
MEDIA EXERCISE BASIC TECHNIQUES HAND BALLS BASED ADOBE FLASH PLAYER

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Abstract : The background of this research is the unavailability of learning model of basic technique of hand ball which is used as a reference to build the ability of basic technique of hand ball among the students. The purpose of this research is to develop the basic technique of handball based technique of handball based on adobe flash player, including opening, passing, catch the ball, dribble, blocking, shoot the ball, goalkeeper training and stretching, all of which are arranged in one easily accessible media anytime, by anyone and anywhere, especially at the Se-degree Junior High School in Demak district. The research method used is "Research and Development" approach. "This research is a research and development through preliminary stage, development of learning design, production, and product evaluation. After the production phase, then the initial product validation stage by media experts, academicians and practitioners. The evaluation results of media experts for the assessment component containing aspects of text, images / photos, sound audio, video obtained 61% of the total for the feasibility conclusion of the product. The results of the evaluation of academicians for the assessment component containing aspects of conformity, usefulness, security, and aspects of implementation are 85.71% of the total for the feasibility conclusion of the product. The results of the expert evaluation of practitioners for the assessment component containing aspects of conformity, usefulness, security, and the implementation aspect obtained 97.86% of the total for the feasibility conclusion of the product. The final percentage of all experts is 81.58% and it can be interpreted that the design of Adobe Flash Player based hand baseball technique technique can be tested in the next step. Small group test results for the assessment component that contains aspects of conformity, usefulness, security, and aspects of implementation obtained 71.25% of the overall for the feasibility of the conclusion of the product. The results of the large group test for the assessment component that contains aspects of conformity, usefulness, security, and the implementation aspect obtained 87.92% of the overall for the feasibility conclusion of the product. Based on the specified criteria it can be concluded that Adobe Flash Player's handmade basic ballast technique technique products are valid and usable. This is because the data results are stretched 80 - 100% for clarification of product feasibility percentage. Therefore this product is feasible and effective to develop the extracurricular handmade coaching in Demak Regency.

Keywords : Multimedia Learning, handball, adobe flash player.

INTRODUCTION

Handball games have basic techniques to be mastered by every Handball player to support his performance during the game. The basic techniques of Handball are, passing, dribbling by bouncing to the floor (dribble), catching the ball upon receiving the catch, throwing the ball towards the goal (shooting), and blocking the opponent's attack with how to block the opponent's ball shot by hand, and blocking the movement of the opponent (block). The popularity of Ball sports in Demak Regency is visible from the existing facilities and infrastructure as well as the hand-held ballast activities among students. Every player and handball coach certainly wants a high achievement, therefore from the popularity of handball sport in Demak Regency need to use the media training based on Adobe Flash Player where the media of this exercise contains about the models of the basic technique of handball for helps the understanding for trainers and athletes in the process of training and exercising basic ball technique skills. Activities provided in teaching or training methods should be didactic touches, so that the activities performed can achieve the teaching objectives. Physical activity trains a skill not just like the teaching and learning activities that are in the classroom every day, but rather the fulfillment of student movement needs. Fulfilling this need is very important, because motion is the only stimulus for the physical development of students. In the above case it can be concluded that the guidance teacher or coach handling in the handmade extracurricular activities of Demak Regency has not been able to explore the models of basic technique exercises and provide models of exercises that get the didactic touches and pedagogical principles in the practice, and using media in the training process. Therefore the researchers took the initiative to provide development for basic ball technique training techniques to help the understanding of coaches or extracurricular trainers in training the basic techniques of handball. With the development of a basic technique model of handmade ball exercises that students are expected to follow in the handball extracurricular activity can improve their

basic engineering skills, and can create excellent young athlete candidates.

METHOD

Development or commonly referred to as development research is conducted with the intention of bridging the gap that extends wide enough between research and training practice. According to Degeng (2002: 1) "scientific research that examines a theory, model, concept or principle and uses the results of the study to develop a product".

