

## **THE LEARNING OF RESPIRATORY SYSTEM: IMPROVING STUDENTS' CREATIVE THINKING SKILLS THROUGH PROJECT-BASED LEARNING**

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**Abstrak:** Keterampilan berpikir kreatif merupakan keterampilan krusial yang dibutuhkan oleh generasi saat ini dalam menghadapi tantangan abad ke-21. Penelitian yang berfokus pada keterampilan berpikir tingkat tinggi masih terbatas. Penelitian ini bertujuan untuk menganalisis pengaruh RPP pembelajaran berbasis proyek sistem pernapasan terhadap keterampilan berpikir kreatif siswa. Desain penelitian pretest and posttest dengan kelompok kontrol non-equivalent. Perlakuan yang diberikan pada kelas eksperimen adalah penerapan RPP berbasis proyek sistem pernapasan, sedangkan kelas kontrol menggunakan metode yang biasa digunakan oleh guru. Hasil penelitian ini menunjukkan bahwa kemampuan berpikir kreatif siswa kelas eksperimen lebih tinggi secara signifikan dibandingkan kelas kontrol. Kesimpulannya, RPP pembelajaran berbasis proyek sistem pernapasan efektif dalam meningkatkan kemampuan berpikir kreatif siswa.

**Kata kunci:** Pembelajaran berbasis proyek, kemampuan berpikir kreatif, sistem pernapasan

**Abstract:** *Creative thinking skills are the crucial skills required by nowadays generation in dealing with the 21<sup>st</sup> Century challenges. The researches focused on higher order thinking skills are still limited. This study aimed to analyze the effect of respiratory system project-based learning lesson plan on students' creative thinking skills. The research design was pretest and post-test with non-equivalent control group. The treatment given in experimental class was the implementation of respiratory system project-based learning lesson plan, while the control class was taught using common method used by the teachers. The results of this study indicated that the students' creative thinking skills in experimental class was significantly higher than the control class. In conclusion, respiratory system project-based learning lesson plan is effective in improving students' creative thinking skills.*

**Keywords:** *Project-based learning, creative thinking skills, respiratory system*

### **Introduction**

Creative thinking is a logical activity to develop the available thinking results (Siti Zubaidah et al., 2017). According to Greenstein Greenstein (2012), creative thinking is a mental activity to increase originality and insight in the development of something. Another concept of creative thinking is logical and divergent thinking to generate new ideas (Türkmen & Sertkahya, 2019). According to (Tiantong & Siksen, 2013), creative thinking is an original cognitive ability and problem-solving process for individuals to use intelligence in a unique and directed manner. Genuine cognitive abilities emphasize cognitive outcomes that unique and different from other people's thinking (Retnawati et al., 2018; Tiantong & Siksen, 2013). The capability of students to provide various kinds of solutions to problems indicates that students can think creatively

(Umami et al., 2019). Bono(2014); Ulger & Morsunbul(2016) describe the results of creative thinking consisting of formulating ideas; generate new ideas, and determine their effectiveness.

Creative thinking skills are the goal of Indonesian education development and writing in the Regulation of the Minister of Education of the Republic of Indonesia No. 6 of 2013 concerning the Curriculum of 2013 (Permendikbud, 2016). The policy shows that creative thinking skills are crucial. This statement had supported by Bono (2014), creative thinking skills are notable for people to improve lives, design innovation, and improve systems. Türkmen & Sertkahya (2019) strengthens this opinion by assessing that creative individuals provide new ideas for solutions to problems that occur in daily life or the results of practical studies. This assessment could indirectly have supported by Ritter &

Mostert (2017), creative thinking skills provide people with the skills to face the opportunities and challenges of a complex world development flexibly.

