

Class XII Students' Perceptions of Swimming Learning at Darussalam Vocational School Karangpucung in the 2022/2023 Academic Year

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Abstract

This research aims to find out how positive the perception of class XII of Darussalam Vocational School Karangpucung for the 2022/2023 academic year. This type of research is quantitative descriptive research with a survey method. The instrument used was a questionnaire on students' perceptions of swimming lessons in class XII of Darussalam Vocational School Karangpucung for the 2022/2023 academic year. Data validation uses the product moment formula with $r_{hit} > r_{tab}$ (0.234). Reliability using Cronbach alpha is 0.870. The subjects in this research were 42 class XII students. The data analysis technique uses descriptive statistical analysis with a percentage formula. Based on the overall research results, it was concluded that students' perceptions of swimming learning in class and medium 14.2%. Meanwhile, the perception for the negative category was 28.5% with the percentage of external factors being negative 28.5% and very negative 14.2%. So it can be said that the perception of Darussalam Karangpucung Vocational School students is in the positive category.

Keywords: perception, swimming learning, students

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INTRODUCTION

Physical education, sports and health is one part of the subjects taught in high schools, junior high schools and elementary schools to improve human resources, especially in the physical field, fostering a physically and spiritually healthy life leading to complete health on a daily basis. Rosdiani (2013: 23), physical education is an educational process that utilizes systematically planned physical activities aimed at developing and improving individuals organically, neuromuscularly, perceptually, cognitively and emotionally, within the framework of the national education system. The role of physical education is very important for students because through physical education it provides opportunities for students to be able to develop their abilities not only in physical and psychomotor aspects, but also cognitive and affective aspects. Through physical education, it is the basis for forming students' character by developing sportsmanship, honesty, discipline, responsibility, cooperation, self-confidence and democracy through physical activity. Apart from that, physical education also forms students into intelligent individuals who can make decisions in a short time.

Based on the Ministry of Education and Culture 2017, the scope of sports and health physical education subjects includes the following aspects: 1) Basic locomotor, non-locomotor and manipulative movements in the form of games, 2) Big ball and small ball game activities in various games, 3) Activities athletics in the form of running, throwing and jumping, 4) Martial arts activities, 5) Physical fitness development activities in the form of flexibility, strength, speed, agility, balance and endurance, 6) Gymnastics activities in the form of dominant movement patterns (supporting, hanging, balance, moving/locomotor, pushing, turning, swinging, floating and landing), 7) Rhythmic movement activities in the form of variations in the basic movements of steps and arm swings following the rhythm (beat) without/with music, 8) Water activities and personal safety in the form of wrong skills one swimming style and the basics of self-preservation, and 9) Health in the parts of the body that are and are not allowed to be touched by other people, how to maintain personal hygiene and clothing, how to keep the environment clean, choosing nutritious food and healthy snacks to maintain body health, commendable behavior in daily interactions, the dangers of smoking, drinking, drugs and other dangerous drugs, the concept of protecting oneself and others from infectious and non-communicable diseases. In connection with the scope of physical education, sports and health, swimming is included in the curriculum.

The curriculum is an educational program provided by an education that is planned, structured and programmed, and has the objectives of the educational system being implemented. In the physical education curriculum for sports and health, especially at secondary school level, swimming lessons are taught from class XI to class XII. The following are the core competencies and basic competencies of secondary schools listed in Permendikbud number 24 of 2016 starting from class X to class XII. The KI (core competencies) listed at secondary school level are 1. Understand and practice the teachings of the religion one adheres to, 2. Demonstrate honest, disciplined, responsible, caring behavior (mutual cooperation, cooperation, tolerance, peace), polite, responsive and pro-active as part of the solution to various problems in interacting effectively with the social and natural environment and placing oneself as a reflection of the nation in world relations, 3. Understand, apply, analyze factual, conceptual, procedural knowledge based on curiosity about science, technology, arts, culture and humanities with insight into humanity, nationality, statehood and civilization regarding the causes of phenomena and events, as well as applying procedural knowledge in specific fields of study according to their talents and interests to solve problems, and 4. Processing, reasoning and presenting in The concrete domain and abstract domain are related to the development of what they learn at school independently, and are able to use methods according to scientific principles.

Meanwhile, KD (basic competency) which is implemented at secondary school level, namely for class Class And class ***. In the implementation of the 2013 curriculum, swimming learning is learning that is marked with three stars (***) in its basic competency, the meaning of the three star mark is that learning is not required to be carried out.

