

STUDENTS' LEVEL OF CONFIDENCE IN LEARNING FRONT ROLL FLOOR GYMNASTICS AT 1 PURWADADI STATE HIGH SCHOOL

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Abstract

Naufal Fajri Ramadhani with the research title "Students' Level of Confidence in Learning Front Roll Floor Gymnastics at 1 Purwadadi State High School 1". Physical Education, Health and Recreation Study Program. Faculty of Teacher Training and Education. Singaperbangsa Karawang University. This study aims to determine how high students' confidence in learning front roll floor gymnastics at 1 Purwadadi State High School is in the 2022/2023 teaching. This study uses an approach when viewed from the type of research data presented. The method in this is a survey research using a questionnaire. The results of this study on the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School for the academic year 2022/2023 obtained the lowest score (minimum) 28, the highest score (maximum) 116, average (mean) 83.9, middle value (median) 80, frequently occurring value (mode) 80, standard deviation (SD) 19.3. Based on the results of data analysis and discussion, we can conclude that the interest of class X students in learning swimming at SMA Negeri 1 Pagaden for the academic year 2021/2022 is in the "medium" category by 30% (12 students), "high" by 10% (4 students), "low" by 45% (18 students), "deficient" by 15% (6 students), and "very high" by 0% (0 students)

Keywords: *Self Confidence, Gymnastics Learning, Front Roll*

Introduction

Physical Education, Sports, and Health in schools are an integral part of general education, aiming to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, parts of a healthy lifestyle, and the introduction of a clean environment through activities Selected PJOK systematically planned to achieve national education goals.

Learning is a process of change in the human personality. The difference is shown by increasing the quality and quantity of behavior, such as growing skills, knowledge, attitudes, habits, understanding, skills, thinking power, and other abilities (Ekayani, 2017). In the book of educational psychology, Reber defines learning in two senses. First, learning is a process of acquiring knowledge, and second, learning is a relatively lasting change in the ability to react due to reinforced practice. Quoted from (Festiawan, 2020).

One of the materials that must be taught or given in schools is floor gymnastics; gymnastics students can train their flexibility in motion through the floor. Gymnastics can be interpreted as a form of systematic physical movement that can be done on the floor or mat (Hadjarati & Haryanto, 2020). Floor gymnastics is a mandatory material that must be given in Physical Education, Sports, and Health subjects, be it Elementary School, Junior High School, or High School. Students' success in the floor exercise process is influenced by factors, namely a teacher, facilities and infrastructure, materials, and environment, and from students as for other factors such as the self-confidence factor. Self-confidence is a person's ability to

know and be aware of his abilities, such as weaknesses and strengths, that can be used appropriately for activities or important things (Gumilar, 2019).

Gymnastics is a physical activity suitable for developing motor and physical qualities. This can be seen in the content of the locomotor motion, which is considered capable of increasing aspects of strength, speed, power, endurance, balance, and dynamic agility. Quoted from (Ikhsan et al., 2020).

Self-confidence is an internal factor in a person's feelings of strength in himself, awareness of the strength within himself, awareness of his abilities, and responsible for the decisions he has made (Mashuri, 2017). Quoted from (Febriyani et al., 2020).

Students who have high self-confidence will easily interact with other students, can express opinions without any doubts, respect the opinions of others, and can act and think positively in decision-making; on the contrary, students who have low self-confidence will find it challenging to communicate, and argue, and will feel that he cannot compete with other students. (Asrullah Syam, 2017) "Self-confidence is an attitude or feeling confident about one's abilities so that the person concerned is not too anxious in his actions, can feel free to do what he likes and is responsible for his actions, warm and polite in interacting with others. People are driven to excel" (Lauster in Sports Literacy et al., 2020).

Students who have strong self-confidence tend to be more highly motivated because they believe in their abilities compared to students who have weak self-confidence, who tend to have low motivation as well. (Heriyati Chrisna, 2019)

A person's level of education can affect a person level of self-confidence. A person's low level of education tends to make the individual feel under the power of someone smarter. However, if the level of education is high, he tends to become independent and does not depend on other individuals with whom he feels confident (Roro et al., 2020).

