

The Fluctuation of Online Learning Against Physical Education Students During the Covid-19

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Abstract

Education has a very important role in advancing the nation towards intellectuals. The world is being confronted with the corona virus or corona virus disease 2019 (2019) which first spread in December 2019 from the city of Wuhan, China. The government is trying to suppress the spread of the virus in Indonesia by means of physical distancing. There are obstacles experienced by physical education students during the Covid-19 period, which are basically dominated by physical skills. Practically, students are limited in space and movement due to less supportive places and infrastructure. Besides that, students' absorption in learning material is not as easy as what is seen because of the limitations of the internet network. This research is a quantitative descriptive study. The method used in this study is a survey method with data techniques using a questionnaire. The data source of this research is physical education students of the PGRI Adi Buana University Surabaya, Class of 2018 as many as 142 students. This research aims to solve problems that exist at the moment besides analyzing the effectiveness level of physical education students during the Covid-19 pandemic. One of the most unique findings from this study is the large percentage of network limitations in conducting online lectures, training duration <1 hour and frequency of exercise 3-4 times during the Covid-19 period. WHO recommends a minimum of 150 minutes / week of exercise. Health sports can also be done 3-5 times / week with a duration of 10-60 minutes with an intensity of 60% -80% of the maximum heart rate.

Keywords: Online learning, Physical activities, Physical education

I. INTRODUCTION

Education has a very important role in advancing the nation towards intellectuals. Through education, a person gets knowledge, experience, broad insight and can increase the degree and gain a position among the community. Education must also be able to produce competent human resources including attitudes, knowledge and skills. Education must be organized to lead to education in the future. According to Law no. 20 of 2003 concerning the National Education System Chapter I Article 1 (paragraph 1), education is basically a conscious and planned effort to realize the atmosphere of his potential to have spiritual strength, religion, self-control, personality, intelligence, noble character, and the necessary skills. himself, society, nation and state.

The world is being confronted with the corona virus or corona virus disease 2019 (2019) which first spread in December 2019 from the city of Wuhan, China. Covid -19 is a deadly virus that attacks the human respiratory system and is transmitted through saliva splashes. A survey from the Ministry of Health of 215 countries that have contracted Covid-19, including Indonesia. On March 2, 2020, the first case of Covid-19 was found in Indonesia in the category of women aged 31 years and aged 64 years who are a child and a parent. The World Health Organization (WHO) announced the status of the covid-19 virus as a pandemic, requiring the whole world to immediately make efforts to stop and break the chain of the virus. The government is trying to suppress the spread of the virus in Indonesia by means of physical distancing. These restrictions have undergone many changes from various aspects and circles such as social life, economy, culture, and even education. On March 24, 2020 the Indonesian Ministry of Education issued the Minister of Education and Culture Circular No. 4 of 2020 concerning the Implementation of Policies and Education in Emergency Times the Spread of Corona Virus Disease (Covid-19) by dismissing and replacing the Teaching and Learning Activities (KBM) process in schools using the online system at home. However, due to the Covid-19 pandemic, many students around the world had to transfer face- face instruction to an

online learning environment in the middle of the semester (Patricia Aguilera-Hermida, 2020).

The virus attack greatly impacts the implementation of learning at all levels of education. The condition of learning activities that suddenly changes drastically is a challenge for educators, especially physical education so that the goals and objectives of physical education can be achieved. Online learning is the use of internet networks in the learning process. Students can interact with lecturers through several existing applications, including the classroom application, video conversion, live chat, zomm, virlenda and using WhatsApp groups and internet networks that can connect lecturers and students so that the learning process is achieved. Technology keeps students connected with lecturers so that knowledge transfer can still be carried out properly. Roida&Yuni (2020) conducted a study entitled "Analysis of the Use of Information Technology in Distance Learning in the Middle of the Corona Covid-19 Virus Pandemic" the implementation of distance learning amid Covid-19 is very dependent on the importance of technology. Online learning is currently an alternative solution in a pandemic, in fact online learning is not as easy as imagined. There are obstacles experienced by physical education students which are basically dominated by physical skills. Practically, students are limited in space and movement due to less supportive places and infrastructure. Besides that, students' absorption in learning material is not as easy as what is seen because of the limitations of the internet network.

