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| **Teacher’s Body Language And Gesture On Virtual Meeting During Online Learning Physical Education Sports & Health On Primary School**  **Sri Wicahyani1, Septian Williyanto2, Pardiman3, Deddy Rahmat Saputra4**  1Universitas Negeri Surabaya, Surabaya, Indonesia.  2Universitas Pendidikan Indonesia, Bandung, Indonesia.  3STKIP Banten  4STKIP Muhammadiyah Muara Bungo | | | | |
| **Info Artikel**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  *Sejarah Artikel:*  Diterima Januari 2018  Disetujui Maret 2018  Dipublikasikan April 2018  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  *Keywords:*  body language, gesture, virtual meeting | | **Abstract**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  The purpose of this study was to analyze important of body language and teacher gestures in virtual meetings of online learning for physical education, sports & health on primary school. This research is a qualitative descriptive research by conducting a literature study. The steps taken are article compilation, data reduction, data analysis, data presentation, and drawing conclusions. The researcher made instrument of article determination criteria based on the PICOT criteria (Population, Intervention, Comparison, Outcome and Time). The results of the study show that the online learning process where the learning process could be carried out through video conferencing, which not only interacts with audio but can also meet face to face, although not directly. Nonverbal communication, including facial expressions, and gestures, provides a clear information from the speaker. Facial expressions, eye contact, physical appearance, etc. make it clear in expressing messages or information. Facial expressions are more effective than other non-verbal cue modes. The conclusions of this research is the online learning process of physical education sport and health education on primary school through virtual meeting media really requires added the body language and gestures. A teacher should use special tricks in delivering practical learning materials delivered at virtual meetings.  © 2018 Universitas Pendidikan Indonesia | | |
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## INTRODUCTION

The distributions of the COVID-19 vaccine in many countries today brings hope that our daily lives and activities can soon return to "normal" and become freer to move again (Dupuy & Warner, 2021). With equal distribution of vaccines, the spread of COVID-19 will soon be cut off and the public can work freely without any activity restriction policies. Enacting restrictions on community activities (PPKM) is a policy issued by the central government that has an impact on all sectors of people's lives such as industry, offices and education. Restrictions on community activities (PPKM) are expecting able to minimize community activities and activities that can trigger the transmission new variants of the COmiVID-19 virus.

The COVID-19 pandemic has completely changed the education sector in Indonesia. The learning system in schools that going on face-to-face transferred to online learning  (Amran, Wawan S. Suherman, 2021). Learning is an effort in a process that runs effectively and efficiently, resulting in changes in student behavior towards a better direction to reach the expected goals. Physical education sports & health is basically an part of the overall education system, aiming to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and sports (Nurul Raodatun Hasanah, I Putu Panca Adi, 2021). Physical education is identical to physical movement and the field, while physical contact makes physical education impossible to do directly during this pandemic. Online physical education is the current solution by utilizing existing platforms to reach physical education learning goals (Mujiono, 2021)..

Online learning using learning technology as a learning medium has several advantages, namely training independence, training skills for independent learning, collaborating, building intrapersonal communication skills, practicing good time management because it is flexible both in time and place, has unlimited access and more cost-effective (Setiyowati et al., 2020). Online learning has provided opportunities to teach and learn in creative ways unlike the normal classroom teaching and learning experience (Pokhrel & Chhetri, 2021). Various kinds of technology, both hardware and software, make the teaching and learning process more interesting. The use of advanced technology has tremendous scope in improving educational products and processes (Bhakta, 2016). In the online learning process, online media is very helpful for students in carrying out learning carried out remotely. The role of the media greatly influences the learning process and it cannot be denied that every teacher is required to operate electronic media and understand technology in order to from inspirational learning process, varied, innovative learning and give a pleasant impression to students  (Amran, Wawan S. Suherman, 2021).

