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The Influence of Audio Visual Based Direct Instruction Learning Model on Understanding Skills Play Sepak Takraw

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ABSTRACT

This study investigates the effectiveness of a Direct Instruction learning model integrated with audio-visual media on the improvement of sepak takraw playing skills. The research is driven by the observed lack of student understanding in fundamental sepak takraw techniques and tactical concepts, which impacts overall performance during extracurricular activities. The primary objective of the study is to evaluate whether audio-visual-supported direct instruction can serve as an effective pedagogical approach to address this gap in student learning. The research employed a descriptive quantitative method, involving a population of students participating in extracurricular sepak takraw activities at Scondary Schools. The sample consisted of 30 male students, selected using purposive sampling based on their active involvement in the extracurricular program. Data collection was carried out using a structured questionnaire instrument, designed to measure students' understanding and application of sepak takraw playing skills. The results of the study indicate a positive and significant effect of the audio-visual-based direct instruction model on enhancing students' sepak takraw performance. The integration of multimedia elements in direct teaching was shown to improve comprehension of movement techniques, increase student motivation, and enhance retention of tactical concepts. These findings underscore the potential of audio-visual media as a supportive tool in skill-based sports education, particularly when combined with clear instructional structures.

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1. INTRODUCTION

Sepak takraw is a branch of sport game played by two teams, consisting of three people (team), two people (double event) and four people (quadrant) the core of this game is that each individual who competes must be able to take advantage of the opportunities available and make the best possible attack using a round ball, which is generally made of rattan or fiber, sepak takraw is often referred to by other words, namely sepak kick, sepak anyaman and sepak raga (Sarmiento, 2019). According to (Jufrianis et al., 2018) "the sepak takraw game is played by two teams facing each other on the field separated by a net that stretches National (PON), Provincial Sports Week, National Championship.

Supporting factors in sepak takraw games are Human Resources (HR), facilities and infrastructure and learning methods (Jufrianis et al., 2019). In Human Resources (HR) it includes students and teachers at school. Students have supporting factors to support learning sepak takraw games including physical, mental, and intellectual factors. Teachers also have a big role to support the success of sepak takraw games, teachers must be companions so that learning is achieved gradually to achieve educational goals (Yunitaningrum, 2020).

The learning model is closely related to the learning style of students and the teaching style of teachers. The teacher's efforts in teaching students are a very important part in achieving the success of the planned learning objectives (Biggs, 1999). Therefore, in this study the learning model used is the direct *instruction learning model* as a learning model where the teacher provides, conveys, and directs all information and instructions to students without intermediaries with the intention of making students' learning time effective. The direct learning model is very suitable if the teacher wants students to understand certain information or skills (Herrington et al., 2003).

Killen (1998:2) put forward several advantages of the direct learning model if applied effectively, as follows:

1. Students can understand the learning objectives clearly,
2. Time for various learning activities can be strictly controlled,
3. Teachers can control the sequence of learning activities,
4. There is an emphasis on academic achievement,
5. Student performance can be monitored carefully,
6. Feedback for academically oriented students.

In the training process, the use of learning media is needed as a supporting tool that is adjusted to the characteristics of the sport. The media that researchers choose to use in sepak takraw games is audio visual. The audio visual media in question is observation through the senses of sight and hearing that is perceived in the form of movement tasks that must be done. Audio visual can be in the form of observations that are carried out directly but through other objects that can be in the form of images or films (N. M. Mackenzie, 2011).

In the process of learning or practicing sepak takraw using media can provide a positive influence. According to (Hartono et al., 2016) said "Children who are accustomed to playing with audio-visual media are accustomed to the stimulus of 5 components, namely: images, sound, color, movement, and light". (Halpern & Kelly, 1993), What is meant is the freedom of objects and the speed of the image, wide, and full and many light effects apparently affect the balance of the function of the right brain and left brain, therefore students

It will be easier to practice the movements learned from the sepak takraw video. Based on the background stated above, the author is interested in conducting research on "The Influence of the Audio Visual-based Direct Instruction Learning Model on Understanding Sepak Takraw Playing Skills".

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2. *METHODS*

The research method used is quantitative descriptive. The design in this descriptive research must be appropriate and in accordance with the demands of the variables contained in the research and the hypothesis that the author proposes in this research, the aim is to facilitate the steps taken in a study so that it will help researchers in solving research problems that have been formulated. Descriptive research has various designs. The use of this design is adjusted to the aspects of the research and the main problems to be expressed.

Research design is a plan on how to collect and analyze data in accordance with the research objectives. In this study there are two variables, namely the independent variable (X) is a direct instruction learning model based on audio visual and the dependent variable (Y) understanding of sepak takraw playing skills.

POPULATION

The population in this study was 30 male students of sepak takraw extracurricular activities at Scondary Schools. The consideration of the special characteristics of male extracurricular students is because the number of male extracurricular participants is greater than female participants. So it can be concluded that the population of the study is male students of sepak takraw extracurricular activities at Scondary Schools.

DATA COLLECTION TECHNIQUES (DESIGN OR DATA ANALYSIS)

The data collection used by the author in this study is a questionnaire. a questionnaire is a data collection technique carried out by providing a set of written questions or statements to respondents to be answered. To facilitate the preparation of questions, that students' cognitive abilities or knowledge include: "knowledge process, understanding process, application process, analysis process, synthesis process, and evaluation process" From the explanation above, the author concludes that the types or forms of students' cognitive abilities include the processes of knowledge, understanding, application, analysis, synthesis, and evaluation.