Method

This research approach uses a quantitative approach when viewed from the type of data presented. Opinion (Itto Turyandi, 2019, p. 59) quantitative research begins by establishing a specific object of study, eliminated from the totality or context of the magnitude so that it becomes explicit or clear the object of study.

The method in this study is a survey research using a questionnaire. In Maharani (2019: 26), Sugianto explained that the survey method is research carried out by collecting relatively limited data from a relatively large number of cases. A survey is helpful to find out what is there without questioning why it exists.

Opinion (Sugiyono, 2019, p. 126) Population is a generalization area consisting of objects/subjects with a specific character and quality determined by the researcher to be studied or studied. After that, a conclusion will be obtained. Another opinion is presented by (Itto Turyandi, 2019, p. 95). The population is some cases or several individuals (which can be infinite or definite) with specific characteristics, so a study examining all individuals in the research area can be called a census study. Samples were taken using the purposive sampling method. The technique for determining informants in this research is purposive sampling. According to Sugiyono (2017:218), purposive sampling is a sampling technique for data sources with specific considerations. (Deriyanto et al., 2018)

This study measures students' self-confidence level in learning the front roll of floor gymnastics, which is carried out at SMA Negeri 1 Purwadadi. This research activity started after ratifying the research proposal and research permit. The population in this study were all students of class XI SMA Negeri 1 Purwadadi, which amounted to 424 people. With these

considerations, I took a sample of 40 students. The size or sample size depends on the accuracy or error tolerance desired by the researcher. However, in terms of the error tolerance level in the study is 5%, 10%, and 15%, the greater the error rate, the smaller the number of samples, and conversely, the smaller the error rate, the greater the number of samples obtained (Wibowo, Hadi, 2021). This study's maximum error rate was 15% (0.15). The sampling technique used the Slovin formula using a tolerance limit of 15%. The instrument used to collect data in this study was questionnaire data. Itto Turyandi (2019:110) explained that a questionnaire is a list of statements or questions sent to respondents, either directly or indirectly (by post or intermediaries).

Discussion

Statistical descriptive of research data the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School for the academic year 2022/2023 obtained the lowest score (minimum) 47, the highest score (maximum) 117, average (mean) 83,9 median (median) 80, the most frequent value (mode) 80 and standard deviation (SD) 19,3. The complete results can be seen in table 1 as follows:

Table 1. Descriptive Statistics The level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School for the academic year 2022/2023

Statistics	
N	40
Mean	83,9
Median	80
Mode	80
Standard Deviation	19,3
Minimum	47
Maximum	117

(Source: Researcher Data)

When displayed in the form of an assessment norm, the level of student confidence in learning the front roll of floor gymnastics at 1 Purwadadi State High School for the academic year 2022/2023 is presented in table 2 as follows:

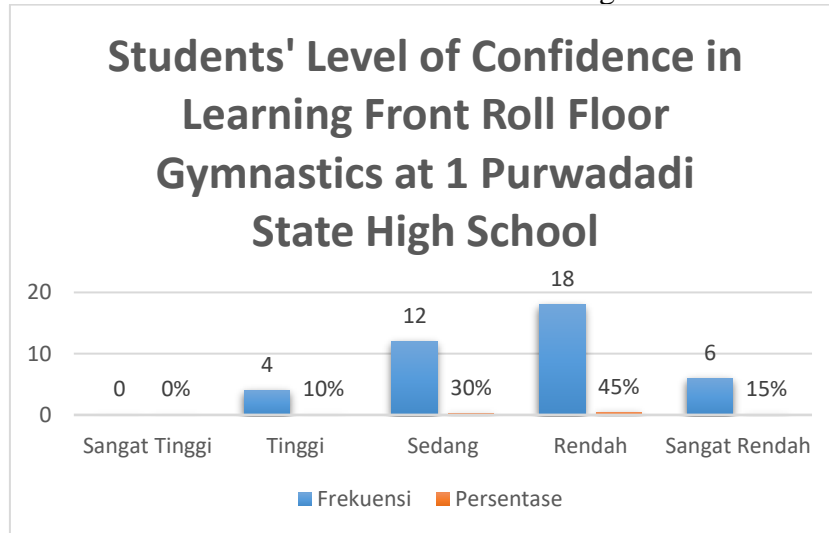
Table 2. Assessment Norms The level of student confidence in learning the front roll of floor gymnastics at 1 Purwadadi State High School for the 2022/2023 academic year