An educator required able to design learning strategies by utilizing technological developments so that learning objectives could be achieved optimally (Williyanto et al., 2020). To prepare a generation that is ready for competence and competition in an ever-evolving era, we must always update and not depend on circumstances. Of course, as a teacher, you must responsive in technology and self-development to create an active, creative, humanist and solutive academic atmosphere (Hudah et al., 2020). The learning process from planning, implementation, to evaluation in this new normal is all technology-based. In this distance learning process, it is expect that teachers can choose media and applications that enable effective, communicative and interactive learning activities.

The most recommended online learning application media is of course the media can support interaction between teachers and students effectively. Where the learning process could be carried out through video conferencing, which not only interacts with audio but can also be face-to-face although not directly, the term is now “face to face” (Pernantah & Ramadhani, 2021). One of the new software-based conference room solutions is Zoom technology. Zoom is a cloud-based service that offers tools for meetings and seminars by providing content sharing and video conferencing capabilities (Guzacheva, 2020). The role of the media greatly influences the learning process and it cannot be denied that every teacher is required to be able to operate electronic media and understand technology in order to form inspirational, varied, innovative learning and good impression to students (Amran, Wawan S. Suherman, 2021).

Video conferencing learning is proven more efficient, practical, and secure. The exchange of communication and a sense of togetherness is also maintained, although it can only be seen in visual and audio forms. For work use, online learning classes and video conferencing can overcome the distance factors so that anyone in any part of the world can share information  (Pratama et al., 2020). Apart from zoom, there are several other platforms that also provide video conferencing services such as Jitsi Meet, Geogle Meet, Webex, and others.

Google Meet is considered could be effective and has a great influence on the convenience during online learning (Maulia et al., 2021). Another study on online learning through Zoom stated that Zoom made learning more effective, due to the many supporting features during online learning in the midst of the covid-19 pandemic (Monica & Fitriawati, 2020). These applications are communication tools that allow teachers to use distance learning. Apart from being a communication tool and communication skills also play an important role in achieving learning objectives.

Communication is a human way to interact. People communicate in various ways. One of the things we are most familiar with is using language. All humans in the world are able to master and use language, meaning that every human being has his own language and language that distinguishes humans from other creatures created by God. Language is use as the most important way to communicate and interact (Farlianti et al., 2017). Communication is a process, which refers to the exchange of ideas, thoughts and information between two or more persons. For successful communication could be an interaction and transaction of information and understanding. Communication consists of two parts; verbal and nonverbal communication. Verbal communication refers to "words" and nonverbal communication refers to unspoken words, which consist of gestures, tone of voice, expressions, and body movements (Thseen, 2020).

The interactions between teachers and students during the online learning process could be done with one-way and or two-way communication through virtual meeting media. Communication through virtual meeting media really requires appreciation to attract students' attention to focus on the teacher and the information conveyed by the teacher. For this reason, emphasis need to the delivery of the information. The focus of information will be more striking when coupled with body language and gestures when conveying. This requires special tricks from a teacher, and the teacher's understanding of body language and gestures so that students can receive the information provided by the teacher and the learning objectives reached with satisfied results. Researchers are interested to analize the body language and gestures of teachers during virtual meetings in the online learning process for physical education sport & health.

## mETHOD

This research is a qualitative descriptive research by conducting a literature study. The steps taken are article compilation, data reduction, data analysis, data presentation, and drawing conclusions. Compilation of articles was carried out on articles that have been collected from various online sources and examines articles with topics relevant to the research theme.

The researcher make an instrument of article selection criteria based on the PICOT criteria (Population, Intervention, Comparison, Outcome and Time). Intrument of this research was used PICOT criteria table as a guideline to choose the articles.  “P” indicates the population of the unit of analysis studied; “I” denotes intervention by the researcher (person or community action or case) or exposure to intervention by another party or nature; "C" states comparison, namely the usual/other intervention as a comparison; and, “O” represents the outcome, or outcomes associated with the intervention; “T” denotes the time of particular consideration when the intervention takes place.

The researcher choose 5 articles from 10 articles that collecting from Google Scholar used PICOT criteria. Data reduction put on articles that matched the criteria that the researchers had determined. After that, the researcher analyzed the data on the selected articles according to the PICOT criteria to get information that use as a reference to strengthen the researcher's argument.