The development model used by researchers is the development and research model according to Borg and Gall (1983: 75). The selection of this model is due to the conformity with the researcher's development with Borg and Gall's research and development model. The steps in this development model are as follows:

- a. Research and information collecting
- b. Planning
- c. Develop preliminary from of product
- d. Preliminary field testing
- e. Main product revision
- f. Main field testing
- g. Operational product revision
- h. Operational field testing
- i. Final Product Revision
- j. Dissemination and implementation

From the ten steps of the development model proposed by Borg and Gall there are several stages that are partially modified by the researcher, with consideration of time, effort, and limited costs to produce a model development product of the basic technique of passing ball sports. To know the improvement of the product development, the researcher conducted experiments on the model of exercise product to improve the basic passing technique skills

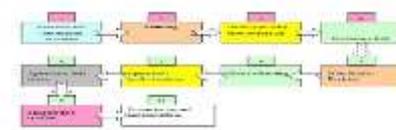


Figure.1. development and research model Borg and Gall (1983: 75).

RESULT AND DISSCUSSION

Development research begins with a preliminary stage of study which is an early stage in research that is problem or problem. The preliminary study phase is

the starting point for the problem to be solved. From this stage, will be obtained information and direction of development goals that will be done. Problems that have been identified by the next researcher will be used as scope to limit the problems in the research process. The scope process has been formulated and then formulated the process to be implemented in the research process based on theoretical studies in accordance with the research. Furthermore, the researchers will carry out two stages: the literature study stage and data analysis of the preliminary results.

This stage is done aims to get a theoretical study that underlies about the problems obtained. The process of needs analysis is made one way to know, compile and solve the problems found. Literature study is the stage of strengthening the theoretical foundations that become material to be strengthened.

The process of needs analysis includes several processes that will be implemented so that ultimately get conclusions in this stage. The first stage of the research done in the early stages is to determine the subject matter that exist in the subject. The method used by researchers in obtaining the subject matter that occurs is by the method of interviews with related parties such as trainers / coaches ekstrakurikuler handball in the environment of Junior high school in Demak District. The interview process undertaken by the researcher was preceded by the observation process of several meetings. From the process of observation is determined meeting schedule with several related parties, including coaches and some hand ball athletes. Interview conducted during routine exercise so that researchers can obtain complete information. Questions in the interview process start from the purpose of coaching, the training process, the obstacles in the field, and the training program.

The results of the interviews resulted in several conclusions such as the exercise program process has been running well, this can be seen from the activities of the exercise process that is physical exercise and technical training. Variations in the training of basic techniques have been given to the athlete to give pleasure in the exercise so that athletes are not easily bored in the training process. The use of innovations that have never done exercise

to make the training process less interesting and difficult to understand by students.

The obstacles that are often encountered in the field by the extracurricular handball coach is the lack of facilities and infrastructure become one of the barrier of the training process, for example the lack of balls so less effective in the process of training. In addition, students have not understood how to play or basic techniques of the game, so the need to create a video-based media to facilitate the trainer / coach extracurricular handball in carrying out routine exercise activities so that students can easily understand and the objectives of the exercise program can be achieved well.

The underlying conclusion of the researcher is to make a decision to use this type of development research to solve the problems that occur. In addition, research development is used by researchers because the processes in developing the product is based on studies of several parties such as trainers and academicians. Expected from the process, researchers are able to develop an appropriate product to overcome and provide a breakthrough that is able to become one of the benchmarks for further development.

Researchers hope that the resulting product can bring innovative workouts, and the creation of a fun workout process that can motivate students to have more opportunity to explore the basic techniques of handmade exercises and can move widely and freely in accordance with the level of ability they have, is expected to improve basic ball technique skills on students. The resulting product is also expected to assist the coach / coach extracurricular handball in providing various training materials using these produced products.

After going through the process of design and production, then produced the initial product development of Basic Technique Sport Handball Handball Based Adobe Flash Player. In accordance with the steps in the process of training the initial product draft of the development of Basic Techniques of Sports Ball Design Based on Adobe Flash Player as follows:

- a) General Materials of Handball Ball Knowledge.
- b) Handball Streaching Material.

- c) Exercise Material Basic Hand Passing Handball Technique.
- d) Basic Hand Catch Handwriting Techniques.
- e) Basic Hand Dribbling Technique Training Material Handball.
- f) Basic Handball Technique Material Handball Blocking.
- g) Basic Hand Training Techniques Shooting Handball.
- h) Handball Goalkeeping Exercise Materials.
- i) Rules of Game Handball and Situational Game.

