

By

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Theme

**The Development Of Sport Culture
To be Indonesian Civilization**



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Yogyakarta State University



ISORY DIY



Ministry of Youth and Sport
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Indonesian Sport
Deans Forum

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THE DIFFERENCE BETWEEN TEACHING METHOD OF THE PURE PART METHOD AND THE PROGRESSIVE PART METHOD ON THE RESULTS IN LEARNING CRAWL SWIMMING STYLE FOR MALE STUDENTS IN JUNIOR HIGH SCHOOL 5 YOGYAKARTA

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ABSTRACT

This study is aimed to find the differences between teaching method of the pure part method and the progressive part method of result in learning Crawl swimming style. Research method that is used in this experiment is by giving the treatment of two groups of students who were taught with the pure part method and another group with progressive part method. The population used was the male students of Junior High School 5 Yogyakarta. The sample taken by purposive sampling, the number of sample is 32 students. Hypothesis testing used t-test, with significance level of 5%. A result of this experiment shows that there is a difference in teaching with the pure part method and progressive part method on the learning results of Crawl swimming style. Test results showed that t count is 2.5237 while the t table is 2.042 with significance level of 5%. The average result of pure part method is 3.073 while the average of the progressive part method is 3.870. Thus the result of progressive part method is better than the pure part method.

Keywords: *Teaching, Method, Swimming, and Student*

INTRODUCTION

Achievement of learning outcomes for students is a priority in the teaching or learning. There are many related factors and influence each other in the process of learning. These factors include the factors of teachers, students, goals to be achieved, instructional materials, delivery methods and others. Factor of teachers have a crucial role both as facilitator and motivator in the learning process. How a teacher can play with just a great effect on learning outcomes to be achieved.

Learning is a process of change from not knowing to knowing or from incapable to be able to do something. The process of change of not knowing and from incapable to be able to do something is a learning process. Of course in the learning process will always be related with the given the material. How does the role of teachers in the learning processes and methods into the approach taken in achieving goals.

Learning to swim is one of the efforts made from being incapable in swimming to be able to swim. Changes in behavior by the influence of the nature and environment are learning process to swim which not only behavioral changes that is given by the teacher but also the challenge of adaptation to environment. That is why there are many factors that affect the achievement of learning outcomes. Humans are not naturally water creatures like fish that have been used to living in the water without any difficulty. While human are not creatures of water who is trying to perform activities in the water. For that reason we also need a special delivery method, so that the goal can be realized optimally.

Teaching methods to teach skills in particular can be done in several different ways. Based on the material of Crawl swimming style that consists of several elements of a very complex movement is considered important in the delivery. Swimming that is consist of several elements of the movement is need to be addressed section by section in order to place the ease of doing. While other ways the elements in the movement in Crawl swimming style given as a whole. The two delivery methods in learning skills are called to the section method and the overall method.

On the basis of the problems mentioned above, the research of learning in Crawl swimming style is necessary to be done. It is to answer whether there is any difference between the pure part method and the progressive method in learning the Crawl swimming style. This needs to be argued that the method of learning skills such as Crawl swimming style can be given by the pure part, progressive part, and the repetitive part method. Based on the background of the above problems, there are some problems as follows: (1) Are there any differences in teaching skills conducted on land and in water?, (2) Is there any difference in delivery method provided for learning to swim? , (3) Is there any difference to learn the different styles of swimming? In this study, the problem to be studied is "Are there any differences in teaching methods between the pure part and the progressive part in learning Crawl swimming style?" In this study, the research is limited on controlling movement techniques of Crawl swimming style with the two methods. They are the pure part method and the progressive part method. This study is aimed to determine whether there are any differences in learning outcomes with the pure part method and the progressive part method in learning Crawl swimming style.

overall method. The section methods can be subdivided into pure part method, the progressive method and repetitive part method.

The Pure Part Method

To teach Crawl swimming style based on the consideration of the material approaches that will be given, it can be given by the part method. As a basis for consideration is the complexity of the existing movements in the Crawl swimming style. According to Kasiyo (1979: 30) that the part method can be divided into: (1) the method of pure (2) the method of progressive (3) the method of repetitive.

