

# LEARNING THE EFFECTIVENESS OF PHYSICAL EDUCATION TEACHERS IN ELEMENTARY SCHOOL IN MAKASSAR

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**Abstract:** Research on the effectiveness of learning Physical Education at Elementary School in the city of Makassar aims to optimize the learning of physical and sports Physical Education teachers in the process of teaching and learning elementary school in Makassar. The variables are measured from the questionnaire, observation, interviews and documents. Implementation of the activity was conducted on 45 respondents of elementary school physical education teacher in Makassar City. The results of the implementation show that In the component: 1) Understanding and respecting the students, 2) In teaching respect the lesson material given, 3) Teacher adjust teaching method with subject matter, 4) Teacher give motivation to learners, 5) Connect lesson with requirement (2) Teachers to activate learners in learning, 3) have lesson objectives, 4) Teacher develops personality Learners still need to be improved so that the learning objectives are achieved in accordance with expectations

**Keywords:** Effectiveness, Learning, Teacher, Education, Physical.

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## 1. INTRODUCTION

The history of development and development of nations teaches us that advanced, modern, prosperous, and prosperous nations are nations that have quality education systems and practices. Meanwhile, quality education is a key requirement to realize the life of a developed, modern and prosperous nation. Quality education is highly dependent on the existence of qualified teachers, ie teachers who are professional, prosperous, and dignified.

Factors teachers are believed to play a very strategic role in improving the quality of education. The results showed that qualified teachers had a significant effect on the effectiveness of learning (Suherman, 2007); And in turn affect the achievement of students (Siedentop & Tannehill, 2000). The low quality of teachers to date is believed to be the main cause of poor quality of physical education in schools.

In the framework of implementation of development in the field of education, first strived to improve the quality of Human Resources, especially the teachers or teachers. Provision of better education and teaching, required professional teachers, that is teachers who have the knowledge, skills and attitude open to renewals.

In fact there are still many teachers, especially teachers of Physical Education who have not been able to meet these criteria. This fact caused the education to be unsuccessful as stated in Law Number 20 Year 2003 regarding National Education System. Therefore, there are still teachers, especially physical and health education teachers who have not optimized the learning process that is expected to reach the professional teachers as has been confirmed. So it is necessary to improve and improve the professionalism of teachers, especially teachers of Physical Education sports and health in the city of Makassar.

Based on these descriptions, it is necessary to do research on the optimization of physical education Teacher sports and primary school health in the city of Makassar in order to be able to become a professional teacher.

The purpose of this study is to determine the effectiveness of physical education in sports and health in the process of teaching and learning elementary school in Makassar.

## 2. CLASSROOM MANAGEMENT

There are various formations that teachers may use to convey orders and organize motion activities. While it is somewhat common to enter what is set in a single formation, one of the positive formation traits is that they can use to divide the class into small units. Hoffman, Young and Klesius (in Gabbar, 1987) provide additional suggestions related to the organization of students as follows:

- 1) If the lesson is carried out outside the classroom, the student's face is kept away from or at an angle that is not directly faced with the sun so that they do not see the sun directly.
- 2) The student's face is directed to the angle of the wind toward the teacher's voice, while standing in front of the student, so that it is brought toward them by the wind.
- 3) Choose where the activity has the least disturbance.
- 4) Signs placed in the field can be observed for moving space making it easier for students to respond rather than abstract commands.
- 5) A teacher must rotate among students to provide individualized instructional guidance, ask and respond to any questions, provide reinforcement, or compile the hand in a potentially dangerous situation
- 6) .While speaking for the whole class, the teacher should take a position to see all the children, according to the chosen formation, and to observe each student's behavior.

As mentioned above, one indicator of professionalism among teachers is that the teacher is able to carry out the learning process effectively. The effectiveness of learning is basically a reflection of the effectiveness of the management of the learning process undertaken by the teacher.

## 3. UNDERSTANDING LEARNING AND ITS AFFECTING FACTORS

Understanding learning in the broad sense that is as a psychophysical activity towards personal development completely. "Learning is the addition of knowledge material". From that understanding the authors conclude, that learning is a business that deliberately and continuously and actively carried out individuals both physical and spiritual so as to gain knowledge of skills or new behavior.

In line with the above opinion, Nasution (1995), interpreted, "Learning is a material change that leads to new behavior or change the old behavior so that someone is more capable in facing the situations of his life.