Students need practice to get used to creative thinking skills. The train of creative thinking skills for students could apply through creative learning to find various solutions to problems that have to occur (Sung et al., 2016). Mrayyan (2016) describes that creative learning makes students the center of learning to develop skills to find various solutions to problems that appear. The teacher's task is to direct students to think creatively through learning opportunities according to the interests and needs of students (Nurlaela, 2015; Rahardjanto et al., 2019; Yusnaeni et al., 2017). Creative learning could apply with varied learning methods, so students actively seek solutions and develop an interest in learning (Lamb et al., 2015; Saefullah et al., 2021; Sun et al., 2020).

The basic concepts of science subjects learning focus on the process, product, and scientific attitude (Trianto, 2011). In the procedure of learning science to students pay attention to memorizing theories, analysis, and practice (S. U. Putri et al., 2019; Saefullah et al., 2021; Sumarni & Kadarwati, 2020; Umami et al., 2019). The operation of learning science subjects can observe in the learning of the respiratory system subjects. The respiratory system learning subjects have the characteristics of abstract, contextual, and sub-subjects that could have observed directly. The feature of the subjects requires separate descriptions and practices so that students understand (Anazifa & Djukri, 2017).

Currently, the orientation of science subjects learning by teachers still focuses on the ability of students to master only science products in the form of concepts, facts, and theory (Arti & Ikhsan(2020); Ratnasari et al. (2020); Zulaichah et al. (2020). This learning method may observe from the respiratory system subjects. Learning about respiratory system subjects for students focuses on image visualization as a learning medium. However, the subjects visualization method is less effective in developing aspects of the process and attitudes of students in science learning (Anazifa & Djukri, 2017). This condition obstructs the process of creative thinking skills for students (Nurlaela, 2015).

Therefore, the learning method to increase the activity of students in asking questions, opinions, or observing the object of the learning subjects needs to be developed (Adam & Gullota, 1983). Other activities include skills generalizing solutions to problems and adapting to different ideas that need developing in learning methods (Feeman, 2016). These activities are suitable for a scientific approach to learning (Andersen & Hepburn, 2015; Fudge, 2014). Scientific learning connects students' perspectives on the learning process, so it is systematic according to the scientific method (Andersen & Hepburn, 2015; Fudge, 2014). These learning activities expect students to design and find a solution to the problem has taught (Andersen & Hepburn, 2015;Stokvik et al., 2016). Creative thinking skills are a person's attitude to create an idea or ideas that are novelty and beneficial Siew & Ambo(2020)&Titu(2015). Scientific approach learning provides opportunities for divergent thinking students to practice creative thinking skills about novelty and solutions in life (Andersen & Hepburn, 2015; Fudge, 2014).

Project-based learning is a type of scientific approach learning method (Bender, 2012). Project-based learning involves a project in learning for students (Thomas, 2000). Projects implement by students can be done in groups or individually (Isabekov & Sadyrova, 2018). Students work on this project with a time limit set by the teacher (Isabekov & Sadyrova, 2018). The result of project-based learning is that students can present projects done with groups or individuals (Irianti, 2017). Project-based learning involves creativity, innovation, unique think, and a focus on solving problems in the lives of students (Anazifa & Djukri, 2017; Irianti, 2017; Wijayati et al., 2019).

Project-based learning stages improve students' creative thinking skills (Irianti, 2017; Wijayati et al., 2019). The opening syntax of the Project-based learning model is through essential questions for students to develop aspects of fluency and flexibility in phenomena, objects, or open problems that have presented in learning so that students raise various questions and ideas (J. Stivers & Brandon, 2010). The project plan stage helps students develop aspects of genuine and elaboration because students provide different answers from others, and projects design depending on

the individual or group thinking of students. Students have targets and skills for development project settlement steps (J. Stivers & Brandon, 2010). The stage of scheduling and monitoring projects helps students develop the fluency aspect because students produce native ideas to organize and complete projects on time (Hsieh et al., 2013; J. Stivers & Brandon, 2010).

