Blended Learning Model Towards Competent Students

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Abstract. Learning is a systematic process in the treatment given to students by including teaching media in order to achieve educational goals by providing learning resources so that the learning process occurs. Learning is a discipline that pays attention to efforts to improve and improve the learning process. The main goal is to prescribe optimal strategies to encourage initiative and facilitate learning. Learning is a form of activity carried out by teaching staff so that the process of transferring knowledge and knowledge, mastering skills, and forming attitudes and beliefs in students can occur. Learning media that has been tested on language experts with a total score of 90%. From media experts, 90% are in the very worthy category. From learning experts, the total score is 90% in the very worthy category. So the results from experts show that blended learning media is suitable for use.

Keywords. Blended learning, model

1 Introduction

According to experts, learning theories are divided into 5 types. This theory discusses the conditions that occur during the learning process between students and teachers at school. Meanwhile, learning is a system that helps individuals learn and interact with learning resources and the environment. It can be concluded that learning theory is a theory in which there are procedures for implementing teaching and learning activities between teaching staff and students inside and outside the classroom. The following is the definition of learning theory according to experts as quoted from the book Studying and Learning:

1. Brunner's Learning Theory This theory is often called the learning theory of learning development. In this theory, students learn to directly experience what they are learning so that the process can be recorded in their minds in their own way. Here the teacher's role is to encourage students to gain this experience by carrying out learning activities that enable students to discover principles for themselves.

2. Behavioristic Learning Theory This theory was coined by Gage and Berliner. According to this theory, the learning process must give birth to a behavior or behavior from within the student. In this theory, students who are learning are positioned as passive people, while the teacher will provide examples and instructions through stimuli to see changes in student behavior.

3. Cognitive Learning Theory In this theory the teacher is not an important source of learning and student attitudes are not a benchmark for determining whether this theory is successful or not. What is seen from this theory is a reflection of what students do. From here it can be seen how students organize the learning experiences they gain and how students' thinking develops.

4. Humanistic Learning Theory. According to this theory, teachers and students can use any learning theory, as long as the aim is to humanize humans. Students are said to be successful when they understand their environment and themselves. Here the teacher only acts as a facilitator and motivator.

5. Constructivist Learning Theory. This theory prioritizes the emergence of students' logical thinking. In this theory, students are said to be successful if they can find out for themselves the problems they face during the learning process through the power of thinking

Traditionally, learning includes teachers, learning, and textbooks. The content that must be studied is contained in the textbook, and it is the teacher's responsibility to "include" the contents of the textbook to students (Budiyono Saputro, 2020). A newer view of the learning process is that learning is a systematic process to provide learning resources so that the learning process occurs in students. Learning is a discipline that pays attention to efforts to improve and improve the learning process. The main goal is to prescribe optimal strategies to encourage initiative and facilitate learning. Learning is an effort to organize the external environment or facilitate learning for students. Efforts to organize the environment are carried out through the provision of learning resources. Lecturers are not the only source of learning, because students can learn from various other learning sources through: experts, practitioners, students, society, journals, magazines, newspapers, internet, CD ROM, television, bide, radio and so on. In general, strategy has the meaning of an outline of the direction for action in an effort to achieve predetermined targets. Connected with teaching and learning, strategies can be interpreted as general patterns of teacher-student activities in realizing teaching and learning activities to achieve the outlined goals. (Syaiful Bahri Djamarah, 2002) There are four basic strategies in teaching and learning which include the following:

1. Identify and specify and qualify changes in students' personality behavior as expected.

2. Determine the teaching and learning approach based on people's aspirations and worldview.

3. Determine and establish procedures, methods and techniques for learning and teaching that are considered the most appropriate and effective so that teachers can use them as a guide in carrying out teaching activities.

4. Establish norms and minimum limits for success or standards of success so that they can be used as guidelines by teachers in evaluating the results of teaching and learning

activities which will then be used as feedback for improving the relevant instructional system as a whole.