According to Ngalim Purwanto. (1999), "Learning is a material change in behavior where material change can lead to better behavior, but there is also the possibility of leading to worse behavior." Some opinions mentioned above can be concluded that learning is a process of material change behavior both physical and spiritual as an attempt to acquire the habits, knowledge and attitudes especially taken to realize the material changes in all aspects of the human person.

Ngalim Purwanto (1999), explains that: "There are two things that affect the learning process of a person, the factors that come from the respondent (internal) and the factors that come from outside the respondent (external). Learning action is a deliberate act to achieve results. This learning process is shared by each individual. Some can learn easily and quickly but others are difficult to learn so it takes a long time. Next say that the internal factors that influence the learning process include: 1) The influence of intelligence, 2) Talent, 3) Interest, 4) Motivation, 5) Feelings, 6) Attitude and 7) Maturity. These factors have a great influence on the development and achievement of learners. Both factors are from inside and outside the respondent must be balanced because the two factors are mutually influence and interrelated.

## 4. UNDERSTANDING TEACHING

Nasution, (1995). Teaching is an activity to organize or manage the environment as well as possible and connect it with children so that the learning process occurs. Therefore from the above understanding, then obtained the following conclusions:

- Teaching means guiding children's activities. Teacher's task is to organize the environment and to guide the activities of the child. It means do not be an active teacher. In teaching teachers always have to ask themselves, what activities can be given to children, what to do by children,
- Teaching means guiding the child's experience. Experience is the interaction with the environment. In that interaction the child learns. Thanks to that experience the child will gain the insights, attitudes, rewards, habits, skills, and others.
- Teaching means helping children grow and adapt to the environment. What to do should not be solely addressed to the exam. Children learn to grow their talents. School lesson is useful for children to use it in everyday life, so that respondents are more able to overcome the problems in his life. School lessons should work in everyday life. Schools should also educate children to adjust to their environment, including their social environment.

## 5. TEACHER PROFESSIONALISM

Based on the above statement, then in order to develop the professionalism of teachers, in order to perform their duties properly is to have a mental attitude in harmony with the task of education, love and have a high dedication on the implementation of its duties. One of the conditions that must be fulfilled by the teacher as a professional position is to have a good mental attitude towards the profession of education, love and have a high dedication to the task and position. That the professionalism of the teacher is determined by the attitude and the way the teacher realizes and utilizes his experience and knowledge in carrying out his duties, so that it is relevant to the demands of the development of Science and Technology, especially in the field of education and teaching. Teacher professionalism is defined as the tendency to react to certain environmental factors, and may be positive or negative. In line with the restrictions of attitude, the attitude is the basis for a person in responding and behaving towards an object, in which contained an element of assessment of the object faced, to determine the direction of his actions. So the attitude underlies and directs the behavior that someone shows.

The meaning of the teacher is etymologically or in a narrow sense the teacher is the person whose work is teaching or giving lessons at school or in class. Teachers in a broad sense mean a person who works in education and teaching who are responsible for helping children achieve their own maturity. The meaning of the teacher is etymologically or in a narrow sense the teacher is the person whose work is teaching or giving lessons at school or in class. Teachers in a broad sense mean a person who works in education and teaching who are responsible for helping children achieve their own maturity. Law Number 20 Year 2003 on National Education System finds that teachers are mentors, teachers and trainers. Based on the above understanding the teacher is a profession. The teacher as a profession in carrying out educational tasks based on the following assumptions.

- 1) Subject students are people with various potentials that will develop. Therefore education is based on human values, and education values the dignity of human beings who have the will, emotions and feelings.
- 2) Educators are human beings with all the advantages and disadvantages, then there are theories of education which is the answer to the hypothesis framework about how education should be done.
- 3) The main purpose of education is to make human beings as good human beings, that is man who believe, piety, noble character.

Duty is an obligation or activity and obligations that must be done someone in playing a certain role. The responsibilities of teachers include: 1) moral responsibility that each teacher must have the ability and live the behavior and ethics that are in accordance with the moral of Pancasila and practice it in everyday life, 2) the responsibility in the field of education in school, that every teacher must master How to learn effective teaching, able to make the unit lesson, able and understand the curriculum well, able to teach in the classroom, able to be a model for the respondent, able to give advice, master the techniques of giving guidance and services, able to make and carry out evaluation and others, 3) responsibility in the field of society that is able to guide, serve and serve the community, 4) the responsibility of teachers in the field of science that is the teacher as a responsible scientist and participate advance the science, especially the science that specializes by conducting research and development.

