

Class XI Students' Perceptions of Swimming Learning at Darussalam Vocational School Karangpucung in 2022/2023

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Abstract

This research aims to find out how high the perception of class X students is in participating in swimming lessons at Darussalam Karangpucung Vocational School. This research method is quantitative descriptive research with surveys. The research subjects were all class XI students at Darussalam Vocational School, Karangpucung, totaling 284 students. Then samples were taken using proportional random sampling techniques as many as 157 students. The instrument used was a questionnaire with instrument reliability of 0.841. The data analysis technique used was descriptive statistical percentages. The results of the research show that the students' perception of participating in class XI swimming lessons at Darussalam Vocational School Karangpucung is very positive. The highest frequency consideration was 123 respondents or 78.3%, then 30 respondents or 19.1% had a positive perception, while 4 respondents or 2.5% had a less positive perception and no respondents had a negative perception or 0%.

Keywords: Perception, Learning, Swimming Learning.

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INTRODUCTION

INTRODUCTION

Swimming lessons are one of the materials provided in the curriculum from elementary to high school. Swimming lessons that are carried out will give rise to various kinds of perceptions. Perception is a process that is preceded by sensing, which is a process that takes the form of receiving a stimulus by an individual through their receptors (Walgito, 2010: 99). The perceptions that emerge will be different for each student. Because this perception will emerge from students from the observations they make during the learning process. Then from the results of these observations a perception will emerge, which perception can be positive or even negative depending on the observations made by the students and the way the physical education teacher teaches. Several factors can also influence perceptions, namely external factors and internal factors. These factors can influence students in making observations which will then produce a perception. These students' perceptions will later be used as material for evaluating the advantages and disadvantages of swimming lessons by physical education teachers. So, the perception given by students will be important because it determines the final result of the swimming learning process at Darussalam Karangpucung Vocational School.

Darussalam Karangpucung Vocational School is one of the favorite private schools in Cilacap Regency. The character of the students at this school is that they are neat, diligent and clever in academics. The curriculum used at Darussalam Karangpucung Vocational School is the 2013 Curriculum. The 2013 Curriculum itself focuses on character education. In the 2013 curriculum, many subjects are embedded, one of which is physical education subjects. Physical education subjects at Darussalam Karangpucung Vocational School run well because they are supported by facilities and infrastructure that can fulfill teachers in carrying out teaching and learning activities.

In some materials in physical education subjects, there is material that is carried out outside of school and outside school hours. This material is swimming material. Swimming lessons at this school are routinely carried out. Swimming lessons are held one to two meetings per semester. The swimming lesson was held at 14.30 WIB. With the weather being quite hot, students' enthusiasm for participating in swimming lessons did not decrease so that a few students did not attend the lessons. Even though the distance between the school and the swimming pool location was \pm 6 kilometers or a 15 minute journey, this did not dampen the school's intention to make swimming lessons a reality. It is included in the 2013 Curriculum. The role of physical education teachers is also needed in supporting swimming learning in schools. By maximally exploring educational goals in the curriculum, it will produce intelligent students referring to spiritual attitudes, social attitudes, knowledge and skills. The government's efforts to improve health and people's need for exercise have also been quite good, because many sports facilities have been built, one of which is a swimming pool. With existing swimming pool facilities, the school also uses them to fulfill swimming lessons in physical education subjects.

In accordance with the description above, swimming lessons at Darussalam Vocational School Karangpucung are going well. However, on the other hand, the benefits of learning itself cannot be fully felt by some students. During swimming lessons in class This is because the condition of the swimming pool is still public and some visitors use the swimming pool for holidays or to have fun with family. Then the teaching method is considered less creative and therefore unable to attract students' attention to focus on the material provided. Then the teacher is also not able to fully control the students so the students play alone. From this, it can be seen that there are similarities with indicators in creating perceptions. Several indicators include unclear delivery of material by the teacher and teacher control in supervising students who pay less

attention to the teacher's explanation of the material. It is felt that teaching methods do not attract students' attention to learning and the environment is too busy to use as a place to study. From the above, it can be included in the factors in creating perception. There are two factors that influence perception, namely internal factors that come from within an individual in the form of interest and attention, this is related to the student's willingness and interest in learning to swim. Then external factors are stimuli from outside such as objects and the environment, related to teachers and the swimming pool environment.

Based on the description above, the researcher wants to conduct research to find out how XI students perceive swimming lessons carried out at Darussalam Karangpucung Vocational School. Then the researcher determined the title of the research, namely "Class XI Students' Perceptions of Swimming Learning at Darussalam Karangpucung Vocational School."