In the result assessment stage, students convey various kinds of thinking for problem-solving. The purpose of the outcome assessment stage is to develop fluency, originality, and elaboration for students (J. Stivers & Brandon, 2010; Tiantong & Siksen, 2013; Wijayati et al., 2019; S. Zubaidah et al., 2017). On the learning evaluation stage, students receive an explanation of the initial problem by the teacher, evaluate the projects carried out, and generalizing ideas for appropriate solutions. The purpose of the learning evaluation stage is to develop aspects of fluency and elaboration for students (Anazifa & Djukri, 2017; Irianti, 2017; Wijayati et al., 2019).

According to Ergül & Kargın (2014), project-based learning affects the practice of creative thinking skills. Knowledge development learners, creativity, and problem-solving through project simulations in class. Project-based learning increases the interest for study, providing opportunities for self-actualization to students effectively, and trains students' creative thinking skills (Gencer & Gonen, 2015).

## Method

This study aims to test the effectiveness of project-based learning on respiratory system materials. The reference for this research is the Pretest-Posttest Nonequivalent Control Group Design ( $O_2 - O_1 \times O_4 - O_3$ ) (McKenney & Reeves, 2014).  $O_1$  and  $O_3$  are pretest scores, and  $X$  represents science learning on the topic of the respiratory system through project-based learning, while  $O_2$  and  $O_4$  are posttest scores. The population in this study was all of the students in 8th grades of 3 Junior High School Satu Atap Sumberlawang, Sragen, Indonesia, on the second semester of the academic year 2020/2021. The samples have selected by purposive random sampling. The random sampling technique chose due to the population was homogeneous, and each member had the

same opportunity for picked as objects of this study. Simple random sampling had done by the lottery methods. The selected class has used as a control class and the other class as an experimental class. The control class consisted of 32 students, while the experiment class consisted of 32 students. The control class was treated by teaching and learning process using the conventional method (lecture method) and textbooks as usual. The experiment had treatment by implementing project-based learning to improve creative thinking skills that had previously developed. Each class obtains 6-time learning meetings.

The instrument consists of 7 essay questions adapted from each aspect of Guilford's theory about creative thinking skills, namely: (1) fluency, (2) flexibility, (3) originality, and (4) elaboration (Guilford, 1967). The percentage categories of students' creative thinking skills showed in Table 1. The instruments used in this study tested for validity and reliability by 31 students.

**Table 1.** Percentage Category of Students' Creative Thinking Skills

| Percentage Range (%) | Category      |
|----------------------|---------------|
| 81 – 100             | Very creative |
| 61 – 80              | Creative      |
| 41 – 60              | Enough        |
| 21 – 40              | Low           |
| 0 - 20               | Very low      |

ANCOVA has used for data analysis pretest score as the covariate. The significance level of analysis 0.05 and preceded a prerequisite test, namely the Shapiro-Wilk normality test and Levene's homogeneity test. The statistical analysis program used SPSS 22 for windows. N-gain was used to determine the effectiveness of the developed product to improve creative thinking skills after the project-based learning process. The n-gain category could see in Table 2.

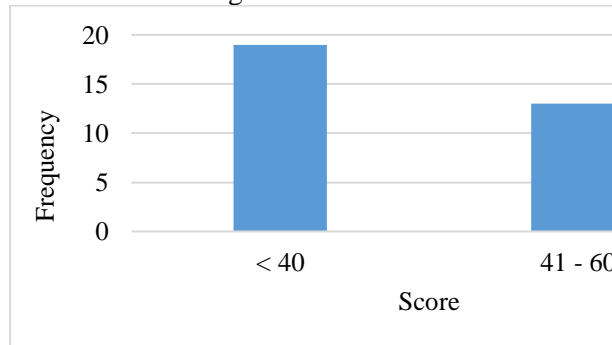
**Table 2.** Score Category of N-gain

| N-Gain <g>        | Category    |
|-------------------|-------------|
| <g> < 0.25        | Low         |
| 0.25 ≤ <g> < 0.45 | Medium-low  |
| 0.45 ≤ <g> < 0.65 | Medium-high |
| <g> ≥ 0.65        | High        |
| <g> < 0.25        | Low         |

**Results and Discussion**

**Result**

Generally, the results of the analysis of students' creative thinking skills test scores could as seen in Figure 1.



