

# The Effect Of Video Compact Disc (VCD) Media On Results Far Away To The Seventh Grade Students Of State Junior High School 3 Of Palembang

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**Abstract:** The problem in this study is whether there is an influence of the use of video compact disc (VCD) media on the results of jumps in the eighth grade students of Palembang State Junior High School 3 in the 2018/2019 academic year. The purpose of this study was to determine the effect of n media video compact disc (VCD) on long jump results in class VII students of Palembang State Junior High School 2019/2020. The method used in this study is an experimental method using the Pretest-Posttest One-Group design. Data sources of this research are seventh grade students of Palembang State 3 Junior High School, totaling 40 students. Data analysis techniques used are quantitative analysis techniques. From the results of the study found that the average final test score (posttest) is higher than the average value of the initial test (pretest), where the average value of the initial test results is 2.08 while the average value in the final test is 2, 25. Based on the analysis carried out using the t test, the value = 13.93 is greater than = 2.02 so that the use of video compact disc (VCD) media on the squat style long jump results in class VII students of Palembang State 3 Junior High School in 2018/2019 acceptable.

**Index Terms:** Media Video Compact Disc (VCD), Long Jump.

## 1 INTRODUCTION

In the world of sports, there are many sports, including athletics, games, gymnastics and martial arts. Of the four sports, athletics has an important role, because the movements are the basic movement for other sports. Athletics consists of running, throwing, and jumping can be said to be the oldest sport and also the parent of all sports. Athletics have long since been unconsciously carried out by people such as walking, running, jumping, spearing, while hunting in everyday life. The numbers in the athletics include walking, running, jumping and throwing (Muklis, 2007: 1). In its development, athletic sports became a popular sport throughout the world and athletics is one of the sports contested in the world's biggest championship known as the Olympics. Even when the first Olympics were held, athletics was a sport that was contested a lot including the long jump. This is what causes athletics to thrive throughout the world. Along with the development of athletic sports is formed the world's parent organization of athletics which is known as the IAAF (International Amateur Athletic Federation) (Muklis, 2007: 2). Basically the long jump requires incredible speed and very strong muscles. There are two types of horizontal jump - long jump, and jump jump or known as transmit, jump, jump (hop, step, jump). In both forms of leap, speed is very important for good takeoff. Sprinters usually become good athletes in this number. Jesse Owens and Carl Lewis, two of the best long jumpers in the world are leading sprinters. The long jump goal is to start, step on the board (put on the ground) without stepping over it, and jump as far as possible into a sand landing plot. Your jump distance is measured from the insidereject board until close sign in sand produced by body part (Mc Mane, 2008: 37). In planning athletic programs, each period must have a set of goals that are carefully planned and organized before being taught. Each target must be followed by other targets systematically, from one lesson period to the next. Athletics is one of physical and health education, it is also a physical activity and fostering healthy life and developing physical, mental, social, emotional, harmonious, harmonious and balanced. Its function is to

prioritize healthy living habits, has a role in the formation and development of individuals and groups in supporting the growth and development of physical, mental, social, and emotional harmony, and balance. Athletics is the parent of all sports that contain comprehensive physical training, this is because the constituents in it are like walk, run, jump and throw. Athletic sports, especially in long jump numbers must have great strength, speed, flexibility and also require high repulsion power in addition to supporting physical conditions (Carr: 2003). The long jump is a movement that lifts the body from one point to another, which is farther away by square off running fast or slow by leaning on one leg and landing with the other leg / limb with good balance. (Widya, 2004: 65). Based on the observations that researchers did at Palembang 3 State Middle School, the school had the facilities and infrastructure for physical education, sports and health were sufficient, especially equipment / jumping tubs for athletic learning, especially long jump numbers. The information that researchers obtained from sports and health physical education teachers at Palembang 3 Public Middle School. Researchers found that many students experienced difficulties long jump sports, especially the squat style and the results they achieved did not meet the criteria. For this reason, it is necessary to conduct training and research so that athletic achievements, especially in the long jump sport at SMP Negeri 3 Palembang, can increase and do not let this long jump not known by the younger generation, because it is feared from the archipelago and recognized by other countries. the long jump achievements are already good compared to the achievements of the long jump in Indonesia. There are a number of reasons why they have difficulty including that most teachers use inappropriate methods in an effort to increase the squat style long jump. Researchers think that the method used by some teachers is inappropriate, because this makes students not develop. Then the author learns from several sources and thinks to be more effective in teaching squat style long jumps. Then the researchers determined to use compact dist video media (VCD) about one-leg jump training paired with two people and with several

aspects used to get maximum results. Based on the background above the researcher was interested in researching about the "effect of using video compact disc (VCD) on the results of long jump learning in class VII students of State Junior High school 3 Palembang.

