



Blended learning in badminton subjects

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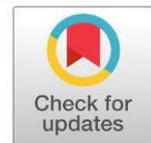
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Abstract : This study aims to determine the effect of blended learning on badminton learning. The method used in this study is the literature review method. Sources were obtained online with Google Scholar and books from 2018 to 2022. The results of the data search have been found by the authors, which are influenced by several factors. The biggest thing that influences this research is the limited facilities and infrastructure owned by students, but there is an increase resulting from several previous studies.

Keywords: learning; blended learning; badminton.

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INTRODUCTION

Education in Indonesia in the future will continue to develop and advance rapidly so that individuals must be able to adapt to ongoing developments, in the future the world of education tends to develop in the form of open education by implementing a distance education system (Masgumelar, 2021). Since the outbreak of the Covid-19 has affected almost all elements, including in the realm of education, with a circular issued by the government on March 18, 2020, all indoor and outdoor activities had to be suspended in order to reduce the spread of disease caused by the corona virus. especially in the education sector, face-to-face learning is difficult to do for the safety of the teacher and the students themselves. This is in line with the circular issued by the Minister of Education and Culture of the Republic of Indonesia on March 24, 2020, Number 4 of 2020 concerning Implementation of Education Policies in the Emergency Period of the Spread of Covid explaining that the learning process is carried out at home through online or distance learning.

Learning is an interaction between teachers and students who carry out learning activities to develop existing knowledge and add new knowledge to maximize the knowledge possessed by students. teachers are not the only source of knowledge because students can learn from anywhere such as from experts, practitioners, students (other students), books, journals, communities, magazines, newspapers, internet, CD ROMs, television, videos, social media and others (Dwiyo, 2016). Blended learning consists of two words namely blended which means combination or mix and learning which means learning, another term that is often used is usually called a hybrid course, hybrid is the same as mixed and course is the same as courses, the most common meaning of blended learning is learning which combines f2f (face to face) face-to-face learning with online and offline computer-based learning (Dwiyo, 2016). According to Graham in Zheng,



Ma, & Lin (2021) defines blended learning as follows: the combination of face-to-face instruction and computer mediated instruction" and "the thoughtful experience integrating face-to-face and online learning. Blended learning is a combination of face-to-face, online and offline learning, this makes it very easy for students and teachers where if one day the teacher or student is unable to attend during the learning process they are not fixated on face-to-face learning only, but can do so using learning activities online so that no subject matter is missed and learning is carried out more efficiently. Literally blended learning is a unit that is attached to one another, this means traditionally combining face-to-face learning with online components (Glazer, 2012). Another opinion says that blended learning is mixed learning that combines through the use of technological media such as CD-ROMs, e-mail, video streaming, podcasts, voicemail, Skype and so on (Thorne, 2003).

Sport is a physical activity related to regulations, training education, supervision, and innovation, as well as sports learning which is carried out in schools with physical education and sports subjects, as well as subjects in tertiary institutions especially for those majoring in sports. Badminton learning is one of the lessons both in school learning and learning subjects in lectures. The sport of badminton itself is one of the most popular sports by the people of Indonesia and has a lot of enthusiasts, it can be seen from the achievements that have been made by Indonesian athletes who cannot be doubted, such as Rudy Hartono, Taufik Hidayat, Susi Susanti, Alan Budi Kusuma, Markis Kido, Liliyana Natsir, Marcus Gideon, Kevin Sanjaya, and others who cannot be mentioned one by one, this proves that Indonesia itself has many of the world's top athletes.

In the process of learning badminton there are several factors that influence the skills or proficiency of students, the most important of which is from within themselves, then the teacher or lecturer, learning resources, infrastructure, environment. It would be nice if the badminton learning process used blended learning, because it combines face-to-face, online and offline, so it is very effective in achieving the goals of learning outcomes and practice can be carried out optimally. The results of the study El-Saied (2015) state the importance of the effectiveness of using educational technology aids in improving the educational process of better quality in volleyball learning. With the application of blended learning, it can be an alternative learning which so far has experienced many problems, therefore learning based on blended learning is an ideal choice. From this, it became a driving force for writers on how to implement learning using blended learning in badminton courses on campus, it can be seen that not much learning has been implemented on several campuses in Indonesia.