**Figure 1.** The General of Students' Creative Thinking Skill

**Table 3.** General Analysis of Students' Responses in Each Indicator of Creative Thinking Skills

| Creative thinking skills indicators | Mean Score | Category |
|-------------------------------------|------------|----------|
| Fluency                             | 33.02      | Low      |
| Flexibility                         | 50.00      | Enough   |
| Originality                         | 42.96      | Enough   |
| Elaboration                         | 50.26      | Enough   |

**Table 4.** Validation Results of Learning Tools Prototype

| Validator                 | Percentage (%) | Category |
|---------------------------|----------------|----------|
| Language                  | 95.85          | Valid    |
| Media                     | 96.66          | Valid    |
| Material                  | 96.87          | Valid    |
| Learning                  | 92.86          | Valid    |
| Educational practitioners | 98.86          | Valid    |
| Mean of all aspects       | 96.22          | Valid    |

**Table 5.** Results Analysis of Teachers Questionnaires

|                | Percentage (%) | Category   |
|----------------|----------------|------------|
| 1              | 91.66          | Very valid |
| 2              | 91.66          | Very valid |
| 3              | 91.66          | Very valid |
| 4              | 100.00         | Very valid |
| of all aspects | 93.75          | Very valid |

**Table 6.** Recapitulation of The Results of The Normality and Homogeneity Test

| Class     | Test        | Type of test      | Result                                  |
|-----------|-------------|-------------------|---|
| Exp.      | Norm.       | Shapiro-Wilk test | Sig. pretest 0.169; Sig. posttest 0.148 |
| Ctrl.     | Norm.       | Shapiro-Wilk test | Sig. pretest 0.336; Sig. posttest 0.070 |
| All Class | Homogeneity | Levene's test     | Sig. pretest 0.267; Sig. posttest 0.033 |

**Table 7.** ANCOVA Test Result

| Source          | Sum of Squares        | df | Mean Square | F       | Sig. |
|-----------------|-----------------------|----|-------------|---------|------|
| Corrected Model | 4295.434 <sup>a</sup> | 2  | 2147.717    | 86.327  | .000 |
| Intercept       | 4444.609              | 1  | 4444.609    | 178.650 | .000 |
| Pretest         | 8.458                 | 1  | 8.458       | .340    | .562 |
| Metode          | 3360.873              | 1  | 3360.873    | 135.090 | .000 |
| Error           | 1517.610              | 61 | 24.879      |         |      |
| Total           | 410713.005            | 64 |             |         |      |
| Corrected Total | 5813.044              | 63 |             |         |      |

R Squared = .739 (Adjusted R Squared = .730)

**Table 8.** N-gain Students' Critical Thinking Skills Score of Pretest and Posttest

| Groups | N-gain | Category    |
|--------|--------|-------------|
| Exp.   | 0.76   | High        |
| Ctrl.  | 0.47   | Medium-high |

**Table 9.** N-gain Score on Each Indicator to Students' Critical Thinking Skills

| Indicator   | N-gain       |             |         |             |
|-------------|--------------|-------------|---------|-------------|
|             | Experimental | Category    | Control | Category    |
| Fluency     | 0.62         | Medium-high | 0.36    | Medium-low  |
| Flexibility | 0.80         | High        | 0.39    | Medium-low  |
| Originality | 0.72         | High        | 0.46    | Medium-high |
| Elaboration | 0.90         | High        | 0.69    | High        |

**Discussion**

Based on Figure 1, the students' creative thinking skills were low and average categories based on the test. 59% of students were poor creative thinking skills, and then 41% of students were in the averages category. The students' score of each indicator in creative thinking skills could see in Table 3. These results based on Table 3 indicated that the learning process carried out so far couldn't improve students' creative thinking skills. Thus, significant efforts are needed to be able to help raise creative thinking skills. Creative thinking skills are essential for individuals to improving life, innovate designs, create change, and increase systems (Bono, 2014). According to Ritter & Mostert (2017), creative thinking skills allow people to remain flexible and provide skills to face the opportunities and challenges of a complex and rapidly changing world development. At this stage, an analysis of the need to develop learning devices on respiratory system material had carried out to raise creative thinking skills. The respiratory system has chosen because it has the characteristics of abstract, contextual material, and sub materials that could not be observed directly (Anazifa &

Djukri, 2017). So that students need a separate description to understand the material. Usually, respiratory system material has taught using pictures, but visualization using drawing is still less effective in improving students' creative thinking skills (Anazifa & Djukri, 2017).