According to Kasiyo (1979: 32) that the part method is the method of teaching swimming movement skills for Crawl swimming style into elements of movement, and teaches element by element. That is why, in teaching Crawl swimming style is divided into some elements. The elements contained in Crawl swimming style includes: (1) slides (2) movement of the foot (3) movement of the arm (4) movement of respiration (5) full swimming.

To teach the elements of the existing movements in the Crawl swimming style above, it is necessary to take steps in implementing the teaching. The steps in teaching Crawl swimming style can be described as follows:

Step I, Teach the elements of movement of Crawl swimming style that is only gliding movement. This gliding movement should be repeated until the students can make sliding movement correctly. The correct gliding movement can be done with position of body is parallel to the surface of the water, the body in a relaxed state, and can glide in great distances.

Step II, Teach the elements of movements of Crawl swimming style on leg movement. The element of leg movements is taught repeatedly starting from the simple leg movement in place, until the movement of the leg with a certain distance. If the movement has been controlled then it can be continued with the next step.

Step III, Teach the elements of movements of Crawl swimming style on arm movements. The elements of this arm movement are taught starting from a simple movement or easy to the real arm movement. After this the arm movements are repeated until controlled and then taught the next movement.

Step IV, teach the elements of movements of Crawl swimming style on breathing movements. After this breathing movements performed repeatedly until the breathing movement is completely controlled then it can be continued the next step.

Step V, Teach the overall swimming that includes elements of sliding movement, leg movements, arm movements and breathing movements.

The Part Progressive Method

The definition of the part progressive method is a method of teaching by the increasing of lesson. The implementation of teaching with this progressive part method according Kasiyo (1979: 33) that the method is the progressive way of teaching the elements of the movements and combined with the movement that has been controlled before.

The principles that need to be considered in teaching with this method is the progressive increase in the movement elements that are taught. Unlike the pure part method that teaches the elements of movement separately and to control each of the element of movement. This method that is referred to the progressive can be described for more details in the steps of implementation as follows:

Step I, Teach gliding movement, gliding movement is taught repeatedly until students can perform gliding movement well.

Step II, Teach the elements of movements of Crawl swimming style on leg movements. The elements of this leg movements are taught to students repeatedly until the leg movement of Crawl swimming style are well controlled. Elements of these leg movements are taught starting from the movement in place until a certain great distance.

Step III, Teach gliding movement and continued to leg movements of Crawl swimming style. The implementation of the third step is the merger between the gliding and the leg movement.

Step IV, Teach the arm movements of Crawl swimming style, the elements of arm movements of Crawl swimming style are taught until students controlled this movement repeatedly.

Step V, Teach gliding movement and leg movement followed by arm movements. In the fifth step combines a gliding movement, legs movement and arms movement of Crawl swimming style.

Step VI, Teach breathing movements of Crawl swimming style. Breathing movement is taught to students then continued to control the next step.

Step VII, Teach completely the Crawl swimming style ranging from gliding, leg movements, arm movements and breathing movements.

The advantage of the use of pure part method is that students are not burdened to perform complex movements. Since the implementation of the pure part method is that the elements of the movement are taught elements by elements without the combination. So that the child will more quickly control the elements of movement that are taught.

There is also disadvantages in the of pure part method, students will be experiencing a delay in the overall movement. The delays occurred because students only learn section by section from the beginning. As a consequence to control the overall movement requires a long time.

RESEARCH RESULTS AND DISCUSSION

Results of the research

Based on the research of the mastery of techniques of Crawl swimming style that is shown in the in appendix 1. Whereas the calculated difference in the results of the mastery in learning techniques of Crawl swimming style with a t Test is shown in appendix 2.

The calculations to find the differences between the two methods of teaching can be obtained by the result of t observation = 2.5237. While t table with $db n_1 + n_2 - 2 = 32 - 2 = 30$ and 5% of significance level = 2.0420. Thus it can be said that there is a significant difference between the results of study of Crawl swimming style with the pure part method and the progressive part method.

Discussion

Based on the results of the research that says that there are differences in learning outcomes Crawl swimming style with pure part method and the progressive part method can be presented as follows.

The result of learning with the progressive method is better than the pure part method. This can be seen from the average difference of the two groups, the group that was given with the pure part method shows the results of average 3.073. While the group that was given with the progressive part method shows the results of the average of 3.870. Thus the average results of a group given with the progressive part method shows better results.