METHOD

The method used in this writing uses a literature review which obtains secondary sources of information obtained from several research articles that have been published, so that there are updates to the authors providing limitations in the aspect of time, publications starting from 2017 to December 2022 in a period of 5 last year. The secondary data that will be used is the result of national and international articles. The data

collection in this article uses one database, namely Google Scholar. Number of articles as secondary data for national and international articles. The keywords used in identifying relevant articles are, blended learning, hybrid learning, badminton learning. The criteria for the articles analyzed included publications for the last 5 years between 2017 and 23 December 2022, national and international articles. Article standards for national indexed Sinta full text articles that can be accessed, the sample used is students, the method in this study uses the development model method. The stages of article analysis use the prism flow chart. Prisma makes it easier for writers to improve the reporting of systematic reviews and meta-analyses (Moher, 2009). Data analysis using Prism, namely identification, selection, eligibility, and inclusion, is depicted in Figure 1.

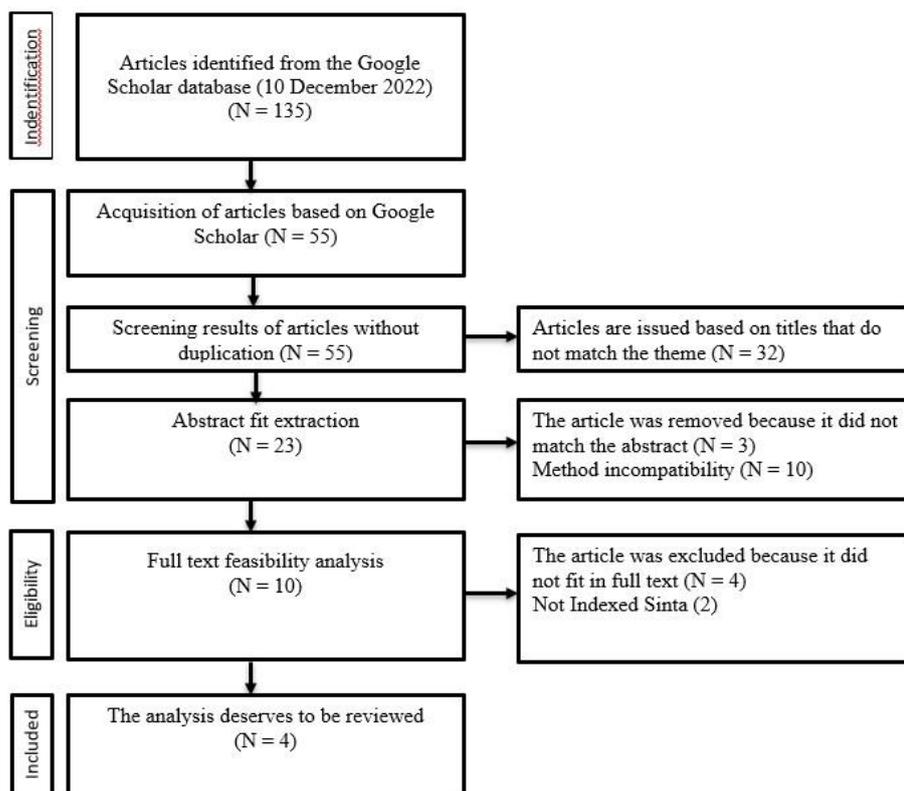


Figure 1. PRISMA Flowchart

RESULTS AND DISCUSSION

Based on the findings, 4 articles were worthy of review, the criteria used resulted in the type of article and were in the same research scope. The results that have been obtained are as in the Table 1.