The following will be presented in the draft of the initial product development of Basic Flash Sports Techniques Training Handball Based Adobe Flash Player for students in Junior High School / equivalent environment before being validated by media experts and material experts:

Table 1. Evaluation Results of Media Expert

No	Assessment Components	Results Score	Maximum Score	Percentage	Category
1	Text	12	20	60%	enough valid
2	Picture / Image	15	25	60%	enough valid
3	Audio Sound	7	10	70%	enough valid
4	Video	18	30	60%	enough valid
Total		52	85	61%	enough valid

Table 2. Evaluation Results of Academicians

N	Assessment Components	Results Score	Maximum Score	Percentage	Category
1	Aspect of Conformity	32	35	91.43%	Valid
2	Aspects of Utilization	27	35	77%	Valid
3	Security Aspects	33	35	94.29%	Valid
4	Aspects of Discretion	28	35	80.00%	Valid
Total		120	140	85.71%	Valid

Researchers using a prewriter aim to increase the quality of the developed product.

Table 3. Evaluation Results of Practitioners

N	Assessment Components	Results Score	Maximum Score	Percentage	Category
1	Aspect of Conformity	34	35	97.14%	Valid
2	Aspects of Utilization	35	35	100%	Valid
3	Security Aspects	34	35	97.14%	Valid
4	Aspects of Discretion	34	35	97.14%	Valid
Total		137	140	97.86%	Valid

The overall data obtained from the expert evaluation can be concluded that the product is valid and feasible to be tested at the stage of product effectiveness. Of course before applied, previous researchers pay attention to the input of the expert handball so that the product better. In Table 3. it can be presented quantitative data from the evaluation results of the three expert handballs:

Table 3. Result from Expert

No	Expert	Results Score	Skor Maks	Presentase
1.	Media Expert	52	85	61.18%
2.	Expert Academics	120	140	85.71%
3.	Practitioner Expert	137	140	71,15%
Total		309	365	81,58 %

In Table 3. above the data obtained by the end of the percentage is 81.58% and can be interpreted that the product design of basic techniques of ball technique based on Adobe Flash Player can be tested in the next step. This is based on the classification of Maksum (2009: 57).

CONCLUSION

Preliminary stage is to determine the course, identify the needs, then determine the material to be incorporated into multimedia learning products. The second stage is to develop a learning design by identifying competency standards and basic competencies, identifying student behavior and characteristics, developing materials, developing test items and

learning strategies, then developing evaluation. Furthermore, the production stage that is, create a flow chart, compile the script, collect materials that will be incorporated into the multimedia learning, then continued the process of developing multimedia learning soccer game course. In the process of developing this learning multimedia also includes the making of its application and the process of making video learning basic handball skills. The last stage is, evaluation or validation process by material experts, media experts and sports teachers. Then in the end produce the end product in the form of multimedia learning hand ball game for students in Demak district.

The results of the expert assessment of the material about the quality of multimedia learning Media Training Basic Techniques Handball Ball Based Adobe Flash Player in Demak District is included in the criteria of "very good", according to media experts on the quality of multimedia learning is the evaluation of media experts for the assessment component that contains aspects text, images / photos, audio sound, video obtained 61% of the total for the conclusion of the feasibility of the product. The results of the evaluation of academicians for the assessment component containing aspects of conformity, usefulness, security, and aspects of implementation are 85.71% of the total for the feasibility conclusion of the product. The results of the expert evaluation of practitioners for the assessment component containing aspects of conformity, usefulness, security, and the implementation aspect obtained 97.86% of the total for the feasibility conclusion of the product. the final result data is 81.58% and it can be interpreted that the design of Adobe Flash Player based hand baseball

technique technique can be tested in the next step.

Small group test results for the assessment component that contains aspects of conformity, usefulness, security, and aspects of implementation obtained 71.25% of the overall for the feasibility of the conclusion of the product. The results of the large group test for the assessment component that contains aspects of conformity, usefulness, security, and the implementation aspect obtained 87.92% of the overall for the feasibility conclusion of the product. Based on the specified criteria it can be concluded that Adobe Flash Player's handmade basic ballast technique technique products are valid and usable. This is because the result of data is stretched 80 - 100% for classification of product feasibility percentage.

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