



## Improvement of Jumping Combinations to Football Games

**Ahmad Atiq<sup>1</sup>, Wiwik Yunitaningrum<sup>2</sup>, Novi Yanti<sup>3</sup>, Rubiyatno<sup>4</sup>, Rahmat Putra Perdana<sup>5</sup>,  
Muhammad Ali<sup>6</sup>, Fitriya Mustika Andriani<sup>7</sup>**

<sup>1,2,3,4,5</sup> Physical Education Study Program / Faculty of Teaching and Education /  
Tanjungpura University / Indonesia

<sup>1,2,3,4,5</sup> Street. Profesor Dokter H. Hadari Nawawi, Bansir Laut, Kecamatan Pontianak Tenggara, Kota  
Pontianak, Kalimantan Barat 78124

<sup>6,7</sup> Coaching Education Study Program / Faculty Of Sport Science / Jambi University

<sup>6,7</sup> Street. Jambi - Muara Bulian No.KM. 15, Mendalo Darat, Kecamatan Jambi Luar Kota,  
Kabupaten Muaro Jambi, Jambi

<sup>1</sup>[ahmad.atiq@fkip.untan.ac.id](mailto:ahmad.atiq@fkip.untan.ac.id), <sup>2</sup>[wiwik.yunitaningrum@fkip.untan.ac.id](mailto:wiwik.yunitaningrum@fkip.untan.ac.id), <sup>3</sup>[noviyanti@fkip.untan.ac.id](mailto:noviyanti@fkip.untan.ac.id),

<sup>4</sup>[rubiyatno@fkip.untan.ac.id](mailto:rubiyatno@fkip.untan.ac.id), <sup>5</sup>[rahmat.putra@fkip.untan.ac.id](mailto:rahmat.putra@fkip.untan.ac.id), <sup>6</sup>[muhammad.ali@unja.ac.id](mailto:muhammad.ali@unja.ac.id),

<sup>7</sup>[fitriyamustika.sjj@gmail.com](mailto:fitriyamustika.sjj@gmail.com)

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### **ABSTRACT**

*This study aims to determine the increase in the combination of running and jumping in soccer games. Court tennis game. This study uses a CAR approach (Classroom Action Research), the research carried out intends to find information about the implementation of learning variations delivered by classroom action research. The population is 26 students of Class V at the State Elementary School 13 Batu Ampar. Following this type of research, namely classroom action research, this research has staged in the form of cycles. The design of each cycle consists of four stages, namely planning, implementation, observation, and reflection. From the results of research cycle 1, 20 students have completed with a percentage of 74% divided into 2 classifications ranging from 75-79 and 80-89 and 6 students who have not completed with a percentage of 24%. Then from cycle 2, there were no students who had not achieved the completeness score because they scored below 75 and 35 other students were declared complete after getting a score above 75. It means that learning the combination of running and jumping can improve learning outcomes on football material.*

**Keywords:** *Jumping Combinations; Running and Jumping; CAR approach.*

## **INTRODUCTION**

Education is a crucial problem that is being faced by developing countries, including Indonesia, such as issues of quantity, effectiveness, efficiency, and relevance. According to (Hamalik Oemar, 2011) "education is a conscious effort to prepare students through guidance, teaching and/or training activities for their role in the future to improve an improvement related to what will be provided by the teacher (Sudirman et al., 2022). Through this physical education, students will be able to improve and develop

the three existing domains, namely cognitive, affective, and psychomotor (Lengkana & Sofa, 2017).

Physical education and health is essentially an educational process that utilizes physical activity and health (Herlina & Suherman, 2020) to produce changes in individual qualities, both in terms of physical, mental, and emotional (Firmansyah, 2016). According to (Rusli, 2000) physical education is a tool to foster young people so that later they can make the best decisions about physical activities that are carried out and lead a healthy lifestyle throughout their lives (Rokhayati et al., 2016). (According to Rijdsdorp, 2001) physical education is part of Gymnologie, namely knowledge (wetenschap) about practising, being trained, or training; which consists of three major parts, namely: (1) physical education, (2) sports, and (3) recreation.