## RESULT & DISCUSSION

The teacher's role in planning learning, carrying out the learning process to evaluating various challenges in distance learning. In the process of implementing learning, teachers could be able to design the learning process so that it is interesting and not boring for students by utilizing a variety of available online media. The online learning process requires media, which online media really helps students in carrying out online learning, the learning process was carried out remotely.

Physical education sport and health teacher have different character and appearance. Physical education sports & health teachers have a characteristic that is visible from the way they teach outside the classroom with the impression of being relaxed and familiar with students. In the process of direct communication during face-to-face learning in front of students, it is different from communication done on virtual meeting. Effective communication occurs when there is a pleasant interaction and information could be conveyed properly.

**Table 1. Result of Article Review**

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| --- | --- | --- | --- |
| No | Researcher | Tittle | Statement |
| 1 | Roghayeh Barmaki, Charles E. Hughes | A Case Study to Track Teacher Gestures and Performance in a Virtual Learning Environment | As part of normal interpersonal communication, people send and receive messages with their body, especially with their hands. Gestures play an important role in teacher-student classroom interactions. |
| 2 | Bambaeeroo & Shokrpour | The impact of the teachers’ non-verbal communication on success in teaching | Communication in the human community, education, or teaching, it requires effective communication with students if it is will be successful. People who have sacred duties as teachers must be competent in various skills, one of which is body language. |
| 3 | Khan, A., Khan, S., Zia-Ul-Islam, S., & Khan, M | Communication Skills of a Teacher and Its Role in the Development of the Students’ Academic Success | A teacher's communication skills have important role in students' academic success. It is therefore necessary for a teacher to adopt good communication skills while teaching to students |
| 4 | Busà, M. G. | Teaching Learners To Communicate Effectively In The L2Integrating body language in the students’ syllabus | Effective communication does not only rely on verbal messages, but also on meanings exchanged through non-verbal language, which characterizes paralanguages from speech signals such as tone of voice, voice quality, speech rhythm, and body. Language includes eyes gaze, facial expressions, hand gestures and body movements. |
| 5 | Barmaki, R., & Hughes, C. E. | A case study to track teacher gestures and performance in a virtual learning environment. | As part of normal interpersonal communication, people send and receive messages with their bodies, especially with their hands. Gestures play an important role in teacher-student classroom interactions. In the educational domain, many research projects have focused on the study of such movements either in real classrooms or in tutorial settings with experienced teachers. |

Among the various forms of communication in the human community, education, or teaching, it requires effective communication with students if it is will be successful. People who have sacred duties as teachers required to competent in various skills, one of which is body language (Bambaeeroo & Shokrpour, 2017). A teacher's communication skills have important role in students' academic success. It is therefore necessary for a teacher to adopt good communication skills while teaching to students (Khan et al., 2017).

Proper communication between teachers and students is the most important skill in teaching. If this relationship is well established, educational goals will be more easily realized with high quality (Bambaeeroo & Shokrpour, 2017). Teachers must use words carefully for successful in teaching. Each word evokes feelings in people, certain emotions, and different functions. If words on the right place, it will affect the soul and body of the audience. Conscious use of non-verbal language is not a show, but rather makes the effect of person word better; the more natural the non-verbal language, the more acceptable it is to the audience  (Bambaeeroo & Shokrpour, 2017).

Effective communication does not only rely on verbal messages, but also on meanings exchanged through non-verbal language, which characterizes paralanguages from speech signals such as tone of voice, voice quality, speech rhythm, and body. Language includes eyes gaze, facial expressions, hand gestures and body movements (Busà, 2015). As part of normal interpersonal communication, people send and receive messages with their bodies, especially with their hands. Gestures play an important role in teacher-student classroom interactions. In the educational domain, many research projects have focused on the study of such movements either in real classrooms or in tutorial settings with experienced teachers (Barmaki & Hughes, 2015).