**2 RESEARCH METHODS**

According to Sugiyono (2013: 3), research methods are a scientific way to obtain data with specific purposes and uses. In this study using the experimental method. In this case using the form of the One-Group Pretest-Posttest design. Based on the above opinion, the variables in this study are as follows.

- 1) Independent variable (X): compact dict video media (VCD).
- 2) Dependent variable (Y): learning outcomes of squat style long jump.

**a. Population and Sample**

"Population is the whole object of research" (Arikunto, 2010: 130). The population in this study were seventh graders in even semester at Palembang State 3 Junior High School 2019/2020 school year, for details of the population details can be seen in table 1 below.

**TABLE I**  
RESEARCH POPULATION

NO	Class	Students		Total
		Boy	Girl	
1.	VII.1	23	16	39
2.	VII.2	21	19	40
3.	VII.3	20	20	40
4.	VII.4	22	18	40
5.	VII.5	19	21	40
6.	VII.6	22	18	40
	<b>Total</b>	<b>128</b>	<b>110</b>	<b>239</b>

Source: head of TU Palembang 3 State Middle School

The sampling technique in this study was purposive sample. The technique of taking sample members from the population is done by taking the subject not based on strata, random or regional but based on the existence of certain objectives in accordance with the researchers' own considerations (Arikunto, 2010: 139). For details, the sample can be seen in table 2 below.

**TABLE II**  
RESEARCH SAMPLE

No	Class	Students		Total
		Boy	Girl	
1.	VII.3	20	20	40

Based on the above, the sample in this study is class VII.3 students totaling 21 sons and 19 daughters

**b. Data Collection Techniques**

The test needed in this study is the long jump test. The purpose of this long jump test is to find out the results of the jump. Video compact disc (VCD) which contains one-leg (right) jump training in pairs of two people.

Long jump ability test

- a) Purpose: Measure the distance away
- b) Equipment Supplies:
  - 1) Field or long jump tub
  - 2) Meter
  - 3) Stationery
  - 4) Sand grading equipment
  - 5) Whistle
- c) Test Officers: One line supervisor and results taker, one landing inspector and a jump distance meter.
- d) Execution of Tests: Before taking the test, the sample is given the opportunity to try to make a jump, given the opportunity three times, from the three times the jump is taken the farthest.
- e) Implementation of long jump in accordance with regulations (PB PASI, 2007: 208)
- f) Recommended performance standards (meters) in long jumps for boys and girls

**TABLE III**  
SUGGESTED ACHIEVEMENT STANDARDS (METERS)  
IN THE FAR AWAY FOR THE DAUGHTER

Age	Satisfy	Good	Very Good
11-12	3,1	3,6	4,1
13-14	3,6	4,2	4,6
15-16	4,2	4,7	5,2
17-19	4,6	5,0	5,7

Sumber: Carr (2003:159)

**TABLE IV**  
SUGGESTED ACHIEVEMENT STANDARDS (METERS)  
IN THE FAR AWAY FOR THE DAUGHTER

Age	Satisfy	Good	Very Good
11-12	3,0	3,4	3,9
13-14	3,1	3,8	4,0
15-16	3,6	4,0	4,2
17-19	3,8	4,0	4,4

Sumber: Carr (2003:159)

**c. Data analysis technique**

In this study the data was taken at the time before the treatment (treatment) pre test was carried out and after (post test) the treatment was carried out. Data is processed and analyzed with certain techniques, namely using quantitative analysis techniques. In this processing includes data tabulations and statistical calculations if statistical tests are needed.