No	Interval	Category	Frequency	%
1	137 - 160	Very High	0	5 %
2	111 - 136	High	4	10 %
3	85 - 110	Medium	12	30 %
4	59 - 84	Low	18	45 %
5	32 - 58	Very Low	6	15 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in the table above, the level of student confidence in learning the front roll of floor gymnastics at 1 Purwadadi State High School for the 2022/2023 academic year can be presented in the following figure:

Figure 1. Bar Chart of Students' Confidence Levels Against Roll Front Learning



Based on table 2 and figure 1 above show that the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School for the 2022/2023 academic year is in the "Very Low" category of 15% (6 students), "low" is 45% (18 students), "Medium" is 30% (12 students), "high" is 10% (4 students), and "very high" is 0% (0 students). Based on the average value, which is 83.9 in the "Low" category.

Statistical descriptive of research data on the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School in the 2022/2023 academic year based on the indicator of confidence in one's abilities, the lowest score (minimum) 6, the highest score (maximum) 27, average mean (mean) 17.8, median (median) 18, frequently occurring value (mode) 18, standard deviation (SD) 5.1. The complete results can be seen in table 3 as follows:

Table 3. Descriptive Statistics Indicator Confidence in one's own abilities

Statistics	
N	40
Mean	17,8
Median	18
Mode	18
Standard deviation	5,1
Minimum	8
Maximum	27

(Source: Researcher Data)

When displayed in the form of an Assessment Norm, the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School for the 2022/2023

academic year based on the confidence factor in one's own abilities is presented in table 4. as follows:

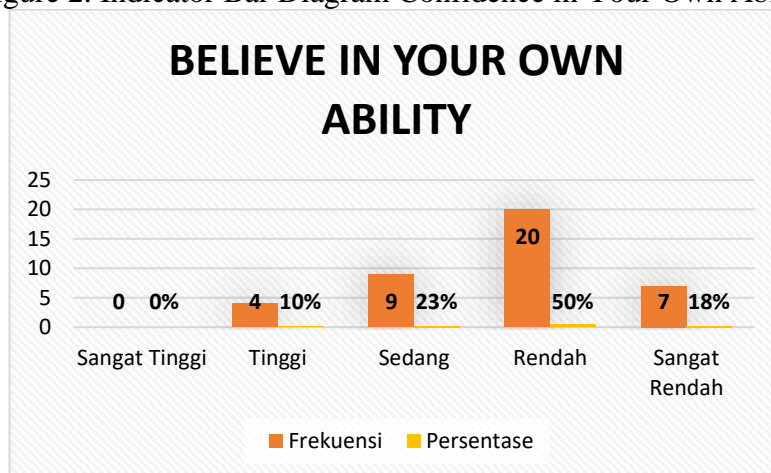
Table 4. Interest Indicator Assessment Norms

No	Interval	Category	Frequency	%
1	30 - 35	Very High	0	0 %
2	24 - 29	High	4	10 %
3	19 - 23	Medium	9	23 %
4	13 - 18	Low	20	50 %
5	7 - 12	Very Low	7	18 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in table 4 above, the level of student confidence in learning front roll floor gymnastics at 1 Purwadadi State High School in the 2022/2023 academic year based on the confidence factor in one's own abilities can be presented in Figure 2 as follows:

Figure 2. Indicator Bar Diagram Confidence in Your Own Ability



Based on table 4 and figure 2 above show that the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the indicator of confidence in one's abilities is in the "Very Low" category of 18% (7 participants' students), "low" by 50% (20 students), "medium" by 23% (9 students), "high" by 10% (4 students), and "very high" by 0% (0 students educate). Based on the average value of 17.8 students' self-confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the indicator of confidence in their abilities, they fall into the "Low" category.