The responsibility and role of educators, especially physical education, is seriously tested in this pandemic. The scope of physical education is very broad. Possible can be done anywhere. Exercise can help keep our immune system become strong, to infections and their most severe consequences, and better able to recover from them (Elmagd, 2020). This should really be a task for lecturers and physical education students to work together to get out of the challenges of the current pandemic for the success of physical education programs. As expected, a higher

training frequency leads to a better physical condition (Domokos et al., 2020). It is evident from the results of a survey conducted by One Poll on the Independent website, explaining that four out of ten explain that they are not aware of the negative impact due to not doing activities that can increase the risk of cancer (Knight, R. 2020).

This Covid-19 pandemic could worsen the situation we are facing today. Thus a better understanding through research and analyzing the turmoil that occurs in physical education students can also help lecturers, parents, and the government to immediately determine and implement effective policies and interventions for students. Until now there have been no studies examining this issue. Therefore it is very important to investigate this aspect in more detail. The implementation of online learning by analyzing the fluctuations that occur during the learning process, analyzing the duration and frequency of training with its strengths and weaknesses encourages research to dig deeper into physical education students at the PGRI Adi Buana University Surabaya as a result of government policies to carry out all activities or activities that must be carried out at home or known as work from home during the Covid-19 pandemic.

II. ACKNOWLEDGMENT

Every human being experiences a lifelong learning process and it will happen wherever and whenever. Physical education is an educational process that is carried out consciously and systematically through various physical activities in order to acquire abilities and skills. The movement of people in East Java, especially in Surabaya, is a lack of public awareness of maintaining body hygiene and not wearing masks. So that the government implements large-scale social restrictions (PSBB) to prevent transmission of the covid-19 virus. Online learning is one of the government policies in preventing the Covid-19 virus in the field of education. All activities are carried out at home, this policy is carried out by the government with the aim of increasing public awareness of the dangers of the covid-19 virus. The Minister of Education decided that the entire learning

process was carried out at home through decree number 3 of 2020 concerning the corona virus. The pandemic has significantly the higher education sector (Madeshia & Verma, 2020). As long as the campus is closed it results in the theoretical and practical learning process being unable to be carried out, to anticipate that the learning process can continue to be carried out, the learning process is carried out online. The physical activity of the community during the Covid-19 pandemic in several countries has decreased in majority, so that it has increased a lot and their health has decreased (Arief et al., 2020). To maintain adequate health and avoid physiological and psychological health risks in these circumstances, individuals should maintain the daily level of physical activity required to produce health benefits (Barwais, 2020).

PGRI Adi Buana University is one of the best private universities in the middle of the city of Surabaya to implement a policy that all academic and non-academic activities are carried out at home, not only long-distance lectures, the campus also conducts thesis / final assignments online and provides internet subsidies for students. The online learning process uses platforms including whatshap, google classroom, zoom, meet, e-learning and virlenda. Lecturers act as facilitators while students have a role as knowledge constructors in online sharing. Online learning has advantages and disadvantages, the advantages of online learning are: it can interact between students and lecturers, learning can be done from anywhere and anytime, can reach an unlimited distance, the material can be stored online, (Darmawan, 2011; Kuntarto, 2017; Maudiarti, 2018; Waryanto, 2006; Wicaksono&Rachmadyanti, 2017). While the shortcomings or weaknesses of online learning according to (Waryanto, 2006): the implementation of online learning requires adequate infrastructure including internet networks, laptops, computers, cellphones, and applications such as google classrooms, schology, zoom, meet, whatshap.

Physical education is a subject that is mostly in the practical category with a lot of physical activity in the campus area before the Covid-19

pandemic. Exercise at home using various safe, simple, and easily implementable exercise is well suited to avoid the airborne coronavirus and maintain fitness levels (Elmagd, 2020). Increasing the levels of physical activity during the covid-19 outbreak will not only help avoid respiratory tract infections but also motivate individuals to take charge of their behavior to improve their overall their overall health related quality of life (Barwais, 2020). The decline in physical activity during the Covid-19 pandemic is still spreading globally which may have a positive impact on patterns of physical activity and passive time (Halla G, Laddu DR, Phillips SA, Lavie CJ, Arena R, 2020) which poses tough challenges for students.

