IMPLEMENTATION OF STUDENT TEAM ACHIEVEMENT DIVISIONS (STAD) LEARNING METHODS TO IMPROVE LONG JUMP LEARNING OUTCOMES MTS MIFTAHUL ULUM PANGKALAN BALAI

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Article Info	Abstract
	___ The objective research is knowing the study result of long jump by using STAD method to the eighth grade student in MTs Miftahul Ulum Pangkalan Balai. The kind of this research is class Action Research (CAR). In this CAR, the subject research is the eighth grade student of MTs Miftahul Ulum Pangkalan Balai. It consist of 25 male students. The test instrument is work rubric in long jump learning. The technique of data analysis is counting the percentage of classical completeness. Fron this research, it is concluded that there is an improvement in long jump learning by using STAD method the eighth grade student of MTs Miftahul Ulum Pangkalan Balai with the skill grade is 96% in competence category of classical completeness.

INTRODUCTION

Physical, sport and health education is an education process that the implementation through physical activity. The purpose is not only to increase our health but also to get cognitive and affective achievement. Agus (2017) according to the fact indicating that physical , sport and health education is so unique . In teaching and learning process does not different with another subject, it also has a problem to solve by the teacher. Actually, sport education gives a meaningful learning and stimulates the students to think critically, because a good learning will give a good impact to the students.

Kesegaran Jasmani Depdiknas Centre (2011) explains that generally the result learning at school is able to give a

physical fitness effect only 15% . In this case, teacher has a big role such as choosing the best method to rise the participant and student's spirit. STAD is one of the appropriate method in sport learning.

The education achievement can be got by implementation of curriculum 2013. Based on government role No 19 2005 about education national standard that the teacher have to has a lesson plan. Lesson plan is part of effort to increase the human quality. Meanwhile sport activity is form of education because consists of physical activity, playing, and exercising to build fit students one of sport education activity is athletic. The athletic is combining of some sports, it consists of run, throw, and jump. It comes from Greek "Athlon" means contest. Athletic was held on the first olympic in 776 BM.

Long jump is one of athletic. it is jump action , raise foot to the up and front as long as on the air and fast. Walking by pushing one foot to get longest distance.

Based on Laa (2017) a cooperative method is learning that can increase student's motivation in studying and help them to reach the learning purposes. STAD emphasizes on the activity and student's interaction to know the material. They are in group in order they can cooperative to do assignment from their teacher.

The student's ability in doing long jump is not good, it looked front their techniques are wrong. For example in the beginning, students run so fast without thinking about range start. It will make a decrease speed and pushing their foot will pass the board. So it is invalid. When they are on the air , their pose are not right. Then on landing ,the for has wrong position. Finally, they will fall back and their range will be measured there. This problem because there is not appropriate method used. The teacher should try to teach by using STAD.

STAD is learning method which gives an appreciation to the best student, both of individually or group. This method will stimulate students spirit. For the reason, the writer wants to research a class action research with title " Learning method STAD (Student Teams Achievement Division) in studying long jump to the eighth grade student in MTs Miftahul Ulum Pangkalan Balai.

The research has done by Sadik (2017) with a title " The effort to improve ball dribbling skill in foot ball game by using Student Team Achievement Division method to the fourth and fifth students in SD N Blumbungan 1 Pamekasan in 2015-2016 school year". This research is to find out the effectiveness learning by using STAD method in ball dribbling skill of football game and it is based on theory that related to the problem. For data analysis technique, the writer uses qualitative descriptive analysis so that know the achievement of student by giving practical test evaluation. The calculation number of student's score is divided by the number of students to find out the average of student. While to know the class achievement it uses the number of pass student is divided number of student and then multiplied 100. With a reference students who get 72 is pass, whereas 70 is not pass. The result of testing in first cycle only get 19 pass students or 63.3%. Then, in the second cycle get 25 pass student or 83.33%. As for the similarity of research above is using the same dependent variable, it is STAD method. While the distinction is using different independent variable, where this study is about the dribbling ball skill in foot ball game and I implement this method in long jump.

The research has done by Indra Sayudi Bakti with a title " The effort to improve learning outcomes in O'Brien style shot put by using Student Team

Achievement Division method to the eighth grade student in SMPN 1 Tapung Sarigaluh. It was researched in 2019. The research objective is to find out the increasing of learning outcomes in O'Brien style shot put by using STAD to the eighth grade student in SMPN 1 Tapung Sarigaluh. This type of research is classroom action research. The sample technique in this study is total sampling. The research instruments consists of syllabus, lesson plan, and assessment rubric. At the first cycle learning, the student's average value is 83 and pass students 72%. Whereas at the second cycle learning increases 97 and student completion percentage is 100%. As for the similarity of this research is using the same dependent variable and type of research is classroom action research and the different is about independent variable.

