed good to use but has several disadvantages, namely, not all teachers or physical education instructors are able to implement it, so it takes a little longer to implement it in the field. Multimedia-based animated video media will be more effective and efficient as a source of knowledge in learning activities, making it easier for teachers and students to access animated videos of badminton forehand lob training (Dalimunthe, 2023). Andrianto et al. (2023) said that some of the disadvantages of using electronic media in physical education learning are problems of operation and students' ability to absorb and operate it. He continued to explain that not all students are good at using smartphones or laptops, so sometimes this actually causes students to be late in receiving the learning given because it takes time to learn the electronic media.

Non-Electronic Physical Education Learning Media

Walton & Putranto (2020) stated that media is an information tool and source of information in the form of electronic and non-electronic tools that can be used as a means of conveying messages in communication. It can be concluded that everything that helps the teaching process is media. He continued, also of the opinion that media in general are people, materials and events that create conditions to enable learners to acquire knowledge, skills or attitudes. The use of non-electronic learning media in the sense of still using printed books or other printed media can still be used and is proven to be able to improve learning outcomes (Mahartika et al., 2020). Putri et al. (2021) explains that physical education is learning that involves physical activity and movement. The media used should be media that can be used physically in the field, meaning that this media can be used during learning outside the classroom and develop learning so that it is in line with the goal of successful learning.

Learning media that can be used for independent learning outside of class or outside school hours. Brief presentation of material greatly influences students' level of understanding because each individual's comprehension ability cannot be the same. There are students who can easily understand the material, but there are also quite a few students who have difficulty understanding the material presented (Setiawan et al., 2022b). Lahinda & Riyanto (2022) said that the advantage of this teaching material is that there are various types of media such as audio, video, animation and text. Teaching materials are created with the aim of facilitating independent learning and these teaching materials are formed into a collection of printed, audiovisual, or technology-based materials. Non-electronic learning media or the use of print media has an important role in learning to help students understand the material due to the use of learning media.

Advantages and Disadvantages of Non-Electronic Physical Education Learning Media

Permatasari et al. (2020) explains that Smart Cards are an effective learning media for use in the learning realm. Smart Cards themselves can increase students' curiosity with a more enjoyable learning atmosphere. This Smart Card product will help students understand and relate to basketball using printed card media or non-electronic based media. Irfan (2023) explains that the advantage of print or non-electronic media in physical education learning is that students and teachers can directly use the media during learning without the need for additional electronic assistance such as smartphones or laptops so that the implementation and learning outcomes are evenly distributed because not all students have electronic equipment to access them. instructional Media. The material to be taught should be mastered by the teacher well so that errors do not occur in teaching. Creating a pleasant atmosphere to motivate students to participate in the basketball learning process and make it easier for students to understand the material taught through direct media or media applied on the field without the use of audiovisuals and other things (Aprial et al., 2023). Handoyo et al. (2023b) said that the use of picture card media can be an effective approach to improving technical skills and motivation to play basketball in elementary school children.

Hita et al. (2023) explains that poster media/picture card media has weaknesses, namely (1) You must have special skills in developing it, (2) It is difficult to understand the content being conveyed, (3) It is only presented in visual form. The use of posters is merely to decorate a place and the meaning conveyed in the poster is not understood by some students. Supriatna & Hadi (2023) revealed that the use of ludo learning media through print media was carried out in groups so as to stimulate a sense of togetherness and competitiveness in winning the game. Ludo can make lessons more active, creative, and also create curiosity in answering questions because students are directly involved in using the media,

making it easier to understand the learning material. Ruswan et al., (2024) states that the weakness of using print media is that sometimes when learning students forget to bring the media so that each student's success in achieving learning success becomes uneven and delayed. The video-based learning media that will be developed in this research is not only about basic techniques but also all basketball passing techniques and can be applied to other subjects (Putra et al., 2024).

Conclusion

Based on the results of the analysis carried out through a literature review research approach, it was revealed that learning media is an important component that must be considered in the teaching and learning process at school which will later influence the success of learning at school. Based on the analysis, the author concludes that physical education learning media, both electronic and non-electronic, have their respective strengths and weaknesses, but are determinants of learning success. Electronic media is considered more practical because we can access it anywhere and anytime without having to bother carrying and storing the media so that learning is more practical and efficient and supports the technological progress of Indonesia 5.0. However, as learning which includes physical activity and movement carried out in the field, real learning media in the sense of real objects used is crucial in every sport because each sport has different tools or media which must be maximized for successful learning. This research has limitations, namely that it is limited to discussing the success of media, electronic and non-electronic media only, so that to continue it requires a deeper discussion regarding learning media. It is hoped that the results of the research can become a reference for optimizing and becoming a reference for developing the use of learning media, especially in physical education subjects.

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