Nonverbal communication, facial expressions, and gestures, provides a good information about the speaker. Hand gestures help listeners to scaffold the speaker's speech specifically in instructional discourse  (Barmaki & Hughes, 2015). Non-verbal communication is effective when verbal communication is insufficient or any verbal communication cannot be provided. For example, a teacher does not need to interrupt the lesson to make students calm because he can make eye contact with students through body language while teaching. This situation could be considered important because the teacher has effective body language skills and it shows the importance of body language. The smiling face of the teacher increases students' interest in the course. An energetic teacher in the classroom stimulates students' interest in the course, and the teacher observes students when teaching gives a more effective lecture (Gulec & Temel, 2015).

Facial expressions, eye contact, physical appearance, etc. make it clear in expressing messages or information. Facial expressions are more effective than other non-verbal cue modes. Some theorists believe that facial expressions are the most important source of information after language (Bambaeeroo & Shokrpour, 2017). The teacher expression during a virtual meeting delivering material is the main focus of students on the screen of the device used. The expression that appeals to the rest is certainly the less serious and smiling teacher.

The trick for physical education sports & health teachers in delivering material normally delivered with practical examples presented at virtual meetings is simply by giving simple examples, can also be interspersed with variations with accents of local cultural movements. Give emphasis-emphasis tone on words or terms in sports and physical activities that might not known or heard by most students. In learning sports and physical activity, there are many foreign terms that need to say correctly to students. For example cooling down, warming up, start, finish, handball, other funds could be say with clearly and spelled out letters. Repetition of words also needs so that students really understand what conveyed and the meaning of the teacher's words.Effective nonverbal communication methods during teaching are:

1. Body Language: Non-verbal communication is an important part of human interaction. For example, tone, facial expressions, and gestures can transfer people's attitudes and feelings to others and actions can in many cases be even more effective than verbal messages.
2. Spatial Language: When we talk to someone, we subconsciously tend to maintain a personal space with them. This space depends on culture and position. For example, friends stand closer than strangers. The language of space can be divided into intimate space, private space, social space, and public space.
3. Touch Language: Touch is the first sense of our body that a child learns after birth, and the first experiences in relation to other people arise through touch.
4. Object Language: Clothing and appearance often form the basis for initial judgments about people and have a significant impact on how others perceive us. In fact, noun language ranges from the clothes we wear to the food we put on the table for our guests.
5. Language of Time: Taking into account the concept of time in different cultures, our relationships with other people develop and become effective.
6. Language of Signs and Passwords: A password is a group of signs and symbols that can be created in a way that is meaningful to some people.
7. Phonetic Language: Phonetic language distinguishes our emotions from one another and influences our judgments about the personality and social character of people. Every human voice is unique and is a combination of qualities that are exclusively his or her own (Bambaeeroo & Shokrpour, 2017).

Gestures are hand movements or other body movements to emphasize or help express one's thoughts or feelings in interacting and communicating (Hardianto, Subanji, 2015). In a teaching and learning activity, teacher and student interactions occur as well as two-way communication.

The interaction between teachers and students during the online learning process could be done with one-way and or two-way communication through virtual meeting media. Communication through virtual meeting media really requires appreciation to attract students' attention to focus on the teacher and the information conveyed by the teacher. For this reason, emphasis is needed on the delivery of the information. The focus of information will be more striking when coupled with gestures when conveying. This requires a special trick from a teacher, and the teacher's understanding of how gestures or body language are appropriate according to the context so that students can receive the information provided by the teacher and the learning objectives are archieved with optimum achievement.

## CONCLUSION

In the online learning process of physical education sport and health through virtual meeting media, it is very necessary to appreciate the teacher in the form of expression to attract students' attention to focus on the teacher and the information conveyed by the teacher especially on primary school. Emphasis on the delivery of the information coupled with body movements make it easy the student to understand. The focus of information will be more striking when added to the body language and gestures of the teacher when delivering.

Primary school teacher of physical education sport and health should use special tricks in delivering practical material presented at virtual meetings. It could be done by giving a simple example, it can also be done by accenting local cultural movements. Place emphasis on unfamiliar words or terms in sports and unusual types of physical activity.

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