Table 1. Search results

No	Author and Year	Research methods	Characteristics and Number of Respondents	Research result	Publications Index
1	Prayogo (2018)	Experiment	Students of SMKN 40 Jakarta, as many as 34	From the results of the study, it was proven that there was an increase in the ability to lob strokes in	Sinta 4

			students	badminton games by 26.38%	
2	Huy, & Vu (2020).	Experiment	20 Students	The implementation went smoothly with an increase in student enthusiasm for learning badminton which increased student learning outcomes	Q4
3	Prastyo, Kurniawan, Resita (2020)	Experiment	38 students of MA Nurul Huda	There is an influence from the side of student motivation on Blended learning learning, where students are more enthusiastic in participating in learning	Sinta 5
4	Feng (2017)	Experiment Cooperative	75 students	In general, there is an increase in the ability to teach badminton using blended learning, in terms of performance and efficiency	Q3

Based on data from existing study articles, it shows that there is a change in each application of blended learning in a better direction. Almost all studies have obtained good results, but there are still some obstacles faced by research where limited facilities and infrastructure are still an obstacle to ongoing implementation.

Learning Concepts

Learning is an effort to condition students so that learning events occur. Learning has a term that is often referred to as "instructional" or instruction, in this century the term is more well known among the public which has an active meaning from teachers to provide learning to students, compared to the concept in ancient times known as teaching (teaching) which is similar to learning activities. delivery of subject matter from the teacher to students. This seems to illustrate that students look less active and don't contribute too much in the learning process. The quality of learning is a very important aspect of education which must provide an important reference in improving the education system, especially in the quality of learning. According to [Rusman \(2011\)](#). In learning there are four learning patterns that are grouped, namely:

1. Traditional learning patterns: Objectives - Determination of content and methods - Teacher – Student
2. Traditional learning patterns: Objectives - Determination of content and methods - Teacher with Media – Students
3. Teacher and Media Learning Patterns: Determining Content and Methods – Teacher/Media – Students
4. Media learning patterns: Objectives - Determination of Content and Methods - Media - Students.

Based on the learning above, we can be given an illustration that over time with the many changes that have occurred in this world, it requires teachers to be able to convey learning objectives by optimizing various learning resources from various media and current technology. From the various conditions and potential that exist, efforts that can be made in improving the quality of learning is to develop learning that focuses more on students. Learning like this can be carried out by building a learning system that allows students to have the ability to learn more varied, interesting and interactive, students are emphasized to have better competencies for the future.

Learning like this is of course not so difficult anymore where this is not something new for students, with the incident of the covid 19 virus there is a lesson that we can take where in the world of education students and teachers are no longer strangers to the blended learning system, where At the time of Covid 19 students and teachers were learning online, this of course made students and teachers quite proficient in operating computer and mobile smartphone, with this blended learning would be very easy to implement for teachers and students. A good learning model can help teachers convey material correctly, effectively, can create and enrich learning experiences, can describe events as realistically as possible, and can increase student activity and skills ([Aryanti, 2021](#)).

History of Badminton

The early history of badminton developed around 2000 years ago in ancient Egypt. The shape is similar to a shuttlecock, but in the Jianzi game you don't use a racket. The rules for playing this game are to keep the ball in the air as long as possible, but you can't use your hands. The beginning of the modern badminton sport began in medieval England which was carried out by children, this sport was known as Battledores, at that time children used paddles or sticks instead of rackets, this game was quite popular at that time, no off the streets of London, it is estimated that in 1854 there was a magazine called Punch, adding to the popularity of this game by issuing cartoons for this game. British residents at that time spread this game to Asian countries where their power at that time was in China, Siam and Japan, this game was very popular at that time among local children. The game of badminton was later developed into a competitive sport carried out by British army officers in Pune India in the 19th century who began adding rules and netting to the game. Then the soldiers brought this game back to England, which was estimated in 1850, after a decade passed people started calling it badminton, this can be seen from a pamphlet made by a British toy dealer entitled "Badminton Battledore - a new game" This sport is played at the Badminton Hall on the Duke of Beaufort's estate in Gloucestershire, England.