**1) Normality Test**

The data normality test in this study uses the chie squared test. The steps to test for normality are as follows:

- 1) Determine the biggest and smallest score
- 2) Determine the range of reducing the biggest score with the smallest score
- 3) Determine the number of classes (BK) using the Sturgers formula BK:  $1 + 3.3 \log n$
- 4) Determine the length of the interval class (P)  
 $P = \frac{R}{BK}$
- 5) Determine the mean or mean ( $\bar{X}$ )  
 $\bar{X} = \frac{\sum f_i X_i}{\sum f_i}$
- 6) Determine standard deviation (S)  
 $S^2 = \frac{n(\sum f_i X_i^2) - (\sum f_i X_i)^2}{n(n-1)}$

7) The normality test of the data in this study was carried out using the slope test curve with the coefficient of person formula, namely:

$$Km = \left( \frac{S - Mo}{S} \right)$$

(Sudjana, 2005: 109)

Where :

Km = slope curve (slope person)

X = average

Mo = mode

S = standard deviation

Data is said to be normal if Km is between -1 to +1 (-1 < Km < +1)

**2) Hypothesis Test**

Based on this type of research is an experimental study using pretest (initial test) and posttest (final test), then in analyzing the collected data used the t test formula as follows:

$$t = \frac{\bar{d} - Md}{\frac{sd}{\sqrt{n}}}$$

(Arikunto, 2010: 306)

Information:

Md = average of the difference between pretest and posttest (posttest - pretest)

$$= \frac{\sum d}{n}$$

d = difference between pretest and posttest (posttest - pretest)

xd = deviation of each subject (d-Md)

$$\sum x^2 d = \text{Sum of squared deviations}$$

of subjects (sample)

d.b = determined by N -1

a = 5% (0.05)

Hypothesis testing criteria: Ho is accepted if t counts < t table, and Ho is rejected if t counts > t table.

**3) Coefficient of Determination**

The coefficient of determination (R2) is used to determine the contribution of variable X (treatment) to the effect on variables (Y).

$$r = \frac{\sum (X_i - \bar{X})(Y_i - \bar{Y})}{\sqrt{\sum (X_i - \bar{X})^2 \sum (Y_i - \bar{Y})^2}}$$

To find out the percentage contribution of variable X to variable Y then use the formula KP = x 100%

**4. RESULT AND DISCUSSION**

**1. Results**

This research was conducted for one month, and consisted of three stages: the initial test stage (pretest), the second stage of the treatment (treatment), and the final stage (posttest). The initial stage or the squat style long jump pretest is carried out on May 8, 2018. The second stage or the treatment giving stage is: a) Priority: watching a video compact disc (VCD) about one-legged two-pair jump training, warming up, b) Core: doing one-legged two-pair jumping exercises, c) Cover: cooling, carried out on May 5 to June 8, 2018 and the final stage or posttest squat style long jump is held on June 9, 2018. Based on the results of the initial test (pretest) that has been done, hereinafter referred to as the results of the pretest data, long jump squat style in the form of frequency distribution tables and histogram diagrams.

**TABLE V**  
*THE INITIAL TEST CAPABILITY FROM THE FAR STYLE STYLE DAUGHTER STUDENTS*

Interval Class (meter)	Fi	%
1,50 – 1,80	3	14,28
1,81 – 2,11	3	14,28
2,12 – 2,42	6	28,57
2,43 – 2,73	4	19,04
2,74 – 3,04	5	23,81
Σ	21	100

a. Histogram



*Histogram 1. Long distance squat style of male students in the initial test.*

Histogram 1 above, states that there were 6 students who reached a jump with a distance of 2.12-2.42 meters, 5 students with a jump distance of 2.74-3.04 meters, 4 students with a jump distance of 2.43-2,73 meters, and 3 students with jump distance is 1.50-1.80 and 1.81-2.11 meters respectively.

**TABLE VI**  
*THE END OF THE TEST DAUGHTER STUDENTS*

Interval Class (Meter)	Fi	%
1,60 – 1,96	3	14,28
1,97 – 2,33	4	19,04
2,34 – 2,70	6	28,57
2,71 – 3,07	5	23,81
3,08 – 3,44	3	14,28
Σ	21	100

b. Histogram



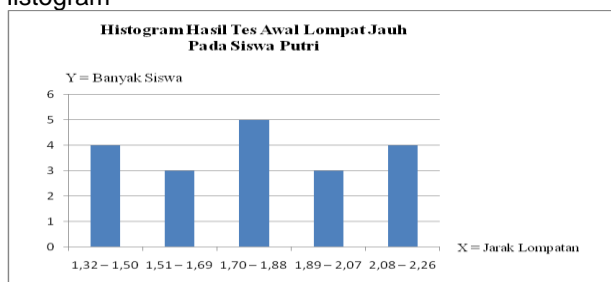
*Histogram 2. Long distance squat style male student jump at the end of the test*

Histogram 2 above, states that there are 6 students who reach the leap with a distance of 2.34 to 2.70 meters, 5 students with a jump distance of 2.71-3.07 meters, 4 students with a jump distance of 1.97-2, 33 meters, and 3 students with jump distance of 1.60-1.96 and 3.08-3.44 meters respectively.