The term blended learning was originally used to describe courses that try to combine face-to-face learning with online learning. Currently the term blended is becoming popular, so more and more combinations are referred to as blended learning. In research methodology, the term mixing is used to indicate a combination of quantitative and qualitative research. There are also those who say that learning is an eclectic approach, namely combining various approaches to learning.

The term gymnastics is a translation from English, namely gymnastic or in Greek, namely gymnos and in language. Dutch is gymnastiek which means naked. Because in ancient times people did gymnastics with their naked bodies. "Gymnastiek is used to demonstrate physical activities that require freedom of movement so they need to be done naked" (Mahendra, 2000). "Artistic gymnastics is a type of gymnastics/type of gymnastics sport that is often competed in (Margono, 2009). Hanief (2016) states that, "Gymnastics is a body exercise that is created systematically and regularly and every movement provides benefits to the people who do it, in order to achieve the desired goals." The handspring movement is a bouncing movement carried out in a hand stand position with the pelvis pushed in front of the body in an arc and landing using two feet simultaneously. (Dodik Aprihadi1, M. Furqon Hidayatullah2, 2018)

Gymnastics is a sport that requires flexibility and good coordination between body parts. Gymnastics consists of 3 types, namely: basic gymnastics, agility gymnastics and rhythmic gymnastics. Agility exercises can be done without equipment or with equipment. Agility exercises that are performed without equipment are called floor exercises, while agility exercises that use equipment are called equipment exercises. In floor gymnastics there are various forms of movement, both done by bending and rotating the body, or by balancing. (Prasetya, 2016)

Floor exercise is "one of the gymnastics families. In accordance with the term floor, the movements/forms of exercise are carried out on the floor. So, the floor/mattress is the tool used" (Wening Nugraheni, 2019). (Sari et al., 2016) floor gymnastics, namely "movement exercises with a variety of movements, including forward rolls, backward rolls, elastic rolls, tiger jumps, cartwheels and arm rolls." (Sari et al., 2016). The back roll movement is "rolling backwards, the body position must remain rounded, namely the legs are folded, the knees remain attached to the chest, the head is lowered until the chin is attached to the chest.

2. Research Methods

This research is a type of development research or Research and Development (R&D). (Sugiono, 2011), the R&D research method is a research method used to produce certain products, and test the effectiveness of these products through 10 stages. Place, research time and research sample This research was conducted at Medan State University. This research was conducted for one semester, namely in the period between April - August 2023, for a sample of language, media and floor exercise learning experts. Data Collection Techniques and Data Analysis Techniques. The

data collection used in this blended learning research is qualitative data, because the data used is expressed in sentences, not numbers.

3 Research Result

1. Linguist Test

    From the data collection carried out by linguists with indicators of language use in videos with a percentage of 87% very appropriate, language layout settings 85% very appropriate, language pronunciation in videos 86% very appropriate, language tone 86% very appropriate. So the language used in the media is very decent with a total score of 86%.

2. Test Media Experts

    From data collection carried out by media experts with indicators of language use in videos, video display with a percentage of 85% is very good, motion display is 87% good, lighting is 87% very good, sound is 88% very good. So the media used has a total score of 86.75% in the very worthy category.

3. Test Learning Experts

    From the data collection carried out on learning experts with the Learning Method indicator with a percentage of 86% very feasible, Assignments 88% very feasible, Lighting Evaluation 87% very feasible, Assessment method 88% very feasible. So the learning used has a total score of 87% in the very feasible category.

4. Conclusions and Recommendations

Linguist: So the language used in the media is very suitable with a total score of 81% with revision. Second language expert, the language used in the media is very good with a total score of 90%. Media Expert: So the media used has a total score of 86.76% in the very appropriate category Learning Expert: So the total learning used is 87% in the very feasible category. From the treatment given to language experts, media experts, learning experts and small and large samples, the media created is very suitable for use. It is recommended that teachers of ground floor gymnastics materials use this media. For future researchers, please carry out further development research by conducting even better research.

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