

ANALYSIS OF THE IMPACT OF SYNCHRONIC PJOK ONLINE LEARNING ON CHARACTER, PSYCHOLOGICAL AND PHYSIOLOGY OF SMA STUDENTS IN DIY

by Yudanto, Hendra Setyawan, Ismail Gani, M. Sigit Antoni, Willy Ihsan

ABSTRACT

This study aims to analyze the impact of physical education synchronous learning on aspects of discipline and honesty character, psychological aspects of concentration and agitation/irritability, and physiological aspects of body function disorders in high school students in Yogyakarta. This research is a combination of models embedded together, with quantitative methods as primary methods and qualitative methods as secondary methods. Samples were taken by purposive sampling. Quantitative sample of 62 respondents was SMA/K students at the DIY Provincial Education Office. The qualitative sample is 9 participants consisting of 3 physical education teachers, 3 counseling guidance teachers, and 3 guardian parents. Quantitative data was taken with a 1-5 scale questionnaire, while qualitative data was taken by semi-structured interviews. Quantitative data analysis uses descriptive statistics, while qualitative data analysis uses data reduction, data presentation, and drawing conclusions. This study resulted in several conclusions as follows: 1) The impact of synchronous learning in physical education and sports on aspects of discipline character including categories that are also supported by interview data that students when learning to do assignments only by doing and also students are not polite in communicating with teachers when learning takes place; 2) The negative impact on the honesty aspect shows in the moderate category which is also supported by the results of interview data that students in learning are brave when doing the task only editing from asking or copy-pasting a friend's copy; 3) The negative impact on the concentration aspect of students is in the high category which is also supported by the results of interviews that students do not understand the subject matter and concentration decreases; 4) In the agitation aspect, the negative impact is in the moderate category which is also supported by the results of interviews that students often complain because there are continuous assignments and all desires to be asked and are increasingly selfish; 5) The negative impact on the aspect of functional impairment is in the moderate category, which is also supported by the interview results that sometimes headaches, tingling due to heat in front of the laptop, and often sleeping at home up to three times a day during the pandemic.

Kata Kunci: Impact of PJOK Online Learning, Character, Psychological, Physiological Students