The swimming lesson given first to students is to provide swimming learning theory which includes an introduction to water, various basic swimming techniques, knowing and recognizing equipment for safe and easy swimming. From the description above, it can be seen from observations and interviews conducted on December 6 with sports teachers that the swimming lessons carried out are 1 - 2 meetings in one semester, because they do not have their own swimming pool and the location between the swimming pool and the school is too far. In swimming lessons, the material provided is about introducing water and introducing basic swimming techniques. During the lesson, several students said that swimming lessons were not fun, they took up time and money. The learning carried out during practice in the swimming pool still has students who do not know about swimming, which causes students to not be active in participating in the lesson. Apart from that, it requires extra supervision because it is outside the scope of the school and avoids unwanted things when learning to swim.

The results of these observations will give rise to a positive or negative perception. Learning to swim itself will give rise to different perceptions in each student. Students' perceptions reflect attitudes or behavior after participating in the swimming learning process. This assumption is different from what is expected by teachers who strive to make learning as interesting as possible so that students feel comfortable, happy and do not feel burdened in participating in learning. Based on the opinion of Slameto (2010: 102), perception is a process involving the entry of messages or information into the human brain, through perception humans continuously make contact with their environment. To find out about perception, it is necessary to carry out a more in-depth study of the things that a person observes. The students' perceptions will be used as material for evaluating the advantages and disadvantages of online learning by physical education teachers. With these students' assumptions, the researcher took internal and external factors. Internal factors include mood, attention, and interest. Meanwhile, external factors include teachers, learning methods, materials, facilities and infrastructure, environment and friends.

Based on the background of the problem above, researchers are interested in finding out how class XII students perceive swimming lessons at Darussalam Karangpucung Vocational School for the 2022/2023 academic year.

METHOD

This research is quantitative descriptive. The method used in this research is a survey method with data collection techniques using questionnaires. This research aims to determine the perceptions of class

This research was conducted at Darussalam Karangpucung Vocational School, which is located in Karangpucung District, Cilacap Regency, Central Java Province. Research time 22 July - 30 August 2023

Population

The number of students referred to in this research is class XII students at Darussalam Vocational School, totaling 42 students.

Operational Definition of Variables

Arikunto's opinion, (2010: 118) states that "Variables are research objects or what is the point of attention of a research. The variable in this research is students'

perceptions of swimming learning. The student perceptions referred to in this research are anything that can give rise to the perception of class

Operational variables to determine students' perceptions of swimming learning by factoring in internal factors which include attention, interest, mood while external factors include teachers, learning methods, friends, infrastructure and environmental conditions which are measured using a questionnaire.

Data Collection Instruments and Techniques

The instrument used is a questionnaire. The reasons for using questionnaire techniques as a tool for collecting data are as follows:

- Does not require the presence of a researcher
- Can be distributed simultaneously to respondents
- Answered according to the respondent's opportunity and free time
- Can be used anonymously so that all respondents can be asked exactly the same questions

The stages of collecting data carried out in this research are as follows:

- Researchers ask for research and coordination permission letters.
- Researchers looked for data on class XII students at Darussalam Vocational School, Karangpucung
- Researchers distributed questionnaires to respondents.
- Next, the researcher collected questionnaires and transcribed the results of filling out the questionnaire.
- After obtaining the research data, the data was processed using statistical analysis, then the researcher drew conclusions and suggestions.

RESULTS

The overall research results of students' perceptions of swimming learning at Darussalam Karangpucung Vocational School, this research was measured with 42 respondents and 31 statement questions, score range 1 – 4. The results of statistical analysis of the research data as a whole were obtained with a maximum score of 121, a minimum score of 77 average (mean) = 99.93, median = 100, mode = 102, standard deviation = 9.95. The data is then made into categories or groups according to existing levels, consisting of 5 categories, namely: very positive, positive, moderate, negative and very negative. The distribution table of research results from students' perceptions of swimming learning at Darussalam Karangpucung Vocational School can be categorized as follows:

Table 7. Frequency Distribution of Overall Data

Interval	Frequency	Presentation	Category
$X > 114,86$	6	14,2	Very Positive
$104,91 \leq X < 114,86$	12	28,5	Positive
$94,95 \leq X < 104,91$	6	14,2	Currently
$85 \leq X < 94,95$	12	28,5	Negative
$X < 85$	6	14,2	Very negative
Total	42	100	

Based on the table above, the perception of students at Darussalam Karangpucung Vocational School in swimming lessons is in the very positive category of 14.2%, the positive category is 28.5%, the medium category is 14.2%, the negative category is 28.5% and the very negative category was 14.2%. These results can be

interpreted that the level of students' perception of swimming learning at Darussalam Karangpucung Vocational School is partly in the medium category.

CONCLUSION

Based on the overall research results, it was concluded that students' perceptions of swimming learning in class and medium 14.2%. Meanwhile, the perception for the negative category was 28.5% with the percentage of external factors being negative 28.5% and very negative 14.2%. So it can be said that the perception of class XII students at SMK Darussalam Karangpucung is in the positive category.

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