Football is known almost all over the world and is a national sport in almost all countries in Asia, Africa, Europe, and South America (Luxbacher, 2016). Football is a very popular ball game played by two teams, each consisting of eleven people (Feri Kurniawan, 2011). Meanwhile (Agus Salim, 2007) states that the main goal of this game is to score as many goals or scores as possible which of course must be done following the provisions that have been set (Firmana, 2017). Running is the frequency of steps that are accelerated so that when running there is a tendency for the body to float (M Djumijar, 2004) (Komarudin, 2021). Running is a scavenging motion, the body moves forward as a result of the backward thrust against the ground (Hutajulu, 2016). Running and jumping are needed in football (Mustofa & Adnan, 2019) because they are basic movements that must be mastered in the training process so that there is strengthening in the leg muscles (Taufiq Rahman1, 2019). To get the maximum jump, it is necessary to use basic techniques that must be mastered well (Munasifah, 2008). For someone to be able to play football, it is also necessary to pay attention to the supporting factor, namely speed. Speed is the result of the speed of movement of muscle contractions quickly and strongly through smooth and efficient movements (Zafar, 2010). Speed serves as a driving force when making a jump and the body becomes lighter when flying in the air and speed is needed to obtain explosive power when taking off from a pedestal (Ahmad Atiq, 2012)

## METHOD

This study uses a CAR approach (Classroom Action Research), the research

conducted to find information about the implementation of learning variations delivered by classroom action research. The population is 26 students of Class V at the State Elementary School 13 Batu Ampar. Following this type of research, namely classroom action research, this research has staged in the form of cycles. The design of each cycle consists of four stages, namely planning, implementation, observation, and reflection. Kurt Lewin, (1993) states that action research is a series of steps consisting of four stages, namely planning, action, observation and reflection.

## RESULTS AND DISCUSSION

At the stage of Cycle I which was carried out in Class V at SDN 13 Batu Ampar there was a level of completeness in the following table:

**Table 1.**  
Student Learning Outcomes Cycle I

Predicate	Value Interval	Number Of Students	Percentage	Information
A	90-100	0	0%	Complete
B	80-89	10	38 %	Complete
C	75-79	10	38 %	Complete
D	<75	6	24 %	Not Complete

There were 26 students with the results of the first cycle of research, there were 20 students who had completed with a percentage of 74% divided into 2 classifications of grades ranging from 75-79 and 80-89 and students who had not completed 6 with a percentage of 24% After making improvements in cycle 1, then in the second cycle, the average value of the learning outcomes of students with Class V material at the State Elementary School 13 Batu Ampar was obtained.

**Table 2.**  
Student Learning Outcomes Cycle II

Predicate	Value Interval	Number Of Students	Percentage	Information
A	90-100	1	3 %	Complete
B	80-89	10	38 %	Complete
C	75-79	15	57 %	Complete
D	<75	0	0 %	Complete

In observing the learning outcomes in cycle II, 0 students had not achieved the completeness score because they got scores below 75 and 35 other students were declared complete after getting scores above 75.

Football is a game that needs to be watched factually and has a positive impact on basic movements. The learning process is the core of the overall educational process

where the teacher is the main actor. Improving the quality of learning is one of the efforts to improve the quality of education. At school, running and jumping is something that is not foreign to hear because it is often held at certain activities. The purpose of learning to run and jump in physical education is not just to be skilled in running and jumping but physical education the material for running and jumping aims to develop psychomotor, cognitive, and affective aspects of students (Tamsir Riyadi, 2005)

## CONCLUSIONS AND SUGGESTIONS

From the results of the study, it can be concluded that there are no students who have not achieved completeness scores because they get scores below 75 and 35 other students are declared complete after getting scores above 75. It means that learning the combination of running and jumping can improve learning outcomes on football material.

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