III. METHOD

This research is a quantitative descriptive study. The method used in this study is a survey method with data techniques using a questionnaire. The relationship from data sources, methods and instruments is used as a guide in collecting data (Arikunto, 2010). The ongoing covid-19 pandemic does not allow direct data collection, so an online questionnaire is given using the google form. This research aims to solve problems that exist at the moment besides analyzing the effectiveness level of physical education students during the Covid-19 pandemic. Used as an explanation for certain behaviors and attitudes (W. Creswell, 2014). The data source of this research is physical education students of the PGRI Adi Buana University Surabaya, Class of 2018 as many as 142 students. The data collection technique uses a questionnaire that has been recommended by experts in the field of agriculture. The questionnaire made is a closed questionnaire based on the Likert scale. Questions about the views of physical education students on online lectures and sports activities carried out by students during the covid-19 pandemic. The questionnaire has gone through the expert validation stage. The data analysis technique was done by tabulating using excel and then presenting it to be easy to understand. After verifying the data, the next step is to make conclusions based on existing conditions and relevant literacy (Sugiyono, 2010).

IV. RESULTS AND DISCUSSION

No	Barriers to Students Learning Online	Amount	%
1	Technologically Backward	8	5.63
2	Information From Late Lecturers	5	12.1
3	Network Constraints	30	21.12
4	Limited Internet Quota	45	31.69
5	The Material is Difficult to Understand	24	16.90
6	No Constraints	5	3.52
7	Too Many Tasks	10	7.04
8	Time	15	21.3
	Amount	142	

This research produces data related to the obstacles faced by students with online lectures due to the Covid-19 pandemic and physical education student sports activities, in the discussion the results of this research data are presented in table form as follows:

Table 1. Student Constraints in Online Lectures

Table 1 above is found in the implementation of online lectures experiencing various obstacles. The data obtained shows that online lectures often make it difficult for students to be in remote areas who have difficulty with existing internet access and the constraint most felt by physical education students is the limited internet quota. Another obstacle is understanding the difficulties of the lesson because most of the material is practical.

Table 2. Exercise Duration of Physical Education

No	Exercise Frequency	Amount of College Students
1	< 1 hour	65 person
2	1-2 hour	40 person
3	3-4 hour	25 person
4	>4 hour	12 person

Students

The data in table 2 above shows that 65 students did exercises with a duration of <1 hour, exercises with a duration of 1-2 hours were carried out by 40 students, exercises with a duration of 3-4 hours were carried out by 25 students, exercises with a duration > 4 hours were carried out by 12 students .

Table 3. Sports Frequency of Physical Education Students Per-Week

No	Exercise Frequency	JumlahMahasiswa
1	1-2 time	12 person
2	3-4 time	60 person
3	5-6 time	56 person
4	7 times every day	14 person

Data in table 3 above shows the frequency of students doing sports per week, namely: 12 students 1-2 times, 3-4 times 60 students, 56 students 5-6 times and 14 students 7 times daily.

V. DISCUSSION

The Ministry of Education and Culture of the Republic of Indonesia estimates that 34.5% of students cannot access during the pandemic. The Covid-19 pandemic swept the world for 1 year and forced the government to make stay at hoem, work from home, and social distancing very boring and made Indonesians feel bored, including educational activities which were replaced with online learning. Physical education learners take advantage of the technological sophistication of various platforms. The basis for implementing online learning is carried out to prevent passive transmission of Covid-19. PGRI Adi Buana University Surabaya issued a circular to implement home learning and work from home. The 2018 class of physical education students, in fact, has practical lecture materials that also carry out lectures using online media. Learning in the sports education study program carries out more practical learning, the results of research are in line with (Komarudin& Prabowo, 2020) that online learning in physical education has

not been more effective in using practice to process physical activity. It should be noted that the end result of exercising for students is having good physical fitness for all students, because good physical fitness will support students' efforts to complete their studies according to their planning (Basuki, S., 2017).

