

APPLICATION OF PEER TUTOR METHOD TO IMPROVE BASIC SICKLE KICK TECHNIQUE SKILLS IN PENCAK SILAT

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Abstract

This research, which focuses on teachers' efforts to improve activities and student learning outcomes in learning basic sickle kick techniques using the peer tutoring method, is carried out in order to improve teacher and student performance in an innovative and collaborative manner. This study aims to improve the quality of the process and student learning outcomes that were previously known to not meet learning expectations. This research was conducted on third grade students of SD Negeri 1 Bade, Klego District, Boyolali Regency. The research design used is an action research design whose flow is to make action plans, carry out actions in learning, observe actions, and reflect on actions. The results of these reflections are used to make decisions. The research data are in the form of field notes, observation notes, planning documentation. The collection instruments are observation guidelines, field notes, and documentation. Data analysis using a qualitative flowing approach includes stages of data reduction, data exposure, verification, and data inference. To test the validity of the data, triangulation is carried out with collaborators and students. completing this research, the authors can conclude as follows. The peer tutoring method can increase the activity and learning outcomes of Class III students of SD Negeri 1 Bade, Klego District in learning basic sickle kick techniques. The average value of the student learning process in the first cycle is 78.5. The acquisition of the average value of student learning outcomes in cycle II, which is 86.3.

Introduction

We know that kicking is a basic human motor learning. Since childhood, humans have learned basic motor skills such as walking, running, kicking, hitting, and others. In martial arts that kicking is the most dominant technique often used in martial sports such as fighting

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degrees, taekwondo, pencak silat, wushu, and karate. One of them is pencak silat which requires proficiency in mastering basic techniques. The basic techniques that must be mastered are kick, punch, dodge and parry techniques. There are many types of kicks in pencak silat including: front kicks, side kicks, sickle kicks, and back kicks.

The sickle kick is a sickle-shaped kick using the back of the foot. The execution of this kick is the same as the principle of the front kick but the trajectory is in the form of a sickle with one foot supporting and hitting the back of the foot. The process of kick movement in pencak silat is carried out in an uninterrupted motion pattern, starting from a stance position, lifting the kicker's leg to knee height, and straightening the leg with fast movements to reach the opponent's body target.

In performing the sickle kick in pencak silat that there are stages to perform the sickle kick correctly, not everyone can perform the sickle kick technique, only people who have the skills or abilities in the sport of pencak silat can perform the sickle kick correctly, while people who do not have skills in the sport of pencak silat certainly cannot do the right sickle kick. Thus the technique of kicking is very important to be mastered properly.

To solve the problems mentioned above, innovation and creativity are needed by teachers, especially in determining methods that are in accordance with the characteristics of the material being taught. teacher's creativity in choosing and determining the method.

Based on the results of reflection on the process and results of teaching and learning activities of pencak silat, the picture is obtained, as follows.

1. The students' learning process during the sickle kick technique KBM was in progress and seemed less active and less initiative. Activities are mostly dominated by students who have a habit of being diligent and diligent in studying.
2. The learning outcomes of most students do not reach the minimum completeness criteria (KKM) for Physical Education subjects at school.
3. The teacher finds it difficult to manage KBM with the basic sickle kick technique so that it is meaningful to students.
4. Between students there is no mutual learning, because there is no opportunity for that.

Conditions like this are not good to be left, and for that teachers and students have the same obligation to improve it until an optimal change is obtained. The purpose of this study is to describe the learning process of the basic sickle kick technique in pencak silat in third grade students of SD Negeri 1 Bade, Klego District, Boyolali Regency in the 2021/2022 academic year using the peer tutor method and the benefit of this research is to get a new theory about Physical Education learning outcomes. basic technique concept of sickle kick in pencak silat.

Method

A. Techniques and Data Collection

The data and data sources of this research include the types of data and data sources. This type of research data is in the form of students' ability to perform basic sickle kick technique skills. The data sources used in this Classroom Action Research are as follows:

1. Students, as subjects to get data on basic skills of the sickle kick technique.

Table 1
The value of basic scythe kick technique skills

No.	Sickle Kick Indicator	6	7	8	9	10
1	Position of the tide (initial)					

2	Knees raised first (approximately 100 degrees)				
3	The position of the body when lifting the legs in a balanced state				
4	Letting go of a straight leg				
5	The position of the body when releasing the legs is in a balanced state				
6	The position of both hands close to the body				
7	Pulling leg with knees together (approximately 100 degrees)				
8	The position of the body when docked is balanced				
9	The position of the hands in front of the chest				
10	Back to the attitude of pairs with a balanced state				

(Johansyah Lubis, 2004)

A. Data Analysis

The data collection of test scores obtained the value of the test results in the form of numbers or quantitative. Data in quantitative form were analyzed using comparative descriptive analysis, namely comparing the test scores for the initial conditions, cycle I (first), cycle II (second). Data obtained through observation/interviews in the form of qualitative data. Data in the form of qualitative were analyzed, using qualitative descriptive analysis based on the results of observations/interviews for reflection.

B. Performance Indicators

Broadly speaking, the indicator to be achieved in this study is the increase in learning achievement of third grade students of SD Negeri 1 Bade, Klego District, Boyolali Regency for the 2021/2022 academic year. The quality of learning can be seen in terms of processes and results. Learning achievement is said to be successful if at least 70% of students are actively involved, either physically, mentally, or socially during the learning process there are positive changes and high-quality outputs.

Results and Discussion

The use of peer tutoring methods in learning material for basic skills of sickle kicks in Grade III students of SD Negeri 1 Bade, Klego District, Boyolali Regency in the 2021/2022 academic year can increase students' enthusiasm and activeness, the atmosphere of learning activities becomes more conducive, so that learning objectives can be achieved maximally. .

The use of peer tutoring methods and varied training formations is an approach that can arouse students' motivation in participating in learning, so that students can perform various basic skills of sickle kick techniques well and optimally which in turn can improve the material skills of basic sickle kick techniques in pencak silat.

The material for basic sickle kick technique skills for Class III SD Negeri 1 Bade students after the improvement of learning cycle I and cycle II increased sharply. This is because students are more enthusiastic and active in learning. They are interested in the use of peer tutoring methods and different training formations in each cycle. Students feel unsaturated, even feel challenged by the formation of the game. It turns out that the peer tutoring method and the use of varied training formations attract students' attention in participating in learning.

Based on data analysis, learning using the peer tutor method can improve the basic skills of the sickle kick technique. Student learning activity has increased, the material for basic sickle kick technique skills has also increased. After the improvement of learning as much as II cycles, all 17 students have achieved satisfactory grades.

However, physical education learning is not only concerned with quantitative values, but the most important thing is the process. After learning the basic skills of the sickle kick using peer tutoring methods and varied training formations, the learning process becomes conducive,

students look enthusiastic, active, and enthusiastic in participating in learning, so that the final impact to be achieved in the form of increasing student fitness and health can be achieved well.

Conclusion

The application of the peer tutoring method in Physical Education subjects with basic sickle kick technique skills for third grade students of SD Negeri 1 Bade in the 2021/2022 academic year, learning is more interesting and fun. There was an increase in the learning achievement of Physical Education on the basic technical skills of the sickle kick by using the application of the peer tutor method in third grade students of SD Negeri 1 Bade, Klego District.

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