Statistical descriptive of research data on the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on the Optimistic indicator, the lowest score (minimum) 20, the highest score (maximum) 49, the average (mean) 30, median (median) 26.5, frequently occurring value (mode) 25, standard deviation (SD) 7.6. The complete results can be seen in table 5 as follows:

Table 5. Descriptive Statistics of Optimistic Indicators

<i>Statistics</i>	
<i>N</i>	40
<i>Mean</i>	30
<i>Median</i>	26,5
<i>Mode</i>	25
<i>Standard Deviation</i>	7,6
<i>Minimum</i>	20
<i>Maximum</i>	49

(Source: Researcher Data)

If it is displayed in the form of an Assessment Norm, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on the optimistic factor is presented in table 5 as follows:

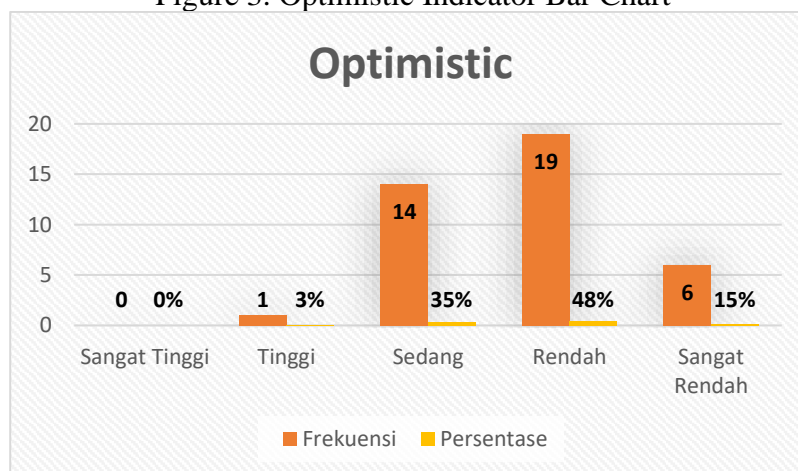
Table 6. Optimistic Indicator Rating Norms

No	Interval	Category	Frequency	%
1	55 - 65	Very High	0	0 %
2	45 - 54	High	1	3 %
3	34 - 44	Medium	14	35 %
4	24 - 33	Low	19	48 %
5	13 - 23	Very Low	6	15 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in table 5 above, the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on optimistic indicators can be presented in Figure 3 as follows:

Figure 3. Optimistic Indicator Bar Chart



Based on table 5 and figure 3 above show that the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the 2022/2023 academic year based

on optimistic indicators is in the "Very Low" category of 15% (6 students), "low" by 48% (19 students), "Medium" by 35% (14 students), "high" by 3% (1 student), and "very high" by 0% (0 students). Based on the average score of 30 levels of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the optimistic indicator of the "Low" category.

Descriptive statistical research data on the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on Objective indicators, the lowest score (minimum) 9, the highest score (maximum) 23, the average (mean) 17.9, median (median) 19, frequently occurring value (mode) 19, standard deviation (SD) 4.0. The complete results can be seen in table 6 as follows:

Table 6. Descriptive Statistics of Objective Indicators

Statistik	
N	40
Mean	17,9
Median	19
Mode	19
Standard Deviation	4,0
Minimum	9
Maximum	23

(Source: Researcher Data)

If displayed in the form of an Assessment Norm, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the 2022/2023 academic year based on objective factors is presented in table 7 as follows:

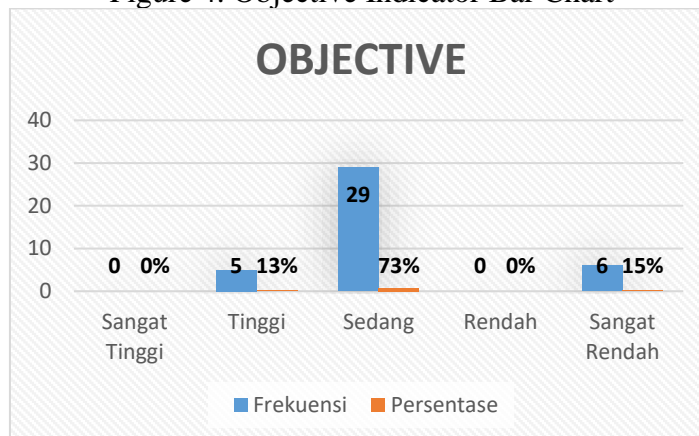
Table 7. Norms of Assessment of Objective Indicators

No	Interval	Category	Frequency	%
1	25 – 30	Very High	0	0 %
2	21 – 25	High	5	33 %
3	16 – 20	Medium	29	73 %
4	11 – 15	Low	0	0 %
5	6 - 10	Very Low	6	15 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in table 7 above, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the 2022/2023 academic year based on objective indicators can be presented in Figure 4 as follows:

Figure 4. Objective Indicator Bar Chart



Based on table 7 and figure 4 above show that the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi for the 2022/2023 academic year based on objective indicators is in the "Very Low" category of 15% (6 students), "low" by 0% (0 students), "medium" by 73% (29 students), "high" by 13% (5 students), and "very high" by 0% (0 students). Based on the average value of 17.9 students' self-confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the "Medium" category objective indicators.

Descriptive statistical research data on the level of student confidence in learning front roll floor gymnastics at Purwadadi 1 Public High School in the 2022/2023 academic year based on the reliable indicator, the lowest score (minimum) 4, the highest score (maximum) 13, the average (mean) 8.6, median (median) 8.5, frequently occurring value (mode) 8, standard deviation (SD) 2.4. The complete results can be seen in table 8 as follows:

Table 8. Descriptive Statistics of Responsible Indicators

Statistics	
N	40
Mean	8,6
Median	8,5
Mode	8
Standard Deviation	2,4
Minimum	4
Maximum	13

(Source: Researcher Data)

When displayed in the form of an Assessment Norm, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on the responsible factors is presented in table 9 as follows:

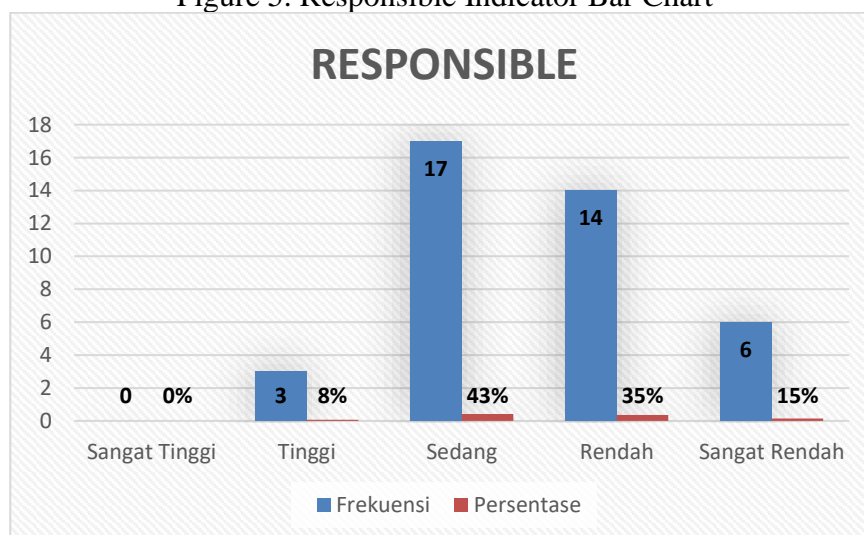
Table 9. Responsible Indicator Assessment Norms

No	Interval	Category	Frequency	%
1	13 – 15	Very High	0	0 %
2	11 – 12	High	3	8 %
3	8 – 10	Medium	17	43 %
4	6 – 7	Low	0	35%
5	3 – 5	Very Low	6	15 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in table 9 above, the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the indicators of responsibility can be presented in Figure 5 as follows:

Figure 5. Responsible Indicator Bar Chart



Based on table 9 and figure 5 above, it shows that the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on the responsible indicator is in the "Very Low" category of 15% (6 students), "low" is 35% (14 students), "medium" is 43% (17 students), "high" is 8% (3 students), and "very high" is 0% (0 students). Based on the average score, which is 8.6 students'

self-confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on the "Medium" category of responsible indicators.