That is why it is possible because students that are taught with the progressive part method can make a movement that has mastered and combined with recent movements taught at any time. In contrast to the pure part method, students are taught section by section because after all the movement controlled, then combining all the movements performed. Thus it is more difficult for students as well as incorporating all the elements of movement.

That is why to teach Crawl swimming style that consists of several elements of the movement should be taught with the progressive part method

CONCLUSION

Based on the results of the research can be concluded that "there are differences in outcomes of learning Crawl swimming style with pure part method and the part progressive method. Thus it can be shown by the results of research that t count of 2.5237 is greater than in the t table of 2.042 for a significance level at 5%. In this study, subjects were taken by propulsive way. The number of samples for each group is 16 students, maybe the number is still too small. For further research there should be a sample taken randomly of the existing population so that results can be generalized.

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DISCUSSION

Heart

The heart is a hollow organ, muscle and shape of a cone located between the left lung and right, in an area called the mediastinum, behind the body of the sternum, and two-thirds were located on the left (Waston, 2002: 245). The cardiac function according to Sherwood (2001: 257) is a pump that did the blood pressure gradient to create the necessary pressure so that blood can flow into the network. Therefore we can say that the heart is the organ in the human body is hollow, muscular, cone-shaped with approximately the size of a fist that functions to pump blood with high oxygen content throughout the body tissues through blood vessels as the active energy.

The heart is a muscular organ that is formed from striped muscles such as skeletal muscle, this muscle is often called the heart muscle. Cardiac muscle, although muscle-like vessel, but has a different working system. Working skeletal muscle is influenced by the will, whereas the heart muscle is not influenced by the will. Like Junusul opinion (1989: 146) cardiac muscle tissue properties, which means autoritmic contracts do not require the existence of nerve impulses, muscle contraction caused by the depolarization wave originating from a small part in a special tissue in the atrium called Sini Atrial (SA) node or a pacemaker. Heart muscle have varying levels of thickness of the thickest in the left ventricle, the thinner right ventricle and the thinnest is the atrium.

Heart anatomically is divided into four rooms of the right atrium, left atrium, right ventricle and left ventricle. Right atrium receives oxygen-poor blood from the body through the superior vena cava and inferior, then the blood moves to the right ventricle and is pumped to the lungs to be cleaned. Meanwhile, the left atrium receives blood rich in oxygen from the venous pulmonary, then the blood into the left ventricle and is pumped throughout the body tissue.

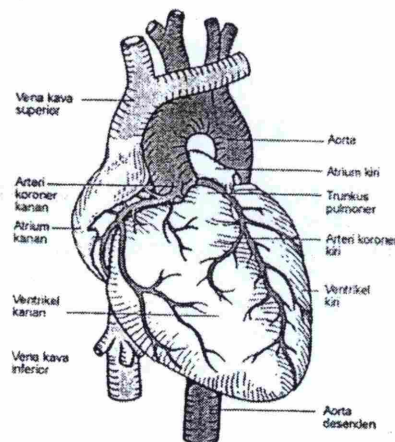


Figure 1. The heart appears from Home

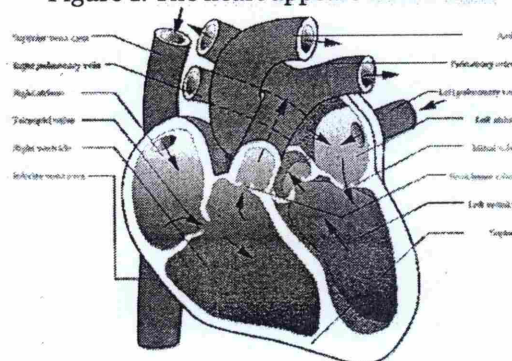


Figure 2. In this section the Right Heart

World health organization was quoted by Knight (2000) provides a definition that coronary heart disease is the inability of acute or chronic heart, arising from lack of blood supply in relation to the process myocardium disease in the coronary vein system. So it can be said that coronary heart disease is a disorder that occurs in acute heart as a result of the inability of the heart to supply blood to carry oxygen throughout the body tissues because the narrowing of blood vessels caused by fats that attach to the lining of blood vessels so that blood circulation is not smooth.