The physical activity of students during the pandemic has experienced a change in decline due to the existence of restrictions on movement to prevent the spread of the Covid-19 virus seen from the training duration data. WHO says for people aged 18-64 years it is recommended to do aerobic exercise for at least 150 minutes per week. Exercise with a duration of 150 minutes per week with light intensity supported by proper nutrition as needed is also recommended to lose excess body weight and improve cardioreporatory fitness (Chambliss, 2005). (Wijoyo&Sidik, 2012) Health sports also need to pay attention to physiological technicalities, Health sports can be done 10-30 minutes without stopping at a frequency of 3-5 times per week or at least 2 times per week with the intensity of each exercise reaching 60% - 80%. Sports are done anywhere and anytime. Any activity is better than none, and more activity provides more physical and mental health benefits (Elmagd, 2020). Media information about sports media such as on youtube, blogs and others. Home sports activities such as body exercises, gymnastics and fitness exercises. In total, the average time spent physical activity decreased rapidly, from 540 minutes / week (before the pandemic) to 105 minutes / week (during the pandemic), giving an average of 435 minutes (M, Xiang, Z. Zhang and K. Kuwahara, 2020). Staying at home is the most basic basic step for the prevention of the corona virus, regularly exercising and exercising in the home environment is an important strategy for living a healthy life during the Covid-19 pandemic (Chen et al., 2020). Some of the physical education students of the PGRI Adi Buana University Surabaya are some of them who become athletes but still do exercises at home to maintain and improve their performance. Planning an appropriate training program with attention to the athlete's condition and

needs can certainly help improve athletes' performance in competition (Paramita et al., 2020).

Global recommendations are for all adults to accumulate at least 150 minutes of moderate intensity or 75 minutes of vigorous-intensity physical activity per week, as well as muscle strengthening activities on immune system. (Siddiqui et al., 2010) regular exercise habits can help maintain and improve health and health, the types of exercise can be in the form of aerobic (walking, jogging, gymnastics, and many others), anaerobic (lifting weights, strength training, running, pushing, pulling, and more), and flexibility training (stretching, yoga, core stability, and more). Increasing endurance in the midst of a pandemic is very important to protect yourself from Covid-19. Before a cure for covid-19 was found, only our immune system could fight covid-19. In addition to eating a balanced nutritious diet, managing stress, and getting adequate rest, regular exercise is an activity recommended by the government according to the 19 period.

VI. CONCLUSIONS

The learning process is carried out through online lectures. The response of physical education students regarding online lecture activities has been accepted because it is the only way to carry out lectures and is more effectively implemented during the Covid-19 pandemic in an effort to break the chain of spreading the covid-19 virus. Online learning that is carried out certainly makes students sometimes have problems in the internet network because most of them are in remote areas, limited quota facilitated by the government, understanding in receiving material presented by lecturers in both theoretical and practical courses due to network limitations when delivering material. Doing sports at home is one way to increase body size, endurance and fitness as well as prevention so as not to avoid the spread of the Covid-19 virus. WHO recommends a minimum of 150 minutes / week of exercise. Health sports can also be done 3-5 times / week with a duration of 10-60 minutes with an intensity of 60% -80% of the maximum heart rate. Therefore, the government, campus and parents need to be aware of the severe situation and implement

two or more days a week (Elmagd, 2020). Exercise in the midst of the Covid-19 pandemic is not impossible. Each physical education student is instructed to do sports in between free time. A fit and healthy body will be difficult for the virus to enter because of a stronger specified duration and time. Exercising during a pandemic is a health protocol that must be maintained.

Physical education students of the PGRI Adi Baraan Surabaya University Class of 2018 must maximize the limited land and be able to carry out maximum activities so that fitness is maintained at home training patterns by paying attention to the duration and frequency of training. The hope is to regrow motivation to move with the aim of increasing body immunity. One of the most unique findings of this study is the large percentage of network limitations in conducting online lectures, training duration <1 hour and frequency of exercise 3-4 times during the Covid-19 pandemic. More effective interventions to carry out sports activities with the aim of minimizing the negative impact of the Covid-19 pandemic on student health. Last but not least, the physical activity performed even in unusual conditions, such as pandemic lockdowns, has a great influence on stress management (Domokos et al., 2020).

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