Statistical descriptive of research data on the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on rational indicators, the lowest score (minimum) 6, highest score (maximum) 14, average (mean) 9.7, median (median) 10, frequently occurring value (mode) 10, standard deviation (SD) 2.0. The complete results can be seen in table 10. as follows:

Table 10. Descriptive Statistics of Rational Indicators

Statistics	
N	40
Mean	9,7
Median	10
Mode	10
Standard Deviation	2,0
Minimum	6
Maximum	14

(Source: Researcher Data)

When displayed in the form of an Assessment Norm, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on rational factors is presented in table 11 as follows:

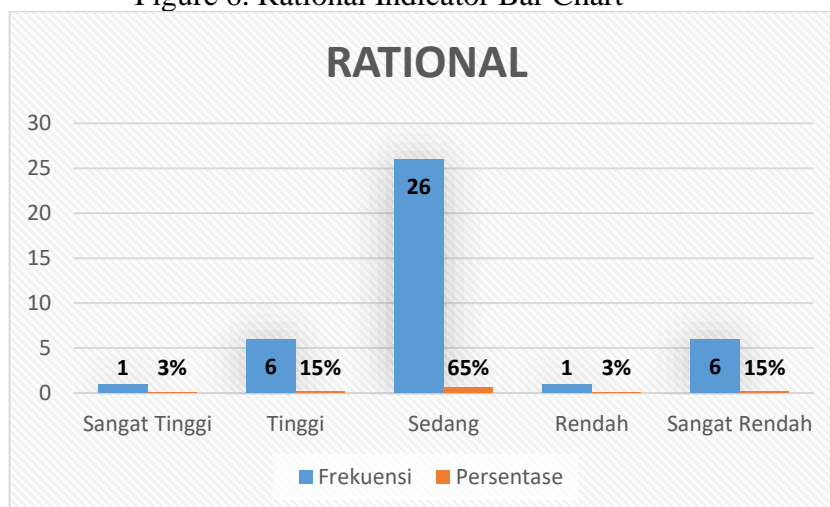
Table 11. Norms for Assessment of Rational Indicators

No	Interval	Kategori	Frefekkuensi	%
1	13 – 15	Very High	1	3 %
2	11 – 12	High	6	15 %
3	8 – 10	Medium	26	65 %
4	6 – 7	Low	1	3%
5	3 – 5	Very Low	6	15 %
Amount			40	100%

(Source: Researcher Data)

Based on the Assessment Norms in table 11 above, the level of student confidence in learning front roll floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on rational indicators can be presented in Figure 6 as follows:

Figure 6. Rational Indicator Bar Chart



Based on table 11 and figure 6 above, it shows that the level of student confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi for the academic year 2022/2023 based on rational indicators is in the "Very Low" category of 15% (6 students), "low" by 3% (1 student), "Medium" by 65% (26 students), "high" by 15% (6 students), and "very high" by 3% (1 student). Based on the average value, which is 9.7 students' self-confidence in learning the front roll of floor gymnastics at SMA Negeri 1 Purwadadi in the 2022/2023 academic year based on rational indicators for the "Medium" category.

Conclusion

Based on the research and discussion results, the Level of Student Confidence in the Front Roll Learning of Floor Gymnastics at SMA Negeri 1 Purwadadi is included in the LOW category. From the results of the study, it was found that 12 students (30%) had a sufficient level of confidence in the front roll learning of students, as many as six students, or 15%, were included in the low category, as many as 12 students or 8% were included in the deficient category. As many as 8% were included in the deficient category. Six students, or 4%, are included in the very high category.

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