In the beginning, badminton was called badminton, but because it is seen from the notion that this sport has another name, namely badminton which literally comes from two words, namely feather and badminton, the word feather is taken from the shape of ashuttlecockmade of goose feathers, while the word badminton taken from the word parry and the essence of this sport is the countermovement of the shuttlecock ([Mahardhika, 2020](#)). In learning badminton students should be able to master the basic techniques in playing

badminton, including, (1) serving; (2) Lobs; (3) Dropshots; (4) Smashes; (5) Drives; (6) Netshots; (Suhairi, 2020), apart from the basic techniques that students must master, rules and competition systems are also not spared for students to understand. The objectives of blended learning include (1) helping students to develop better in a learning process that is in accordance with learning styles and references in learning. (2) provide space that is practically realistic for teachers and students in learning independently, is useful and continues to grow. (3) schedules can be more flexible for educators, by combining the best aspects of face-to-face and online instruction (Anam, 2017). If someone wants to be able to do badminton to the fullest, one must be able to make good hitting movements from all directions. From all angles, the badminton strokes that are made must pay attention to good grip and footwork (Alhusin, 2007).

Results of badminton learning research

Regardless of the good or bad results that will be obtained regarding the application of blended learning, from several sources it shows positive results in terms of the use of space and time, this is of course inseparable from the negative impacts that are obtained, for example, as experienced by students in the use of blended learning learning systems is that students have difficulty adapting independently and cannot directly ask questions when students experience problems in understanding the material provided. The negative impact felt, the authors found that there were two studies related to badminton learning based on blended learning.

Retrieval of data using questionnaires and interviews. From these results, the results obtained were that most of the students had good perceptions about the use of blended learning in badminton learning activities. conduct teaching programs for students to practice. With the blended learning method, educators can create good perceptions in students so that teachers can use this to inspire students, this method can help teachers make learning even more interesting with discussion topics, interesting assignments so as to create an environment that can enhance cooperative learning (Huy, 2020). Research on learning badminton at Sun Yat-sen National University Kaohsiung Taiwan was conducted on research on badminton courses using the "pose application" technique in badminton learning, departing from student anxiety who complained about the burden received from instructors with very limited time. This prompted researchers to developed an application that initially could not be accessed flexibly then the pose application was developed so that it could be accessed at any time with a new development called "OpenPose" to overcome the obstacles experienced by most students at that time showing satisfactory results from the majority of students tested, the results of this test show an increase in smash skills in students with satisfactory results, this application is also of course very helpful to students because students' initial skills are no longer a big problem because of this application (Lin, 2021).

Research on the use of cooperative blended learning that combines cooperative learning between STAD types and EDMODO online media can increase the attractiveness of learning techniques, especially lob shots in badminton games for class X students of Office Administration at SMKN 40 Jakarta. From the results

obtained it is evident that collaboration between face-to-face and online learning which is packaged with cooperative blended learning using EDMODO has succeeded in increasing student learning outcomes with the material of the lob technique in badminton games (Prayogo, 2018). Continuing with the research conducted at FIK UNIMED which carried out android-based application development which was carried out with four basic techniques namely service, lob, dropshoot, and smash getting technically significant results, the presentation that was carried out every face-to-face in this lesson was to collect videos from students regarding the basic technique, then it will be corrected further by the researcher if you experience less effective movements. The results of this research analysis show that there has been a significant increase in technical results, so it can be concluded that learning applications can fulfill the learning needs of students (Nasution, 2021).

CONCLUSION

From these results it shows the positive things that were obtained from previous research, as well as an increase in terms of technique and student motivation in learning badminton which is applied to blended learning. Learning is an interaction activity between students and teachers who carry out activities where the teacher directs and acts as a mentor for students to find new knowledge, as well as existing knowledge to perfect the knowledge that has been learned by students. Badminton learning is a learning activity that emphasizes field practice rather than the application of theory, which can be seen from several obstacles from the research that has been done, but for the author the results of the research have not fully been able to become a real picture because there are only two journals that can be found by researchers, The journal found in 2020 is likely to have a new Covid 19 virus and students are still very unfamiliar with learning using media other than the teacher or the teacher himself, the authors assume that if this is done now, of course the obstacles as found by the previous author can be overcome. From these results it shows the positive things that were obtained from previous research, as well as an increase in terms of technique and student motivation in learning badminton which is applied to blended learning.

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