Based on that analysis, the result use as a reference in designing learning devices. These references make the learning tools developed have characteristics. There are 5 main characteristics namely 1) improving creative thinking skills 2) based on concrete problems 3) student-centered 4) project-based learning, and 5) using authentic assessment. Besides being adjusted as the result of the preliminary study, the five characteristics also adapted of curriculum 2013 for the product (learning tools) to be easier to implement at the junior high school (SMP/MTs) level in Indonesia. The phase of the learning tools prototype was carried out by involving several experts as validators (language, media, material, and learning expert validator, and educational practitioners). The results of the validation of the learning kit indicated that the product based on project learning on respiratory system content was acceptable to use in learning from several revisions.

The effectiveness of science learning tools based on a project to increase creative thinking skills on the respiratory system was determined in disseminate stage. It was analyzed and stride under the effectiveness analysis indicators. The preliminary test use normality and homogeneity held on experimental to control class indicate that the spread of data is normalcy and homogeneous. Based on Table 6, it concluded that the normality test using the Shapiro-Wilk test showed that the pretest and posttest were normal distributing ( $\alpha > 0.05$ ), the Levene's homogeneity test in all classes showed homogeneous pretest and posttest because of the significance level ( $\alpha > 0.05$ ).

The next test is ANCOVA to determine the difference in post-test values in the experimental class to the control class. Based on Table 7, there is a significant difference between the post-test value of the experiment class and the control class ( $\alpha < 0.05$ ). The result of research that was told by Nugroho et al., 2017); Rati et al., 2017; Safrina, 2019; Yamin et al., 2020a shows the project design

competent to raising students' creative thinking skills.

Table 7 shows have a significant difference in the creative thinking skills in pattern or gap of students learning used science learning tools based on a project in the respiratory system. The comparison of different treatment in students taught using conventional learning resources (control groups). The effectiveness of increasing creative thinking skills in students shown in Table 8.

The effectiveness of student improvement of the creative thinking skills score of the experimental group was confirmed not to be lower than the control group. This influence appears because each stage in the project-based learning model supports the progression of students' creative thinking skills following: (1) starting with essential questions; (2) designing project plans; (3) making schedules; (4) monitoring students on the progress of the project; and (5) assess the results of reflection (Bender, 2012; Siew & Ambo, 2020). . These activities encourage students to work independently to build learning and ultimately produce substantive work (Anazifa & Djukri, 2017; Wijayati et al., 2019; Yamin et al., 2020b; Yustina et al., 2020; Zakiah & Fajriadi, 2020).. The detailed perspective of each critical thinking indicator by Guilford (1967) due to the N-gain scores of the two groups has shown in Table 9.

The fluency indicator students' creative thinking skills in the experimental class were higher than in the control class. It occurs because students guide to express opinions or ideas when phenomena display in everyday life. This skill is answers problems given by educators in the learning process (Guilford, 1967). It supports the thought of education experts that students can express ideas smoothly (Vally et al., 2019). In addition to this, fluency is not only based on outcome assessment alone. The valuation of students' fluency indicators drawn on the problem-solving skills gives by the educator (Wojciehowski & Ernst, 2018). Fluent thinking skills can be improved and developed through the activity to guiding in conveying ideas (Putri et al., 2019). The project-based learning model significantly improves expressing ideas smoothly in solving a problem given by the

educator (Umami et al., 2019; Yamin et al., 2020b).