In this study, using a questionnaire in collecting data. So the items arranged in the questionnaire become research instruments and are test tools used to measure a research objective. The instrument used must meet two requirements, namely valid and reliable.

For technical purposes, the questionnaire will be distributed to students who have been determined as samples (respondents), the questionnaire contains statements regarding Understanding Sepak Takraw Playing Skills, they are only asked to press the column that has been provided, namely the True and False columns. There is a score for each alternative answer in the questionnaire, namely from a score of one and zero. There are positive and negative statements in the questionnaire. For the score on a positive statement, if the respondent answers correctly, a score of 1 is given and if it is wrong, a score of 0 is given. The questions or statements given by the author to the respondents amount to 30 questions or statements for the sepak takraw playing skills understanding test.

a. Validity Test

It can be seen that the questionnaire variable X has 10 valid questions and 30 invalid questions. In the questionnaire variable Y, there are 17 valid questions and 13 invalid questions. Valid questions will be used as research instruments. The calculation results are consulted in the corrected item table > from the r table.

b. Reliability Test

The reliability test of the instrument was tested on 80 respondents with a significance of 5% and a degree of validity (df) n-2. The reliability test criteria were consulted with the r

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table, if the calculated r > r table then the tested instrument was reliable. The following is a table of reliability tests for research instruments.

So the reliability results for variable x are (0.398) which is included in the very low reliability category.

Table 1. Reliability Statistics

Reliability Statistics	
Cronbach's Alpha	N of items
0.75	30

So the reliability results for variable x are (0.75) so they fall into the high reliability category.

Table 2. Index Classification reliability

Index Classification reliability	
0.80 – 1.00	Reliability very tall
0.60 – 0.80	Reliability tall
0.40 – 0.60	Reliability currently
0.20 – 0.40	Reliability lace

Reliability level value (Guilford, 1956: 145)

c. Test Normality

In study This writer analyze data study with test normality data. For know Does the data have a wide spread? normal or No.

Table 3. One Sample Kolmogorov-Smirnov Test

One Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		30
Normal Parameters	Mean	0
	Std. Deviation	3.306974215
Most Extreme Differences	Absolute	0.185819547
	Positive	0.116463601
	Negative	-0.185819547
Kolmogorov- Smirnov Z		1.017775577

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Asymp. Sig. (2-tailed)	0.251430715
a. Test distribution is Normal.	

Based on results test normality it is known that the significance value is 0.251 > 0.05 then can concluded that data mark residual distributed normal.

Reliability Statistics

Cronbach's Alpha	N of items
0.398	30

d. Results Study

Table 5 Results Study Answer Respondents

No	Score	Category	F	Percentage
1	(1-5)	Not enough	8	27%
2	(6-10)	Enough	22	73%
Amount			30	100%

After the percentage is obtained, it is then interpreted using qualitative sentences with the following standards:

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Table 6. Criteria

76%-100%	Very good
56%-75%	Pretty good
40%-55%	Not good
less than 40%	Not good

Based on the established standards. Then the value of 73.33% is classified as very good. Because it is between 56% -75%, it can be concluded that learning sepak takraw skills through video media is classified as **Quite Good.**

No	Score	Category	F	Percentage
1	(1-9)	Not enough	13	43%
2	(10-17)	Enough	17	57%
	Amount		30	100%

Based on the established standards, the value of 56% is quite good. Because it is between 56-75%, it can be concluded that the students' understanding of sepak takraw playing skills is quite **good.**

e. Test Hypothesis

In this study the author analyzes research data by testing hypotheses. For know There is And whether or not influence.

Rumus Chi Kwadrat:

$$X^2 = \Sigma \frac{(fo - fh)^2}{fh}$$

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no	fo	fh	(fo-fh)	(fo- fh)2	(fo- fh)2/fh
1	17	14.66	2.34	5,4756	0.373506
2	3	5,330000	-2.33	5,4289	1.018555
3	5	7,3300	-2.33	5,4289	0.740641
4	5	2.7	2.34	5,4756	2,058496
	30	**29.98**	**0.02**	**21,809**	**4,191199**

Then the Chi Square value is obtained: X^2 = 4.191199

4. *RESULTS* AND DISCUSSION

Chi Square : X^2 = 4.191199
Chi Square Results in a table with degrees of freedom
Db = (row-1) (column-1)
= (2-1) (2-1)
= (1) (1)
= 1

With a significance level of 5% and degrees of freedom (Db) = 1, the X^2 table is 3.84, meaning that the calculated X^2 (4.1911) is greater than the X^2 table, so (Ho) is rejected. Thus, there is an influence of the audio-visual-based *direct instruction* learning model on the understanding of sepak takraw playing skills. Therefore, (Ho) cannot have an influence and (H1) there is an influence. From the analysis, it is known that there is an influence of the audio-visual-based *direct instruction learning model* on the understanding of playing skills. sepak takraw.

5. CONCLUSION

Based on the research that has been done, there is a real influence of the audio-visual-based direct instruction model on the understanding of sepak takraw playing skills. With these findings, it provides information for physical education, health and sports (PJOK) teachers in schools that this method is good for understanding students' playing skills, especially during this pandemic which relies on learning at home.

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