Teaching is a very complex business, so it is difficult to determine how good teaching is. Some of the principles that apply to all good teachers are:

1. Understand and commit to learners.
2. In teaching committed to the lesson material provided
3. Adjust teaching methods with lesson material
4. Adjust the lesson materials with individual capabilities
5. Enabling students in learning
6. Giving understanding and not just words
7. The teacher relates the lesson to the needs of the student.
8. The teacher has a specific purpose with each lesson he / she gives
9. Teachers are not bound by any lesson material
10. Teachers can develop the child's personal

## 6. DEVELOPMENT SUPERVISION

In general, the principal serves as a teaching supervisor at the school. He is responsible for coordinating all teaching programs. Teachers expect the principal to use most of his time for improvement and improvement of teaching. Therefore, the principal should have the competence of teaching leadership in performing his duties as supervisor. He should have an understanding of the proper way of carrying out supervision. Glickman (in Mantja 2002) introduces a developmental supervision approach. The approach is based on the fact that basically the supervision process is the learning process. In the process of supervision, the relationship between the principal is analogous to the relationship between teacher and student. Teachers in serving students have an obligation to understand all the characteristics of students. Similarly, the principal in supervising the teachers, teachers should be considered as individuals, because of differences in individual differences in the development of human teachers. Such treatment is necessary, especially teachers are required to be directly involved in improving the quality of education.

## 7. RESEARCH METHODS

### 1. Research design:

The study design includes case studies, to find out the optimization of physical education teachers of Sports and Primary School health in Makassar

### 2. Method of collecting data:

The research questionnaire used in this research is a closed questionnaire where an alternative answer has to be chosen by the respondent. Questionnaires in this case are used to find out the optimization of physical education teachers of sports and health in Teaching and Learning Process.

Interviews in this study were used to obtain information about the physical condition and height of respondents, anthropology of respondents and so forth. Interviews are data collection methods that require direct communication between investigators and subjects or respondents.

Documentation in this case is used to obtain data that will be used as the basis for conducting research, such as: School List, number of teachers who become respondents, as well as a literature source and a foundation of thought to unify perceptions.

### 3. Population and Sample:

The population in this study is all teachers of physical education and sports elementary school in the city of Makassar. Number of elementary schools in Makassar 453 schools consisting of 365 countries and 88 private elementary schools. Where the number of primary school teachers in elementary school in accordance with the number of schools that exist. While the number of students 134,382, which is divided 112,178 students and 22,644 private students with learning groups as much as 3.504 . According Suharsimi Arikunto (1996), if the subject is less than 100, better taken all so that the research is a population study. Furthermore, if the number of large subjects can be taken between 10-15% or 20-25% or more. Therefore the sample used in this study was taken 10% of the total population.

**4. Data analysis method:**

This type of research is case study (case study), then the analysis used is percentage descriptive analysis.

**8. RESEARCH RESULTS**

Conducted a test trial to determine the validity and reliability of the questionnaire. Based on the questionnaire given by respondents to find out the optimization of physical education teachers of sports and health in the learning process can be obtained information as follows:

- 1) Understand and commit to learners. Based on respondents' information about physical and health education teachers who understand and committed to peseta students in school time obtained results that there are 40 respondents answered always and 5 respondents answered sometimes.
- 2) In teaching committed to the subject matter given. Based on the information about the teacher of Physical Education of sports and health in explaining the lesson committed to the subject matter given information obtained 30 respondents answered always, 5 respondents answered often, 10 respondents sometimes.
- 3) Adjusting teaching methods with subject matter. Based on the information about teachers of physical and sports education Health Adjusting teaching methods with learning materials obtained information 35 respondents answered always, 10 respondents answered sometimes.
- 4) Customize the subject matter with the individual's ability. In order for each child there is no gap between the clever and the less intelligent, then the teacher should be able to adjust the subjects that will be given to the respondent with the ability of individual respondents. From the respondent's description of the teacher of Physical Education, sport and health must adjust the subject matter with the individual's ability to get information that as many as 20 respondents answered always, 10 respondents answered frequently, 5 respondents answered occasionally and 10 respondents answered no.
- 5) Enabling learners in terms of learning. Based on the questionnaire about the teachers of physical and sports education, health should activate learners in terms of learning results obtained that as many as 20 respondents answered always and 10 respondents answered sometimes and 15 respondents answered do not know
- 6) Give motivation to learners. Based on respondents' information about teachers giving motivation to learners obtained information as many as 30 respondents answered always, 10 respondents answered sometimes and as many as 5 respondents answered never.
- 7) Teachers connect lessons with the needs of learners. In learning activities cultivated pesetas who need something for the material to be understood and understood. So that each respondent will feel the need something by reading or asking questions. Thus siawa will better understand about the material presented by the teacher. The result of questionnaire about the teacher of Physical Education of sport and health must relate the lesson to the needs of learners obtained information as many as 30 respondents answered always, 15 respondents answered sometimes.
- 8) Teachers have a desire to achieve learning objectives. The result of questionnaire about the teacher of Physical Education of sports and health has the desire to achieve the purpose of learning obtained information as much as 20 respondents answered always, 20 respondents answered frequently and 5 respondents answered never.
- 9) Teachers are not bound by any subject matter. Based on the information about the teacher of Physical Education of sports and health is not bound by a subject matter obtained information that as many as 30 respondents answered always, 5 respondents answered sometimes and 10 respondents answered never.
- 10) Teachers can develop the child's personal. In teaching teachers are not only required to educate the respondent, but more than that is to develop the skills and personality of respondents. Later respondents will live in society, nation and state, so in addition to intellectual also how the respondents can socialize. Based on respondents' information about teachers can develop their own children obtained information that as many as 20 respondents answered always, 15 respondents answered often and 10 respondents answered never.

Based on the results of the research can be seen that the optimization of physical education Teacher sports and health in the process of teaching and learning in elementary schools in the city of Makassar are as follows:

- 1) Understand and commit to learners. Teaching is a relationship between people. The teacher as a human faces the learners as human beings anyway and not as barrels or as being lower than himself. The child is a full human who is entitled to the respectful treatment of the teacher, in order to become a respected and committed adult citizen to others. Authoritarian, dictatorial teachers usually rule the child and are not committed to or acknowledge his ability to think and make his own decisions. A democratic teacher will talk more and consider something with the child.
- 2) Teachers must be committed to the subject matter given to the learners. Teachers must master the subject matter fully the struggle only know the contents of textbooks, but also love it and know the usage and its benefits for the lives of children and humans in general. Being able to learn the lesson material is important and important for the child's life now and in the future.
- 3) Teacher adjusts teaching method with subject matter. Usually all kinds of lessons are given by lecture method or lecture method, meaning that teachers speak and listen to listeners. Then the teacher gives a test or test to find out how far the subject matter was captured by the children. Indeed there are times when the most appropriate lecture method, but the method is less tidy and better used methods that are in accordance with the lessons of Physical Education. It would be nice if the use of methods in these subjects adapted to the material to be given.
- 4) The teacher adjusts the subject matter with the learner's abilities. The ability of children in different things. Usually the teacher tries to adjust the lesson with the average ability in the class. For children who are good at learning it is too easy, whereas for children who slow the lesson is too difficult, so the longer the more far behind. Adjusting lessons with individual abilities means that not only are slow kids but also smart kids, so each child develops at their own pace and talent. Many different ways are tried to achieve that goal.
- 5) Teachers enable learners in learning. Something more successful we learn when we do, whether it's dancing, writing, playing badminton, and so forth. Physical Education Lessons sport and health is very easy to activate the respondents, because in the subject matter most of them require the activeness of the respondents, especially in practice lessons. To be able to interact with others requires an appropriate strategy. As with the interaction between teachers and respondents, appropriate strategies are needed. One of them is by being familiar to all respondents. This attitude must be owned by all teachers, especially teachers of Physical Education.
- 6) Teacher gives motivation to learners. One of the scattered diseases in school is verbalism. Namely children know the words but not explore the meaning, the child can say lessons from the head, but do not understand the contents. Words are only symbols for something and are only useful when known content or meaning. Contents are obtained, among others, from the object itself, that is, thanks to experience with it. Many teachers are eagerly trying to eliminate verbalism, in ways that can be categorized into the principles of demonstration. Similarly, in providing physical education material and health should be with props, so as not to cause verbalism for respondents.
- 7) Connecting lessons to the needs of pesetas. A true learning activity is absent if children do not see the need for a lesson for themselves. Children are more diligent to learn to read if he knows that with the ability to read can know the contents of various books, magazines and so forth. Thus the child learns because of an impulse from within. He learns because he is sure to benefit in the lesson material. The child is learning to read because in reading skills there are values that he acknowledges are necessary for him. So he needs to learn to read not because he is forced by the teacher, or to please the parents, or to earn praise or high numbers. We can accept that the best way is if the child learns because of self-inducement because of the belief in the usefulness of a lesson for him. This is possible only if the lesson is tailored to the needs of the child.
- 8) Have the purpose of the lesson. There is a long-term goal, which is defined by the state and the Law. The education system must always be imagined in front of the teacher. Education has a purpose. With education we want to form a certain human being who can contribute the best effort to the happiness of his neighbor and his country. Bringing children toward a common goal includes the responsibility of the teacher or educator. By educating such a child the teacher builds the country. General goals can not be achieved at once but must go through certain steps ie through a special purpose. Each lesson also contributes to a specific goal. The clearer the purpose is the more useful the lesson is. The lesson is not the goal but the lat in order to achieve the goal, that is the man who is in accordance with the ideals of the nation and the state.



