

# **BRAIN JOGGING DEVELOPMENT TOWARDS STUDENTS' MOTIVATION TO LEARN PHYSICAL EDUCATION OF VOCATIONAL SCHOOL KAB. KULONPROGO, YOGYAKARTA SPECIAL REGIONAL PROVINCE**

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## **ABSTRACT**

This study aims to produce a product in the form of modified Brain jogging training with an online system. So that it can facilitate the learning process for Physical Education in the era of the covid-19 pandemic. This research is a 4-D development research (Four D) developed by S. Thiagarajan, Dorothy S. Semmel, and Melvyn I. Semmel (1974: 5). In this study, researchers made modifications through a simplification process. Simplification of the model from four stages into three stages, namely defining, designing, and developing. A total of 100 student respondents spread across several SMK Kab. Kulonprogo showed the results of the Free Test and Post Test as many as 16242 and 17592, with an average of 162 and 176. To test the normality of the data using the Kolmogorof Smirnov test, the SPSS program. Based on the Kolmogorov Smirnov test, the Kolmogorov Smirnov value was obtained for the free test data, the Sig value. = 0.200 > 0.05, which means the data is normally distributed. Based on the results of the Paired Samples Correlations output that the coefficient before and after being given treatment is 0.930 with a Sig value. 0.00 < 0.05, so the conclusion is significant. In the difference significance test with the help of SPSS software, the results of t-count = -15.334, df = 99 and Sig. (2-tailed) = 0.00 < 0.05. There is an increase in motivation before being given brain jogging exercise and after being given brain jogging exercise. So it can be concluded that there is a significant effect of brain jogging exercise on the learning motivation of SMK Kab. Kulonprogo, Special Region of Yogyakarta.

Kata Kunci: *Brain Jogging, Motivation, Vocational School Degree.*