On Flexibility, the experimental class is superior. It occurs because students guide to design activities or stages has conducted to complete independent thinking-oriented projects. (Guilford, 1967). Through such actions, students can design ideas in preparing the schedule. Students will hold questions and answers that can add information and practice assessing things from various points of view to trains their thinking skills.(Nurlaela, 2015; Türkmen & Sertkahya, 2019). Students will get used to developing ideas according to their creativity. This situation is in line with education experts that students could develop or add opinions so that detailed or ideas produced.(Bakir & Öztekin, 2014; Yazar Soyadı, 2015). Flexibility is the ability to propose a variety of problem-solving approaches. (Lamb et al., 2015). If this point has implemented, it could elaborate and generate for students to communicate their work in detail. (Ndiung et al., 2021). It is in line with what Anazifa & Djukri (2017) & Türkmen & Sertkahya (2019) stated that the flexibility aspect could increase in the project-based learning model through stages of planning a project.

On originality, experimental class students are guided and given the freedom of several alternatives in create projects.(Guilford, 1967). Through guidance and liberty, students can develop original thinking skills and develop their creativity. Original thinking skills require the development of fluency and flexibility aspects first. These two aspects will optimize in achieve students' original thinking skills (Rawlinson, 2017; Zhang & Kwan, 2018). In efforts to develop original thinking skills, educators should encourage students to give answers or other ideas as an alternative to developing thinking skills. (Ahmad et al., 2021).

In elaboration, students conclude learning based on the concepts studied (Guilford, 1967). In addition, students answer the initial problem with the concepts discussed. Students learn to modify or like to take a simple thought, modify and make it more interesting (An et al., 2016; Bakir & Öztekin, 2014; Rawlinson, 2017; Yusnaeni et al., 2017). Add details to particular thinking provided these

details match the main idea (Nurlaela, 2015; Wojciehowski & Ernst, 2018; Yazar Soyadı, 2015). This condition, of course, requires deep thought because it needs to be analyzed carefully. Students answer the initial problem with the concepts studied. Problem-solving is also not an easy thing for students to do, so students are required to learn concepts more deeply. It makes students in the experimental class have higher elaboration skills improvement compared to the control class.

Based on this description, we know that the project-based learning model could see as a model for creating a learning environment that can encourage students to construct knowledge and skills personally. The opportunity to convey ideas, listen to other people's ideas, and reflect on their ideas on other people's ideas, is a form of knowledge empowerment experience (meaning-making process) (Kutlu, 2015; Zakiah & Fajriadi, 2020). In addition, students also experience a learning stage known as the "Interactive Research Cycle" which consists of the stages of questioning, planning, collecting data, synthesizing knowledge, and evaluating (Isabekov & Sadyrova, 2018; J. Stivers & Brandon, 2010).

The project-based respiratory system learning process also received a positive response from students. The domain of attitude relates to curiosity, honesty, thoroughness, responsibility, and openness. This assessment has taken from students during the learning process is completed in each cycle. Action improvements as independent thinking skills, guidance in conveying ideas, direction to choosing alternative opinions, and group freedom can impact attitude from curious students, honest, thoroughness, responsible, open during the learning process (Guerra & Noll, 2021; Kutlu, 2015; Rahardjanto et al., 2019). The increased behavior strengthens by Santrock (2011), told that student behavior had shown in-depth and broadly based on their learned, seen, and heard.

## **Conclusion**

The treatment given to students was science learning process with the combination of developed respiratory system project-based learning tools on students' creative thinking skills. Students in the two groups were given the same test as pretest and post-test. The

results of this study indicated: 1) there is a significant difference between the post-test scores of students' creative thinking skills in each group with significant value = .000; 2) the average n-gain creative thinking skills of the experimental group students was higher. Yet, respiratory system with project-based learning was effectively enhancing and improving students' thinking pattern as creative thinking learners.

Science learning with project-based learning is expected to be implemented in all subjects to make students have better thinking skills, and project-based learning should be more developed with various innovations. Hopefully, this current research can complement innovation in science learning, especially project-based learning.

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