- 9) As parents, teachers should also be sensitive to their students, especially respondents who have problems in learning. Problems of respondents in learning is so complex that sometimes respondents are not able to cope alone, for it needs help from others, especially parents or teachers. By helping to overcome the problem of respondents, it will help the success of study respondents as well.
- 10) Therefore, teachers, especially physical and health education teachers should also be able to assist the respondent in overcoming the problems faced, especially the problem of studying the respondents in the school, so that the goal of education can be achieved.
- 11) The teacher develops the subject matter. The purpose of teaching is not to get the learner to master a text book. Text book is general and should be tailored to the needs of the children. Text book binds the teacher personally and restricts his freedom to look for other materials and methods that he thinks are better.

With a variety of learning resources, respondents who experience learning difficulties sometimes have no desire to learn. If you know this, then the task of teachers is to generate the desire respondents to learn again with various media and learning resources.

The professionalism is determined by the attitude and the way the teacher realizes and utilizes his experience and knowledge in carrying out his duties so that it is always relevant to the demands of the development of science and technology, especially in the field of education and teaching.

Based on these opinions it can be concluded that in accordance with education practitioners who continue to experience material changes then a person. Teachers are required to continue to develop their profession. The attitude of teachers to the task of education in this is defined as the readiness to respond consistently to all activities and obligations as an educator to realize the optimization of a teacher, especially teachers Physical Education sports and ideal health.

## 9. CLOSING

Based on the theoretical studies and the results of the discussion above, the optimization of physical and sports education teachers in the teaching and learning process are: 1) understanding and commitment to learners, it shows in the category that is 87% always and 13% sometimes while in the frequent category and Never show 0% result. 2) committed to the subject matter given, this shows in the category of 65% always and 23% sometimes while in the category often 12% and never show 0% results. 3) adjust the teaching method with the subject matter, it shows in the category that is 75% always and 25% sometimes while in the category often and never show 0% result. 4) adjust the subject matter with individual capability, this shows in the category of 42% always and 24% sometimes while in the category often 10% and never showed 24% results. 5) enabling learners in terms of learning, it shows in the category of 40% always and 0% Sometimes while in the category often 27% and never showed 33% results. 6) give motivation to learners, it shows in category that is 64% always and 24% sometimes<sup>2</sup> while in category often 0% and never show result 12%. 7) connecting the lesson with the needs of the peseta, this shows in the category that is 63% always and 25% sometimes while in the category often 0% and never showed 12% results. 8) has a specific goal with each lesson it gives, it shows in the category that is 42% always and 0% Sometimes while in the category often 46% and never showed 12% results. 9) do not be bound by a subject matter, this shows in the category that is 63% always and 0% Sometimes while in the category often 14% and never showed 23% results. And 10) not only teaching in the sense of conveying knowledge to peseta learners but always developing the child's personal. This shows in the category that is 41% always and 0% sometimes while in the category often 34% and never showed 25% results.

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