METHOD

Types of research

Research design is the entire process required in planning and implementing research. This research is a type of descriptive research with a quantitative approach. According to Sugiyono (2010: 207-208), descriptive research is used to analyze data by describing or illustrating the data that has been collected as it is without intending to draw general conclusions and generalizations. Descriptive research aims to systematically and accurately describe the facts and characteristics of a population or certain field (Azwar, 2012: 7).

This research seeks to analyze and explain the perceptions of class XI students towards swimming lessons at Darussalam Karangpucung Vocational School descriptively and supported by percentage figures. This research method is a survey method using a questionnaire instrument.

Time and Place of Research

This research was conducted from May 2022 to June 2023. The research was carried out at the Darussalam Karangpucung Vocational School location which is located at Jalan Raya Karangpucung-Majenang KM 02, Kec. Karangpucung, Kab. Cilacap, Central Java 53255.

Research Sample

The population in this research was 284 students, the number of samples taken using Proportional Random Sampling. This is as said by Suharsimi Arikunto (2006: 134), if the number of subjects is too large, between 10-15% or 20-25% or more can be taken, but if the number of subjects is less than 100, it is better to take them all. The number of samples from this research was 157 by calculating 100 plus 284 XI 20%. Because there are 9 classes in class XI, 17 and 18 students are taken in each class.

Instruments and Data Collection Techniques

A research instrument is a tool used to measure observed natural and social phenomena. Specifically, all these phenomena are called research variables (Sugiyono, 2010: 148). This research method is a survey method using a questionnaire instrument. The questionnaire instrument was chosen because, according to Sugiyono (2010: 199), a questionnaire is an efficient data collection technique if the researcher knows exactly the variables to be measured and knows what can be expected from the respondent. Efficient here can mean saving time and costs.

Questions must be asked in such a way as to free respondents from thinking too complexly. The author uses Septyan Wahyu Adhitama's research instruments. The detailed grid of the data collection instrument is as follows:

Table 1. Research Instrument Grid

Contract	Factor	Indicator	No. Statement	Question Items
Class XI Students' Perceptions of Swimming Learning at Darussalam Karangpucung Vocational School	Internal	Interest	1,2,3*,4,5*	5
		Attention	6,7*,8,9*,10*	5
	External	Object	11,12*,13,14,15*	5
		Environment	16,17,18*,19,20*	5
Total questions				20

Note: * (negative statement)

An instrument can be said to be good if it meets two important requirements, namely valid and reliable (Suharsimi Arikunto, 2013: 211). The reliability of this instrument is 0.841.

The data collection technique uses a questionnaire with a Likert scale model. According to Sugiyono (2010: 134) the Likert scale is used to measure the attitudes, opinions and perceptions of a person or group of people about social phenomena. With a Likert Scale, the variables being measured are translated into variable indicators. Then these indicators are used as benchmarks for compiling instrument items in the form of questions or statements with alternative answers: strongly agree, agree, disagree and disagree. For giving scores to alternative answers, both positive statements and negative statements are as follows:

Tabel 2. Skor Alternatif Jawaban Instrumen Penelitian

Question	Alternative Choice			
	SS	S	KS	TS
Positive	4	3	2	1
Negative	1	2	3	4

Data analysis technique

The data analysis technique in this research uses descriptive statistical analysis techniques. Descriptive statistical analysis functions to describe or provide an overview of the object being studied through sample or population data as it is without carrying out analysis and making generally accepted conclusions. The descriptive statistical analysis technique used in this research is through calculating the mean (M), median (Me), mode (Mo), and standard deviation (SD). To determine position by calculating the Ideal Mean and Standard Deviation, it can be calculated using the following norm reference:

$$Mi = \frac{1}{2} (ST + SR) \quad SDi = \frac{1}{6} (ST - SR)$$

Note:

Mi : Mean (Rerata Ideal)

Sdi : Ideal Standard Deviation

ST : Highest Score

SR : Lowest Score (Source: Saifuddin Azwar, 2007 : 162)

With the results of the Mi and Sdi calculations, the tendencies of class XI students' perceptions of swimming learning at Vocational School Darussalam Karangpucung are categorized as follows:

Table 3. Conversion of Scores into Variable Trend Categories

No.	Category Perception	Score (X)
1	Very Positive	$X > Mi + SDi$
2	Positive	$Mi < X \leq Mi + SDi$
3	Less Positive	$Mi - SDi < X \leq Mi$
4	Negative	$X \leq Mi - Sdi$

(Source: Mardapi, 2008: 123)