Furthermore, the research has done by Ragil Sanjaya with a title "The influence of Student Team Achievement Division cooperative learning method and the Jigsaw type on the basic motion of the squat style long jump to the seventh grade student in SMPN 8 Bandar Lampung". The research objective is to find out the influence of STAD cooperative learning dan the jigsaw type on the basic motion of the squat style long jump to seventh grade student in SMPN 8 Bandar Lampung. The method is experimental method with research design such as pre test, ordinal pairing, and post test. The study population is 258 students and the sample is 60 students. The data collection technique is using basic motion instrument test. Then for data analysis technique uses t test with analytical requirements are normality test, homogeneous test, and hypothesis test. From the data analysis test result show that STAD can get the average value 28.65 and after learning, the average value is 29.60. It has increasing by 0.95. While the jigsaw learning model is got average value 37.40 and after learning, it gets 37.85. So, there

is an improvement by 0.45. As for the similarity in this study is using the same variable and the type of the research is classroom action research, then the difference in only about the place and time of research.

According to the description above, the writer states the problem as follow : How to in release the student's result in studying long jump by using STAD in Mts. Miftahul Ulum.

METHODS

The research is a class action research. Arikunto (2011) states that teacher's research cooperative with the researcher in the class and emphasizes on increasing process and practical learning.

The research instrument which is used such as :

1. Learning device
   a. Syllabus
      Syllabus is arranged based on principle and oriented to the competence achievement. It consisted of competency standard, base competence, subject, indicator, evaluation, time, and material / tool source.
   b. Lesson plan
      Lesson plan is arranged for 4 meetings. It consists of competency standard, base competence, indicator, objective learning, subject, learning method, steps, tool, source and evaluation.
   c. Test technique of long jump is using rubric. evaluation as follow :

Tabel 1. The evaluation of work rubric in long jump capability.

NO	ASPECT	QUALITY
1	Start	

	a. The student focuses on his action till landing b. The student runs as fast as possible to 25m c. Add run speed when the board is closer d. At the last step is smaller, so that can push up perfectly. e. Principally, when running like as short run.	
2	Touch upon a. The body is leaning to the front of b. The weight point must put on face point. c. The position of weight point is determined by long last step before jumping	
3	On the air a. The student has to push as strong as possible when swinging foot and hand to jump.	
4	Landing a. The student has to stick outward both of hand as far as his face, but he/she have to keep the balance b. The weight point have to bring to the face and bow untik the body and knee are almost touched.	

	c. The student sticks outwardhis hand to the face when lading of knee.	

$$Grade = \frac{Score\ Obtained}{Max.Score}\ x\ 100\%$$

Data Analysis Technique

The interval and evaluation category to student's knowledge in long jump based on :

Tabel 2. The interval category of long jump ability

No	Interval	CATEGORY
1	90 sd 100	Very Competent
2	70 sd 89	Competent
3	50 sd 69	Quiet Competent
4	30 sd 49	Lack Competent
5	10 sd 29	Incompetent

Sudjiono (2010) states that the individual completeness is achieved if the student get 70 in classical completeness and 80% of students are able in long jump correctly. So, it means the class is pass.

$$P = \frac{F}{N}x\ 100\%$$

P = Score
F = Frequently pass student
N = Number of student

RESULT

Studying action is a combination of skill which can change the action skill to the specific skill. Meanwhile the change of

action skill indicates skill process of someone. The action skill does not only influenced by studying process, but also the way teacher in appreciating the student's achievement.

The increasing of skill occurs because there is a knowledge development and a gift that is given as motivation for to student in order when they are doing long jump, the result is better. The students are competent if reach 96%.

The result of research show that there is improvement in studying than usual, such as : The student focuses on teacher's explanation, cooperative and more responsibility. So, by using STAD hopes can help them to get the best result.

The student's skill in long jump show they did it well, they are enjoy doing it. They have had better skill in long jump because of using STAD method.

The result is relevant to the research by Lesmana (2014, 54) from T test of count result is known that experiment X1 (STAD) has different between pre-test and post-test result is 23.70% with increasing is 44.83% meanwhile the experiment group X2 (TGT) is 19.63 and it increases 52.02%. They are relevant to research by Suhendro (2014.746). The conclusion is using STAD can increases the result study in long jump.

Dewi Septaliza research (2023 : 484) explains that sample is consist of children 4-5 years old in TK N Pembina and TK Kurnia Makmur Palembang is 30 students. The result is count grade < f table or 4.29 < 1.693. It means Ho was rejected and Ha was accepted. It shows the student's skill are better than using D-Mat. D- Mat is effective used to increase base jump for young age in Palembang because D-Mat has pictures and numbers. So this method can be used to increase another subject, event in implementing has a problem such as the student need time to know about STAD.

CONCLUSION

The conclusion is that the first cycle has not given ma by effect, it looked from valuation table frequency distribution, many students do not fulfil the criteria. But, in the second cycle, there is an increasing of long jump learning because using STAD with classical competence 96%. Therefore, it is very effective to use STAD method to the eight grade students of MTs Miftahul Ulum Pangkalan Balai.

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