**TABLE VII**  
THE INITIAL TEST CAPABILITY FROM THE FAR STYLE STYLE PRIVATE STUDENTS

Interval Class (Meter)	Fi	%
1,32 – 1,50	4	21,05
1,51 – 1,69	3	15,79
1,70 – 1,88	5	26,31
1,89 – 2,07	3	15,79
2,08 – 2,26	4	21,05
Σ	19	100

c. Histogram



Histogram 3. Long distance squatting style for female students during the initial test

The histogram 3 above states that there are 5 students who reach the leap with a distance of 1.70-1.88 meters, 4 students with a jump distance of 1.32-1.50 and 2.08-2.26 meters, respectively. and 3 students with a jump distance of 1.51-1.69 and 1.89-2.07 meters respectively.

**TABLE VIII**  
END OF THE END OF THE END OF THE TEST PRIVATE STUDENTS

Interval Class (Meter)	fi	%
1,40 – 1,60	3	15,79
1,61 – 1,81	4	21,05
1,82 – 2,02	5	26,31
2,03 – 2,23	2	10,53
2,24 – 2,44	5	26,31
Σ	19	100

d. Histogram



Histogram 4. Long distance squatting style for female students during the final test

Histogram 4 above, states that there are 5 students who have jumped each with a distance of 1.82-2.02 and 2.24-2.44 meters, 4 students with a jump distance of 1.61-1.81 meters, 3 students with a jump distance of 1.40-1.60 meters, and 2 students with a jump distance of 2.03-2.23 meters. So the magnitude of the influence of the use of video compact disc media (VCD) about jumping one leg in pairs with two people towards learning outcomes of long jump in class VII students of Palembang State 3 Junior High School year2018/2019 lessons are: 77% while 23% are influenced by other factors.

**2. Discussion**

In the data analysis of research that has been done by the author by giving a long jump test to eighth grade students totaling 40 people consisting of 21 male students and 19 female students, then the results of the average pretest long jump style are obtained. squatting on male students got an average jump distance of 2.34 meters. While the average results in the final test (posttest) after being given one-legged paired two-person jump training for four weeks with a frequency of three times a week for male students obtained an average jump distance of 2.54 meters. This means that after being given treatment there is an average increase in jumps of 0.20 cm. Whereas for female students at the time of the initial test (pretest) obtained an average jump distance of 1.79 meters and after being given one-leg jump training paired two people for four weeks with a frequency of three times a week obtained on average jump distance of 1.94 meters. This means that after being given treatment there is an average increase of 0.15 cm jump. After the pretest and posttest data can be tested the normality of the data as a data analysis requirement. After testing it turns out that the pretest and posttest data with normal distribution is seen when the slope test of the initial test normality for male students obtained a value of 0.12 and female students by 0.04 and the final test for male students obtained a score of -0.06 and female students amounting to 0.27 and both are located in the normality curve range between -1 to +1 so it can be concluded that the distribution of data in this research is normally distributed. Further testing using the t test, then obtained a value = 13.93 is greater than = 2.02 so that the hypothesis that there is an influence of the use of video compact disc media (VCD) about jumping one leg in pairs of two people on learning outcomes long jump in students class VII Public Middle School3 Palembang academic year 2018/2019 is acceptable. The increase in students' long jump results is because the exercises are carried out in a systematic way, training is also carried out regularly, planning, according to schedule, according to patterns and systems with continuous and simple ones to more complex ones. And according to Carr (2003: 138) that one-leg jumps can increase explosive power and leg strength so that these results greatly support the strength of leaps in athletic sports, especially squat-style long jumps.

**5 CONCLUSION**

Based on the conclusions obtained from the study, the researchers gave suggestions as follows:

- 1) Students are expected to be more active in learning and maintain adequate rest, so that the factors that affect the physical fitness level of students can be known, and can add insight, especially in maintaining and improving physical fitness.

- 2) For Sports Teachers of SMP Negeri 3 Palembang in the 2018/2019 academic year to motivate students to do sports activities.
- 3) For the SMP Negeri 3 Palembang School, they should improve their long jump ability to take part in competitions and achieve better performance.

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