RESULTS

The results of research on students' perceptions of swimming learning for class XI students at Vocational School Darussalam Karangpucung with a sample of 157 class XI students who were the subjects were students from Darussalam Karangpucung Vocational School, all class XI students consisting of 9 classes. The questionnaire regarding class XI students' perceptions of swimming learning in this study consisted of two factors, namely internal factors with indicators of interest and attention and external factors with indicators of objects and the environment. The total number of statements is 20 statements, each of which consists of positive and negative statement items. The grouping of symptoms observed from each respondent's assessment of the indicators in the class XI students' perception questionnaire regarding swimming learning was divided into four categories, namely strongly agree, agree, disagree and disagree. Grouping is based on the ideal mean and ideal standard deviation obtained $Mi = 25$ and $SDi = 5$ for each factor, while overall in perception obtained $Mi = 50$ and $SDi = 10$. The description of the data presented includes mean, median, mode, minimum score, maximum score, standard deviation, range, apart from that, a frequency distribution table and histogram graph for each factor are also presented. The following are presented descriptive statistics on the results of respondents' answers:

1. Internal Factors

From the results of the research conducted, it can be described in tabular form as the test results can be categorized as internal factors in class XI students' perceptions of swimming learning at Darussalam Karangpucung Vocational School. These calculations are presented in table form as follows:

Table 4. Internal Factor Frequency Table

No	Interval	Frequency	Percentage (%)	Category
1	$X > 30$	124	79	Very Positive
2	$25 < X \leq 30$	29	18.5	Positive
3	$20 < X \leq 25$	1	0.6	Less Positive
4	$X \leq 20$	3	1.9	Negative
Total		157	100,0	

Based on the results of table 4 above, it shows that there are internal factors in class XI students' perceptions of swimming learning at Darussalam Karangpucung Vocational School. A total of 124 respondents (79%) had a very positive perception, 29 respondents (18.5%) had a positive perception, 1 respondent (0.6%) had a less positive perception and 3 respondents (1.9%) had a negative perception. As for if it is depicted in bar chart form as follows:

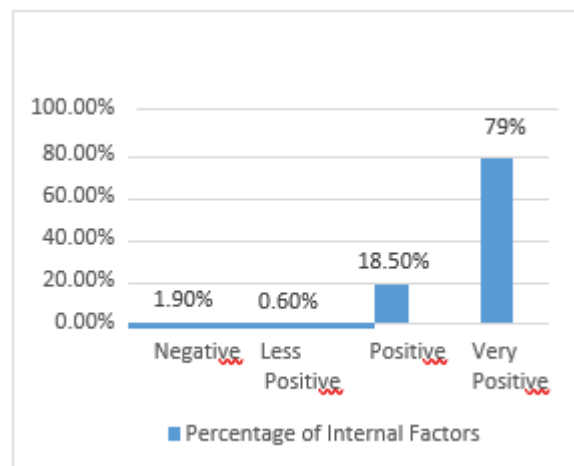


Figure 3. Bar Diagram of Percentage of Internal Factors in Class XI Students' Perceptions of Swimming Learning.

From the results of the analysis above, it can be said that internal factors in class XI students' perceptions of swimming learning at Darussalam Karangpucung Vocational School has an average perception score = 32.293 which is in the very positive category.

2. External Factors

From the test results, it can be categorized as external factors in class XI students' perceptions of swimming learning at Darussalam Karangpucung Vocational School. These calculations are presented in table form as follows:

Table 5. External Factor Frequency Table

No	Interval	Frequency	Percentage (%)	Category
1	$X > 30$	126	80.3	Very Positive
2	$25 < X \leq 30$	27	17.2	Positive
3	$20 < X \leq 25$	4	2.5	Less Positive
4	$X \leq 20$	0	0	Negative
Jumlah		157	100,0	

Based on the results of table 5 above, it shows that external factors are in the perception of class A total of 126 respondents (80.3%) had a very positive perception, 27 respondents (17.2%) had a positive perception, 4 respondents (2.5%) had a less positive perception and no respondents had a negative perception. As for if it is depicted in bar chart form as follows:

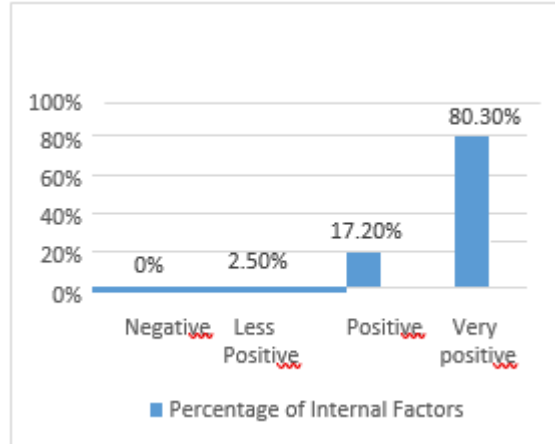


Figure 4. Bar Diagram of Percentage of External Factors in Class XI Students' Perceptions of Swimming Learning.