Tennis Games

No doubt that certain heart conditions are just that declined. If someone has a history of heart disease in the family, then someone is likely to experience interference with the heart. This harsh reality can not be changed but with the willingness and effort to conduct prevention, it can be believed that fate can be changed, so have a family history of heart problems or disease is not a death sentence.

Smoking,

Smoking is one risk factor for heart disease. This is very clearly conveyed in the cigarette ads that read "Smoking can cause cancer, coronary heart disease, pregnancy disorders, impotence and other" so that from here it is clear that smoking is extremely detrimental health. Also according to McGowan (2001: 4) says that smoking can accelerate the heart rate, lowers the heart's ability to bring and deliver oxygen, lower levels of HDL-C (good cholesterol) in the blood, and causes activation platelet, is cells that blood agglomerate. Clotting of the arteries tend to form on the heart, especially if there is deposition of cholesterol in the arteries, which can cause heart attacks. One good way is to stop smoking.

High blood pressure,

Blood pressure is the force produced by blood flow to each unit area of vessel wall (Guyton, 1993: 265). At the time of pulsing, the heart pumps blood into the blood vessels and increased pressure is called the systolic pressure, whereas when the heart relax, blood pressure fell to its lowest level is called the diastolic pressure. If the pressure exceeds 140 mmHg systolic and diastolic blood pressure exceeding 80 mmHg is consistent, it can be said that blood pressure is high, forcing the heart to work harder in pumping blood throughout the body. This situation will cause the volume of enlarged heart and a change in the artery that will increase the risk of heart disease comes. Therefore necessary efforts to reduce or normalize blood pressure by doing exercise and adjust your diet, so that heart disease can be avoided.

High cholesterol,

The elements of fat and cholesterol and triglyceride levels is one of the risk factors of coronary heart disease. This occurs when the elements are attached to fat blood vessels that can lead to narrowing, which would interfere with the smooth heart in pumping blood throughout the body. To avoid coronary heart disease caused by cholesterol and high triglycerides in the body, the fat consumption should be limited in daily life as more and more to consume more fat, cholesterol also produced. Moreover, it can be prevented by doing aerobic exercise on a regular basis is the dose and appropriate dose of exercise, because aerobic exercise will help burn fat in the body.

Poor Sports,

Lack of physical activity or exercise is often referred to can cause weakness of the heart stroke volume, so that the supply of oxygen to all tissues of the body becomes less. It also can cause the elasticity of blood vessels decreased. Of discourse is clear that the lack of sports activity can be a risk factor for coronary heart disease. Therefore, great effort is required to conduct regular training for at least 30 minutes and is performed at least 3 times a week. With this exercise will be to train the heart muscle and blood vessels become elastic so that the heart can pump blood around the body with a strong network and oxygen needs can be met.

Overweight

Technological sophistication that makes some people more reluctant to do the activity causes the accumulation of fat. Also the people who work behind the office desk tend to have excess fat accumulation of the workers in the field. Accumulation of fat in the body that too much will lead to overweight or obesity is often called. People who have excess weight tend to have heart disease risk greater than thin people. Also fat people are also vulnerable to diabetes mellitus disease, high blood pressure, have high cholesterol levels, in which the disease can trigger heart disease. Therefore, begin regular physical activity, manage your diet, and maintaining an ideal weight to coronary heart disease can be avoided.

Diabetes mellitus,

According to McGowan (2001: 3) says that diabetes can be defined as a fasting blood sugar levels higher than 125 milligrams per deciliter (mg / dl) after going through repeated measurements. So we can say that is diabetes accumulation in the blood sugar exceeds the normal limit of 125 mg / dl. Diabetes disease is also quite dangerous for the survival of man. However, most patients who died diabetes not because of increased blood sugar levels but complications from a heart condition. Diabetes patients also have excessive cholesterol levels due to excess production of triglycerides. Therefore, immediate lifestyle changes for the better can lower blood sugar levels is to exercise, avoiding sugar and alcohol concentrations.

accordance with appropriate guidelines such as: (1) Do the exercises as much as 3-5 times a week, (2) Do the exercises in a relatively long time that is at least 30 minutes a day, with heating and cooling enough, (3) Do the exercises with low intensity is between 65% - 75% maximum heart rate, (4) Do emotional control during practice to avoid tension or stress which may increase the frequency of breathing and heartbeat.

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