Table 6. Frequency Table of Class X Students' Perceptions of Swimming Learning

No	Interval	Frequency	Percentage (%)	Category
1	$X > 60$	123	78.3	Very Positive
2	$50 < X \leq 60$	30	19.1	Positive
3	$40 < X \leq 50$	4	2.5	Less Positive
4	$X \leq 40$	0	0	Negative
Jumlah		Jumlah	157	100,0

Based on the results of table 6 above, it shows that the perceptions of class A total of 123 respondents (78.3%) had a very positive perception. 30 that external factors in class XI students' perceptions of swimming learning have an average perception score = 31.5478 which is in the very positive category. 30 Class XI students' perceptions of swimming lessons at Darussalam Karangpucung Vocational School.

From the test results, class XI students' perceptions of swimming learning at Darussalam Karangpucung Vocational School can be categorized. These calculations are presented in table form as follows: respondents (19.1%) had a positive perception, 4 respondents (2.5%) had a less positive perception and no respondents had a negative perception. As for if it is depicted in bar chart form as follows:

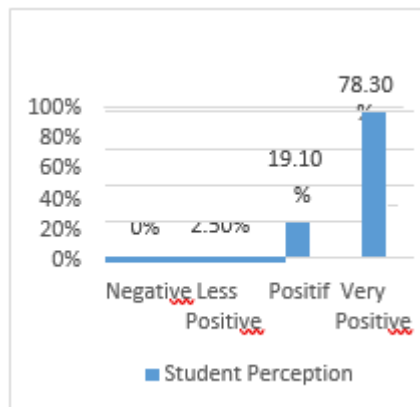


Figure 5. Bar Diagram of Percentage Perceptions of Class XI Students towards Swimming Learning.

From the results of the analysis above, it can be said that the majority of class XI students' perceptions of swimming lessons at Darussalam Karangpucung Vocational School are very positive. namely 123 or 78.3% of students and the average perception score = 63.8408 is in the very positive category.

DISCUSSION

This research discusses the perceptions of class XI students regarding swimming lessons at Darussalam Karangpucung Vocational School. The perception intended in this research is the level of students' impressions of the swimming learning process which is based on 2 factors, namely internal factors and external factors, which then contain 4 indicators, namely interest, attention, objects and environment. The results of the analysis show that the influence of internal factors in creating a person's perception is very large because an individual will have a different perception even with the same stimulus. This means that the process of perception depends on the things above. So that it will be created according to an individual's situation at that time. Based on the above, an individual's condition will greatly influence the perception that will emerge, which can be positive or negative. Then the learning process will run according to expectations and can achieve educational goals.

Then for the internal factors in the "Very Positive" category in this research, it shows that swimming learning at Darussalam Karangpucung Vocational School has been running smoothly and can be interpreted as having gone according to expectations so that it is able to achieve educational goals. The thing that needs to be considered is that teachers must be able to develop abilities in the form of creativity in teaching so that students can later provide positive feedback to the teacher. So that swimming lessons can run well and smoothly.

From the research results, internal factors have a very positive category reaching 124 students (79%), while external factors have a positive category reaching 126 students (80.3%). This shows that students' perceptions are more dominantly influenced by external factors, namely good objects and environments. By improving the objects and environment, it is hoped that students will be able to increase their overall interest in the swimming learning process. Apart from that, physical activity carried out with the aim of maintaining health and strengthening the body's muscles can be achieved well. Apart from that, the teacher acts as a distributor and stimulant to be able to understand the movements in swimming style. Learning methods based on the physical education curriculum can be maximized well by teachers so that learning about water activities is in line with the expectations and goals of physical education. Sufficient learning time is also an important asset for students to learn the styles involved in swimming, coupled

with the support of facilities and infrastructure from the school which does not make it difficult for students to take part in learning and there needs to be a conducive environment.

CONCLUSION

Based on research data on Darussalam Karangpucung Vocational School students, it can be concluded that the majority of class XI students have a very positive perception of swimming learning. This can be seen in internal factors as many as 124 respondents (79%) have a very positive perception, 29 respondents (18.5%) have a positive perception, 1 respondent (0.6%) has a less positive perception and 3 respondents (1.9%) have negative perceptions. Regarding external factors, 126 respondents (80.3%) had a very positive perception, 27 respondents (17.2%) had a positive perception and 4 respondents (2.5%) had a less positive perception, while for respondents who had negative perception is absent or 0%. Meanwhile, overall students' perceptions of swimming learning activities were seen from 123 respondents (78.3%) had very positive perceptions, 30 respondents (19.1%) had positive perceptions, 4 respondents (2.5%) had poor perceptions. positive, while for respondents who had negative perceptions there were none or 0%. So overall the perception of class XI students towards swimming lessons at Darussalam Karangpucung Vocational School is in the very positive category. So that the swimming learning process at Darussalam Karangpucung Vocational School is running well and smoothly as expected.

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